

# Tips on Sub-Internships, Interviews, and the Match Process

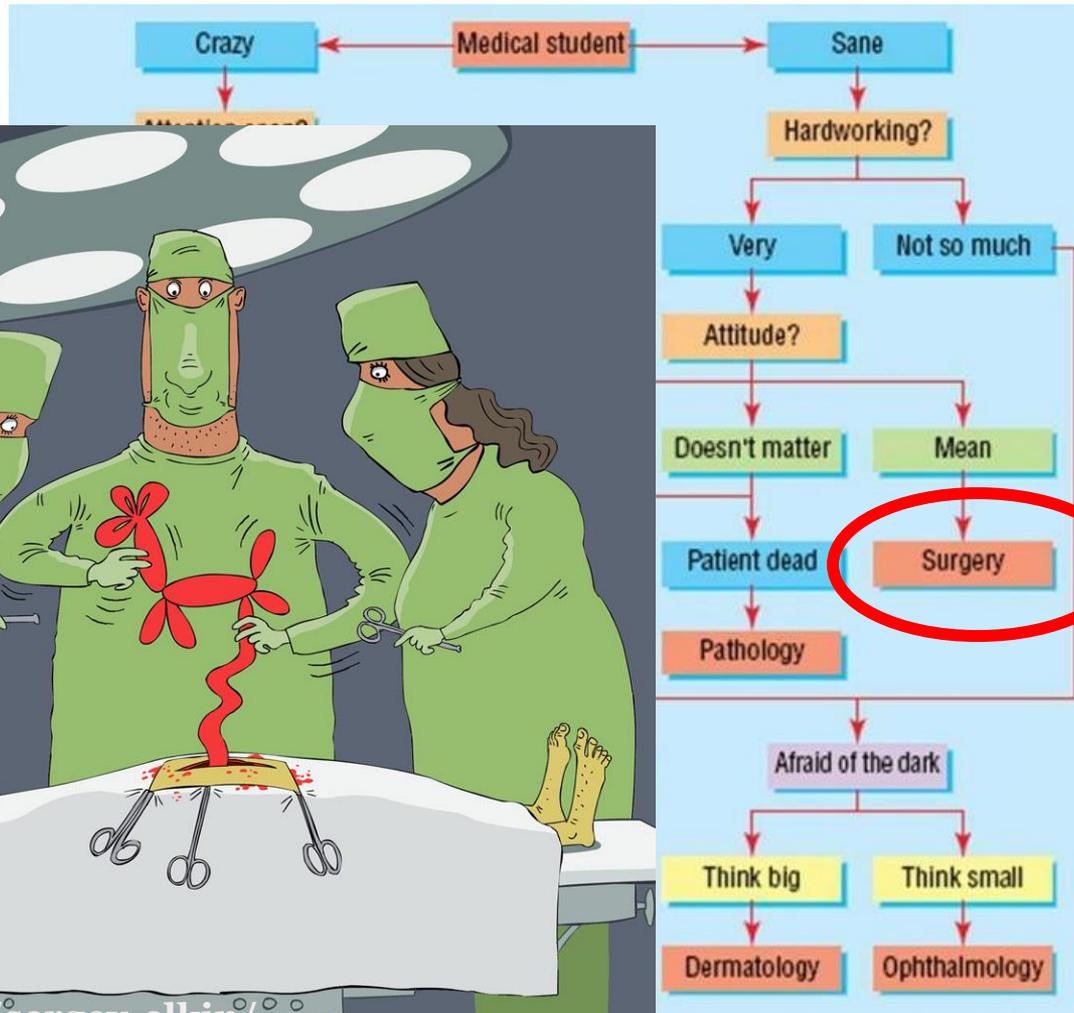


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**Section of Vascular Surgery**  
**Vascular Annual Meeting 2019**



