Abstract
Objectives To look at patients' views about the way in which they are recruited to assist with postgraduate medical training (i.e. Who is the best person to ask patients to participate? When is the best time for patients to be asked?) and to compare these with clinical practice.

Methods Questionnaire surveys of 103 female family planning clinic (FPC) patients and 40 Diploma of the Faculty of Family Planning (DFFP) instructing doctors. Patients were recruited from the waiting room of a community FPC, and DFFP instructing doctors from the North West of England were recruited at an updating meeting.

Results Patients preferred to be recruited by non-medical staff (i.e. receptionist and nurses). Few patients wanted to be asked by the training doctor. Only 9% would find it difficult to refuse a receptionist, 47% would find it difficult to refuse the instructing doctor and 65% would find it difficult to refuse the training doctor. In practice, the commonest person to recruit patients is the instructing doctor. Patients wanted to be given some time to consider the request; this was not always given.

Discussion and conclusions Patients may feel coerced into seeing training doctors because they find it difficult to refuse requests, particularly when they are being recruited by doctors. Non-medical staff may be more appropriate for the initial recruitment of patients. Patients need time to consider their involvement. The provision of written information may be useful. Further research is indicated to empower patients' decision-making and reduce the likelihood of coercion.

Keywords DFFP, patient consent, postgraduate, recruitment, training

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Introduction
“...For the junior student in medicine and surgery it is a safe rule to have no teaching without a patient for a text, and the best teaching is that taught by the patient himself.” (William Osler)

Medical education at undergraduate and postgraduate level relies on the recruitment of patients who are willing to involve students or training doctors in their care. There is little in the literature about the recruitment process for postgraduate medical training; most references are to medical students.

This study sought the views of patients attending a family planning clinic (FPC) where postgraduate medical training takes place. The ‘training doctors’ are post-registration doctors, mainly general practice registrars or gynaecology senior house officers, who attend FPCs to gain clinical experience towards the Diploma of the Faculty of Family Planning (DFFP). These doctors all work with experienced Faculty ‘instructing doctors’ and, depending on their level of experience, they may observe or lead consultations in the presence of a more senior member of staff, or see patients on their own under the supervision of a Faculty instructing doctor. Practical procedures, such as intrauterine device and implant insertions, would always be performed in the presence of an experienced doctor.

Patient preferences were compared with the practice reported in a survey of family planning instructing doctors.

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Key message points
- Patients prefer to be recruited by non-medical staff and find it hard to say no to doctors. As a result, some patients may feel coerced to participate in doctor training.
- Patients want time to consider any request for their involvement in postgraduate medical training and this is not always given.

Methods
The study methodology was as described previously. Patients were recruited from the waiting room of a community FPC serving a mid-sized town in a rural part of Cheshire, UK. A questionnaire that had been pre-piloted in the same clinic sought quantitative and qualitative data about patients’ experiences and expectations of their role in DFFP training.

Patients were initially approached by the receptionist on arrival at the clinic, and those who expressed an interest in taking part in the study were seen by the researcher. Further information was given verbally and in writing, and if the patient was able to give fully informed consent then the questionnaire was filled in by the patient in privacy. Most questionnaires were completed in the clinic, but stamped addressed envelopes were provided for patients who wished to return them later. The questionnaires were completely anonymous.

A different anonymous questionnaire was distributed at a doctors’ updating day to seek the views and practice of instructing doctors from North West England. The aims of the study were described briefly at the start of the morning, and completed questionnaires were collected as the doctors departed at the end of the day.

Ethical approval
Ethical approval for the study was granted by the Cheshire Local Research Ethics Committee.
Results and discussion
A total of 103 patient questionnaires were returned, and 40 from the survey of instructing doctors, as described previously. Twenty-seven (26%) patients remembered seeing a training doctor, and only one patient had had a training doctor involved in their care without being asked.

