

ORIGINAL RESEARCH

Student's and Mentor's Perception of Mentorship Program Implemented among Fresh Medical Undergraduate Students

1. Dr. Prabhakaran Kattimuthu

Professor & Head, Department Of Anatomy, Nootan Medical College & Research
Centre, Visnagar, Gujarat
Email : Dockaran@Rediffmail.Com

2. Dr. Rashmikant Vishnuprasad Dave

Associate Professor, Department Of Anatomy
BJ Medical College, Ahmedabad, Gujarat
Email : Rvd22@Hotmail.Com

3. Dr. Neha Vijay

Associate Professor, Department Of Anatomy, Nootan Medical College & Research
Centre, Visnagar, Gujarat
Email : nehajainbundi83@gmail.com

4. Dr. Chirag R Vadhel

Assistant Professor, Department Of Anatomy,
GCS Medical College & Research Centre, Ahmedabad, Gujarat
Email :dr.vadhel@gmail.com

Correspondence:

Dr.Chirag R Vadhel

Assistant Professor, Department Of Anatomy,
GCS Medical College & Research Centre, Ahmedabad, Gujarat
Email :dr.vadhel@gmail.com

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Abstract:

Context: Mentorship programs are quite popular in medical schools of only some western countries but majority of the medical colleges in most countries do not have a proper mentorship program. In our institution mentorship Program was implemented for the first time in 2013. These students have completed their first year MBBS successfully. In order to find out the perceptions of students and the mentors, they were given a questionnaire related to mentorship program to get their feedbacks. Thus, obtained data will be useful in modifying the mentorship program in the future. Objectives: To find out the student's and mentor's perception of the mentorship program through a feedback questionnaire. Methodology: 104 medical undergraduate students, each from 2013 batch and 11 faculties/mentors of Geetanjali medical college and hospital, Udaipur formed the material for the current study. This is a cross sectional descriptive study. Each student and each mentor was provided a questionnaire to find out their perception. Thus obtained data were analyzed. Results: Only 31.73% of students said, that they could handle failures, depression and homesickness better as a result of the mentorship program. Only 52.88% of students mentioned that their performance in exams improved, as a result of mentorship program. Only 81.82% of mentors felt mentoring was a nice concept.

Conclusion: So, all mentors must be trained by psychiatrist or clinical psychologist to counsel the students. Also, all mentors have to be motivated to participate in this program with full interest and maximum commitment by the program coordinator.

Key words: mentoring, fresh medical undergraduates.

Introduction

Mentorship programs are quite popular in medical schools of only some western countries but majority of the medical colleges in most countries do not have a proper mentorship program¹.

In India only a handful of medical colleges have implemented mentorship program for their students. Mentorship programs are meant to help the students with their problems related to studies, their relation with their seniors and most importantly teaching them how to deal with stressful situations. Mentorship program guides the students in the right direction through their student life to make them competent and successful doctors²⁻⁵.

In our institution mentorship program was implemented for the first time in 2013. These students have completed their first year MBBS successfully. In order to find out the perceptions of students and the mentors, they were given a questionnaire related to mentorship program to get their feedbacks. Thus, obtained data will be useful in modifying the mentorship program in the future.

Materials and methods:

It is a cross sectional study in which 104 undergraduate medical students from 2013 batch and 11 faculty/mentors of Geetanjali Medical College & Hospital, Udaipur were included. Approval from human ethics committee was taken.

Each student and each mentor were provided a questionnaire containing both open ended and closed questions to find out their perception. Thus obtained data were analyzed. This research project was taken up as part of Advance course in medical education (ACME) conducted by MCI/NMC Nodal center.

