Abstracts for BACO Oral Presentations

NAPDENT Orals - Innovation in Training

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Freddie Green
Developing a YouTube learning platform for ENT trainees during the Covid-19 pandemic

**Background:** The Covid-19 pandemic caused abrupt postponement of regional ENT teaching programmes nationwide. Responding to this shortfall, the Association of Otolaryngologists in Training (AOT) created an online platform in which to collate and freely distribute teaching from multiple regional and national bodies.

**Methods:** A five-person AOT subcommittee curated commissioned and ad-hoc content onto a YouTube channel. Content was subdivided by topic and contributing organisation or region. Topic ‘tags’ included otology, rhinology, head and neck, paediatric ENT, radiology, and Covid-19 material. Contributing organisations included regional deaneries (via organised talks and ‘ENT Grand Rounds’), NAPDENT (via ‘National Training Days’), and subspecialty ENT organisations. Following approval from organisers for edit and upload, videos were ‘timestamped’, enabling the viewer to navigate to specific clips via hyperlinks. ISCP topics pertaining to the JCST 2017 Otolaryngology curriculum were listed for each video.

**Results:** Views for each upload peaked in the three months following April 2020 and have remained consistently in the hundreds. By October 2020, there were a mean 126 views daily, with a total of 20,635, from 24 countries. 736 channel subscriptions have been made.

**Conclusions:** The platform widens access to international collaborative learning for ENT trainees. Previously, such collaboration was limited to costly courses and conferences, and regional days that would remove the trainee from the workplace. The platform aspires to become a core resource for continuing professional development, with ongoing commissioned webinars of varying lengths to reflect the ISCP curriculum.
Sheneen Meghji

The 2019 BMA mental health survey found that 80% of doctors were at high risk of burnout

**Background:** The 2019 BMA mental health survey found that 80% of doctors were at high risk of burnout. With COVID-19, the mental distress and burnout will undoubtedly worsen. Securing an understanding of the potential impact of the pandemic on the well-being of ENT junior doctors is crucial.

**Methods:** The questionnaire-based study included information on demographic, training level and disruptions, and psychological impact via the perceived-stress-scale and Patient Health Questionnaire-9 (PHQ-9) instruments. Survey response were collected during the peak of the infection.

**Results:** 95 ENT doctors throughout the UK completed the questionnaire. Majority were between 25-34 years old. 52.6% were female, 43.2% were of BAME ethnicity and 41.4% were registrar grade or higher. During the pandemic, 73% worked in a high risk clinical COVID-19 area, 42.1% worked extra hours, 44% had their annual leave suspended, 33% were re-deployed, 28% had inadequate PPE, 27.4% had to self-isolate, and 21.1% felt unsupported at work. Training disruptions included minimal operating (81.1%) and outpatient clinic (70.5%) experience. 67.4% had their study leave and teaching suspended. 47% of respondents reported new or worsening symptoms of stress and anxiety with 27.4% reported new symptoms of depression. The mean perceived stress scale score PHQ-2 score was 16.71 and 1.52, respectively. Majority of respondents received informal support from colleagues (70.5%) and hospital-wellbeing support services (52.6%).

**Conclusions:** The findings of this study will inform the NHS and training institutions and allow the provision of psychological support and workplace guidance to safeguard the mental wellbeing of our future ENT surgeons.
Jonathan R Abbas  
Virtual Reality in Medicine and Surgery (VRiMS)

**Background:** COVID-19 has significantly impacted on the provision of training courses for doctors. Face-to-face teaching is not possible due to social distancing and travel restrictions. There has been a dramatic transition to virtual learning in the form of webinars which suffer significant limitations such as low interaction engagement. Our group named VRiMS has formed with the vision to explore and adopt novel methods of remote learning in the COVID-19 era.

**Methods:** With immersive 360° streamed content being the backbone, we describe the evolution of VRiMS from proof of concept to a week-long multispecialty, multinational course in just 4 months. We describe also the feedback received from this course and what can be learnt from this. Additionally, we discuss also the vision for the future of VRiMS and immersive learning as a whole.

**Results:** 313 participants from 26 countries attended the inaugural VRiMS course. The attendance was varied across seniority and 79% had no experience of VR. 90% of applicants agreed that VR would be of value in training with most advocating its utility in video demonstration and simulation. In terms of engagement 75% of trainees remained in the webinar for over 9 hours which was reflected over all days and specialties.

**Conclusions:** Our group has pioneered VR as an international training resource. Whilst learning deeply from our experience and feedback, we move forward, further building on our clearly demonstrated foundation.
Anastasha Herman

The COVID-19 pandemic has forced an unprecedented worldwide change in our daily lives, particularly in healthcare

**Background:** The COVID-19 pandemic has forced an unprecedented worldwide change in our daily lives, particularly in healthcare. In response to the lockdown measure it has brought on, some deaneries cancelled planned teaching days, whilst others had delivered remote smaller scale teaching sessions electronically. Due to significant regional variation, the National Association of Programme Directors in ENT (NAPDENT) set up a national educational programme, matched to the Intercollegiate Surgical Curriculum Programme (ISCP). This is delivered virtually and for free. This pilot survey evaluates participants’ learning experience of the first NAPDENT National Otology Training Day, which was held on 20 April 2020 via Zoom. This is a pilot survey evaluating the first online, national educational programme delivered by the National Association of Programme Directors in ENT (NAPDENT) in the United Kingdom. In the times of the COVID-19 pandemic, our programme has rapidly learnt from this initial experience and continues to build on lessons learnt for future editions. It is feasible to augment the national ENT curriculum with a collaborative, online teaching programme. Regional buy-in is required to make this work. This modality allows for access to subject experts across the country. Synchronous delivery allows for participant interaction, while an online repository allows for asynchronous viewing when work or personal commitments do not allow live attendance. The key to participant engagement is adequate structure, appropriate breaks, and opportunities for interaction. Even once the COVID-19 pandemic has passed, this teaching modality will remain as an opportunity to educate ENT surgeons of the future.