

# Gearing up for the 2020 Match

Joanne Lynn MD



# NRMP – National Stats 2019

- A record number of **38,376 applicants** submitted rank lists for 35,185 positions (32,194 of these were PGY-1 positions)
- Of **18,925 US allopathic Seniors** submitting rank lists, 17,763 found matches among the more than 32,194 open PGY-1 positions
  - (overall match rate of **93.9%**)
- 6001 **DO students/ grads** submitted rank lists and their match rate was 84.6% (up from 2018- 4617)
- **US citizen IMGs** – 5,080 with 59.0% match rate
- **non US citizen IMGs** – 6869 with 58.6% match rate

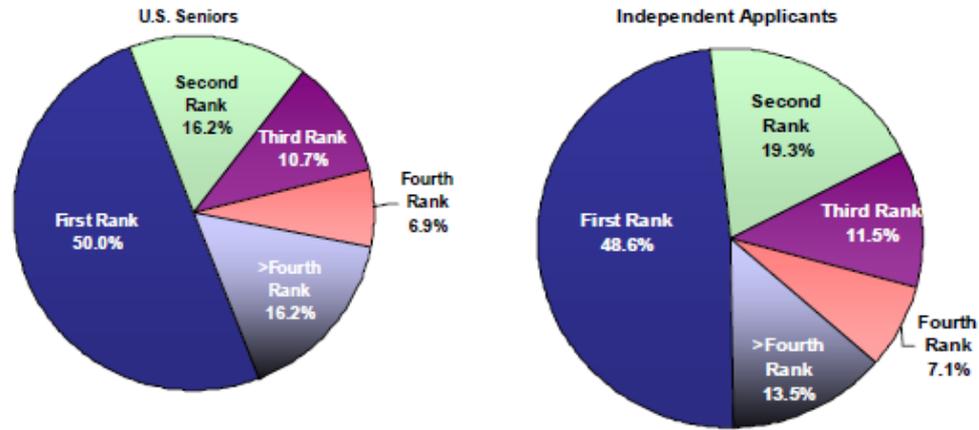
# Match Statistics

- **2019** – US Seniors: **93.9%** matched; 76.9% top three, 50.0% to top choice
- **2018** - US Seniors: **94.3%** matched; 77.3% in top three, 51.1 % to their top choice
- **2017** - US Seniors: **94.3%** matched; 78.2% in top three choices, 50.9% to their top choice
- **2016** – US Seniors: **93.8%** matched; 79.2% to top three choice; 53% to their top choice
  
- **Overall PGY-1 Match rate for all participants (US Seniors, IMGs, US IMGs, Osteopathic Physicians and Prior US Grads) in 2018 Match = 79.6%**

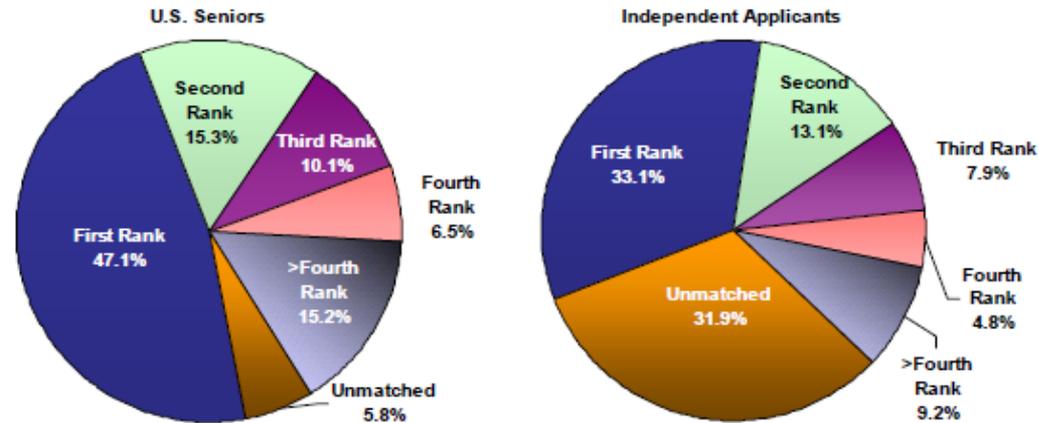
# NRMP Matches by Rank

**Figure 7** Percent of Matches by Choice and Type of Applicant, 2019

## Matched Applicants



## All Applicants



# What about the unmatched US Seniors?

- For the past 5 years, there have been more unmatched US Seniors than PGY-1 positions.
- Unmatched US Allopathic Seniors after SOAP:

2012 – 337	2015 – 606
2013 – 591	2016 - 615
2014 – 506	2017 – 570
2018 -?	

