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 1\textsuperscript{st} & 2\textsuperscript{nd} 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”
NRMP Match Data for EM
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

U.S. Seniors who Matched

Plastic Surgery
Dermatology
Otolaryngology
Radiation Oncology
Radiology-Diagnostic
Orthopaedic Surgery
Transitional Year
Internal Medicine
Pathology-Anatomic and Surgical
Surgery-General
Emergency Medicine
Internal Medicine/Pediatrics
Anesthesiology
Neurology
Pediatrics
Obstetrics and Gynecology
Family Medicine
Physical Medicine and Rehabilitation
Psychiatry

Scores
250
240
230
220
210
200
190

Specific Scores:
- Emergency Medicine: 221
- Internal Medicine: 220
- Pediatrics: 218
- Obstetrics and Gynecology: 217
- Psychiatry: 209, 208, 208
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???

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

**TABLE 1. Questionnaire Results**

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

*USMLE = U.S. Medical Licensing Examination.
†AOA = Alpha Omega Alpha Honor Society.
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

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

Chart EM-3

USMLE STEP 1 SCORES
Emergency Medicine

U.S. Seniors
- Matched
- Not Matched

0 <= 180
16
60
97
161
15
212
14
215
10
172
7
112
2
40
2
0
3
1
Score
Unknown

Between
181 and
190
Between
191 and
200
Between
201 and
210
Between
211 and
220
Between
221 and
230
Between
231 and
240
Between
241 and
250
Between
251 and
260
> 260
NRMP Match Data for EM

Chart EM-4

USMLE STEP 2 SCORES
Emergency Medicine

U.S. Seniors

Matched | Not Matched
---|---
<= 180 | 6 | 8
181 and 190 | 21 | 14
191 and 200 | 38 | 13
201 and 210 | 86 | 15
211 and 220 | 137 | 3
221 and 230 | 130 | 8
231 and 240 | 159 | 3
241 and 250 | 109 | 5
251 and 260 | 58 | 6
> 260 | 32 | 18
Score Unknown | 314 | 18
NRMP Match Data for EM

Chart EM-7

Other Characteristics of U.S. Seniors
Emergency Medicine

<table>
<thead>
<tr>
<th>Category</th>
<th>Matched</th>
<th>Not Matched</th>
</tr>
</thead>
<tbody>
<tr>
<td>AOA Membership</td>
<td>957</td>
<td>88</td>
</tr>
<tr>
<td>NIH Research Intensive Medical School</td>
<td>700</td>
<td>71</td>
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<tr>
<td>Ph.D. Degree</td>
<td>1074</td>
<td>89</td>
</tr>
<tr>
<td>Other Graduate Degree</td>
<td>945</td>
<td>81</td>
</tr>
</tbody>
</table>

Legend:
- Matched
- Not Matched
NRMP Match Data for EM

**Chart EM-5**
**Number of Research Projects**
*Emergency Medicine*

<table>
<thead>
<tr>
<th>0</th>
<th>1-5</th>
<th>5 or More</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>823</td>
<td>245</td>
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</tbody>
</table>

**Chart EM-6**
**Number of Abstracts, Presentations**
*Emergency Medicine*

<table>
<thead>
<tr>
<th>0</th>
<th>1-5</th>
<th>5 or More</th>
</tr>
</thead>
<tbody>
<tr>
<td>51</td>
<td>468</td>
<td>81</td>
</tr>
</tbody>
</table>
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

- 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 4\textsuperscript{th} 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
  – Integrated 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