

# Thinking about America?

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# Outline

- Why might you be thinking about the US
- When should you go
- Exams you will have to take
- How to apply for residency

# Disclaimer

**Much of this talk is based on personal experience and my own opinion**

# Why the US?



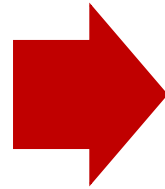


# For Me...



# When to Go?

**Residency**



**Fellowship**

# The Exams

# Exam Specifics

[www.usmle.org](http://www.usmle.org)



[Home](#) [Bulletin](#) [FAQs](#) [Apply](#) [Step 1](#) [Step 2 CK](#) [Step 2 CS](#) [Step 3](#) [Practice Materials](#) [Scores & Transcripts](#) [Test Accommodations](#) [Security](#)

United States  
Medical Licensing  
Examination



[What is USMLE?](#)

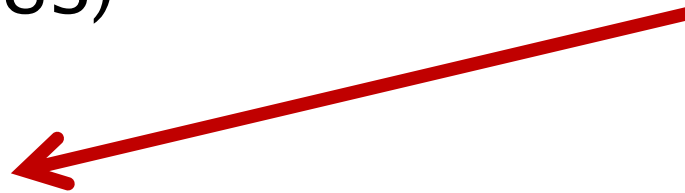
[USMLE Bulletin of Information](#)



# USMLE Outline

- Step 1/2CK (UK)
  - Single best answer
- Step 2CS (US)
  - Clinical
- Step 3 (US)
  - Single best answer
  - Clinical case scenarios

ECFMG  
certification



# Exam Structure

## Step 1

- Single best answer
- 7 blocks – 60 minutes each
- 40-50 questions/block
- 60 minute break

## Step 2CK

- Single best answer
- 8 blocks – 60 minutes each
- 40-50 questions/block
- 60 minute break

# Exam Structure


## Step 2CS

- Clinical
- 12 cases – 30 minutes each
- 2 breaks – 30 and 15 minutes

## Step 3

- Single best answer
  - Day 1: 7 blocks, 48 questions (60 minutes each)
  - Day 2: 4 blocks, 36 questions (45 minutes each)
- Clinical case scenario
  - Day 2: 12 scenarios, 4 hours
  - 45 minutes break

# Useful Resources



The screenshot shows the USMLE World website interface. At the top left is the USMLE World logo. To the right, it says "View Cart : 0 item(s): \$0.00". Below the logo is a navigation menu with buttons for HOME, STEP 1, STEP 2 CK, STEP 2 CS, STEP 3, IM BOARDS, and FORUM. The main content area features a banner with a woman looking through a microscope. The banner text reads "Excel on Step 1" and "BUILD A SOLID FOUNDATION RIGHT FROM THE START". Below this, it says "Learn from our sophisticated, multi-faced, and high-yield test questions to strengthen your basic science knowledge and enhance your critical and analytical skills. Take advantage of this great opportunity to become part of the elite 240+ achievers!". Below the banner are three columns: "News/Announcements" with three items, "Forum" with two items, and a promotional box for the "Qbank mobile" app, which is available on Amazon Kindle Fire and Amazon Appstore.

USMLEWORLD View Cart : 0 item(s): \$0.00

HOME STEP 1 STEP 2 CK STEP 2 CS STEP 3 IM BOARDS FORUM

## Excel on Step 1

**BUILD A SOLID FOUNDATION RIGHT FROM THE START**

Learn from our sophisticated, multi-faced, and high-yield test questions to strengthen your basic science knowledge and enhance your critical and analytical skills. Take advantage of this great opportunity to become part of the elite 240+ achievers!

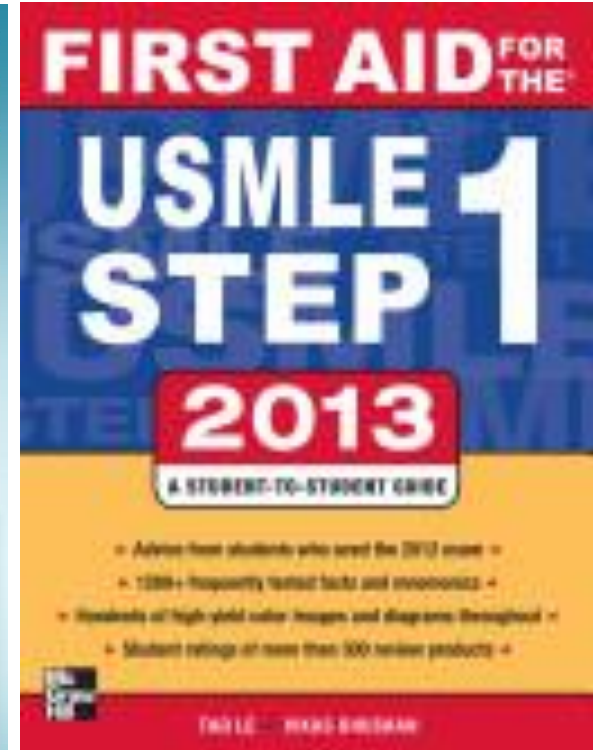
### News/Announcements

- Clarification on completing the Step 2 Clinical Sk...[more](#)
- Changes to USMLE procedures for reporting scores...[more](#)
- Change in the performance standard of

### Forum

- Step 1 looking for advice from uk doc...[more](#)
- Step 2 CS looking for amg skype partner....[more](#)
- Step 2 CK

Now available on **amazon kindle fire** and **amazon appstore**



The image shows the cover of the book "First Aid for the USMLE Step 1 2013". The title is in large white letters on a blue background. Below the title, it says "2013" in white on a red background, and "A STUDENT-TO-STUDENT GUIDE" in white on a black background. The cover features several bullet points: "Advice from students who used the 2012 exam", "1200+ frequently tested facts and mnemonics", "Hundreds of high-yield color images and diagrams throughout", and "Student ratings of over 300 review products". At the bottom, it says "TWO LEARNERS' MARK BISHARA".

