



## Transitions in Medical Education Series

# Residency Applications and Using Data to Guide Specialty and Program Selection

November 14, 2024

7:00 PM ET



# Housekeeping Notes

- This webinar is being recorded and will be available to view on the CORP and AOGME webpages within 7 days.
- If you experience technical issues, please use the Chat feature to notify us and we will assist you.
- If you have any questions or comments at any time during the webinar, please submit them into the Q&A feature.
  - If time permits at the end of the webinar, the presenters will respond to your questions.

# Speakers

**Facilitator: Holly Waters, DO, MMEL**



Assistant Professor & Vice  
Chair - OPP, OPP  
Predoctoral Fellowship Co-  
Director  
NSU-KPCOM

**Kim Peck, MBA**



Director, Academic  
and Career Advising  
Michigan State  
University College of  
Osteopathic  
Medicine

**Kimberly Warfield,  
C-TAGME**



Career and  
Residency Counselor  
UNTHSC / TCOM

**Nicholas LaTorre,  
MA**



Assistant Director for  
Career and Match  
Advising  
Rowan-Virtua School  
of Osteopathic  
Medicine

**Katie Harden, MBA**



Residency Placement  
Coordinator  
KCU-COM Joplin

## Acknowledgements

- Slides are courtesy of Katie Harden, Kansas City University College of Osteopathic Medicine

# Goals

- Understanding how data informs decision-making in choosing a specialty and applying to residency programs
- Data for auditions and applications to select right-fit specialties and programs
- Importance of data in assessing competitiveness and fit
- Exploring NRMP's Charting Outcomes and other data resources



# Finding the Right Fit Specialty Using Data

# Self- Assessment: Know Yourself First

Start by reflecting on what *you* want in a career. Ask yourself:

- **Interests:** What subjects or rotations do you enjoy most?
- **Skills:** What are your strengths—diagnostics, procedures, patient communication?
- **Values:** Do you prefer a work-life balance, research opportunities, or high patient interaction?
- **Lifestyle:** Consider your preferred pace, on-call requirements, and family plans.
- **Activities:** Take a few minutes to jot down your top interests and values – use journaling & use AAMC Career in Medicine assessments to learn more about yourself and track your progress as your interests develop and solidify.

# Specialty Fit Assessments

There are several tools to help you assess your fit:

- **AAMC Careers in Medicine (CiM)** website and assessments.
- **Myers-Briggs Type Indicator (MBTI)** for understanding personality fit.
- Specialty-specific interest surveys.
- Speak with your advisors or mentors for personalized guidance.





# Exploring Different Specialties

**Medical vs. Surgical:** Are you more interested in patient management or procedures?

**Inpatient vs. Outpatient:** Do you thrive in hospital settings or outpatient clinics?

**Acute vs. Chronic Care:** Are you drawn to immediate interventions or long-term patient relationships?

**Patient Demographics:** Do you want to work with children, adults, or specific populations?

# Personality and Specialty Fit

Certain specialties tend to attract certain personality types:

**Analytical & problem-solving:** Internal Medicine, Radiology, Pathology.

**Hands-on & procedure-focused:** Surgery, Emergency Medicine, Anesthesiology.

**Empathetic & patient-centered:** Family Medicine, Pediatrics, Psychiatry.

# Choosing a Right Fit Specialty(ies)

- Evaluate your competitiveness (the reality check)
  - Evaluate your licensing exam scores (NRMP Data Reports and tools)
  - Failures/remediations impact competitiveness
  - Experiences
  - Match success rates – dually applying may be necessary

# NRMP Charting Outcomes to Find Right Fit Specialty

- [NRMP Match Data](#)
  - [Charting Outcomes in the Match: Senior Students of U.S. DO Medical Schools](#)
  - [Interactive Charting Outcomes in the Match](#)
  - Program Directors Survey

Demonstration

AACOM



## **Charting Outcomes in the Match: Senior Students of U.S. DO Medical Schools**



# ERAS<sup>®</sup> Geographic Preferences Considerations

- ERAS<sup>®</sup> Statistics:
- [Exploring the Relationship between Geographic Preferences and Interview Invitations Across Specialties](#)



