

UCD Match Talk 2012



Lindy Romanovsky - 2012



Overview

- This years results
- US Match Process
- Canadian Match Process
- Questions
- Small groups

Lindy Romanovsky - 2012



Match Results 2012

- 32 North Americans
 - 15 GEMS and 17 Undergraduates
 - 4 American and 28 Canadian
- 18 Applied first round Canada
 - 12 matched first round
 - 5 entering second round
 - 1 who didn't match in Canada had also applied to the US and matched in the US
- 12 Applied first round USA
 - 11 matched first round
 - 1 matched in SOAP but turned position down
- 3 Staying in Ireland for intern year
 - Didn't apply to US/Canadian match

Lindy Romanovsky - 2012



Canadian Match Results

- **Family Medicine**
 - U of Toronto
 - University of Manitoba Winnipeg
 - University of Manitoba Rural
 - University of Manitoba Northern Remote
 - Dalhousie Halifax
- **Internal Medicine**
 - Western
 - University of Toronto
 - University of Ottawa
- **Psychiatry**
 - University of Toronto
 - Western
- **General Surgery**
 - University of Toronto
- **Paediatrics**
 - University of Ottawa

Lindy Romanovsky - 2012



American Match Results

- **Family Medicine**
 - Mayo Clinic (Canadian)
- **Internal Medicine**
 - Mayo Clinic (Canadian)
 - University of Pennsylvania (Canadian)
 - Case Western Reserve (Metro Health) (Canadian)
- **General Surgery**
 - Lennox Hill (NYC) (Canadian)
- **Paediatrics**
 - University of Louisville (Canadian)
- **Emergency Medicine**
 - University of Arkansas (American)
- **Paediatrics/Internal Medicine**
 - Geisinger Health System Program (American)
- **Anaesthetics**
 - New York Medical College (Prelim year in Georgia) (American)
- **Psychiatry**
 - University of Buffalo (Canadian)
 - University of Pittsburg (Canadian)

Lindy Romanovsky - 2012



American Exams

- USMLE CK
 - Apply
 - NOW!
 - When?
 - ? September
 - Where?
 - Dublin/London etc.
 - How to Study?
 - USMLE World → QUESTIONS QUESTIONS QUESTIONS QUESTIONS
 - NBME/USMLE World practice exam
 - ?Books
 - First Aid for the USMLE CK
 - Crush Step 2 by Adam Brochert
 - Toronto Notes
- **NOTE:** I didn't study specifically for the EE but used my CK studying to cover the EE too

Lindy Romanovsky - 2012



Process

- USMLE CS
 - Apply
 - NOW!
 - Where?
 - Philadelphia, LA, Atlanta, Chicago, Houston
 - When?
 - In the summer!
 - Study?
 - First Aid for the USMLE CS
 - 1 week to a few days

Lindy Romanovsky - 2012



- ERAS
- Letter of Reference
- Personal Statement
- MSPE ie Deans letter
- Transcripts
- Photo
- NRMP

Lindy Romanovsky - 2012



MyEras

- This is the USA CaRMs
 - Where you upload your documents/fill in your application/how programs communicate with you/apply to programs
- Step 1:
 - Apply for a token through OASIS in JUNE
 - Under ERAS Support Services
- Step 2:
 - ? MyEras opens July 1
 - Start working on the application
 - Start working on personal statements
- Step 3:
 - Application submission opens September 15
 - NOTE: 2 weeks later than usual
 - **Apply as early as possible**
 - Unlike CaRMs no deadline but rolling offer of interviews

Lindy Romanovsky - 2012



Letter of Reference

- Ask early in your elective if they will write you a SUPPORTIVE letter of reference
- If applying to Canada as well and want the letter for CaRMs inform them at same time
- Online portal for letter submission
- Stress importance that letter in before September 15
- Ideally specialty specific
- Most require 3-4
- Chair letter
 - IM/Paed/ObGYN/Orthopaedics

Lindy Romanovsky - 2012



Personal Statement

- Start early!
- Ideally a page to a page and half
- Specialty specific
- Personalized vs. generic

