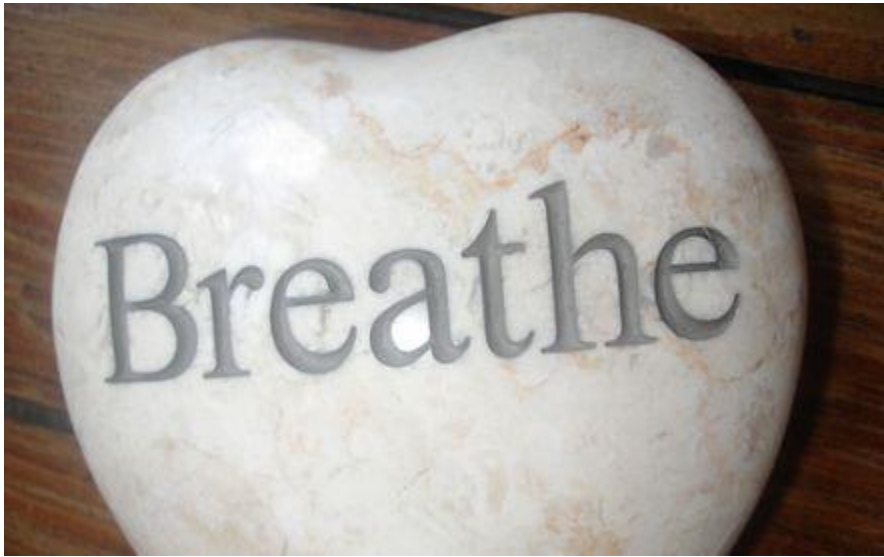


Applying For Internal Medicine Residency . . . in 10 Easy Steps



**October
2017**



DOM Application Advisors

- Discuss course scheduling
- Department of medicine letter meeting
- Advisor for program selection
- Advocacy calls
- Interview decisions
- Rank list



Identify a DOM Mentor



Email Ann Marie: AnnMarie.Hunt@uphs.upenn.edu

The 10 Steps

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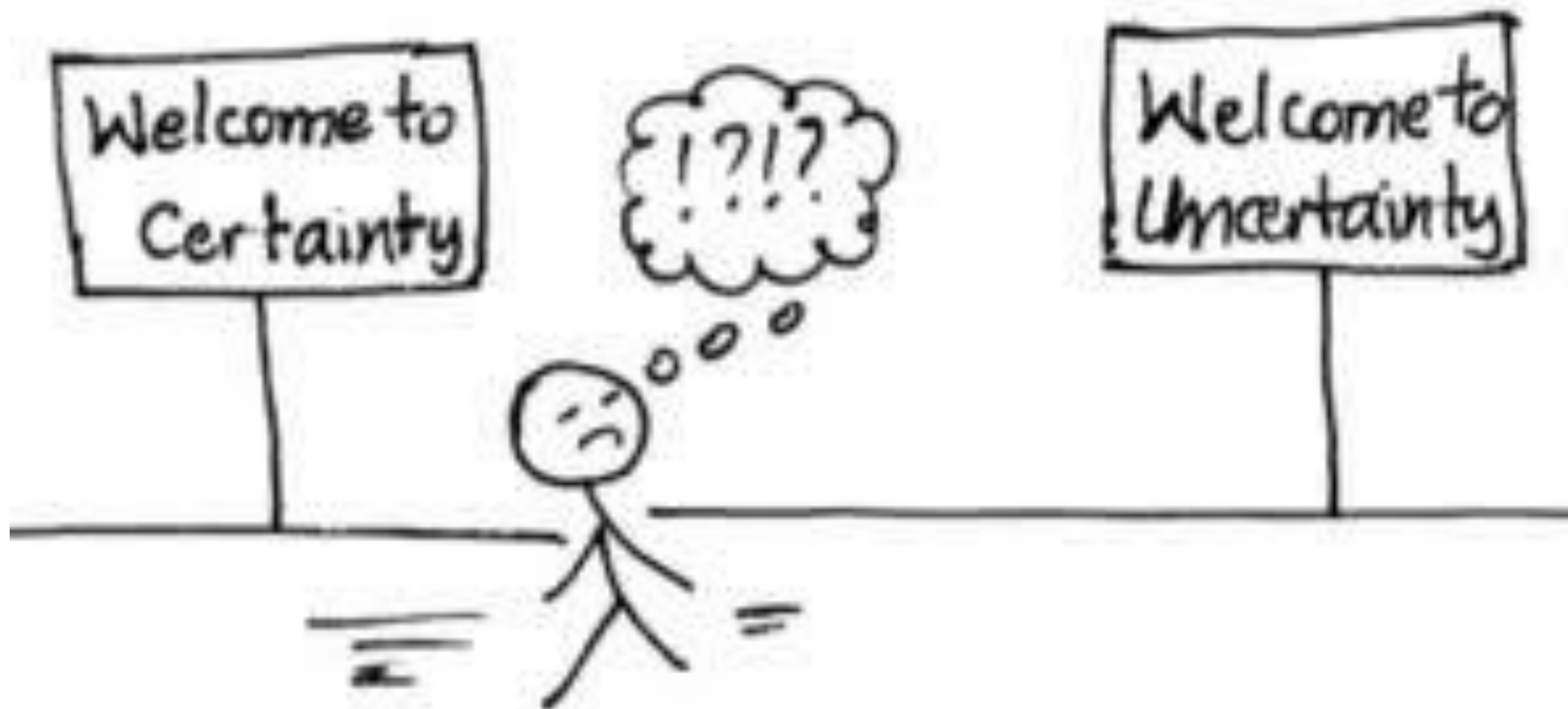
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Step 1: Deciding to Apply



