Gearing up for the 2019 Match

Joanne Lynn MD
NRMP – National Stats 2018

• A record number of 37,103 applicants submitted rank lists for 33,167 positions (30,232 of these were PGY-1 positions)

• Of 18,818 US allopathic Seniors submitting rank lists, 17,740 found matches among the more than 30,232 open PGY-1 positions (overall match rate of 94.3%)

• 4617 DO students/grads submitted rank lists and their match rate was 81.7%

• US citizen IMGs – 5,075 with 57.1% match rate

• Non US citizen IMGs – 7,067 with 56.1% match rate
Match Statistics

- **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 = 78.3%
Nationwide Matches by Rank

Figure 7: Percent of Matches by Choice and Type of Applicant, 2018

**Matched Applicants**
- U.S. Seniors
  - First Rank: 51.1%
  - Second Rank: 15.9%
  - Third Rank: 10.3%
  - Fourth Rank: 6.6%
  - >Fourth Rank: 16.1%

- Independent Applicants
  - First Rank: 49.0%
  - Second Rank: 19.2%
  - Third Rank: 11.6%
  - Fourth Rank: 6.8%
  - >Fourth Rank: 13.3%

**All Applicants**
- U.S. Seniors
  - First Rank: 48.5%
  - Second Rank: 15.0%
  - Third Rank: 9.7%
  - Fourth Rank: 6.3%
  - >Fourth Rank: 15.3%
  - Unmatched: 5.1%

- Independent Applicants
  - First Rank: 31.6%
  - Second Rank: 12.4%
  - Third Rank: 7.5%
  - Fourth Rank: 4.5%
  - >Fourth Rank: 8.6%
  - Unmatched: 35.4%
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
  - 2013 – 591
  - 2014 – 506
  - 2015 – 606
  - 2016 - 615
  - 2017 – 570
  - 2018 -?
- In 2017, 91.4 % (1,076 of 1,177) of SOAP positions were filled
A few facts

- All positions filled: Interventional Radiology, Neurosurgery, PMR, Thoracic Surgery
- Filled > 90% with US MD Seniors: IR (95.5%); Orthopedic Surg (93.1%); Plastic Surg (92.9%); Rad Onc (91.2%); Neurosurgery (90.2%); Oto (90.2%).
- Filled with < 45% US MD Seniors: FM, IM, Surg-Prelim, Pediatrics – Primary, Pathology
- Biggest growth: EM, Psych, Neuro, Anesthesiology
- Osteopathic students participating have grown every year since 2014 and will continue to grown until 2020 when all programs will be accredited by ACGME and the AOA Match will cease to exist.
OSU 2018 Match Results
OSU Match 2018 – How did we do?

192 students participated in the Match
190 Matched to PGY-1 spots

• 7 (3.7%) - did not match at all
  – 9(5.2%) in 2017, 7 in 2016; 3(1.3%) in 2015
  – 5(2.4) in 2014; 10(5%) in 2013; 9 (4.4%) in 2012; and 16 (8%) in 2011
• 3 matched to PGY-1 but desired Ortho, OB, Rad (will try again next year)
• 2 found full positions during Match week (Psych, OTO)
• 1 each Rad, IM candidate will LOA, try again
• 1 matched to advanced (anesthesiology) but no PGY-found internship during the SOAP
OSU 2018 Military Match

6 Matches:

3 Army: Emergency Med - Ft. Hood
Couple: Derm and Ortho at Walter Reed Med Center

2 AF: Anesthesiology at UPMC
(military sponsored civilian position)
Family Med: York Hospital PA
(deferred to civilian match)

1 Navy: FM at Naval Hospital Jacksonville
How about specific specialties?

- 3/3 Ophthalmology
- 5/5 Urology (1 was 2nd attempt)
- 1/1 Dermatology, Vascular; Plastics, Neurosurgery, Radiation oncology
- 11/12 OTO (12th obtained position in SOAP)
- 11/13 Ortho (1 – prelim surg, 1 – IM back-up)
- All Anesth, FM, Gen Surgery, Neuro, Pediatrics, Emergency
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 2019 Schedule