## FIRST AID FOR THE USMLE STEP 1 2013

A STUDENT-TO-STUDENT GUIDE

- Advice from students who used the 2012 exam
- 1200+ frequently tested facts and mnemonics
- Hundreds of high-yield color images and diagrams throughout
- Student ratings of over 300 review products

TWO LEARNERS' MARK BISHARA

# Lessons Learnt

**Everything is framed in a clinical context**

**Medicine is Medicine**

# When I Took the USMLEs

- Step 1/2CK
  - Summer before final year
- Step 2CS
  - After finals
- Step 3
  - Summer of FY1



# How to Apply

## Step 1, 2CK, 2CS, ECFMG Certification



The image shows the top portion of the ECFMG website. At the top left is the ECFMG logo, a globe icon, followed by the text "ECFMG® EDUCATIONAL COMMISSION FOR FOREIGN MEDICAL GRADUATES". To the right of the logo is a search bar with a "Search" button. Below the header is a horizontal navigation menu with five buttons: "About ECFMG" (blue), "Programs" (teal), "On-line Services" (yellow), "News" (green), and "Resources" (orange). Below the navigation menu is a large image of a man in a white lab coat, looking slightly to the right. At the bottom of this image is a blue banner with the text "Protecting the Public Healthcare" in white script. To the right of the main image is a vertical sidebar with several promotional boxes: "Applicant Portal" (blue box with a gear icon), "ECHO ECFMG CERTIFICATE HOLDERS OFFICE" (teal box with a globe icon and the text "Be connected. Be heard. Be informed."), "EPIC™ ELECTRONIC PORTFOLIO OF INTERNATIONAL CREDENTIALS" (teal box with a globe icon), "Join EMSWP's electronic Credentials Verification" (yellow box with a diploma icon), "@ Contact Us" (green box with an @ symbol icon), and "FAIMER ECFMG's Foundation for Advancement of International Medical Education and Research" (orange box with a globe icon).

**ECFMG®** EDUCATIONAL COMMISSION FOR FOREIGN MEDICAL GRADUATES

Search

About ECFMG Programs On-line Services News Resources

Applicant Portal

**ECHO** ECFMG CERTIFICATE HOLDERS OFFICE  
Be connected.  
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**EPIC™** ELECTRONIC PORTFOLIO OF INTERNATIONAL CREDENTIALS

Join EMSWP's electronic Credentials Verification


@ Contact Us

**FAIMER**  
ECFMG's Foundation for Advancement of International Medical Education and Research

*Protecting the Public Healthcare*

# How to Apply

## Step 3: Federation of State Medical Boards



Federation of STATE MEDICAL BOARDS

Testing physicians to ensure the highest standards of excellence

Qualified.

USMLE PLAS SPEX LICENSURE EXAMINATIONS

LICENSURE EXAMINATIONS (USMLE/PLAS/SPEX)

CREDENTIALS VERIFICATION (FCVS)

LICENSURE APPLICATION (UA)

PHYSICIAN DATA (FPDC)

EDUCATION & MEETINGS

ADVOCACY & POLICY

FSMB FOUNDATION

PUBLICATIONS & MEDIA

CONTACT A STATE MEDICAL BOARD

CERTIFICATIONS



STEP 3 PLAS/SPEX RESOURCES TRANSCRIPTS FEES FORMS FAQ CONTACTS

### MEDICAL LICENSING EXAMINATION

#### Step 3 score delay and impact on USMLE transcript requests

Starting February 11, 2013, changes will occur to the USMLE Step 3 examination resulting in a delay in score reporting for most Step 3 examinations administered from February 11, 2013 through early May 2013. The target date for reporting Step 3 scores for most examinees testing during that interval will be **Wednesday, June 5, 2013**.

For examinees who take Step 3 during this time period and need the score to appear on an official USMLE transcript, do not send the transcript request until your scores are available on the Candidate website. All transcript requests are processed as they are received. **The FSMB will not hold a request pending the release of Step 3 scores at a later date.**

Further updates about Step 3 score availability will be posted on this web page as they become available.

The Federation of State Medical Boards establishes public trust with a rigorous examination system for those who seek a license to practice medicine.

FSMB collaborates with the National Board of Medical Examiners to provide assessment tools to assist State Medical Boards with medical licensing decisions, including the:

UNITED STATES MEDICAL LICENSING EXAMINATION® (USMLE®) is designed to assess a physician's ability to apply knowledge, concepts and principles, and to demonstrate fundamental patient centered skills.

The 2013 Step 3 application cycle runs September 17, 2012 through August 30, 2013.

Begin the USMLE Step 3 Application

# Lesson Learnt

**Everything takes longer than  
you expect**

# Scoring

	Step 1	Step 2CK	Step 3
Pass	185	184	187
Mean	221	229	217
SD	23	23	17

# USMLE Cost

## Step 1

• \$820 + \$180

## Step 2CK

• \$820 + \$205

## Step 2CS

• \$1,440 + travel, etc...