Strategies for Decision Making

- Take additional electives
 - Sub-internship
 - Specialty electives
 - Outpatient electives
- Meet with career mentors

Types of IM Residencies

- Categorical
- Primary care
- Physician-scientist (fast tracking)
- Tracks
 - Global Health
 - Medical Education
 - Social Medicine
 - Quality and Safety
 - Leadership
- Preliminary
- Transitional
- Combined programs
 - Med-Peds
 - Med-Derm
 - Med-Genetics
 - Med-Psych



- Can I apply to both primary care and categorical programs?
 - **Yes. Programs will ask for preference after interview**
- Can I apply to both Med-Peds (Med-derm) and IM at same program?
 - **Yes**
- Can I apply in both Primary Care IM and FM?
 - **Ideally no. Try to decide.**
 - **Don't apply to FM & IM at same institution**

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Required/Recommended Courses

Required

- IM Sub-internship
- At least 1 additional course within DOM

Highly Recommended

- Critical care (2-4 weeks MICU/VICU/CCU)
- Outpatient (2-4 weeks)
 - ME395
 - Specialty
- Medicine electives
- Radiology (4 weeks)

Timing of Courses

- Medicine electives as needed before sub-I
 - Discuss with clerkship director or career mentor about timing of sub-I relative to electives if you had any struggles in ME200
- Critical care rotation before September if HP in ME200
- ME395 before August if applying primary care
- Complete required courses by August

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Letters of Recommendation

- Dean's Letter (MSPE)
- Department of Medicine Letter
- 2-3 additional letters

Who and When To Ask?

- Faculty on medicine sub-I, ICU, elective rotations
- Research letter: acceptable if > 3 months & significant
- Ask if faculty is comfortable writing letter
- Ask soon after rotation
 - faculty will remember you->more specific letter
- Send a thank you note after

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CV/ERAS

- Experience (work, volunteer, research)
 - College & medical school
- Publications: Check all citations
- Hobbies/interests
- Awards/accomplishments (not course honors)
- Don't embellish
- Keep descriptions specific but brief

<https://www.aamc.org/students/medstudents/eras/residency/375004/resources-info2015.html>

ERAS 2018 MyERAS Application Worksheet

This worksheet may be printed and used to begin completing your MyERAS application off-line.

