

How to Match into a GREAT Family Medicine Residency



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The Process



Decision:

“ I want to be a family physician!”

Self Assessment and “**Which programs,**
and **how many,** will I apply to?”

The Application: “I know I’m awesome —
but how do I let the programs know?”

The Interview: “How do I make the right
impression? How do I choose?”

The Dance—and match strategies



Basic Data



Basic Data from AAFP



Family Medicine

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	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999
Positions Offered	2,630	2,555	2,654	2,621	2,727	2,782	2,884	2,940	2,983	3,096	3,206	3,265
Positions Filled	2,404	2,329	2,404	2,313	2,318	2,292	2,273	2,239	2,357	2,363	2,603	2,697
% Filled	91.4%	91.2%	90.6%	88.2%	85.0%	82.4%	78.8%	76.2%	79.0%	76.3%	81.2%	82.6%
Filled US Seniors	1,184	1,083	1,172	1,107	1,132	1,132	1,198	1,234	1,413	1,516	1,833	2,024
% Filled US Seniors	45.0%	42.4%	44.2%	42.2%	41.5%	40.7%	41.5%	42.0%	47.4%	49.0%	57.2%	62.0%

2010 NRMP Results



Basic Data from AAFP

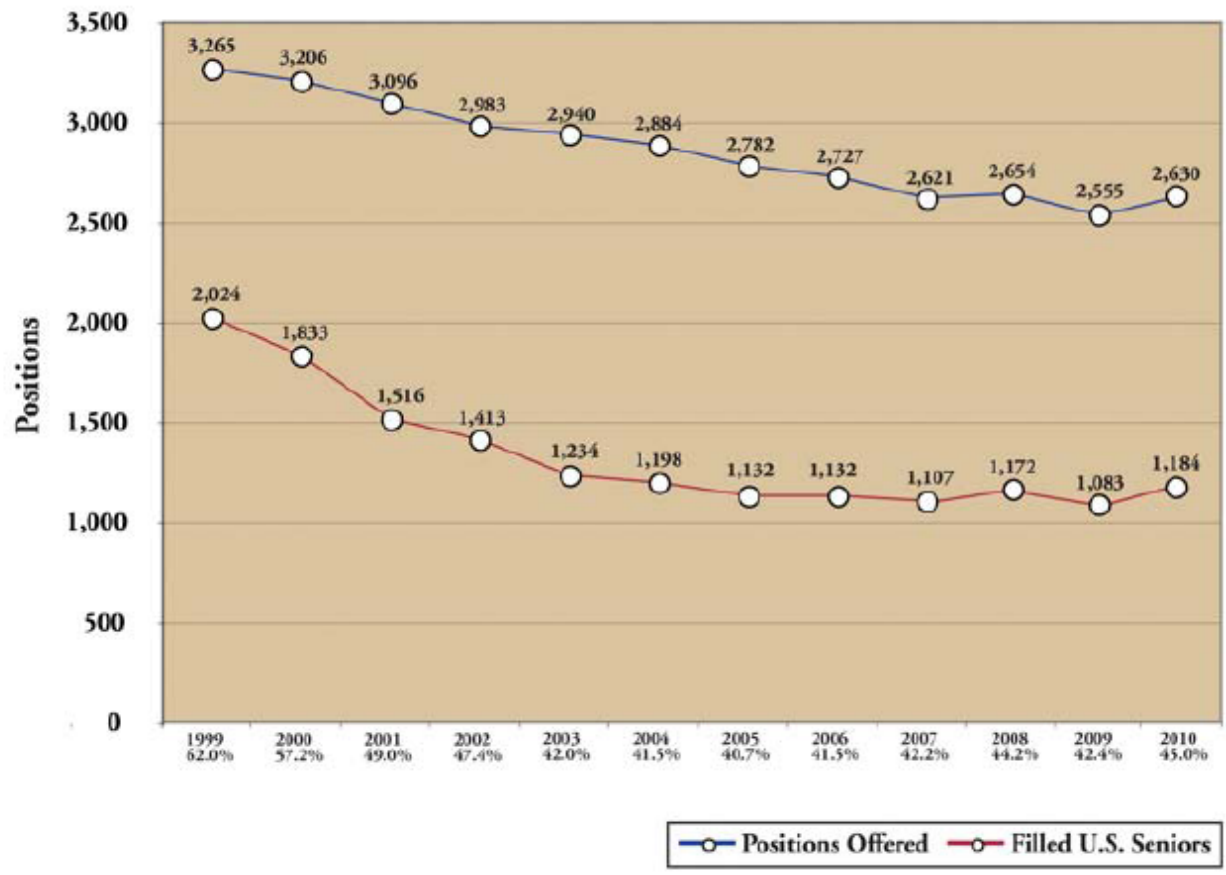
Graph 2

Family Medicine Positions Offered & Filled with US Seniors in March (1999-2010)

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NRMP Data

ACGME Statistics

Total number of residency programs in 2010: 450

Source: Accreditation Council for Graduate Medical Education (www.acgme.org).

