

Emergency Medicine Residency Guide

By the Upstate EMIG Class of 2009

Overview of Presentation

- NRMP Match Data for EM
- What do Program Directors look for?
- What you can do to increase your competitiveness (more Match Data)
- Things to think about when considering residencies
- Info on the Dept of EM at Upstate

NRMP Match Data for EM

- Common Misconceptions for EM
 - “EM is competitive and I'll never be able to match”
 - “My grades from 1st & 2nd yr are awesome; I'll be able to go anywhere”
 - “Everything comes down to board scores”
- What does the data show...
 - “NRMP Charting Outcomes in the Match – 2007”
 - “Selection Criteria for Emergency Medicine Applicants”. Academic Emergency Medicine 2000; 7:54-60

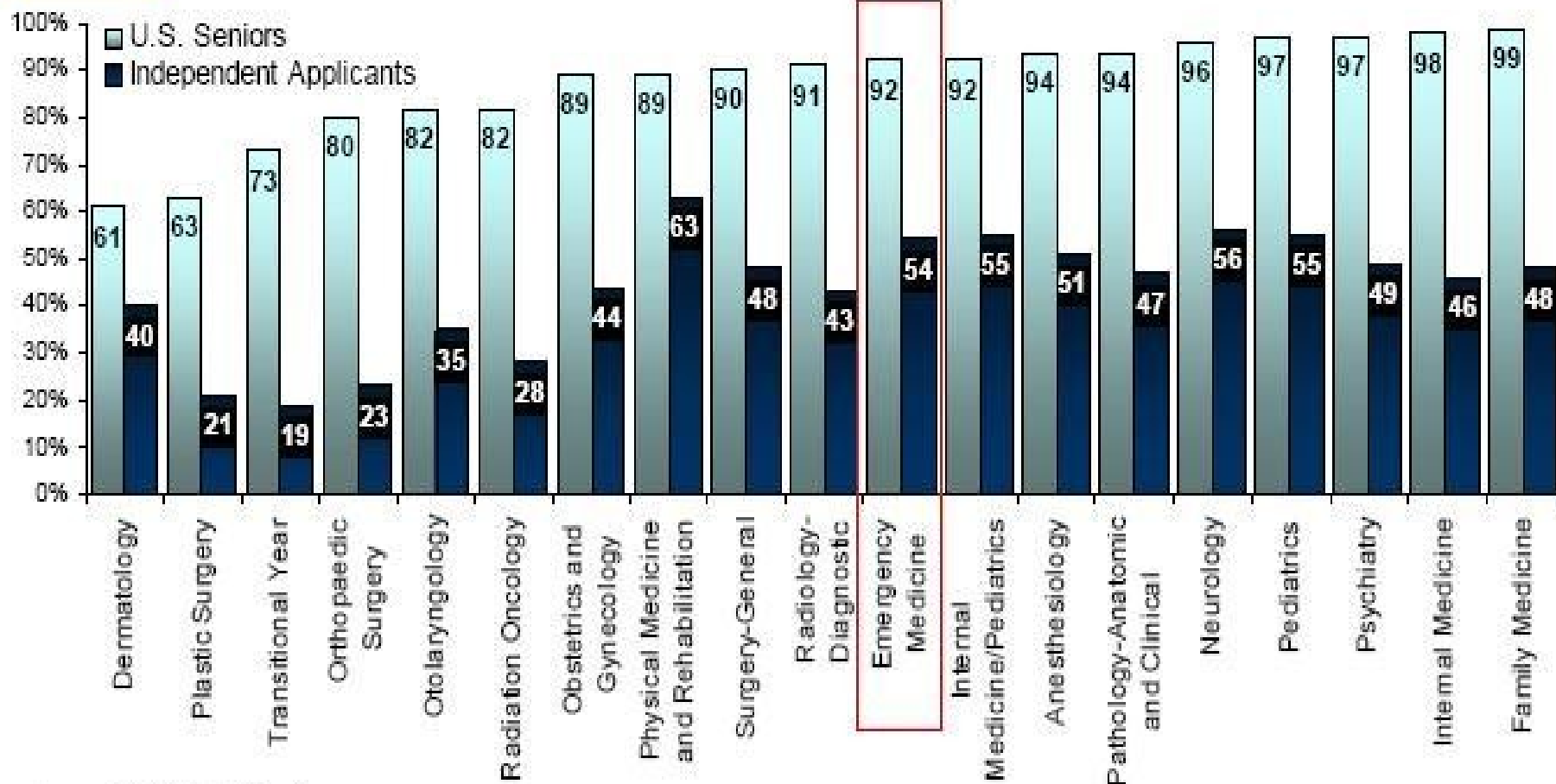
NRMP Match Data for EM

Chart 3

MATCH RATES

Percent Matched by Preferred Specialty

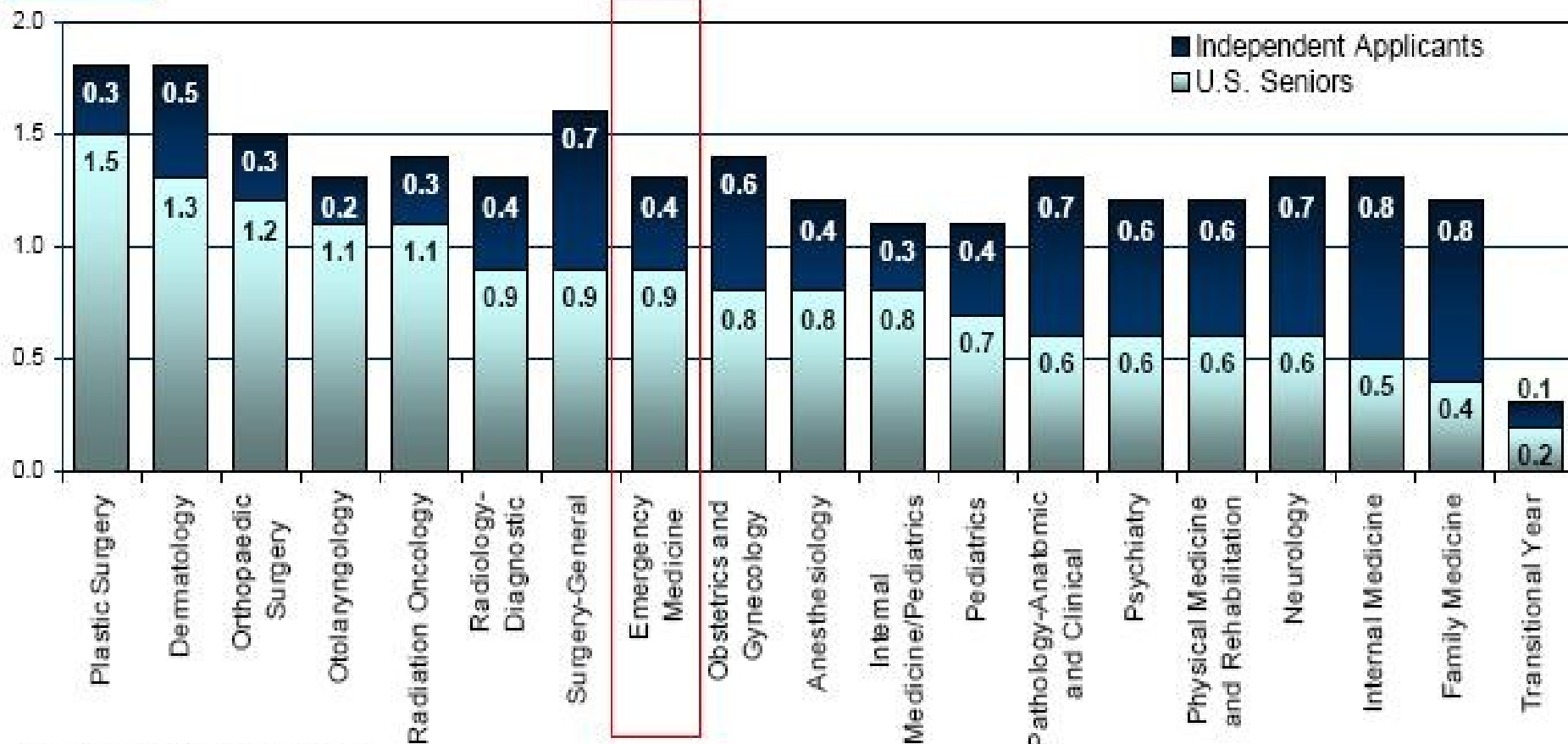
92% Matched!!!



