

Navigating The Sea To A Successful Match

Sameer Avasarala, MBBS
Subhash Chandra, MD, FAPA



Steps In The Process

- Pre-Application
- Application
- Interviews
- Post-Interviews
- Residency

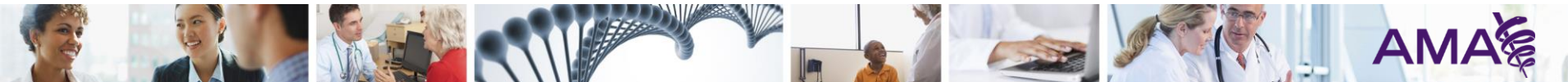
Subhash Chandra, MD, FAPA

Forensic Psychiatrist, Brooklyn Supreme Court,
Clinical Assistant Professor, SUNY Downstate Medical Center
Kings County Hospital Center, Brooklyn, NY



AMA-IMG Section Delegate chandras5@nychhc.org


Forensic Psychiatry Fellowship, University of Pennsylvania, Philadelphia
Psychiatry Residency, SUNY Downstate Medical Center
Fellowship in Psychoanalysis, Institute for Psychoanalytic Education, NYU





- I have no relevant financial or nonfinancial relationships to disclose.
- I have no actual or potential conflict of interest in relation to this presentation.
- Contents reflect my opinion and interpretation of the facts present on the publicly accessible websites.





Is it possible to
navigate?



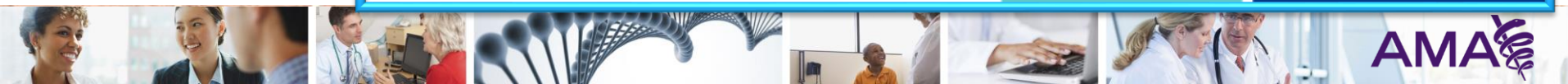
Applicants in the Matching Program, 2013 - 2017

Applicant		2017		2016		2015		2014		2013	
		No.	%	No.	%	No.	%	No.	%	No.	%
U.S. Citizen Students/Graduates of International Medical Schools											
Active	Active Applicants	5,069	100	5,323	100	5,014	100	5,133	100	5,095	100
Matched	Matched PGY-1	2,777	54.8	2,869	53.9	2,660	53.1	2,722	53.0	2,691	52.8
Unmatched	Unmatched PGY-1	2,292	45.2	2,454	46.1	2,354	46.9	2,411	47.0	2,404	47.2
Withdrawn	Withdrawn	594	8.3	650	8.9	601	10.0	637	9.2	664	9.6
No Rank List	No Rank List	1,486	20.8	1,391	18.9	1,212	17.5	1,182	17.0	1,126	16.4
Total	Total	7,149	100	7,364	100	6,917	100	6,952	100	6,882	100
Non-U.S. Citizen Students/Graduates of International Medical Schools											
Active	Active Applicants	7,284	100	7,460	100	7,366	100	7,334	100	7,568	100
Matched	Matched PGY-1	3,814	52.4	3,769	50.5	3,641	49.4	3,633	49.5	3,556	47.0
Unmatched	Unmatched PGY-1	3,470	47.6	3,691	49.5	3,725	50.6	3,701	50.5	4,012	53.0
Withdrawn	Withdrawn	778	7.7	841	8.3	898	8.9	843	8.5	969	9.6
No Rank List	No Rank List	2,065	20.4	1,869	18.4	1,796	17.9	1,715	17.3	1,596	15.8
Total	Total	10,127	100	10,170	100	10,060	100	9,923	100	10,133	100
All Applicants											
Active	Active Applicants	35,969	100	35,476	100	34,905	100	34,270	100	34,355	100
Matched	Matched PGY-1	27,688	77.0	28,836	75.0	28,252	75.2	28,087	75.0	28,284	73.5
Unmatched	Unmatched PGY-1	8,281	23.0	8,640	24.4	8,653	24.8	8,583	25.0	9,091	26.5
Withdrawn	Withdrawn	3,118	7.2	3,099	7.3	2,941	7.1	2,802	6.9	2,814	7.0
No Rank List	No Rank List	4,070	9.4	3,795	9.0	3,488	8.4	3,322	8.2	3,166	7.8
Total	Total	43,157	100	42,370	100	41,334	100	40,394	100	40,335	100