## Step 3

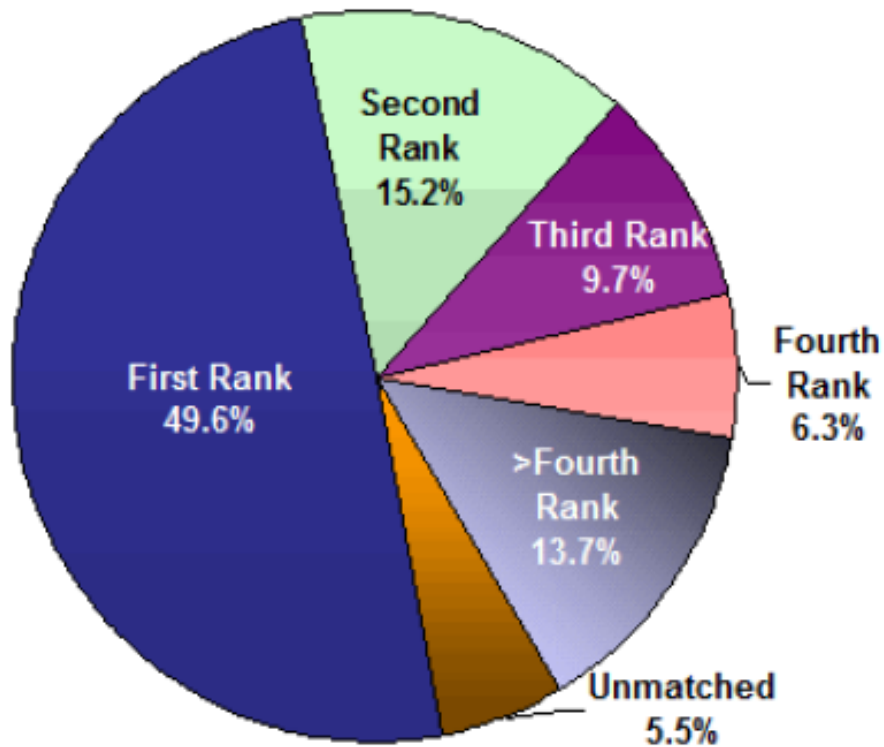
• \$780 + travel, etc...

# **Applying for Residency**

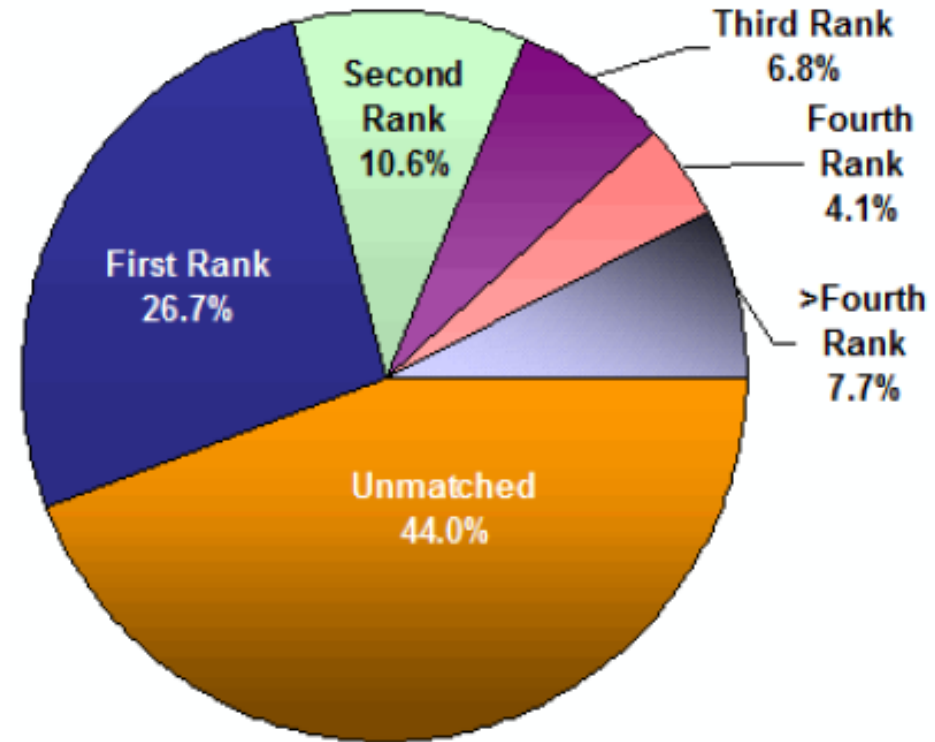


# Match Statistics

U.S. Seniors



Independent Applicants



# Non-US IMG Statistics

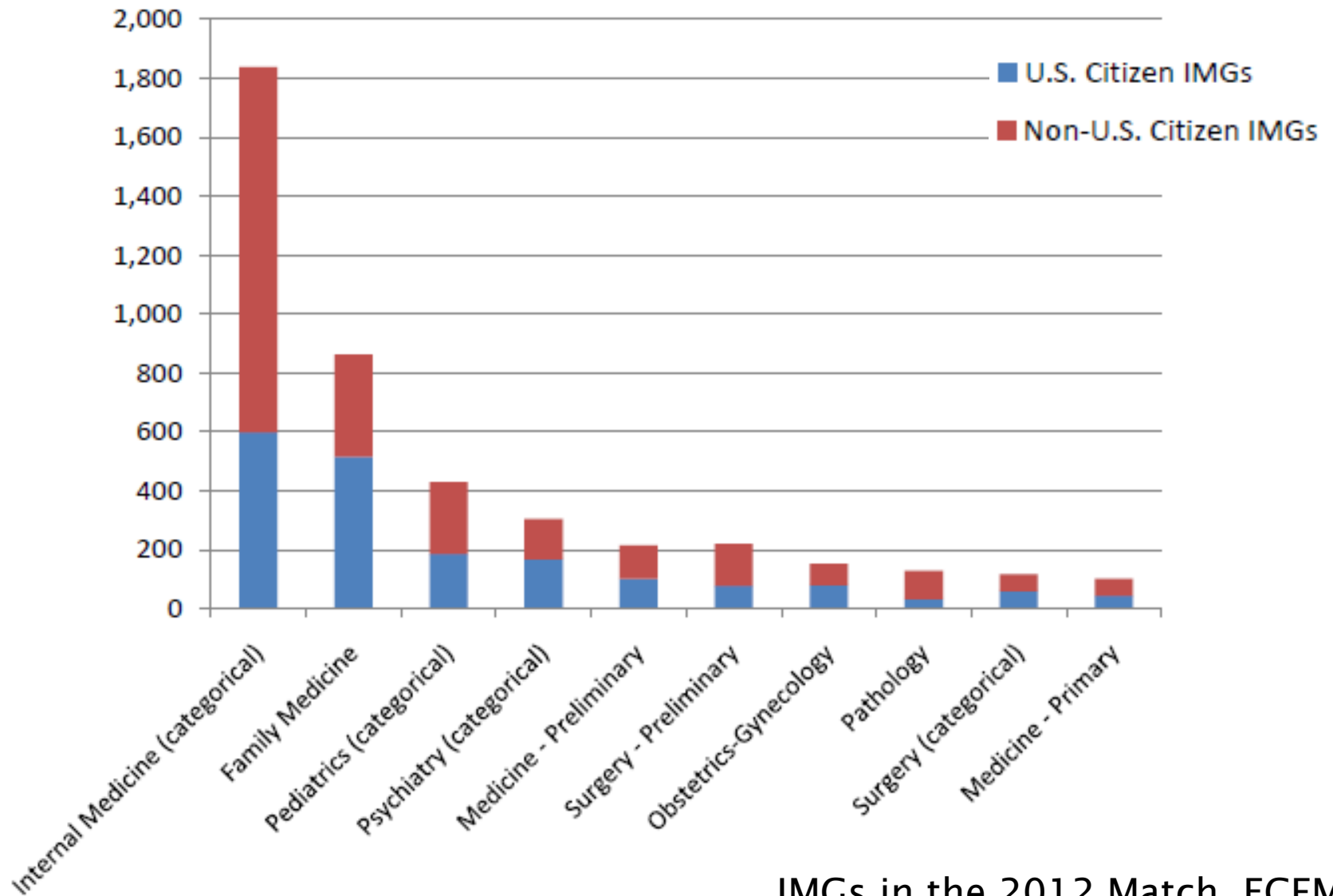
## Non-U.S. Citizen Students/Graduates of International Medical Schools