Lindy Romanovsky - 2012



MSPE

- Deans letter!
- **NOTE:** Release date OCTOBER 1!
 - In past was November 1 many programs waited for letter before offering interviews (except Psych)
 - Earlier this year thus more important to have file complete by October 1 ie LOR/Scores etc.
- Email Barbara Cantwell or Sinead Dunwoody (July/August)
- This years issue of letter not being done correctly has been rectified for next year

Lindy Romanovsky - 2012



Transcripts/Photo/NRMP

- Transcripts
 - Order online through UCD Student Desk
 - Order as soon a preliminary results come out!
 - Either get them to mail directly to ECFMG or to Barbara Cantwell (Deans Portal)
- Photo
- NRMP
 - Apply September 1
 - Where you rank programs

Lindy Romanovsky - 2012



Interview Trail

- Schedule interview as soon as offered
- Interview usually consisted of dinner night before and interview next day
- Some paid for hotel
- You are there to interview them just as they are there to interview you!
- Enjoy!
- Practice questions with friends and know your application

Lindy Romanovsky - 2012



Misc.

- How many programs?
 - I applied to 58 programs, others 31, 70, 100 programs
 - Cost: 10 “free programs”, \$25 for each additional program
 - More apply to more interviews & more chance of matching
- What programs?
 - Community based programs
 - University affiliated programs
 - University programs
- RESEARCH!
 - Don’t want to waste your money
 - Email and ask if can apply even if don’t meet requirements

Lindy Romanovsky - 2012



Take Home Message

- Apply early!!!!!!
- Apply broadly!!!!!!
- Roll with the punches!!!!
- If you have any questions down the line please don’t hesitate to contact me.

Lindy Romanovsky - 2012



Useful Websites

- FRIEDA:
 - <http://www.ama-assn.org/ama/pub/education-careers/graduate-medical-education/freida-online.page>
- Programs
 - https://services.aamc.org/eras/erasstats/par/display8.cfm?NAV_ROW=PAR&SPEC_CD=120
- NRMP:
 - www.nrmp.org

Lindy Romanovsky - 2012



Canada



Lindy Romanovsky - 2012

The EE

- Dates – register early b/c Dublin gets filled, register before you go home for the summer!
- Step 2 and EE in closed time frame, study simultaneously
- How to study:
 - USMLE World Bank
 - Canada Q bank
 - Toronto Notes
 - Doctors in Training videos (\$700)

Lindy Romanovsky - 2012



The EE cont'd

- How long to study... through elective
- The **EE score matters** – no cut-off mark, take top percentage

Lindy Romanovsky - 2012



PCRC

- The portal through which you verify your information, EE, and CaRMS
- See Adrienne's elective talk (send around from whoever has it in the class if you need to set timeframes)

Lindy Romanovsky - 2012



Electives

- Electives matter – arrange in the discipline and at the institution that you'd like to work at!

Lindy Romanovsky - 2012



CaRMS Application

- Most important thing is to **arrange LORs early** – framework from CaRMS, what they're looking for, get the early option (paper/snail mail only), mail in and provide the electronic log in information!!
- CaRMS takes longer than you think!
- Each application needs own personal version
- Every application to every school... **APPLY BROADLY!!**

Lindy Romanovsky - 2012



CaRMS Application cont'd

- Again, apply broadly and decide later what you want to cut
- Don't have to go to interviews if you don't want to
- Don't always know the number of spots – eg Manitoba (open comp between IMG and CMG) and Saskatchewan (want to fill all spots in first round)

Lindy Romanovsky - 2012



CaRMS Application cont'd

- CaRMS application not rolling. There's only one date...
- Meet milestones!!
- Medical Student Evaluation/Deans' Letter: send stuff in early to UCD... write it all yourself, connect with whoever writing them... make it yourself from UCD framework + your resume
- Extra documents req'd from CaRMS – clerkship summary, FAIMER (English language proof)