NRMP Match Data for EM

Chart 2

RATIO - APPLICANTS RANKING SPECIALTY FIRST / AVAILABLE POSITIONS
by Preferred Specialty

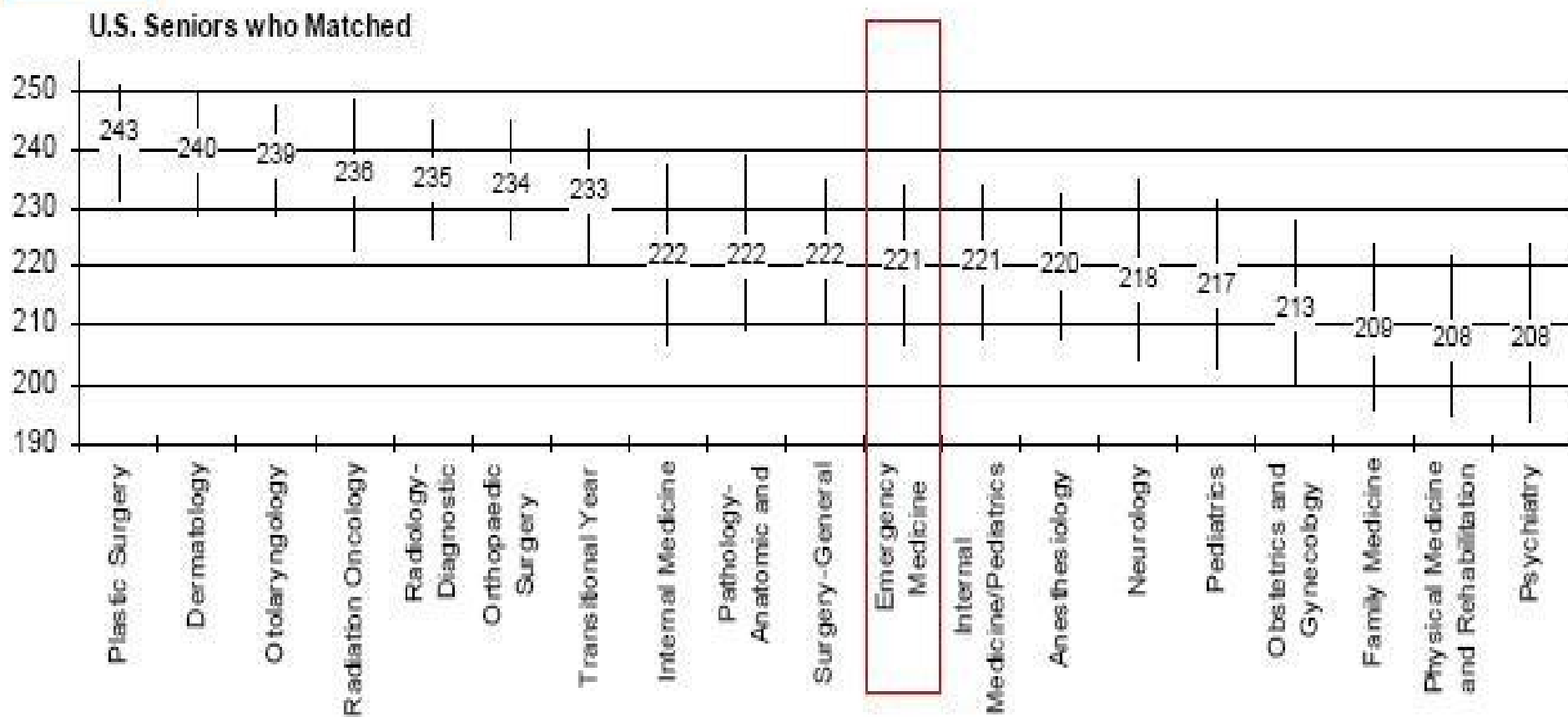


Source: NRMP Data Warehouse.

NRMP Match Data for EM

**Chart
10**

USMLE STEP 1 SCORES OF MATCHED APPLICANTS BY PREFERRED SPECIALTY
U.S. Seniors and Independent Applicants



NRMP Match Data for EM

- What does this all mean?
 - Emergency Medicine is a “middle of the road” specialty; similar to Gen Surg & Anesthesia
 - Not as competitive as Plastics, Derm, Ortho, ENT, or Rad/Onc
 - More competitive than Psych, Peds, Family Med, Neuro
- So it's not that competitive. Then how do I make myself a good applicant?

What do Program Directors look for in an applicant???

TABLE 1. Questionnaire Results

	Mean	SD	Median	Range
Emergency medicine rotation grades	4.79	0.50	5	3-5
Interview	4.62	0.64	5	2-5
Clinical grades	4.35	0.70	4	2-5
Other	4.23	1.17	5	1-5
Recommendations	4.11	0.85	4	2-5
Grades (overall)	3.95	0.64	4	2-5
Elective at the program director's institution	3.76	1.25	4	1-5
Board scores (overall)	3.35	0.77	3	1-5
USMLE* step II	3.34	0.93	3	1-5
Interest expressed	3.30	1.19	3	1-5
USMLE step I	3.28	0.86	3	1-5
Awards/achievements	3.16	0.88	3	1-5
AOA† status	3.01	1.09	3	1-5
Medical school attended	3.00	0.85	3	1-5
Extracurricular activities	2.99	0.87	3	1-5
Basic science grades	2.88	0.92	3	1-5
Publications	2.87	0.99	3	1-5
Personal statement	2.75	0.96	3	1-5

*USMLE = U.S. Medical Licensing Examination.

