



UNIVERSITY OF
SOUTH DAKOTA
SANFORD SCHOOL OF MEDICINE

CAREER COUNSELING AND PLANNING

INTRODUCTION – SESSION #1

SUZY REUTER MD

MEDICAL STUDENT AFFAIRS

ONE OF THE MOST IMPORTANT DECISIONS IN
PILLAR 2?













SSOM CAREER ADVISING MICROSITE

- [HTTPS://RISE.ARTICULATE.COM/SHARE/CB6iHRHQNIHR5PRUQva1ZKoFcCJVUYID](https://rise.articulate.com/share/CB6iHRHQNIHR5PRUQva1ZKoFcCJVUYID)

OBJECTIVES

- EXPAND ON CAREER COUNSELING THAT STARTED IN PILLAR 1 (NOON PRESENTATIONS)
- GUIDE STUDENTS AN UNDERSTANDING HOW TO CHOOSE A SPECIALTY IN MEDICAL SCHOOL
- PROVIDE WAYS FOR YOU TO LEARN MORE ABOUT YOURSELF AND BEST FITS FOR YOU IN A CAREER
- PRESENT STATISTICS AS THEY RELATE TO THE MOST RECENT MATCH AND SPECIFIC SPECIALTIES
 - THIS INFORMATION MAY CHANGE FROM YEAR TO YEAR

TRENDS IN HEALTHCARE

- GME NOT KEEPING PACE WITH THE RETIREMENT OF PHYSICIANS
 - DUE TO AGING PHYSICIAN POPULATION
 - DUE TO DISSATISFACTION WITH CHANGES IN MEDICINE (EMR, ETC)

- INCREASE IN USE OF MID-LEVELS
 - NURSE PRACTITIONERS
 - PHYSICIAN ASSISTANTS
 - IN PART DUE TO DUTY-HOUR RESTRICTIONS

TRENDS IN HEALTHCARE – WHAT DOES THIS MEAN TO YOU?

- FEW SPECIALTIES THAT DON'T HAVE MID-LEVELS AS PART OF THEIR CARE TEAM
 - PEDIATRIC ICU
 - RADIOLOGY
 - RADIATION ONCOLOGY

TRENDS IN HEALTHCARE – SEPARATION OF WORKFORCE

- INPATIENT VERSUS OUTPATIENT
 - MOST PROVIDERS THAT WORK IN A CITY (>50,000) DO ONE OR THE OTHER
 - HOSPITALISTS
 - CLINIC PHYSICIANS
 - EXCEPTION: RURAL AREAS

TRENDS IN HEALTHCARE – ALTERNATIVE MEDICINE

- HERBS
- OVER-THE-COUNTER MEDICATIONS
- MEDICATIONS FROM OTHER COUNTRIES
- MASSAGE THERAPISTS
- CHIROPRACTORS
- GOOGLE.COM
- WHAT IS YOUR ROLE AS A PHYSICIAN??



KEY DISTINCTIONS IN MEDICAL PRACTICE

- PRIMARY CARE VS SPECIALTY CARE
- CONTINUITY OF CARE VS BRIEF ENCOUNTER
- HOSPITAL-BASED VS CLINIC BASED
- RURAL – CITY – URBAN
- VARIETY VS UNIFORMITY
- IN-HOUSE CALL VS OUT-OF-HOUSE CALL
- SICK PATIENTS VS HEALTHY PATIENTS
- PROCEDURES VS DIAGNOSTICS
- SCHEDULED HOURS VS MORE FLEXIBLE HOURS
- PATIENT-CENTERED VS COLLEAGUE-CENTERED
- ACADEMIC BASE VS COMMUNITY BASED
- ALL AGES/BOTH GENDERS VS SPECIFIC AGES/ONE GENDER


APPROACH TO THE CLINICAL YEARS

- TRY TO DEVELOP AN INTEREST IN ALL AREAS (TRY, I SAY...)
- CATEGORIZE WHAT 'DRAWS YOU TOWARDS' A SPECIALTY VS WHAT 'DRIVES YOU AWAY'
- BE AGGRESSIVE IN SEEKING CLINICAL EXPERIENCE OPPORTUNITIES

PILLAR 3 REGISTRATION IN OCTOBER

- MAY START TO 'SPECIALIZE' IN THE AREA THAT MOST INTERESTS YOU
- IN PREPARATION FOR RESIDENCY APPLICATION AND THE MATCH

FOOD FOR THOUGHT...

