November 2020 and February 2021. Responses were analyzed using descriptive statistics.

RESULTS: Of 43 students who completed our initial survey, 32 indicated interest in general surgery and were paired with surgical mentors. Twenty-six paired students completed follow-up surveys (81% response rate). Of these 26 students, 39% reported increased interest in surgery since joining the mentorship program and 54% reported having a surgery mentor, increased from 21% of initial survey respondents.

CONCLUSION: A student-led mentorship program can improve medical students’ access to surgical mentors, which might increase interest in surgery. However, more work is needed to address common concerns about a surgical career.

Mixed-Methods Analysis of the Sociotechnical Factors Contributing to Workplace Stress in Surgical Residents During the COVID-19 Pandemic

INTRODUCTION: The COVID-19 pandemic caused unprecedented stress on healthcare workers. This study aimed to identify the sociotechnical factors contributing to workplace stress in surgical residents during the pandemic.

METHODS: Surgical residents at a single institution were recruited in October 2020 to complete a 35-item survey. The survey included demographics, abbreviated measures of burnout (emotional exhaustion and depersonalization scores rated 1 to 6), and ratings of stressors related to COVID-19, based on the National Academy of Medicine’s sociotechnical approach to measure factors contributing to workplace stress. Residents then participated in three 90-minute focus groups to identify contextual details of the survey results. Thematic analysis was performed on transcribed data.

RESULTS: Fifteen (47%) surgical residents completed the survey. Respondents were evenly distributed across training levels, with a majority being female (66%). Burnout was present in 87% of residents: emotional exhaustion mean (SD) score 2.7 (1.1) and depersonalization 3 (1.4). Nine (60%) surgical residents participated in focus groups. COVID-19 was thought to worsen existing issues of...