†AOA = Alpha Omega Alpha Honor Society.

- Things they care about
 - EM grades
 - Interview
 - 3rd & 4th yr grades
 - Letters of Rec
- Things they DON'T care about as much
 - Personal Statement
 - Publications
 - 1st & 2nd yr grades
 - Extracurricular activities

I'm still not a strong applicant. What can I do to increase my competitiveness???

- Elective at the institution
- USMLE Step 1
- USMLE Step 2
- Express interest in that program
- Awards / AOA
- Publications & Research
- Let's go through each of these...

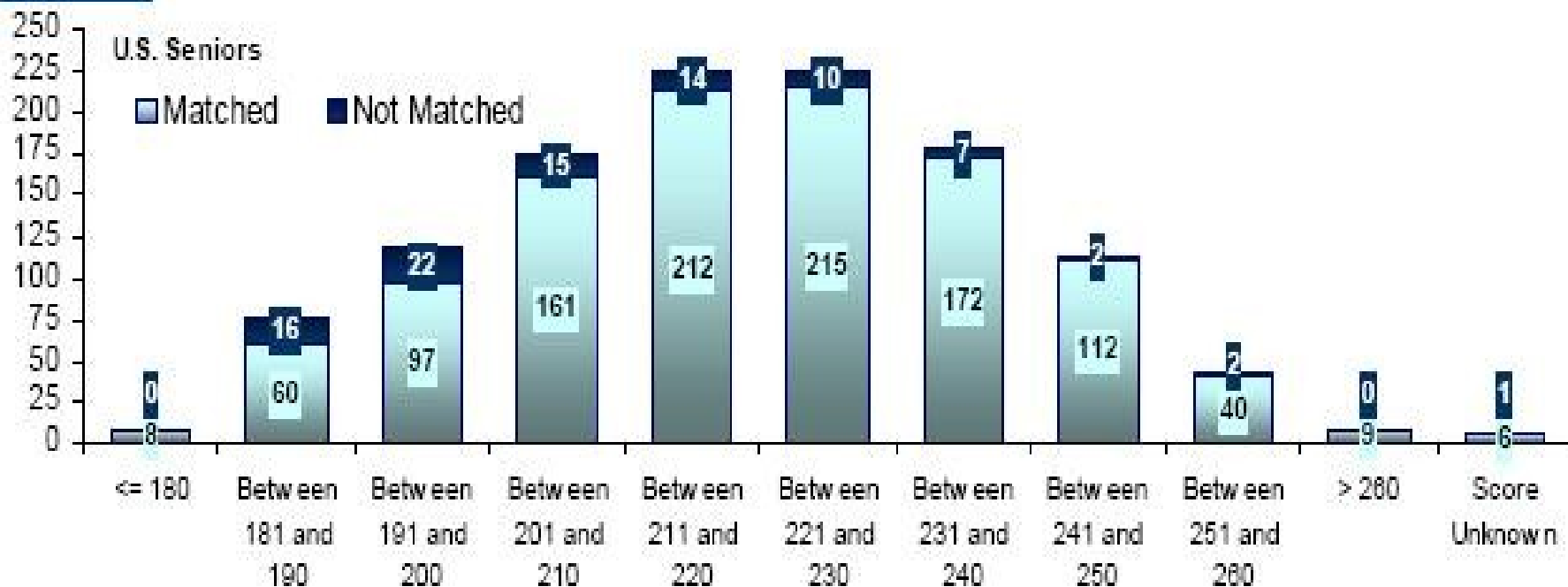
NRMP Match Data for EM

Measure	U.S. Seniors	
	Matched (n=1,092)	Did Not Match (n=89)
1. Median number of contiguous ranks	10.0	5.0
2. Mean number of distinct specialties ranked	1.1	1.3
3. Percentage who graduated from top 40 NIH research medical school	35.9	20.2
4. Percentage who have a Ph.D. degree	1.6	0.0
5. Percentage who have another graduate degree	13.5	9.0
6. Percentage who are AOA members	12.4	1.1
7. USMLE Step 1 score		
Mean	220	208
Median	221	204
25th percentile	207	194
75th percentile	234	220
Count	1,086	88
8. USMLE Step 2 score		
Mean	227	208
Median	228	206
25th percentile	214	193
75th percentile	241	220
Count	778	71
9. Mean number of research experiences	1.8	1.3
10. Mean number of abstracts, presentations, and publications	1.6	0.8

