Students' Guidelines for the 2020-21 Residency Application Cycle
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University of Michigan Medical School
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@Maya_Michigan
History, despite its wrenching pain, cannot be unlived, but **if faced with courage, need not be lived again**.

Dr. Maya Angelou
Agenda

• Background on educational organizations and their role in the residency application process
• Landscape of residency spots availability
• Guidelines for 2021 application cycle
• Resources
Panelists

• Karen E. George, MD, MPH, FACOG; Clinical Associate Professor, Obstetrics and Gynecology, The George Washington University School of Medicine and Health Sciences. Chair of the CREOG Council
• David A. Forstein, DO, FACOOG; Dean, Harlem Campus
• David Marzano, MD; Residency Program Director; Michigan Medicine
• Liz Southworth, MD; Incoming HO-1; Michigan Medicine
Educational Organizations

• APGO: Student education OBGYN
• CREOG –ACOG: Resident education OBGYN
• AAMC : ERAS
• AMA: FREIDA _residency programs database
• NRMP: Match
• NBME: USMLE Exams
• ECFMG: IMGs
• Coalition for Physician Accountability: All of the above  +
PLENTY of OBGYN Positions

<table>
<thead>
<tr>
<th>Year</th>
<th>Applicant/Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>0.8</td>
</tr>
<tr>
<td>2011</td>
<td>0.8</td>
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<tr>
<td>2014</td>
<td>0.8</td>
</tr>
<tr>
<td>2016</td>
<td>0.85</td>
</tr>
<tr>
<td>2018</td>
<td>0.89</td>
</tr>
</tbody>
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Source: NRMP Data Warehouse
Project Team

Joint Project Oversight Committee
- APGO President (Katz)
- APGO President Elect (Ollendorff)
- ACOG Education Vice-President (Jackson)
- CREOG Chair (George)
- APGO Executive Director (Georgakis)
- CREOG Director
- Project PI (Maya Hammoud)

Leadership Team
- Hammoud, Marzano, Morgan, Ogburn, Strand, Winkel, Woodland

Workgroup Chairs
- Chiang, Dairymple, George, Ogburn, Strand, Winkel

SOAIP Work Group
- Metrics Work Group
- ACI Work Group
- ERMP Work Group
- RICA Work Group
- RLC Work Group
Changes to the Application Process and Match

Goal: to decrease the number of applications needed for a successful Match

- Developing Standards to the OBGYN Application and Interview Processes
- Developing additional Application Review Metrics for residency applications
- Developing an Applicant Compatibility Index app that aids students with program selection
- Creating an optional Early Result Match Program
Standards to the OBGYN Application and Interview Processes

- Setting final application deadline of October 1
- Allow for minimum of 72 hour response
- Limiting interview invitations to the number of interview slots available
- Informing applicants of their final status by November 22
Importance of OBGYN Specialty-Wide Standards

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Students: For each of the following pairs, please choose the option that is better for you to reduce your anxiety (N=762)
Students: Number of interviews you received - Mean
Students: Number of interviews you completed-Mean

- USMLE <200 or COMLEX <487: 3.78
- USMLE 200-220 or COMLEX 488-575: 7.69
- USMLE 221-240 or COMLEX 576-660: 11.56
- USMLE 241-260 or COMLEX 661-742: 13.54
- USMLE >260 or COMLEX >742: 13.8

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Self-Reported Percent of Programs Who Followed Guidelines

Application deadline: 78% PDs, 74% PMs
Final application status: 68% PDs, 58% PMs
Interview offer date(s): 72% PDs, 65% PMs
Wait period for interview offer: 89% PDs, 84% PMs
Limiting interviews: 96% PDs, 86% PMs
We did not follow guidelines: 7% PDs, 19% PMs

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Specialty-Wide Standards for the OBGYN Residency Application and Interview Processes for 2020-2021

• Application submission deadline on **November 1, 2020**
• Interview offer dates on **November 10 and November 17**
• Interviews to begin no earlier than **November 17**
• Final status determination to **December 23** (Interview, Reject, Waitlist)

• **Minimum of 48 hours** for applicants to accept interview offers
• Limiting the number of interview offers to the number of interview spots available
• **Virtual interviews** for all applicants
Guidelines for OBGYN Applicants

Prior to Submitting Applications:

1. Speak with an advisor, at least one of whom is OBGYN, to determine your individual strategy based on a review of your application and goals.

2. Consult resources about residency programs to understand the program’s offerings.

3. Apply only to those programs that are a good match between applicant profile and program offerings.

Apply to no more than: 25-40* Programs

Limit to: 12-15 Interviews

Interview Cancellation at least: 2 weeks prior to scheduled interview

* Based on AAMC historical data, there are diminishing returns when apply to 16+ programs for a US MD applicant or 35+ programs for a US DO applicant with a USMLE score of 226.

