Introduction to the Residency Years

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Outline

1. The Need for YOU
2. Residency Overview
   A. The Residency Mission
   B. Residency Common Questions
   C. Montana’s Residency
3. The Path Ahead
4. Examples of Different Specialties
5. Keeping Yourself Healthy and Balanced
Montana Needs YOU!

Physicians are needed everywhere, especially in MT!

- 45 of 56 counties are primary care health shortage areas
- There are 13 Montana counties with no family physicians in active practice (white)—which means probably no doctors at all
- There are 23 Montana counties with less than 5 family physicians in active practice (light blue)
- Montana needs doctors of every specialty
Montana Needs YOU!

- You are a select few
- Your path is honorable, respectable, sought after
- Montana ranks 43rd for availability of spots for medical school
  - Average 2.78/100,000 people
  - National average is 5.65)
- You are the best of the best, think of how many people would like to be in your seat right now
- You have great power = great responsibility
An Aging Population

- Top 10 oldest population
- Montana isn’t getting younger
- Baby boomer generation
- Low access but higher needs
An Aging Physician Population

- We also have a lot of docs that are aging
- 25%+ of Montana docs are older than 60
- Current shortage and impending larger shortage
- ~20 primary care openings in MT per year
- Expanding class sizes
- Expanding residencies
Montana Medicine

- Mostly rural
  - Majority of the US
  - Access to care issues
- WWAMI & MFMR trying to address
- MFMR has placed nearly 70% of its graduates in Montana
Residency Overview
So what is it like and what will I be doing?
Residency....

“I like to practice before I start acupuncture treatment!”

“Twelve years of college, medical school, internship and residency and it never occurred to me that I'd have to work the night shift.”
The Residency Mission

• Provide education and experience that
  – Prepares graduates to practice medicine competently
  – Provide healthcare for all or specific populations
  – Trains residents to be life-long learners
  – Train tomorrow’s community leaders
Care of Patients
Research and Learning

- Regular didactics
- ‘Grand rounds’
“It’s OK, this is a teaching hospital. Some people just have to learn that the hard way.”
Work hours

• Vary by rotation
• National limits
  – 80 hour work weeks
  – At least one day off/week
  – Required time off between shifts
• Very regulated
• Improved system for decreasing errors
  – Improves resident well-being and physical/mental health
• **Montana’s Residency**
  – We are committed to training physicians able to care for patients **across the lifespan**
  – Prepare graduates to practice full scope rural or urban medicine
The MFMR Mission

• Provide education and experience that
  – Prepares graduates to practice medicine competently in rural or urban communities
  – Provide healthcare for all populations
  – Trains residents to be lifelong learners
  – Train tomorrow’s community leaders

• Provide experience to prepare interested residents:
  – to engage in scientific research, writing, and critical appraisal
  – Learn about international healthcare
MFMR Faculty
THE PATH AHEAD....
So Where Do You Go From Here?
The Path Ahead...
The Path Ahead….

- What’s next?
- Start with what’s right now
- Volunteering/Experience
- Healthcare related work
- International/Travel
- Post-bacc if ya need it
- MCAT
- Applications and Interviews
- Decisions
- Moving
The Path Ahead….

- 1\textsuperscript{st} Year and Basic Sciences
- Preceptorships
- Last Summer Off….
- 2\textsuperscript{nd} year: basic sciences
- Step 1 (UGGHHH!)
- Clinical rotations –\textit{YAY!} (tracks…)
- Finding your path
- 4\textsuperscript{th} year: sub-internships
- Applications
- Step 2 CS and CK
The Path Ahead…..

• Residency
  – One national board exam
  – At least 3 years
    • Specialty dependent
    • Further training (fellowships)
  – Working in the specialty area
  – Seeing patients, learning the trade
  – Finally get paid
  – “Curriculum” varies
So what are the different specialties like?

BRIEF OVERVIEW OF THE MAJOR SPECIALTIES
So How Do You Decide?

I DON'T KNOW WHAT TO DO WITH MY LIFE!!

WHAT'S THE PROBLEM?

I LIKE EVERYTHING

I LIKE NOTHING

FAMILY PRACTICE

HOW ARE YOUR GRADES?

OK

UGH

DO YOU LIKE PEOPLE?

NO

ARE YOU WILLING TO TOUCH THEM?

NO

PATHOLOGY

ARE YOU A HUGE NERD?