All required fields are highlighted in red and marked with an asterisks. Please note, that some of these fields are required only in certain circumstances.

Personal Information

Contact Information

First Name*

Preferred Phone*

Middle Name

Mobile Phone

Last Name*

Alternate Phone

Previous Last Name

Fax

Suffix

Pager

Preferred Name

Email*

Last 4 digits of SSN

Address

Current Mailing Address

Address 1*

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Personal Statement

- Should reflect something about you
 - Why you're going into internal medicine
 - Career goals
 - Formative experiences (patients, research, service)
 - What makes you unique
- 1 page single space 10 point font
- Grammar, readability very important
 - Get others to read it
- Do not
 - Write anything you don't want to discuss on an interview
 - Embellish or brag
 - Re-iterate your CV
 - Make it all about a patient

The Flavor of the Personal Statement

- Jo Mo

- Drs. Kogan and Hamilton



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How to Learn about Programs

- Review program websites
- Penn SOM grads
 - Email them
 - Meet them when you go for interviews
- ACP
 - http://www.acponline.org/medical_students/residency/
- Doximity
- Advice about staying at Penn: Dr. Flesch
 - Judd.Flesch@uphs.upenn.edu 



Internal Medicine Residency Programs



≡ List

📍 Map

★ Favorites NEW



McGaw Medical Center of Northwestern University

Chicago, IL
Program Size: 128 98% Board Certified



University of Puerto Rico

San Juan, PR
Program Size: 49 69% Board Certified



VA Caribbean Healthcare System

San Juan, PR
Program Size: 65 71% Board Certified



Henry Ford Hospital/Wayne State University

Detroit, MI
Program Size: 116 96% Board Certified



Bridgeport Hospital/Yale University

Bridgeport, CT
Program Size: 46 94% Board Certified



University of Michigan Hospitals and Health Centers

Ann Arbor, MI
Program Size: 137 96% Board Certified



Specialty*

Internal Medicine

Sort By*

Percent Subspecialize

Location By Region By State

All U.S.

Northeast

South

Midwest

West

Program Characteristics and Setting

Large Public Hospital

VA Hospital

Pediatric Hospital

AOA Dual Accredited

Training Environment

All Training Sites

Intended Fellowship

None / Undecided

Which Ones/How Many?

- 12-20 programs (variable)
 - # varies based on grades, credentials, Step 1, couples matching, type of program
- Consider
 - Special program attributes
 - Your interests
 - Geography/personal issues/friends and family



- What do medicine programs look at?
 - Clerkship grades (all)
 - Grades in medicine rotations
 - Step 1 score (> 230)
 - Research
 - Volunteer/Community service



- What do I do differently if I am couples matching?
 - Apply to more programs (at least 20)
 - Identify 4-5 cities where you and your partner each apply to multiple programs in that city.

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DOM Meeting June-Sept

- Goals
 - Residency program advising
 - Writing DOM letter
- Bring
 - Core clerkship grades (know)/DOM elective evals
 - USMLE Step 1 Score/ Step 2 (if taken)
 - CV/ERAS
 - Personal Statement
 - List of the programs you are considering

DOM Meeting

- Review and discuss
 - Clerkship grades/USMLE scores
 - CV/ERAS
 - Personal statement
 - Letter of recommendation writers
 - Program list (ensure 8-10 interviews)
- Generate DOM letter
 - Describes performance in DOM courses
- Email follow-up September to review final lists



Situations for Earlier Advising

- Pass/Fail in medicine course or another core clerkship
- Step 1 score < 235
 - Discuss need to take Step 2 early
- Other issues related to academic difficulties

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Interviews

- Offers: end September- early November
 - Initial invite, wait list, rejection, no response
- Can group interviews geographically
- Can decline interview (politely)
- Can cancel interviews (≥ 2 weeks lead time)
- Always be polite, respectful speaking to program administrators
- **Contact DOM advisor if you do not have 8 interviews**
October 20, 2018

