

Mental skills training for surgeons: The application of a novel approach to surgeon training



Arthur CA, Baird EJ, Hughes K, Robinson P, Yule S



Introduction

- Mental Skills training is widely used in high performance & high consequence contexts e.g. military, sport, music
- Emerging evidence demonstrating positive impact on surgical performance (Cragg et al., 2021)
- MST is an impactful, cheap & portable performance enhancing strategy yet to be incorporated into surgical training
- We designed & delivered a brief MST programme for surgeons

MST Program

- Workshop 1 – Introduction
- Workshop 2 - Cognitive Simulation
- Workshop 3 - Anxiety Performance Relationship



”Good parallels to other high performance setting interesting to see human factors that affect performance”

”Increased availability for small group or individual coaching”

”Integration into training programme”

”Keep up the sessions really enjoying them”

Methods

- 11 ST1 / ST2 orthopaedic trainees
- Three 1-hour sessions designed & delivered over 3-month period
- Training feedback was gathered using post session Net Promotor Score, training effectiveness (1-5) and freeform response.

Results

Would you recommend the mental skills program to a colleague (NPS)



Mental Skills Training Effectiveness = 4.5 out of 5

Discussion

- Preliminary evidence to include Mental Skills Training for surgeons
- Impactful, cheap & portable performance enhancing strategy
- Next steps; conduct research into mental skills training with surgeons