Applying to Residency & Finding the Best Fit

Shawn Banks, M.D. | Program Director | University of Miami

DISCLOSURE
I have no financial relationships with commercial support to disclose.
OBJECTIVES

Understand the Institutional Perspective On Resident Selection

Consider Aspects of Internship & Residency That You Previously Had Not

Integrate Advice from Current Trainees into Your Own Selection Strategy
Hi,
My Name Is...
Figure 4: Percentage of Residency Positions* Filled in Selected Specialties, 2018

<table>
<thead>
<tr>
<th>Specialty</th>
<th>% of Positions Filled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pathology</td>
<td>94.5</td>
</tr>
<tr>
<td>Family Medicine</td>
<td></td>
</tr>
<tr>
<td>Anesthesiology</td>
<td>97.2</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td></td>
</tr>
<tr>
<td>Pediatrics</td>
<td></td>
</tr>
<tr>
<td>Neurology</td>
<td></td>
</tr>
<tr>
<td>Dermatology</td>
<td></td>
</tr>
<tr>
<td>Obstetrics-Gynecology</td>
<td></td>
</tr>
<tr>
<td>Psychiatry</td>
<td></td>
</tr>
<tr>
<td>Radiology-Diagnostic</td>
<td></td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td></td>
</tr>
<tr>
<td>Orthopedic Surgery</td>
<td></td>
</tr>
<tr>
<td>Surgery</td>
<td></td>
</tr>
<tr>
<td>Physical Medicine &amp; Rehab</td>
<td></td>
</tr>
</tbody>
</table>


*If applicable, positions and matches include PGY-1, PGY-2, and from 2014 to 2018, Physician (R) Programs.

Revival of Reporting Anesthesiology Residency Trends
Jennifer A. Rock-Klotz, M.B.A.; Thomas R. Miller, Ph.D., M.B.A.
ASA Monitor 8 2018, Vol.82, 42-46.
Revival of Reporting Anesthesiology Residency Trends
Jennifer A. Rock-Klotz, M.B.A.; Thomas R. Miller, Ph.D., M.B.A.
ASA Monitor 8 2018, Vol.82, 42-46.

Figure 2: Anesthesiology: Programs, Positions and Matches*, 1988-2018

Source: 20 years of reports (1988 to 2018) from: National Resident Matching Program, Results and Data: Main Residency Match®.
National Resident Matching Program, Washington, D.C.

Represents NRMP designated specialty programs in: Anesthesiology, Emergency Medicine-Anesthesiology, Medicine-Anesthesiology
and Pediatrics-Anesthesiology.

*Positions and matches include PGY-1, PGY-2, and from 2014 to 2018, Physician (R) Programs.

2019 MATCH

- 68.7% of PGY-1 spots filled by U.S. Seniors
- 98.4% of PGY-1 spots filled overall
- 57.4% of PGY-2 spots filled by U.S. Seniors
# Step 1 Mean for First Takers from US/Canadian Medical Schools

<table>
<thead>
<tr>
<th>Calendar Year</th>
<th>Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>229 (20)</td>
</tr>
<tr>
<td>2016</td>
<td>228 (21)</td>
</tr>
<tr>
<td>2017</td>
<td>229 (20)</td>
</tr>
<tr>
<td>2018</td>
<td>230 (19)</td>
</tr>
</tbody>
</table>
Table 2. Norm Table: Based on First-takers From US and Canadian Medical Schools Testing Between January 1, 2015 – December 31, 2017 for Step 1 and Step 3 and July 1, 2014 – June 30, 2017 for Step 2 CK

| USMLE Score | Step 1  
| (N=71,104) | Step 2 CK  
| (N= 67,673) | Step 3  
| (N=55,774) |
|---|---|---|---|
| 245 | 76 | 54 | 90 |
| 240 | 67 | 42 | 82 |
| 235 | 57 | 32 | 72 |
| 230 | 48 | 23 | 60 |
| 225 | 39 | 16 | 47 |

https://www.usmle.org/pdfs/transcripts/USMLE_Step_Examination_Score_Interpretation_Guidelines.pdf
Many Programs May Download Only Once

Application Should Be Complete on Opening Day

Late Recommendations Can Harm You
PROGRAMS

What may dictate your experience:

• Program Size
• Population Base
• Competing Health Systems
• Community or University-based Hospital
• Access to Subspecialties
Be a cautious consumer of available databases:

• AAMC (FREIDA, Residency Explorer)
• ACGME
• Doximity
• Discussion Boards
BASE YEAR

Surgery
ACUTE CARE
TRAUMA
PEDIATRICS
VASCULAR
THORACIC

Anesthesia
PAIN MGMT
QUALITY IMPROVEMENT
INTENSIVE CARE
OPERATING ROOM

Medicine
ER
GENERAL MEDICINE
CARDIOLOGY
PULMONARY
When and Where?
What are Attendance Rates?
Is the Curriculum Sound?
SIMULATION

- Quality and Access
- Resident Contact Hours
- Year Levels That Participate
Department Aligns with My Career Goals?

Is Mentorship Structured?

What Expectations Are Placed On Residents?

Department’s Areas of Excellence?
GLOBAL HEALTH

Humanitarian Organizations

International Rotations

Department Missions
FELLOWSHIP

- Networking Is Very Important
- Recommendations May Matter More
- Rules are Different Than Residency Match
BENEFITS

- Health Insurance Premiums
- Wellness Programs
- Student Loan Repayment Programs
- 401k and 403b Plans
REFLECTIONS

Where do I want to be in 10 years?

Am I willing to make sacrifices to attend a particular program?

What are the most important things for my well-being?
“Gut feeling” is important but...
Professionalism is EVERYTHING.