NRMP Match Data for EM

**Chart
EM-3**

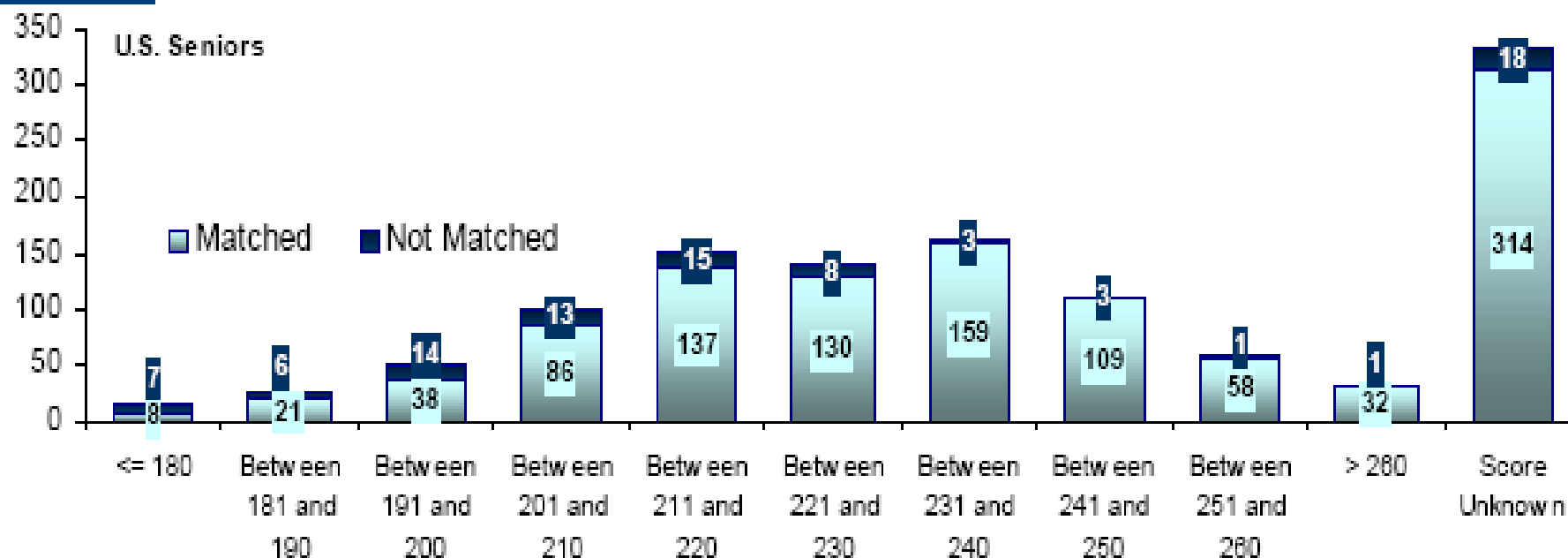
USMLE STEP 1 SCORES
Emergency Medicine



NRMP Match Data for EM

**Chart
EM-4**

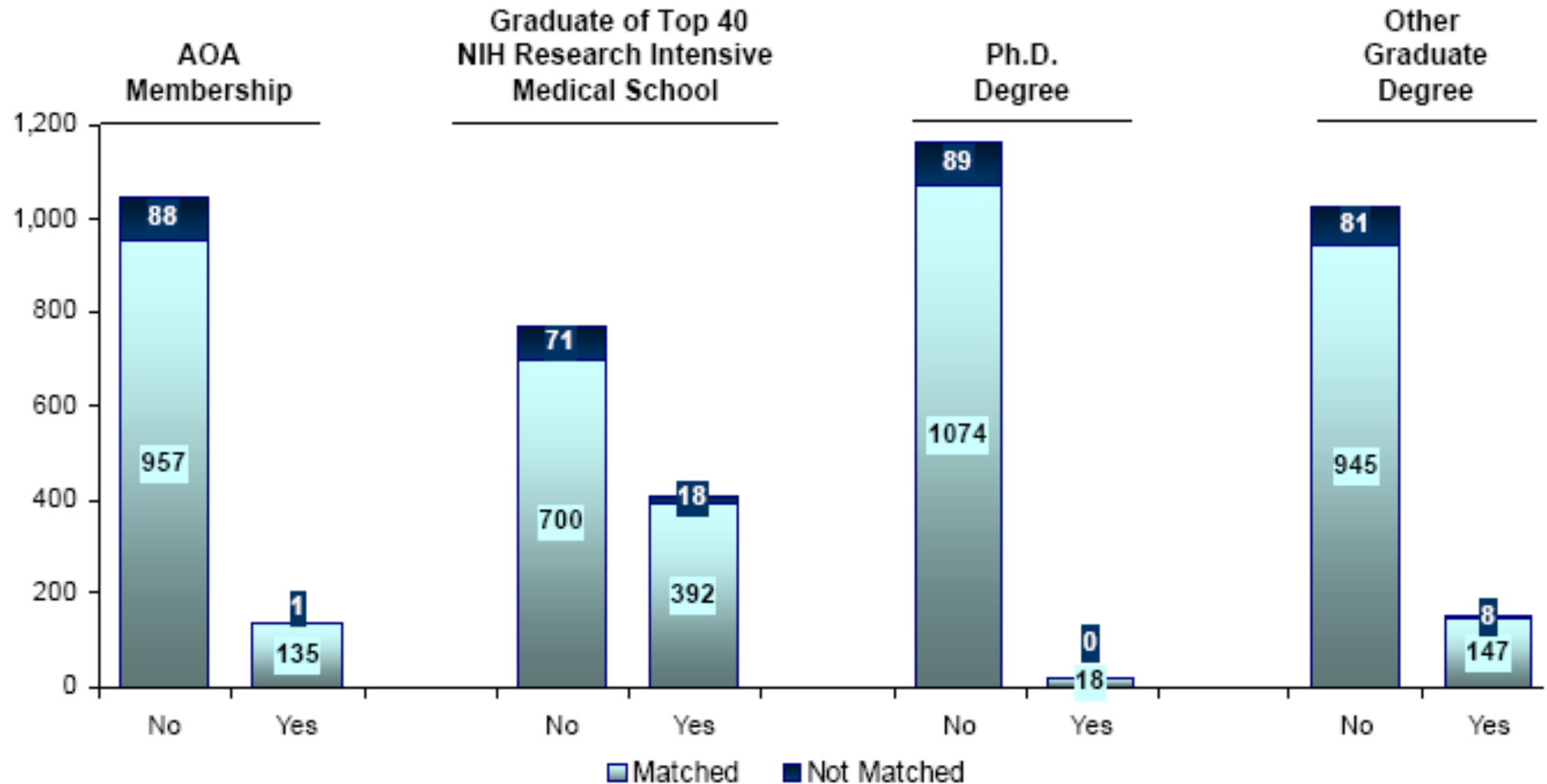