NATIONAL LEADERS IN MEDICINE

# Follow the yellow brick road.....



<http://dukleyart.me/sergey-elkin/>

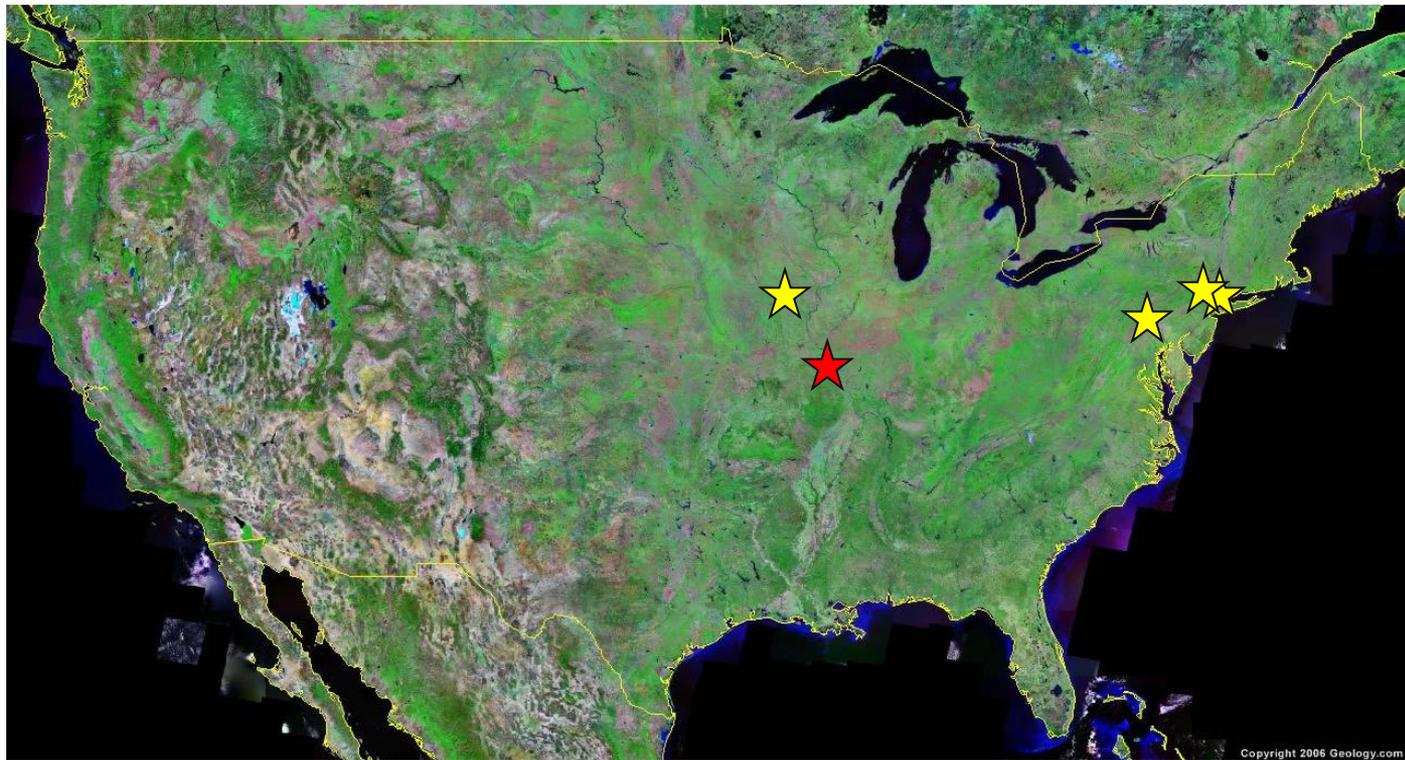
<http://www.medaholic.com/deciding-on-a-carms-residency-rank-list/>

# My Background

- Grew up in NYC
- Undergraduate: Grinnell College in Iowa
- Postgraduate: MSTP program (MD/PhD) at Mount Sinai (NY)
  
- My application:
- Honors: Surgery, Pediatrics, Neurology, OB/GYN
- Publications: 7 first author
- Presentations: 15
- Awards: Individual T32 subgrant with NHLBI, Allan Callow MD/PhD Young Investigator Award
- USMLE: Step 1: 238, Step 2CK: 246, Step 2 CS: Pass
  
