Resources for Choosing Where to Apply and Send Your Program Signals

August 16, 2023
Resident Panelists

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University of Wisconsin

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Trinity Health

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University of Michigan

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University of Michigan
Objectives

1. Explore available resources including Texas Star, Residency Explorer, the FRIEDA Alignment Check Index, residency websites, social media and ACOG residency showcase

2. Review program signaling preliminary data from the 2022-2023 application cycle as well as frequently asked questions re: program signaling
• Grassroots initiative to increase transparency in the application and match process.

• GOAL: Allow students transparency in which programs similar applicants have received interviews/matched.
  • Survey sent to 4th year students in Texas Schools in 2017

• Students share all application statistics and where they applied, received interviews, and ultimately matched

• Dashboards available to students and advisors in all participating schools free of charge

https://www.utsouthwestern.edu/education/medical-school/about-the-school/student-affairs/texas-star.html
Seeking Transparency in Application to Residency
POWERED BY UT SOUTHWESTERN MEDICAL CENTER

This survey is a national collaboration between medical schools and senior medical students to provide this data for medical students applying to residencies.

DATABASE CONTAINS: 2020-2023 Data | 151 Medical Schools | 28,000+ Matched Seniors
The report consists of below pages listed on left panel:

- Summary by Specialty
- Timeline/Costs & Others
- Senior Advice - General
- Quartile/Step 1 Score
- Clerkship/Step 1 Score
- Research Exp/Step 1 Score
- Quartile/Step 2 CK
- Research Exp/Step 2 CK
- Texas STAR Impact

FEATUREING STAR SEARCH: This page provides the ability to use a student’s data and search for which specialties and which programs within specialties comparable students received interviews, did not receive interviews, and ultimately matched.

PERSONALIZED SELECTIONS: The left panel on each page consists of multiple filters that let you select various options to personalize the data.

To clear your selections, click the reset button on top right of the screen.

Impact of the Texas STAR

Questions? TexasSTAR@utsouthwestern.edu

Source: ITAS Reporting System, Copyright 2018-23. The University of Texas Southwestern Medical Center
**Summary by Program**

- Can sort by USMLE Step 2CK score or other

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### Program Summary

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<th>Step 2 Avg</th>
<th>Combo 1 Avg</th>
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**Select Specialty**

- Can select applicant pool, interview pool, matched applicants
STAR Search

Select Specialty

Can narrow by filters

Can select applicant pool, interview pool, matched applicants

Select Program

Scan below, each applicant interviewed by program selected. Did applicants like you receive interviews and match there? Did they signal the program or no?
Quartile/Step 2CK

- **Select Specialty**

- **2nd quartile, 250-255 CK**
  - Can select applicant pool, interview pool, matched applicants
  - Can review applicants who received interviews in this category
  - Can review which programs each of these applicants received interviews

- **Can narrow-applicants from SGSA only**
Program Signaling

Can review Ave Interview Rate with Signal, No Signal, Match Rate with Signal, No Signal by specialty and program

View impact of signaling on interview and match rates. Use buttons on top left to drill up to specialty level or drill down to individual program level.

### Program Signaling

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<tr>
<th>Specialty</th>
<th>Applied</th>
<th>Offered</th>
<th>Interview</th>
<th>Matched</th>
<th>Avg Interview Rate</th>
<th>Avg Match Rate</th>
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<td>Beaumont Health (Royal Oak)</td>
<td>164</td>
<td>48</td>
<td>2</td>
<td>32.05</td>
<td>47.44</td>
<td>562</td>
<td>0.22</td>
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<tr>
<td>Total</td>
<td>28,490</td>
<td>5,872</td>
<td>482</td>
<td>206,881</td>
<td>49,818</td>
<td>11,186</td>
<td>1.14</td>
<td>0.52</td>
<td>6,955</td>
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</table>

