

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 observership 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.
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.TOH D 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 a 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.

Table 1
Single Most Commonly Used Filter for Initial Applications Review*

Criterion	US IM PD Respondents Using Criterion to Filter (n = 208)
USMLE Step 2 CK score	92
USMLE Step 1 score	24
Medical school	13
USMLE Step 2 CS failure, first attempt	9
Passing grade on medicine clerkship	3
Class standing in MPP	2
Passing grade in other clerkships	1
Lack of AOA membership	0
We do not use filters	15

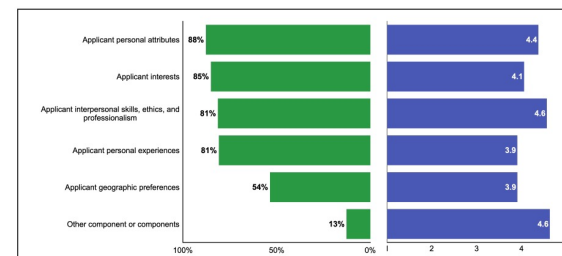
Abbreviations: IM, internal medicine; PD, program director; USMLE, United States Medical Licensing Examination; CK, clinical knowledge; CS, clinical skills; MPP, Medical Student Performance Evaluation; AOA, Alpha Omega Alpha.
Source question: "If you use constraints to sort or not applicants to your pool prior to beginning to depth review of individual applicants, which of the following data points is the single most common data point used to sort/filter applicants?"

Table 2
Applicants Not Meeting Disclosed IM PD Criteria for Interview Invitation*

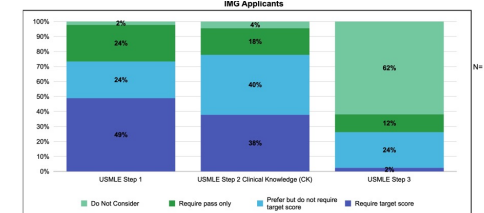
% of Applicants Not Meeting Criteria	US IM PD Respondents (n = 140, No. (%))
< 25	50 (31)
25-50	60 (36)
51-75	33 (21)
> 75	17 (11)

Abbreviations: IM, internal medicine; PD, program director.
*n = 48 of 208 (23%) of US IM PDs responded they do not disclose criteria on webpage.

Percentage of Programs Citing Discrete Factors in Holistic Review and Mean Importance Rating* of Said Factors, 2022



* Ratings on a scale from 1 (not at all important) to 5 (very important).



*Seniors and graduates are considered together.
*Total number of respondents who indicated they "seldom" or "often" consider MD senior and/or graduate, or IMG applicants for interview.
*Some percentages may not add to 100 because of rounding.

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.

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