



California Institute of Behavioral
Neurosciences & Psychology

Must- haves before embarking on the journey of US Residency Match 2023

SHRAMIK RAWAL

Shramikrawal1@gmail.com

California Institute of Behavioral Neurosciences & Psychology

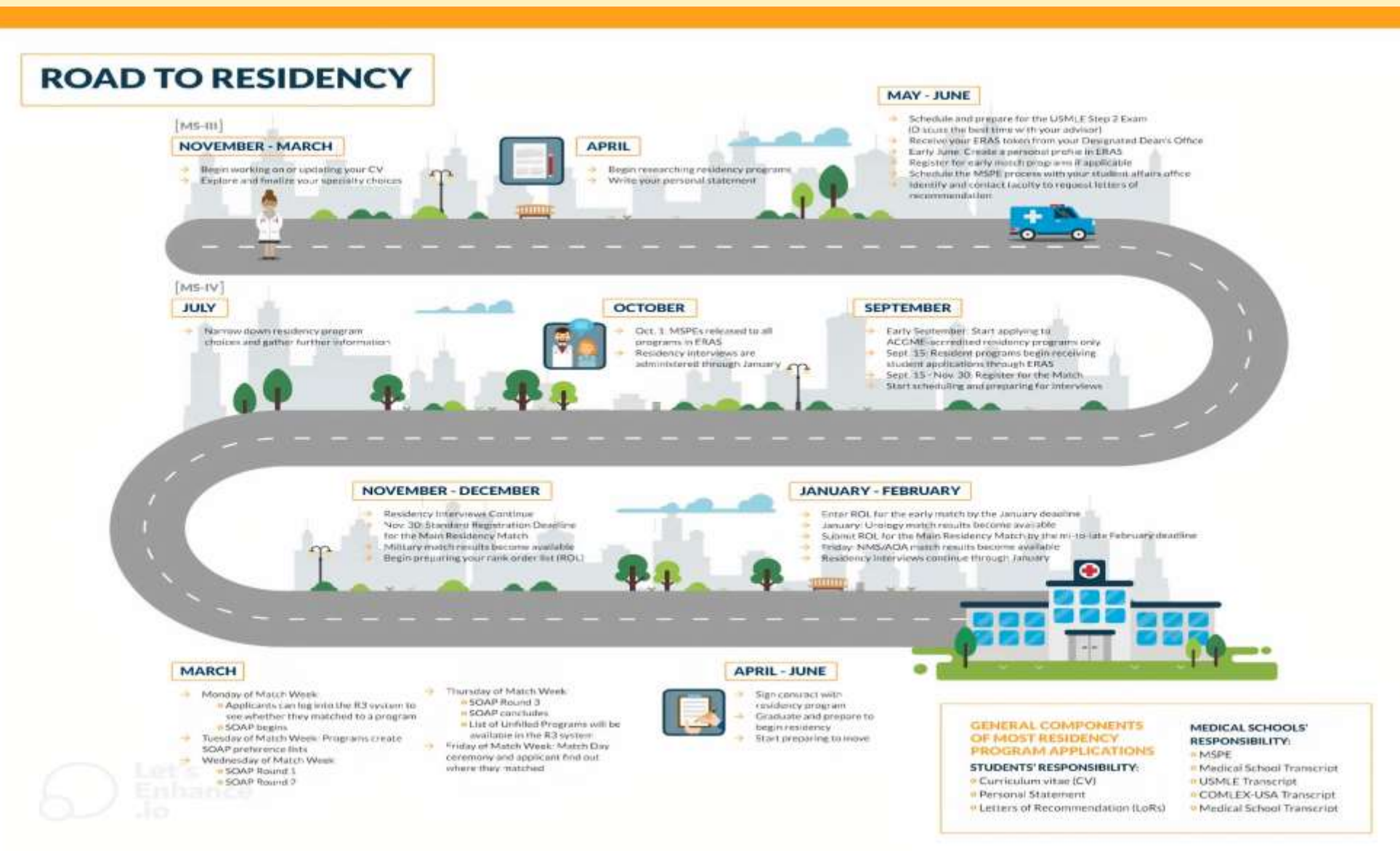


ABSTRACT

The process for applying for medical residency in the United States (US) is a complex one. It is not an easy one when you must navigate the requirements without the structural support from a U.S. medical school and the mentorship of peers and faculty, especially with the added challenges of language and culture. This poster provides a comprehensive overview of the process of applying for residency and fellowship in the US.

INTRODUCTION

The medical profession in the U.S. has a remarkable international flair. 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 .The key steps being-



OBJECTIVES

ⁿ. So how do we optimize our chances for success?

