Match 301

Time to really get serious!!!

November 5, 2014
Owen Phillips, MD
Objectives for Today

• Review the Career Connections curriculum and where you should be in the process

• Reintroduce AAMC CiM website

• Introduce Specialty Advising System

• Share the NRMP data for the class of 2014
Where should you be?
You should know yourself

What I am looking for in a career?
What I am competitive for?

And by now you should have narrowed it down

• Is it a surgical or medical field (or both)
• Is it hospital-based or ambulatory
• Do I like kids
• What am I competitive for
Resources

• Hopefully you paid attention in clerkships
• Sought out opportunities for experience
• Spoke to physicians, family members

• AAMC resources
  www.aamc.org/cim

• Student Affairs
  www.uthsc.edu/medicine/students
Residency Exploration Day
December, 2014

• Representatives (program directors) from specialties to go over
  – Requirements for successful match into that specialty
  – What you can do at this point to better situate yourself for a successful match
  – What about fourth-year electives and visiting electives
R.E.D at the S.A.C.

• December 1, 2, 3

• 4-6 PM

• Must schedule

• Bring your CC book to make notes in
If after that, you are still stuck

- Have I sought out the people that can help with decision making?

- Have I gone back to the AAMC careers in medicine website?

- Phone a friend?-- ophillip@uthsc.edu
- Dr Maish- gmaish@uthsc.edu
- Dr. Womack- cwomack@uthsc.edu
What’s next?

• In February, 2015 you will have to decide on your M4 schedule.

• Little time for much more career exploration—some, not much

• Specialty advisor program
Specialty advisors

• A one-on-one contact to advise you about
  – Your competitiveness for that specialty
  – What you can do to make yourself a better candidate
  – What to do in your M4 year (“aways”, electives)
  – Sign-off on your specialty choice form and approve your M4 plan
Specialty advisors

- A list of physicians who have been volunteered by their chair
- [www.uthsc.edu/medicine/students](http://www.uthsc.edu/medicine/students)

- Email one of them

- Take the Specialty Review Form with you
SPECIALTY CHOICE REVIEW FORM
Student to fill out above dotted line. Please fax to Dean Phillips at 901 448-7085 before February 1, 2015

Student Name: __________________________________________________
Date of meeting:___________
Specialty Choice: _____________________________________
Other specialty thoughts: (second choices):
_______________________________________________________________

Specialty Advisor: _____________________________________
Step 1 Score_______ Failures Y N GPA: _______

Plan for M4 electives in specialty choice (UT and ‘aways’)
  Course description Location Month
1. 
2. 
3. 
4.
How can this student improve his/her chances of matching? (May circle more than one): (this is only advice; the student must take responsibility for ALL aspects of the application and Match process)

No further recommendations/ student a good fit for specialty

Research

Seek less competitive programs in chosen field

Fourth-year elective at UT in this specialty

Away rotations in the specialty

Rank preliminary year in chosen field

Have another less competitive specialty as a back up

Consider another specialty

Discuss options further with Dean of Students
And what if I take a guess about my choice now, and I change my mind?

- People do change their mind

- Your M4 schedule is not written in stone

- You will have to go back through the process with a new specialty advisor
A good time to pause

• Questions?
Why the Anxiety?
The new realities

• More students are in the picture for the Match

• Residency slots aren’t keeping up (and may soon be cuts in many programs)

• The scramble (i.e., if you fail to match) is called SOAP- not great
Specialties are competitive

• Meaning that there are more applicants than there are spots
  – Programs receive so many applications that they cannot interview everyone.
  – They create artificial cut-offs
  – Like a board score minimal (General Surgery)
  – Or ruled out for board failure (Pediatrics or Ob-Gyn)
  – Or not AOA (Dermatology or Orthopedics)
Competitive specialties

- Orthopedics
- Urology
- Medicine/Pediatrics
- Radiation Oncology
- Neurosurgery
- Dermatology
- Emergency Medicine
- Ophthalmology
- Plastic Surgery
- Otolaryngology
Getting to be Competitive Specialties

(In that we have students at UT who wish to get there but did not match)

- Anesthesia
- General Surgery
- Emergency Medicine
- Ob/Gyn
- Pediatrics
AAMC lists these as low competitive

- Family Medicine
- Pediatrics
- Neurology
- Medicine
- Child Neurology
- Psychiatry
www.aamc.org/cim/

Now is the time to get a log in and get familiar.
Match 2013
Awful!