Active Applicants	7,568	100	6,828	100	6,659	100	7,246	100	7,484	100
Matched PGY-1	3,601	47.6	2,775	40.6	2,721	40.9	2,881	39.8	3,112	41.6
Unmatched PGY-1	3,967	52.4	4,053	59.4	3,938	59.1	4,365	60.2	4,372	58.4
Withdrew	969	9.6	1,620	16.2	1,723	17.0	1,766	16.5	2,144	19.0
No Rank List	1,596	15.8	1,556	15.6	1,736	17.2	1,659	15.5	1,639	14.5
<b>Total</b>	<b>10,133</b>	<b>100</b>	<b>10,004</b>	<b>100</b>	<b>10,118</b>	<b>100</b>	<b>10,671</b>	<b>100</b>	<b>11,267</b>	<b>100</b>

# IMGs in the US

- Increasing number of US medical school places
  - 2011: 19,230
  - 2016: 26,709 (projected)
- Post-graduate training places have not yet sufficiently increased to match
- Also US citizens who go abroad for medical training
- Unknown effect on non-US IMGs

# Specialties IMGs Match To



IMGs in the 2012 Match, ECFMG

# Timeline

## Late June

- Obtain ERAS Token

## 1 July

- Register for MyERAS
- Start uploading documents

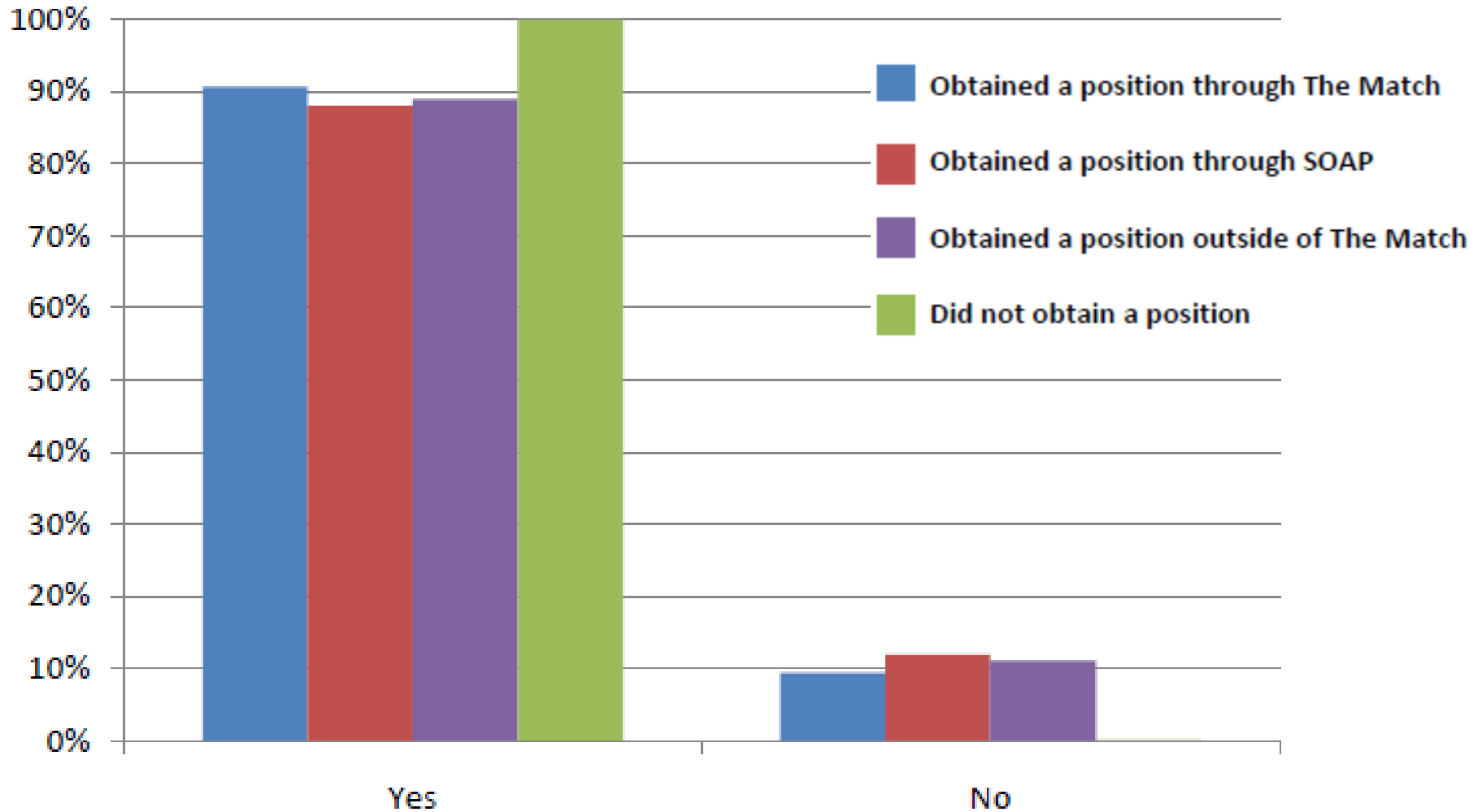
## 1 September

- Register for NRMP

## 15 September

- Start applying to programs

# IMGs and US Clinical Experience





# Timeline

**October to January**

- Interviews

**Late February**

- Certify rank order list

**Mid-March**

- Match Week

**1 July**

- Residency starts

# Visas

## J1

- Sponsored by ECFMG
- Training visa
- 7 years maximum
- 2 year home requirement

