



OBJECTIVE

How to lift that moral up with positiveness in those days where we do not see any light at the end of the tunnel...

- Try to vent your frustration in your own way for example talking with a relative that you trust, crying alone sometimes helps to get rid of emotional stress without thinking in quit the process, meditation, etc.
- Focus in the “present” for example instead of asking yourself “why is this happening to me” question yourself “How to learn from what happen to ...”

SUMMARY

When we start dreaming about our journey to obtain medical residency. Since we got to USA, we start realizing that it is not easy or as I used to say “fair” specially for international medical graduates. In view of the aforementioned I wanted to make a poster providing an empathetic perspective towards those who find it very difficult to overcome the emotional obstacles during this process in order to achieve medical residency.

INTRODUCTION

Since the beginning one in four U.S. physicians is an international medical graduate (IMG), and every year around 12,000 IMGs apply for U.S. residency positions, and we have been told the different strategies to achieve medical residency in different bullets points, courses, seminars, etc. mainly by different people or companies one of the most important is ECFMG, ERAS, etc. but nobody has talked about the emotional and moral part that lots of us need.

METHOD

- A comprehensive review of relevant literature about how the USMLE and applying for residency can harm mentally and physically the student. Data from previously published papers were analyzed to evaluate the importance of being prepare mentally and physically for this hard journey.

RESULTS

- To be the 1% you need to do what the other 99% will not.
- Carry on the difficulties without blaming anybody about them, do not forget that in this life there is not problems, only solutions.
- Trust in your capacity, do not let your human errors lead you to a recurring negativism, and learn how to have a positive perspective to each situation you are going through.

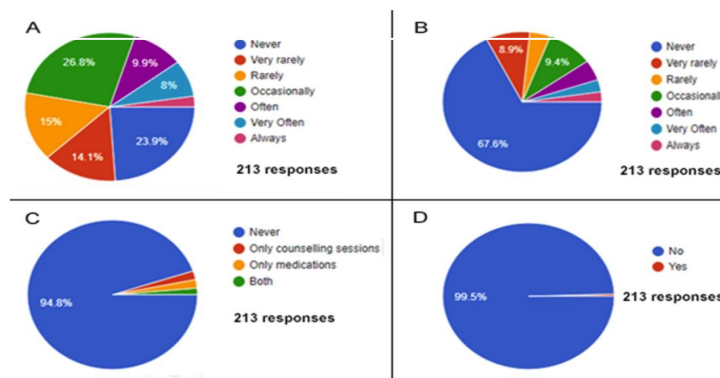


Figure 1: (A) How often did you feel like quitting your USMLE journey/application process due to emotional stress?
(B) How often you felt hurting yourself physically in any form during USMLE journey/application process due to emotional stress?
(C) Whom did you choose to confide your financial troubles or emotional stresses with?
(D) Did you seek any kind of medical counselling or were prescribed medication(s) by psychiatrist for this problem?

CONCLUSION

In this USMLE journey you need to see yourself from here in 10 years, where you will see a big change not just professionally, but emotionally as well. Where your humility will teach you the importance of the traced path without forgetting where we started and who helped us during the process, so we can help the coming generations.

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