

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.

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**KEEP
CALM
AND
KEEP AN
OPEN MIND**

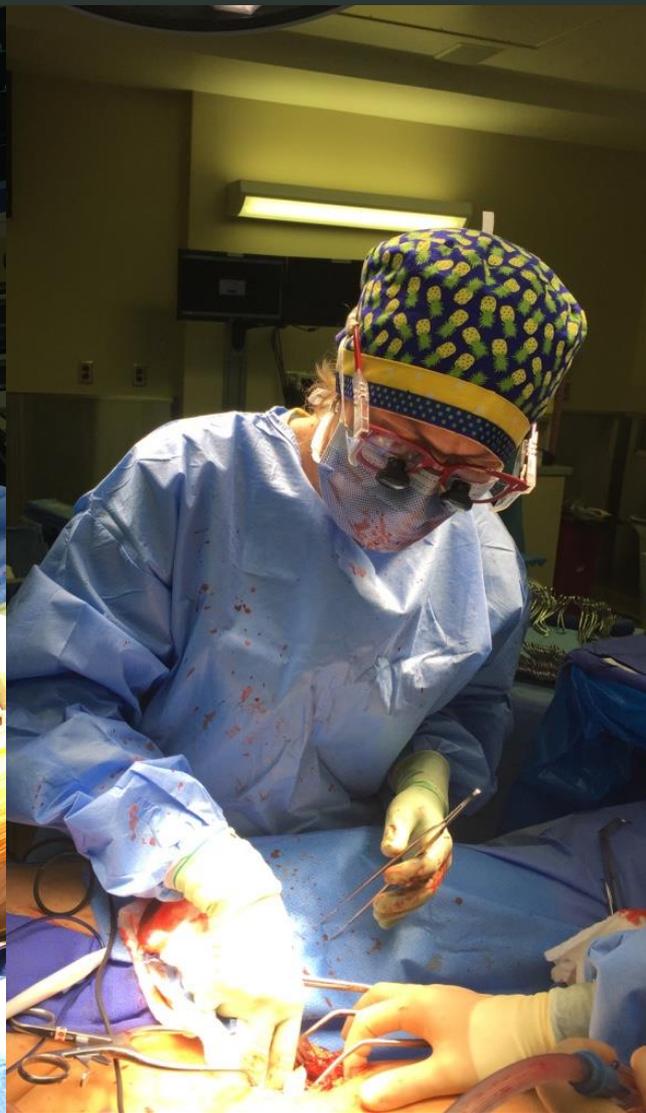
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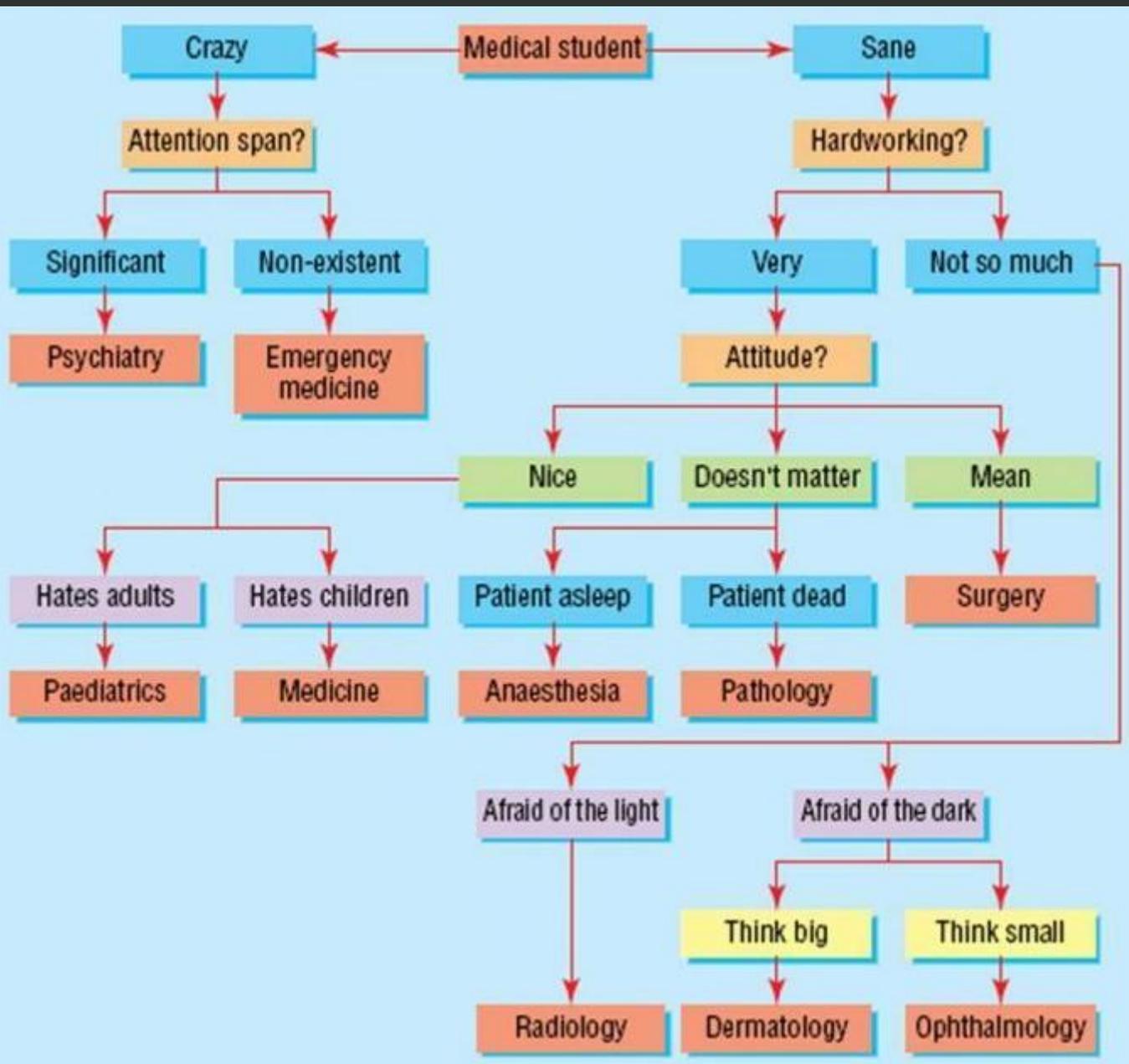