# A few facts

- **Filled all positions:** Interventional Radiology, Otolaryngology, PMR, General, Plastic and Thoracic Surgery
- **Filled > 90% with US MD Seniors:** Plastic Surg, Nsurg, Ortho, OTO, T-Surg
- **Filled with < 45% US MD Seniors:** FM, IM, Surg-Prelim, Pediatrics – Primary, Pathology
- Increased competitive – Psychiatry, 98.9% fill rate with 60.1 % US MD seniors.
- Drop in competition – Rad Onc – only 84.9% fill rate – sharp drop.

# OSU 2019 Match Results



## OSU Match 2019 – How did we do?

171 students participated in the Match

**165** students submitted a rank list in NRMP:

2019: 8 (4.7%) - did not match pre-SOAP

2018 - 7 (3.7%)

2017 – 9 (5.2%)

2016 – 7 (3.9%)

2015 - 3 (1.3%)

2014 – 5 (2.4%)

2013 – 10 (5%)

2012 - 9 (4.4%)

2011 - 16 (8%)

# OSU 2019 Military Match

## 3 Matches:

- 1 Army: Internal Medicine – Walter Reed
- 1 AF: Orthopedic Surgery – San Antonio
- 1 Navy: wanted NeuroSurg – but only one spot available. Did not get that or a civilian deferment, instead transitional year at Walter Reed – will try again next year

# How about specific specialties?

- 2/3 Ophthalmology
- 3/3 Urology
- 2/5 ENT
- 13/16 Gen Surg (2 -prelims instead of C)
- 12/12 Ortho, 3/4 Neurosurgery
- 4/4 Dermatology, 1/1 Plastics, 1/1 Rad Onc
- 34/35 IM
- All Anesth, EM, FM, Pediatrics, Neuro, Path, PMR, Psych

Do you want to see where OSU students have matched in the past?

Go to this page on the OSU COM website:

- [OSU Match Results](#)

# NRMP Match 2020 Schedule

- April, 2019 – Med 4 summer:** Stacy Drake will send token - Register for ERAS  
Select specialty; write personal statement, request letters of recommendation, meet with dean's staff and faculty for advice, select and apply to programs
- Early September – September –** First day to upload applications to ERAS tbd  
Second Match Mtg re Interviewing and optional practice interviews
- September 15 – Sept 15 to Nov 30 –** **Residency programs start to receive applications**  
Register for NRMP
- October 1 – Late Sept – Jan:** MSPE released to residency programs  
Residency Interview season
- Jan 15 – Feb 19 –** Submit rank order lists
- March 16, 2020 (Mon) –** Find out if matched (unmatched, totally, or partially)  
March 16-20 – SOAP
- March 20, 2020 (Fri)–** Match Day Celebration – 12 Noon

# If you are struggling with your specialty choice

Can't decide which specialty?

Not sure if you are competitive for your specialty ?

- Do multiple specialty rotations to try things out
- Talk to Drs. Lynn, Clinchot, Grieco (career counselor), your portfolio coach, and departmental faculty members re choices and/or competitiveness
- Can always take a LOA/ extra time if you can't decide

# Resources

- OSU COM website
- NRMP – especially Charting the Outcomes, Program Director Survey
- AAMC Careers in Medicine Website
- AMA FREIDA
- Deans, Portfolio coaches, department faculty, Dr. Grieco
- MSPE Review session
- STAR survey results??

***Excellent source of information re your competitiveness:***

***Charting Outcomes in the Match - 2018***

- \* Available at OSU Student Life match area or NRMP website \***
- Match rates for US grads per each specialty**
- Information of match rate vs USMLE step 1, CK scores for seniors who match in each specialty**
- Percentage of AOA members matched to each specialty**
- And more!**

