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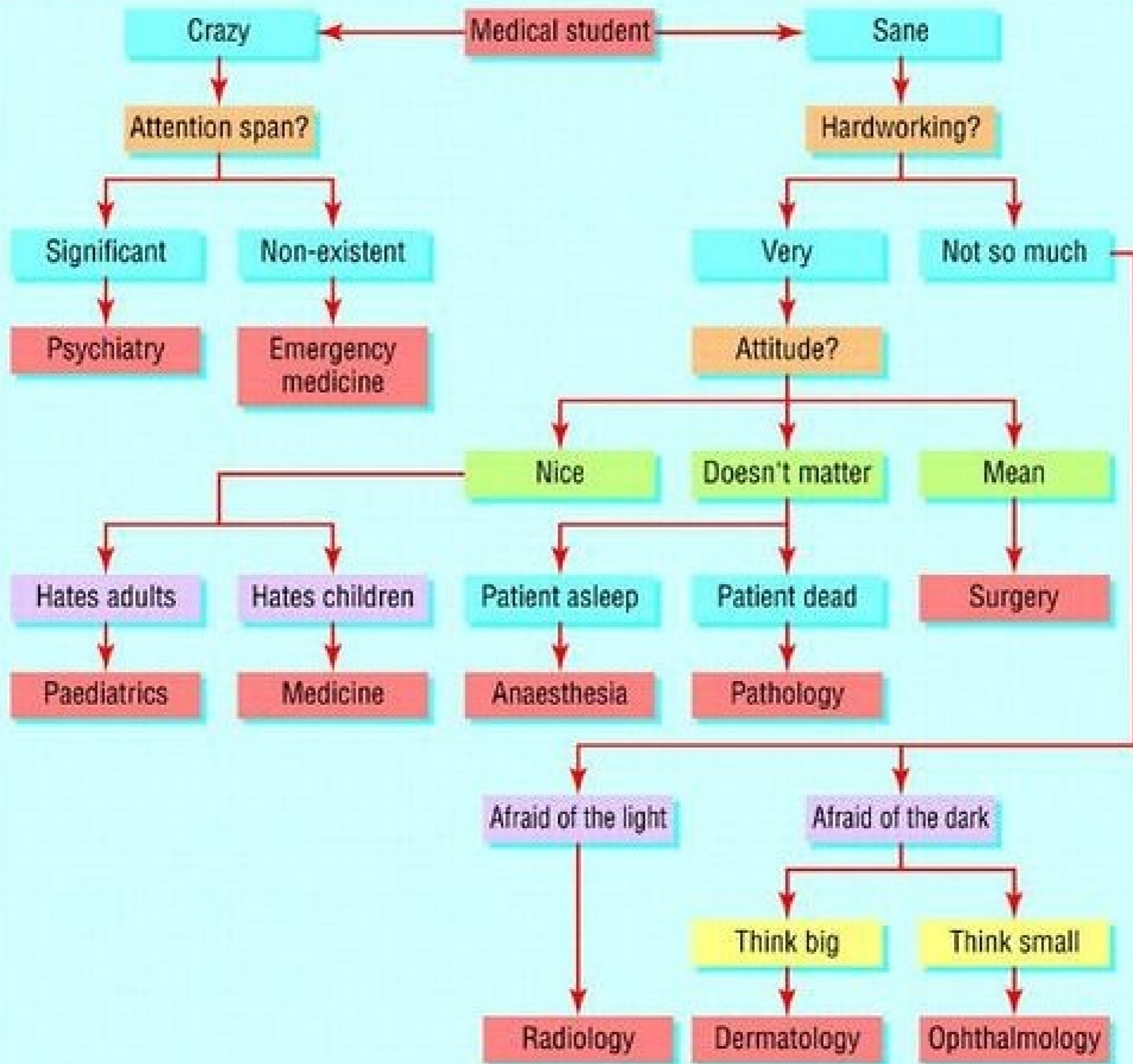
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EMERGENCY  
MEDICINE.... WHAT IS  
IT AND IS IT FOR





SWEET HEAVENS, GEORGE!! I ALWAYS THOUGHT THAT WAS JUST  
A FIGURE OF SPEECH...





