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Career Counseling and Planning
Introduction to Pillar 2

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February, 2018

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



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Trends in Health Care

- Hospital System Alliances are predominant in health care delivery
- 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
 - Rural vs. Urban
 - Sick vs. Healthy
- Vast majority of patients use 'alternative' medicine
 - Herbs
 - OTC meds
 - Massage therapists, chiropractors, etc



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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

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)
- Ask your attending specifics about evaluations

Food for Thought

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



Careers in Medicine

- AAMC: www.aamc.org
- Careers in Medicine:
www.aamc.org/cim/profile
- Choose your Specialty
 - Medical Specialties
 - Find Your Fit
 - Skills and Experiences
 - Making the Decision

Careers in Medicine – Cont'd

- Assessments
 - Interest: Medical Specialty Preference Inventory
 - Values: Physician Values in Practice Scale
 - Skills: Informal Skills Assessment
 - Personality: Keirsey Temperament Sorter
 - Specialty Indecision Scale

- Assessment Tracker

Careers in Medicine – Cont'd

- Researching Specialties
 - Careers in Medicine Specialty Pages
 - AMA-FREIDA
 - NRMP outcomes
 - Other on-line resources

- Land your Residency
 - Application process
 - CV and Personal Statement
 - Interviews
 - The Match
 - Budgeting

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

2017 Match Data

From NRMP 2017 Results & Data: Table #4

- NRMP = www.nrmp.org
- 18,539 US Seniors in Match (+352 from 2016)
- 5,069 US-Internationals (-254)
- 3,590 Osteopathic (+608)
- 7,284 Non-US Internationals (-176)
- 35,969 total applicants for 31,757 slots (↑↑)
- Positions available per applicant = 0.88 (↑)

2017 Match Data

From NRMP 2017 Results & Data: Table #4

Overall Match Rates

- US Seniors = 94.3% (↑) (Couples Match 95.4%)
- Osteopathic = 81.7% (↑)
- US International = 54.8%
- Non-US International = 52.4%
- Previous Grads – US Seniors = 46% (↓)



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2017 Match Data

From NRMP 2017 Results & Data: Table #8

Percent positions filled by US-Seniors

- >90% Derm (PGY-1); Ortho; ENT; Pl Surgery (Integrated); Rad Onc
- 80%-90% Derm (PGY-2); NS; OB; VSurg
- 70%-80% Med/Peds; ER; OB; Surg; Transitional
- 60%-70% Anes (PGY-1); Peds; PMR; Psych; Diag Rads
- 50%-60% Neuro
- < 50% Fam Med; IM; Pathology; Surg- Pre

2017 Match Data

From NRMP 2017 Results & Data: Table #13

Positions available per applicant (ALL)

- 1 or >: Anes; Diag Rads; Med/Peds; ENT
- 0.9 - Peds; Path; Diag Rads; Rad Onc
- 0.8 - ER; FM; IM; Neuro; OB
- 0.7 - Derm; NS; PMR; Ortho; Pl Surg; Psych; Surg; Vsurg
- 0.6 - Interventional Rads



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Overview of Pillar 3

- Mar – June: “Dean’s” Interview (MSPE)
- April – 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)
- Oct 1, 2019: MSPE Release date
- Feb: 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

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>



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