# NRMP 2018 Program Director Survey – interviewing screening criteria

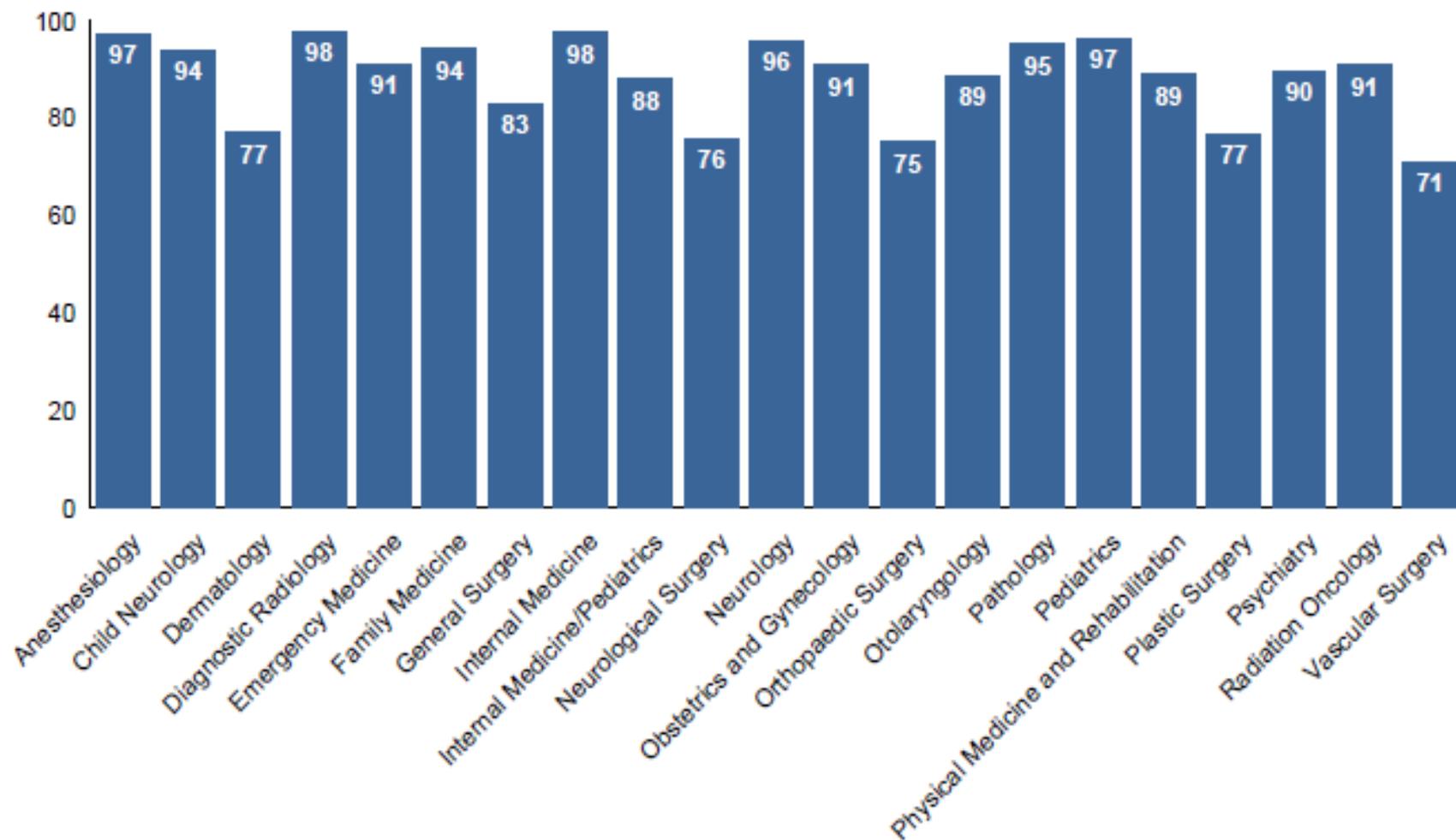
## NRMP 2018 Program Director Survey

- USMLE Step 1 score
- LOR in specialty
- MSPE
- USMLE Step 2 Score
- Grades in required clerkships
- Personal statement
- Class rank/quartile
- Any USMLE failures
- Grades in desired specialty clerkships
- Evidence of professionalism/ethics

Survey of how residency directors in each specialty rank the importance of various applicant features.

**Chart  
3**

**Match Rates of U.S. Allopathic Seniors**  
*Percent Matched by Preferred Specialty*



# Assess Competitiveness for a particular specialty

- Honest self-assessment of your strengths and weaknesses
- Ask departmental faculty advisors about your personal competitiveness
- Beware about relying too much on one person in specialty - they may not be accurate or have difficulty with giving realistic odds
- Use national resources
- **Get a reality check from a dean!** Will discuss during the MSPE meeting or earlier

# Do you need a parallel plan?

- Is there another way to accomplish what you want? (Ortho vs. FM-sports medicine)
- Would a year of research or dual degree such as MPH help? When should it be done?
- Needs to be considered sooner in the process because of increased competitiveness of the Match
- At the MSPE meetings, we will ask everyone what they plan to do if they don't match, if they have considered a back-up plan.

# Strategy for Choosing Programs

- This requires an honest multidimensional assessment of your own competitiveness: grades, board scores, quintile, LORs, activities (research/ service/ leadership), ability to interview well
- You need to apply to programs in your **range of competitiveness** with some **reaches** and **safeties**.
- The trick is to figure out which programs fit in which category - For that you need input from multiple sources

# Choosing Programs to apply to

Consider program characteristics:

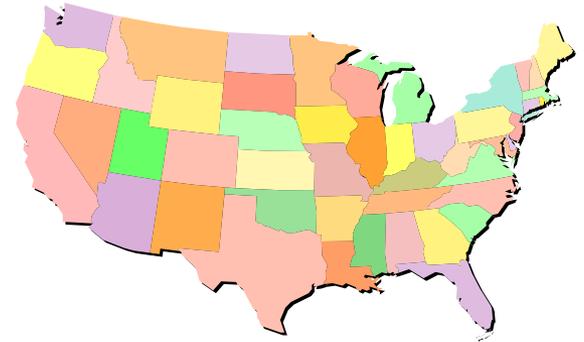
- Location
- Size, Patient mix
- Academic vs. Community
- Areas covered
- Competitiveness
- Call schedule, intensity
- Research opportunities

