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Research Abstracts

Training Surgeons Like Athletes: Surgical Video Coaching In OBGYN

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Introduction: Athletes often use video review and coaching as a method of skill improvement, yet this technique is underutilized in surgical education. Prior studies indicate that video review and surgical coaching have the ability to enhance surgical skills and translate to improved outcomes in other specialties. Therefore, we sought to evaluate the effectiveness of video surgical coaching on objective surgical skill improvement and subjective skill perception in OB/GYN residents.

Methods: Participants included second through fourth year OB/GYN residents on benign gynecology. The coach was a minimally invasive gynecologic surgeon. Pre-recorded videos of each resident performing laparoscopic and robotic surgery were jointly assessed and discussed by the coach and resident based on principles of the Academy for Surgical Coaching. Outcomes were evaluated with pre- and post-coaching surveys including objective analyses through GEARS and GOALS assessments, and subjective analyses of self-reflection on surgical confidence, self-awareness, and skill progression, as well as burn-out.

Results: 7 residents participated in the study. Objective self-ratings on GEARS and GOALS improved slightly with coaching (average improvement of 0.33 points, on a scale of 1 to 5), though participants tended to rate their skills the same or slightly higher than the coach (average difference of 0.59 points). All participants strongly agreed that video coaching was a helpful approach to improving their surgical skillsets and awareness and did not contribute to burnout.

Conclusions: Surgical video coaching appears to be an effective approach for improving surgical skillsets in OBGYN residency. Future studies should involve larger resident cohorts to further quantify the magnitude of effect this approach can have on resident skill development and self-awareness.