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
USMLE Outline

• Step 1/2CK (UK)
  • Single best answer

• Step 2CS (US)
  • Clinical

• Step 3 (US)
  • Single best answer
  • Clinical case scenarios
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
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
How to Apply

Step 3: Federation of State Medical Boards

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 EXAMINATIONS® (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.
Lesson Learnt

Everything takes longer than you expect
## Scoring

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<th>Step 2CK</th>
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USMLE Cost

Step 1
- $820 + $180

Step 2CK
- $820 + $205

Step 2CS
- $1,440 + travel, etc...

Step 3
- $780 + travel, etc...
Applying for Residency
## Non-US IMG Statistics

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

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<th>Category</th>
<th>Total</th>
<th>%</th>
<th>Active Applicants</th>
<th>Matched PGY-1</th>
<th>Unmatched PGY-1</th>
<th>Withdrew</th>
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NRMP 2013 Main Residency Match Advanced Data Tables
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

- Obtained a position through The Match
- Obtained a position through SOAP
- Obtained a position outside of The Match
- Did not obtain a position

IMGs in the 2012 Match, ECFMG
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

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

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

Provided by you
Letters of Recommendation

- Obtained a position through The Match
- Obtained a position through SOAP
- Obtained a position outside of The Match
- Did not obtain a position

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

- Obtained a position through The Match
- Obtained a position through SOAP
- Obtained a position outside of The Match
- Did not obtain a position

IMGs in the 2012 Match, ECFMG
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

IMGs in the 2012 Match, ECFMG
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 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.

**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

## Applicant Information
- **AAMC ID:**
- **School of Graduation:**
- **ROL Last Changed:**
- **Certified on:**

## Primary Rank Order List

<table>
<thead>
<tr>
<th>Rank</th>
<th>Prog Code</th>
<th>Description</th>
<th>Status</th>
<th>Supp List</th>
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<tr>
<td>2</td>
<td></td>
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</tbody>
</table>
Match Week

Monday
• Find out if match
• If not: Supplemental Offer and Acceptance Program

Friday
• Find out where

NRMP Staff <support@nrmp.org>
to me ▼
Congratulations! You have matched!

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**:
  - Up to 10: $92
  - 11-20: $9 each
  - 21-30: $15 each
  - >31: $25 each
- **Program application**
Websites

• Educational Commission for Foreign Medical Graduates
  • www.ecfmg.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/

• National Resident Matching Program
  • 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!