

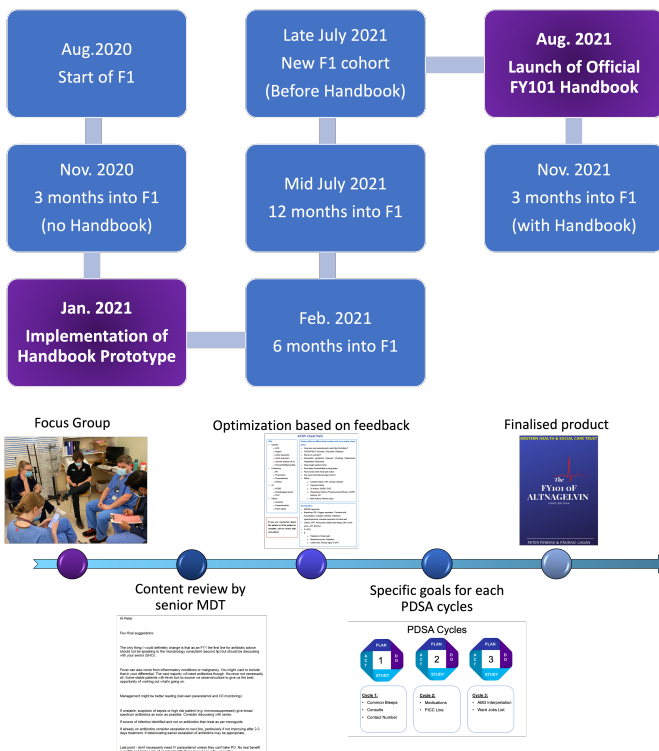
THE FY101 HANDBOOK

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BACKGROUND

75% of UK Medical graduates report lack of preparedness in transitioning their job as a junior doctor (1). The study aims to evaluate the effectiveness of a locally developed handbook and their impact on the increase in confidence levels as a new practicing F1 doctors in Altnagelvin Hospital, Londonderry, Northern Ireland.

PROJECT TIMELINE



References: 1. Monrouxe L, Grundy L, Mann M, John Z, Panagoulas E, Bullock A et al. How prepared are UK medical graduates for practice? A rapid review of the literature 2009–2014. *BMJ Open*. 2017;7(1):e013656

METHOD

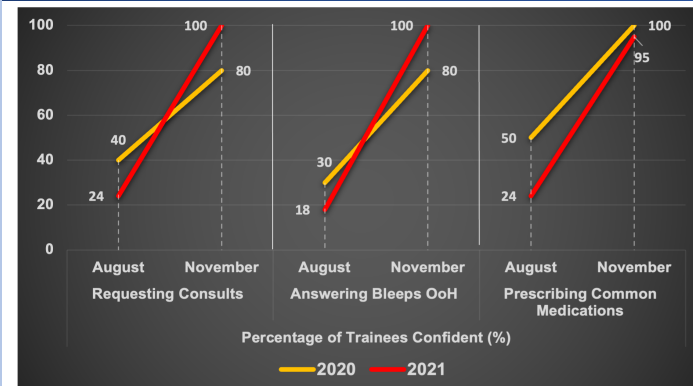
The contents of the Handbook was created based on feedback from F1s. Cohort 1 consisted of F1s from August 2021 intake and the Cohort 2 F1s from August 2022 intake. Feedback was collected through questionnaires designed in Google Forms which assessed the contents of the Handbook and measured levels of confidence using a Likert scale. Confidence was defined as 0 to 2 as not confident and 3 to 5 as confident. Based on the data gathered, contents of the handbook was edited and reviewed by senior members of the multidisciplinary team.

Table 1: Demographics

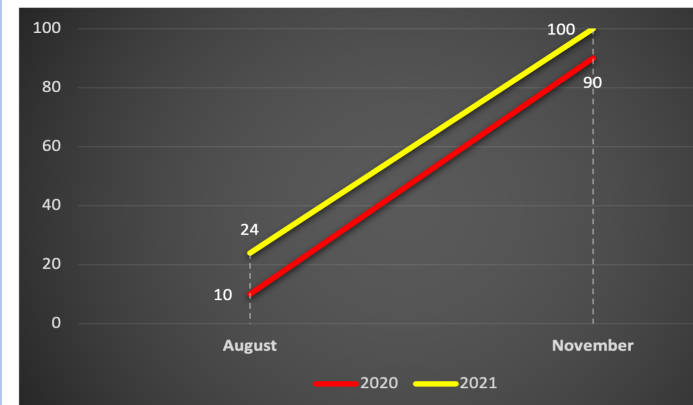
	Cohort 1 (F1 2020)	Cohort 2 (F1 2021)
Total Participants (n)	10	17
Completed FY1 (%)	7 (78)	0 (0)
Surgical	6 (60)	8 (47)
Medical	4 (40)	9 (53)

RESULTS

There was an increase in confidence from 24% (n=4) to 100% (n=17) in Cohort 2, 3 months after starting F1, compared to Cohort 1 with an increase from 10% (n=1) to 90% (n=9). Confidence in requesting consults increased from 24% (n=4) to 100% (n=17) in Cohort 2 compared to an increase of 40% (n=4) to 80% (n=8) in Cohort 1. Confidence in answering bleeps out of hours increased from 18% (n=3) to 100% (n=17) in Cohort 2 compared to an increase in confidence from 30% (n=3) to 80% (n=8) in Cohort 1. Confidence in prescribing common medications increased from 24% (n=4) to 95% (n=16) in Cohort 1 compared to 50% (n=5) to 100% (n=10) in Cohort 2.



Graph 1: Percentage of trainees who felt confident between August to November in different domains (%)



Graph 2: Percentage of trainees who felt confident overall between August to November (%)

CONCLUSION

This study clearly shows the impact a F1 Handbook has on the confidence levels in new F1 doctors. This handbook also covers most of the Higher-Level Outcomes which are clearly outlined in the Foundation Curriculum. By having a handbook that is equipped with relevant clinical information that is revised by senior clinicians, the Trust can support young doctors through their transition from medical school to the practical working environment.