INTRODUCTION
Mentorship is an important tool for professional progression and academic growth. However, the role of mentorship in anesthesia is poorly understood. This study explores the prevalence of resident mentorship nationally and resident perceptions regarding the benefits and barriers to mentorship.

METHODS
A national survey was conducted that included all of the program directors and anesthesia residents in the 17 Departments of Anesthesia in Canada between July, 2014 and June 2015. Research ethics approval for this study was obtained prior to commencing.

RESULTS
The prevalence of mentorship programs nationally was 73%. Only 63.3% of residents surveyed had a mentor. However, 91.1% of residents agreed that mentorship would be beneficial to their overall success as an anesthesiologist. Female residents had a more positive attitude than males towards mentorship in terms of benefitting their overall success as an anesthesiologist (p=0.02). Overall, residents felt mentorship relationships were beneficial for career development, academic productivity, personal goal achievement, development of clinical and teaching skills, and building confidence. Commonly cited barriers included lack of time amongst mentors, lack of formalized meeting times and objectives, lack of connection, and lack of mentors with similar personal and professional goals.

DISCUSSION
Overall, the results from this study highlight the mismatch between residents’ perceptions of the importance of formal mentorship programs in anesthesia and their actual prevalence. More needs to be done in Canadian anesthesia residency training programs to address this gap. Mentorship programs may benefit from clear objectives, specified meetings times and residents’ input with their mentor selection.

References:
N/A