- Sub-Internships
  - Mount Sinai - NY
  - University of Pennsylvania - PA

# Tips of the Sub-Internships

- Where are you from?
- Where do you want to work?
- Talk to your mentor(s) about programs
- Know your application inside and out



# Tips of the Sub-Internships

- Prepare....prepare....prepare
- Your audition begins before you start
- Everybody is “watching”
- Apply early – spots fill up
- Vascular surgery 24/7
- Make sure to get to know the program director/chief or chair so you can get a meaningful letter
- Great presentation at the end

# Interviews

- Apply broadly
- Know the strengths of the programs
- Keep a “list” of specifics about programs
  - Types of cases
  - Missing cases?
  - Co-cases with CTS, IR...etc
  - # attending surgeons
  - # months of general surgery chief rotations
- Make “realistic” travel plans.....
- Be prepared for the basic questions
- Know your own weaknesses
  
- After your interview -> Send personalized thank you's

# The Match

- Know the “data”



<http://www.nrmp.org/main-residency-match-data/>



## **Charting Outcomes in the Match: U.S. Allopathic Seniors**

**Characteristics of U.S. Allopathic Seniors Who Matched to Their  
Preferred Specialty in the 2018 Main Residency Match**

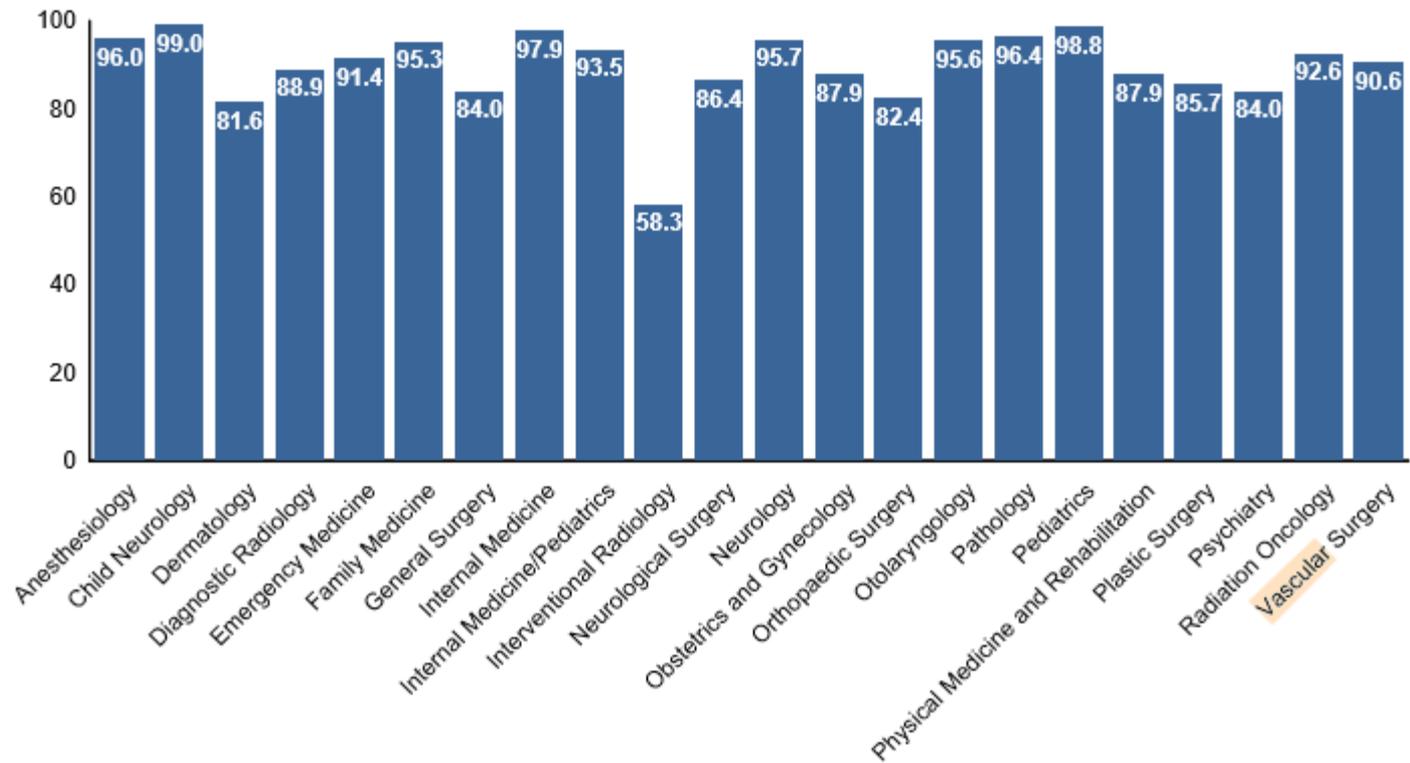
**2nd Edition**

**Prepared by:**  
National Resident Matching Program  
[www.nrmp.org](http://www.nrmp.org)

**July 2018**

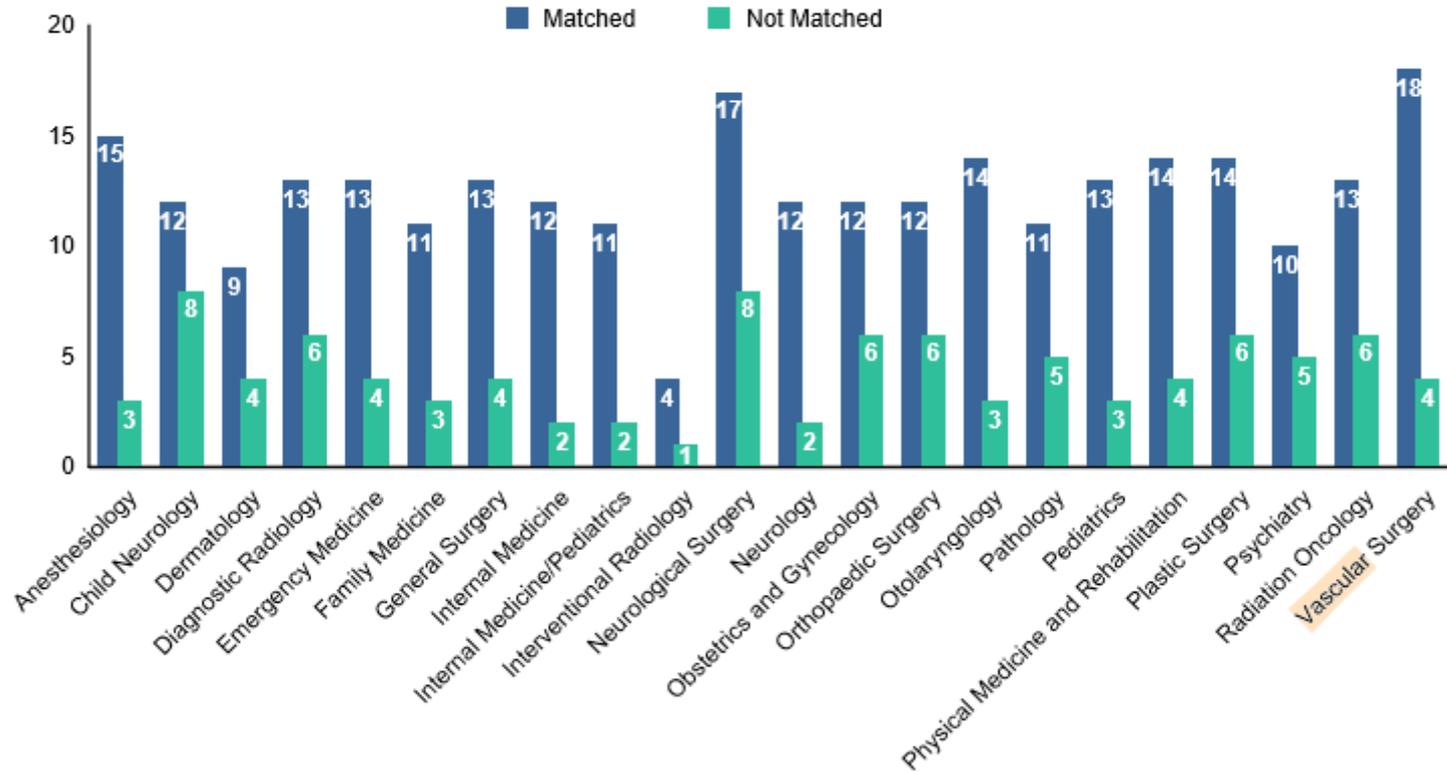
**Chart  
3**

**Match Rates of U.S. Allopathic Seniors**  
*Percent Matched by Preferred Specialty*



**Chart  
4**

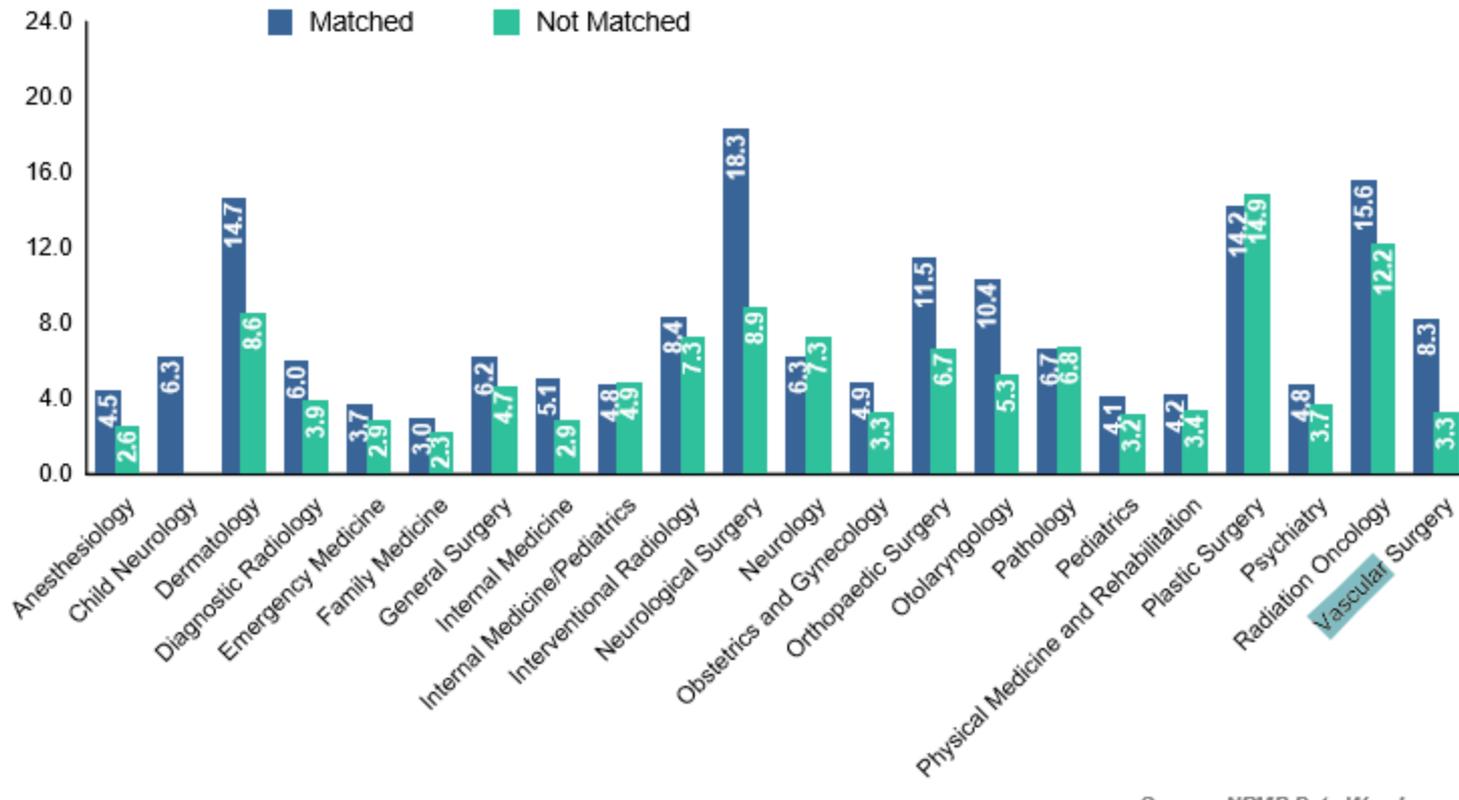
**Median Number of Contiguous Ranks of U.S. Allopathic Seniors  
by Preferred Specialty and Match Status**