17 unmatched students of 154—11% of the class

And all over the place and some with good academic credentials

Ortho-2  Ob-gyn-2 *  Peds-1 *
Urology-2  PM&R-1  Prelim med (Rad.)-4

*- board failures
1 OB-Gyn- Family Medicine

2 General Surgery- prelimn. Surgery

1 Family medicine- prelimn Surgery

All Prelimn Medicine (Rad)- found prelimn. PGY1s---

All this--- Late in week
After the official SOAP

• Medicine funded 2 extra prelimn spots

• Surgery funded 4 prelimn spots (3 taken up by UT students)

• Research- 2

• Still out there- 2
2013 Nationwide

- 11% of students did not match—more than 1000 students from US Medical Schools with no match and nothing through SOAP.

- (our exact percentage)

- But we had to do something different
What?

• Students scared by the 2013 experience
• Came for advice
• Attended Residency Exploration Day sessions
• Paid attention
• Right-sized

• Specialty Profile Form and counseling session-89% voluntarily participated
2014 Match Better!

- Of 161 students, 9 didn’t match (5.6%)
- 3 Ob-Gyn * (one was a surprise)
- 1 Urology (was a surprise)
- 1 Ophthalmology
- 1 Medicine * (couples matching)
- 1 Radiology
- 2 General Surgery
2014 Match

• 3 other General Surgery put a Prelim Surgery as a back-up and they matched into a PGY1 slot only

• 1 EM and 1 Anesthesia had Prelim Medicine year as a back-up and matched into that PGY1 position only
• 3 Ob-Gyn-
  – Prelim surgery
  – Prelim medicine
  – Categorical medicine
• 1 Urology – Categorical Medicine
• 1 Ophthalmology- F.M.
• 1 Medicine – Prelim surgery
• 1 Radiology – Prelim Medicine
• 2 General Surgery-
  – Categorical Medicine,
  – not graduated
The Official Data from NRMP

The Students’ Perspective

• More than 40,000 applicants into Match
  – Almost 2000 more in the Match than the last year
• About 17,400 were U.S. med school applicants

• >1000 more US students in the Match 2014 v 2012
  
  5.8% increase in US grads (3 new medical schools, one new campus and expanding class sizes in most existing schools)
  
  9.6% increase in total applicants (foreign med. school, D.Os)
Figure 4: PGY-1 Match Rates by Applicant Type, 1982 - 2013

Percent Matched

- U.S. Seniors
- Others
- U.S. IMGs
- Non-U.S. IMGs

Results and Data 2014 Main Residency Match©
And if you do not match?

The SOAP
Supplemental Offer and Acceptance Program

Reapply electronically to open programs
In rounds of Match Week

“OK, I have a second chance, right?”
<table>
<thead>
<tr>
<th>Applicant Type</th>
<th>2014</th>
<th>2013</th>
<th></th>
<th></th>
<th>2014</th>
<th>2013</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Eligible Applicants</td>
<td>Positions Accepted</td>
<td>Unique Applicants Accepting Positions</td>
<td></td>
<td>Eligible Applicants</td>
<td>Positions Accepted</td>
<td>Unique Applicants Accepting Positions</td>
<td></td>
</tr>
<tr>
<td>Seniors of U.S. Allopathic Medical Schools</td>
<td>2,050</td>
<td>609</td>
<td>583</td>
<td></td>
<td>2,076</td>
<td>595</td>
<td>571</td>
<td></td>
</tr>
<tr>
<td>Previous Graduates of U.S. Allopathic Medical Schools</td>
<td>1,025</td>
<td>99</td>
<td>98</td>
<td></td>
<td>1,045</td>
<td>67</td>
<td>66</td>
<td></td>
</tr>
<tr>
<td>U.S. Citizen Students/Graduates of International Medical Schools</td>
<td>3,724</td>
<td>95</td>
<td>94</td>
<td></td>
<td>3,745</td>
<td>74</td>
<td>74</td>
<td></td>
</tr>
<tr>
<td>Non-U.S. Citizen Students/Graduates of International Medical Schools</td>
<td>5,688</td>
<td>81</td>
<td>80</td>
<td></td>
<td>5,976</td>
<td>52</td>
<td>52</td>
<td></td>
</tr>
<tr>
<td>Students/Graduates of Osteopathic Medical Schools</td>
<td>752</td>
<td>114</td>
<td>113</td>
<td></td>
<td>877*</td>
<td>90</td>
<td>88</td>
<td></td>
</tr>
<tr>
<td>Students/Graduates of Canadian Medical Schools</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td></td>
<td>10</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Students/Graduates of Fifth Pathway Programs</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td></td>
<td>33</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>13,276</td>
<td>998</td>
<td>968</td>
<td></td>
<td>13,762*</td>
<td>878</td>
<td>851</td>
<td></td>
</tr>
</tbody>
</table>
* Revised
13,276 SOAP-Eligible Applicants