Measure	U.S. IMGs		Non-U.S. IMGs	
	Matched (n=2,180)	Unmatched (n=2,248)	Matched (n=3,056)	Unmatched (n=3,525)
1. Mean number of contiguous ranks	7.4	2.5	6.3	2.6
2. Mean number of distinct specialties ranked	1.4	1.6	1.3	1.4
3. Mean USMLE Step 1 score	225	211	234	220
4. Mean USMLE Step 2 score	233	219	239	226
5. Mean number of research experiences	1.8	2.6	2.2	2.2
6. Mean number of abstracts, presentations, and publications	2.8	3.4	6.1	6.4
7. Mean number of work experiences	3.8	4.9	5.3	5.5
8. Mean number of volunteer experiences	4.1	3.8	3.5	3.4
9. Percentage who have a Ph.D. degree	1.1	1.9	3.8	4.5
10. Percentage who have another graduate degree	20.4	27.8	21.5	27.2

Factor in Selecting Applicants to Interview (N=1,300)

	Percent Citing Factor	Average Rating
USMLE Step 1/COMLEX Level 1 score	93%	4.2
Letters of recommendation in the specialty	88%	4.2
Medical Student Performance Evaluation (MSPE/Dean's Letter)	84%	4.1
USMLE Step 2 CK/COMLEX Level 2 CE score	83%	4.1
Grades in required clerkships	79%	4.1
Personal Statement	78%	3.8
Class ranking/quartile	71%	3.9
Any failed attempt in USMLE/COMLEX	70%	4.6



Elective/ Clerkship/ Volunteer work?

Perceived commitment to specialty

71%

4.3

Personal prior knowledge of the applicant

70%

4.2

Leadership qualities

66%

4.1

Audition elective/rotation within your department

66%

4.1



Show them your interest in the desired specialty;

