Tips on Sub-Internships, Interviews, and the Match Process



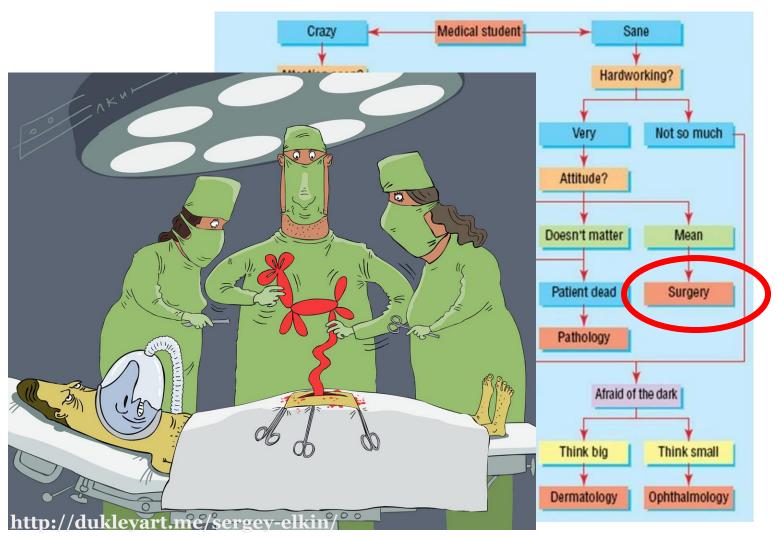
Jason R. Cook, MD PhD PGY4 Department of Surgery Section of Vascular Surgery Vascular Annual Meeting 2019





NATIONAL LEADERS IN MEDICINE

Follow the yellow brick road.....



http://www.medaholic.com/deciding-on-a-carms-residency-rank-list/

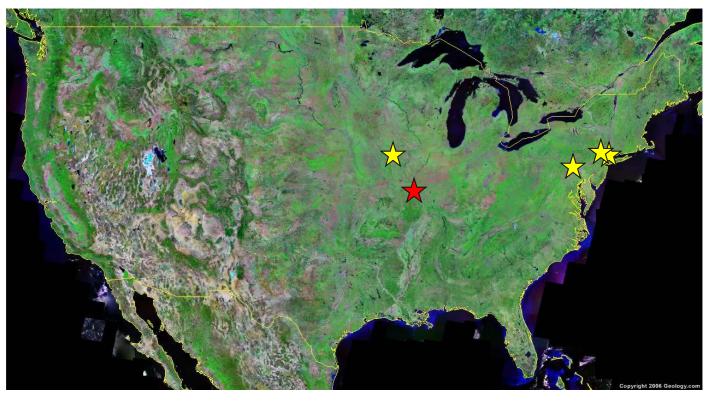
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My Background

- Grew up in NYC
- Undergraduate: Grinnell College in Iowa
- Postgraduate: MSTP program (MD/PhD) at Mount Sinai (NY)
- My application:
- Honors: Surgery, Pediatrics, Neurology, OB/GYN
- Publications: 7 first author
- Presentations: 15
- Awards: Individual T32 subgrant with NHLBI, Allan Callow MD/PhD Young Investigator Award
- USMLE: Step 1: 238, Step 2CK: 246, Step 2 CS: Pass
- Sub-Internships
 - Mount Sinai NY
 - University of Pennsylvania PA

Tips of the Sub-Internships

- Where are you from?
- Where do you want to work?
- Talk to your mentor(s) about programs
- Know your application inside and out



Tips of the Sub-Internships

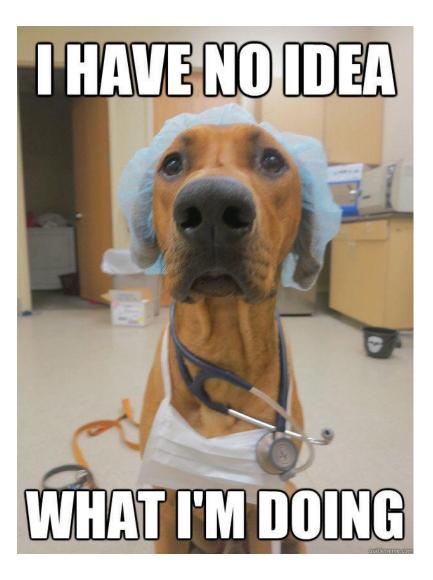
- Prepare....prepare....prepare
- Your audition begins before you start
- Everybody is "watching"
- Apply early spots fill up
- Vascular surgery 24/7
- Make sure to get to know the program director/chief or chair so you can get a meaningful letter
- Great presentation at the end