YES

NEUROLOGY

NOT AS MUCH

LIKE THEM IF ASLEEP

ANESTHESIOLOGY

WHAT DO YOU THINK OF KIDS?

WHAT DO YOU FEEL ABOUT SLEEP?

NEED IT TO LIVE

DO YOU HAVE ADD?

HUH?

NO

EM

DO YOU STILL NOT KNOW WHAT TO DO?

YEAH

INTERNAL MEDICINE

WHAT CAN YOU FAKE AN INTEREST IN?

RASHES

EXES

DERMATOLOGY

OPHTHALMOLOGY

GEN SURGERY

OB/GYN

GO TO HELL

NO

EM

DO YOU STILL NOT KNOW WHAT TO DO?

YEAH

INTERNAL MEDICINE

ARE YOU SOCIALLY AwKWARD?

YES

NO

OPERATING

WHAT DO YOU ENJOY IN YOUR FREE TIME?

YES

NO

UROLOGY

PETS JOKES

PLASTIC SURGERY

DRIVING SHINY CAR AROUND L.A.

ORTHOPEDIC SURGERY

STRIP CLUBS

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ORTHOPEDIC SURGERY

STRIP CLUBS
Family Medicine

- 3 year residency
- Practice medicine across a lifespan
- Provide healthcare for all populations (adults, kids, obstetrics, geriatrics)
- Train tomorrow’s community leaders and healthcare advocates
- Subspecialties
  - sports medicine, geriatrics, palliative care, integrative medicine, academics, wilderness medicine
Internal Medicine

- Inpatient and Outpatient Care of Adults
- 3 year residency
- Often a stepping stone to sub-specialties (cardiology, nephrology, oncology etc)
- Graduates often work in clinic or hospital settings
- Subspecialties: cardiology, nephrology, pulmonology, heme/onc
Pediatrics

- 3 year residency
- Provide care of newborns
- Take care of children in both inpatient and outpatient settings
- Attend c-sections and deliveries and provide newborn resuscitation
- Provide hospital and NICU management
Obstetrics-Gynecology

- 4 year residency
- Provide prenatal care
- Ultrasound skills
- Manage patients in labor
- Perform gynecologic procedures and surgery
- Surgical and clinical specialty
Surgery

- 5 year residency
- Learn general surgery
  - Abdominal
    - Colon
    - Gallbladder
    - Appendix
    - Pancreas
  - Breast
  - Trauma
- Both office and hospital surgeries
- Some clinic
Psychiatry

- 3 year residency
- Care of both inpatient and outpatient psychiatric patients
- Clinic based specialty but can be inpatient
- Learn different modalities of treatment (therapy, medicines etc)
Orthopedics

- 6 year residency
- The bone and joint doctors
- Often will further specialize (i.e. hip, knee, hand)
- Both clinic (diagnosis, non-surgical treatment, therapy) and surgical skills
Emergency Medicine

• 3-4 year residency
• Put out the health crisis fires
• Do a lot of non-urgent care too
• Masters of procedures and interventions
Subspecialties

Medicine Based
• Additional training after 3 years of Internal Medicine residency
• Learn inpatient and outpatient management of specialized conditions
• CARDIOLOGY, HEM-ONC, NEPHROLOGY, GI, PULMONOLOGY

Surgery Based
• Additional training after years of General Surgery residency
• Inpatient and outpatient care of certain patients
• Specialized surgical and possibly endoscopy skills
• ENT, UROLOGY, PLASTICS, CT, VASCULAR
A GLIMPSE BEYOND....
The Years Ahead…

- Keep an open mind, a learner’s mind
  - Learn everything you can
  - Let yourself be impressed with
    - Yourself
    - Any and every rotation
    - Allow yourself to be wooed

- Find a rotation you love??
  - Can you picture yourself doing that not on an exciting day, but the most boring day or a string of the most boring days?
The Years Ahead…

• People like/love their own specialty
  – Will extol their own virtues
  – Often at expense of others
    • Beware of dissers and haters and naysayers
    • Trash-talking other specialties is not collegial

• May try to recruit you…that is okay
  – You’re good, and that’s a compliment
How do I work hard but not lose the things important to me?

THE BALANCING ACT
The Balancing Act

• Don’t lose yourself
• Stay sane
• Keep balanced
• What do you love to do?
• When are you going to do it?
• Remember your family and friends
A Healthy Work-Life Balance is Emphasized
Staying Balanced in Residency
Enjoy Yourself When You Can
Prioritize Your Loved Ones (and pets too!)
QUESTIONS?