# EMERGENCY MEDICINE

*“Emergency medicine is the medical specialty involving care for undifferentiated and unscheduled patients with illnesses or injuries requiring immediate medical attention”*

[https://en.wikipedia.org/wiki/Emergency\\_medicine](https://en.wikipedia.org/wiki/Emergency_medicine)

***Emergency medicine is the medical specialty dedicated to the diagnosis and treatment of unforeseen illness or injury. It encompasses a unique body of knowledge as set forth in the “Model of the Clinical Practice of **Emergency Medicine**.”***

<https://www.acep.org/Clinical---Practice-Management/Definition-of-Emergency-Medicine/>







# LET'S START AT THE BEGINNING...

- ▶ 1968 formation of the American College of Emergency Medicine
- ▶ 1970, Bruce Janiak, MD ( Cincinnati) first resident in Emergency Medicine
- ▶ 1978 formation of American Board of Emergency Medicine
- ▶ 1986 367 Emergency Medicine Positions in the Match
- ▶ 1988 ABEM becomes an independent board

## WHAT DOES AN EMERGENCY PHYSICIAN DO?

- ▶ Do you like all specialties during your clerkship rotations
- ▶ Are you thrilled to care for patients of all ages and genders, regardless of social circumstances and ability to pay?
- ▶ Would you rather know a little about a lot or a lot about a little?
- ▶ Are you energized by the challenge of caring for critical patients?

- ▶ Do you prefer to work on a team?
- ▶ Do you enjoy a fast paced environment and making decisions based on limited information?
- ▶ Do you like procedures as well as talking to patients?
- ▶ Are you okay with brief interactions with patients and lack of longitudinal care?
- ▶ Can you tolerate shift work and working holidays/weekends for the rest of your career?



LOUISA ALEXANDER  
2011

# WHERE DO WE PRACTICE?

- ▶ Location
  - ▶ Everywhere (urban, suburban, rural, international)
- ▶ Types of Practice
  - ▶ Academic, Community, Hybrid, Consulting, Private Group, Corporate Employee, Independent Contractor, Telemedicine

- ▶ Specialities/Fellowships
  - ▶ ABMS Web Site (sit for exam)- Sports Medicine, Peds EM, Toxicology, Hyperbaric and Undersea Medicine, Hospice and Palliative Care Medicine, Critical Care (Anesthesia or Internal Med), EMS, Pain Medicine
  - ▶ Other Fellowships provide certification such as Ultrasound, Wilderness Medicine, Education/Simulation, Administration, Research, Observation, Health Policy, Forensics to name a few.

## BALANCE?

- ▶ Shift work/weekends
- ▶ Independent contractor
- ▶ Employee - Hospital/Group
- ▶ Physician Owned Group
- ▶ Fellowships









# RESIDENCY

- ▶ Formats
  - ▶ 1-3 years: 106
  - ▶ 1-4 years: 21
  - ▶ 2-4 years: 12

# NRMP STATS (MEAN)

- ▶ Number programs ranked 12 vs 5
- ▶ Number of specialities ranked 1.1 vs 1.6
- ▶ USMLE Step 1 233 vs 220
- ▶ USMLE Step 2 247 vs 233
- ▶ Research experience 2.5 vs 2.3
- ▶ Abstracts, presentations, publications 3.7 vs 2.9
- ▶ Work experiences 3.5 vs 3.6
- ▶ Volunteer experiences 7.3 vs 6.3
- ▶ % who were AOA members 12.4 vs 0.7

# SELECTION CRITERIA

- EM rotation grades 4.79
- Interview 4.62
- Clinical grades 4.35
- Recommendations 4.11
- Grades (overall) 3.95
- Elective at the institution 3.76
- Board scores (overall) 3.35
- USMLE (II) 3.34
- Interest expressed 3.30

## CONT...

- USMLE (I) 3.28
- Awards/achievements 3.16
- Honor society selection (osteopathic) 3.01
- Medical school 3.00
- Extracurricular activities 2.99
- Basic science grades 2.88
- Publications 2.87
- Personal statement 2.75