Select Specialty

- [ ] Obstetrics and Gynecology
- [ ] Orthopedic Surgery
- [ ] Otolarynology
- [ ] Pediatrics
- [ ] Physical Medicine and Rehabilitation
- [ ] Plastic Surgery

Program Institution

- [ ] Select all
- [ ] Abington Memorial Hospital
- [ ] AdventHealth Florida
- [ ] Advocate Health/Advocate Illinois Masonic Medical Center/Chicago
- [ ] Alain General Medical Center/NYSIOMED
- [ ] Albany Medical Center
- [ ] Albert Einstein Healthcare Network
- [ ] ANMSN Health/Saint Joseph Hospital (Chicago)
- [ ] Anne & Stor Medical Center
- [ ] Aurora Medical Regional Medical Center
- [ ] Ascension Genesys Hospital
- [ ] Ascension Illinois/Saint Alexius
- [ ] Ascension Illinois/Saint Joseph (Chicago)
- [ ] Ascension Macomb-Oakland Hospital
- [ ] Ascension Providence/MSP
- [ ] Ascension St. John Hospital
- [ ] Ascension St. Vincent Hospital
- [ ] Atlantic Health System/Menasha
- [ ] Athletic Health System/University of Wisconsin
- [ ] Aurora Medical Center
- [ ] Aurora Health Care
- [ ] Baptist Medical Medical Education
- [ ] Bayfront Health St Petersburg
- [ ] BayCare St. Joseph Medical Center
- [ ] BayCare St. Joseph Medical Center Fort Worth
- [ ] BayEast Medical
- [ ] BayHealth University
- [ ] Beaumont Health (Dearborn)
- [ ] Beaumont Health (Farmington Hills)
- [ ] Beaumont Health (Royal Oak)

Survey Year

- [ ] 2023

@APGOnews #ChangeMedEd
Timeline and Costs
Residency Explorer

- Research tool created by the 9 national organizations involved in the transition to residency project
- FREE of charge
- Available to all residency applicants
- Allows for both individual program exploration and program comparison across 25 specialties
Residency Explorer Specialties

- Anesthesiology
- Child Neurology*
- Dermatology
- Emergency Medicine
- Family Medicine
- Internal Medicine (Cat/Prelim)
- Internal Medicine/Pediatrics
- Interventional Radiology – Integrated*
- Neurodevelopmental Disabilities*
- Neurological Surgery
- Neurology
- Obstetrics & Gynecology
- Orthopaedic Surgery

- Otolaryngology
- Pathology – Anatomic & Clinical
- Pediatrics
- Physical Medicine and Rehabilitation
- Plastic Surgery – Integrated
- Psychiatry
- Radiation Oncology*
- Radiology – Diagnostic
- General Surgery (Cat/Prelim)
- Thoracic Surgery – Integrated*
- Transitional Year
- Vascular Surgery – Integrated*
Only tool that combines the following data into a single platform:
- Original source-verified data from the National Resident Matching Program (NRMP), the National Board of Medical Examiners (NBME), and National Board of Osteopathic Medical Examiners (NBOME)
- Residency applicant data from the ERAS system
- Residency program information from the GME Track Survey and the Accreditation Council for Graduate Medical Education (ACGME)
Program Quick Facts

- Number of filled resident positions by year
- Accreditation status
- Institutional setting
- Participation in ERAS
- Participation in NRMP
Application and Match Trends

- Number of positions offered in Match
- Number of positions filled in Match
- Total # of applicants
- Total % of applicants interviewed
Applicant Information

- Step 1 required for interview consideration
- Minimum Step score for interview consideration
- Number of letters of recommendation required
- Visa status that is accepted
- Interview platform
- Applicant GHHS and AOA status
Resident Salary and Benefits

- Salary by post-graduate year
- Total # of paid sick days/year
- Total # of paid vacation days/year
- Employment benefits
  - Free parking
  - On-site child care
  - Moving allowance
  - Housing stipend
  - Meal allowance
- **Resident Practice Environment**
  - Average work hours/week
  - Program moonlighting policy
  - Percent of time in hospital vs. ambulatory setting in Year 1