NRMP Statistics

PGY-1	2008	2009	2010
Number of Positions Offered:	2636	2535	2608
Number of U.S. Allopathic Seniors:	1303	1195	1348
Number of Total Applicants:	4940	4914	5166
Positions Per U.S. Allopathic Senior:	2.0	2.1	1.9
Positions Per Total Applicants:	0.5	0.5	0.5
Number of Positions Filled by U.S. Allopathic Seniors (%):	1156 (43.9)	1071 (42.2)	1169 (44.8)
Number of Positions Filled, Total Applicants (%):	2387 (90.6)	2311 (91.2)	2384 (91.4)
Number of Unfilled Positions:	249	224	224






Which Programs, and How Many,
Should I apply to?

2010 Family Medicine Data from AMA-FRIEDA



U. S. Seniors

Matched (n=1040)	Did Not Match (n=23)
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1. Mean <u>number of contiguous ranks</u>	6.8	5.2	
2. Mean <u>number of distinct specialties ranked</u>	1.1	1.1	
3. Mean <u>USMLE Step 1 score</u>	214	196	
4. Mean <u>USMLE Step 2 score</u>	223	180	
5. Mean <u>number of research experiences</u>	1.3	1.8	
6. Mean <u>number of abstracts, presentations, and publications</u>	1.4	1.9	
7. Mean number of <u>work experiences</u>	3	3.1	
8. Mean number of <u>volunteer experiences</u>	6.8	6.7	
9. Percentage who are <u>AOA members</u>	5.5	0	
10. Percentage who graduated from one of the 40 U.S. medical schools with the <u>highest NIH funding</u>	28.9	17.4	
11. Percentage who have <u>Ph.D. degree</u>	1	0	
12. Percentage who have <u>another graduate degree</u>	12.1	21.7	

2008 NRMP Survey: What Are Program Directors Seeking

What Are Program Directors Looking For?

Criteria for Selecting Applicants to Interview. Research indicates that the most frequently cited criteria program directors use when considering applicants for an interview for residency in this specialty are:

Factors	Percent of Programs
USMLE/COMLEX Step 1 score	85%
Personal Statement	83%
USMLE/COMLEX Step 2 score	79%
Perceived commitment to specialty	76%
Gaps in medical education	74%
Medical Student Performance Evaluation (MSPE/Dean's Letter)	72%
Letters of recommendation (other faculty)	72%
Letters of recommendation (colleague in the specialty)	71%
Letters of recommendation (clerkship director in the specialty)	70%
Letters of recommendation (department Chair in the specialty)	68%

Criteria for Ranking Applicants in the Match. Research also indicates that the most highly rated criteria program directors use in applicant ranking in this specialty are:*

Factors	Mean
Interpersonal skills exhibited during interview	4.5
Perceived commitment to specialty	4.5
Feedback from current residents	4.5
Interactions with housestaff during interview	4.5
Interactions with faculty during interview	4.5
Evidence of professional attributes exhibited during interview	4.4
Gaps in medical education	4.1
Perceived interest in program	3.9
Leadership qualities exhibited during interview	3.9
Visa status	3.8

*Based on a survey of residency program directors' ratings of selection criteria (on a scale from 1 to 5; 5 being Very Important). The criteria and their mean ratings are displayed in order from most to least important.

[More information](#), including a list of all criteria included in this survey, is available for this specialty.

Match Fill Rate by Region and State

2009-2010 March Fill Rate in Family Medicine by Region and State – National Resident Matching Program – American Academy of Family Physicians

Home Page > Residents > National Resident Matching Program > 2009-2010 March Fill Rate in Family Medicine by Region and State

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2009-2010 March Fill Rate in Family Medicine by Region and State

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For more information on state specific data and the categories of applicants by state, please contact [Ashley DeVilbiss Black](#).

Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
Pacific	405	394	395	366	97.5%	92.9%
Alaska	12	9	10	9	83.0%	100.0%
California	296	280	283	252	99.0%	90.0%
Hawaii	6	6	6	6	100.0%	100.0%
Oregon	27	25	27	25	100.0%	100.0%
Washington	74	74	69	74	93.2%	100.0%

Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
New England	94	95	88	91	93.6%	95.8%
Connecticut	16	17	16	15	100.0%	88.2%
Maine	21	22	15	20	71.4%	90.9%
Massachusetts	36	35	36	35	100.0%	100.0%
New Hampshire	5	4	5	4	100.0%	100.0%
Rhode Island	10	11	10	11	100.0%	100.0%
Vermont	6	6	6	6	100.0%	100.0%

Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
Mountain	193	187	186	173	96.4%	92.5%
Arizona	42	39	42	32	100.0%	82.1%
Colorado	64	63	62	57	96.9%	90.5%
Idaho	17	19	17	19	100.0%	100.0%
Montana	6	6	4	6	67.0%	100.0%
Nevada	8	6	7	5	88.0%	83.0%
New Mexico	23	17	21	17	91.3%	100.0%
Utah	24	25	24	25	100.0%	100.0%
Wyoming	9	12	9	12	100.0%	100.0%

Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
South Atlantic	397	383	363	354	91.4%	92.4%
Delaware	8	10	8	9	100.0%	90.0%
District of Columbia	12	12	12	12	100.0%	100.0%
Florida	69	70	69	70	100.0%	100.0%
Georgia	57	55	53	53	93.0%	96.4%

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Match Fill Rate by Region and State



2009-2010 March Fill Rate in Family Medicine by Region and State

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	2010	2009	2010	2009	2010	2009
Pacific	405	394	395	366	97.5%	92.9%
Alaska	12	9	10	9	83.0%	100.0%
California	286	280	283	252	99.0%	90.0%
Hawaii	6	6	6	6	100.0%	100.0%
Oregon	27	25	27	25	100.0%	100.0%
Washington	74	74	69	74	93.2%	100.0%

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New England	94	95	88	91	93.6%	95.8%
Connecticut	16	17	16	15	100.0%	88.2%
Maine	21	22	15	20	71.4%	90.9%
Massachusetts	36	35	36	35	100.0%	100.0%
New Hampshire	5	4	5	4	100.0%	100.0%
Rhode Island	10	11	10	11	100.0%	100.0%
Vermont	6	6	6	6	100.0%	100.0%

Match Fill Rate by Region and State

Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
Mountain	193	187	186	173	96.4%	92.5%
Arizona	42	39	42	32	100.0%	82.1%
Colorado	64	63	62	57	96.9%	90.5%
Idaho	17	19	17	19	100.0%	100.0%
Montana	6	6	4	6	67.0%	100.0%
Nevada	8	6	7	5	88.0%	83.0%
New Mexico	23	17	21	17	91.3%	100.0%
Utah	24	25	24	25	100.0%	100.0%
Wyoming	9	12	9	12	100.0%	100.0%
South Atlantic	397	383	363	354	91.4%	92.4%
Delaware	8	10	8	9	100.0%	90.0%
District of Columbia	12	12	12	12	100.0%	100.0%
Florida	69	70	69	70	100.0%	100.0%
Georgia	57	55	53	53	93.0%	96.4%
Maryland	14	13	12	10	86.0%	77.0%
North Carolina	78	80	66	71	84.6%	88.8%
Puerto Rico	8	8	8	8	100.0%	100.0%
South Carolina	85	55	53	44	91.4%	80.0%
Virginia	68	60	61	58	89.7%	96.7%
West Virginia	25	20	21	19	84.0%	95.0%

Match Fill Rate by Region and State



Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
West North Central	274	270	241	240	88.0%	88.9%
Iowa	57	54	50	53	87.7%	98.1%
Kansas	34	33	34	29	100.0%	87.9%
Minnesota	68	67	65	64	95.6%	95.5%
Missouri	53	52	48	44	90.6%	84.6%
Nebraska	34	33	24	24	70.6%	72.7%
North Dakota	15	16	15	16	100.0%	100.0%
South Dakota	13	15	5	10	38.5%	67.7%
Region	2010	2009	2010	2009	2010	2009
East North Central	481	169	401	410	83.4%	87.4%
Illinois	151	137	134	130	88.7%	94.9%
Indiana	63	61	57	53	90.5%	86.9%
Michigan	99	99	86	88	86.9%	88.9%
Ohio	108	114	76	91	70.4%	79.8%
Wisconsin	60	58	48	48	80.0%	82.8%
Region	2010	2009	2010	2009	2010	2009
West South Central	343	328	318	298	92.7%	90.9%
Arkansas	43	35	40	28	93.0%	80.0%
Louisiana	59	55	40	47	67.8%	85.5%
Oklahoma	43	37	43	33	100.0%	89.2%
Texas	198	201	195	190	98.5%	94.5%

