



## Revolutionizing Interaction: Crafting Solutions for Hands-On Learning Gaps on Instagram

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In the tranquil pause between surgeries, I found myself caught in the hypnotic swirl of Instagram reels. Each snippet, a world of its own, drew me deeper into a captivating cascade. Time, usually measured in surgical beats, slipped away unnoticed. Fifty minutes later, I snapped back to the reality of the operating room. The reels or the sixty minutes video, had woven an unexpected spell, prompting a realization: the allure of these short, addictive videos held a unique power.

In that surgical interlude, an idea sparked-what if this captivating reel-scrolling experience could be harnessed for a purpose beyond entertainment? Thus, amidst the sterility of the operation room, the concept for an editorial adventure was born. Little did I anticipate that a casual digital distraction would lay the foundation for an exploration into merging the captivating world of reels with the nuanced domain of orthopedics.

In the wake of the proliferation of Smartphone, the landscape of social media has experienced unprecedented growth [1]. The COVID-19 pandemic has cast a spotlight on the integral role of social media within the medical domain, revealing its capacity as a dynamic and essential tool [2].

Within the specialized field of orthopedics, where seamless communication and collaborative endeavors are paramount, the diverse array of social media platforms presents a rich tapestry of possibilities. This editorial seeks to delve into the refined applications of various types of social media especially Instagram in orthopedics. By examining the nuanced ways in which professionals, patients, and researchers leverage platforms such as Twitter, LinkedIn, and Instagram, we aim to uncover the evolving landscape of orthopedic discourse in this Instagram era. Established in 2010, this burgeoning social network has rapidly expanded its reach, currently engaging a substantial monthly user base of more than two billion through predominantly visual posts [3]. The demographic composition is noteworthy, with 55% of users falling

within the age bracket of 18 to 29 years [4]. This exploration introduces the multifaceted role that Instagram can play in shaping the future of orthopedics.

By using Instagram's features creatively, orthopedic educators can create an immersive and engaging learning environment, fostering a community of learners and professionals passionate about orthopedics. Several specialties like pathology, plastic surgery, and radiology have already employed Instagram for educational purposes [5]. These strategies can also be effectively utilized by orthopedic practitioners. Here are some examples.

#### Procedure demonstrations

Create short video clips or carousel posts demonstrating orthopedic procedures. Use these visuals to explain surgical techniques, step-by-step procedures, and best practices. This visual format can enhance understanding for both students and practitioners [6].

#### Visual anatomy lessons

Design visually appealing posts or stories that break down complex anatomical structures relevant to orthopedics. Highlight key bones, joints, and ligaments with clear annotations, making it a visually engaging resource for learning anatomy [6].

#### Patient success stories

Share success stories of orthopedic patients, showcasing their journeys from diagnosis to recovery. Include testimonials, progress photos, and insights from the medical team. This human-centered approach helps humanize medical experiences and provides inspiration [5].

#### Expert takeovers

Arrange Instagram takeovers with orthopedic experts, allowing them to share insights, answer questions, and provide educational content directly through your Instagram account. This collaborative approach introduces diverse perspectives and expertise.

### Weekly/monthly challenges

Initiate educational challenges or quizzes on a regular basis. Encourage followers to participate, share their responses, and engage in discussions. This fosters a sense of community and promotes continuous learning.

### Research spotlights

Highlight recent orthopedic research findings through visually appealing posts. Summarize key discoveries, share relevant publications, and encourage discussions around the implications of research within the Instagram community. Use infographics, animations, or carousel posts to simplify complex research concepts, making them more accessible to a broad audience.

### Infographics for quick learning

Craft informative and visually appealing infographics that condense complex orthopedic concepts into easy-to-understand visuals. Share these infographics as posts or stories for quick learning.

### Live Q and A sessions

Conduct live question and answer sessions where followers can submit their orthopedic-related questions in real-time. This interactive format allows for direct engagement and fosters a sense of community.

### Collaborative projects with students

Collaborate with medical students for Instagram projects. This could involve student-led discussions, presentations, or even virtual rounds, providing a platform for students to actively contribute to educational content.

### Orthopedic conferences coverage

Provide coverage of orthopedic conferences, workshops, and seminars. Use Instagram Stories to share highlights, key takeaways, and interviews with speakers. This allows followers to virtually attend and stay updated on the latest developments in the field.

### Interactive case studies

Present interactive case studies through Instagram Stories. Pose questions related to diagnosis, treatment plans, or surgical approaches, allowing followers to engage by responding and participating in discussions. Follow up with detailed explanations to enhance learning.

### Book/media recommendations

Share recommendations for orthopedic textbooks, research papers, podcasts, or documentaries. Create visually appealing posts with brief reviews or key takeaways, guiding followers to valuable educational resources.

### Virtual grand rounds

Host virtual grand rounds on Instagram Live or IGTV. Invite experts to present interesting cases, share insights, and engage in discussions with a live audience. This mimics the traditional grand rounds format in a virtual space.

### Interactive polls for workshop topics [5]

Use Instagram polls to gather input from followers on topics they would like to see covered in future workshops or educational sessions. This participatory approach ensures content alignment with audience interests.

### Historical perspectives in orthopedics

Share interesting historical perspectives related to orthopedics. This could include notable breakthroughs, advancements, or pioneers in the field. Such posts offer a broader understanding of the discipline.

### Virtual workshops and webinars [6]

Host virtual workshops or webinars through Instagram Live or Zoom integration. Cover topics such as surgical techniques, rehabilitation protocols, or emerging trends in orthopedics.

### User-generated content

Encourage followers, including students and healthcare professionals, to share their orthopedic-related content using a dedicated hashtag. This creates a community-driven platform where diverse perspectives are celebrated.

### Conclusion

In conclusion, virtual education presents a multifaceted landscape with both advantages and disadvantages. The flexibility of self-paced learning and the cost-effectiveness resulting from the elimination of travel expenses are undeniable merits. However, these benefits come at the expense of live interaction and hands-on experiences, crucial elements that foster comprehensive understanding and skill development. Striking a balance between the advantages and disadvantages is key to optimizing the potential of virtual education while addressing its inherent limitations. As we navigate the evolving landscape of education, thoughtful consideration of these factors becomes essential in crafting effective and inclusive learning experiences.

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