- **Have good grades:** High scores on the **USMLE** examination and medical school tests can only be helpful
- **Prepare your letters of recommendations**-You need a minimum of three letters of recommendations.
- **Obtain clinical experience** in the United States.
- **Consider doing research:** Doing research is a good way to improve your application, If you do research at a U.S. hospital, it may also be a way to get a foot inside the door.
- **Avoid errors on ERAS.**

Easiest Residency Specialties For International Students



Most Difficult Residency Specialties For International Students



Residency Specialty- % of U.S. Seniors

Surgery – Preliminary
23.9%

Pathology -
33.4%

Family Medicine-
39%

Residency Speciality - % of U.S Seniors

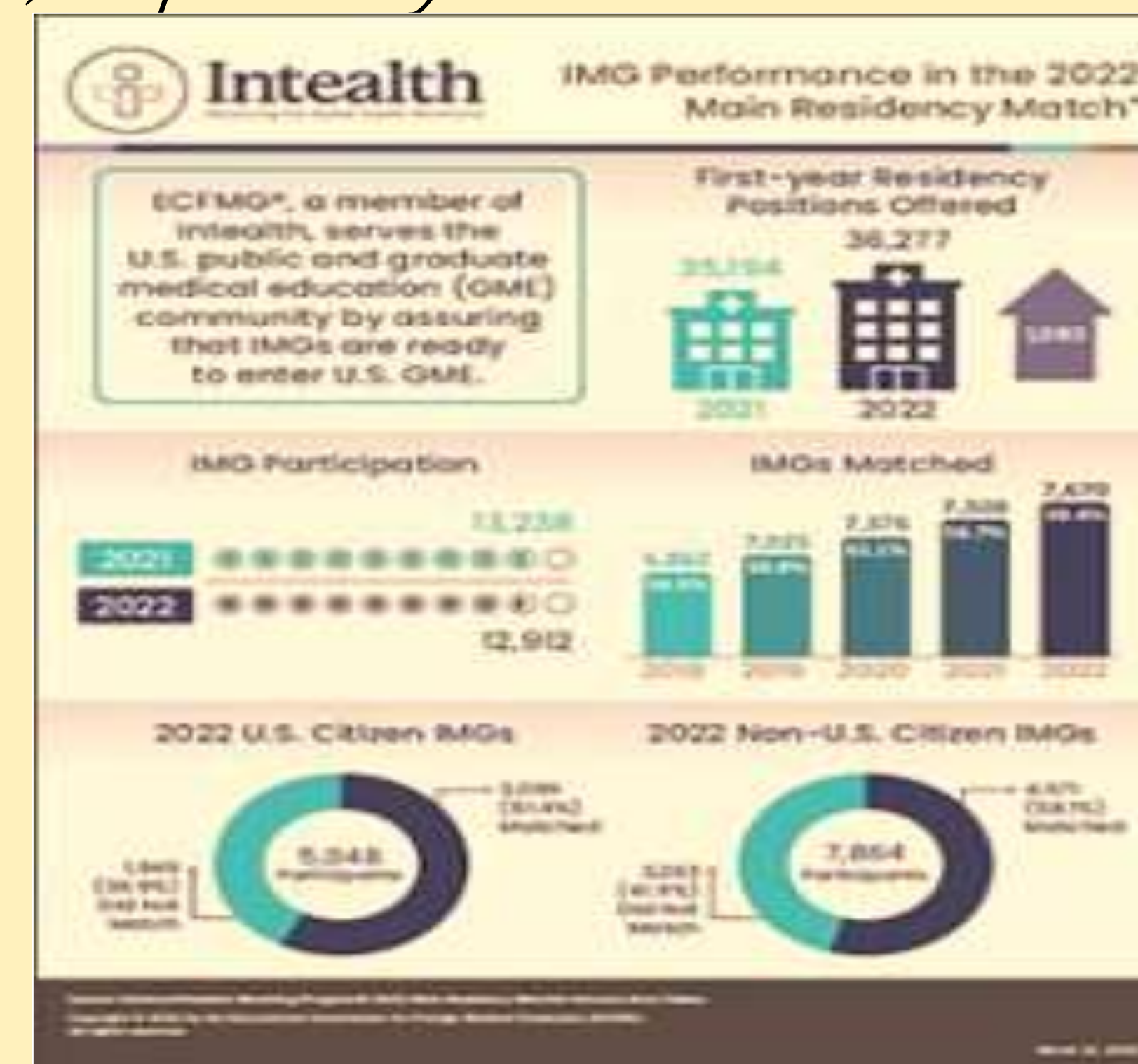
Otolaryngology-
93.9%

Plastic Surgery -
91.9%

Thoracic Surgery -
91.9%

RESULTS

The **7,508 IMGs** who matched represent an overall IMG match rate of **57%** in this highly competitive process. Of the IMGs who matched, 3,152 are U.S. citizens, a decrease of two, compared to last year. The number of positions obtained by **foreign national IMGs is 4,356**, an increase of 134 compared to last year. The match rates for U.S.-citizen and foreign national IMGs are 59.5% and 54.8%, respectively.