# AAMC CiM Residency & Fellowship Program Search

- <https://apps.aamc.org/cim-residency/#!/residency-search>
- Choose specialty – main ones like internal medicine for residency (don't click subdisciplines like cardiology or you'll get fellowships)
- Choose States/Cities
- Apply filters
- Some (not all) programs give more details about program and resident characteristics, etc.

# AMA FREIDA Online

- Need AMA password
- 8,700 GME Programs
- Searchable database
  - Specialty Information
  - Program Information
  - Hospital Information



<https://freida.ama-assn.org/Freida/user/viewProgramSearch.do>

Fellowship and Residency Electronic Interactive Database Access System

# Average numbers of applications per applicant by specialty:

- How many you apply to depends on a lot of factors including your competitiveness

## 2017 Average Numbers of Applications – US Seniors

Anesthesiol	41	Orthopedics	80	Surgery	44
Dermatology	76	Otolaryngol	57	Thor Surg	17
Emergency	49	Pathology	28	Urology	66
Family Med	30	Pediatrics	33	IM/Peds	26
Internal Med	39	Phys Med R	38	Intervent Rad	26
Neurosurg	67	Plastic Surg	58	Transitional	12
Neurology	34	Psychiatry	39	Med Prelim	20
Child Neuro	27	Radiology-D	44	Surg Prelim	16
OB/GYN	51	Radiation Onc	61		

## Special Circumstances call for additional advising

- **Limited acceptable geographical needs**
  - I must be in a certain city because of my significant other, family needs, hobbies, etc.
- **Couples match** – how will this affect my competitiveness in the Match?
- **Couples in 2018 Match** – 95.7% match rate
  - Talk to one of the deans (esp Clinchot) and Stacy if you are thinking about Couples Matching. And Lora Eberhard is also available for couples' counseling/ discussions.

# MSPE - What's a MSPE?

- **Medical Student Performance Evaluation**
- Informal old name – ‘The Dean’s letter’
- Not a LoR, but a summary of performance during medical school – comes out of student affairs office for most medical schools.
- Format varies from school to school as does curriculum, grading, etc.

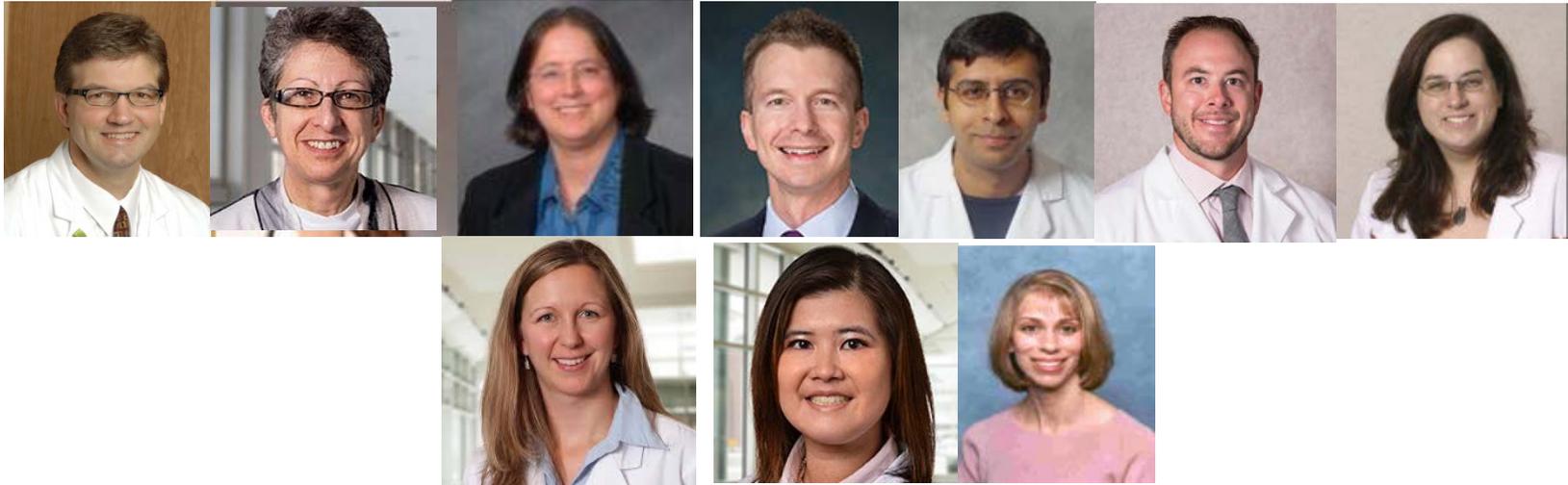
# MSPE Production and Match Coordinator – Your new best friend!

