

Kern National Network at OUWB: Helping Medical Student Ideas Come to Life While Promoting Student Wellness and Academic Success

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Introduction

Medical students experience evolving stressors and wellness needs throughout training. From preclinical coursework to board preparation and clinical rotations, priorities may shift over time. This project addresses the following research question:

How can we effectively improve student wellness initiatives through student engagement during the M1- M3 medical school years?

Aims and Objectives

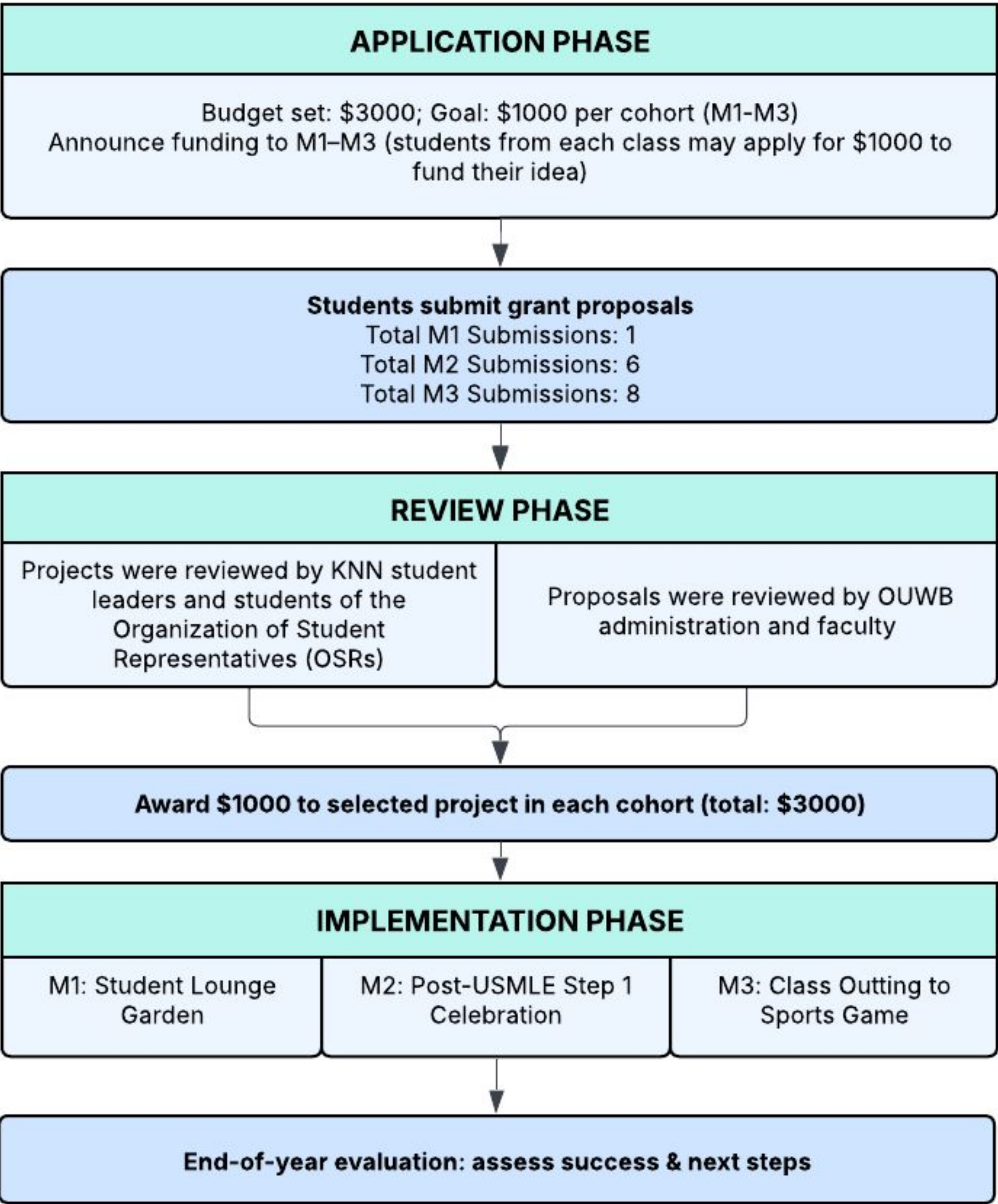
- Develop an organized structure that will encourage M1-M3 students to submit an application for a student-led initiative
- Collaborate with the OUWB Student Affairs team and the National KNN team to foster the flourishing of our medical student community by supporting projects that promote caring, character, and practical wisdom
- Facilitate discussions and provide space for students to reflect on how their flourishing is being shaped through participation in a student-led event

Evaluation Plan

Student proposals and funded initiatives were evaluated based on:

- Alignment with Kern National Network framework: caring, character, and practical wisdom
- Number of students impacted
- Feasibility and sustainability
- Contribution to student wellness and community building

Methods Outline



Results

- Students submitted creative and cohort-specific wellness initiatives that reflected their unique needs at each stage of training.
 - **M1:** Implementing a student wellness garden in the student lounge to promote relaxation, community, and stress reduction during the transition into medical school.
 - **M2:** Organizing a post-Step 1 celebration event to recognize academic effort and provide morale support following a major licensing examination.
 - **M3:** Coordinating a group outing to a professional sports game to promote social connection and stress relief during demanding clinical rotations.

Discussion

- Introducing the Kern National Network at OUWB provides students with the opportunity to apply for and implement initiatives aimed at improving medical student wellness and fostering community.
- Moving forward, we plan to evaluate the impact of these initiatives on the student body. Understanding which aspects students find most enjoyable and beneficial will help guide student leaders in identifying priorities for the upcoming academic year as we select three new initiatives.
- At present, our data is limited, as only three initiatives are being implemented. However, as we continue to expand the Kern National Network at OUWB, we aim to introduce a broader range of initiatives to support the student body in a multitude of ways.