Match Fill Rate by Region and State



Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
Middle Atlantic	285	267	261	253	91.6%	94.8%
New Jersey	40	42	27	34	67.5%	81.0%
New York	106	97	104	95	98.1%	99.0%
Pennsylvania	139	128	130	123	93.5%	96.1%
Region	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
East South Central	139	142	131	126	94.2%	88.7%
Alabama	40	44	36	42	90.0%	95.5%
Kentucky	33	34	33	31	100.0%	91.2%
Mississippi	16	16	16	13	100.0%	81.3%
Tennessee	50	48	46	40	92.0%	83.3%
	Offered		Filled		Filled %	
	2010	2009	2010	2009	2010	2009
TOTALS*:	2,611	2,535	2,384	2,311	91.3%	91.2%

2010 NRMP Match Results

Summary by Region

Region	Offered 2010	Offered 2009	Filled 2010	Filled 2009	% Filled 2010	% Filled 2009
Pacific	405	394	395	366	97.5	92.9
NewEnglnd	94	95	88	91	93.6	95.8
Mountain	193	187	186	173	96.4	92.5
So. Atlantic	397	383	363	354	91.4	92.4
W.No.Cntrl	274	270	241	240	88	88.9
E.No.Cntrl	481	469	401	410	83.4	84.7
W.So.Cntrl	343	328	318	298	92.7	90.9
Mid.Atlant.	285	267	261	253	91.6	94.8
E.So.Cntrl	139	142	131	126	94.2	88.7
TOTAL	2611	2535	2384	2311	91.3	91.2

Gather Information about Programs & Compare Select the Programs You Will Apply To



- Program quality - size, accreditation status, percentage of residents completing the program, future plans of graduates
- Educational structure - required rotations, formal curriculum, informal learning opportunities, other support
- Program type - academic or community, hospital-based or ambulatory
- Clinical duties - call schedule, supervisory structure, ancillary support
- Research and teaching opportunities
- Evaluation process - timing and structure of resident evaluation
- Location - housing, cost of living, proximity to family, input from significant others

Use AAMC' Careers in Medicine Residency Preference Exercise to Compare

Comparing Programs

To help you gather your list of programs and begin to think about what's important to you in your residency training, use the [Residency Preference Exercise](#) to make sure they are ones that will meet your needs. The exercise begins with a 47 item exercise that will help you assess your desired characteristics for a residency program. Once you complete this preference profile, you can search for programs. Our database provides basic contact information on over 9000 programs accredited by the ACGME. Once you have saved programs to your "saved programs list" the system creates a matrix, similar to the "Choosing Your Sepcialty" exercise, where you can compare what you have learned about the residency programs to your residency preference profile. The [Residency Preference Exercise](#) provides an objective framework for narrowing down your list of programs for application.

Prepare Your Application



- Prepare your application in the summer after your 3rd year of medical school
- Assess your competitiveness and the competitiveness of the programs you are applying to
- Apply to enough programs – Probably at least 8-10, but more in some circumstances
- Apply to a range of programs – Stretch and Slam Dunk
- Apply to a geographic variety of programs
- For Family Medicine Programs—other than military programs, use ERAS

Next Steps in Application Process



- Prepare your CV
- Write a personal statement—1 page—Include:
 - Why Family Medicine—what interests you about it?
 - Particular Clinical Interests?
 - Your personal characteristics—Why is FM right for you? Special experiences in Medical School
 - What you are seeking in a program?
 - Your future plans
- Arrange for letters of reference—at least 4
 - Medical school faculty
 - Outside physicians who know you
 - Letter from a family physician
 - Others

The Interview



- Usually October through January—finish ERAS early
- Usually 1/2 to 1 day in length
- Research the program completely before you go and refresh your memory prior to the interview
- Know what is in your CV and personal statement
- Plan on interviews costing you several thousand dollars—use alumni’s “host a student” program
- This is a job interview—dress appropriately
- Practice the interview process—mock interviews help

More on The Interview



- Make a good first impression—arrive a bit early
- Check out Careers in Medicine’s FAQ’s—prepare
- After studying information about the program, carefully and thoughtfully prepare some questions to ask—best about the educational experience & patient care—not about salary & vacation
- Be confident! You are a successful student from a great school!

After the Interview



- Write down information about your experience
- Record names of residents and faculty who you may want to contact with questions
- Build a spreadsheet so that you can compare programs

What About “Audition” Clerkships and Sub-I’s



- Always a good idea
- Provides the program, especially the residents, with a chance to get to know you
- Provides you with a chance to get to know the program and the area
- Convinces the program you are serious about them

The “Dance”—aka The “Dating Game”



- After the interviews carefully compare the programs
 - Where was there a good fit?
 - Which programs had the education you want?
 - Which groups of residents felt comfortable?
 - Which programs are in the right geographic location?
 - Which programs did your significant other like?
 - Which programs were interested in you?
- Develop the order of your mental match order list
- Use contacts with people you know at a program to express your interest—within match rules
- Communicate



Questions and Discussion