

# Interventions and Experiences Impacting Medical Student Exposure to Otolaryngology-Head and Neck Surgery

Rebecca A. Zasloff,<sup>1</sup> MPH, Jessica Goodwin,<sup>2</sup> BS, Tariq M. Omer,<sup>1</sup> MA, Michael Mensah-Mamfo,<sup>1</sup> BS, Antoinette Charles,<sup>1</sup> MD, MPH, Lauren Cooke,<sup>3</sup> MD, Monica Ogunsusi,<sup>3</sup> MD, C. Rory Goodwin,<sup>4</sup> MD, PhD, Trinitia Cannon,<sup>3</sup> MD

<sup>1</sup> Duke University School of Medicine, <sup>2</sup> Morehouse School of Medicine, <sup>3</sup> Duke Department of Head & Neck Surgery and Communication Sciences, <sup>4</sup> Duke Department of Neurosurgery

## Introduction

- Early exposure to Otolaryngology–Head and Neck Surgery (OHNS) is critical for students to understand the field’s broad scope and make informed career decision.<sup>1</sup>
- However, many medical students receive limited OHNS exposure before choosing a specialty.<sup>2</sup>
- Given the limited timeline to select a specialty, it is essential to identify interventions that both introduce OHNS early and influence student interest.

## Objectives

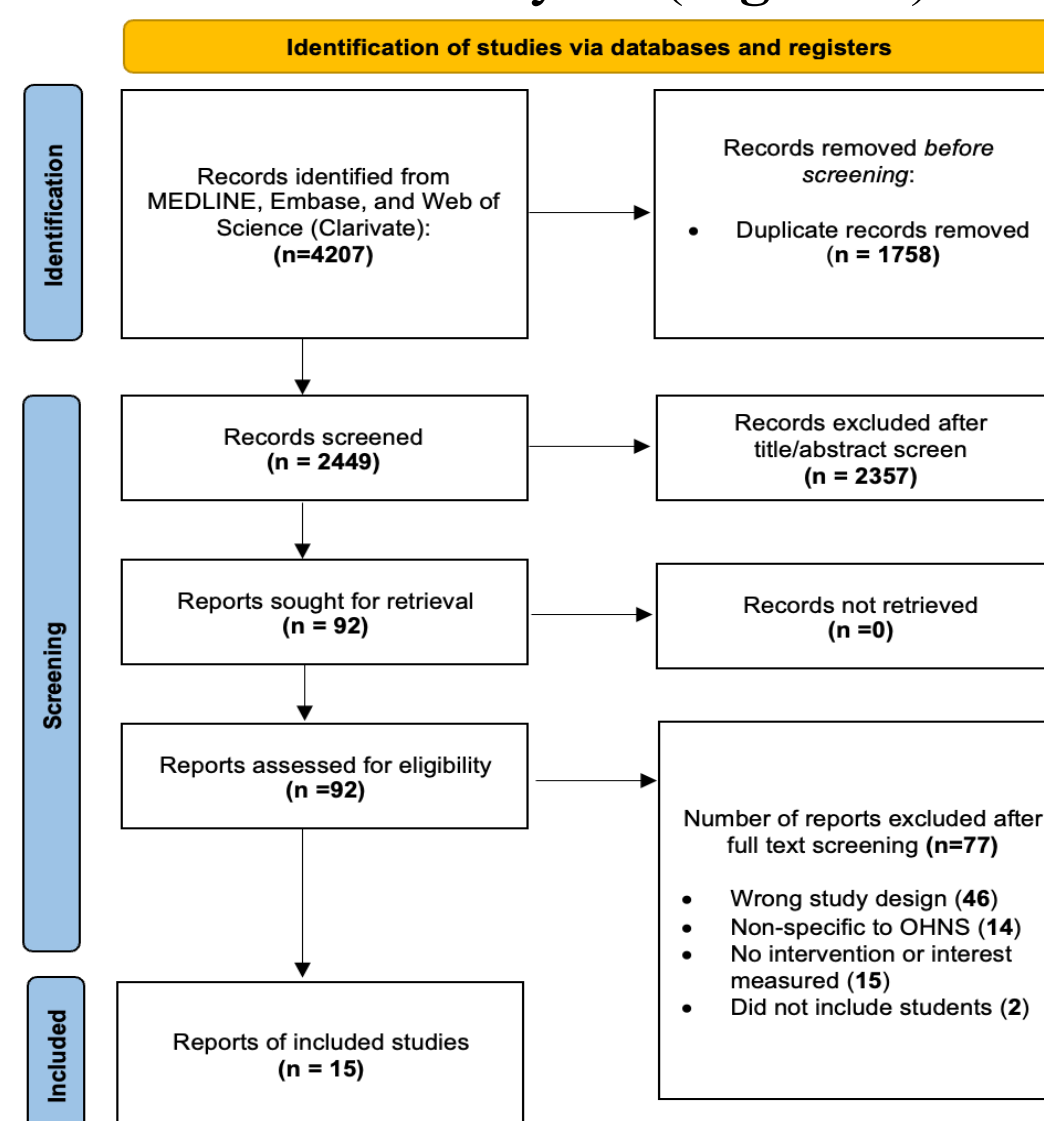
To review literature on interventions providing students early-exposure to OHNS and experiences impacting student OHNS interest.