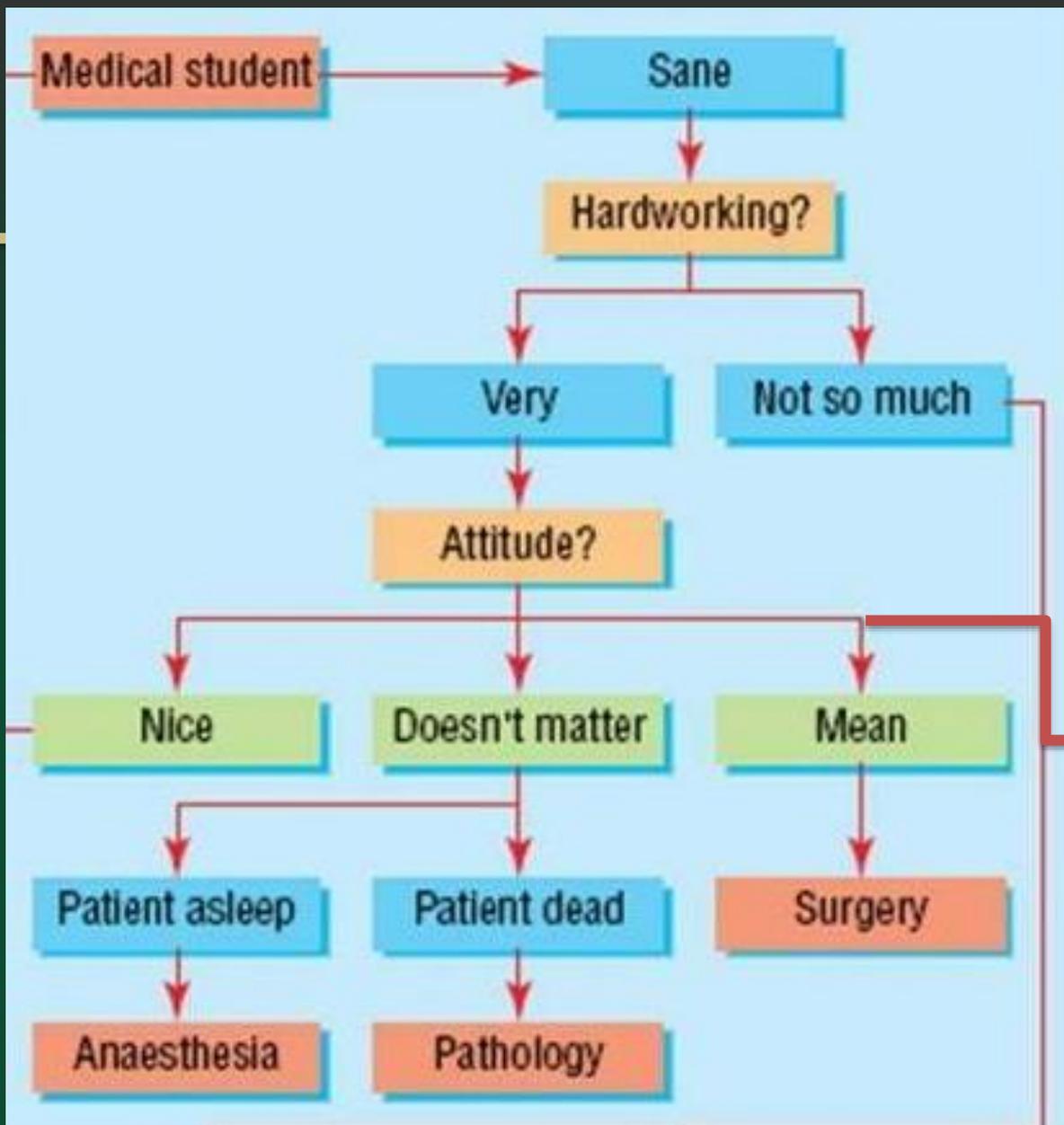
Choose your specialty

- 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*









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,^a Matthew J. Dougherty, MD,^a Anton N. Sidawy, MD,^b and Jack L. Cronenwett, MD,^c *Philadelphia, Pa; Washington, DC; and Lebanon, NH*

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



J Vasc Surg 2004;40:978-984



“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 VSIG¹
 - Helps you, your colleagues and your CV

¹Ochoa et al

<https://vascular.org/sites/default/files/vsig-toolkit.pdf>



“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)