Other Recommendations

• Limit away rotations for the 2020-2021 academic year to those students who cannot acquire those experiences locally
• Be flexible in the number of specialty specific LORs required
• Programs develop alternate and innovative means of conveying information about their residents, their residency program and location to applicants
Resources

Follow us on Twitter
@apgonews
@Maya_Michigan
Residency Programs

- https://freida.ama-assn.org/Freida/#/
- https://www.apgo.org/students/residency-directory/search-residency-directory/
https://www.nrmp.org/main-residency-match-data/
https://www.nrmp.org/main-residency-match-data/
Point of Diminishing Returns for Entering an Obstetrics and Gynecology Residency Program for U.S. MD Applicants

1. Number of Applicants = 7,137; this analysis included U.S. MD Applicants only.
2. The point of diminishing returns is the point at which the value added by submitting one additional application is reduced relative to the value added by each application before reaching the point of diminishing returns. The addition of one application beyond this point results in a lower rate of return on an applicant’s likelihood of entering a residency program.
3. The point of diminishing returns is an estimate and is not perfectly precise. Therefore, confidence bands around the point of diminishing returns are provided. The lower and upper bounds of each confidence band are shown by the shading around the vertical lines. The width of the confidence band describes the precision of the estimate, with wider bands indicating less precision.

Questions
SoMe for Residency

How to utilize Social Media during the 2021 application cycle
Liz Southworth
Residency: Incoming PGY1 @ University of Michigan
Medical School: Loyola University Chicago
@Lizzysouth26 @lsouth26

Sarah Santiago
Residency: Incoming PGY1 @ University of Michigan
Medical School: Loyola University Chicago
@SarahASantiago @SarahSantiago92
-Several studies across multiple medical specialties illustrated that applicants’ **interactions during interview day** and **visiting rotations** were the top resources in allowing one to learn about a residency program. [1][2][3]

-The NRMP survey of Ob-Gyn applicants in 2019 showed **interview day experience** as a citing factor in ranking programs among 86% of participants. [4]

-Additionally, other investigations found that the **perceived happiness of residents** most the most important factor affecting applicant rank lists. [2][5]
Overview

- Participants will list important steps to creating a Professional Social Media profile
- Participants will locate the Social Media Directory and OBGYN Residency Accounts List on Twitter
- Participants will explore how to utilize content on Social Media to learn about residency programs
- Participants will discuss Social Media as an extension of your application
Step 1: creating a Professional Social Media profile

1. **Start with a simple handle:**
   - @SarahASantiago vs @SarahSantiago0023279.

2. **Create a clear bio**

3. **Use a professional photo**
Step 2: Access Directory and List

Twitter List: OBGYN Residency Accounts
-Constantly updated
-Subscribe to list for a quick look at the active OBGYN Residency accounts

SoMe Directory: OBGYN Residency Accounts
-Constantly updated
-Twitter and Instagram
-Based on FREIDA
Things to consider...

1) Programs following you DOES NOT indicate likelihood of interview offer or rank status
2) Program retweets DO NOT indicate likelihood of interview offer or rank status
3) Your profile is public
Step 3: Follow to learn about residency programs

Residents: Favorite aspects of program, daily experience, etc.
Faculty: Interactions with residents, expertise and interests, research, etc..
Unique aspects of the program: Fellowships, rotations, electives, specialty clinics, etc..
Wellness and Resident Support: ACOG Wellness Week highlights, retreats, workshops, time off, etc.
Research/Advocacy/Teaching: Presentations, participation in national and local advocacy, residents as teachers training
Faculty: role within the program, interests/hobbies, personality
Interprofessional/Institutional: Interaction with nursing, culture of a program
Residents: Interests, personalities

Research/Advocacy/Teaching: residents as teachers/educators, engagement with national organizations

Interprofessional/Institutional: Get to know the Program Coordinator!
Social Media – An extension of your application

Can you highlight aspects of your application – through example and action?

Can you highlight areas of the field that interest you?

Can you share important work you’ve done as a medical
Citations


Good luck during 2021 OBGYN Residency Cycle
How likely are you to follow the guidelines to the number of applications a student should submit? (n=621)

- Highly likely: 43%
- Somewhat likely: 31%
- Unsure: 14%
- Somewhat unlikely: 9%
- Highly unlikely: 3%
How likely are you to follow the guidelines to the number of interviews a student should accept/complete?

- Highly likely: 66%
- Somewhat likely: 21%
- Likely: 9%
- Somewhat unlikely: 3%
- Highly unlikely: 1%
Should we have a token system as means for students to express interest in programs?

- Yes: 78%
- Unsure: 14%
- No: 8%