Free Online Event and Demo

## **Coaching for Impact:** Maximizing Student Potential in Healthcare Education



#### **Today's Speaker**



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Medical Doctor, Surrey, UK

Medical Education Consultant, Lecturio







#### Introduction to Lecturio

Why Coaching?

**Coaching Models** 

The Coaching Process

Coaching with Lecturio

# **Who are we?**

## Lecturio

# comprehensive digital medical education platform

Content from professors including from













#### Lecturio Covers the Entire Medical & Nursing Curricula in all key learning formats





- All key medical concepts are covered in-depth
- 3-9 minutes
- Linked recall questions for formative assessment





#### **3D Anatomy With 400 Pre-Mapped Views**



#### Comprehensive Coverage of Clinical Skills



#### Comprehensive Coverage of Clinical Skills



#### Clinical Cases to Practice Application of Learned Concepts

- Real-life clinical scenarios
- Automated feedback
- Linked videos
- Use for self-directed learning or exams





- Learning Paths combine video and Qbank blocks
- Adaptive review within each path



#### **Lecturio Concept Pages**

#### The fastest and easiest way to find and fill knowledge gaps



#### The Two Sides of Precision Health Science Teaching

#### For Students

#### Personalized smart tutor

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#### For Faculty

#### Digital teaching assistant



# Comprehensive Tracking Enables a Comprehensive Live Faculty Dashboard

The system tracks:

- competence
- confidence
- overconfidence
- spaced repetition adherence
- mastery level
- typical mistakes
- readiness assessments





#### Help Focus Teaching Time on Where Students Struggle Including Typical Mistakes

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## Your Teaching Dashboard

Aggregate Data With Location Drill-Down on Activity, Competence, Confidence, Over-Confidence



## Easy Integration With Your Existing Setup



Free Online Event and Demo

## **Coaching for Impact:** Maximizing Student Potential in Healthcare Education





#### Poll

## How familiar are you with academic coaching?



## Definition

Coaching

- Academic Coaching seeks to support students in reaching their full potential as learners, and by extension, maximize their future potential as health care providers
- It seeks to build up the coachees' ability to:
  - Develop their personal visions
  - Facilitate them in identifying gaps between their current and target states
  - Help them design and apply achievable action plans to reach their goals
- Focuses on **empowerment** instead of direct tutoring



Telling the learner that they need to improve their scores to meet the requirements to pass their anatomy course



Exploring academic obstacles that the learner is currently facing



Offering advice based on your experience to get qualified in a specific specialty



Supporting students in coming up with solutions for their struggles

#### **Comparing Coaching with other roles**



## **Coaching goals**

#### Coaches should....

- Provide students with a safe space for informed reflection on academic, personal and professional performance
- Encourage student well being
- Assist students in setting and reaching goals
- Motivate students to establish good habits



#### Master Adaptive Learners



Cutrer WB, Atkinson HG, Friedman E, Deiorio N, Gruppen LD, Dekhtyar M, et al. Exploring the characteristics and context that allow Master Adaptive Learners to thrive. Med Teach [Internet]. 2018 Aug 3 [cited 2023 Feb 1];40(8):791–6. Available from: https://doi.org/10.1080/0142159X.2018.1484560

# **() Coaching Models**



## Coaching in Medicine Model

#### A performance improvement model based on:

- Growth mindset
- Reflective practice
- Self-determination theory
- Lifelong learning
- Goal setting

#### **Coaching in Medicine**



Hammoud MM, Deiorio NM, Moore M, Wolff M. Coaching in Medical Education. 1st ed. Elsevier; 2023.

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## **Coaching in Medicine**



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Appreciative Inquiry is a positive, strengthsbased approach. It uses the 4D cycle:

- Discovery
- Dream
- Design
- Destiny

## **Appreciative Inquiry**



Sandars J, Murdoch-Eaton D. Appreciative inquiry in medical education. Med Teach [Internet]. 2017 Feb 1 [cited 2023 Feb 13];39(2):123–7. Available from https://doi.org/10.1080/0142159X.2017.1245852
#### **The Phases of Coaching**