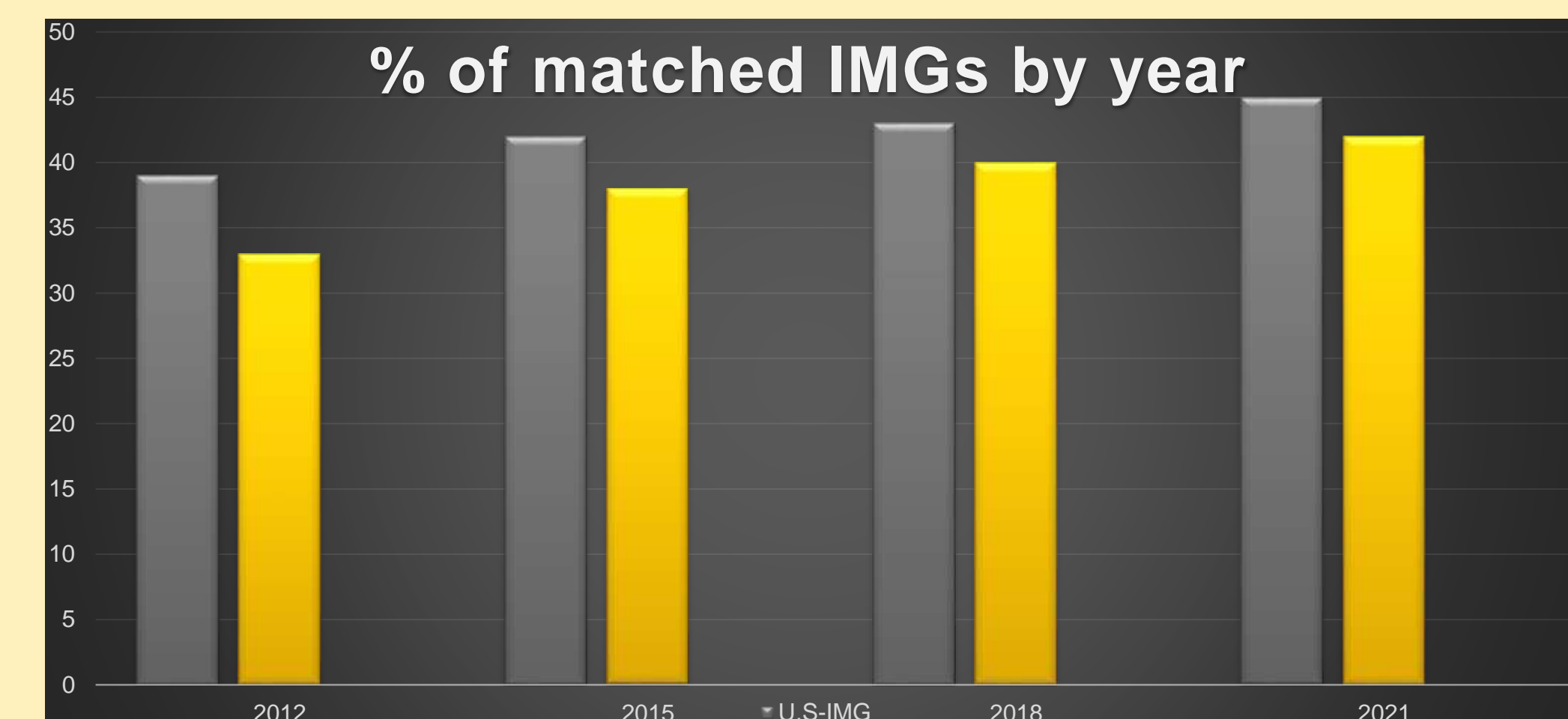


By reviewing this data, you can see that the most competitive specialties are: Plastic surgery, Thoracic surgery, Neurosurgery, Otolaryngology.

CONCLUSION

We all know how tough the path for US residency match is. But if we keep certain points in our mind and do things systematically it is not impossible. One needs to believe in their strengths and make most of the opportunities laid in front of them.

Appropriate clinical and communication skills are essential for physicians who participate in U.S. graduate medical education.



REFERENCES

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ACKNOWLEDGEMENT

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