

Original research article

## Evaluation of the Impact of Foundation Course in First-year MBBS Students at Osmania Medical College, Hyderabad

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### Abstract

**Background:** Medicine is a challenging profession that demands the study and acquisition of required knowledge, and various skills, that will assess him/her in acclimatizing to the new professional environment. To facilitate the transition of the medical students from the school phase to a professional course, a need for an orientation program has been perceived by Medical Educationists all over the country. The present study was conducted to evaluate the impact of foundation courses on first year MBBS students.

**Methods:** The present cross-sectional study was conducted on N=250 first year MBBS Students of the 2020-2021 batch for a period of 6 months in Osmania Medical College, Hyderabad, Telangana. N=250 students voluntarily participated in this study. Their feedback was obtained by a questionnaire on a five-point Likert scale.

**Results:** The results of the parameters of the foundation course of n=250 students are calculated 98% strongly agree and agree with professionalism. The overall approval for ethics was strongly agreed by 59% and agreed in 38% of responses by the students 2% were neutral as far as ethics effectiveness in the foundation course. Communication skills were agreed to be effective in 85% of responses. Skill module effectiveness was agreed upon by 76% of responses and effectiveness of yoga was in 61% of responses and 31% of responses for yoga were neutral for effectiveness.

**Conclusion:** Foundation courses facilitate students' orientation to acclimatize them to the campus environment and familiarize them with the teaching program helping them to adapt to the academic challenges in their entire professional course.

**Keywords:** Foundation Course, First MBBS Students feedback

## Introduction

Medicine is a challenging profession that demands the study and acquisition of required knowledge, various skills, that will assess him/her in acclimatizing to the new professional environment [1] To facilitate the transition of the medical students from the school phase to a professional course, a need for orientation program has been perceived by Medical Educationists all over the country. A structured "Foundation Course" can help alleviate student worries, and apprehensions and help them cope with forthcoming professional demands. [1] According to "Vision 2015", document on "Regulation on graduate medical education" and "Competency-based undergraduate curriculum for the Indian medical graduate, 2018" with the advancement in medical education, MCI has introduced foundation courses to be followed by all educational institutions to make teaching program student orient and outcome-based. [2] Academic institutes throughout the globe design and implement foundation course for their students to facilitate transit from rote learning to self-directed learning in professional course. [1] The core objective is to familiarize students of first year MBBS with the campus environment curriculum and academic programs and help them to face all types of challenges in their course. [3] The Foundation Course consists of six modules that include orientation, skills, community orientation, professionalism and ethics, enhancement of language, computer skills, sports, and extracurricular activities (MCI document foundation course, 2019). Each module has a specific topic-wise hour distribution with special hours allotted to sports and extracurricular activities in between. This study is used to know the students' perception of the orientation, skills, ethics, professionalism, and yoga. The present study aimed to evaluate the impact of a foundation course on first year MBBS students. The other objectives of the study included determining the opinion of the students regarding the relevance of the topics included in the foundation course. To assess the satisfaction of students in professional development including Orientation, Professionalism, Ethics, Skills, and Yoga.

## Material and Methods:

The present Cross-sectional study was conducted on N=250 First year MBBS Students of the 2020 - 2021 batch for a period of 6 months in Osmania Medical College, Hyderabad, Telangana. Prior approval for the study was obtained from the Institutional Ethical Committee of Osmania Medical College. The students who were willing to participate in the study are included and the students who are not willing to participate were excluded from the present study. The structure of the foundation course followed during the study is given in table 1.

**Table 1: Structure of foundation course**

<b>Subjects/Contents</b>	<b>Total Teaching hours</b>
<b>Orientation</b>	30
<b>Skill Module</b>	35
<b>Field visit to the community health center</b>	8
<b>Professional development including ethics</b>	40
<b>Sports and extracurricular activities</b>	22
<b>Enhancement of language/ computer skills</b>	40
<b>Total teaching hours</b>	175

The topics mainly focused on are Orientation, Medical Ethics, Professional and Personality development, Enhancement of language, computer skills, and yoga. Presentations were conducted in an innovative way like group activities, Roleplay, use of video clips, and interactive sessions to make the students more attentive and receptive. Their feedback was obtained by a questionnaire on a five-point Likert scale. There was positive feedback about the components of the foundation course which lasted for 175 teaching hours for a period of 1 month and the compiled details in percentage.