Interviews

- Apply broadly
- Know the strengths of the programs
- Keep a "list" of specifics about programs
 - Types of cases
 - Missing cases?
 - Co-cases with CTS, IR...etc
 - # attending surgeons
 - # months of general surgery chief rotations
- Make "realistic" travel plans.....
- Be prepared for the basic questions
- Know your own weaknesses
- After your interview -> Send personalized thank you's

The Match

Know the "data"



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http://www.nrmp.org/main-residency-match-data/



Charting Outcomes in the Match: U.S. Allopathic Seniors

Characteristics of U.S. Allopathic Seniors Who Matched to Their Preferred Specialty in the 2018 Main Residency Match

2nd Edition

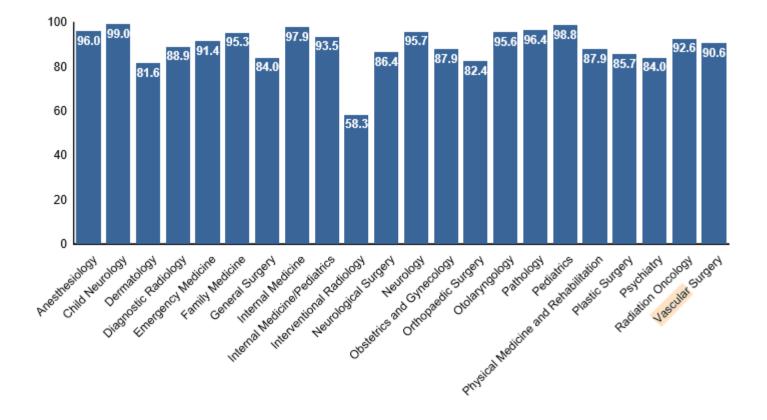
Prepared by: National Resident Matching Program www.nrmp.org

July 2018

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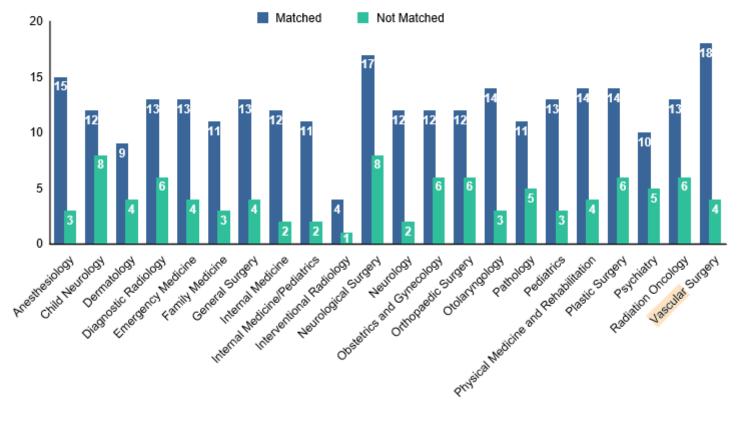
Match Rates of U.S. Allopathic Seniors Percent Matched by Preferred Specialty



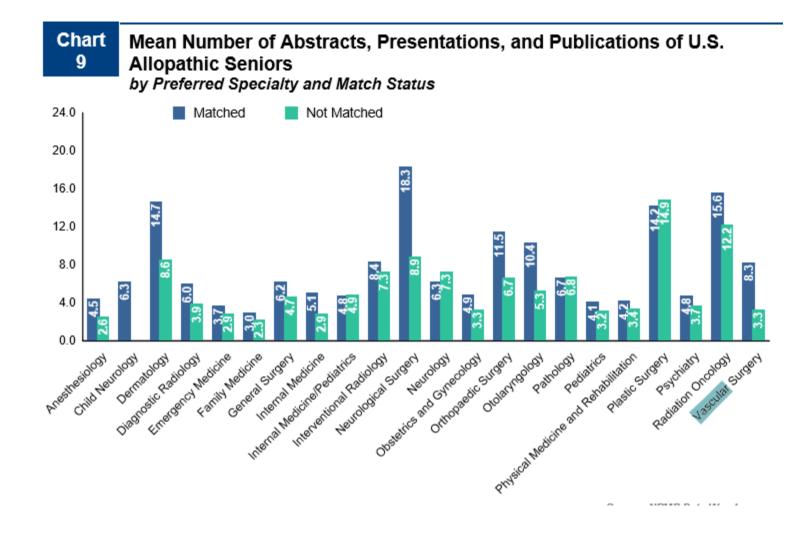
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Median Number of Contiguous Ranks of U.S. Allopathic Seniors by Preferred Specialty and Match Status



