



# RICE: A Pilot Course For Addressing Third Year Fatigue

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# Objectives

- What is “RICE”?
- The RICE Pilot
- Student Responses
- Future Directions

# What is RICE?



# The RICE Pilot

- **Logistics:**
  - » 3 two-hour sessions
  - » Topics: “Developing your professional identity”, “Working with difficult patients”, “Experiencing performance to better understand our work”
- **Enrollment:**
  - » 13 third-year medical students
- **Facilitators:**
  - » Internal Medicine Attending
  - » Internal Medicine Chief Resident
  - » Humanities Faculty Member
  - » Fourth-Year Medical Student
- **Students were asked to complete short writing assignments and readings prior to each session.**
- **Food was provided.**

# Student Responses

- Outcomes were measured both quantitatively and qualitatively.
- Quantitative measures included:
  - » Maslach Burnout Inventory
  - » Jefferson Scale of Empathy
- Qualitative measures consisted of short response questionnaires.

# Student Responses

Jefferson Scale of Empathy	PRE	POST
Mean Score The higher the score, the more empathic the behavioral orientation (Range: 20-140)	116.6	120

Maslach Burnout Inventory		PRE	POST
<b>Emotional Exhaustion</b>	Mean	15.5	15.7
Moderate 18-29	% with moderate burnout	38%	44%
High $\geq 30$	% with high burnout	8%	0%
<b>Depersonalization</b>	Mean	17.3	18.8
Moderate 6-11	% with moderate burnout	31%	0%
High $\geq 12$	% with high burnout	62%	100%
<b>Personal Achievement</b>	Mean	39.7	40.6
Moderate 34-39	% with moderate burnout	46%	44%
High $\leq 33$	% with high burnout	0%	0%

# Student Responses

	# who agreed / strongly agreed	Mean Likert score
I think this course gave me effective tools to utilize during challenging situations I encounter during third year.	90%	4.6
I think this course enhanced my sense of empathy as a student physician.	90%	4.6
I am glad I participated in this course.	100%	5

*“I feel like I gained new skills in terms of thinking about patients and their plight.”*

*“It helped me reconnect with why I wanted to be a doctor.”*

*“I felt reinvigorated and centered when I went back to the wards.”*

# Future Directions

- The RICE Curriculum was officially incorporated into the third year curriculum in March 2016
- We continue to look for ways to improve and support third year medical students
- Looking for ways to incorporate 4<sup>th</sup> year medical students into the course as peer instructors
- Potential for similar curriculum in graduate medical education



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# Questions?