- **Educational Environment**
  - Dedicated research rotation
  - Protected time for resident teaching
Educational & Research Opportunities

- Formal mentoring program
- Debt management and financial counseling
- Academic support for USMLE Step 3
- International experience/global health
Resident Demographics & Background

- Percentage of residents by race/ethnicity
- Percentage of residents by gender
- Percentage of residents by medical student type (e.g. MD vs DO)
- Program signal and geographic preference
- Resident medical school background
- Resident career plans
Utility of Residency Explorer

- Accessible
- Allows students to research programs in their specialty of interest
- Allows students to compare themselves to previous matched applicants at those programs
- Allows students to compare programs based on metrics that are important to them
- Assists with developing a list of programs of interest
Limitations of Residency Explorer

- Does not replace 1:1 advising
- Does not tell students where to apply
- Does not predict where students will match
- For the 2024 ERAS season, applicants will NOT have the option to compare their profile to previous seasons’ applicants
ACI and FRIEDA

FREIDA™, the AMA Residency and Fellowship Database®

- Target and refine your search using 35+ filters
- Save, rank, take notes, download and compare programs
- Plan for application and Match fees with FREIDA's Residency Calculator

Join for Full Access to FREIDA
Alignment Check Index

The Alignment Check Index for the OBGYN specialty allows residency applicants to compare their experiences and characteristics to the domains that residency programs consider in their own assessment of their program’s values and interests. The Alignment Check Index (ACI) creates an alignment index that applicants can use in helping them determine with which programs they are the most aligned.

Let’s Begin

- Access ACI by signing in or creating a free AMA account.
- Program directors will not see your ACI results. Signing in allows the OB/GYN community to evaluate the ACI tool.

Learn more about ACI
Learn about Program Signaling
Watch program overview
Community Service / Advocacy

Meaningful participation in community service or advocacy activities, and/or volunteering locally, nationally and internationally.

- None or limited; Less than 6 months (Blood drive, health fairs)
- 6-12 months participation in several activities
- Multiple activities spanning college or medical school demonstrating dedication to cause
- Meaningful participation: leadership, director, or supervisor; competitive fellowship (Peace Corps, Americorp)
<table>
<thead>
<tr>
<th>Location</th>
<th>ACI Score</th>
<th>Program Name</th>
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</thead>
<tbody>
<tr>
<td>Ascension St Vincent Hospital Indianapolis</td>
<td>60</td>
<td>Program</td>
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<td>ID: 2201711101</td>
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<tr>
<td>University of California (San Francisco)</td>
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<td>Program</td>
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<tr>
<td>Fresno, CA</td>
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<tr>
<td>ID: 2200531029</td>
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</tr>
<tr>
<td>AdventHealth Florida Program</td>
<td>57</td>
<td>Program</td>
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<tr>
<td>Windsor, FL</td>
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<tr>
<td>ID: 2200531029</td>
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Swedish Medical Center Program

Seattle, WA

Kaiser Permanente Northern California (Santa Clara) Program

Santa Clara, CA

Santa Clara Valley Medical Center Program

San Jose, CA
University of California (San Francisco)/Fresno Program
Fresno, CA
ID: 2200531029

