So You Want to be a Vascular Surgeon?

Success in the Preclinical years: Program Director’s Perspective

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Disclosures

- No financial disclosures
- I’m incredibly biased towards the specialty of vascular surgery...

- ...because it is the best.
10 Steps to Preparing a Successful Vascular Surgery Integrated (0+5) Residency Application

Prepared by the
SVS Resident and Student Outreach Committee

Disclaimer

This Toolkit is a collaborative work from Society for Vascular Surgery’s Student and Resident Outreach Committee. It is intended to help medical students interested in applying to a vascular surgery integrated residency program. The Toolkit is a reference source only and is not intended to be a substitute for information and/or assistance from the National Resident Matching Program or the Electronic Residency Application Service.

Choose your specialty

• Assess yourself
  – Medicine or surgery?
  – Talking or procedures?
  – Blood or guts?

• Talk to people
  – Advisors/mentors
  – Senior med students
  – Residents
  – People who care about you
Medical student -> Sane

Hardworking?

- Very
- Not so much

Attitude?

- Nice
- Doesn't matter
- Mean

Patient asleep -> Anaesthesia

Patient dead -> Pathology

Surgery -> Awesome

Vascular Surgery
Choice of vascular surgery as a specialty: Survey of vascular surgery residents, general surgery chief residents, and medical students at hospitals with vascular surgery training programs

Keith D. Calligaro, MD, Matthew J. Dougherty, MD, Anton N. Sidawy, MD, and Jack L. Cronenwett, MD. Philadelphia, Pa; Washington, DC; and Lebanon, NH

1. Technical aspects
2. Influence of mentors
3. Complex decision-making

“Try On” Vascular Surgery

• Shadowing
  – Once or longitudinal
  – Different attendings//settings (OR vs. office)
  – Simulation

• Research
  – Identify something that interests you
  – Find out what projects are available
  – Get involved
“Try On” Vascular Surgery

• Surgery/Vascular Interest Groups
  – Identify mentors
  – Hear different perspectives
  – Meet like-minded students

• If you don’t have one, start one!
  – Only 1/3 of vascular training programs have VSIG
    – Helps you, your colleagues and your CV


1Ochoa et al
“Try On” Vascular Surgery

Local and National Meetings

- Society for Vascular Surgery (www.vascular.org)
- Vascular & Endovascular Surgery Society (www.vesurgery.org)
- Society for Clinical Vascular Surgery (www.scvs.org)
- American Venous Forum (www.veinforum.org)
- American College of Surgeons (www.facs.org)
- American Heart Association (www.heart.org)
- Regional vascular societies:
  - New England Vascular Surgery Society (www.nesvs.org)
  - Eastern Vascular Society (www.easternvascular.org)
  - Midwestern Vascular Surgery Society (www.vascular.org/mvss)
  - Western Vascular Surgery Society (www.westernvascularsociety.org)
  - Southern Association for Vascular Surgery (www.savs.org)
Find a mentor

• Who can be a mentor?
  – Residents and fellows
  – Vascular surgery attendings
  – Mentorship opportunities—local and national

• SEEK US OUT and BE PERSISTENT
Crush your USMLE Step 1 (and 2)

AAMC Data Warehouse: ERAS file, March 2018
Plan ahead

• Before you know it, clinical rotations will absorb your time
• **There is no perfect order to your clinical rotations**
• Consider opportunities for electives and sub-internships
• Plan for away rotations
• **BE AWESOME ON EVERY ROTATION**
Advice to young surgeons

Roger T. Gregory, MD, a James S. T. Yao, MD, PhD, b and Norman M. Rich, MD, c for the History Project Work Group of the Society for Vascular Surgery, Norfolk, Va; Chicago, Ill; and Bethesda, Md

• Diligence
• Passion
• Balanced life

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So you want to be a vascular surgeon?

• Be open minded
• Excel in *all* your clinical rotations
• USMLE scores, awards, AOA
• Research is key
• Identify mentors
• Have one non-surgery activity you love
• *What excites you?*
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