

LETTER TO EDITOR

Empowering medical students through competency-based medical education: an essential approach for transforming modern medical education

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Dear editor,

Competency-Based Medical Education (CBME) is transforming medical training by prioritizing the development of essential skills for effective patient care over traditional time-based models. This approach empowers medical students by fostering self-directed learning and preparing them for lifelong professional growth, addressing the evolving demands of modern healthcare.

CBME focuses on clearly defined competencies, ensuring that graduates are equipped to perform specific professional tasks effectively. Unlike traditional curricula, which emphasize the time spent in training, CBME centers on measurable outcomes, such as clinical decision-making and patient communication. The Accreditation Council for Graduate Medical Education and the Association of American Medical Colleges have defined core competencies that guide this shift, emphasizing professional activities over rote curriculum completion (1, 2). This paradigm enables personalized learning, allowing students to progress based on demonstrated abilities rather than a fixed timeline (3).

A key strength of CBME is its promotion of self-directed learning. By engaging students in identifying their educational needs, CBME fosters accountability and prepares them for the continuous learning required in a rapidly advancing medical landscape (4). Regular, competency-focused assessments provide actionable feedback, enhancing skill development and readiness for clinical practice. Studies demonstrate that CBME improves graduate performance and patient care

outcomes, as well-prepared professionals deliver higher-quality care (5, 6). CBME empowers medical students by fostering self-directed learning and lifelong growth, while preparing them to meet modern healthcare demands (3).

However, implementing CBME presents challenges, particularly in assessment design. Robust evaluation methods are essential to accurately measure clinical competencies without reducing complex skills to superficial checklists (7). Faculty training and curriculum redesign also require significant resources to ensure a smooth transition from traditional models (8). Despite these hurdles, the benefits of CBME empowering students and improving patient care justify continued investment in refining its frameworks. CBME is a vital approach to preparing medical graduates for the complexities of modern healthcare. Educational policymakers must prioritize resources to support its implementation, ensuring that students are empowered to meet professional demands through self-directed learning and lifelong growth.

Ethical Considerations

Ethical issues including plagiarism, informed consent, misconduct, data fabrication and/or falsification, double publication and/or submission, redundancy, etc. have been completely observed by the authors.

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