Perceived interest in program

61%

4.1

Lack of gaps in medical education

58%

4.0

Awards or special honors in clerkship in desired specialty

54%

3.9

Volunteer/extracurricular experiences

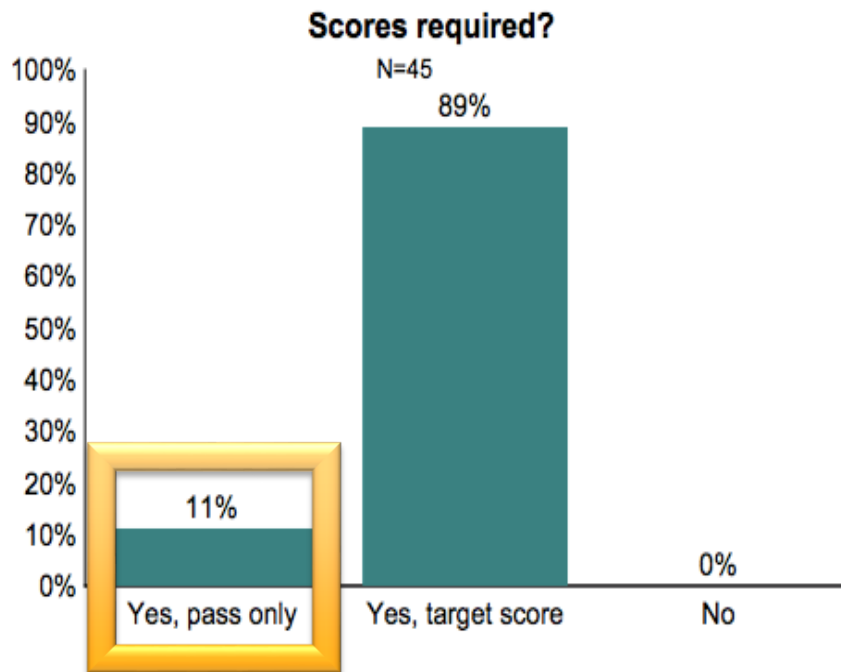
54%

3.8

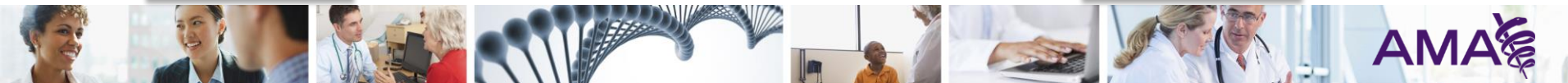
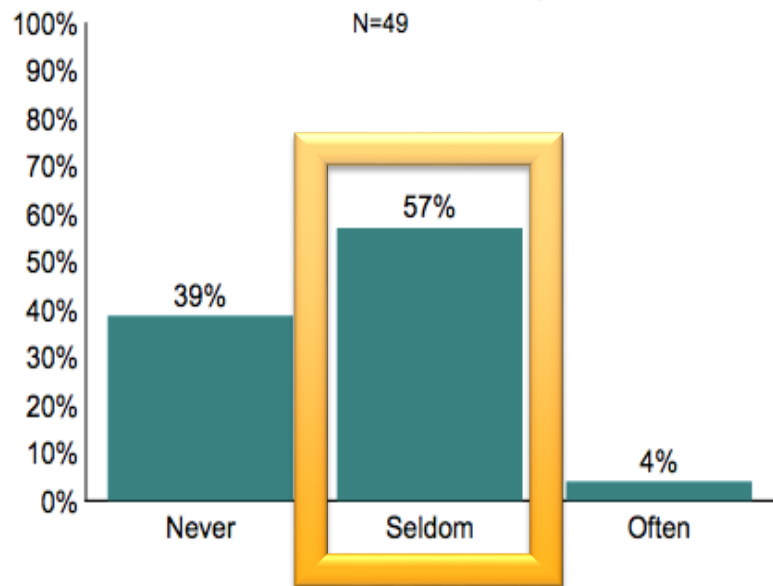


My scores are low what are my chances?

Percentage of Programs That Use USMLE Step 1 Score



Would your program consider applicants who fail the exam on the first attempt?

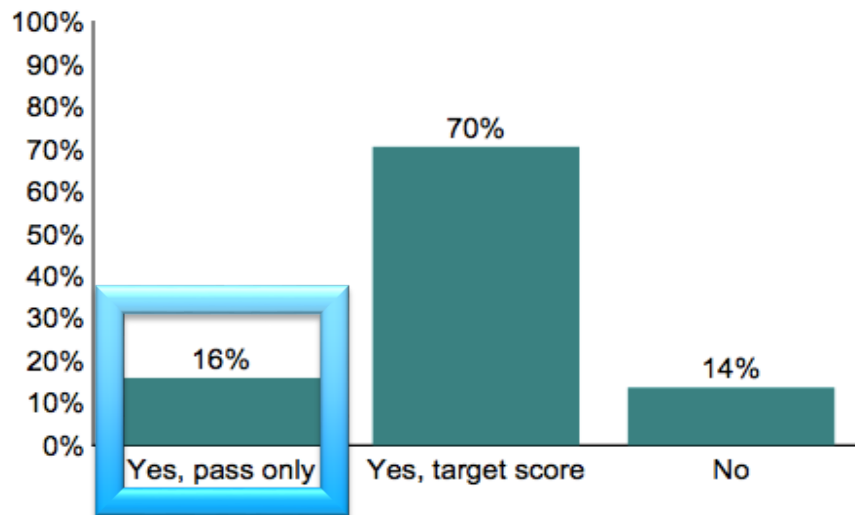


How about STEP 2 Score or an attempt?