## **Phase 1:** Preparation & Kickoff



Preparing the Coach

Preparing the Learner



**Baseline Evaluation** 



**Contract Discussion** 

## What does this entail?

#### During this phase.....

- Adequate knowledge about the coaching program and responsibilities
- Setting goals and contract discussion (time and energy investments)
- Emphasis on relationship-building (empathy, trust)
- Invest effort in getting to know the coachee (context, background)
- Encourage learner reflection (they are the expert!)
- Coach is there to facilitate through active listening and support
- Importance of the first session

## Gather data and come prepared!

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Ensure you have the necessary background on the learner and their course

#### Sources of information:

- School curriculum
- Student portfolio
- Feedback
- LMS/learning analytics

## **Coaching and Learning Support Content**

A set of primer materials for both coach and coachee



We have prepared a set of **videos** and **slides** to explain the basics of medical coaching and provide a crash course on effective learning techniques that will prove useful when you are setting up your coaching program

## **Learning Paths**

#### A way to streamline your coaching process



Our **learning path** functionality will help you design a **streamlined coaching journey** for your coachees. With it, you will be able to **add tasks and program steps** ranging from intake forms, Qbank tests, educational assignments, all the way to exit surveys.

## **Learning Paths**

#### A way to streamline your coaching process



#### Example:

5.

- 1. Primer on Coaching for students
- 2. Pre-survey: expectations

#### First meeting

. . .

- 3. Meeting reflections and agreed goals
- 4. Obstacles faced



### **Phase 2:** The Coaching Process



#### Independent Learning

Medical content

Self Development Content

Periodic Meetings

Progress Review

Goal Review

Needs Assessment

Ongoing Feedback

### What does this entail?

#### **Goal Setting - GROW**



**Reality** Where I am now.

**Options** How can I get there? Will How will I get there? **Goal** Where I want to be.

#### **SMART**



## **SMART Example**

I'd like to....

#### Do better in pharmacology.

Prepare for the pharmacology final....

By reviewing 2 modules a week....

With pre-made videos and questions.



## What does this entail?

During this phase.....

#### PHASE 2



- The coach and coachee will work together to achieve measurable results on the goals set in phase 1.
- Multiple rounds of progress monitoring meetings need to happen, focusing on actions, intentional changes, and feedback provision.
- Targeted coaching and guidance, supplemented by various different resources is done based on the results of those meetings.

## **Meeting Tracking**

Name:	1	Start date:		Pre-test:		Post-test:		
Level:	•	Main goal:						
Week	Date		Outcome		Changes		Main challenge since last 1:1	Next major challenge
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1		-						
	Summary:	Weekly progress	Study skills	Confidence	Time management	Student self-rating		
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	Summary:	Weekly progress	Study skills	Confidence	Time management	Student self-rating		
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## **Meeting Tracking**

Pro Tip



- **Keep things organized:** use a tracking medium that you can easily update and allows you to take the same notes for all your coachees, across all your coaching sessions
- **Incorporate quantifiable metrics:** on top of the qualitative notes you take, incorporate scales (e.g., likert) to gauge progress across core goals.
- Always use the goals as the true north: coaching needs to be dictated by the set goals. Remember to always come back to them when you feel the coaching sessions are becoming unfocused

## **Assignment Center**

Task coachees with educational content and formative exams in a trackable way

Groups Users					
User assignments 2 completed 4 overdue	🔵 3 in prog	rress  0 not on 1	rack 🔘	0 not started	
Assignee	Content	Progress	Author Stat	us	
Nur Sya'ban, Satria satriansb@gmail.com	Module 1 - The Lur Obstructive Condi		SN Feb 16, 2023		
Wazir, Adonis adonis.wazir@lecturio.de	Module 1 - The Obstructive Co	Due: Jun 17. 2022 11:59 Assignments	SN	CREATE ASSIGNME	NT REMIND ALL USERS
Weiser, Thiemo thiemo.weiser@lecturio	He Module 1 - The Obstructive Co	Creation Date Feb 22, 2022 - Feb 22, 2023		Author All	0
Nur Syaban, Satria satria.syaban@lecturio	E Anatomy and E	Status All Content Type	\$	Has Exam	0
Nur Syaban, Satria satria.syaban@lecturio	Lecturio Admin 1:02 h / 14 video	All Assignee Enter group or student	٥		
	_	Content Content title			
		Completion Date	m	Content ID Content IDs, comma separated	

#### Our assignment center lets

coaches assign additional educational content and tasks in a trackable way. Formative exams can also be assigned and tracked when academic improvement is a goal of the coaching program.

