Introduction to Residency
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Definitions

Intern
1. To restrict or confine within prescribed limits such as with prisoners of war
2. A person who works as an apprentice or trainee in an occupation or profession to gain practical experience
3. In medical residency, the first year of residency training

Resident
1. A person who resides in a place
2. A physician who joins the medical staff of a hospital as a salaried employee for a specified period to gain advanced training usually in a particular field, being in full-time attendance at the hospital and often living on the premises
Outline

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

“TEN 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 lifelong learners
  - Train tomorrow's professional leaders
Research and Learning

- Regular didactics
- ‘Grand rounds’
- Residents teach students and each other residents
- Residents write and publish research and reviews
- Residents give case conferences and journal clubs
- Faculty teach noon conferences, clinic, hospital medicine
- Faculty supervise and teach residents and students in clinical, research
Extensive Teaching

"It's OK, this is a teaching hospital. Some people just have to learn that the hard way."
Professionalism

The most important thing about your company’s dress code is the part about covering your ass.

LOK AT THIS EMAIL FROM MY DOCTOR. I MEAN, WHERE DID HE EVEN GET THAT FONT?!
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
Residency....

Where is that f******g drill???

Lets eat Grandpa!
Lets eat, Grandpa!

COMMAS SAVE LIVES!
Common Residency Questions/Myths

- Will I go insane?
- Will I get divorced?
- Will I make any money?
- Will I ever sleep?
- Will it ruin my life?
- Will it take over my life?
A Day in the Life

I had a great time tonight. I’d like to see you again in about six months.
MFMR: Montana’s Original Residency

- 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
  – Provides 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
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!)

• 3\textsuperscript{rd} year  
  – Clinical rotations – YAY!  
  (tracks…)  
  – Finding your path

• 4\textsuperscript{th} year:  
  – Rotations  
  – Sub-internships  
  – Applications  
  – Step 2 CS and CK*
So what are the different specialties like?

BRIEF OVERVIEW OF THE MAJOR SPECIALTIES
Residency....

• One national board exam-USMLE Step 3
• At least 3 years
  – Specialty dependent
  – Further training (fellowships)
• Working in the specialty area
• Seeing patients, learning the trade
• Finally get paid---A REAL JOB!
• Curriculum varies
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
- Go on for urology, CT surgery ENT
I DUNNO WHY, BUT I'M HAVING A LOT OF TROUBLE GETTING AN ERECTION.

GEEZ... WH... I DON'T REALLY KNOW IF I CAN HELP YOU.

I COULD FIND YOU A MORE ATTRACTIVE DOCTOR I GUESS...
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
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

WHAT DO YOU THINK OF KIDS?

NO

ANESTHESIOLOGY

WHAT DO PEOPLE SAY "MEOW" WHEN THEY SEE YOU?

NO

EM

DO YOU HAVE ADD?

NO

INTERNAL MEDICINE

DO YOU STILL NOT KNOW WHAT TO DO?

I YEAH

SURGERY

GO TO HELL

NO

OB/GYN

ometrics

EXES

DERMATOLOGY

WHAT CAN YOU FAKE AN INTEREST IN?

YES

Rashes

OPERATING

WHAT DO YOU ENJOY IN YOUR FREE TIME?

YES

UROLOGY

PENDS JOKES

ORTHOPEDIC SURGERY

DRIVING SHINY CAR AROUND L.A.

STRIP CLUBS

FAMILY PRACTICE

HATES ME

PLASTIC SURGERY

WHAT DO YOU LIKE TO CUT?

NO

SO WHAT CAN YOU FAKE AN INTEREST IN?

YES

RADIODIAGNOSIS

LOVE THEM

IT'S FOR THE WEAK

2 MIN OF LIFE

FAMILY PRACTICE

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SO WHAT CAN YOU FAKE AN INTEREST IN?
APPLYING TO RESIDENCY
Application Stuff

The Requirements

• When
• USMLE
• Letters or Recc
• Personal statement
• Deans letter
• Academic transcript
• Interviews

What YOU Can Do NOW

• Leadership
• Community activity
• Volunteerism
• Travel
• Learn about something cool
Match
How do I work hard but not lose the things important to me?

THE BALANCING ACT
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 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
Enjoy Yourself When You Can
Prioritize Your Loved Ones (and pets too!)
QUESTIONS?