Who is the best person to ask the patient?
The person who makes the first approach to patients varies between clinics and between instructing doctors, and many doctors gave more than one reply when asked about their usual practice as follows: receptionist (4), nurse (22), instructing doctor (38), training doctor (3), notice in clinic (6), other (1 – youth workers) or they are not formally asked (0). One doctor commented: “… it depends – usually the first clinician who realised they will be seen by a trainee. Could be the nurse who is putting her through or the instructing doctor or trainee depending on who is leading the consultation.” (Doctor 1)

Of the patients in the survey who had been asked and could remember, 9% had been asked by the receptionist, 27% by a nurse, 9% by the training doctor and 55% by the instructing doctor.

Patients were asked whom they would prefer. Twelve people ticked more than one reply with varying combinations of options, but of those who gave one reply 31% preferred to be asked by the receptionist, 26% preferred the nurse, 1% the training doctor, 8% the instructing doctor and 34% would be happy with any of the above (though one patient did remark “not the training doctor though”).

These statistics reflect patient preference, and do not correspond well with what happens in practice where the instructing doctor is the most likely recruiter. The literature mainly refers to consent to medical student training, but even here there is a lack of consensus. Berry et al. also found that patients preferred to be asked by someone other than the student or teaching doctor: 86% preferred a nurse. The authors felt that when the doctor or student asked it was “likely to put undue pressure on the patient to accept the student as part of their visit”. Thus patient preference was to be sought by a non-physician and without the physician or student in the room.

O’Flynn and Rymer, however, raised concerns that if medical students are not involved in the consenting process then they will not learn the communication skills required. The Auckland School of Medicine debated this point and made a final (although not unanimously agreed) recommendation in favour of the student seeking consent for similar reasons.

There appears to be conflict between educational ideals and patient preference. Howe and Anderson concluded that consent should be sought initially without the student being there; when given, consent should then be confirmed in the student’s presence.

The ease with which patients felt able to refuse to participate varied according to the person who asked them (Table 1).

Patients found it more difficult to say no to the doctors than they would to either the nurse or receptionist. None of the studies quoted included reception staff as an option, but the FPC patients expressed a preference for the receptionist, and said that they would find it easier to say no to a receptionist. A policy published by the American Medical Association suggested the use of patient advocates, and it may be that the receptionist could take part of this role. Receptionists may not be able to give sufficient information for fully informed consent (being unable to comment on whether the training doctor would be seeing the patient with or without the instructing doctor, or discussing practical procedures) but they could give general information to patients as they arrive, either verbally or written, so patients can consider their response while waiting.

Nurses have been shown to play a valuable role in patient recruitment. One comment on the doctor’s questionnaire was interesting:

“I find it very variable the number of patients who decline to see a trainee. I wonder if ‘subconsciously’ the nurse influences the decision by whether she likes the trainee (although this is denied).” (Doctor 2)

It is quite probable that nurses, and sometimes receptionists, may influence patients’ decisions to agree to see a training doctor.

Patient empowerment is important; 12% of patients in the FPC study said they might agree to see a training doctor because “I would find it hard to say no”. O’Flynn and Rymer point out that the presumptions inherent in implied consent do not acknowledge the power imbalance; for a patient to opt out she must assert her right. Consent must be an active process, rather than agreeing because the patient would find it hard to object. The effect that saying no has on the patients must be considered: Patient 58, who ticked ‘difficult to say no’ to the instructing doctor, commented “feel guilty”. This research suggests that current practice should be reformed to empower patients in their decision-making.

Some 65% of the patients would find it difficult or very difficult to say no to a request made by an instructing doctor who is, in practice, the most likely person to seek their consent. This suggests that there may have been some degree of unintended coercion of patients that needs to be addressed.

Patients preferred not to be asked by the training doctor. It may be more difficult to refuse permission to the person concerned than it would to a third party. (This might be of particular relevance when the patient has gender or ethnic preferences.) If consent is sought by a third party, this should be confirmed by the training doctor; being able to introduce themselves to patients is one of the consultation skills competencies by which they are assessed.