## **Video Library**

#### Extensive content library for the coachees' independent learning



#### An extensive **video library**

provides a source of knowledge in a familiar way, augmented and supported by the latest evidence on learning science in its presentation, allowing a tutoring component to be incorporated without additional time or effort required from the coaches.

## **Qbank and Exam Capability**

Formative exams to gauge the coaching program's success

Question 32 of 40 ID: 3410 Mark	Previous Next	Auto Translate	🚺 🍑 Lab Values Notes	s Calculator Re	verse color
Explanation: Correct answer B: The highlighted str disc that connects adjacent muscle ce structures specific to cardiac muscle. T that allow communication between ce action potential is an electrical conduc way to trai cell respoi anchor mi contractioi characterii delineates	lis. Intercalated discs are They serve as gap junctions lis. In cardiac muscle, the tance—an incredibly fast	Related Videos			MANUAL CONFIGURATION
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	Difficulty  Easy Normal Hard  Subjects Biostatistics/Epidemiology Internal Medicine [205] Pediatrics [205]	( 55	Family Medicine     OBGYN 172     Psychiatry 131	e <b>(155</b> )	
	Social Sciences/Ethics S Systems	)	Surgery 115		

In this phase, our **Qbank** can help you make **formative exams** to gauge your coachees' academic performance and let them practice on subjects they struggle with. **Immediate feedback** is given with our Qbank's **tutor mode**.

#### **Transtheoretical Change**



Prochaska J, Velicer W. The transtheoretical model. Am J Health Promot. 1997 Jan 1;12:6–7.

#### **Transtheoretical Model**





#### Characteristics of Effective Feedback



From a trusted relationship



Continuous, given for improvement

Atkinson A, Watling CJ, Brand PLP. Feedback and coaching. Eur J Pediatr [Internet]. 2022 Feb 1 [cited 2023 Mar 15];181(2):441–6. Available from: https://doi.org/10.1007/s00431-021-04118-8

#### **Characteristics of Effective Feedback**



Goal-directed & task-oriented



Actionable

Atkinson A, Watling CJ, Brand PLP. Feedback and coaching. Eur J Pediatr [Internet]. 2022 Feb 1 [cited 2023 Mar 15];181(2):441–6. Available from: https://doi.org/10.1007/s00431-021-04118-8

#### **Characteristics of Effective Feedback**



Atkinson A, Watling CJ, Brand PLP. Feedback and coaching. Eur J Pediatr [Internet]. 2022 Feb 1 [cited 2023 Mar 15];181(2):441–6. Available from: https://doi.org/10.1007/s00431-021-04118-8

#### **Characteristics of Effective Feedback**



Learner and Coach Input



Pose the situation as a mutual problem

## Learning Analytics and Admin Dashboard

Formative exams to gauge the coaching program's success

All assigned content > FOM I Week 4 (Texa	as A&M)											
Learners:												
All	✓ Year of 2021 ×											
Latest attempt First attempt Al	l attempts											
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Endocrine (Texas A&M FOM I Week 4)	Med-Surg		151	12	1070	88	14	6	38	17	169	77
	Anatomy		82	72	32	28	6	5	42	36	68	59

Our extensive **learning analytics** function lets you track groups and individual coachees and see their test accuracy, hours of content consumed, and topic areas that they struggle with, allowing you to provide **data-supported** and **concrete** feedback to improve their performance.

## **Coaching in Medicine**



Hammoud MM, Deiorio NM, Moore M, Wolff M. Coaching in Medical Education. 1st ed. Elsevier; 2023.



## **Phase 3:** Conclusion of Program





Exit evaluation

Final performance review

3

Closing Feedback

#### What does this entail?

#### During this phase.....

PHASE 3



- The coaching activity is winding down.
- If the coaching program is aimed towards improved exam performance, then at this stage, the student is preparing to take (or re-take) the exam.
- This phase is where **final performance reviews** are done, **feedback is provided**, and **coachees are empowered to trust themselves** in applying what they have learned during the process

## **Qbank and Exam Capability**

Summative exams as a final exit evaluation from the program

Question 32 of 40 ID: 3410 Mark	Previous Next	Auto Translate	[] Lab Values	Notes	Calculator	Reverse color	
Explanation: Correct answer B: The highlighted studies that connects adjacent muscle or structures specific to cardiac muscle, that allow communication between cell action potential is an electrical conductivity of the contraction contraction contracter is the con	ells. Intercalated discs are They serve as gap junctions ells. In cardiac muscle, the	Related Videos				MANUAL CONFI	SURATION
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	Systems						

In this phase, our **Qbank** can help you make **summative exams** that you can compare with the *baseline assessment* you did at the start of the coaching program, ensuring you have accurate and comparable data points to gauge the program's success with.

