Going virtual advances justice in expected and unexpected ways
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Eleftherios Soleas, Nicole Relke, Rosephine Del Fernandes, Heather Braund, Boris Zevin et Janet Lui

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Eleftherios Soleas,1 Nicole Relke,1 Rosephine Del Fernandes,1 Heather Braund,1 Boris Zevin,1 Janet Lui1

1Queen's University, Faculty of Health Sciences, Queen’s University, Ontario, Canada
Correspondence to: Eleftherios Soleas, email: eks3@queensu.ca
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Reason 1: Financial considerations for equity
Respondents explained that the virtual format for the residency interviews allows applicants to apply and interview at more schools. With in-person interviews, applicants with financial means are more likely to be able to travel to many locations and thus have an inherent and non-merit-based advantage in locations where interest and fit are considered criteria. A person who was able to be present in-person would gain this non-merit-based advantage.

Reason 2: Addresses infiltration of bias
Bias is not an exception, but rather it is a function of the format of interviews.5 This is especially true in medicine.
where implicit biases result in students not matching to programs and subspecialties when their credentials and performance would otherwise merit it.  

As a function of the interview having to be adapted to the virtual setting, questions about ‘fit’ and ‘interest’ were waylaid according to resident and interviewer respondents. These questions are problematic and introduce strong potential for implicit and explicit bias into the selection process as there is little true chance to make an accurate determination of ‘fit’ within a program from an interaction as short as any interview.  

One interviewer articulated the perspective that “having in person interviews is better because the trainee has to commit to our program to some degree to make the effort of travelling here.” This view and others like it privilege the applicants who can travel widely, in order to gain an advantage that has nothing to do with their credentials, experience, or character. In light of these responses, the potential for a strategy of intentional inconvenience as measuring interest and fit as drivers of the selection process is another reason why virtual interviews are superior, as they efficiently prevent this kind of presenteeism infiltrating the process. In our view and corroborated by recent scholastics, it is highly unlikely that someone can, with any accuracy, assess the interest and ‘fit’ of a candidate via one interview.

Other study respondents explained that if in-person and virtual options co-existed that virtually participating applicants might be considered "not really interested" or "just backing up with this program", “while those that show up for interviews may be unfairly advantaged by virtue of in person assessment of cultural fit”. In the view of resident respondents and a substantial number of interviewers, that determination cannot be fairly made during in-person interviews. Interviewers also reported that evaluation of performance on the virtual interviews was less prone to bias as greater number of evaluations were done independently without commentary from other interviewers. Indeed, as reported by interviewer respondents “Each interviewer was more independent in forming their opinion of the candidate. Less influence from Champions for some candidates” while another explained that they “Suspect it allowed for greater independence in marking between examiners in the same "room."” Thus, the virtual interviews according to resident and interviewer respondents were head and shoulders better than in person interviews on this incidental advance of justice alone.

Reason 3: Diversifying and Expanding the Cast of Interviewers

As a function of the virtual interviews being able to be completed from anywhere, a larger cast of interviewers were available, and according to interviewer respondents, participated in interviews. Indeed, according to respondents from both national samples, virtual interviews enhanced accessibility of the virtual interviews to and had better representation from rural interviewers. Interviewers with diverse backgrounds can help to understand and appreciate applicants with those same complex needs, possibly leading to less implicit bias or at least having more heads around the table to balance against any one interviewers’ implicit biases or assumptions.

Recommendations for implementation of virtual interview format

**Recommendation 1:** Institutions should require standardized virtual backgrounds so that interviewers are not assessing applicants based on their surroundings. An interviewer explained that "Some of the interviewers started considering interviewee’s backgrounds and living space in their assessment, which I thought (and said) was inappropriate.”

**Recommendation 2:** Institutions should not offer both in-person and virtual interview format. Offering a choice of interview format was not recommended by both interviewers and resident applicants because of the possibility of raising inequities between candidates and developing preferential bias towards in-person interviewees.

**Recommendation 3:** Institutions should transition to virtual residency interviews with in-person clinical electives, as preferred by applicants regardless of whether they had financial needs or were from an underserved community. This would preserve the chance for applicants to do in-person electives and showcase themselves, as it would balance the ability to visit new institutions, but still taper the financial draw of also having to travel to an institution for a separate interview.
Conclusion

CaRMS selection committee members and applicants recognized that virtual interviews were aligned with values of EDI and well-being as they removed and mitigated factors that facilitated infiltration of bias and reduced the potential of lingering injustices to continue to impact the result of interviews. They democratized access to institutions through making application and interviewing possible for applicants, while also broadening the pool of interviewers at institutions. Virtual interviews enabled interviewers to focus on what mattered, instead of the problematic task of conclusively and fairly assessing ‘fit’ in a short interview. Virtual interviews were credited with improved well-being for trainees, and were shown to have substantial upsides, with fewer downsides than in-person interviews. We suggest that virtual interviews should become the standard for future iterations of CaRMS interviews.

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