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Career Counseling and Planning
Introduction to Pillar 2

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<https://rise.articulate.com/share/CB6iHRHQnIHR5PRUQva1ZKoFcCJVUyId>



Objectives

- Expand on Career Counseling that started in Pillar 1
- Guide students in understanding how to choose a specialty in medical school
- Provide insight to learn about yourself and best fits for you in a career
- Present statistics as they relate to the MATCH and specific specialties



Trends in Health Care

- Supply of Physicians increasing
 - GME capacity is not keeping pace
- Demand for Physicians expected to exceed supply by over 91,000 by 2020
 - Physicians retiring earlier
 - Increasing use of mid-level providers



Trends in Health Care, Cont'd

- Greater separation of workforce:
 - Inpatient vs. Outpatient
 - Exception: rural areas
- Vast majority of patients use 'alternative' medicine
 - Herbs
 - OTC meds
 - Massage therapists, chiropractors, etc.
 - Physician role



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Key Distinctions

- Primary Care – Specialty Care
- Continuity of Care – Brief encounter
- Hospital-Based – Clinic-Based
- Rural – City – Urban
- Variety – Uniformity
- Sick patients – Healthy patients
- Procedures – Diagnostics
- Scheduled hours – Flexible hours
- Patient-Centered – Colleague-Centered
- Academic Base – Community-Based
- All ages/both genders – Specific ages/one gender



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Approach to Clinical Years



- Develop an interest in all areas
- What 'draws you towards' vs. 'what drives you away'
- Be aggressive in seeking clinical experience opportunities (i.e. white space)



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Food for Thought

- What am I excited about?
- When my phone alarms in the middle of the night:
 - a. I am thrilled and jump out of bed
 - b. I don't wake up
 - c. I curse
- Lifestyle /Balance





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Careers in Medicine

- AAMC: www.aamc.org
- Careers in Medicine:
www.aamc.org/cim/profile



AMA-FREIDA

- AMA-FREIDA = www.ama-assn.org/life-career/search-ama-residency-fellowship-database
- This site provides
 - contact information and general program information
 - number and timing of interviews
 - length of programs, work schedules, program policies
 - can be sorted by specialty, region, or state



2018 Match Data

From NRMP 2018 Results & Data: Table #4

- NRMP = www.nrmp.org
- 18,818 US Seniors in Match (+279 from 2017)
- 5,069 US-Internationals (-254)
- 4,617 Osteopathic (+1027)
- 7,067 Non-US Internationals (-217)
- 37,103 total applicants for 33,167 slots (↑↑)
- Positions available per applicant = 0.89 (↑)

2018 Match Data

From NRMP 2018 Results & Data: Table #4

Overall Match Rates

- US Seniors = 94.3% (Couples Match 95.8%)
- Osteopathic = 81.7% (↑)
- US International = 57.1%
- Non-US International = 56.1% (↑)
- Previous Grads – **US Seniors = 46% (↓)**



2018 Match Data

From NRMP 2018 Results & Data: Table #13

Positions available per applicant (ALL)

- 1 or >: ENT; prelim Gen Surg
- 0.9 - Anesthesiology; Med/Peds; Path; Peds; Diag Rads; Rad Onc
- 0.8 - EM; FM; IM; Neuro; OB; Ortho; Plastic Surg, Vasc Surg
- 0.7 - Derm; NS; PMR; Psych; Gen Surg
- 0.5 - Interventional Rads



Overview of Pillar 3

- April – June: “Dean’s” Interview (MSPE)
- June – Sept: Register for ERAS
- July – Aug: Register for NRMP
- Aug – Sept: Submit Applications
Sept 14 – but may extend to January
- Oct – Jan: Interviews (most Oct/Nov/Dec)
- Oct 1, 2019: MSPE Release date
- February: Rank Order Listing
- March: Match Week {3rd week}



CVs and Personal Statements

- May send to me at any time for editing
- Most create/update towards the end of Pillar 2
- Will discuss in depth in Career Planning Session #3
 - Samples
 - Career Advising microsite
 - Careers in Medicine samples

Future Career Planning Sessions

- #1: Feb 2018
- #2: August 2018
 - Career Fair
- #3: Feb 2019
- #4: March 2019

- Pillar 3





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<https://www.aamc.org/data/484710/report-on-residents.html>



Step 2 CS

- May register (and pay) for it 1 year in advance of taking the exam – competitive times
 - Chicago
 - Atlanta
 - Philadelphia
 - Los Angeles
 - Houston



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