US Senior | US Grad | US IMG | Osteo | IMG | Other
---|---|---|---|---|---
2,050 | 1,025 | 3,724 | 752 | 5,688 | 37

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Preferences of Unmatched Seniors and Available SOAP Positions

- Orthopaedic Surgery: 135
- General Surgery: 87
- Internal Medicine: 76
- Obstetrics-Gynecology: 75
- Emergency Medicine: 66
- Pediatrics: 59
- Otolaryngology: 93
- Family Medicine: 42
- Neurological Surgery: 41
- Anesthesiology: 32
- Plastic Surgery: 25
- Psychiatry: 24
- Dermatology: 18
- Physical Medicine & Rehab: 17
- Internal Medicine (preliminary): 13
- Surgery-Preliminary (PGY-1 Only): 12
- Radiology-Diagnostic: 9
- Transitional Year: 8
- Neurology: 8
- Radiation Oncology: 9
- Thoracic Surgery: 7
- Other: 6
- Pathology: 6
- Child Neurology: 5
- Internal Medicine-Pediatrics: 5
- Vascular Surgery: 1

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Nat'l Group on Student Affairs - April 28, 2014
Chart 3 shows the percentages of U.S. seniors and independent applicants who matched to their preferred specialty. Overall, 92.4 percent U.S. seniors matched to their preferred specialty, ranging from a high of 98.5 percent (Diagnostic Radiology) to a low of 70.8 percent (Plastic Surgery). For independent applicants, the overall match rate was 52.9 percent, ranging from a high of 69.9 percent (Anesthesiology) to a low of 21.3 percent (Neurological Surgery). In general, independent applicants are less successful than U.S. seniors in matching to their preferred specialty.
USMLE Step 1 scores are a measure of a student’s understanding of important basic science concepts and the ability to apply that knowledge to the practice of medicine. Although such knowledge is only one facet of applicant qualifications considered by program directors in their selection process, it is the only one that is comparable across applicants and available during the interview season and prior to the NRMP’s ranking deadline. Overall, U.S. senior applicants have mean USMLE Step 1 scores of 230.2 (s.d. = 18.8) and independent applicants have mean scores of 219.3 (s.d. = 19.2), both well above the 2014 minimum passing score of 192. Step 1 scores were available for 95 percent of U.S. seniors.

Chart 6 displays the Step 1 scores for matched U.S. seniors (top panel) by specialty. The horizontal bars are the median values for successful applicants and the vertical lines show the interquartile ranges (the range of scores for applicants excluding the top and bottom quarters of the distribution). Scores generally are higher for the more competitive specialties, but there is substantial overlap when specialties are compared.
USMLE Step 2 scores are a measure of an applicant's ability to apply the medical knowledge, skills, and understanding of clinical science essential for providing patient care. Overall, U.S. senior applicants had mean USMLE Step 2 scores of 242.0 (s.d. = 16.6) and independent applicants had mean scores of 227.0 (s.d. = 18.9), both well above the 2014 minimum passing score of 209. Step 2 scores were available for 82 percent of U.S. seniors.

Chart 7 shows the Step 2 scores for U.S. seniors who matched to their preferred specialty. The horizontal bars are the median values for successful applicants and the vertical lines show the interquartile ranges. As was the case for the Step 1 scores, the more competitive specialties have higher average Step 2 scores.

U.S. seniors had higher mean Step 2 scores than independent applicants in all specialties except Neurological Surgery. For some specialties (e.g., Plastic Surgery) the differences in mean Step 2 scores between matched U.S. seniors and independent applicants are quite dramatic; most other specialties show smaller differences.
## Figure 1

Percentage of Programs Citing Each Factor and Mean Importance Rating* for Each Factor in Selecting Applicants to Interview

(N=1,793)