- Stacy Drake Phone: 292-6450
- [Stacy.Drake@osumc.edu](mailto:Stacy.Drake@osumc.edu)
- the coordinator in the Student Life Office who helps put the MSPE draft together for your review. You may contact/ meet with her for advice / revisions, etc. She is in the same office with Financial Services.
- **Read every email from Stacy promptly** and in detail from now thru Match week – she will guide you through the Match!



# MSPE Review / Match Advice Mtg

Our COM team of match advisors:  
Clinchot, Westman, Lynn, Grieco,  
Kman/Khandelwal, Liston, Tartaglia,  
Liao/Scherzer



# What is Discussed in the Meeting

- Review your progress Years 1-4
  - Academic
  - Research
  - USMLE
- Discuss specialty preference
- Review specialty database (see how you stack up compared with OSU students from past years who matched in your desired specialty)
- Discuss faculty connections and letters of recommendation

# MSPE Review /Match advising meeting continued

- Couples Match?
- Geographic preference
- Number of applications planned
- Number of interviews scheduled
- Number of interviews planned
- Likelihood of matching in specialty
- Back-up plan
- Further assistance/advising needed

# MSPE Components

- Detailed information and a sample letter can be found on the Student Life website under Career Advising:

[OSU COM Student Life MSPE](#)

- The MSPE has 5 sections + Appendices:
  - Identifying Information
  - Noteworthy Characteristics
  - Academic History
  - Academic Progress
  - Summary

# Section 1: Identifying Information

- Legal name
- Fourth-year medical student
- The Ohio State University College of Medicine

# Section 2: Noteworthy Characteristics (previous Unique Characteristics)

- You will help provide material for this section by completing the MSPE Questionnaire with prompts that has been sent to you
- This section highlights your values, challenges, accomplishments; research, volunteer, and extracurricular activities; and student achievements.
- Please do not make any changes once you submit it. Email Stacy Drake if you have changes or additions. We will also edit/revise at the MSPE review meeting.

# Section 3: Academic History

- Initial matriculation date
  - Transfer students: Initial matriculation (prior medical school); date of transfer
  - Dual/joint/combined degree students: Initial matriculation; expected graduation
  - All require month, date, and year

- Expected graduation date...