When is the best time to ask patients for their consent?
Patients need to be given a certain amount of information about their role before they can give informed consent to seeing a training doctor. Howe and Anderson and Benson et al. found that patients need time to consider the information given to them before deciding whether to become involved in training. FPC patients also reported needing time for mental preparation:

“I think people should always be warned if there will be a training doctor in the room. For me as long as I could prepare myself it wouldn’t make any difference.” (Patient 31)
As long as I know beforehand. I would feel unsure about seeing a male training doctor. But, although I have never been in this position – a friend of mine was – not sure if it was here or another surgery/clinic but she was asked as she went in and it was very awkward for her to say no so important asked prior to this’. (Patient 13)

This may have influenced the patients’ preference for receptionist-led recruitment; if the subject is broached by the receptionist then there is likely to be time for consideration in the waiting room, whereas patients rarely meet the training doctor or instructing doctor until immediately before the consultation.

Should written information be provided?
There is some evidence9,10 to show that patients prefer written as well as verbal information before seeing medical students. Berry et al.3 sent patients a letter detailing the student’s involvement in their care. This gave them the opportunity to choose which part of the consultation they were happy for the student to observe or participate in and acted as a consent form. They found that after exposure to different ways of giving consent, significantly more patients said they would like to have a written explanation before giving permission. Only 3% of patients in the control group (who were asked verbally just prior to their consultation) said that they would want written information; but of the group who had been given written and verbal information, 20% felt that they would want something in writing.

O’Flynn and Rymer4 also used the appointment letter to inform patients, and asked them to tell a nurse on arrival if they did not wish to see students. Only 41% of patients remembered reading this part of the letter. Notices in the clinic were only remembered by 4% of the patients. Since these methods were intended to allow patients to opt out, if less than half remembered seeing them one could not assume implied consent. Women in this study commented that being asked whether a student could be present during their consultation. Advance notice of the presence of training doctor may have in their care.

The FPC in this study serves a population that has quite distinctive characteristics: it includes few individuals from ethnic minority groups, being over 98% white,11 and the recruitment when informed in advance, but this did not seem to jeopardise or negatively influence their inclination to see students compared with verbal information from the doctor at the time of their appointment.

The FPC in this study serves a population that has quite distinctive characteristics: it includes few individuals from ethnic minority groups, being over 98% white,11 and the general level of education is high (28.4% are educated to degree level or beyond compared to the national average of 19.8%). This may reduce the level of generalisability of the results.

There are published guidelines – one example relating to medical student teaching in the community12 – that could be adapted to fit local circumstances (Box 1).

Conclusions
Patient involvement is essential to postgraduate medical training, and it is important that patients are able to give fully informed consent without any element of coercion. There is little in the literature about patients’ views of the recruitment process, and this research suggests that what happens in practice is contrary to patient preferences. O’Flynn and Rymer4 have called for patients to be empowered to actively opt in; this research suggests that patients may find it difficult to opt out, particularly when they are being recruited by doctors. Non-medical staff may be more appropriate for the initial recruitment of patients.

Patients want time to consider the information given to them. When receptionists are involved in their recruitment, patients are more likely to have time to make a decision before seeing a doctor. Written information may assist the decision-making process; it could provide an opportunity for patients to indicate the level of involvement that the training doctor may have in their care.
The study population has unusual demographics, and further research is indicated to assess the generalisability of these findings. This study calls for a review of practice at a local level and highlights the need for further research into patient involvement in postgraduate medical training.

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**Funding** The author received a research grant from the North West Society of Sexual Medicine and Family Planning. The research was, however, undertaken independently of this organisation.

**Competing interests** None identified.

**Author’s note**
This article formed part of a dissertation for an MA in Clinical Education at Edge Hill College, University of Lancaster, UK.

**Editor’s note**
The third and final article by this author to be published in the Journal in April 2008 will examine what motivates patients to become involved in postgraduate medical training.

**References**
12. Guidelines from the Department of Primary Care and Public Health, Cambridge University, Cambridge, UK. http://www.gpeg.medschl.cam.ac.uk/pages/standards/consent.html [Information temporarily inaccessible due to website redevelopment].

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