Percentage of Programs That Use USMLE Step 2 (CK) Score

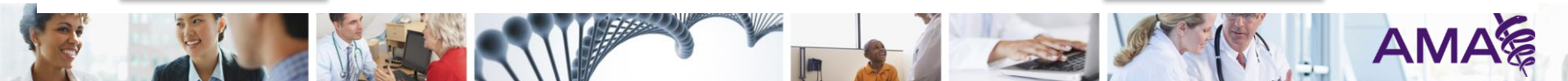
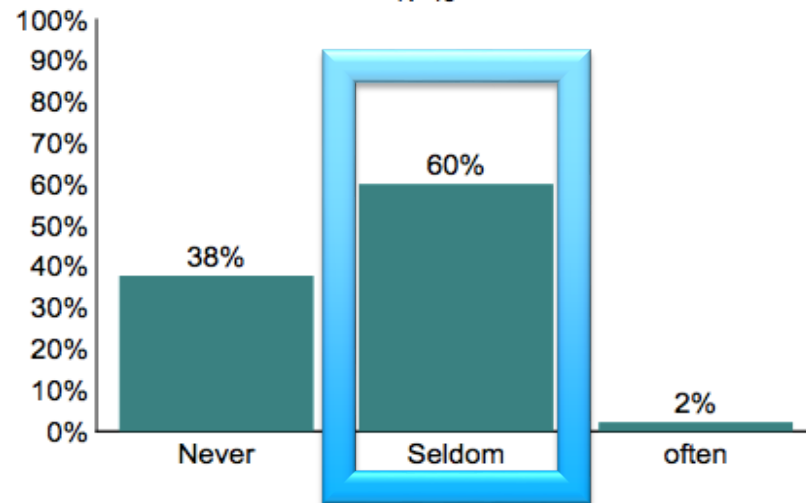
Scores required?

N=44



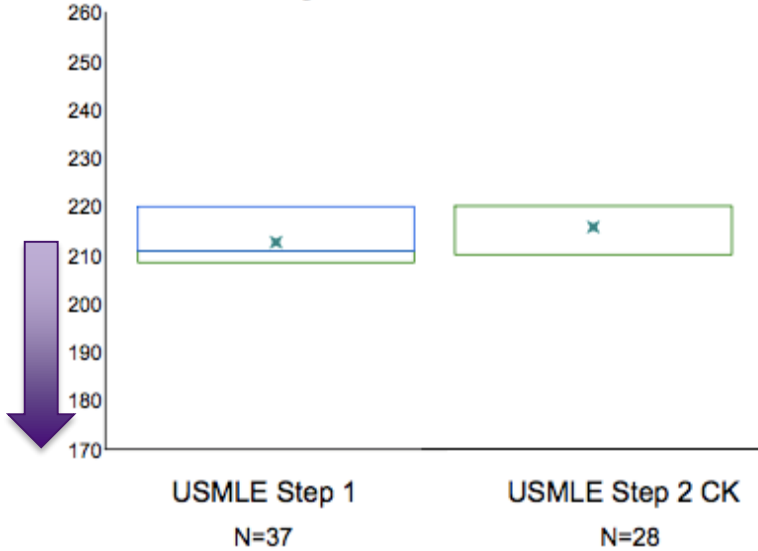
Would your program consider applicants who fail the exam on the first attempt?