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percent Citing Factor</th>
<th>Average Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>USMLE Step 1/COMLEX Level 1 score</td>
<td>94%</td>
<td>4.1</td>
</tr>
<tr>
<td>Letters of recommendation in the specialty</td>
<td>86%</td>
<td>4.2</td>
</tr>
<tr>
<td>Medical Student Performance Evaluation (MSPE/Dean's Letter)</td>
<td>84%</td>
<td>4.0</td>
</tr>
<tr>
<td>USMLE Step 2 CK/COMLEX Level 2 CE score</td>
<td>80%</td>
<td>4.1</td>
</tr>
<tr>
<td>Personal Statement</td>
<td>78%</td>
<td>3.6</td>
</tr>
<tr>
<td>Graduate of U.S. allopathic medical school</td>
<td>75%</td>
<td>4.1</td>
</tr>
<tr>
<td>Grades in required clerkships</td>
<td>70%</td>
<td>4.0</td>
</tr>
<tr>
<td>Gaps in medical education</td>
<td>70%</td>
<td>4.1</td>
</tr>
<tr>
<td>Honors in clinical clerkships</td>
<td>69%</td>
<td>4.0</td>
</tr>
<tr>
<td>Perceived commitment to specialty</td>
<td>69%</td>
<td>4.3</td>
</tr>
<tr>
<td>Class ranking/quartile</td>
<td>69%</td>
<td>3.9</td>
</tr>
<tr>
<td>Evidence of professionalism and ethics</td>
<td>65%</td>
<td>4.5</td>
</tr>
<tr>
<td>Personal prior knowledge of the applicant</td>
<td>65%</td>
<td>4.1</td>
</tr>
<tr>
<td>Audition elective/rotation within your department</td>
<td>63%</td>
<td>4.0</td>
</tr>
<tr>
<td>Leadership qualities</td>
<td>63%</td>
<td>4.0</td>
</tr>
<tr>
<td>Honors in clerkship in desired specialty</td>
<td>61%</td>
<td>4.3</td>
</tr>
<tr>
<td>Grades in clerkship in desired specialty</td>
<td>61%</td>
<td>4.3</td>
</tr>
<tr>
<td>Alpha Omega Alpha (AOA) membership</td>
<td>61%</td>
<td>3.8</td>
</tr>
<tr>
<td>Pass USMLE Step2 CK/COMLEX Level 2 PE</td>
<td>57%</td>
<td>4.1</td>
</tr>
<tr>
<td>Perceived interest in program</td>
<td>57%</td>
<td>4.1</td>
</tr>
<tr>
<td>Consistency of grades</td>
<td>56%</td>
<td>4.0</td>
</tr>
<tr>
<td>Other life experience</td>
<td>56%</td>
<td>3.6</td>
</tr>
<tr>
<td>Volunteer/extracurricular experiences</td>
<td>54%</td>
<td>3.6</td>
</tr>
<tr>
<td>Graduate of highly regarded U.S. medical school</td>
<td>48%</td>
<td>3.8</td>
</tr>
<tr>
<td>Demonstrated involvement and interest in research</td>
<td>43%</td>
<td>3.7</td>
</tr>
<tr>
<td>Visa status*</td>
<td>39%</td>
<td>4.0</td>
</tr>
<tr>
<td>Applicant was flagged with Match violation by the NRMP</td>
<td>34%</td>
<td>4.8</td>
</tr>
<tr>
<td>Interest in academic career</td>
<td>28%</td>
<td>3.7</td>
</tr>
<tr>
<td>Honors in basic sciences</td>
<td>27%</td>
<td>3.5</td>
</tr>
<tr>
<td>Gold Society membership</td>
<td>27%</td>
<td>3.7</td>
</tr>
<tr>
<td>Away rotation in your specialty at another institution</td>
<td>25%</td>
<td>3.7</td>
</tr>
<tr>
<td>Fluency in language spoken by your patient population</td>
<td>25%</td>
<td>3.6</td>
</tr>
<tr>
<td>USMLE/COMLEX Step 3 score</td>
<td>18%</td>
<td>3.5</td>
</tr>
</tbody>
</table>

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

NRMP Program Director Survey Results, 2014
Supplemental Offer and Acceptance Program