# Section 3: Academic History

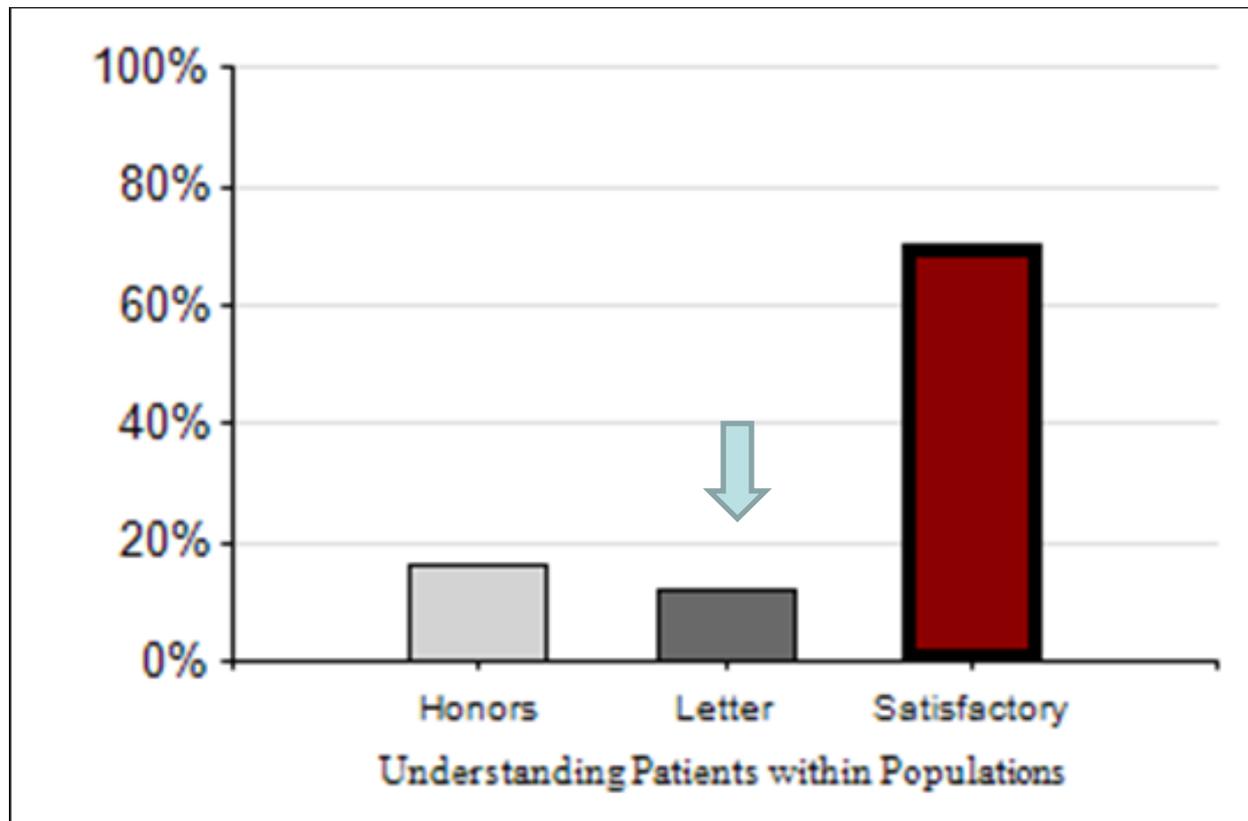
## Continued

- Explanation of any extensions, leaves of absence, gaps, or breaks in your educational program
- Any repeat or remediation of a **course** during your medical education. *(This does not include single block or shelf exams or single competency failures that had to be remediated unless these resulted in a referral to ABRC or other level II committee).*
- Meetings with a level II committee that result in an action (not meetings with student review).
- Any Professionalism lapses typically reported by HPC, ABRC, Violations committee

# Section 4: Academic Performance

- Overall performance in LSI Part 1 and short narrative for LG
- Core clinical clerkships (rings) and elective rotations from Part 2
  - Listed chronologically
  - Distinctions for ring and unit; ring narrative
  - If you want to challenge wording of narrative, go talk to course director.

# Class distribution of Distinctions in Part 2 Units and Rings will be displayed:



# September 2019 Clerkship Grades

- Due to the national MSPE deadline of October 1st, September grades will NOT be included on the MSPE.
- In cases where this grade is very important to a student's application, exceptions to this rule may be made if the clerkship director can obtain evaluations quickly enough to generate the grade – we make no guarantees but will try!

# Section 5: Summary

- Summative assessment of student's comparative performance relative to peers – overall rating
- There is currently no standardization across the country of nomenclature for this final rating
- OSU uses a MSPE Cluster designation
- Cluster determination is determined by Part 1 and 2 grades

# Clusters

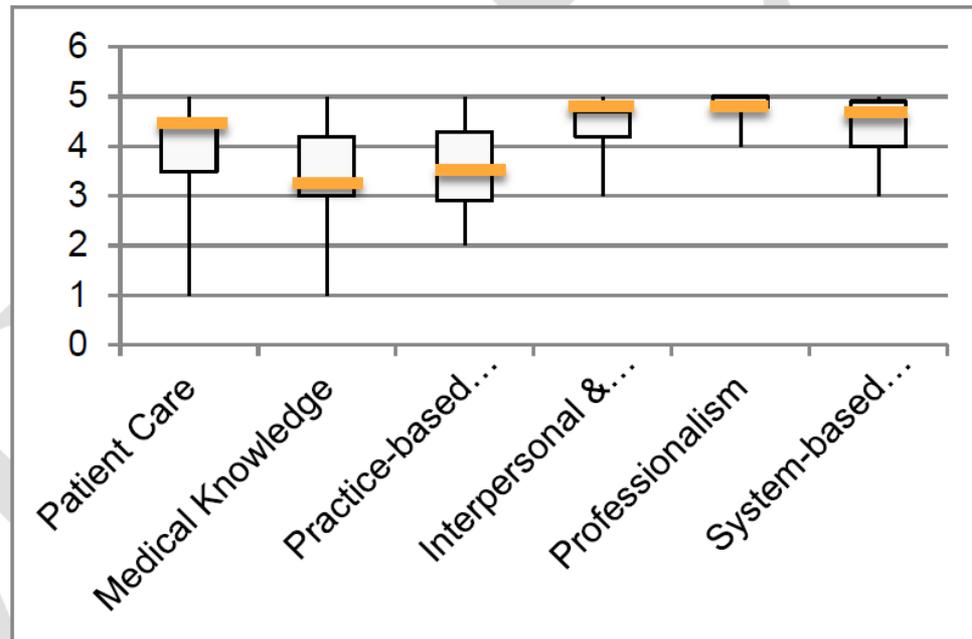
## Cluster Categories and approximate percentiles:

Outstanding:	90 – 100
Excellent:	70 – 89.99
Very Good:	33 – 69.99
Good:	10 – 32.99
Capable:	<10

- Based on overall average of Part One and Part Two Final Scores ([Calculation Method](#))