Source: NRMP Data Warehouse



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Table VS-1

Summary Statistics on U.S. Allopathic Seniors Vascular Surgery

Measure		Matched (n=46)	Unmatched (n=4)
1.	Mean number of contiguous ranks	16.0	3.5
2.	Mean number of distinct specialties ranked	1.7	2.3
3.	Mean USMLE Step 1 score	236	219
4.	Mean USMLE Step 2 score	244	229
5.	Mean number of research experiences	4.9	3.3
6.	Mean number of abstracts, presentations, and publications	8.3	3.3
7.	Mean number of work experiences	2.9	6.8
8.	Mean number of volunteer experiences	6.4	8.0
9.	Percentage who are AOA members	17.4	0.0
10.	Percentage who graduated from one of the 40 U.S. medical schools with the highest NIH funding	37.0	25.0
11.	Percentage who have Ph.D. degree	0.0	0.0
12.	Percentage who have another graduate degree	23.8	50.0

Note: Only U.S. allopathic seniors who gave consent to use their information in research are included.

Sources. NRMP Data Warehouse; Top 40 U.S. medical schools with the highest NIH funding in measure 10 is from the NIH website (http://report.nih.gov/award/index.cfm).



Results of the 2018 NRMP Program Director Survey

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Figure VS-1 Vascular Surgery Percentage of Pro

Percentage of Programs Citing Each Factor And Mean Importance Rating¹ for Each Factor in Selecting Applicants to Interview

(N=14)

(N=14)		
	Percent Citing Factor	Average Rating
USMLE Step 1/COMLEX Level 1 score	100%	4.4
Letters of recommendation in the specialty	93%	4.8
Medical Student Performance Evaluation (MSPE/Dean's Letter)	64%	3.9
USMLE Step 2 CK/COMLEX Level 2 CE score	93%	4.1
Personal Statement	93%	3.4
Grades in required clerkships	64%	4.3
Any failed attempt in USMLE/COMLEX	50%	4.3
Class ranking/quartile	57%	4.4
Perceived commitment to specialty	64%	4.8
Personal prior knowledge of the applicant	64%	4.1
Grades in clerkship in desired specialty	57%	4.6
Audition elective/rotation within your department	57%	4.4
Evidence of professionalism and ethics	57%	4.6
Leadership qualities	86%	3.6
Alpha Omega Alpha (AOA) membership	79%	3.8
Perceived interest in program	36%	4.4
Other life experience	57%	3.9
Passing USMLE Step 2 CS/COMLEX Level 2 PE	71%	4.0
Volunteer/extracurricular experiences	43%	4.0
Consistency of grades	43%	4.0
Lack of gaps in medical education	36%	4.0
Awards or special honors in clinical clerkships	64%	4.0
Graduate of highly-regarded U.S. medical school	71%	4.2
Gold Humanism Honor Society (GHHS) membership	29%	3.8
Awards or special honors in clerkship in desired specialty	57%	3.6
Demonstrated involvement and interest in research	57%	3.9
Visa status*	43%	3.8
Applicant was flagged with Match violation by the NRMP	1 <mark>4%</mark>	5.0
Away rotation in your specialty at another institution	21%	3.7
Interest in academic career	36%	4.2
Fluency in language spoken by your patient population	21%	3.3
Awards or special honors in basic sciences	1 <mark>4%</mark>	3.0
USMLE/COMLEX Step 3 score	<mark>21%</mark>	4.0
100	0% 50% 0%	1 2 3 4 5

