Extracurricular Participation, Resilience, and Integration among Immigrant Youth in New Brunswick

A. Gallardo, D. Nguyen, A. Flewelling, K. Barker

Background and Objectives: Immigrant youth frequently experience psychosocial, cultural, and structural challenges related to migration and resettlement, highlighting the importance of identifying practical community-based factors that may support this population. Within this context, resilience and integration are important constructs related to immigrant health and well-being. Previous research has examined relationships between extracurricular participation and resilience or integration-related outcomes among immigrant and refugee populations; however, limited research has specifically examined the relationship between extracurricular participation, resilience, and integration among immigrant youth populations, particularly within rapidly growing newcomer communities in New Brunswick (NB), Canada. The purpose of this study was two-fold: (1) to examine the relationship between extracurricular participation, resilience, and integration among newcomer youth in New Brunswick, and (2) to identify barriers hindering youth access to extracurricular activities.

Methods: A cross-sectional survey study was conducted among newcomer high school students in NB, Canada. Participants completed questionnaires assessing demographic characteristics, extracurricular participation, resilience using the Connor-Davidson Resilience Scale (CD-RISC-25), and integration using a modified Multidimensional Measure of Immigrant Integration (MMII). Welch's independent samples t-tests were conducted to compare resilience and integration scores between extracurricular participants and non-participants. Spearman correlations were used to examine relationships between participation frequency and resilience/integration outcomes.

Results: A total of 208 newcomer students participated in the study. Students participating in extracurricular activities demonstrated higher resilience scores ($M=72.3$, $SD=15.2$) compared with those that did not participate ($M=65.9$, $SD=18.8$) ($p=0.019$). Students participating in extracurricular activities also demonstrated higher integration scores ($M=0.63$, $SD=0.11$) compared with those that did not participate ($M=0.54$, $SD=0.14$) ($p<0.001$). Frequency of extracurricular participation was positively correlated with both resilience ($r=0.21$, $p=0.002$) and integration ($r=0.35$, $p<0.001$). Most common barriers to participation included cost, transportation, and insufficient time.

Conclusions: Extracurricular participation was associated with higher resilience and integration among newcomer youth in NB. These findings suggest that accessible extracurricular programming may represent an important community-based strategy for supporting newcomer youth health and well-being. Addressing structural barriers to participation may improve equitable access to extracurricular opportunities among immigrant populations.

Keywords: immigrant youth; extracurricular activities; resilience; integration

The Impacts of Medical Scribes on Physician Efficiency and Satisfaction, and Patient Satisfaction: A Systematic Review with Meta-Analysis

A. Lambe, A. Levy

Background and Objectives: The objective of this study was to determine the effects of medical scribe implementation in the Canadian healthcare system, focusing on improved workflow and reduced physician burnout. The parameters investigated were patients per hour, documentation time, physician satisfaction, and patient satisfaction.

Methods: Four major databases were queried, PubMed, Science Direct, Directory of Open Access Journals, and Google Scholar, using the term "medical scribe" and results were filtered to include only studies performed between 2013-2023. Statistical analysis was performed in Python 3.11 using the Statsmodel package to measure effect sizes and pooled effect sizes.

Results: The meta-analysis indicated medical scribes were associated with an increase in patients per hour with a strong pooled effect of 0.60 to 1.61. Of nine studies included in patients per hour, eight showed significant increases. Seven of the eleven included studies indicated an increase in physician satisfaction in one or more areas surveyed. Eight of the eleven included studies indicated a significant reduction in documentation time. All 11 included studies reported overall patient satisfaction remained unchanged.

Discussion: The increase in the number of patients physicians can see per hour offers several potential benefits. First, physicians could expand their patient lists, directly reducing the number of people on the PCP waitlists. If applied on a larger scale, this could substantially decrease the number of patients actively seeking a PCP. Second, better efficiency allows physicians to see more patients daily, thus increasing the number of available appointment slots. This would not only increase appointment availability to current patients but also improve a patient's ability to secure a same day appointment. Alternatively, if physicians opted not to expand their patient list or increase appointment availability, they may be able to work at a more relaxed pace, spend more time with patients, or even work shorter days while treating an equal number of patients. This would likely act to improve overall well-being and play a protective role against burnout.

The reduction in documentation time likely plays a significant role in improving physician satisfaction. Reducing administrative burden can improve work-life balance by removing the necessity to perform documentation at home or reducing working hours. This can play a protective role on physician mental health.