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Interviewing

- Attend DOM Interviewing Workshop Sept 2018
 - Tips for successful interviews
 - Mock interviews with feedback
- Prepare for interviews
 - Practice answers to common questions
 - Learn about the program ahead of time
 - Warm up interviews early but don't save best for last
- Learn about the program while there
 - Use “spidey senses”

Interviewing

- Be punctual
- Don't text or use phone
- Dress appropriately
 - Suit and tie for men; suit for women (pants okay)
 - Comfortable shoes
 - Piercing etc
- Be yourself, be relaxed, be honest
- You are being watched the entire day!
- Thank you notes +/-

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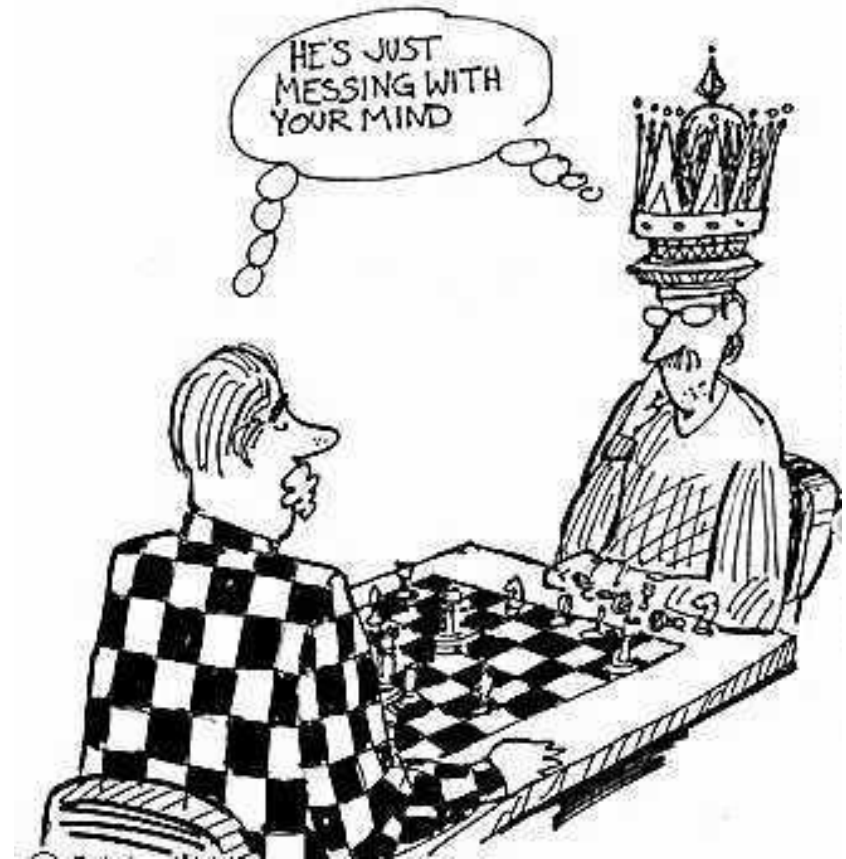
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Make Your Rank List

- Rank programs in the order you want to go to them
- Second looks **ONLY** if you need more information
- DOM advisors available to discuss



Phone Calls

- Front end
 - One call to program you have not gotten an interview
 - We will discuss which program that should be
- Back-end call



	2018				2019
	Jan-May	Jun-August	Sept	Oct-Dec	Jan-Feb
SubI/Electives/ICU	→			→	
Request letters of recommendation	→				
ERAS/Personal Statement/Identify programs		→			
Meet with DOM advisor (Kogan, Hamilton)		→			
Finalize and submit ERAS Programs download			★ 9/15		
DOM and MSPE released				★ 10/1	
Schedule/go on interviews				→	
Submit match list					★

Questions??