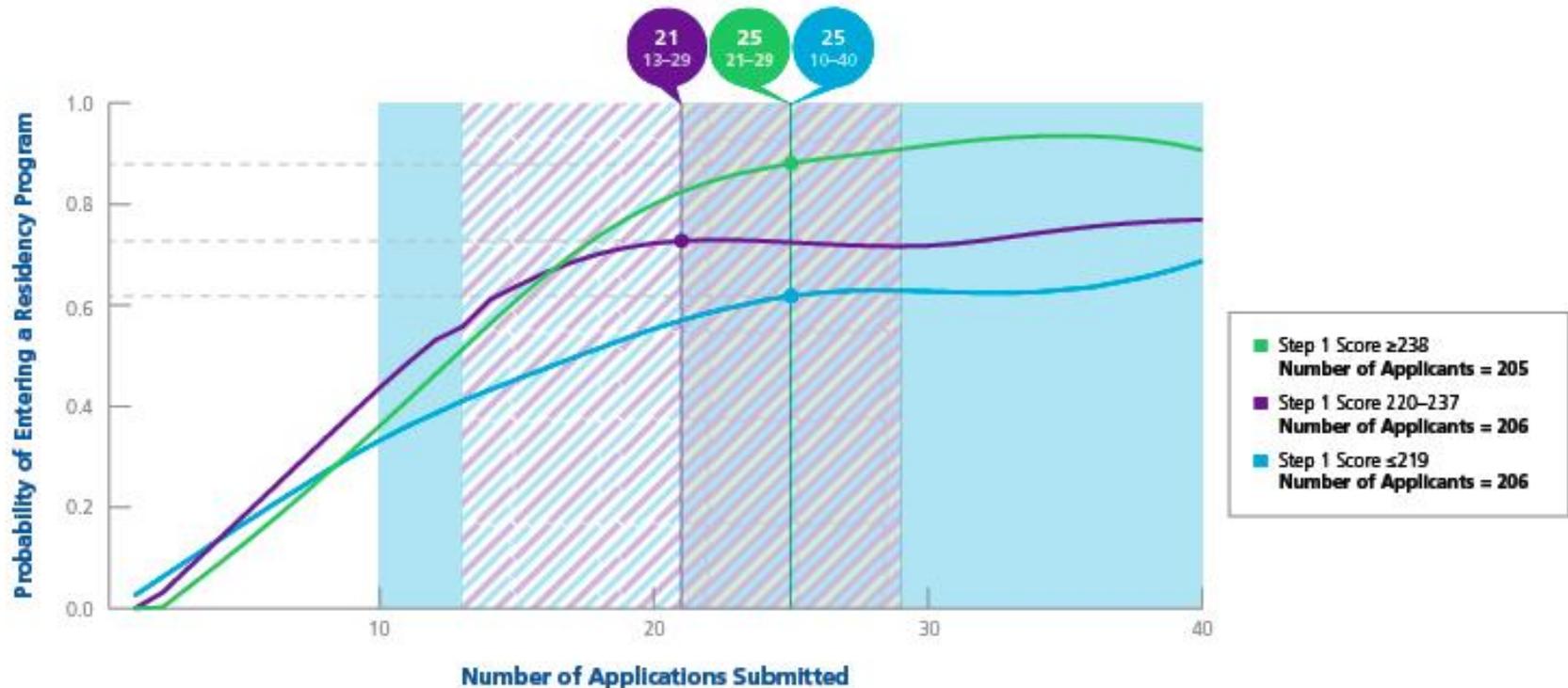


Find a mentor

- 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*



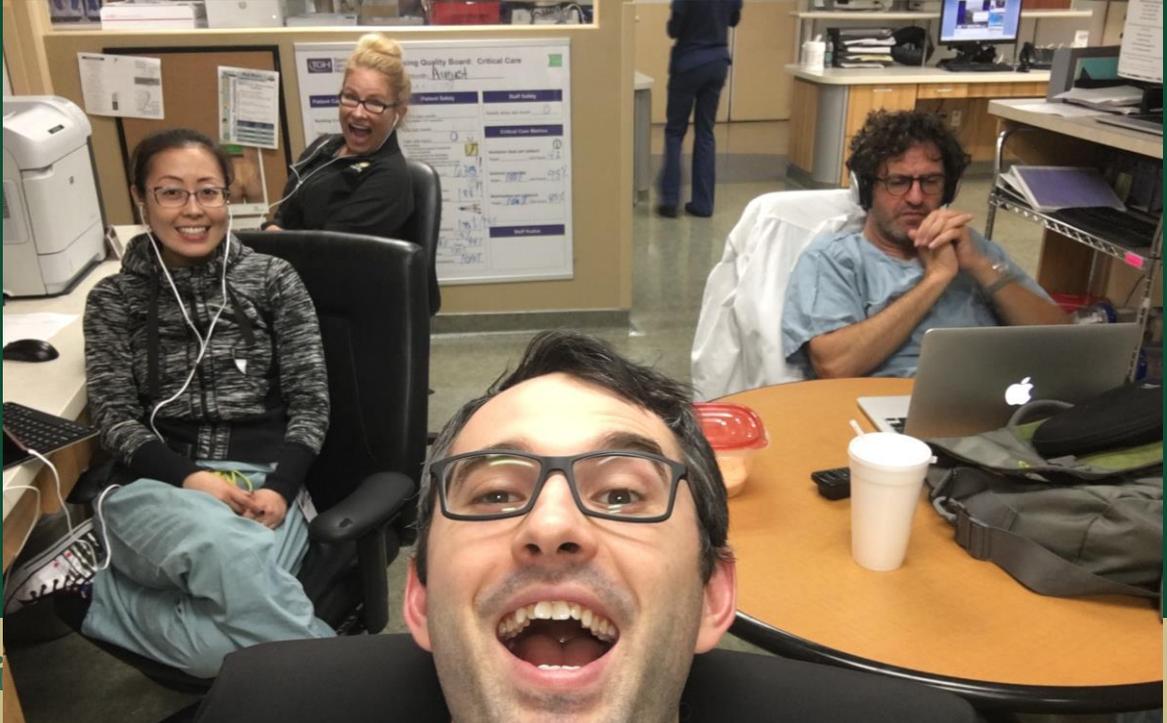
J Vasc Surg 2016;63:1658-60



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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