## **Learning Paths**

#### A way to streamline your coaching process



Similarly to the first phase, learning paths will let you include your **summative assessments** and **exit surveys** in a clear, streamlined, and trackable manner, maximizing completion rate from your coachees.

## Learning Analytics and Admin Dashboard

#### Data source for your feedback

iemo Weiser I thiemo.weiser@lectur	io.com					
Risk score: 10 (of 30) (j)	Overdue assig	nments: 4				
Confidence: N/A	Accuracy: N	/A				
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nced Study Coach Study Planner	Specific Users		Date Range			
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_ Immune System	Pre-Medical / MCAT	70	322	31	74 %	26 %
Due: May 20, 2022 5:59 AM Assigned	b Pre-Medical / Generic	77	329	32	78 %	22 %
FOM I Week 4 (Texas A&M) (Due: Mar 16, 2022 5:59 AM) Assigned	Pre-Clinical / Generic	305	710	95	51 %	49 %
_ Ionic Chemistry	MBBS / MBCHB	245	411	66	38 %	62 %
Due: Mar 24, 2022 5:59 AM Assigned	b: MBBS (India)	392	844	109	46 %	54 %
FOM I Week 4 (Texas A&M) (Due: Nov 30, 2021 5:59 AM) Assigned	Clinical / Generic	173	510	56	48 %	52 %
Qbank Test Assignment Nov 4,	2 Nursing / RN	280	823	114	50 %	50 %
Assigned by: Thiemo Weiser 7 que	Nursing / NP	237	427	91	36 %	64 %
Physiology Midterms Assigned by: Thiemo Weiser 4 que	All Medical Courses	457	996	131	40 %	60 %

In this phase, our extensive **learning analytics** function will help you gather information that you can use to provide your coachees with final feedback before they exit the coaching program.



**Phase 4:** Application



### What does this entail?

During this phase.....

PHASE 4



- The coachee will have the opportunity to **apply the knowledge and skills** gained through the coaching process.
- Depending on the goals set, an improvement should be observed compared to the coachee's status quo prior to the coaching process.
- This can be in the form of more effective learning, ability to independently consume and apply CME / CPD content, improved exam performance, or achievement of career milestones.



Take-home Messages

- Coaching aims to empower students to become metacognitive learners and healthcare practitioners
- Coaching is student-led and focuses on students' goals
- Coaching includes a lot of self-reflection. Coaches need to facilitate this
- Invest effort in developing a relationship with the coachee
- Set regular meetings and come prepared
- Identify obstacles and help the learner come up with solutions
- Give effective feedback
- Recognize when a learner needs a different kind of support



# Poll: Would you like a personalized demo for your institution?

A member of our team is always on hand to give you a guided walkthrough of the Lecturio platform.



#### Getting started with coaching? Download our handouts for guidance!



#### WORKSHEET FOR HEALTHCARE EDUCATORS

#### Learning Science

#### **Coaching Models**

A short overview of three effective models used in medical educat



WORKSHEET FOR HEALTHCARE EDUCATORS

**l**acturio

www.lecturio.com

#### Learning Science

#### Coaching in Medicine Model

The process for the Coaching in Medicine model starts with the student **reflecting** on their strengths, weaknesses, and goals with their trusted coach. Then, the coach **observes** the student's performance in a task that reflects their goal. Often this is in a clinical setting but it can also be done asynchronously, observing study habits,

Observation

Performa

Reflection

#### Coaching in Healthcare Education



This worksheet is designed for faculty and coaches to help learners with goal setting, planning, and monitoring. Even without a coaching program, faculty and students alike may find it beneficial to follow these steps and seek feedback from trustworthy sources to reach their goals.



## Let's Teach

*Evidence-Based Medicine* in an *Evidence-Based* Manner

Request a demo:

institutions@lecturio.com www.lecturio.com