# Specialty Specific Information/Resources

- [The Organization of Program Director Associations \(OPDA\) Guides for Residency Applicants](#)
- Anesthesiology: [American Society of Anesthesiologists](#)
- Dermatology: [Association of Professors of Dermatology](#)
- Emergency Medicine: [Council of Residency Directors in Emergency Medicine \(CORD\)](#)
- Family Medicine: [American Academy of Family Physicians](#)
- Internal Medicine: [Alliance for Academic Internal Medicine](#)
- Neurology: [American Academy of Neurology](#)
- Neurosurgery: [Society of Neurological Surgeons](#)
- OB/GYN: [Association of Professors of Gynecology and Obstetrics](#)
- Ophthalmology: [Association of University Professors of Ophthalmology](#)
- Orthopedic Surgery: [Council of Orthopaedic Residency Directors](#)
- Otolaryngology: [Otolaryngology Program Directors Organization](#)
- Pediatrics: [Association of Pediatric Program Directors](#)
- Plastic Surgery: [American Council of Academic Plastic Surgeons](#)
- Psychiatry: [American Association of Directors of Psychiatric Residency Training](#)
- Radiology: [Association of Program Directors in Radiology](#)
- Surgery: [Association of Program Directors in Surgery](#)
- Urology: [American Urological Association](#); [Society of Academic Urologists](#)

*Note: This is not an exhaustive list as there are many more national organizations and associations*

# AACOM Resources

- **Specialty-Specific Guides:** AACOM UME-GME Task Force's Data Collection Action Group has developed a series of resources to provide Colleges of Osteopathic Medicine (COMs) and students with a general overview of specialty information and key data on the transition to residency.
  - This resource contains several downloadable PowerPoint files that can be edited to cater to each COM's advising needs.
  - **Website Link:** <https://www.aacom.org/news-reports/news/2024/05/14/specialty-specific-advising-resources>
- **Residency Application Data Guide:** Developed by the Task Force's Data Collection Action Group to help students navigate key data resources on the transition to residency
  - Outlines the benefits and potential drawbacks of each resource to help inform students on how to best use them.
  - **Website Link:** [https://www.aacom.org/docs/default-source/residency-gme/residency-application-data-guide.pdf?sfvrsn=d11b9\\_6](https://www.aacom.org/docs/default-source/residency-gme/residency-application-data-guide.pdf?sfvrsn=d11b9_6)





## Selecting the Right Fit Programs Using Data

# Program Position Types

Categorical (C)	positions begin in PGY1 and provide the full training required for board certification in a specialty.
Primary care (M)	positions are categorical positions in primary care internal medicine or pediatrics programs. These positions provide greater emphasis on ambulatory and continuity of care in a community setting.
Advanced (A)	positions begin in PGY2, after one year of prerequisite training. These positions allow residents to complete the necessary training required for board certification in a specialty.
Preliminary (P)	positions are one-year positions that occur in PGY1, prior to entry into advanced positions in specialty training. These include preliminary positions (which focus on internal medicine or general surgery) and transitional positions which require residents to rotate through numerous specialties with a combination of required and elective rotations
Physician Reserved (R)	positions are advanced positions in specialty programs reserved for physicians who've completed some previous graduate medical education. While you'll see these positions listed when creating your rank order list, they're closed to medical students and anyone else who lacks previous training in an ACGME-accredited program.

\*Keep in mind that some specialties will have a variety of program types.

# Developing a Program List

Keep yourself organized – Developing a tracking tool that will support you through researching residency programs and where to audition.

Develop a tool that works best for you – think about your priorities.

