

## Perioperative self-reflection among surgical residents

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**REVISED STRUCTURED ABSTRACT****AJS-D-16-00304**

**Background:** We studied prevalence and predictors of meaningful self-reflection among surgical residents and with prompting/structured interventions, sought to improve/sustain resident skills.

**Methods:** Residents from six programs recorded 1032 narrative self-reflective comments (120 residents), using a web-based platform. If residents identified something learned or to be improved, self-reflection was deemed meaningful. Independent variables PGY level, resident/surgeon gender, study site/Phase 1: July 2014-August 2015 vs. Phase 2: September 2015-September 2016) were analyzed.

**Results:** Meaningful self-reflection was documented in 40.6% (419/1032) of entries. PGY5's meaningfully self-reflected less than PGY1-4's, 26.1% vs. 49.6% ( $p=0.002$ ). In multivariate analysis, resident narratives during Phase 2 were 4.7 times more likely to engage in meaningful self-reflection compared to Phase 1 entries ( $p < 0.001$ ). Iterative changes during Phase 2 showed a 236% increase in meaningful self-reflection, compared to Phase 1.

**Conclusions:** Surgical residents uncommonly practice meaningful self-reflection, even when prompted, and PGY5/chief residents reflect less than more junior residents. Substantial/sustained improvements in resident self-reflection can occur with both training and interventions.

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