- SOAP is not a second match. It is a series of offers by programs.
- Applicants express preferences by applying to programs.
- Programs express preferences with lists of applicants.
- The R3 System offers positions to applicants in order of a program’s preference.
- Applicants can receive multiple offers in any round.
- Positions offered/accepted during SOAP establish a binding commitment enforced by the Match Participation Agreement.
# New Match Week Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>11:30 a.m.</td>
<td>School Unmatched Seniors Report</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Applicant “Did I Match?”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Program “Did I Fill?”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unfilled positions on Web</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Applicants apply to programs via ERAS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Applicant/program communication</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:30 a.m.</td>
<td>Programs finalize preference lists</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Program offers begin: valid for 2 hours</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:00 a.m.</td>
<td>School match notification letters</td>
</tr>
<tr>
<td></td>
<td></td>
<td>School match results</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Applicant choices by specialty</td>
</tr>
<tr>
<td></td>
<td>2:00 p.m.</td>
<td>Program Roster of Matched Applicants</td>
</tr>
<tr>
<td>Friday</td>
<td>12:00 p.m.</td>
<td><strong>Match Day Ceremonies</strong></td>
</tr>
<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Applicant “Where Did I Match?”</td>
</tr>
<tr>
<td></td>
<td>5:00 p.m.</td>
<td>Last offers expire</td>
</tr>
<tr>
<td>Monday</td>
<td>12:00 p.m.</td>
<td>Match Results by Ranked Applicant</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Match Outcome for All Programs</td>
</tr>
</tbody>
</table>

**NRMP**

National Resident Matching Program
What I want?

• No one in the S.O.A.P.
• A parallel plan:
  – Unless choosing primary care or at least not one of the super-competitive specialties
  
  – Unless you have really good grades (avg. GPA at UT = 3.4) or have really good board scores (225 is national average for step 1)
More complications

• The chance of a student matching beyond graduation is 40%.

• Changing specialties is getting harder
  (the Medicare 5 year rule)

• You need to get it right the first time

• We do not have surgery prelim. years to roll students into

• Family Medicine filling

• Attempting to apply to 2 specialties: Angers
Breathe!

• Questions!
So you have made a decision

• Are you in an early match (early application)?
  – Armed services
  – Urology
  – Ophthalmology, Pediatric Neurology

• Use your time early to consider who can write you letters of recommendation
So you’ve made a decision

• Consider your personal statement and organizing your CV (slides about this at Student Affairs website)

• We will go over more details of ERAS at next session: Match 302, April, 2015

• Application process (ERAS) August/September, 2015 (Timeline handed out and is on website)
Timeline in general

• Residency Exploration Days: December, 2014
• Meet with Specialty advisor in Nov-Jan.
• M4 schedule: Feb, 2015
• Ask for LORs
• MSPE- schedule beginning in July, 2015
• Application through ERAS
  – ERAS goes live: September 15, 2015
  – Others- earlier (KNOW YOUR OWN TIMELINE!)
**LETTERS OF RECOMMENDATION**

**Generally 3 - 4 are required: Get 4!**

- department chair of your chosen specialty
- senior faculty member usually in specialty of choice (i.e., faculty with whom you did JI)
- Away rotations- a nationally-known faculty member
- other faculty member(s), not necessarily in specialty, who know you well
- make appointment EARLY to review your professional goals and answer questions
- provide a CV, personal statement, transcript, and list of programs; **attach ERAS LOR Cover Sheet**
- don’t be shy about discussing your strengths or extenuating circumstances
ERAS LoR Cover Sheets are generated via ERAS and contain instructions for letter writers to upload via the LOR Portal.
Chair’s letter: Usually June-August

• Call to set up an appointment- do not email
• The chair is expecting you- even if you have never met
• The interview as well as your performance on the rotation will be enough for him/her to write you a letter
• Bring with you a list of programs you are applying to, CV and personal statement
• Ask about your competitiveness for programs you have selected and listen to the feedback
Application Timeline 2015-2016

Begin working on your CV and personal statement  Now
Review your student evaluations (my office; Rm 1043)  Now
Begin familiarizing yourself with NRMP and ERAS via their websites:  Now
http://www.nrmp.org/
http://www.aamc.org/audienceeras.htm

Meet with specialty advisor  Nov, ‘14- Jan.’15
Select and contact LOR writers  Anytime before Sept. 2015
Make appointment with Chair  At his/her convenience when you are sure of your specialty choice
June, ’15- August ‘15
Need to stay in Memphis?  Talk to the program director
Clueless?  Talk to me
Next UP

• Next session: Match 302
  – April after the 2015 Match
  – Panel of M4s to discuss their strategy for a successful match

Match 303: “Strolling through the Match”: Mechanics of the Application process, the Match, and new 2015 numbers and trends
Time to Think!

• We are here to help

• Phillips: ophillip@uthsc.edu
• Maish: gmaish@uthsc.edu
• Womack: cwomack@uthsc.edu

• Your specialty advisor!