# STILL INTERESTED? NOW WHAT?

EMERGENCY MEDICINE MEDICAL STUDENT PLANNER

Year 1	Summer	Fall	Winter	Spring
Academics	Basic Sciences – aim to be in top 1/3 of class			
Research	CITI, Click IRB and COI Training	Mentor and Project Selection	Literature Search	Submit IRB Application
Volunteer	Aim for consistent, longitudinal experiences (at least 3): national societies, student run clinics, community organizations such as Healthcare for the Homeless, international projects, coaching for middle/high school/undergraduate/medical students, EMS, etc.			
EM Career Experience	Join EMIG Join EMRA			1. EM Based Continuity Clinic or shadowing 2. Find an EM mentor
Misc.	Keep track of volunteer experiences and honors for CV	ACEP/AAEM Conference		SAEM conference
Year 2	Summer	Fall	Winter	Spring
Academics	Basic Sciences – aim to be in top 1/3 of class			
Research	Await IRB determination (likely resubmit with changes)	Data Collection		
Volunteer	Take leadership positions in volunteer organizations and complete a volunteer project			
EM Career Experience	Take a leadership position in EMIG		EM or Peds EM Based Continuity Clinic 2	1. Study and take Step 1 (aim for score > 220) 2. Meet with EM mentor to discuss strategies for success in clerkships
Misc.	Keep track of volunteer experiences and honors for CV	ACEP/AAEM Conference		SAEM conference
Year 3	Summer	Fall	Winter	Spring
Academics	Clinical Clerkships – focus on consistent performance across all clerkships, balance shelf exam with clinical performance			
Research	Data Analysis			
Volunteer	Complete another volunteer project (if possible) or small EM quality project			
EM Career Experience	Take a leadership position in EMRA		1. EM, Peds EM or EM Critical Care Based Continuity Clinic 2. Meet with EM mentor to discuss EM electives and 4 <sup>th</sup> year schedule	
Misc.	Keep track of volunteer experiences and honors for CV	ACEP Conference - EMRA medical student symposium		SAEM conference – residency fair ACEP regional conference
Year 4	Summer	Fall	Winter	Spring
Academics	Electives – front load EM rotation, EM electives and critical care rotations			
Research	Write abstract and submit for presentation at national or regional EM meeting (ACEP, SAEM, CORD, Critical Care, Wilderness, Ultrasound, EMS)			1. Present at EM meeting 2. Compose manuscript and submit for publication
Volunteer	Complete another volunteer project (if possible) or small EM quality project			
EM Career Experience	1. EM rotation at home 2. Study and take Step 2 (aim for higher than Step 1) 3. Meet with EM mentor to discuss interviews and ERAS application	1. EM rotation at outside institution 2. EM elective rotation (pediatrics, ultrasound, toxicology, international, sports med, EMS, etc.)	1. Interview 2. Create Match list	Fun
Misc.	1. Update CV for ERAS Application 2. Start writing personal statement for ERAS Application	1. Submit ERAS Application 2. ACEP/AAEM Conference		SAEM conference



# HAVE AND PLAN AND DO THE WORK.....

- ▶ You have a computer, use it wisely.
  - ▶ Browse the web, all programs have websites.
  - ▶ Know what are the major issues in EM
  - ▶ Know who the movers and shakers are in EM
  - ▶ Know the major organizations and what they do

# EM CAREER COUNSELING

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- ▶ **Plan** your time (rotations, volunteer, research)
- ▶ **Read**
  - ▶ Macy Report on EM
  - ▶ Getting into Residency: A guide for medical students
  - ▶ Emergency Medicine: A medical students survival guide
  - ▶ Websites (emra, saem, aaem, acep, abem, nmrp)
  - ▶ Forums/blogs (student doctor, facebook, cord, aliem, life in the fast lane)
- ▶ **Talk/Listen**
  - ▶ Choose a mentor
  - ▶ Talk to people in the years above you, recent graduates from your program

# RE-VIST TIMELINE

- ▶ Pillar 1

- ▶ read, observe (ED), join organizations, study, volunteer, do research

- ▶ Pillar 2

- ▶ Look into where you want to do away rotations, plan when to do them, budget for rotations, take more active role in organizations locally, do mini block

- ▶ Pillar 3

- ▶ Research programs with purpose and get a plan with your mentor, shine on EM rotations, ask for SLOEs, personal statement, ERAS, Interviews, ROL.





