Pursuing GME
Graduate Medical Education for the TCOM Class of 2014

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Graduate Medical Education

What Are You Looking For?

- **AOA Traditional or ACGME Transitional Internship** (PGY1)
- **Preliminary Internal Medicine or Surgery** (PGY1)
  (Required for most *non-categorical* Anesthesia, Neurology, Urology, Radiology, and Dermatology programs)
- **Residency Program** (full course of residency training)
  - **Fellowship Program** (supplemental training -- ex. Cardiology following an Internal Medicine residency)
- **Undecided?**
  
  *If so, we need to talk ASAP!*
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Program Types Explained

- **Internship/Preliminary Year**: A one-year course of training that satisfies the prerequisite for several residencies including Radiology and Dermatology plus the minimum requirements for licensure.

- **Residency**: A complete course of training leading to specialty board eligibility such as Family Medicine, Pediatrics and Internal Medicine.

- **Fellowship**: A course of training following your residency program that leads to sub-specialty eligibility, for example, Rheumatology.
Preparing for Residency

• Narrow your interest(s) to no more than two different specialties.

• Schedule your audition rotations during the spring of year three for late summer / fall 2013.

• Discuss your interests with family members, your residency counseling advisor, recent TCOM graduates, current residents, and our CiM physician specialty advisors.
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Deciding What

• Do you have talent and/or aptitude for your specialty of interest?

• Are you academically qualified *and competitive* for your chosen specialty?
  • Be prepared with a ‘Plan B’. *Most students will need one!*

• **Is the specialty compatible with your unique needs and expectations?**
  • Location requirements...where do you see yourself for residency?
  • Your spouse’s career...does he or she need to stay in the DFW area?
  • Don’t like cold weather? Don’t apply to programs in Detroit or Alaska!
  • Not willing to work long hours in a stressful environment? No surgery!
  • Not competitive for EM? Research FM / EM *combined* programs!

*St. Barnabas Hospital in Bronx, New York (AOA)*
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Deciding Where

• Where are the residency programs?
  • How many programs do I apply to? (*discussed in residency counseling)
    • Contact Eryn if you are unsure or have questions!

• AOA Opportunities website
  www.opportunities.osteopathic.org/

• ACGME Residency website
  www.acgme.org/ads/public
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Deciding Where (Quality)

- All accredited programs (includes all programs available through The Match) provide the training necessary to pass licensure and certification examinations.

- You will ultimately determine the quality of the program you enter!
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Deciding Where (Characteristics)

- Number of residents
- Number of admissions
- Size of the medical staff
- Patient profile/s
- Other available programs
- Salary + benefits
- Working hours
- Moonlighting (PGY2 and above)
- Research opportunities
- Academic medicine component
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Deciding Where (AOA vs. ACGME)

• The basic standards are nearly identical.

• ACGME positions are *not* easily obtained in most surgical specialties!
  *Examples include Urology and Orthopedic Surgery*

• Proposed AOA/ACGME Unified Accreditation for GME – **Coming July 2015**!
  Questions? -- **AOA FAQs**: [http://www.osteopathic.org/inside-aoa/Pages/acgme-frequently-asked-questions.aspx](http://www.osteopathic.org/inside-aoa/Pages/acgme-frequently-asked-questions.aspx)
Deciding Where (AOA vs. ACGME)

- Dual Accredited Programs
  - *Mostly in primary care*...check the AOA Opportunities website for dual accredited programs -- check the box at the bottom of screen to search.
  
  - You are eligible for both certifying boards (AOA and ABMS.)
  
  - The institution must agree to register you for *both* programs.

  - If you pursue a dual accredited program, you may **match through the AOA** prior to the ACGME Match and save yourself some stress. Sounds good, right?
Match Results?

TCOM Class of 2013 GME Match

- Family Medicine: 23%
- Internal Medicine*: 19%
- Pediatrics: 11%
- Other: 20%
- Obstetrics-Gynecology: 7%
- General Surgery: 6%
- Emergency Medicine: 8%
- Anesthesiology: 6%
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Once You’ve Decided...

• Schedule electives at preferred sites (VSAS is used for most ACGME programs); contact AOA programs individually...be amazing and spectacular!

• Apply early to programs of interest...submit applications on opening day! If you wait, your application will be further down the stack!

• Make your interests known to the residency director as well as the residents (they are your prospective colleagues!)