N=45

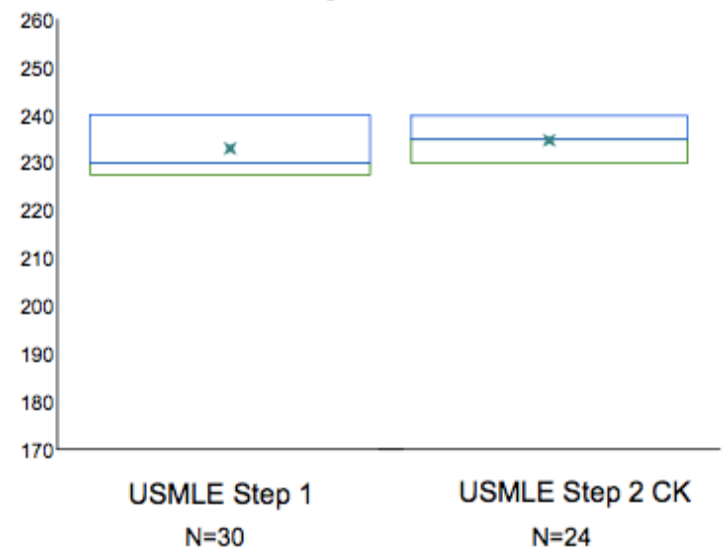


Average USMLE Step 1 and Step 2 CK Scores Programs Consider When Granting Interviews

Scores Below Which Programs Generally Do Not Grant Interviews



Scores Above Which Programs Almost Always Grant Interviews

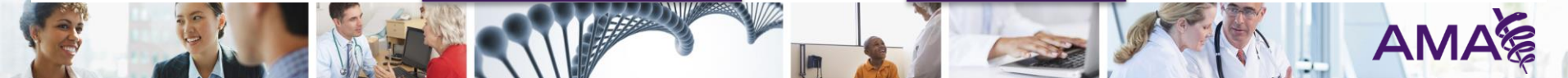
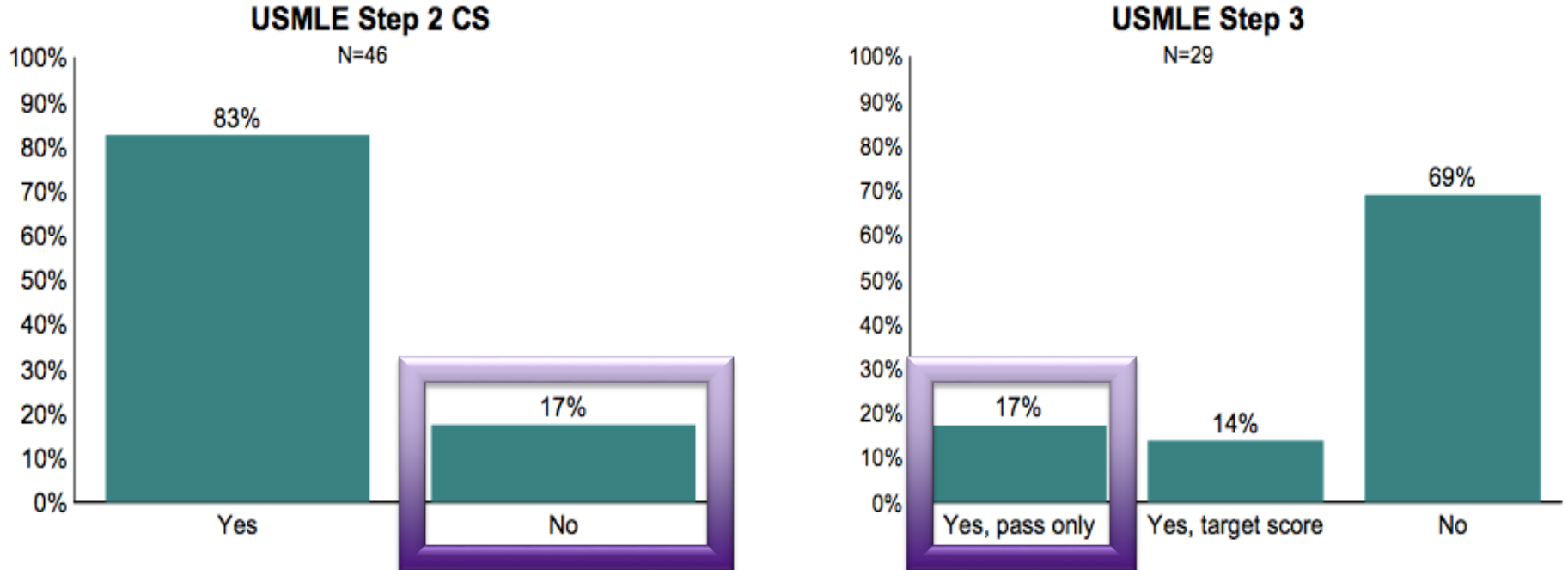