USMLE STEP 2 SCORES
Emergency Medicine



NRMP Match Data for EM

**Chart
EM-7**

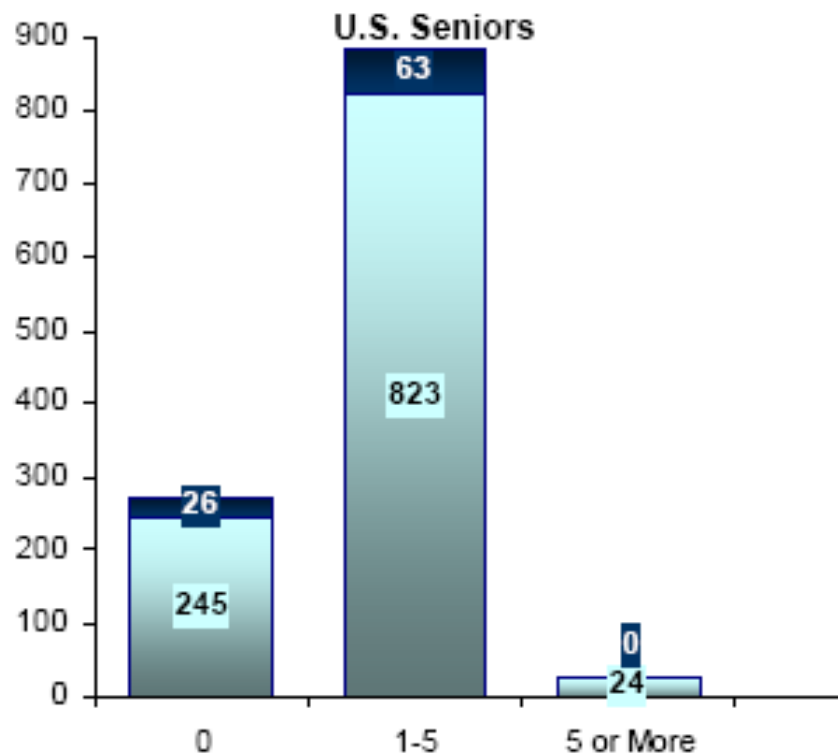
OTHER CHARACTERISTICS OF U.S. SENIORS *Emergency Medicine*