### Results

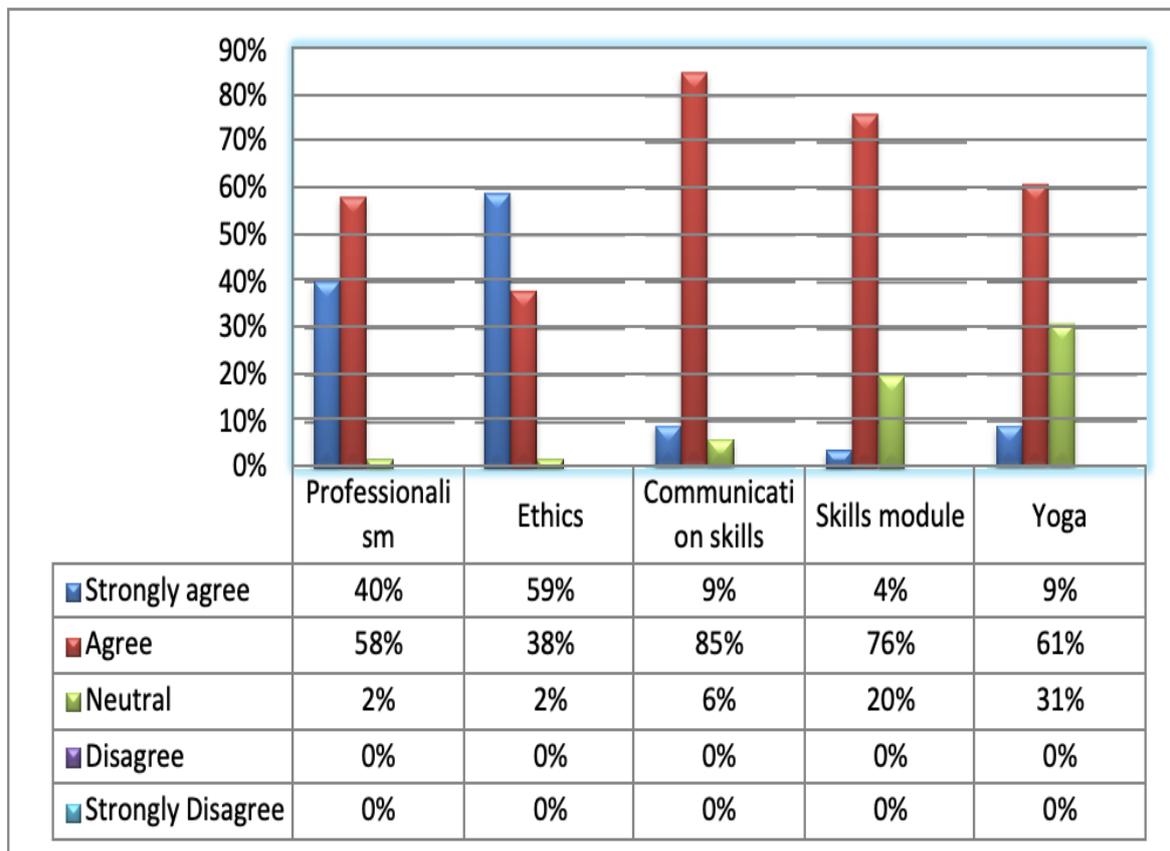
This study was cross-sectional and conducted on n=250 1st year MBBS students. Their feedback was collected by using a questionnaire. The questionnaire consists of individual feedback for various components of the foundation course. The results of the parameters of the foundation course of n=250 students are calculated. A critical analysis of table 2 revealed 98% strongly agree and agree with professionalism. The overall approval for ethics was strongly agreed by 59% and agreed in 38% of responses by the students 2% were neutral as far as ethics effectiveness in the foundation course. Communication skills were agreed to be effective in 85% of responses. Skill module effectiveness was agreed upon by 76% of responses and effectiveness of yoga was in 61% of responses and 31% of responses for yoga were neutral for effectiveness

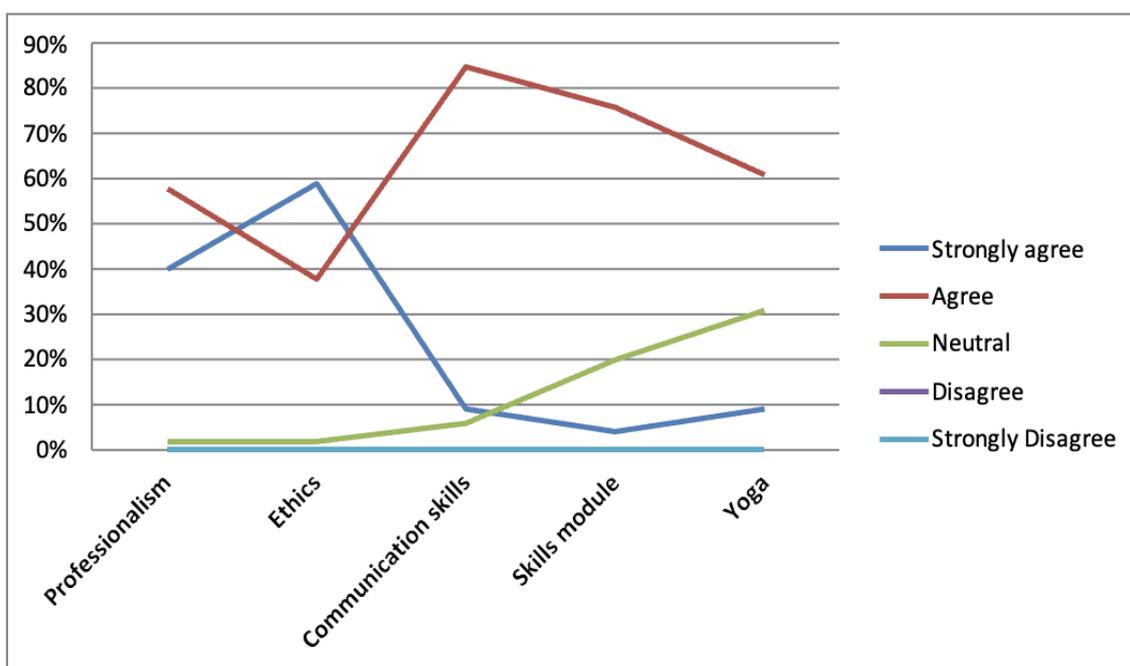
**Table 2: Parameters included in foundation course and the results represented by one student**