## H1b

- Sponsored by employer
- Specialty occupation
- 6 years maximum
- No home requirement
- Dual intent
- Need Step 3 to apply

# Applying

## Electronic Residency Application Service

Electronic Residency  
Application Service

ERAS



[Update Profile](#) [Change Password](#) [Message Center](#) [ADTS](#) [Logout](#)

Dashboard

Application

Documents

Programs

Help

### MyERAS Application Overview

#### Application

Application submitted on  
09/16/2012 06:34 PM

No further changes can be made to the application once it has been submitted.

#### Profile

Your profile has been saved.

Information in your profile should be kept up-to-date throughout the Application Season. You can update your profile at any time by clicking on the Update Profile link on the top right or by clicking [here](#).

#### Learn More About ERAS

- [Get a copy of the MyERAS Worksheet](#)
- [MyERAS User Guide for Residency](#)
- [MyERAS User Guide for Fellowships](#)
- [MyERAS Tutorials and Powerpoints](#)
- [ERAS Timeline for Residency](#)
- [ERAS Timeline for Fellowship](#)
- [ERAS Timeline for IMGs](#)
- [Applicant FAQs](#)

# Documents Required

## Provided by ECFMG

- ECFMG status report
- USMLE Transcript

## Provided by medical school

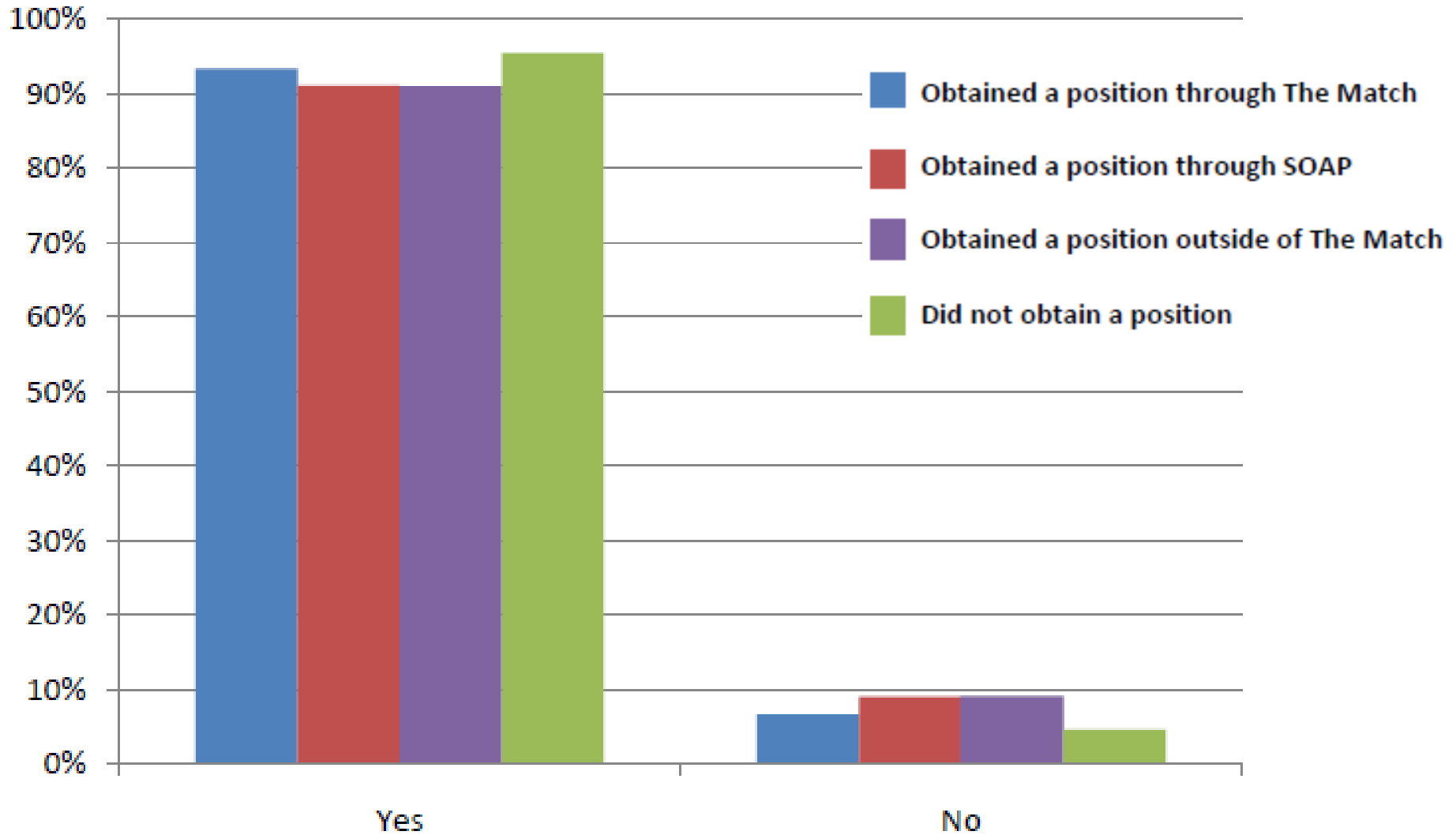
- Academic Transcript
- Medical School Performance Evaluation (MSPE)