Swedish Medical Center Program
Seattle, WA
ID: 2205400001

Kaiser Permanente Northern California (Santa Clara) Program
Santa Clara, CA
ID: 2200512311
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<th>Total First Year Positions</th>
<th>% USMD</th>
<th>% IMG</th>
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<td>HCA Healthcare/Mercer University School of Medicine Program</td>
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<td>0/80</td>
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<td>100%</td>
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<tr>
<td>University of Central Florida/HCA Florida Healthcare (Pensacola) Program</td>
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<tr>
<td>ACI SCORE: 93</td>
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<td></td>
<td></td>
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<tr>
<td>Brigham and Women's Hospital/Massachusetts General Hospital Program</td>
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<td>Program Name</td>
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<td>Location</td>
<td>ID</td>
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<tr>
<td>Kaiser Permanente Northern California (Santa Clara) Program</td>
<td>82</td>
<td>Santa Clara, CA</td>
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<td>Accepting applications '24-'25, Community-based, 6 first year positions</td>
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<td></td>
<td>4 years length</td>
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<tr>
<td>Cedars-Sinai Medical Center Program</td>
<td>78</td>
<td>Los Angeles, CA</td>
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<td>Accepting applications 24-'25, Community-based, university affiliated,</td>
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<td></td>
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<td></td>
<td>7 first year positions</td>
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<td>4 years length</td>
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<td>Stanford Health Care-Sponsored Stanford University Program</td>
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<td>Palo Alto, CA</td>
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<td>Accepting applications '24-'25, University-based, 6 first year positions</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>4 years length</td>
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</table>
Residency Websites/Social media

GROWTH OF OBGYN RESIDENCY SOCIAL MEDIA

Data from 2020
What information can social media add as an applicant?

- Glimpse into everyday life at a program through the resident perspective
- Curated view of what programs think is important about themselves
- Up to date information about the program
- Highlights more unique aspects that may not be on a website
ACOG RESIDENCY SHOWCASE

**Who:** Residency social media accounts and prospective 2024 applicants

**What:** Week-long social media campaign

**When:** August 21 – 25th

**Why:** Provide updated and interactive information to prospective applications directly from programs and their residents
UMichOBGYN Residency @UMichOBGYN_Res
The official twitter account for @umichmedicine OBGYN Residency program #womenshealth #deliveringvictors #umichobgyn

Ann Arbor, MI
dmedicine.umich.edu/dept/obgyn/edu...
Joined August 2017

638 Following, 1,047 Followers

Followed by Hannah Thompson, MS, International Conference on Gynecology...

UMichOBGYN Residency @UMichOBGYN_Res
These incoming obgyn PGY I's have taken #SoMe to new heights. They are accomplishing so much and the year has yet to begin. Watch out for these rockstars! @umichmedicine @lizzysouth26 @SarahASantiago @ColinRussell93 @joeywhite92 @NicholasSRaja @AmandaManorot @apgonews

UMichOBGYN Residency @UMichOBGYN_Res
Attention all students applying for obgyn residency in the 2020-2021 cycle. Please consider attending this very important webinar regarding guidelines for this year.

#obgynmedtwitter #MedTwitter @lizzysouth26 @SarahASantiago

Marlene Woodard
Administrator Excellence Award Administrator Excellence in OB/GYN Program - Strong leadership, strong partnership with WIM, and strong membership.
PLATFORM HIGHLIGHTS: INSTAGRAM

9:41
LUMCOBOYIN
Posts

lumcoboyin
Loyola Medicine

Outlander series and calls them great if a bit racy 🍀. She was drawn to Loyola for its faith based mission and appreciates the ability to practice medicine in line with her values. If she wasn’t an OBGyn she’d be a baker. (Pastries!!) And no one at Loyola knows that back home her family is royalty. Her mother is a queen mother and “I would be in line if found worthy.” We have no doubt she would be found worthy. #obgyan #paos #amileightsuparoom #kind #compassionate #faithful #family #educator #teacher #sheshebest #weddlever

View all 4 comments
theeparishanel I knew it! I know a queen when I see one.
December 4, 2019

9:41
LUMCOBOYIN
Posts

lumcoboyin
Loyola Medicine

So proud to present Dr. Akua Afriyie-Gray. She serves as M3 OBGyn clerkship director in addition to her role as an Academic Generalist. At Loyola for 7 years come March, she is originally from Ghana, then Chicago via Ohio. She adores her husband and two sons. Teenagers. Enough said. Anything chocolate will do for a snack and Paris is on her bucket list. She was a GOT devotee, but now checking out The Crown. She’s devouring the

