

**Post Match Reporting  
2020-2022 Match Cohort Data**

**Specialty: Orthopaedic Surgery  
Number of Survey Respondents = 8  
2020(50%), 2021(25%), 2022(55%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2020	6	3.9%
2021	5	3%
2022	2	1.4%

	<u>Mean</u>	<u>St Dev</u>
<b>Step 1</b>	252.00	8.67

**Post Match Survey Responses**

**Did you review the list of programs to which you applied with a Specialty Advisor?**

Yes 4  
No 4

**Before ranking programs, did you review your rank list with a Specialty Advisor?**

Yes 2  
No 6

**If not a Specialty Advisor, with whom did you review your rank list?**

Faculty 4  
Family 3  
Partner/Spouse 2  
Residents/Fellows 4

**Other: Please describe**

NA

**Were you advised to do an away rotation by a specialty advisor?**

Yes 4  
No 0

**Who was your most effective career advisor for your specialty? (number of multiple mentions)**

Derek Ward 2  
Dr. Nicole Schroeder 5  
Saam Morshed

Brian Feeley  
Benjamin Ma

There are many effective career advisors for orthopaedic surgery at UCSF. Drs Schroeder, Feeley, Ma, Lansdown, Shearer, and Ward to name a few are all excellent and helped me prepare my application.

**If you were to do anything differently in the residency application process, what would that be?**

Maybe apply to fewer programs and do 2 aways instead of 3.

If aways are still cancelled or limited, reach out to several programs of interest and tell them that you are interested well before interview invitations go out.

- Away rotations -- high % of applicants traditionally match at places they rotate. Without away rotations, it is easy to blend in with a field of similarly highly competitive applicants. - Recommend reaching out/having mentors reach out if there is one or two programs you are especially interested in.

Do an away rotation at an institution that you really want to be at and talk to residents/advisors about their experience with certain programs. Every program has its own culture and you'll find a place where you fit in regardless of preconceived notions that we all form based on Doximity rankings location etc. Also don't trust Doximity rankings blindly - they trend in the right direction but you need to look at the fellowship match to get an understanding of a program's reputation.

I would not have changed anything.

Find a mentor in the field early on.

Do only 2 aways instead of 3 as it does get tiring even if you space out your schedule. At the time though I felt doing three aways was the safest decision.

-Try and coordinate with other students applying about where they are doing away rotations. Ultimately it's your decision to choose a program you want to rotate at, but diversifying where UCSF students rotate will benefit everyone applying. -You are more likely to match at a program where you do an away rotation, so only rotate at places where you would want to end up at. If your step1 score or research experience aren't super strong (can ask Dr. Schoeder/faculty for their opinion), consider doing an extra away rotation. -Re-read/ know your research articles well before going on interviews. I had interviewers who would bring the article into the room and ask me about specific sections. Be yourself during interviews and don't overthink questions.

**Please provide any other information that might be helpful to UCSF students who will apply to your specialty choice in the future**

Get involved in research early. Getting on projects with residents is a great way to start but finding projects you can lead with attendings may give you a stronger relationship with that attending come down the line when they

will write letters/speak on your behalf. Make sure your attending has worked with medical students before and the project seems feasible in like 1 years time (it will always take longer) The difference between great projects and bad projects is not the amount of work put in (generally it'll be the same). It's how much you thought ahead about the feasibility of (and how publishable) the project. Try to just be around and be known for being around.

This process is stressful for everyone no matter how it goes.

Since there will be no grades or step 1 score, my advice is: - Do well on step 2 - Do research in ortho - Get to know department (both research and shadowing help) - Do well on subIs (work hard, positive attitude, know anatomy, don't be weird)

Orthopedics is an incredibly competitive field and it only appears to be getting more and more competitive without the filter of Step 1 scores. Get involved early with faculty that publish frequently (sports IGOT arthroplasty all great) and do as much research as possible - ultimately this will make you a better physician and can cushion your application regardless of what happens with step 2 or other components of your application. Become a known entity among the ortho faculty and get involved with ortho extracurriculars as well. Dr Schroeder and Feeley are great mentors to speak with for career advising and your chances when applying - they'll be honest with you. Finally be open to matching anywhere if this is the field you choose. UCSF students have the advantage of typically being offered interviews at top places but you should know that the matching process is absolutely unpredictable and you'll likely get great training no matter where you land.

Start networking in the department early on in medical school- shadow go to OSIG talks etc. This was very helpful when it came time to apply to residency as you become more well known to the people making decisions. Ask near-peers and recent graduates for help and advice. Talk with confidential advisers early. Also talk to official advisers before application season to gauge competitiveness/get advice for away rotations.

Finding a mentor in the field who can write you a strong letter is one of the most important factors in getting interviews in this small, competitive specialty. Strong letters from away rotations are helpful as well. I can recall multiple interviews where multiple fellow interviewees had the same letter writers as me from away rotations.

1. Ortho is awesome!!! 2. If you might be interested in ortho at all, get started on research right away. 3. You only need to take a gap year if you need/want more research experience; otherwise it is definitely possible to go straight through 4. Study hard for STEP 1 as it will open doors and the work you put in now, you won't regret later! 5. Every place/team/program has a different culture; don't make a career decision based on a few bad interactions but rather get to know as many people in ortho as possible 6. Early in med school I heard a lot of sayings like: "only go into surgery if you can't see yourself doing anything else," "if the OR is your favorite place in the world, go into surgery - if it's your favorite place in the hospital, go into anesthesia," and "the first branch point in career path is to decide on surgery vs non-surgery." None of these statements are true! They are also biased by nature, as they were told to me by people outside the field. Someone who enjoys clinic & patient interactions as much as the OR & operating can absolutely go into ortho and find fulfillment. Ortho is long training (6 years), but internal medicine subspecialty training paths are just as long or even longer. 8 hours in the OR can fly by faster than 5 hours of rounding - if you are doing what you love, with people you enjoy working with, then "lifestyle" is no longer the most important factor. Focus on the tasks and types of thinking processes that bring you joy, NOT what work-hour arrangement you want most or what geographic part of the hospital you find most appealing.

-Try and find a faculty research mentor near the end of 1st year to start research over the summer between 1st-2nd year of medical school. Ask students in years above or residents for recommendations of who to work with. There are funding opportunities specifically for UCSF orthopaedics (Heiman Research Fellowship). -Do ortho electives during 3rd year of medical school to meet faculty/residents. It's helpful to know faculty/residents so you can ask questions about applying into ortho and advice for rotations. -On rotations be honest and genuine. If you don't know something, it's ok to say that. Faculty/residents are trying to teach you and the expectation isn't to know everything as a student. You will find success by being engaged, hardworking, and willing to learn. - Don't be afraid to reach out to residents/faculty mentors for advice. They will be your best resource and strongest advocates.