- WHAT AM I EXCITED ABOUT?
- DO I LIKE STAYING UP ALL NIGHT/PART OF A NIGHT, IF IT MEANS I AM ON A CERTAIN SERVICE (OB, SURGERY)?
- WHEN I AM CALLED EMERGENTLY TO A PARTICULAR SERVICE, AM I THRILLED OR DO I CURSE?

- DO I LIKE THE LIFESTYLE THIS SPECIALTY PROVIDES?

NO SPECIALTY CHOSEN AT END OF PILLAR 2?

- DO NOT FRET!
- MORE TIME FOR PERSONAL INSIGHT IN PILLAR 3 (NO HQIP, NO ETHICS, ETC.)
- TAKE 2-4 WEEK ROTATIONS WHERE YOU CAN EXPERIENCE THE SPECIALTY AS A PILLAR 3 STUDENT
 - DO YOU MISS OTHER AREAS OF MEDICINE?
 - CAN YOU ENVISION SPENDING YOUR LIFE IN THIS ONE SPECIALTY?
 - YOU HAVE TIME TO DECIDE!
 - THIS IS THE BEAUTY OF A 16-MONTH LONG PILLAR 3!

HELPFUL WEBSITES IN CAREER PLANNING

- CAREERS IN MEDICINE: www.aamc.org/cim/profile
 - SELF-ASSESSMENTS
 - SPECIALTY-SPECIFIC INFORMATION
 - INFORMATION ON INTERVIEWING, CVs, PERSONAL STATEMENTS

- www.ama-assn.org/life-career/search-ama-residency-fellowship-database
 - 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

2019 MATCH DATA – NRMP.ORG

FROM NRMP 2019 RESULTS AND DATA: TABLE #4

- 18,925 US SENIORS IN MATCH (+107 FROM 2018)
- 5,080 US-INTERNATIONALS (+5)
- 6,001 OSTEOPATHIC (+1387)
- 6,869 NON-US INTERNATIONALS (-198)
- 38,376 TOTAL APPLICANTS FOR 35,185 SLOTS
- POSITIONS AVAILABLE PER APPLICANT = 0.92 (↑)

2019 MATCH DATA

OVERALL MATCH RATES

- US SENIORS = 93.9% (COUPLES MATCH 95%)
- OSTEOPATHIC = 84.6% (↑)
- US INTERNATIONAL = 59% (↑)
- NON-US INTERNATIONAL = 58.6% (↑)
- PREVIOUS GRADS – US SENIORS = 45.4% (↓)

2019 MATCH DATA

PERCENT POSITIONS FILLED BY US SENIORS (TABLE 8)

- >90% NS- ORTHO – ENT - PLASTIC SURG
- 80%-90% DERMATOLOGY (PGY- 2) - MED/PEDIATRICS - VASCULAR SURGERY – INTERVENTIONAL RAD – RAD ONC
- 70%-80% OB/GYN – GENERAL SURGERY – VASCULAR SURGERY – RADIATION ONCOLOGY
- 60%-70% ER - ANESTHESIOLOGY – PEDIATRICS – PSYCHIATRY - DIAG RADIOLOGY – TRANSITIONAL YEAR - NEUROLOGY (PGY-2)
- 50%-60% PHYSICAL MEDICINE AND REHAB
- < 50% FAM MED – IM – PATHOLOGY – PRELIMINARY SURGERY YEAR – NEUROLOGY (PGY-1)