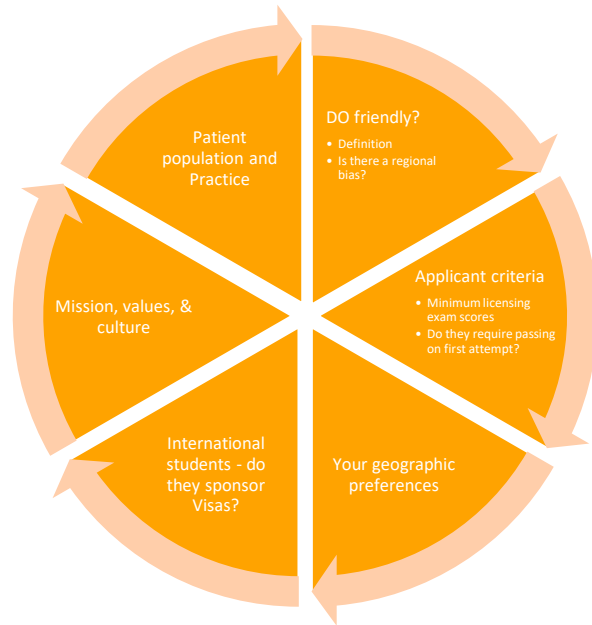
The screenshot shows the Microsoft Excel interface with the 'Table Design' ribbon active. The spreadsheet contains a table with the following columns:

	A	B	C	D	E	F
1	Specialty	Program Name	Program Location	Program Website	Does the program accept COMPLEX	Will you need USMLE
2						
3						
4						
5						

# Choosing Right Fit Programs Considerations

## Personal/Application Considerations

## Institutional Considerations



Location(s) of clinical training



Curriculum



Volume/types of procedures



Resident life/Wellness



Fellowships at same location



Special tracks i.e. rural med, global health



Areas of concentration i.e. sports med, OB

# Resources to Find Programs



## Residency Search Databases

[Residency Explorer Tool](#)

[FREIDA](#)

[Texas STAR](#)

[Doximity Residency Navigator](#)

[ACGME Residency Program Search](#)

[ERAS® Participating Specialties and Programs](#)



## AACOM Resources

[AACOM Post-Doc Guide](#)

[AACOM's COM Affiliated Program List](#)



## Program Websites

While all these resources are useful, always review the program websites for more in depth and (*potentially*) updated information!



## Specialty Specific "Right Fit" Resources

EM: [EMRA Match](#)

OB/GYN: [Alignment Check Index](#)

Ortho: [ORIN](#)

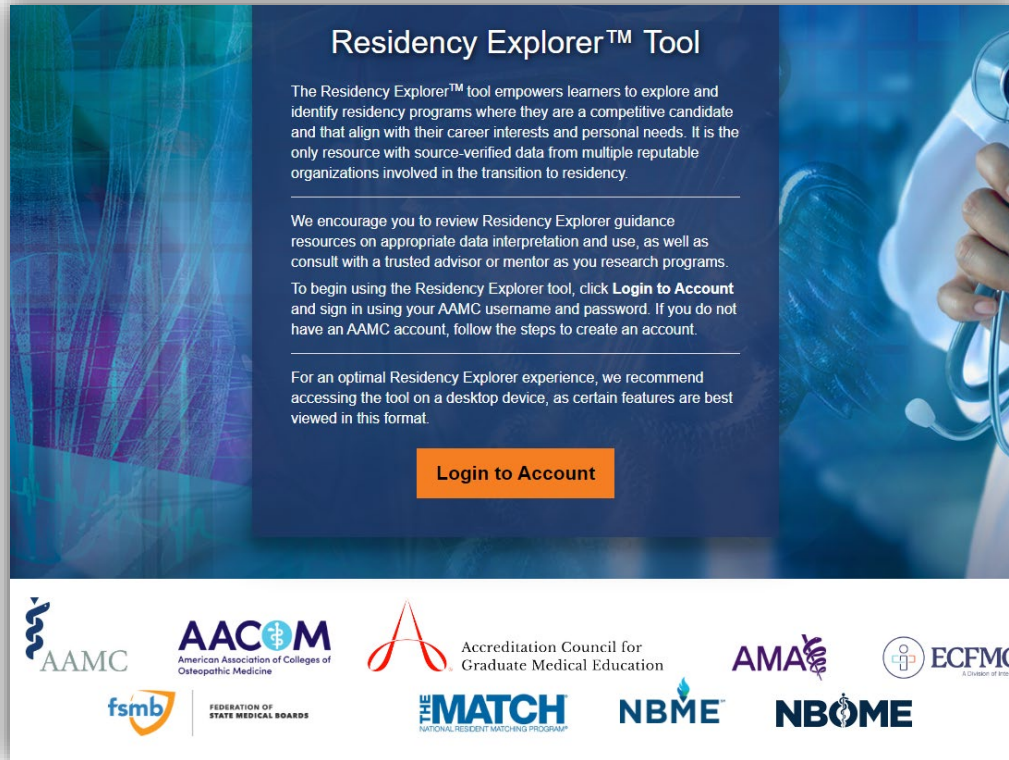
# How Do I Know Where to Look for What ????