The boxes in the boxplots above represent the interquartile range (or IQR, which is the range between the 25th and 75th percentiles) and the line in the box is the median. The x-shaped symbol is the mean.

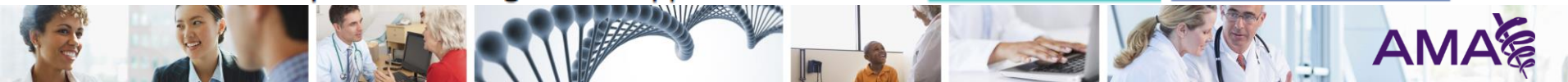
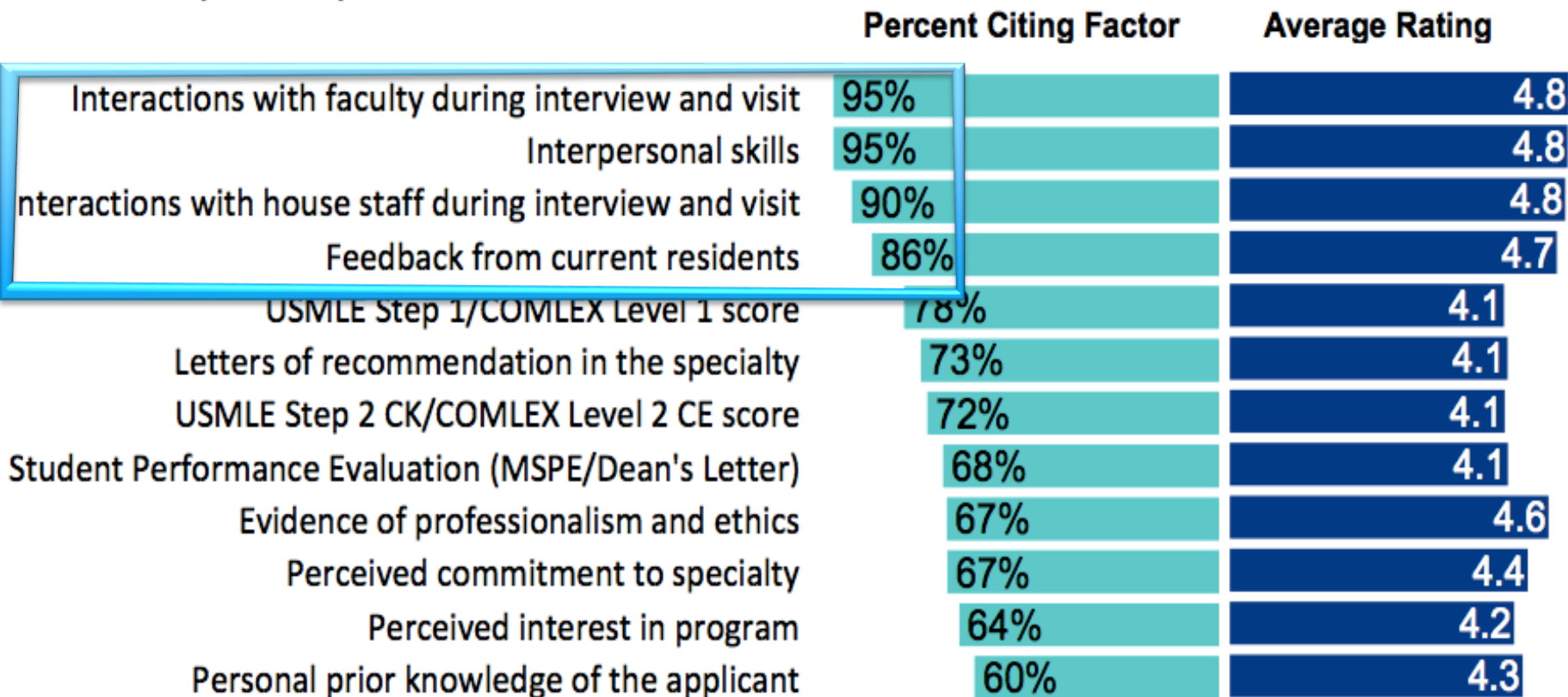


