

Training Like an Athlete: Simulated Practice and Objective Rehearsal Training (SPORT) to Optimize Performance on High-Stakes Surgical Exams



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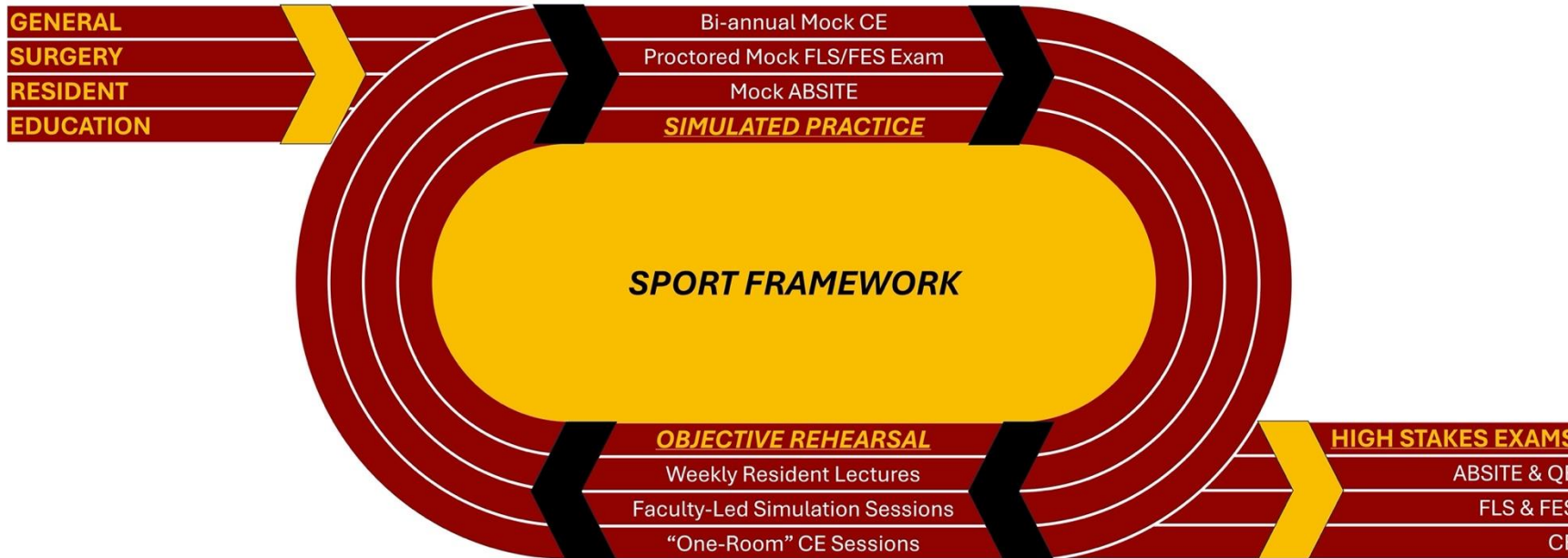
Background

- High-stakes exams are critical determinants of resident advancement and program outcomes, yet formalized preparation strategies are varied
- Critical exams include: the American Board of Surgery In-Training Exam (ABSITE), Qualifying Exam (QE), Certifying Exam (CE), Fundamentals of Endoscopic Surgery (FES), & Fundamentals of Laparoscopic Surgery (FLS)

Methods

- “Simulated Practice and Objective Rehearsal Training” (SPORT) is a longitudinal program at an urban academic general surgery residency
- A mock examination and curriculum was created for each exam
- Mock exams included faculty-led formative feedback, standardized grading rubrics, and iterative curriculum refinement based on resident feedback

Results



Participants: 47 general surgery residents during academic year 2024-2025

ABSITE/QE: 98% mock participation, 4% mean percent-correct improvement between mock and formal ABSITE across all PGY levels, 100% QE pass rate for PGY4/PGY5 residents

FES/FLS: 50 practice sessions, 100% first attempt pass rate

CE: 3 “one-room” sessions, 2 biannual mock CE. Successful pass rate on CE for graduates

Conclusion

The SPORT program is a practical, reproducible framework for comprehensive exam readiness. Ongoing refinement is focused on integrating these performance metrics and further dissemination.

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