Matching into residency as an old graduate

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Abstract
Matching into residency is challenging, but it is more difficult for many international medical graduates when they have an old year of graduation. A few years before, most programs had the cutoff for the year of graduation at five years or less. But recently, we have noticed that many programs have reduced it to 3 years or less. This has made it challenging for images as they don't always have plans to get into a residency in the United States from the start; a lot of times, after a few years of practice, they feel like doing a residency in the United States, and they find themselves in a situation where their year of graduation has become a red flag for them.

Introduction
This poster will discuss ways and resources available for international graduates to overcome the old graduation year. With good hard work and effort, students can finally overcome this red flag and successfully match into the residency of their choice. All we need is a little research and evidence-backed methods; the weakness can be turned into a strong point on one's CV.

Objectives
This poster aims to highlight ways you can overcome your year of graduation as a red flag. Some of the ways that have proven effective are:

1. Get an observation at the residency you want to match.
2. Be a published author.
3. Passing Step 3
4. Justifying your old YOG
5. Make a List of programs that don't require the year of graduation.

Materials Available
This poster will examine the resources and materials available to achieve each objective.

1. Observerships — to have observerships in the residency programs of your choice, the best and cheapest way is to contact the program coordinators directly, tell them about your interest in the program and ask if there is a spot for observership or an audition rotation. Always look for rotations with program directors, as not only that gives you a chance for an interview, but getting a Letter of Recommendation from the program director helps you get more interviews.
2. Writing research papers — this is one of the things that most people overlook, and the impact it has on your CV. For the resource here, the program at CIBNP with Dr. TOHD is precisely what one wants to match into a residency program. Within a matter of 2 months, you get five published papers under your name.
3. Passing Step 3 — Passing step 3 makes the program directors bit more Relaxed, as they know, since you have already passed step 3, you can focus more on the training, and there are fewer chances of quitting in the Transitional year. The resources for step 3 remain the same as most other steps, like UWORLD, divine podcasts, and Anki flashcards.
4. Justifying the Old Year of graduation — If you have done a residency in your home country, there are excellent chances that you will get preference in that residency when you apply. If you have been working as an MBBS doctor in your country, always put that work experience in and narrate what you did and how the experience has made you a better doctor.
5. Making a list
is one of the most important things. Fortunately, there are a lot of hospitals that only focus on the year of graduation. One should list all these programs, contact them for observerships, and show your intent to match into their schedule. Websites like Freida and Ama will help make a list.

Methods
A thorough analysis was carried out by going through the NRMP database, PUBMED, google scholar to determine the effect of filters on selecting a candidate for interview into the program.

Results
By going through the database it is found that while the year of graduation is a filter for some residency programs; it is not the only one, and residency programs use a lot of filters, and even in the presence of these filters a surprising number of candidates were able to match even if they didn't Meet the criteria for the filters applied.

Conclusion
Year of graduation is the second most common criterion for exclusion. Therefore, there are some residency programs where your application will never be opened, no matter how high a score you get. However, one out of four residency programs will not look for graduation year. So good scores, research papers, and clinical experience in the US can get your applications considered for interview in these programs.

References
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