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Career Counseling and Planning
Introduction to Pillar 2

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Medical Student Affairs

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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

- 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



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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)
- Ask your attending specifics about evaluations



Food for Thought

- What am I excited about?
- When my pager 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: Keirseley 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



2016 Match Data

From NRMP 2016 Results & Data: Table #4

- NRMP = www.nrmp.org
- 18,187 US Seniors in Match (+162 from 2015)
- 5,323 US-Internationals (+309)
- 2,982 Osteopathic (+33)
- 7,460 Non-US Internationals (+94)
- 35,476 total applicants for 30,750 slots (↑↑)
- Positions available per applicant = 0.87 (↑)

2016 Match Data

From NRMP 2016 Results & Data: Table #4

Overall Match Rates

- US Seniors = 93.8%
- Osteopathic = 80.3%
- US International = 53.9%
- Non-US International = 50.5%
- Previous Grads – US Seniors = 48.7%



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2016 Match Data

From NRMP 2016 Results & Data: Table #8

Percent positions filled by US-Seniors

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



2016 Match Data

From NRMP 2016 Results & Data: Table #13

Positions available per applicant (ALL)

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



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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, 2018: MSPE Release date
- Feb: Rank Order Listing
- March: Match Week {3rd week}



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