NRMP Match Data for EM

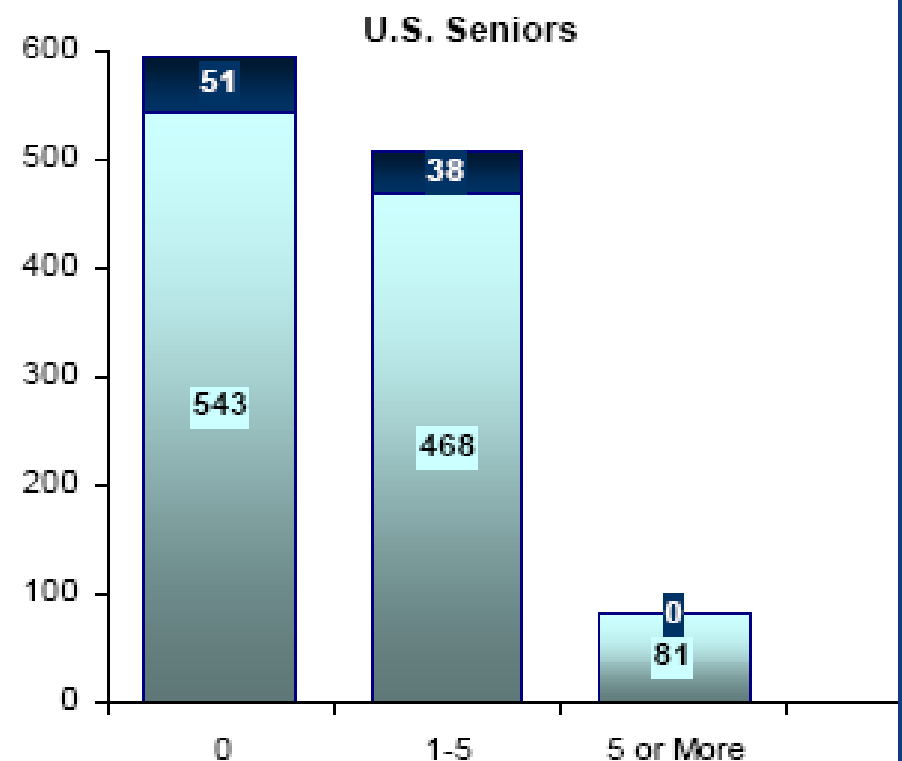
**Chart
EM-5**

NUMBER OF RESEARCH PROJECTS
Emergency Medicine



**Chart
EM-6**

NUMBER OF ABSTRACTS, PRESENTATIONS
Emergency Medicine



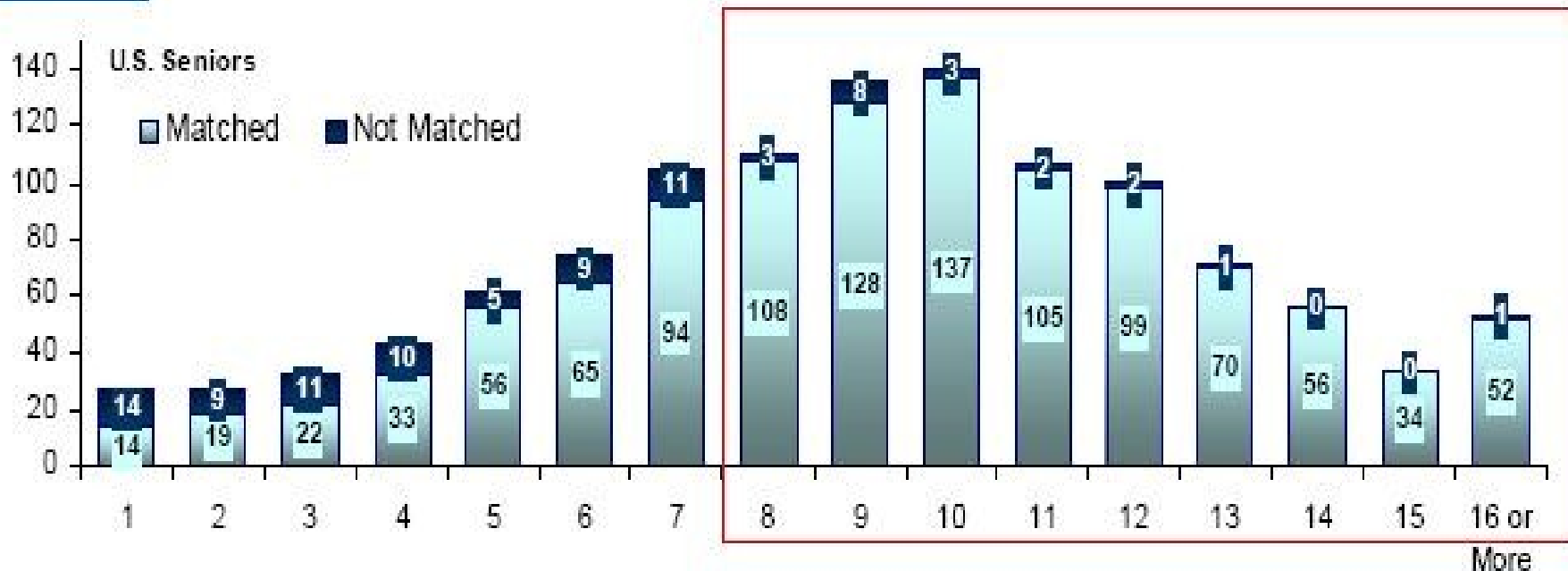
How to Match in EM?