Source: NRMP Data Warehouse

**Chart 9**

**Mean Number of Abstracts, Presentations, and Publications of U.S. Allopathic Seniors**  
*by Preferred Specialty and Match Status*



**Table  
VS-1****Summary Statistics on U.S. Allopathic Seniors  
*Vascular Surgery***

Measure	Matched (n=46)	Unmatched (n=4)
1. Mean number of contiguous ranks	16.0	3.5
2. Mean number of distinct specialties ranked	1.7	2.3
3. Mean USMLE Step 1 score	236	219
4. Mean USMLE Step 2 score	244	229
5. Mean number of research experiences	4.9	3.3
6. Mean number of abstracts, presentations, and publications	8.3	3.3
7. Mean number of work experiences	2.9	6.8
8. Mean number of volunteer experiences	6.4	8.0
9. Percentage who are AOA members	17.4	0.0
10. Percentage who graduated from one of the 40 U.S. medical schools with the highest NIH funding	37.0	25.0
11. Percentage who have Ph.D. degree	0.0	0.0
12. Percentage who have another graduate degree	23.8	50.0

Note: Only U.S. allopathic seniors who gave consent to use their information in research are included.

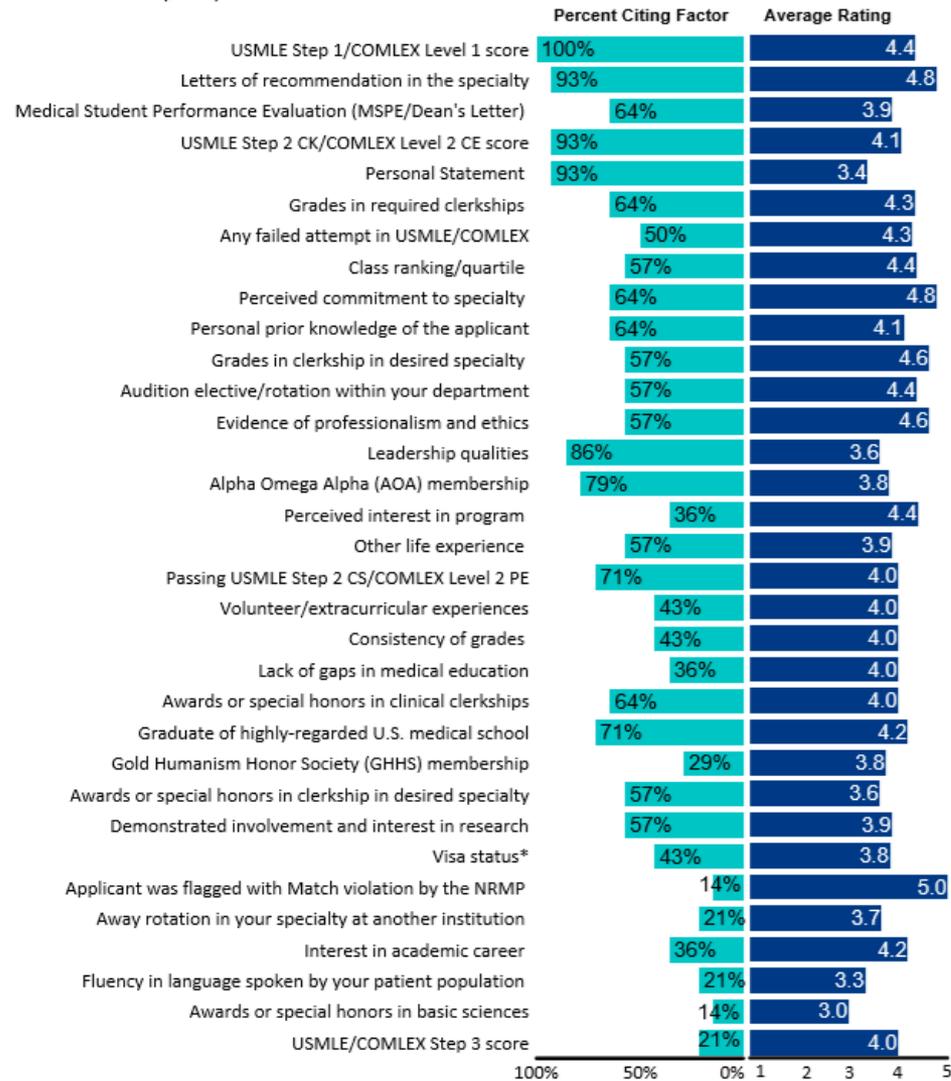
Sources: NRMP Data Warehouse; Top 40 U.S. medical schools with the highest NIH funding in measure 10 is from the NIH website (<http://report.nih.gov/award/index.cfm>).