Lindy Romanovsky - 2012



Personal Statement's

- PS's take a long time!! Get people to read through them + Sell yourself!!
- Request transcripts from UCD early
- Notarized passports and pics etc (I used the PCRC)
- Read the **fine print for IMG qualifications**. Be compulsive and go through each bit!
- Get someone to go through each other's requirements

Lindy Romanovsky - 2012



Letters of Reference

- Need **4 + letters**... make sure you have them. You might get a preceptor that doesn't end up writing a letter for you...
- Recommend: **1 generic and 1 specialty LOR** from every letter writer (so that you have back up letters that you can use for random disciplines)

Lindy Romanovsky - 2012



Interview

- See **interview dates** on the CaRMS website for each school/discipline so that you can schedule around US interviews

Lindy Romanovsky - 2012



Interview

- Get a **suit** – black or grey or blue
- Book time slots early (to get best dates)
- Skype interview is fine
- Book hotels close interview sites
- Interviews in January – give yourself a chance to get stranded in the snow don't book things too close, travel by train
- If you don't hear from them – **HUSTLE**, call for cancellations, etc.

Lindy Romanovsky - 2012



Health Force Ontario

- AMAZING!
- <http://www.healthforceontario.ca/>
- Health Force Ontario – the best interview practice/self-reflection/preparation possible
- accessCentre@healthforceontario.ca

Lindy Romanovsky - 2012



CaRMS Second Round

- What spots are left over – changes every year
- 2nd round spots revealed on match day
- Some interviews by phone, some in person
- All documents are kept from 1st round (don't have to resubmit)
- Have choice to rewrite personal letter
- Can do **2 week elective in that time frame early part of January...** because there are no interviews in the first 2-weeks 2nd/3rd week

Lindy Romanovsky - 2012



Professional Completion Module

- Schedule 2 weeks off at the end (study week) in case you need to fly home for interviews...

Lindy Romanovsky - 2012



Ranking

- Procedure...
- Making decisions about where you want to be and what's important – wanting to stay in Ireland, choosing a city over a specialty,
- Considering all the variables deciding

Lindy Romanovsky - 2012



Order of ranking/acceptance

1. US apply 1st round
2. Canada apply 1st round
3. Canadian match results 1st round (and the 2nd round spots/options made available)
4. US match results 1st round and scramble
5. Canadian match results 2nd round

Lindy Romanovsky - 2012



Second Round Positions 2012

- Anatomical Pathology 7
- Cardiac Surgery 2
- Diagnostic Radiology 1
- Emergency Medicine 1
- Diagnostic Radiology 0
- **Family Medicine 66**
- General Pathology 3
- **General Surgery 2**
- **Internal Medicine 10**
- Laboratory Medicine 2
- Medical Genetics 3
- Neurology 1
- Neuropathology 1
- Nuclear Medicine 1
- Obstetrics & Gynecology 1
- Orthopedic Surgery 3
- Pediatrics 3
- Physical Med & Rehab 1
- **Psychiatry 15**
- Public Health and Preventive Medicine 9
- Radiation Oncology 7
- Urology 0
- (excluding Alberta and Quebec)

Lindy Romanovsky - 2012



Second Round Positions 2010

- Anatomical Pathology (5)
- **Internal Medicine (44)**
- Pediatrics (5)
- **Psychiatry (20)**
- Anesthesiology (3)
- Cardiac Surgery (6)
- **Family Medicine (171)**
- **General Surgery (17)**
- Laboratory Medicine (9)
- Diagnostic Radiology (2)
- Community Medicine (9)
- Medical Biochemistry (2)
- Medical Genetics (2)
- Orthopedic Surgery (2)
- Neurosurgery (2)
- Obstetrics & Gynecology (2)
- Neurology (4)
- Physical Medicine & Rehabilitation (3)
- Nuclear Medicine (1)
- Neuropathology (3)
- General Pathology (1)
- Hematological Pathology (1)
- Radiation Oncology
- Pediatric Neurology (2)

Lindy Romanovsky - 2012



Take Home Message

- Apply early!!!!!!
- Apply broadly!!!!!!

Lindy Romanovsky - 2012