Results:

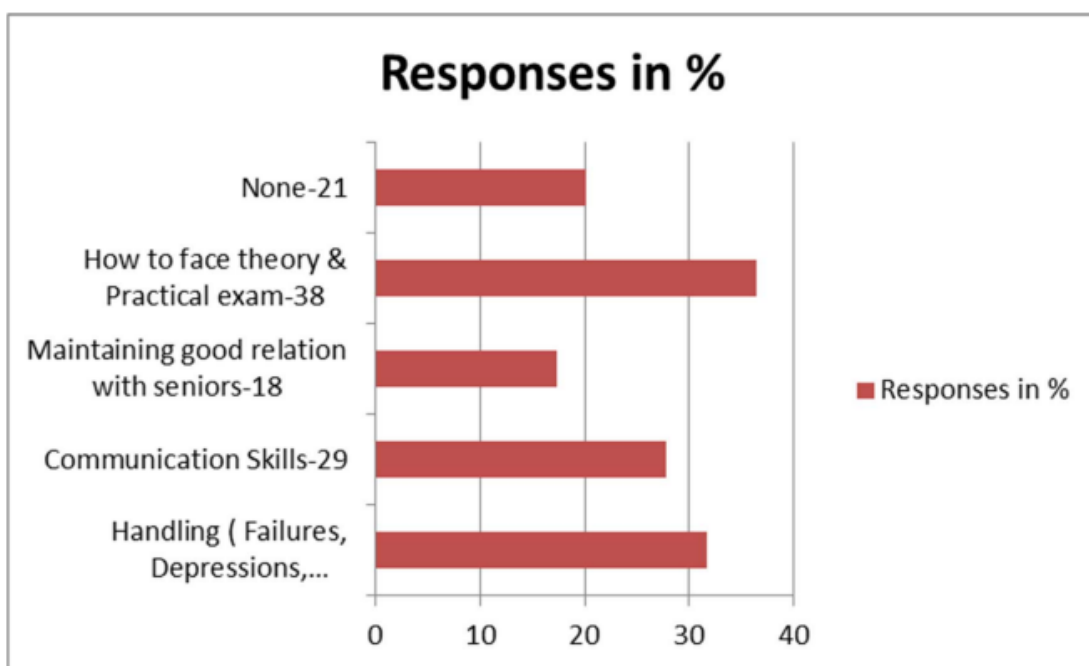
Mentees Feedback

On an average each Mentee/student attended Approximately 4 mentoring sessions with their mentors. Majority of the students (52.88%) agreed that mentoring was helpful in enhancing their Academic performance. (Table 1) Majority of the students (78.85%) felt that their contact with the mentors was Adequate. Among students who felt that their contact with the mentors were inadequate most of them mentioned Logistical barriers/factors, like time constraints and health related issues as the main factors. Majority (61.54%) of the students agreed that mentoring was a good idea. Most (47.12%) of the students felt that they personally benefitted from the relationship with their mentors. Majority (16.35%) of the students felt that interaction and motivation as the most enjoyable things during mentoring. Majority (36.54%) of the students felt that the main skill they learnt from mentoring was how to face theory and practical exams (Graph 1). Majority (57.69%) of the students had no concerns regarding the mentorship program.

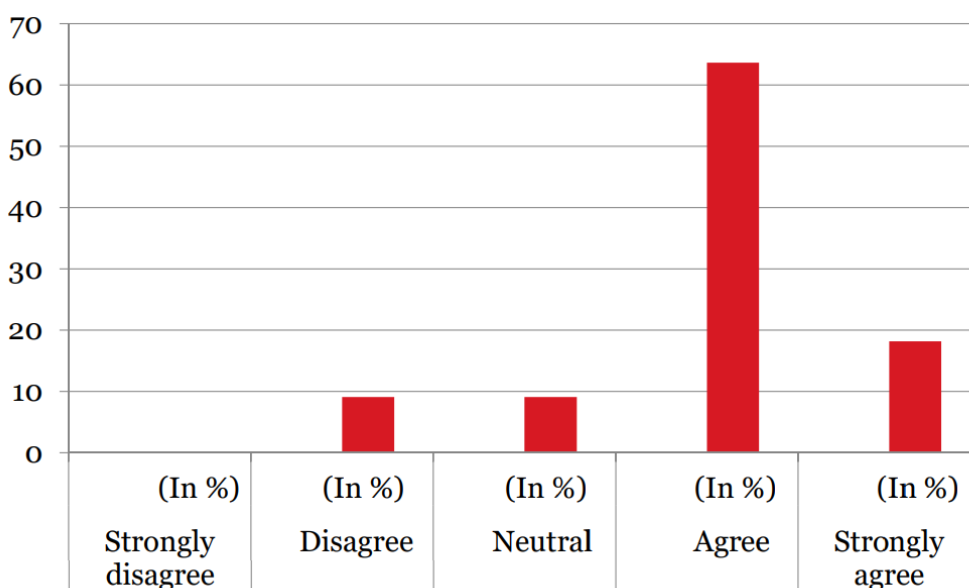
Table1: Was mentoring helpful in enhancing academic performance?