## Results of the 2018 NRMP Program Director Survey

**Figure VS-1**

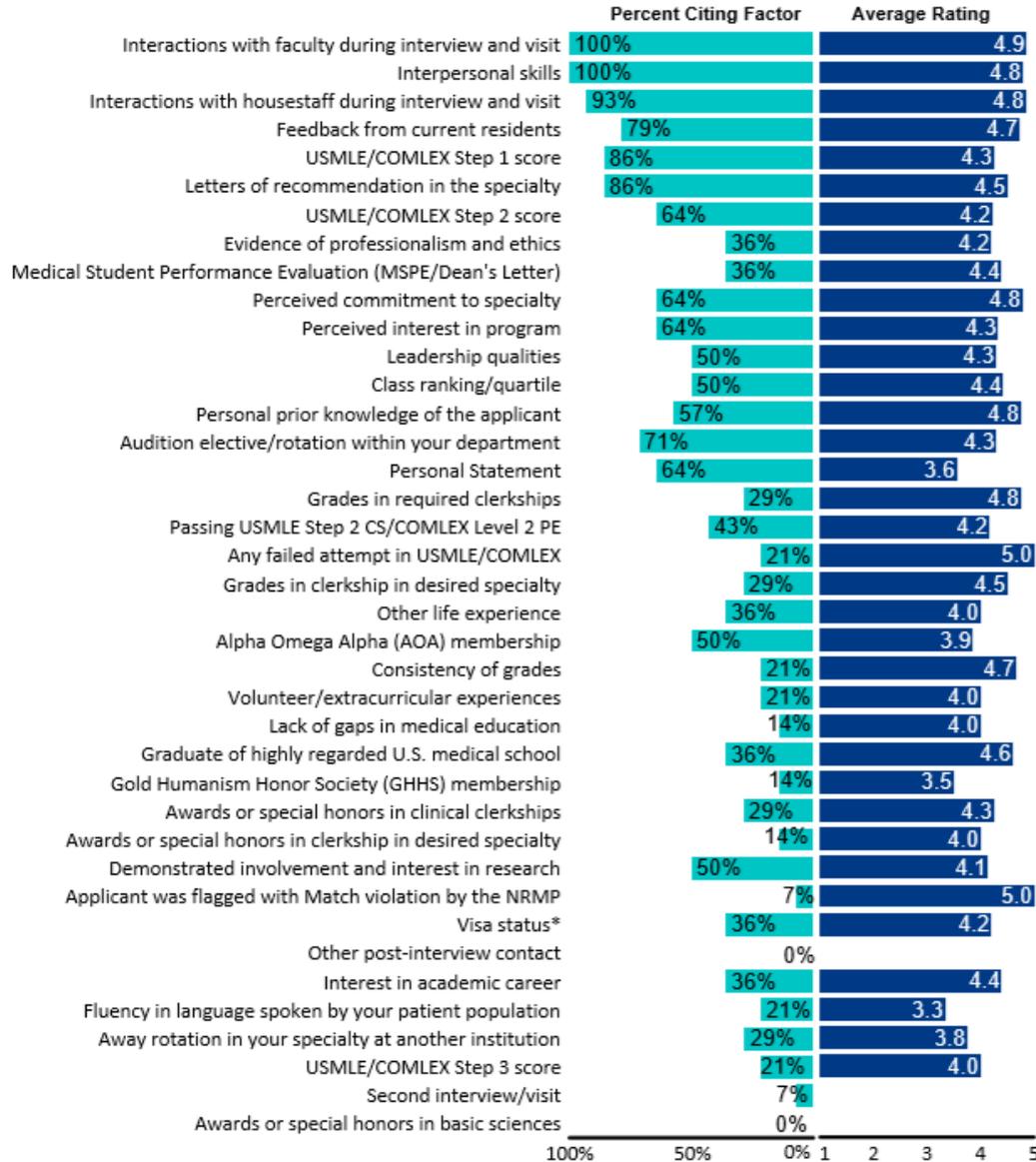
**Vascular Surgery**  
**Percentage of Programs Citing Each Factor And Mean Importance Rating\* for Each Factor in Selecting Applicants to Interview (N=14)**



