



# What Do Medical Students Use to Study?

## Resources during Pre-clerkship Curriculum and Step 1 Dedicated

M Ahmed, H Ali, D Bota, G Chandrashekar, E Fisher, A Nguyen, S Wahbi, D Levine MD, E Waineo MD



### INTRODUCTION

- Medical educators spend an extraordinary amount of time developing curricula, yet medical schools may not know how students use this material & other resources to prepare for Step 1
- Resources used by students may inform curriculum enhancement measures and facilitate student success on Step 1
- Although some research exists on predictive value of resources, little is known about resource use since Step 1 format change (1)
- Our study aims to evaluate resource use during pre-clerkship and Step 1 dedicated periods

### METHODS

- Students and faculty collaborated to create a survey exploring the impact of study experience, resources used, and Wayne State prep on wellbeing and self-perceived preparedness for Step 1
- The survey was distributed to those who took (and planned to take) Step 1 Pass/Fail for the first time. This survey was optional, anonymous, IRB approved, and provided via Qualtrics
- Our analysis was based on completed responses from 232 students. 166 students (or 75%) took Step 1. Out of this number, 5 students failed. 54 students (or 25% of the class) partook in the dedicated study period, but did not take Step 1
- The survey assessed students' perceptions, preparedness, wellness, study strategies, support and included resources they used to study both during their pre-clerkship curriculum and during the Step 1 dedicated period

### RESULTS

- During the pre-clerkship curriculum, the most widely used resources were: UWorld (93%), First Aid (90%), Boards and Beyond (80%), Pathoma (73%), Anki (72%), Sketchy (69%)
- During Step 1 dedicated, the same top 6 resources emerged. UWORLD and First Aid were still most often used (96% and 81%)
- Medical-school lectures were amongst the least used during both pre-clerkship (39%) and dedicated (5%)

### FIGURES

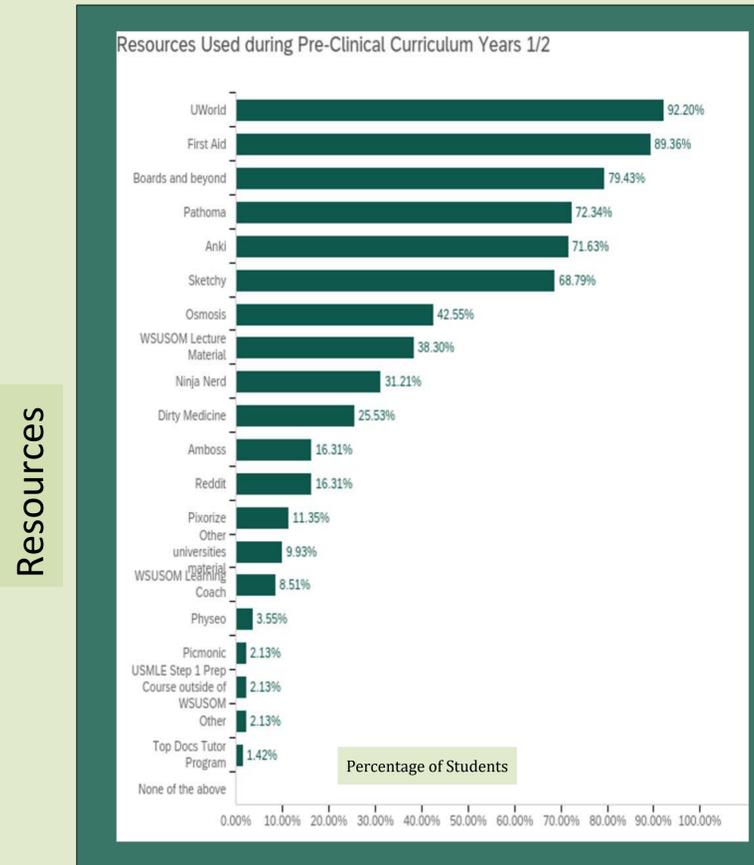


Figure 1. Resources Used by Students during the first two years of medical school

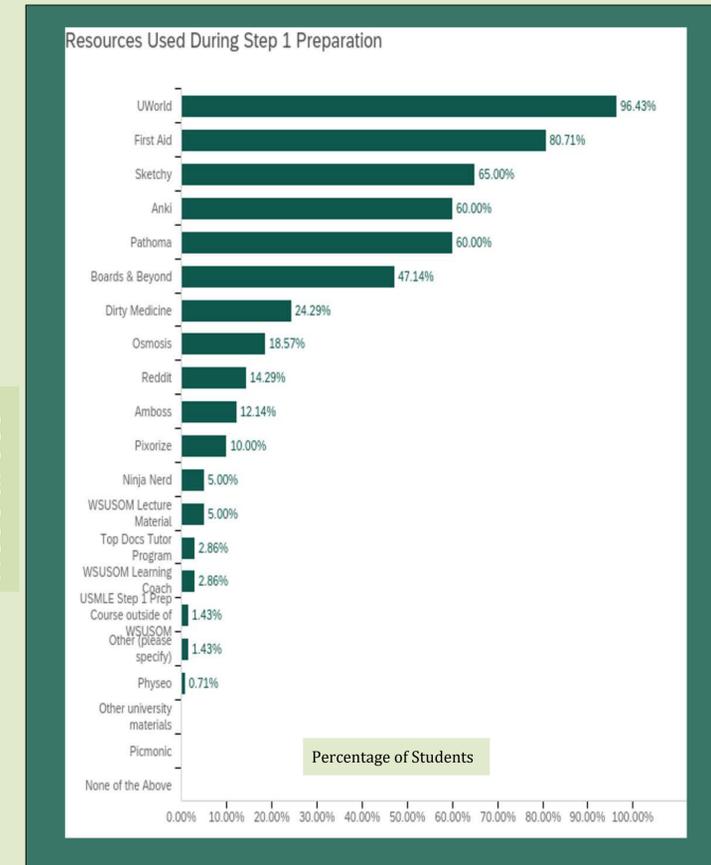


Figure 2. Resources Used by Students During Dedicated Step 1 preparation, Other = NBME & Private Tutoring outside university

### CONCLUSIONS

- The most common resources used by students during pre-clerkship are identical to those used for Step 1
- UWorld and First Aid are financed by our medical school, which may impact student use
- Medical school lectures were one of the least commonly used. These data suggest students found third-party resources helpful, and most used them exclusively when studying for Step 1
- Other resources may not be available to students who have limited social determinants of education with possible adverse effects on studies
- Next steps include exploring resource usage at other schools, resource predictive value of passing Step 1, considerations by medical schools of financial support to facilitate equitable resources, and further student feedback on ways to enhance medical school curriculum content

### References

1. Parry, S., Pachunka, J., & Beck Dallaghan, G. L. (2019). Factors predictive of performance on USMLE Step 1: Do commercial study AIDS improve scores? *Medical Science Educator*, 29(3), 667–672. <https://doi.org/10.1007/s40670-019-00722-4>