Strongly Disagree (In %)	Disagree (In %)	Neutral (In %)	Agree (In %)	Strongly Agree (In %)
6.73	5.77	34.62	46.15	6.73

Graph No.1 Skills developed by the students as a result of mentoring



Graph. No.2 Mentor’s response on ‘whether mentoring is a good idea’?



MENTORS FEEDBACK

On an average each mentor conducted 7 mentoring sessions. All the mentors felt that the quality of contact with their mentee/students was adequate. Majority (81.82%) of the mentors felt that mentoring was a good idea (Graph 2). Majority (81.82%) of the mentors felt that the mentee benefitted as a result of mentorship program. Majority (55.55%) of the Mentors felt that the most enjoyable thing about mentoring was interaction with the students. Majority (72.73%) of the mentors mentioned that they developed counseling skill as a result of mentoring. Majority of the students (52.88%) agreed that mentoring was helpful in enhancing their Academic performance. Majority (36.54%) of the students felt that the main skill they learnt from Mentoring, was how to face theory and practical exams

Discussion

Student's/Mentees feedback

31.73% of students said, that they could handle failures, depression and homesickness better as a result of the mentorship program. Similarly Macaulay⁶ et al found that mentoring increased social support and reduced stress experience among medical students as a result of mentoring. 17.30% of students said that they could maintain good relation with their seniors as a result of mentorship program, similarly Scheckler⁷ et al found that mentoring psychologically supported mentees. 52.88% of students mentioned that their performance in exams improved as a result of mentorship program, but Konstantinos Dimitriadis⁸ et al in their study found that 77.2% of mentees had a positive impact on their career as a result of mentoring.

Mentors/Faculties feedback

81.82% of mentors felt mentoring was a nice concept, but Arati Bhatia⁵ et al found in their study that 96.6% of mentors felt that mentoring was a good idea. 54.55% of mentors felt it was difficult or frustrating to communicate with parents, whereas Arati Bhatia⁵ et al found that 82.7% of mentors felt it was frustrating to do mentorship for one or other reason related to mentee. 72.72% of mentors mentioned that their counseling skills improved as a result of mentorship program.

Summary and Conclusion

Student's/Mentees feedback

- 1) Only 31.73% of students said, that they could handle failures, depression and homesickness better as a result of the mentorship program.
- 2) Only 17.30% of students said that they could maintain good relation with their seniors as a result of mentorship program
- 3) But 52.88% of students mentioned that their academic performance improved as a result of mentorship program

Mentors/Faculties feedback

- 1) Only 81.82% of mentors felt mentoring was a good idea.
- 2) 54.55% of mentors felt it was difficult or frustrating to communicate with parents.
- 3) Only 72.72% of mentors mentioned that their counseling skills improved as a result of mentorship program.

Implications / recommendations:

- 1) Only 31.73% of students said, that they could handle failures, depression and home sickness better as a result of the mentorship program. So, all mentors must be trained by psychiatrist or clinical psychologist to counsel the students.
- 2) Only 81.82% of mentors felt mentoring was a good idea. So, all mentors have to be motivated to participate in this program with full interest and maximum commitment by the program coordinator. Probably, Awards/Certificates for the mentors for taking up additional responsibility might be a good motivator.
- 3) 54.55% of mentors felt it was difficult or frustrating to communicate with parents. Hence communicating with parents should be made optional (Only in cases of special scenario).

Limitations:

All the data obtained are merely subjective perceptions of the students and mentors. The student's responses could not be correlated with their performance in internal and external exams (their actual score) before and after the mentorship program which will add more credibility to the study. Also when the recommendations of this current study are included in the mentorship program for the next academic year and feedback taken again its true value will emerge.

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