## UNIQUE TO EM

- e-SLOE
  - Need at least 3
  - At least 2 should be in your specialty
  - Consider assistant / associate / program director
  - Personal statement CV / USMLE / transcript
  - SLOR format / EM score
  - More valuable if from EM training programs
  - Approach letter writer early while you are still fresh in their mind



**2009-2010 APPLICATION SEASON**  
**Emergency Medicine Residency Recommendation Form**  
**Emergency Medicine Faculty ONLY – Read Instructions first @ www.cordem.org**

Applicant's Name: \_\_\_\_\_ AAMC ERAS ID No. \_\_\_\_\_  
 Reference Provided By: \_\_\_\_\_  
 Present Position: \_\_\_\_\_ Email: \_\_\_\_\_  
 Institution: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

**A. Background Information**

- How long have you known the applicant?
- Nature of contact with applicant: (Check all that apply)
 

Know indirectly through others/evaluations	<input type="checkbox"/>	Extended, direct observation in the ED	<input type="checkbox"/>
Clinical contact outside the ED	<input type="checkbox"/>	Advisor	<input type="checkbox"/>
Occasional contact (< 10 hours) in the ED	<input type="checkbox"/>	Other	<input type="checkbox"/>
- If this candidate rotated in your ED, what grade was given?
 

Honors	<input type="checkbox"/>	High Pass	<input type="checkbox"/>	Pass	<input type="checkbox"/>	Low Pass	<input type="checkbox"/>	Fail	<input type="checkbox"/>
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Optional: One Key Comment from ED Faculty Eval: \_\_\_\_\_

4. Is this the student's first, second, or third EM rotation? \_\_\_\_\_  
 What date(s) did this student rotate at your Institution? \_\_\_\_\_

5. Indicate what % of students rotating in your Emergency Department received the following grades last academic year:

Honors	%	Total # students last year:
High Pass	%	
Pass	%	
Low Pass	%	
Fail	%	
100% Total		

**B. Qualifications for EM. Compare the applicant to other EM applicants/peers.**

- Commitment to Emergency Medicine. Has carefully thought out this career choice.
 

Outstanding (top 10%)	<input type="checkbox"/>	Excellent (top 1/3)	<input type="checkbox"/>	Very Good (middle 1/3)	<input type="checkbox"/>	Good (lower 1/3)	<input type="checkbox"/>
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- Work ethic, willingness to assume responsibility.
 

Outstanding (top 10%)	<input type="checkbox"/>	Excellent (top 1/3)	<input type="checkbox"/>	Very Good (middle 1/3)	<input type="checkbox"/>	Good (lower 1/3)	<input type="checkbox"/>
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3. Ability to develop and justify an appropriate differential and a cohesive treatment plan.  
 Outstanding (top 10%)  Excellent (top 1/3)  Very Good (middle 1/3)  Good (lower 1/3)

4a. Personality; ability to interact with others.  
 Superior  Good  Quiet  Poor

4b. Personality; ability to communicate a caring nature to patients  
 Superior  Excellent  Adequate  Poor

5a. How much guidance do you predict this applicant will need during residency?  
 Almost None  Minimal  Moderate

5b. Given the necessary guidance, what is your prediction of success for the applicant?  
 Outstanding  Excellent  Good

**C. Global Assessment**

1. Compared to other EM residency candidates you have recommended as such last academic year, this candidate is ranked as:

<u>Ranking</u>	<u># Recommended as such last academic year</u>
Outstanding (top 10%) <input type="checkbox"/>	
Excellent (top 1/3) <input type="checkbox"/>	
Very Good (middle 1/3) <input type="checkbox"/>	
Good (lower 1/3) <input type="checkbox"/>	