April, 2018 – Stacy Drake will send token - Register for ERAS

Med 4 summer: 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 – First day to apply to ACGME residencies
September – to be scheduled – second Match Mtg re Interviewing and optional practice interviews

September 15 – Residency programs start to receive applications
Sept 15 to Nov 30 – Register for NRMP
October 1 – MSPE released to residency programs
Late Sept – Jan: Residency Interview season

Jan 15 – Feb 20 – Submit rank order lists

March 11, 2019 (Mon) – Find out if matched (unmatched, totally, or partially)
March 11-14 – SOAP
March 15, 2019 (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
• 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 - 2016

* 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 2016 Program Director Survey – interviewing screening criteria

NRMP 2016 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.
Competitiveness of different specialties

- Highly competitive: Neurological Surgery, Plastic Surgery, Orthopedic Surgery, Dermatology, Otolaryngology, Ophthalmology, and Urology
- Moderately competitive: Anesthesiology, Emergency Medicine, Radiology, Radiation Medicine, Internal Medicine-Pediatrics, Obstetrics & Gynecology, General Surgery, and Internal Medicine; Physical Medicine
- Moderate to less competitive: Family Medicine, Neurology, Pathology, Pediatrics, Psychiatry

Chart 3: Match Rates of U.S. Allopathic Seniors
Percent Matched by Preferred Specialty

Source: NRMP Data Warehouse
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)
• 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](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

Do I want an orange green or yellow state?

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

<table>
<thead>
<tr>
<th>2017 Average Numbers of Applications – US Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specialty</td>
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<tr>
<td>------------------------</td>
</tr>
<tr>
<td>Anesthesiol</td>
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<tr>
<td>Orthopedics</td>
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<tr>
<td>Surgery</td>
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<tr>
<td>Dermatology</td>
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<tr>
<td>Otolaryngol</td>
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<tr>
<td>Thor Surg</td>
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<td>Emergency</td>
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<td>Pathology</td>
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<td>Urology</td>
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<td>Family Med</td>
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<td>Pediatrics</td>
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<td>IM/Peds</td>
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<tr>
<td>Internal Med</td>
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<td>Phys Med R</td>
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<tr>
<td>Intervent Rad</td>
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<tr>
<td>Neurosurg</td>
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<tr>
<td>Plastic Surg</td>
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<tr>
<td>Transitional</td>
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<tr>
<td>Neurology</td>
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<tr>
<td>Psychiatry</td>
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<tr>
<td>Med Prelim</td>
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<tr>
<td>Child Neuro</td>
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<tr>
<td>Radiology-D</td>
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<tr>
<td>Surg Prelim</td>
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<tr>
<td>OB/GYN</td>
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<tr>
<td>Radiation Onc</td>
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</tbody>
</table>
Special Circumstances call for additional advising

• Limited acceptable geographical needs
  – I must be in a certain city because of my significant other, 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
• 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 for 2018-2019: 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, including distinctions in components (i.e., H/L/S)

• 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.
Distinctions in Part 1/2 Courses, and Part 2 Units and Rings will be displayed:
September 2018 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
• Yes—it does make you more memorable
• BUT: be careful what it reflects…..
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).

- 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.

- Avoid “why I wanted to be a doctor”– that got you into medical school. Be more specific now.
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:
  – “so then I entered the lab where I soon learned all about PCR” is boring…
  – “before my eyes, the result appeared. Now I knew what this patient had” is not.
  – We will send out more information a bit later
Personal Statement: BEWARE

- Stereotyped 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 – 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.
    - “The failure of my 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
• Learn from your specialty faculty advisors what is expected for your specialty
• If you have a research mentor – that could be a fourth letter
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 sLOR
• 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 20 (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 9

- 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
  - 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
- 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 17-18 Reporting Schedule
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 \textit{at least} 2 weeks in advance of travel.

- Advance-notice increases chances of receiving a HOST
- Fill out one form per city/interview: \url{go.osu.edu/HOST}
- \textbf{Limit of 3 requests per student}

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

Questions: medalum@osumc.edu