Post Match Reporting
2018-2020 Match Cohort Data

Specialty: Anesthesiology
Number of Survey Respondents = 20
2018(20%), 2019(25%), 2020(55%)

<table>
<thead>
<tr>
<th>Match year</th>
<th>Match cohort</th>
<th>% total cohort</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>6</td>
<td>4.05 %</td>
</tr>
<tr>
<td>2019</td>
<td>9</td>
<td>5.63 %</td>
</tr>
<tr>
<td>2020</td>
<td>14</td>
<td>9.09 %</td>
</tr>
</tbody>
</table>

Mean | St Dev
--- | ---
Step 1 | 236.86 | 12.65

At least one faculty member knew me both personally and professionally during the course of medical school.

- Strongly Agree: 7
- Agree: 3
- Disagree: 1
- Strongly Disagree: 0

If there was a faculty member who knew you both personally and professionally throughout medical school, please describe who that faculty member was and how they knew you.

As a PISCES student, there were many faculty members who knew me well. Recently, I felt particularly close to Dr. Ian Harris, who along with Dr. Cresalia, helped me set up an elective in congenital cardiology and was my SPAN preceptor. He was a fantastic mentor who taught me a lot about congenital physiology and management and the cardiac exam. It was particularly meaningful as a VSD patient myself.

James Frank, my coach who I was able to go to any time during my medical school career.

Dr. William Ryan: led the OHNS fellowship I completed during my research year.

My research mentor Elaine Ku got to know me both personally and professionally. Although we didn't work together clinically, she served as my primary research mentor for 3 years during medical school (starting with my summer RAPTR project after my first year). Since then, we have worked on multiple projects together, she has introduced me to collaborators, and we have attended a national conference to present our research.

Descartes Li, coach and professor; knew very well on a personal interest and was able to provide both personal and professional support throughout medical school. Also a close friend and colleague. Denise Chang & Gail Shibata, deep explore mentor and attending on pedi anes subi. Close mentor on professional/residency applications and personal goals during third and fourth years of medical school. Gabriel Sarah; close friend, advocate and advisor for residency applications. Also collaborator on LGBTQ health education work. Molly Cooke; friend and attending on medicine. Really good at teaching medicine, nontechnical skills in medicine, and being attentive to learners personal needs.
Solmaz Manuel started as an anesthesia confidential advisor, then became my research advisor, and then finally personal advocate!

CMC coach

My small group leader from first and second year we have stayed in touch and have talked about both professional and personal matters.

Mike Bokoch Deep Explore advisor. He got to know me over the year with frequent check in's

Bridges Coach was an amazing mentor throughout medical school and also helped me through personal challenges

How many categorical programs did you apply to?

| <= 10 | 0 |
| 11 – 20 | 3 |
| 21 – 30 | 4 |
| 30 + | 2 |

Did you apply to any advanced programs?

| Yes | 8 |
| No | 2 |

How many advanced program(s) did you apply to?

| <= 5 | 3 |
| 6 – 10 | 0 |
| 11 – 20 | 4 |
| 21+ | 1 |

Did you review the list of programs to which you applied with a designated Career Advisor?

| Yes | 15 |
| No | 4 |

Which advanced program(s) did you apply to?

NYU, Stanford, UCSF, UoA

There is a lot of overlap with my categorical programs list. UCSF UCSD NYU Yale Northwestern UChicago Boston U Tufts Virginia Mason Stanford UW Brigham and Women's MGH OHSU

UA BMC UCSD Wake Forest Yale

UCSF Stanford UCSD OHSU University of Washington Virginia Mason Medical Center University of Colorado
MGH Brigham & Women's BI Johns Hopkins University George Washington University Yale Penn Northwestern University of Chicago

UCSF, NYU

UCSF, Stanford, UCSD, UW, OHSU, MGH, Brigham, Johns Hopkins, UPenn, Pitt, NYU, WashU, Mayo, Northwestern

**How many programs in your specialty (not including preliminary programs) invited you to interview?**

<table>
<thead>
<tr>
<th>Range</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;= 5</td>
<td>2</td>
</tr>
<tr>
<td>6 – 10</td>
<td>2</td>
</tr>
<tr>
<td>11 – 20</td>
<td>13</td>
</tr>
<tr>
<td>21+</td>
<td>2</td>
</tr>
</tbody>
</table>