2019 MATCH DATA

FROM NRMP RESULTS AND DATA; TABLE #13

POSITIONS AVAILABLE PER APPLICANT

- 1 OR >: CHILD NEURO - PRELIM GEN SURG – RAD ONCOLOGY – PRELIM IM – PRELIM PEDS
- 0.9 - ANESTHESIOLOGY – ER- FM- NEUROLOGY- MED/PEDS - DIAG RADIOLOGY
- 0.8 - IM – PATHOLOGY – PM&R - OB/GYN – VASCULAR SURG
- 0.7 - DERMATOLOGY – NEUROSURGERY – OB/GYN – ORTHO – ENT – PSYCHIATRY - GEN SURGERY
- 0.6 - INTERVENTIONAL RADIOLOGY

OVERVIEW OF PILLAR 2 – CAREER PLANNING VIEWPOINT

- CAREER PLANNING AND ADVISING #1 – SPRING 2019
- CAREER FAIR – MONDAY OF CULTURAL COLLOQUIUM WEEK
- CAREER PLANNING AND ADVISING #2 – FALL 2019
- CAREER PLANNING AND ADVISING #3 – OSCE WEEK IN FEBRUARY
- CAREER PLANNING AND ADVISING #4 – AFTER 2020 MATCH WEEK

OVERVIEW OF PILLAR 2 – CAREER PLANNING VIEWPOINT

- INDIVIDUAL SELF-ASSESSMENTS ON CAREERS IN MEDICINE (MAY TAKE MORE THAN ONE TIME)
- USE WHITE SPACE WISELY TO LEARN MORE ABOUT VARIOUS SPECIALTIES
 - USE STUDENT AFFAIRS AND/OR CAMPUS DEAN TO MAKE CONTACT WITH CERTAIN SPECIALTIES
- TALK TO THE CLASS OF 2020
 - FEEDBACK ON WHY THEY CHOSE THE SPECIALTY THEY DID
 - WHAT TURNED THEM OFF ABOUT A PARTICULAR AREA OF MEDICINE
 - WHO MENTORED THEM IN THEIR PARTICULAR SPECIALTY?
 - THIS IS HUGE!!!

OVERVIEW OF PILLAR 2 – CAREER PLANNING VIEWPOINT

- PARTICIPATE IN INTEREST GROUPS
- QUERY YOUR ATTENDINGS (IF TIME ALLOWS) DURING CALL OR CLINIC
- QUERY YOUR RESIDENTS AS TO THE PERKS OF THE SPECIALTY
- SEEK INSIGHT TO THOSE WHO KNOW YOU WELL
- INDIVIDUAL CAREER ADVISING/PLANNING SESSION NOV-JANUARY 2020



OVERVIEW OF PILLAR 3 CAREER PLANNING VIEWPOINT

- APRIL – JULY: “DEAN’S LETTER” 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 (NATIONWIDE)
- FEBRUARY: RANK ORDER LISTING DUE {3RD WEEK}
- MARCH: MATCH WEEK {3RD WEEK}



CURRICULUM VITAE AND PERSONAL STATEMENTS

- MOST CREATE OR UPDATE AT THE BEGINNING OF PILLAR 3

- WILL DISCUSS IN-DEPTH IN CAREER PLANNING SESSION #3
 - SAMPLES
 - CAREER ADVISING MICROSITE
 - CAREERS IN MEDICINE SAMPLES

USMLE STEP 2 CK AND CS

- MAY REGISTER FOR CS UP TO 12-MONTHS PRIOR TO TAKING EXAM
 - CHICAGO CAN BE A POPULAR SITE IN THE PAST AND HARD TO SCHEDULE DURING FEB/MARCH
 - QUICK/LESS EXPENSIVE AIRLINE FLIGHT
 - HOUSTON, CHICAGO, ATLANTA, PHILADELPHIA, LA
- MAY REGISTER FOR CK UP TO 6-MONTHS PRIOR TO TAKING EXAM
 - LESS DIFFICULT TO SCHEDULE AS EXAM CAN BE TAKEN IN TOWN



QUESTIONS

