M3 ORIENTATION: MATCH 201
CAREERS IN MEDICINE TIMELINE

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Today’s Overview!

- Review the timeline for your career planning
- Focus on self-assessment
- Relieve stress
- Review tips for clerkships
- Find resources for the big decision
Careers in Medicine
Timeline: M3 Year

- **M1 Understand Yourself**
  - *Take self-assessments*

- **M2 Explore Options**
  - Gather information about specialties
  - Attend specialty interest groups
  - *Informational interviews* (formal and casual)
  - Review *CiM self-assessments*
  - Plan your *third-year schedule*
  - Take USMLE Step 1
Careers in Medicine
Timeline: Self-Assessments

- About self-assessment
- Interests
- Values
- Skills
- Personality
- How to apply self-assessment results
Careers in Medicine
Timeline: Self Assessments

• “Never have so many spent so much energy on something of so little consequence.”
  • Winston Churchill on the order of M3 clerkships

• As M4’s will tell you,
  • “It doesn’t really matter.”
  • “You’ll get a schedule that will work for you.”
  • Something unexpected makes all the difference
Careers in Medicine
Timeline: Explore Options

• M3 Choose a Specialty

• Begin clinical rotations
  • Clinical Rotation Evaluation - download pdf from CiM

• Review competitiveness data to assess your qualification

• Join a specialty organization

• Choose a Specialty
  • Meet with advisor
  • Complete the Specialty Indecision Scale
Resources for Clerkships

• Imagine yourself in that specialty
• Clerkship reflection form
• Listen and talk to the residents
• Listen and talk to the attendings
• AAMC Specialty Pages
Careers in Medicine
Timeline: Evaluating your Clinical Rotation

In addition to beginning your practice of clinical medicine and learning the basics of being a physician, clinical rotations are a great chance for you to try on different specialties and start figuring out which one might be a good fit for you. As you complete each of your rotations, fill out and compare the evaluation questions below to assist you in gathering your thoughts, feelings, and reflections on each specialty as a possible career choice for you.

Clinical Rotation Evaluation

1. Name and Location of Clinical Rotation:

2. What did I like most about this specialty?

3. What did I like least about this specialty?

4. Did this clinical rotation give me a good sense of what practice in this specialty would be like?  □ Yes  □ No

   Comments:

5. Did my interests, values, skills, and/or personality fit with this specialty? If yes, in what way did they fit? If no, why might they not be compatible?

6. What are the possible practice settings for specialists in this field? Which of these settings interest me and do I know enough about them?

7. What information do I still need to find out about this specialty?

8. Has my perception of this specialty changed based on my clinical rotation experiences?  □ Yes  □ No

   If yes, how did it change?

9. Did my clinical rotation experience influence the likelihood of choosing a career in this specialty?  □ Yes  □ No

   If yes, how did it influence me?

10. Right now, how interested am I in this specialty as a career option?

    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
    |---|---|---|---|---|---|---|---|---|
    | Not at all | Neutral | To a great degree |

11. What information do I still need to find out about this specialty? And/or other assessments and reflections:

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https://students-residents.aamc.org/attending-medical-school/article/students-us-pursuing-electives-us/
Careers in Medicine
Timeline: Review Competitive Data

• https://www.aamc.org/cim/specialty/exploreoptions/list/

• 131 Specialties & 92 Specialty Paths
# Careers in Medicine

## Specialty Profiles

### Overview

An anesthesiologist is trained to provide pain relief and maintenance, or restoration, of a stable condition during and immediately following an operation, obstetric, or diagnostic procedure. It is the anesthesiologist's foremost purpose and concern to protect the patient's well-being and safety just prior to, during, and after surgery. Anesthesiologists have many responsibilities: preoperative evaluation of patients to determine conditions that may complicate surgery; management of pain and emotional stress during surgical, obstetrical, and medical procedures; provision of life support under the stress of anesthesia and surgery; immediate postoperative care of the patient; and knowledge of drugs and their interactions with anesthetic agents. Their functions also include long-standing and cancer pain management; management of problems in cardiac and respiratory resuscitation; application of specific methods of inhalation therapy; and emergency clinical management of various fluid, electrolyte, and metabolic disturbances.

### Spotlight on Anesthesiology

While the phrase “just put me out, doc” makes anesthesiologists’ work sound straightforward, the field is more robust. Learn just how broad the work is, how varied the settings are, and how rewarding the patient relationships can be. [Read more...]

<table>
<thead>
<tr>
<th>Median Salary</th>
<th>Mean USMLE Scores</th>
<th>Average Hours Worked Per Week</th>
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</thead>
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<tr>
<td>Early career</td>
<td>Step 1: 228</td>
<td>61.0</td>
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<tr>
<td>$411,715</td>
<td>Step 2 CK: 238</td>
<td>Source</td>
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<td>All physicians</td>
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<tr>
<td>$453,687</td>
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</table>

### Length of Training

- 4 year(s) (including PGY-1)

### Subspecialties
- Adult Cardiopulmonary Anesthesiology
- Critical Care Medicine, Anesthesiology
- Hospice and Palliative Medicine
- Obstetric Anesthesiology, Anesthesiology
- Pain Medicine, Anesthesiology
- Pediatric Anesthesiology, Anesthesiology

### Source

[Source for Median Salary, Mean USMLE Scores, Average Hours Worked Per Week]

[Source for Length of Training]

[Source for Subspecialties]
Careers in Medicine
Timeline: Prepare for Residency

- ERAS opens for applicants
- Register with ERAS and begin preparing residency application materials
- Request letters of recommendation from faculty in your chosen specialty(ies)
Our goal is to ensure that all medical students have a solid plan for pursuing their career choice by the time he/she reaches their fourth year. From getting advise on choosing electives and arranging for away rotations to dealing with the deadlines for the Match, the journey one must follow to reach his/her goal becomes much less stressful and much more clear when someone is lighting the way.

A listing of the current Specialty Advisors can be found on our website at

http://uthsc.edu/Medicine/students/cim/docs/specialty-advisor-listing.pdf
Demands on a rising M3

• Make your schedule
• Preparation for Clerkships Week

• Read and conform to the specialty’s culture in 1.5 seconds
  • Acknowledge and respect the chain of command
  • A seemingly casual approach is deadly serious
  • Get along with the residents
  • Never turn down an opportunity to see a patient, procedure
  • Never lie

• What Fits?
QUESTIONS?

To schedule an appointment to speak with me “one-on-one,” call me at 901.448.5684

OR reach out to my team!

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• Learning Communities  
• M3/M4 Peer-To-Peer Mentors