• Follow-up with each site to ensure your file is complete. Call or email, but observe and respect each site’s specified instructions. Don’t be annoying!
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Interview Day

• Be punctual and prepared!
• Be courteous to everyone.
• Be well-groomed.
  • A business suit for men / women
• Be professional and polite.
• Be enthusiastic, yet respectful.
• Take a deep breath and relax.
• Have confidence in yourself to do the very best you can do.
• Most importantly, be prepared for each one of your interviews!
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At the Interview...

- Demonstrate your knowledge of the program and why you find it attractive (do your homework...you WILL be asked a series of questions!)

- Be ready to explain your potential value to the program (leadership skills, excellent clinical skills, research projects, etc.) *Sell yourself in a positive manner!*

- Ask pertinent questions that reflect your dedication to the field in general and that program in particular. By adequately preparing in advance, you will be less likely to be blindsided by routine interview questions.
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Interview Follow-up

• A handwritten note to the residency director (and those who participated in the interview) is well received and suggests professional character. Thank them for their time and express your ongoing interest in being considered for a residency position.

• Email also works (for immediacy) but a handwritten note should supplement your email. It’s unexpected and very appreciated.
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Be Aware!

- Training programs can express their interest in you and you in them but no one is obligated or permitted to make a deal before the match.

- Students have been verbally guaranteed positions only to find they were not included in the institution’s primary match list.
The Match Types

In Addition to AOA + ACGME...

- **Military Match** (Air Force, Army, Navy) – apply through the appropriate military websites and ERAS.

- **San Francisco Match** – Child Neurology, Ophthalmology
  - Apply through CAS and ERAS for preliminary program and back-up.
  - Register with AOA/NRMP for matching with back-up and preliminary programs.

- **American Urological Association Match** – Urology
  - Apply through ERAS for preliminary programs and back-up.
  - Register with AOA/NRMP for matching with back-up and preliminary programs.
Couple’s Match

Think Carefully About This...

- Two students who are participating in the Match at the same time and wish to coordinate their matches, (for example, obtain positions in the same location) may participate in the Match as a “Couple.”
  - Students register separately, but in your profile, indicate you are part of a couple and identify your partner.
  - Offered by the AOA and NRMP (No Early Match!)
Types of Programs

Which One Do I Choose?

• **Categorical** – most preferred!
• Preliminary IM or General Surgery (PGY1...prior to advanced programs)
• Traditional / Transitional (*not as easy to come by as you might think!*)
  • Anesthesia
  • Dermatology
  • Neurology
  • Ophthalmology
  • Physical Medicine and Rehabilitation
  • Diagnostic Radiology
  • Emergency Medicine
  • Neurosurgery
  • Otolaryngology
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Scramble Strategies

• Have an adequate, multi-layer match strategy to avoid scrambling! (We discussed this during your residency counseling)
• Have realistic expectations and safe choices.
• Pre-select potential sites – do your research!
• Know who to call and when to call.
• Follow instructions from The Office of Educational Programs, The Office of Clinical Education, and the Career Services Office.
“Scramble Scare”

Muhaha!
Helpful Online Resources

Be informed...and prepared!

- TCOM Career Development
- TCOM Careers in Medicine
- TCOM Residency 101
- AAMC Careers in Medicine *(requires a token!)*
  - Comprehensive Specialty Information
  - What to Ask the Interviewer
  - What Questions You Should Expect to Be Asked
  - Going Through the Match Process
  - Tips to Ace the Interview
Texas OPTI Partners

OPTI Programs

- Bay Area Medical Center in Corpus Christi
- Conroe Medical Education Foundation in Conroe
- Driscoll Children’s Hospital in Corpus Christi
- JPS Health Network in Fort Worth
- Methodist Charlton Medical Center in Dallas
- Plaza Medical Center in Fort Worth
- Texas College of Osteopathic Medicine in Fort Worth
- Texas A&M HSC College of Medicine in Bryan
- Texas Tech University Health Science Center in Lubbock

Texas OPTI – [http://texasopti.hsc.unt.edu](http://texasopti.hsc.unt.edu)
Residency Counseling

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Contact me for:
• Follow-up residency counseling appointments
• Information regarding past graduate statistics
• CV and personal statement reviews and editing
• Advice regarding specialty selection and location
• Referrals to Careers in Medicine physician advisors