# Documents Required

## Provided by you

- Basic information
- Photograph
- Personal statement
- Letters of recommendation
- Programs you want to apply to

# Letters of Recommendation



IMGs in the 2012 Match, ECFMG



# Lessons Learnt

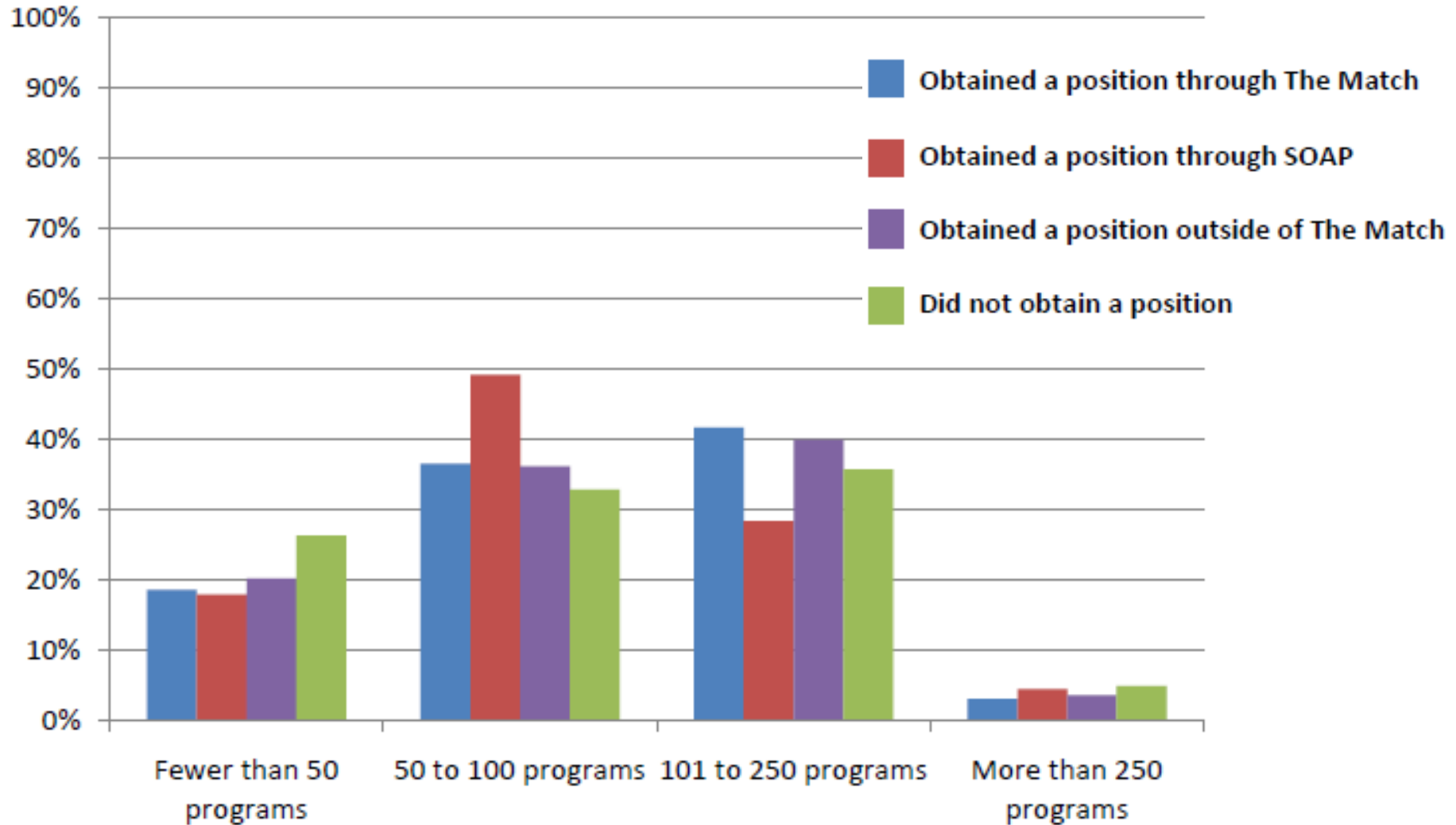
**Try to arrange as much US clinical experience as possible**

**Try to get as many letters from US-based physicians as possible**

# Think About...

- Where you would want to end up
- Academic vs. community
- What visa you would want to go on
- Specific requirements of each program
- In-house fellowships
- IMG-friendly?