\* Ratings on a scale from 1 (not at all important) to 5 (very important).  
 \* International Medical Graduates only

**Figure VS-2**

**Vascular Surgery  
Percentage of Programs Citing Each Factor And Mean Importance Rating\* for Each  
Factor in Ranking Applicants  
(N=14)**

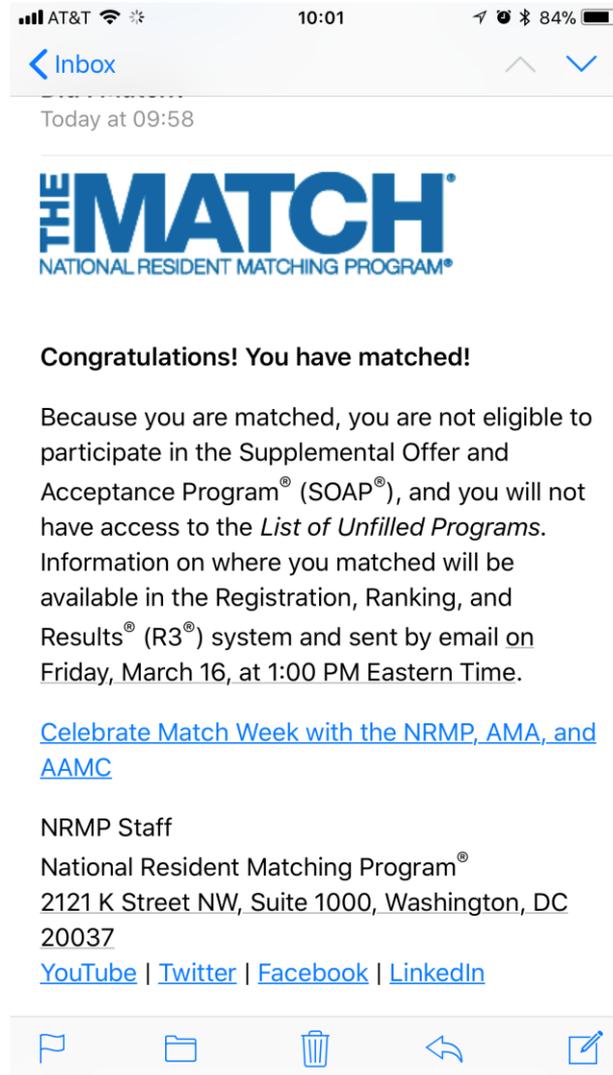


# The Match

- Know the “data”
- There is no “trick” to the process
- Never rank a place you do not want to attend
- Be honest with program directors
- Know the rules!
- Set your list, check it twice. Then enjoy MS4.



# The Match



# Thank you