Liked by lamcalarinen and 92 others

likedbymari and 91 others

lumcoboyin Bake at 38.6 for 9 months. Deliver with us. #thanksgiving #gratitude #blessed #residencylife
virtual.obgyn.match

73 posts  1,770 followers  219 following

OBGYN Residency Match
UNOFFICIAL
 Connecting OBGYN residencies & applicants
 Program list per AMA's FREIDA
  virtual.obgyn.match@gmail.com
  Tag @virtual.obgyn.match

Followed by ammycoff, laurenapace90, stay_safeinbed_athome +21 more
Thursday September 10th
UT-DELL INSTA STORY TAKEOVER!!
University of Texas @ Austin Dell Medical School Program
Austin, TX

Follow along today in our stories for a
UH MACDONALD Insta Story TAKEOVER

Wednesday September 9th
UH MACDONALD INSTA STORY TAKEOVER!!
Case Western/University Hospitals @ MacDonald Womens Hospital
Cleveland, OH

8:23
Collaborative resource for the 2021 virtual OB-GYN Match

OBGYN VIRTUAL MATCH 2021
OOGYNVirtual Follows you

SEPTEMBER INSTAGRAM TAKEOVERS
SEPTEMBER WEEKEND EDITION

SEPTEMBER 14TH - ADVOCATE LUTHERAN (PARK RIDGE, IL)
SEPTEMBER 15TH - UT MEMPHIS (MEMPHIS, TN)
SEPTEMBER 16TH - VT CARILLON (ROANOKE, VA)
SEPTEMBER 17TH - TX TECH PERMIAN BASIN (ODESSA, TX)
SEPTEMBER 18TH - AMITA ST FRANCIS (EVANSTON, IL)

SEPTEMBER 19TH - LEHIGH VALLEY (ALLENTOWN, PA)
Curating your social media profile for residency application

- Consider utilizing a professional photo
- Utilize the platform as an extension of your CV; post pictures of your research and community engagement.
- Repost or comment on topics important to you
- Like or comment on residency posts to engage in this virtual space

Retweet for Residencies

Elizabeth Southworth, MD and Sarah Santiago, MD
May 27, 2020

Op-Med is a collection of original articles contributed by Doximity members.
Insights from the #OBGYNChallenge regarding signaling

- Odds of interview greatly increase with gold and silver token
  - 64% for gold tokens
  - 43% for silver tokens
  - 9.8% for no tokens
- Odds of matching at a program were higher if you gave a gold or silver token
  - 35.8% for gold, 35.5% for silver, 25.7% for no tokens
- Almost all applicants participated in signaling (96%)
- Number of interview invitations received per applicant (mean: 12.8±6.6)
Program Signaling

- **3 Gold signals**: Highest interest
- **15 Silver signals**: Very high interest
## Probability of Interview Invitation

<table>
<thead>
<tr>
<th>No Signal</th>
<th>5%</th>
</tr>
</thead>
<tbody>
<tr>
<td>31%</td>
<td></td>
</tr>
<tr>
<td>53%</td>
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</tr>
</tbody>
</table>

*Courtesy of Association of American Medical Colleges (AAMC)*
Signal any program applicant interested in *including* the applicant’s
- Home program
- Away rotation sites
Applicants can signal geographic regions.
Anesthesiology: Median Predicted Interview Invitation Probability by Program Signal & Geographic Preference

- Sent Program Signal
- Did Not Send Program Signal

(Program n=110; Unique applicants n = 3,360)

*Courtesy of Association of American Medical Colleges (AAMC)*
PGY 1 perspectives
DO considerations
FAQs

Is it mandatory to use all my signals? Can I signal a program more than once?

Should I place all my gold signals on “reach” programs?

Should I use my signals on my home program or programs where I have completed a sub-internship?

Am I guaranteed an interview at programs I have signaled?

Can I still receive an interview offer at programs I have not signaled?

Will my signals be made public? Will other programs know where I signaled?