		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<b>Professionalism</b>	Be properly dressed		✓			
	Will implement it in your career		✓			
	Social behavior		✓			
	Having discipline		✓			
	Useful		✓			
	Not helpful				✓	
	Follow the Hippocratic oath in all circumstances			✓		
<b>Ethics</b>	Students respect patient confidentiality (Privacy)		✓			
	Important in medicine		✓			
	Made me more aware of the practice of medicine		✓			
	Influence on attitude and behavior of doctors		✓			
<b>Communication skills</b>	Plays a crucial role in self-improvement		✓			
	Effective	✓				
	Not Effective					✓
	Students should interact appropriately within a small group		✓			

	Students should interact appropriately within a lecture setting		✓			
	Students should function appropriately within a health care team	✓				
	Should be sensitive to the needs, feelings, or wishes of others		✓			
<b>Skills Module</b>	Interesting		✓			
	Informative			✓		
	Helpful in building up the confidence		✓			
	will be able to apply what you learned in future		✓			
	Not helpful			✓		
<b>Yoga</b>	Effective			✓		
	Will implement in daily routine		✓			
	As stress buster	✓				
	Organized well	✓				
	Satisfied	✓				
	Not satisfied					✓

**Table 3: Feedback of students on Professionalism, Ethics, Communication skills, Skills module, and Yoga**





**Graph 1: Depicting the responses to parameters and agreement with the effectiveness**

### Discussion

Medicine is a challenging profession that demands the study of a large volume of knowledge, the acquisition of novel clinical skills, self-directed learning, ethical behavior, and professional attitudes. The MCI has suggested conducting a foundation course of 2 months for 1st-year MBBS students to produce compiled Indian Medical graduates. As envisaged by the MCI, "Indian Medical Graduate" (IMG) should possess the necessary knowledge, skills, attitudes, values, and responsiveness to perform responsibly and successfully as a community physician while being internationally relevant. [4] One of the key responsibilities of the IMG is to be a competent communicator with patients, families, coworkers, and the community. With this inspiration, the MEU faculty at OMC Hyderabad planned and conducted a foundation course for the 2020-2021 batch of I-year MBBS students. The feedback of the students was taken by using a questionnaire and the results were analyzed, compared, and tabulated in Table No. 3. Our study found a significant improvement in the development of skills of the students when a comparison is done before the foundation course and after the implementation of the foundation course. 80% of the respondents agreed that skill module improvement was high after the foundation course. Dixit R et al., [5] in a similar study reported improved scores in the perception of various modules in foundation courses and the overall rating for the foundation. Devi J et al., [6] found there is a profound impact of orientation programs in acquainting students in multiple areas of the medical curriculum. In a study by R Mittal et al., [3] including n=100, 67% of the participants labeled the foundation program a very good exercise. Students' views regarding the factors that facilitated their learning were good topics (covered important aspects of the clinical phases), good presentations, good and experienced speakers, and interactive faculty. T Srimathi [7] studying the feedback on foundation course for first MBBS students in Tamil Nadu obtained Positive feedback of 88.5% to 98.5% regarding the objectives of the course, contents, presentation, future value of the course in the student's career by a Questionnaire issued to the students. In the present study overall feedback from the students was 98%, they gave a positive response, and only 2% with a neutral response. There was no negative feedback received in any of the responses from the students. The interactive and responsive sessions of the program were highly appreciated by the majority of the students who recommended further such programs every year regularly.

### Conclusion

The academic feast of the foundation program was very enthusiastically accepted by the participants as their feedback was very encouraging. The overall positive feedback for the foundation course was 98% in our study. The feedback percentage of students for professionalism is 98%, ethics 97%, Communication Skills 95%, Skills Module 80%, and Yoga 70%.

### ACKNOWLEDGMENTS:

I thank my principal, staff, postgraduates and students of Osmania Medical College, who have helped in this project. I express my sincere thanks to Dr. Jyothi Laxmi, Professor and Head, the Department of Microbiology, MEU Coordinator, Osmania Medical College, Koti, Hyderabad

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