- Do well in your EM rotations
- Do well at your interviews
- Get good Letters of Recommendations (most programs want 2 from EM)
- Do an away rotation(???)
- Express interest in that program
- Make up your deficiencies with something else
- Apply to and interview at enough programs!
- How many is enough???

NRMP Match Data for EM

**Chart
EM-1**

NUMBER OF CONTIGUOUS RANKS WITHIN PREFERRED SPECIALTY
Emergency Medicine



- Goal – Apply to +/- 20 programs, get +/- 10 interviews
- If you rank 10 or more programs, you WILL (98.5%) match!!!

Things to think about when considering residencies

- Location (friends, family, urban, rural)
- 3 vs. 4 yr programs
- Hospital Type (public vs. private)
- ED autonomy
- Clinical Exposure
 - Trauma
 - Peds EM, Peds floors
 - EMS
 - ICU
 - Other
- Remember... there's no right answer to any of these issues!!!
- All residencies are accredited, so you get good training at all of them
- Pick one that is right for you!

3 vs. 4 yr programs

- Can be PGY1-3 (the vast majority), PGY1-4, or PGY2-4
- 4 year programs pro / cons
 - More elective time
 - More off-service rotations
 - More ED time
 - Better prepared for academics(???)
 - Longer residency (\$200k mistake)
 - How do programs use that 4th yr?
 - May need transitional or Prelim yr
 - No difference in outcomes

Hospital Type

- Public vs. Private (funding?)
- Academic/research oriented
- Other residencies in the hospital
- No. of hospitals you rotate through (distance?)
- ED Volume; how many pts will YOU see (pts/shift?)
- Ancillary services

ED Autonomy

- Separate Dept, or a Division of XXX
- Who supervises you, and how much?
- Who do you supervise?
- Who can admit pts?
- How do your responsibilities increase?

Clinical Exposure - Trauma

- Level 1 or 2
- No. of trauma activations
- % penetrating
- What is the relationship with trauma surgery?
 - “When was your last chest tube?”
- Who runs trauma?

Clinical Exposure - Peds

- Separate Peds ED, or peds pts seen w/ adults
 - Intergrated Peds ED shifts?
- Peds EM fellowship trained?
- Peds floors?
- Rotate through a Children's Hospital
 - What services? How are you treated?

Clinical Exposure - EMS

- Varies ALOT between programs
- Time “in the field” taking calls
 - Ground vs. Air
 - Is Air required?
- Opportunity for Medical Direction
- Teaching Paramedic courses

Clinical Exposure - ICU

- MICU vs. SICU, opportunities for PICU, NICU, NSICU
- CCU vs. Cardiology Consult
- What year do you rotate?
 - Is there a senior EM resident?
- Are you going to have direct pt care responsibilities, or are you just “rotating through” the ICU

Clinical Exposure - Other

- Toxicology / Ultrasound
- Floors (Medicine or Peds)
- Research / Simulation
- Anesthesia / Ortho / OBGYN
- ENT / Ophtho / Dental / Plastics
 - # of Elective months
- Geographic isolation
- # of hrs/shift , # of shifts/block

Dept of EM at Upstate

- Upstate has some big names (think LoRs)
 - Find a mentor
 - Dr. Johnson is the official student advisor
- Grand Rounds & Trauma Conference
 - 2nd Weds of every month @ 930am, basement Wsk
- Join the EMIG
- Shadow in the ED (contact Mary Lewis)

Contacts

- EMIG listserv
 - emig@lists.upstate.edu
- Mary Lewis, Dept of EM
 - lewism@upstate.edu 464-4363
- Anne Peer, Dr Johnson's secretary
 - peera@upstate.edu
- Shari Sterle-Grant, Dr. McCabe's secretary
 - sterles@upstate.edu