Total # of letters you wrote last year: \_\_\_\_\_

2. How highly would you estimate the candidate will reside on your match list?

Very competitive	<input type="checkbox"/>	Competitive	<input type="checkbox"/>	Possible match	<input type="checkbox"/>
Unlikely match	<input type="checkbox"/>				

**D. Written Comments**

Signature: \_\_\_\_\_ Dated: \_\_\_\_\_  
**STUDENT HAS WAIVED RIGHT TO SEE THIS LETTER**

# RESOURCES

## **Medical Student Advising Resource List**

Student Advising Task Force

*Alexis Pelletier-Bui, MD; Michael Yip, MD; Sean Ochsenbein*

### **Overall:**

[Emergency Medicine: The Medical Student Survival Guide by EMRA](#)

*This book is the most comprehensive medical student guide out there to help you every step along the way as a student navigating into the world of emergency medicine.*

[EMRA Advising Resources Web Page](#)

*This webpage is one of the largest compilations of advising resources available for EM bound medical students.*

[Medical Student Planner](#)

*This one page planner is a timeline that will help EM bound students stay on track through all four years of medical school (need link for revised version).*

[EM Mentoring 101](#)

*Clerkship Directors and Program Directors give their answers to frequently asked questions from medical students regarding pre-application, the application process and beyond.*

### [EMRA's Student-Resident Mentorship Program](#)

*EM bound students with EM residents to provide assistance from someone who's "been there" more recently*

### **Application/Match Process:**

#### [EM Advisor](#)

*This is a blog from the leaders of the Student Advising Task Force that provides a variety of advice for clinical years with a large focus on the residency application process.*

[Academic Life in Emergency Medicine \(ALiEM\): EM Match Advice](#) *ALiEM is a blog encompassing a wide array of clinical and medical education topics that is useful for all stages of learning from medical student to seasoned emergency physician. There is a specific section within ALiEM, EM Match Advice, with videos from program directors from across the country giving you their tips on how to navigate ERAS, ace your interviews, form a rank list and much more.*

### **Performance Improvement for the EM Clerkship:**

#### [Emergency Medicine Clerkship Primer](#)

*The Clerkship Directors in Emergency Medicine (CDEM) guide on how to shine on your emergency medicine clerkship.*

#### [CDEM Curriculum](#)

*Prepare for your rotation by reviewing the approach to common chief complaints and pathologies seen in the ED and testing your knowledge by working through Digital Instruction in Emergency Medicine (DIEM) cases.*

# EM CAREER COUNSELING

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## [EM Basic Podcast](#)

*Steve Carrol goes over student/intern level “approach to” core chief complaints*

## [EMRA’s Basics of Emergency Medicine](#)

*Chief complaint based guide to EM differential diagnoses and workups*

## [Top Ten Emergency Medicine Apps](#)

*Ten emergency medicine related apps to help you shine on your EM rotation*

## [The 3-Minute EM Medical Student Presentation](#)

## [Oral Presentations in Emergency Medicine](#)

## [Vimeo: Patient Presentations in Emergency Medicine](#)

*Three resources on how to present a patient in the ED*

- ▶ <https://www.cordem.org/communities/committees/advising-student-comm/>
- ▶ <https://www.cordem.org/globalassets/files/committees/student-advising/2018-applying-guide-cord-cdem-emra-rsa.docx.pdf>
- ▶ <https://www.emra.org/students/advising-resources/>



# CONTACTS

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- ▶ Dr. Nate Johnson, MD *natedr@gmail.com*

- ▶ Sioux Falls - Sanford

- ▶ Dr. Arleigh Trainor, MD *arleigh.trainor@usd.edu*

# EMIG





# QUESTIONS?



THE DAY YOU REALIZE THAT  
NOTHING CAN STOP YOU,  
BECAUSE YOU ARE A MAGIC  
SKELETON PLACED WITH  
MEAT AND ANIMATED WITH  
ELECTRICITY AND

IMAGINATION..... YOU CAN

DO ANYTHING MAGIC

SKELETON

