

Learning Through Podcasts (Because Medical Learners Don't Have Time for More Lectures)

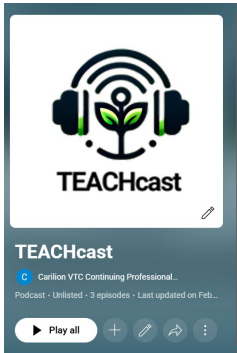
Mariah Rudd, MEd; Sarah Harendt, PhD; Shari Whicker, EdD; Arthur Ollendorff, MD^{1,2}

Purpose

Podcasts have emerged as a valuable educational tool offering flexibility, accessibility, the opportunity to engage in “opportunistic learning”, and have been found to be as effective as traditional self-directed learning methods.¹⁻⁶

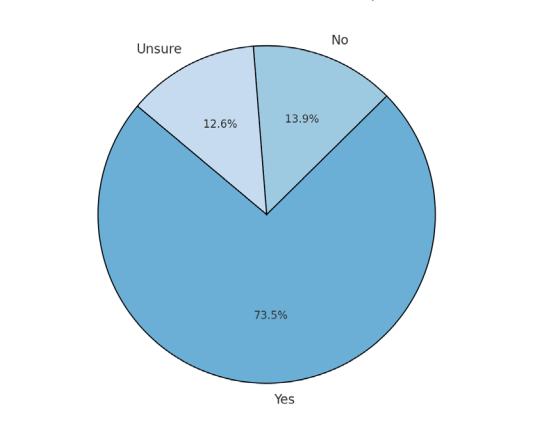
Methods

- **Graduate Medical Education (GME)** podcast content determined by needs analysis, educational standards, and team consensus
- Three, 20–30-minute podcasts piloted: **Conflict Management, Five Microskills of Clinical Teaching, and Healthcare Equity**
- Local subject matter experts served as podcast presenters
- Presenters and professional development team **collaboratively created content**
- Residents/ fellows completed a **brief electronic reflection**
- Mixed-methods approach utilized to gather data exploring benefits to resident/fellow development, usability of the podcast format, and insights gained



Podcasts, when used as an educational tool, can provide accessible, relevant, quality content that contributes to the development of residents and fellows.

Did the Podcast Contribute to Your Development? (N=1053)



Charts & References

Key Findings:

- Key takeaways from individual podcasts:
 - Appreciation for **structured, efficient teaching strategies** in clinical settings (Five Microskills)
 - Emphasis on **empathy and curiosity** in navigating healthcare conflict (Conflict Management)
 - Transition from **applying generalized care** (equality) to committing to **individualized, tailored care** (equity) (Healthcare Equity)
- Podcasts seen as valuable for **skill reinforcement** and offering **practical strategies**
- Some preference for **real-world experience** over podcast learning
- Residents/ fellows preferred **practical content** to conceptual

Results

Podcast	Reflection Themes
Healthcare Equity	Achieving health equity requires moving beyond simple equality to providing tailored, individualized care and leveraging multidisciplinary care teams .
Five Microskills of Clinical Teaching	Highlights the value of structured, efficient teaching techniques for busy clinical settings. Emphasizes providing timely feedback, assessing learner understanding , and reinforcing positive behaviors .
Conflict Management	Emphasizes the inevitability of conflict in healthcare and the importance of approaching disagreements with curiosity and empathy to promote better communication and teamwork .

- Respondents found the practical advice and strategies presented were **helpful for their professional development**.
- Podcasts **offered new perspectives, reinforced important skills, and provided practical strategies**.
- Some residents/fellows shared the podcasts reiterated information that was known, and **real-world experience was preferred over a podcast format**.

Discussion

- Sharing relevant, quality content via podcasts will continue to be an option.
- Podcasts require a significant time commitment for presenters and content creators.
- While podcasts can be effectively used as an educational tool, it should only be one of multiple learning modalities utilized.

Authors are affiliated with the following institutions:

1. Carilion Clinic
2. Virginia Tech Carilion School of Medicine