**How many interviews in your specialty did you accept?**

<table>
<thead>
<tr>
<th>Range</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;= 5</td>
<td>1</td>
</tr>
<tr>
<td>6 – 10</td>
<td>7</td>
</tr>
<tr>
<td>11 – 20</td>
<td>11</td>
</tr>
<tr>
<td>21+</td>
<td>0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Response</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>15</td>
</tr>
<tr>
<td>No</td>
<td>4</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Response</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>6</td>
</tr>
<tr>
<td>No</td>
<td>13</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Group</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>1</td>
</tr>
<tr>
<td>Friends</td>
<td>1</td>
</tr>
<tr>
<td>Partner</td>
<td>1</td>
</tr>
<tr>
<td>None</td>
<td>1</td>
</tr>
</tbody>
</table>

**Did you enter the Couples Match through the National Resident Matching Program (NRMP)?**

<table>
<thead>
<tr>
<th>Response</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>No</td>
<td>18</td>
</tr>
</tbody>
</table>
Did you apply to preliminary and/or transitional PGY1 programs in addition to programs in your specialty?

Yes  18
No   1

How many PGY1 programs invited you to interview?

<= 5  5
6 – 10 9
11 – 20 4
21+   0

How many PGY1 program interviews did you accept?

<= 5  7
6 – 10 11
12 – 20 1
21+   1

Estimate the total amount you spent on interview trips.

501 – 1000 3
1001 - 2000 2
2001 - 3000 3
3001 - 4000 8
4000-5000 2

Were you involved in a research project in your specialty?

Yes  8
No   11

Did you do any away rotation(s)?

Yes  0
No   19

List the institution(s) and specialty for your away rotation(s).

N/A
Do you have any publications since starting medical school?

Yes 13
No 6

How many publications do you have?

1 3
2 3
3 4
4 2
5 1

Do you have any publications in the specialty you applied to since starting medical school?

Yes 0
No 10

How many specialty publications do you have?

None

Who was your most effective career advisor in field matched?
(number of multiple mentions)

John Turnbull (2)
Both Kristina Sullivan (non confidential) and Solmaz Manuel (confidential) were incredibly helpful. I recommend speaking with the non confidential career advisor in addition to the confidential since they have direct involvement with residency selection and therefore have the most accurate perspective on what the selection process is. Speaking with the confidential advisor is also helpful as you can feel completely comfortable sharing all your thoughts without it feeling like a lowkey interview for the program.

Solmaz Manuel (10)
Mark Rollins (2)
Kristina Sullivan (3)

Talking with prior graduates

Manuel Pardo (3)

What were your most useful career resources?

Prior graduates Residents at various programs on interviews Post match reports
Career advisors (both confidential and non confidential) RESIDENTS AND FELLOWS are SUPER helpful as they've gone through the process more recently, and have firsthand experience from going through the residency program Dr. Brent Kobashi was very helpful in my decision making process on what to apply into

Dr. Google

FREIDA, Doximity, post match report

Confidential and Residency Specific advisors in anesthesiology Brent Kobashi Dean Jones

Current residents in the program were the most useful resources.

3rd year anesthesia rotation was enlightening.

Talking to anesthesia residents at UCSF

Going to ASA early on

UCSF post match reporting Unofficial faculty advising Current residents/fellows The MS4s that most recently matched ASA conference residency program director meet and greet session usually held in the fall right after submitting ERAS: (might not recommend traveling to it, but it was helpful since it was in SF in 2018). Dean Jones Recent grads who are currently residents at other programs

OCPD for going over my CV. Sending my personal statement to different advisors /mentors.

Sub I, Dr. Manuel

OCPD resume review

UCSF alumni in the field

ICU mentors and current residents Dr. Hai Pham.

If you had to do anything differently in the residency matching process, what would it be?

Get an airline credit card to get miles. Book hotels and flights as early as possible to save money. Would probably go on less interviews. Did 11, would've been fine with 8 or 9.

I think I could've gotten away with applying to less anesthesiology and prelim programs, but wanted to be on the safer side. I don't think I would've changed that because I tend to be risk averse. However, I did apply to some anesthesiology programs simply because they were reputable and because I felt like I needed to reach a certain # of programs I applied to, even though I really did not want to live in those cities/regions. Coming from California, I think these programs know that it's unlikely that you want to live there (unless you have specific ties to that region) and I did not receive interview invites from any of these programs (despite receiving invites from all the top programs I was actually interested in). In that sense, you could save some $ not applying to those programs "just because".

Be more organized in using spreadsheets to keep track of budgeting. Applying for travel credit card.

Don’t be afraid to advocate for yourself early. If you really want an interview and haven't heard back within a month, email the school. It can’t hurt!
I would worry less about the personal statement. I definitely built it up in my head to be something bigger than it was, which made me procrastinate writing it. It isn't that big of a deal and I wish I just wrote it earlier.

