

**Post Match Reporting
2018-2020 Match Cohort Data**

**Specialty: Orthopaedic Surgery
Number of Survey Respondents = 11
2018(28%), 2019(36%), 2020(36%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2018	5	3.38 %
2019	5	3.13 %
2020	6	3.90 %

	<u>Mean</u>	<u>St Dev</u>
Step 1	248.13	10.71

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

Strongly Agree	2
Agree	2
Disagree	0
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.

My CMC coach knew me through CMC activities and also through more casual/relaxed interactions such as CMC dinner get togethers and cafe mentor meetings. Two of my orthopaedic research mentors worked with them on research and also had several mentorship chats in which I felt they got to know me a bit on a personal level too. For all these faculty, I'd say 80-90% of our interactions were in a professional setting and most of the time we talked about academics rather than my personal struggles / life / activities.

CMC coach, Research mentor

Dr. Benjamin Ma Mentored me throughout the 4 years in my research projects. I reached out to him early in through an upperclassmen I trusted and knew.

How many categorical programs did you apply to?

<=5	8
6 – 10	0
11 – 20	0
>21	3

Did you apply to any advanced programs?

Yes 0
No 4

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

None

Which advanced program(s) did you apply to?

None

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

<=5	2
6 – 10	2
11 – 20	6
>21	1

How many interviews in your specialty did you accept?

<=5	2
6 – 10	4
11 – 20	5
>21	0

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

Yes 5
No 6

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

Yes 6
No 5

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

Faculty 1
No one 1

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

Yes 1
No 10

Did you apply to preliminary and/or transitional PGY1 programs in addition to programs in your specialty?

Yes 0
No 11

How many PGY1 programs invited you to interview?

None

How many PGY1 program interviews did you accept?

None

Estimate the total amount you spent on interview trips.

501 - 1000	1
1001 - 2000	2
2001 - 3000	3
3001 - 4000	4
>4001	1

Were you involved in a research project in your specialty?

Yes 11
No 0

Did you do any away rotation(s)?

Yes 11
No 0

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

Baylor College of Medicine ortho UNLV SOM ortho UCSF Fresno ortho Rush University medical center
ortho

Cedars Sinai UCLA Stanford

Columbia (ortho sports), University of Washington (MSK Trauma)

Mt. Sinai ortho Uci ortho UCLA ortho Stanford ortho

Ortho UCSD and U of Pitt

UC Davis Michigan Stanford

UC Davis Ortho UC San Diego Ortho

UCLA-orthopaedic surgery (trauma), UCSD-orthopaedic surgery (trauma), Hospital for Special Surgery-orthopaedic surgery (arthroplasty)

University of California, Davis orthopedic surgery (trauma) Loyola University, Chicago orthopedic surgery (joints/sports)

UW, UCLA, Stanford ortho aways

UW, USC, DUKE all Ortho

Do you have any publications since starting medical school?

Yes 11

No 0

How many publications do you have?

<=5 7

6 – 10 2

11 – 20 2

>21 0

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

Yes 4

No 0

How many specialty publications do you have?

<=5 3

6 – 10 1

11 – 20 0

>21 0

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

Ben Ma (2)

Nicole Schroeder (3)

Derek Ward (3)

Mohammad Diab (2)

Brian Feeley (2)

Pandya/Toogood

What were your most useful career resources?

MS1 2 (early on): UCSF advising site, ortho specific talks & electives MS3 MS4a (clerkships & sub i's): taking ortho CIEX/elective and getting to know/work with people in the residency. Talking with MS4s going into ortho or who have friends going into ortho, and with new ortho interns who just graduated from UCSF. Cold emailing attendings in various fields who I felt I trusted to conduct informational interviews about career paths. Talking with career advisors to assess whether I was competitive applicant. Going to post match panel to figure out sub i's and aways (details sent via ortho email listserv). Talking with my mentors in ortho. During application season: same as above, also the RJS handbook and ortho mentors to discuss applications and rank lists

UCSF OCPD

Resources for rotations: Netter's concise ortho anatomy book, Handbook of fractures, hipandkneebook.com (for arthroplasty), orthobullets.com, AO surgery reference website, Hoppenfeld's Surgical Exposures in Orthopaedics Applications: Doximity to find orthopaedic surgery programs, speaking with residents and students who recently went through the application process, speaking with Dr. Schroeder before applying to away rotations to see where you stand with other students. Ask how many programs you should be applying to based on the strength of your application.

UCSF Career Advisors Ortho match excel spreadsheet Instagram following Nth Dimensions & Orthomentor

Classmates

Talking to residents/ms4s about subis and study resources and interviews

Crowdsourced applicant spreadsheet

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

Do more than 2 away rotations

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.

apply to less programs

I would have done more away rotations, even if they were late in the season. These turned out to be the best way to get to know an institution and also help get interviews especially when applying into a very competitive field with a sub par Step 1 score.

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.

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

Find a mentor in the field early on.

Be careful about which program you tell you will rank as number one. Some programs reorder applicants based off what you tell them. Programs talk with each other

Research/apply to aways earlier and do only 2 instead of 3.

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

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.

As a competitive field, most students over apply into orthopedics and programs are inundated with applications. They often end up using numbers to screen applications. Step 1 is unfortunately quite important for getting programs to interview you. As UCSF doesn't teach to the test, it's important to start studying on your own for the exam (not sure how this changes with the new Bridges curriculum). If you do mediocre on Step 1, do lots of away rotations at institutions that you can imagine yourself at (even if late in the year some people even do rotations in November). This is by far the most important part of this process these aways allow you to get to know an institution well and also help you get interviews at places that might screen your application out based on your numbers alone. As a woman applying into orthopedics, it was important for me to also find programs where I thought women thrived, something that was not always apparent unless actually rotating there for a

month. I would also recommend finding a mentor early who can help you along this process my mentors were so important to me and I believe their advocacy for me is a major reason I matched.

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.

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.

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.

Ortho is competitive. Talk with an advisor or resident to understand where you stand and your likelihood of matching.

Step 1 is important, can close a lot of doors if you don't do as well. UCSF does not emphasize this enough, so study early and hard to put yourself in the best situation possible. Do your aways where you want to end up, as chances are you will match somewhere you rotated. Start research projects early. You do not have to have a ton or something spectacular more important to have a couple projects that you are passionate about and can talk about in detail. If you are interested, contact/stay in touch with OSIG for events for students, where you can get tips, ask questions, etc.