

The Inbetweeners:

Near to peer mentoring for prevocational doctors in Obstetrics and Gynaecology: benefits, challenges and longevity of mentoring relationships.

A. FitzGerald¹, K. Calvert 1.King Edward Memorial Hospital for Women (KEMH), Perth, WA
Contact: amy.fitzgerald@health.wa.gov.au

Introduction: Junior doctors suffer poorer mental health and increased psychological stress compared to other professionals.¹ Long working hours, exposure to traumatic events and lack of support contribute to this particularly for prevocational doctors in service registrar roles. Further compounding this stress is the associated pressure of training program applications, lack of availability of specialist training places and the vulnerability of junior doctors in these unaccredited positions.

In response to this and an identified deficit in clinical incident debriefing at King Edward memorial Hospital for Women, a near to peer mentoring program was established. This survey looks at the benefits, challenges and longevity of mentoring relationships within this program.

Methods: Current RANZCOG trainees were surveyed to determine levels of mentor program participation, perceived benefits and challenges, and to assess the longevity of mentoring relationships via a digital survey.

Results: The response rate for current trainees was 31%. 88% of current trainees identified as having mentors through the mentor program. Of program participants 85% of mentees continued contact with their mentors after commencement of RANZCOG training.

Benefits	Challenges
Support during - RANZCOG applications - RANZCOG interviews - RANZOG examinations	Time restraints - less support than mentee would have liked
Access to debriefs - clinical incidents - non-clinical incidents	Breakdown of mentoring relationship
Advice on - work life balance - managing burnout - life planning and parental leave	Unmet expectations - having a mentor did not always lead to successful application to training
Fostering sense of community & building collegial workplace	No longer working at the same location

Conclusion: While not a panacea, mentoring provides largely positive benefits to pre-training O&G doctors with the majority of mentoring relationships continuing throughout training and beyond.