Engage with the Medical Student Wellbeing Office earlier

I would try to avoid online forums, discord pages, etc involved with the residency application process. The google sheet listing interview dates, etc was helpful, but also very anxiety provoking.

Meet with more faculty members ahead of time to get a better sense of what they consider qualities important to the specialty when preparing for interview. Also look ahead at how many programs you're applying to are Categorical vs. Advanced. If you are applying to predominantly categorical programs, then you may not need to apply to prelim. or at the very least aim to schedule them late in your interview season so you can cancel them if you don't feel like you want to do Prelim+Advanced. I was told you only need to interview at 10 programs to have >95% chance of matching. In my case, almost all programs at the top of my list were Categorical so I felt the 8 prelim interviews I did may have been a good warm up, but I could have saved much more money on interview trail had I forgone them.

Probably apply to less programs. Be confident about your competitiveness and realistic about where you could see yourself living.

Be more proactive about reaching out to programs that I highly desired but did not hear back from early on. Also, be more selective about which interviews to accept.

Better advising on where to apply

Apply to/interview at fewer programs. I interviewed at 10 anesthesia programs, but I would have been comfortable interviewing at 5-7 programs (ie. 2-3 target programs, 3-4 backups).

Apply to fewer programs: I expect this advice to be ignored because everyone recommends this every year and I certainly ignored it. However, they were right. At the very least, I was very certain I was going to match at a great place. Apply to the alumni host program earlier. I was able to get an alum to host me for one trip but not another where I gave very little notice.

Maybe go on one less interview.

Apply to less programs (~25 programs)

Reach out to programs that I was interested in earlier.

Less interviews for anesthesia

Apply to more prelim programs

Is there any other information helpful to UCSF students who will apply to your specialty choice in the future?

Really think about where you want to end up location wise, as this is a huge factor. Most anesthesia programs are more alike than they are different, so location becomes a huge factor. You can save a lot of money by forgoing interviews in places you'd rather not end up. I also think it's worth considering whether you want to apply to prelims or not. The programs I was interested in were all mostly/entirely categorical so I didn't apply to prelims.
This can also save you time and money, though it does eliminate a few advanced only programs from the mix. Also send emails if you haven’t heard back from programs you’re interested in by mid October. Got a couple good interviews that way.

I didn’t have any anesthesiology specific research but was involved in other research projects during medical school. In my experience, interviewers were always interested in my research (even though it wasn’t within anesthesiology) so I wouldn’t feel nervous about not having any anesthesiology research!

With regards to anesthesia, I only did the 2 weeks core anesthesia rotation and the 4 week anesthesia ICU rotation. This was enough for many programs to give me an interview invitation.

Don’t feel pressured to apply to broadly. I received good guidance in terms of the number of programs I applied to and I was glad that I listened to that advice. Also, you can be realistic about your ideal program (categorical vs advanced) so that you don’t apply to too many or too few prelim programs depending on your goals.

Engage in advising early. Do relatively well on Step 1/2

I would highly recommend completing a Critical Care rotation prior to applying. Critical care is a large component of anesthesiology, and the rotation gives you an opportunity to work closely with anesthesia attendings who can help write residency LOR. There wasn’t a lot of attending face to face time during the anesthesiology rotation itself. Interviews were usually very relaxed and conversational.

Make sure to reach out to the career advisors early in the process. I reached out around June and wish I did it earlier. Also, I reached out to one advisor initially and found the advice of limited benefit, but then I was able to really connect with a different advisor later on. I would recommend just reaching out to all the advisors to speak with them and then figure out who you connect with to guide you through the rest of the application process.

I kept reading in previous match reports and being told by people not to waste money on too many interviews. I think 8 10 interviews was a good amount for me and my individual application. The ICU rotation was great for getting anesthesia specific letters of recommendation. The anesthesia department at UCSF doesn’t strongly advise you do an anesthesia sub I but I’m really glad I did anyways. It was a great way to solidify my career choice and get to know residents and faculty in the program.

Have fun during the interview dinners!

Be confident if your overall med school performance has been average or above applicants from UCSF are generally sought after and tend to match well, so interviewing at too many programs can result in wasted time/energy/money. This is advice that was given to me before I started the application process that I wish I had followed.

Schedule your most desired interviews for mid-December (or about the 4 7th interviews). You are at your most polished and not burned out by then. Anesthesia interviews are super chill and fun. Apply to a lot of prelims in the city you want to be at rather than applying to a few programs in multiple places.

Relax! Talk to the attending! Shadow, do Sub Is, get involved in research. Everyone is pretty chill in anesthesia so don’t worry about reaching out to people!

It will be okay! Try to enjoy the interview process.

Send emails if you haven’t heard from programs restating your interest!

Interview as many programs as possible.