## Scoping Review Methodology

- Studies independently assessed by four independent reviewers for title/abstract and full-text review. Disagreements were resolved by group discussion.
- **Inclusion Criteria**
  - (1) Retrospective studies on experiences influencing OHNS interest
  - (2) Intervention studies increasing student exposure or interest to OHNS
- **Exclusion Criteria**
  - (1) Studies conducted outside the U.S.

## Results

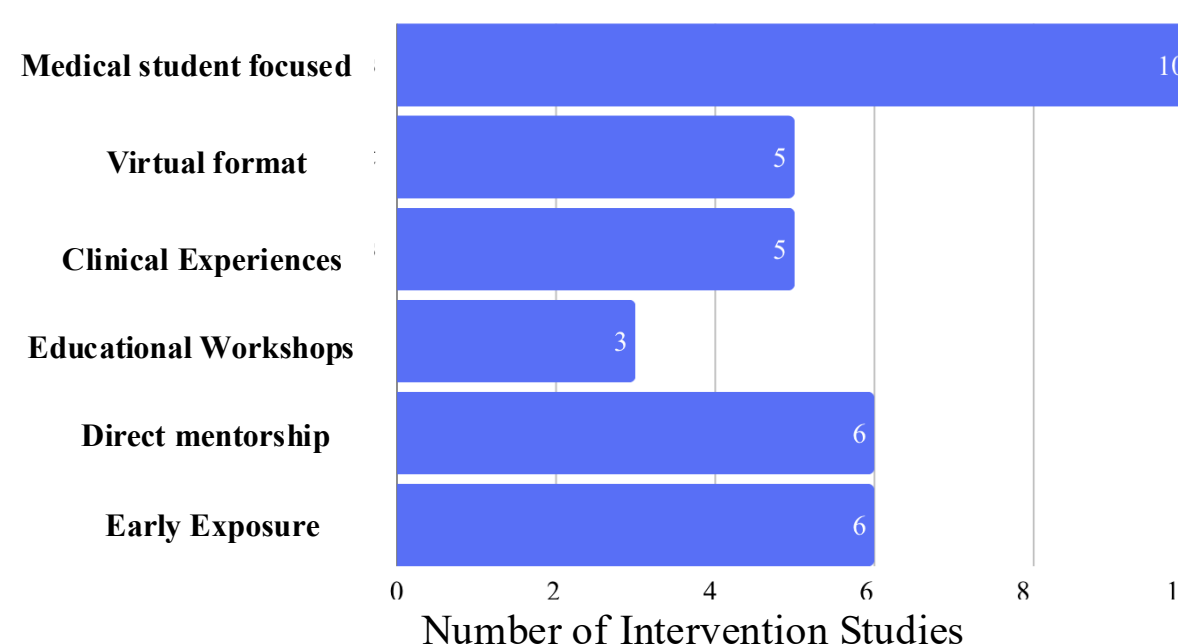
- After screening 2449 articles, there were **15** studies that met eligibility criteria and included in the analysis. (**Figure 1**)



**Figure 1:** PRISMA flowchart of study selection

- Among included studies:
  - 66.7% (n=10) published after 2020
  - 73.3% (n=11) intervention studies
  - 36.7% (n=4) retrospective studies

**Figure 2.** Characteristics of Intervention Studies



## Results

- 86.7% (13/15) of studies collected quantitative data on OHNS interest
- 73.3% (11/15) used survey responses to measure factors impacting OHNS interest
- 26.7% (4/15) assessed participant OHNS match statistics
- Factors Influencing Student OHNS Interest:
  - OHNS Interest Group
  - Mentorship
  - OHNS Clerkship Experience
  - Early Exposure
  - Personality fit and faculty interactions

## Conclusion & Future Directions

While early exposure to OHNS through targeted interventions can effectively increase student interest in the field, such opportunities remain limited in number, often short-term in nature, and restricted in reach due to limited accessibility for many students. Future initiatives should examine the long-term impact of longitudinal opportunities that improve access, such as virtual interventions.

## References

1. Compton MT, Frank E, Elon L, Carrera J. Changes in U.S. medical students' specialty interests over the course of medical school. J Gen Intern Med. 2008 Jul;23(7):1095-100
2. Wong A, Fung K. Otolaryngology in undergraduate medical education. J Otolaryngol Head Neck Surg. 2009 Feb;38(1):38-48. PMID: 19344612.