# Competencies

- As recommended by the AAMC MSPE Task Force, we will be adding an assessment of performance in the core competencies. The most likely form that we will use will be:



Remember the MSPE is a fact-based statement, not a letter of recommendation



# Scheduling your review

- **First step** is to answer **Beverly Trout's email** inquiry about what specialty you are going into, etc. – this has been sent out already
- Early Match candidates given priority for earlier meetings. Also those with academic challenges.
- You will be assigned to review with a member of the Dean's staff.
- Come 15 minutes early to review for accuracy/proofread your MSPE. We can do edits of unique characteristics during this time.
- Not permitted to take a copy with you



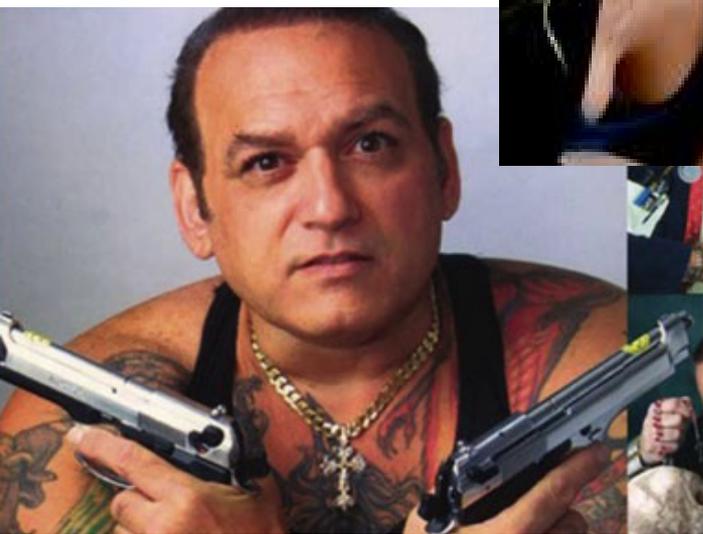
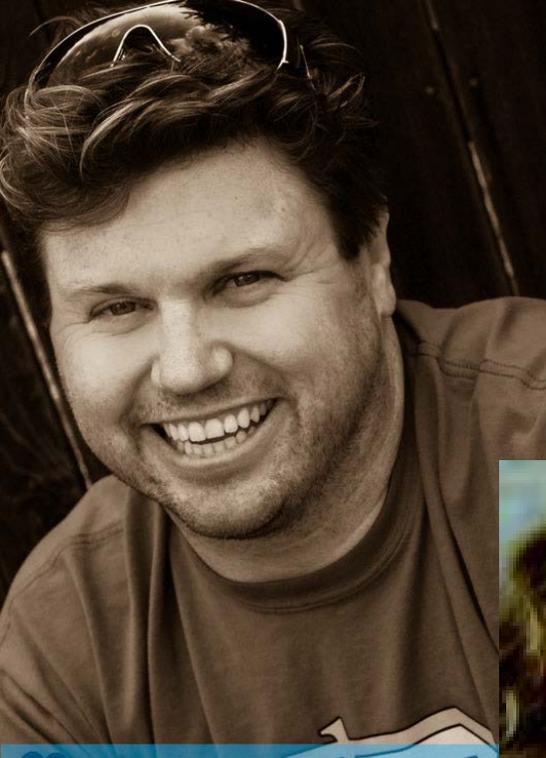
# Introducing yourself: Photo/Appearance, CV and Personal Statement



Improving People's Lives  
through innovations in personalized health care



Wexner  
Medical  
Center



# Sample OSU Senior Photos – they all Matched!



# ERAS Application

- Simply put: Follow the Directions
- Education
  - include study abroad or post bacc or other degrees
- Membership and Honorary/Professional Societies
  - Member? Officer? Elected? Appointed?
- Brief explanation of groups / activities

# Hobbies and Interests

- Here is where you can list interest group participation as a member (rather than a leader)
- Add any other interests that could prompt a discussion that you would like to generate in an interview.
- If you don't want to talk about it, don't list it.
  - NRA advocacy group, PETA membership
- Foreign Language Fluency?

# Other Awards and Accomplishments

- Any merit scholarships count as an award
- Any Course/Clerkship Honors or Letters of Commendation can be listed here
  - FYI: Not “letter of accommodation”

# Personal Statement

- Program Directors read lots and lots of these. Make yours stand out (for good reasons, not bad or strange reasons).
- Avoid “why I wanted to be a doctor”— that got you into medical school. Be more specific now – state first paragraph what specialty you are pursuing and why.
- Tell a story that made an impact on you and it will make an impact on them.
  - A patient (use initials) that provoked an emotion in you
  - Tie it in to why you are pursuing the career you have chosen.