STEP 2 CS and STEP 3 Score matters?

Percentage of Programs That Use USMLE Step 2 CS and Step 3 Scores

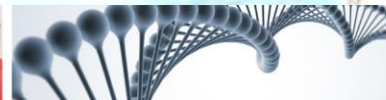


Factor in Ranking Applicants (N=1,275)



Success is the result of right choices.
Choose your waves wisely.

Unknown surfer, March, 2015



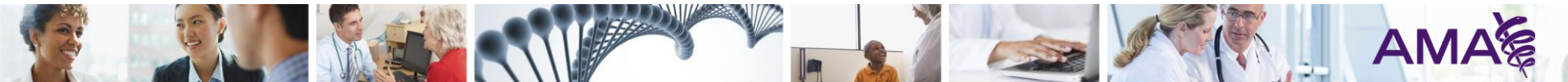
Sameer Avasarala, MBBS

Chief Resident, Department of Internal
Medicine, Henry Ford Hospital, Detroit, MI
savasar1@hfhs.org





- Medical School: Kamineni Institute of Medical Sciences (Graduated in 2011)
- Residency: Internal Medicine, Henry Ford Hospital, Detroit, MI (2013 – 2016)
- Chief Resident (2016 – 2017)
- Fellowship: Pulmonary and Critical Care, Cleveland Clinic, Cleveland, OH (commences July 2017)



Disclosures

- Delegate to the AMA from the Michigan State Medical Society
- No financial disclosures
- No conflict of interest
- Information presented here is my perspective and not a representation of either the Henry Ford Health System or the Cleveland Clinic Foundation

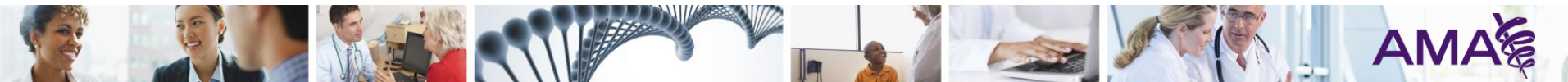




Residency Interview

Typical Interview Day at Our Program

- Check-In
- Program break down
- Interviews
- Time with the residents
- Tour



Check-In

- Be a few minutes early
 - New hospital, interviews start early
- Polite all day, to everyone
 - Especially program coordinators
- Relax, you made it this far
 - 3600 applications → 250 interviews → 36 spots
 - Interviews are not given out as fluke



Program Overview

- Get to know the program prior to coming to the interview
- Pay close attention to the onsite program sales pitch
 - Generally given by the program director
 - Paints the big picture
 - Finer details can be clarified with the residents
 - Allows you to formulate focused questions

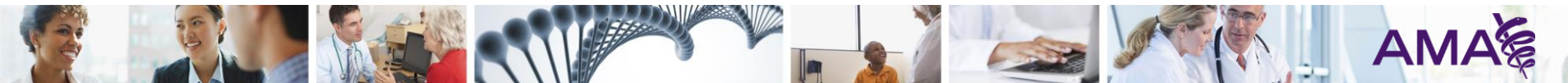


Interviews

- Start with a smile and a firm hand shake
- Extremely important
 - Dramatic consequences on your rank order
- This is your “best” performance, everyone knows this
- If possible, gather background information about who is interviewing you
 - Find common ground, doesn't have to be medicine related