# IMG Programs Applied To



# Lessons Learnt

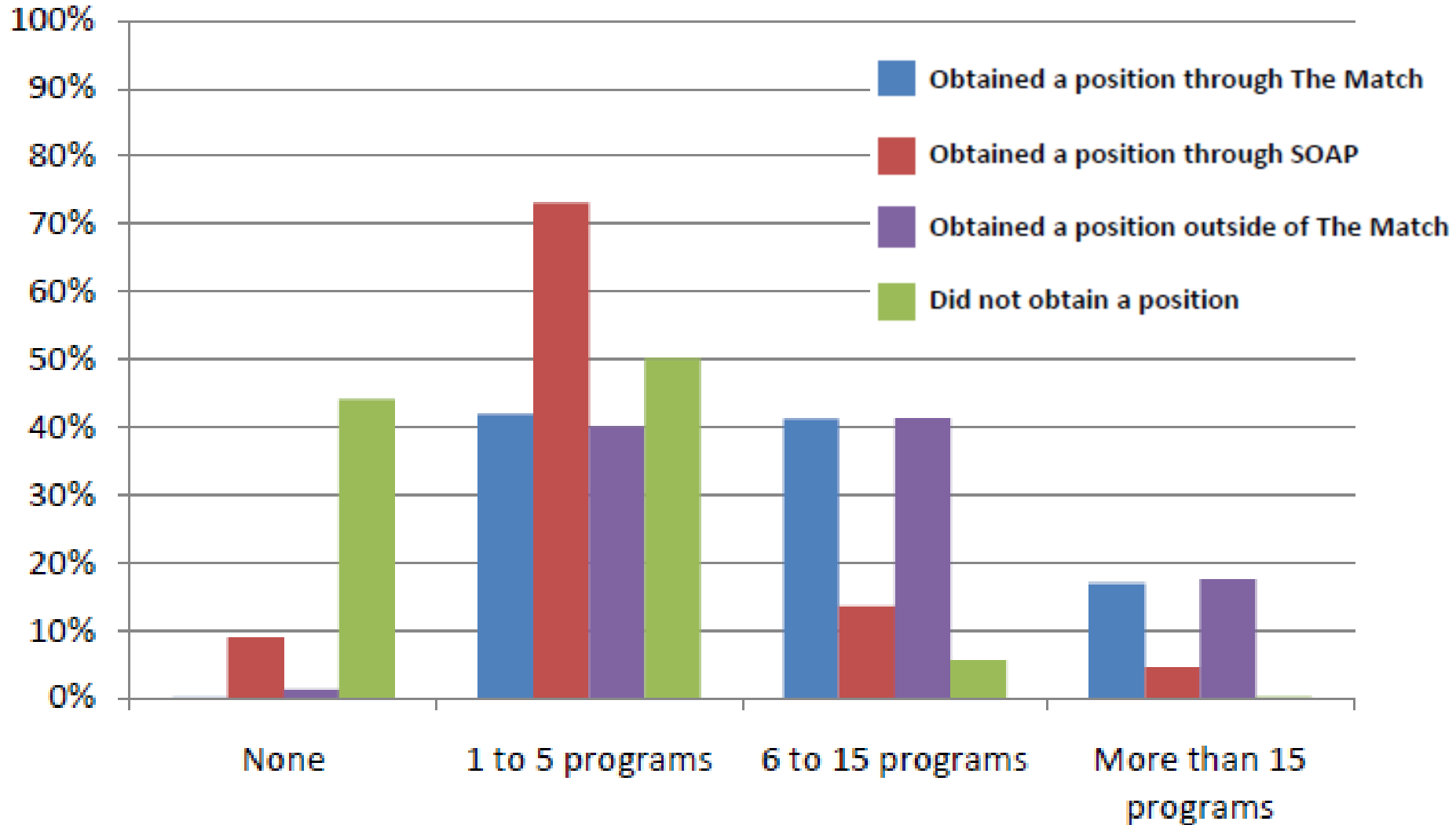
**Apply broadly**

**Send completed application on  
15 September**

# Interviews

- Organised by each institution
- (Pre-interview dinner)
- Introduction
- Tour
- Interviews
- Question session
- Teaching
- Free lunch

# IMG Interview Invites



# Lesson Learnt

**Make sure you factor in time to attend the interviews**

# Post-Interview

- Correspondence
- Follow up on anything that came up in interviews
- Ask any further questions