- [AACOM Residency Application Data Guide](#)

## RESIDENCY APPLICATION DATA GUIDE



# Residency Explorer™ Tool Demo



## Residency Explorer™ Tool


The Residency Explorer™ tool empowers learners to explore and identify residency programs where they are a competitive candidate and that align with their career interests and personal needs. It is the only resource with source-verified data from multiple reputable organizations involved in the transition to residency.

We encourage you to review Residency Explorer guidance resources on appropriate data interpretation and use, as well as consult with a trusted advisor or mentor as you research programs.

To begin using the Residency Explorer tool, click **Login to Account** and sign in using your AAMC username and password. If you do not have an AAMC account, follow the steps to create an account.

For an optimal Residency Explorer experience, we recommend accessing the tool on a desktop device, as certain features are best viewed in this format.

[Login to Account](#)





## Finding the Right Fit Audition Rotation(s)



# 4<sup>th</sup> Year Audition Rotations

- What's the difference?
  - Audition rotations
  - Sub-Is
- How many auditions do I need?
- How do I choose where to audition?
- When should I do my audition rotations?

## 4<sup>th</sup> Year Audition Rotations

- When do I apply for audition rotations?
- How do I apply for audition rotations?
  - Email program coordinator
  - VSLO
  - Clinician Nexus (HCA programs)
  - Program websites
- How many programs should I apply to?

# Next Steps and Tips for Ensuring Success

# Next Steps

- Identify your right fit specialty(ies) and programs
- Program list should include at a minimum:
  - Program name and location
  - Program director name and email address
  - Program coordinator name, email address, and phone number
  - What % of program are DOs
  - Applicant criteria (i.e. – LoR requirements for specialty AND program, licensing exam score minimums)
  - Other program details important to you
- Secure letters of recommendation – including SLOEs
- Identify what programs you want to audition at, how to apply for those auditions, and when



# Ensuring Your Success

- **Do your homework!**
- Be realistic
- Network, Network, Network!
  - Attend conferences
  - Talk to faculty during clerkships
  - Attend and participate in clerkship onsite didactics
  - Attend virtual open houses and residency fairs
  - Find a mentor and connect with alumni
- Schedule time with your advisor



## *Student Questions*

- How do we know which programs accept DOs?
- If I am unable to rotate at a specific site/program what are tools or ways to assess whether a program is the right fit for me?
- How can data support student dreams and maintain realism about competitiveness?
- What can make me more competitive for Sub-Is?
- What are some tips on the best way to choose a specialty if you haven't been able to have rotations in some of them?
- Is GPA or Board Scores / COMATs more reflective of specialties of interest?
- Which metrics from the NRMP Charting Outcomes should we prioritize when selecting audition rotations?
- Will the data include information about applicants that have failed level 1?
- Please address couples matching program selection!



**AACOM**  
COUNCIL ON RESIDENCY PLACEMENT

**Thank You!**

[aacom.org/corp](https://aacom.org/corp)

[gme-initiatives@aacom.org](mailto:gme-initiatives@aacom.org)

[aacom.org/aogme](https://aacom.org/aogme)

[aacom.org/rfc](https://aacom.org/rfc)