¹ Ratings on a scale from 1 (not at all important) to 5 (very important). * International Medical Graduates only

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Figure VS-2 Vascular Surgery Percentage of Pro

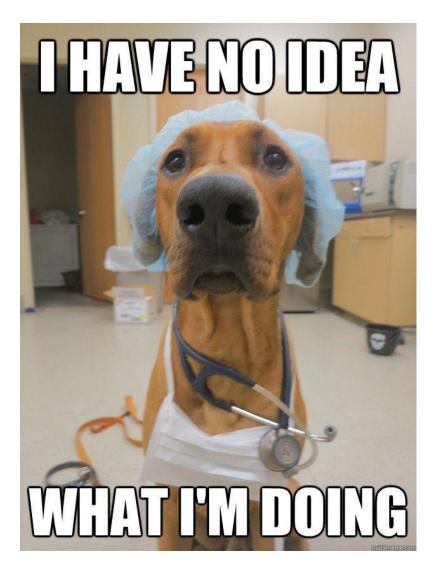
Percentage of Programs Citing Each Factor And Mean Importance Rating¹ for Each Factor in Ranking Applicants (N=14)

	Percent Citing Factor	Average Rating
Interactions with faculty during interview and visit	100%	4.9
Interpersonal skills	100%	4.8
Interactions with housestaff during interview and visit	93%	4.8
Feedback from current residents	79%	4.7
USMLE/COMLEX Step 1 score	86%	4.3
Letters of recommendation in the specialty	86%	4.5
USMLE/COMLEX Step 2 score	64%	4.2
Evidence of professionalism and ethics	36%	4.2
Medical Student Performance Evaluation (MSPE/Dean's Letter)	36%	4.4
Perceived commitment to specialty	64%	4.8
Perceived interest in program	64%	4.3
Leadership qualities	50%	4.3
Class ranking/quartile	50%	4.4
Personal prior knowledge of the applicant	57%	4.8
Audition elective/rotation within your department	71%	4.3
Personal Statement	64%	3.6
Grades in required clerkships	29%	4.8
Passing USMLE Step 2 CS/COMLEX Level 2 PE	43%	4.2
Any failed attempt in USMLE/COMLEX	21%	5.0
Grades in clerkship in desired specialty	29%	4.5
Other life experience	36%	4.0
Alpha Omega Alpha (AOA) membership	50%	3.9
Consistency of grades	21%	4.7
Volunteer/extracurricular experiences	21%	4.0
Lack of gaps in medical education	1 <mark>4%</mark>	4.0
Graduate of highly regarded U.S. medical school	36%	4.6
Gold Humanism Honor Society (GHHS) membership	1 <mark>4%</mark>	3.5
Awards or special honors in clinical clerkships	29%	4.3
Awards or special honors in clerkship in desired specialty	1 <mark>4%</mark>	4.0
Demonstrated involvement and interest in research	50%	4.1
Applicant was flagged with Match violation by the NRMP	7 <mark>%</mark>	5.0
Visa status*	36%	4.2
Other post-interview contact	0%	
Interest in academic career	36%	4.4
Fluency in language spoken by your patient population	21%	3.3
Away rotation in your specialty at another institution	29%	3.8
USMLE/COMLEX Step 3 score	21%	4.0
Second interview/visit	7%	
Awards or special honors in basic sciences	0%	

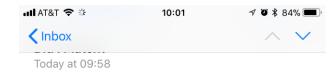
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The Match

- Know the "data"
- There is no "trick" to the process
- Never rank a place you do not want to attend
- Be honest with program directors
- Know the rules!
- Set your list, check it twice. Then enjoy MS4.



The Match





Congratulations! You have matched!

Because you are matched, you are not eligible to participate in the Supplemental Offer and Acceptance Program[®] (SOAP[®]), and you will not have access to the *List of Unfilled Programs*. Information on where you matched will be available in the Registration, Ranking, and Results[®] (R3[®]) system and sent by email on Friday, March 16, at 1:00 PM Eastern Time.

<u>Celebrate Match Week with the NRMP, AMA, and</u> <u>AAMC</u>

NRMP Staff National Resident Matching Program[®] 2121 K Street NW, Suite 1000, Washington, DC 20037 YouTube | Twitter | Facebook | LinkedIn

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