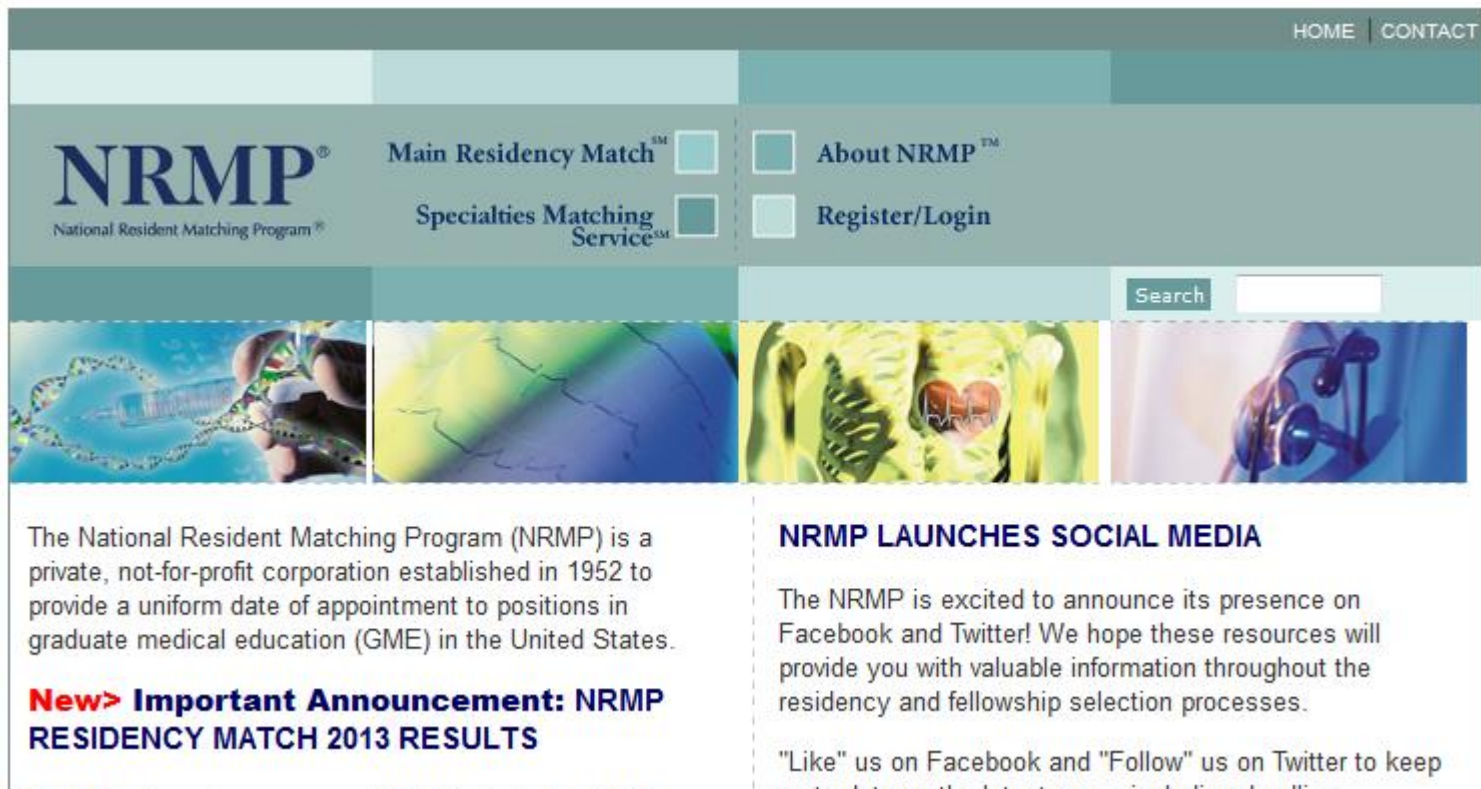


# Lesson Learnt

**Take post-interview  
correspondence with a pinch  
of salt**

# Ranking

## National Resident Matching Program



The screenshot shows the NRMP website homepage. At the top right, there are links for "HOME" and "CONTACT". The main navigation area includes the NRMP logo (National Resident Matching Program) and several menu items: "Main Residency Match™", "Specialties Matching Service™", "About NRMP™", and "Register/Login". A search bar is located on the right side of the navigation area. Below the navigation is a banner with four images: a DNA double helix, a globe, a human torso with a heart, and a stethoscope. The main content area features a paragraph about the NRMP, a "New > Important Announcement: NRMP RESIDENCY MATCH 2013 RESULTS" link, and a section titled "NRMP LAUNCHES SOCIAL MEDIA" with text about the program's presence on Facebook and Twitter.

HOME | CONTACT

**NRMP**  
National Resident Matching Program®

Main Residency Match™  
Specialties Matching Service™

About NRMP™  
Register/Login

Search

The National Resident Matching Program (NRMP) is a private, not-for-profit corporation established in 1952 to provide a uniform date of appointment to positions in graduate medical education (GME) in the United States.

**New > Important Announcement: NRMP RESIDENCY MATCH 2013 RESULTS**

**NRMP LAUNCHES SOCIAL MEDIA**

The NRMP is excited to announce its presence on Facebook and Twitter! We hope these resources will provide you with valuable information throughout the residency and fellowship selection processes.

"Like" us on Facebook and "Follow" us on Twitter to keep up to date on the latest news, including deadlines.

# Rank List

**NRMP®** **View Rank Order List**

Directory • Agreement  
Help • Logout • Contact Us  
Back to My Options

**MY PROFILE**  
• Update My Profile  
• Change My Password

**SOAP**  
• Unfiled Programs  
• Offers

**MY RANK ORDER LIST**

**INSTITUTION AND PROGRAM VIOLATIONS**

**MY REPORTS**

Main Residency Match - 2013 Main Residency Match

SSN/SIN: <None>  
USMLE/ECFMG:  
Match Status: **CERTIFIED ROL**  
SOAP Status: **INELIGIBLE**

**APPLICANT INFORMATION**

AAMC ID: |  
School of Graduation: |  
ROL Last Changed: |  
Certified on: |

**PRIMARY RANK ORDER LIST**

Rank	Prog Code	Description	Status	Supp List
1				
2				

[Directory](#) | [Agreement](#) | [Help](#) | [Logout](#) | [Contact Us](#) | [Update My Profile](#) | [Change My Password](#) | [SOAP](#) | [My Rank Order List](#) | [Program Violations](#) | [My Reports](#)

# Match Week

## Monday

- Find out if match

NRMP Staff <support@nrmp.org>

to me ▾

Congratulations! You have matched!

- If not: Supplemental Offer and Acceptance Program

## Friday

- Find out where

NRMP Staff <support@nrmp.org>

to me ▾

March 15, 2013

AAMC ID:

School Code:

School Name:

Applicant Name:

Congratulations, you have matched!

Program Code:

Program Name

Institution Name:

# ERAS Cost

## ERAS Token

- \$100

## USMLE Transcript

- \$70

## Program application

- Up to 10: \$92
- 11-20: \$9 each
- 21-30: \$15 each
- >31: \$25 each

# Websites

- Educational Commission for Foreign Medical Graduates
  - [www.ecfm.org](http://www.ecfm.org)
- Fellowship and Residency Electronic Interactive Database
  - <https://freida.ama-assn.org/Freida/user/viewProgramSearch.do>
- Electronic Residency Application Service
  - [services.aamc.org/eras/myeras/](http://services.aamc.org/eras/myeras/)
- National Resident Matching Program
  - [www.nrmp.org](http://www.nrmp.org)

# Conclusions

- Why do you want to go?
- Take exams while still at medical school
- Factor in cost
- There is expansion of medical school places in the US
  
- Good luck!