# Personal Statement

- Do not go over 1 page. **I mean it.**
  - No matter how good the story, it isn't worth it.  
“Brevity is the soul of wit”
- Do not rehash what is on your application unless it is part of the story.
- Don't procrastinate – start a draft early, and then seek input from others

# Personal Statement: BEWARE

- Stereotypic descriptions
  - “feisty” “swarthy” “cute” (except maybe re kids)
- Disparaging medical speak
  - “pimping”, “fleas”, “OSH”
- Misspellings or grammatical errors
  - Be careful of their/there/they’re, you’re/your
- Gimmicks.... “D is for Dermatology”
- Plagiarism – just don’t

Don’t wait until the last minute!

***Please have someone else look at your statement to help identify these things:***

***At the least have your Portfolio Coach proofread***

# Personal Statement

- IF you have a red flag like a failed step exam or a course failure, it is wise to discuss briefly
  - Never blame someone else for your failure

“the resident was incompetent and the clerkship director hated the fact that I reported her to the University President”
  - Accept personal responsibility and describe how you learned from it.

“My failure of the Medicine shelf exam provided me with the opportunity to rethink how to learn in the clinical environment. Since then, I have excelled on all of my exams.”
- Please talk with a Dean about how to address these issues.

# Letters of Recommendation (LoR)

- 3 clinical letters from folks who have worked with you in clinical setting.
- Some specialties want all LORs from that specialty – Ortho, Emergency; some don't
- Learn from your specialty faculty advisors what is expected for your specialty
- If you have a research mentor – that could be a fourth letter, not one of your three clinical LORs

# General Facts about LORs

- Choose letter writers who know you personally and can speak to your clinical performance.
- **Make an appointment** to personally meet with and ask for letter. Ask your writer if they feel they can write a strong letter of recommendation.
- **Bring a CV** and personal statement with you. This doesn't need to be the finished product, but it should be a good draft. Help your letter writer – make some suggestions about things that make you stand out.
- **Thank** your LOR writers later – and give them follow-up about where you matched

# Departmental LORs

Some specialties require a departmental letter

- Internal Medicine
- Pediatrics
- Emergency Medicine sLOE
- Orthopaedic Surgery
- IM/Peds requires both Internal Medicine and Pediatrics

For the most part, departmental letters will be submitted later than other recommendation letters. Be sure your department is aware of your earliest program deadline.

# Step 2 CK **Deadline Nov 30**

- If you fail and have to retake, must have a passing score back by Feb 19 (date that we must certify that you are eligible for the Match because you are on track to meet graduation requirements).

# Step 2 CS **Deadline Sept 7**

- Do not underestimate this exam!
- Schedule exam early to get the date you desire
- Review the information on the Step 2 CS website in detail
  - <http://www.usmle.org/step-2-cs/>
  - Pay attention to the DIRECTIONS for the test
  - Review example cases and notes
- **Review the articulate located here:**
  - [https://vitals.osumc.edu/articulate/5575/presentation\\_html5.html](https://vitals.osumc.edu/articulate/5575/presentation_html5.html)
- Do a practice session in the Clinical Skills Center
  - Ideally 4-6 weeks before your exam to allow time for feedback and to initiate any necessary changes
  - The practice should be a dress rehearsal for the real exam

[USMLE Step 2 CS 19-20 Reporting Schedule](#)

# Extra Costs in Med 4

- ERAS fees
- NRMP fees
- Interview travel
- New interview suit?
- Away rotations
- Cost of USMLE Step 2 CS – exam and travel as well as CK
- Plan ahead! Talk to financial services office

# ERAS Fees

<b>Programs Per Specialty</b>	<b>Application Fees</b>
Up to 10	\$99
11 - 20	\$14 each
21 – 30	\$18 each
31 or more	\$26 each
Plus USMLE Transcript fee \$80 (once per season)	

# NRMP Fees

- **Standard Registration Fee:** \$85
- **Late Fee** \$50 additional after Nov 30
- **Couples' Fee:** \$25 additional per partner
- **Extra Rank Fee:** NRMP allows applicants to rank up to 20 program codes. For each program code ranked over 20, NRMP charges an extra rank fee of \$30 per program

# NRMP Length of Rank Order List Fee:

- For rank order lists with 100 or more ranks, the following additional charges apply:
  - 100-150 ranks: \$50
  - 151-200 ranks: \$100
  - 201-250 ranks: \$150
  - 251-300 ranks: \$200



# HOST Program (Helping Our Students Travel)

Alumni volunteer to support Ohio State medical students during residency interview process: Lodging, Meals, Advice

Request a host in the cities of your interviews *at least* 2 weeks in advance of travel.

- Advance-notice increases chances of receiving a HOST
- Fill out one form per city/interview: [go.osu.edu/HOST](https://go.osu.edu/HOST)
- **Limit of 3 requests per student**

Complete a brief post-experience survey & send a picture with your host

Questions: [medalum@osumc.edu](mailto:medalum@osumc.edu)