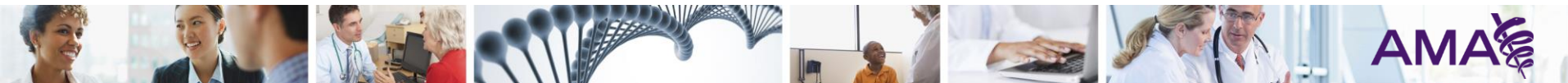


- Know your application well
 - Anything can be asked
 - Don't rush to answer questions, take a second if needed
- Always ask at least one question
 - Keep it relevant
 - It should be something that wasn't directly answered by the program overview
- The goal is to be remembered in a positive manner



Time with Residents

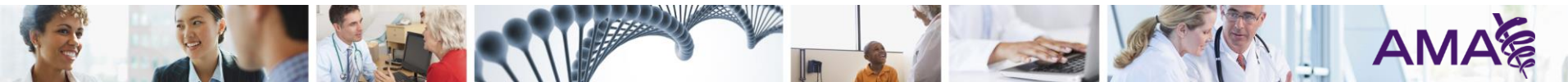
- Your performance here matters, but less so
- Best chance to ask the “nitty gritty” details
 - They were in your shoes not too long
- Take notes if needed
- Don't try and get a feel for the room
 - Your competition doesn't matter at this stage



Tour

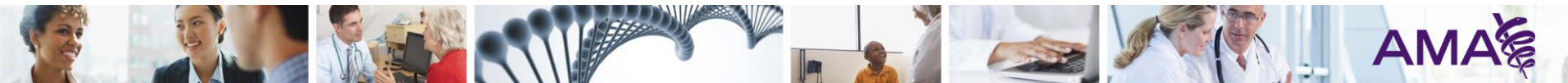


- Another opportunity to ask the “nitty gritty” questions
- Stay engaged and stay with the group
- Do not play around with your phone or other electronic device
- All hospitals end up looking the same



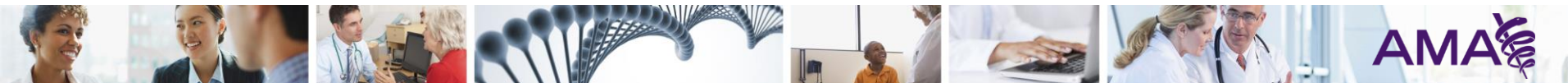
Post-Interview Communication

- Thank you email/letter/card - Does not matter for large programs
- “I’m ranking you #1” ✖
 - Be honest, tell them why
 - Splitting hairs
 - Don’t worry if you don’t get a response
- Compile your notes to remember the program
 - Your goal is to find the “right fit”
- ✖ Applicants can express interest in a program but cannot ask how they will be ranked, nor misrepresent how they will rank the program.
A program cannot demand to know how it will be ranked by the applicant.



Sameer's Take Home Points

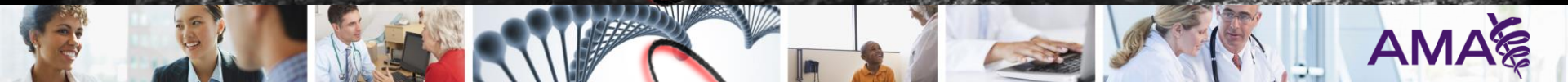
- Be yourself
- Be prepared
- On interview day, everything counts



"When it is obvious
that the goals
cannot be reached,
don't adjust the goals,
adjust the action steps."

- Confucius

*Thank
you*





chandras5@nychhc.org

savasar1@hfhs.org