Choosing the Residency That's Right for You.

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Meet Christine

2015 2016 2017

[Images of Christine]
Choosing the right “Residency match” makes a difference in experience and outcomes.

Let’s talk about residencies.....

It is worth the challenge?

- Develop Clinical Expertise
- Hone Leadership Skills
- Reasoning
Some features are the same

- Length: 1500hrs (9-36mths)
- 150hrs one:one mentoring
- 300hrs Instruction
- One written exam
- 2 live patient exams

….but some are not

Program Factors Influence Outcomes

- Single site or multi-facility program
- Live didactic instruction
- Did not charge tuition
- ≥ 70% FTE salary

- 9.8x to graduate
- 5.1x to achieve board certification
- 3.2x to pass boards

Hartley, 2019
Pay attention to what makes a program unique.
Innovations - Leadership

- Leadership Coursework Series
  - Medical University of South Carolina (MUSC), OSU
- Leadership Projects
  - Kaiser Permanente Neurologic R.
- Learning Services Department
  - Children's Healthcare of Atlanta Sports R.

Innovations - Mentoring

- Training
  - Kessler Neurorlastic Physical Therapy Residency, Moss Rahab Neurologic PT Residency
- Mentoring feedback
- Mentor's goals
Innovations - Reflection

- Reflective narratives/journaling
  - Brooks Institute of Higher Learning (BIHL) Residency Programs
- Clinical Narrative case reflections
  - Creighton University
- Weekly mentoring reflection
  - Creighton University

Evidence that teaching encourages learning and deeper learning (Reyes-Hernandez et al., 2015)

Innovations - Teaching

- DPT students
  - Northwestern U, Belmont U, Wisconsin, OSU, etc.
- PT residents
- Other professional students
- PTs in the community
Innovations - Evidence Based Practice
- Quantitative journal review
  - Emory University Orthopedic

- Journal club
  - Brooks Institute of Higher Learning (BIHL) R.

- Research/statistics didactic
  - The Ohio State University R & F
  - ATI Physical Therapy Orthopedic and Sports R and Upper Extremity Athlete Fellowship

- Case study
- Experimental Research

Innovations - Technology
- Interactive Case Study
  - Medical University of South Carolina (MUSC) Neuro R

- Residents “Ask the Expert” via website
  - Therapeutic Associates Orthopedic Residency Program

- Audio Reflections
  - Jackson Clinic Orthopedic Residency and UE Athlete Fellowship
Innovation – Shared Curriculum

Overlapping areas of content

Innovation – Shared Curriculum

Resident and Fellowship interaction

Barriers

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Barriers
- Availability of positions
- Locations

WHICH STATES ARE MOST AFFORDABLE TO LIVE IN?

Barriers
- Exposure/perception
- Specialization unique considerations
- Limited outcomes of graduates.

Choosing the RIGHT fit
- Expectations for experiences
- Long term interest
- Learning style
- Mission, goals, and objectives
Choosing the RIGHT fit
Communication with programs….

Residency Director:
• Mission?
• Program design?
• Pay/benefits?
• Duration of program?
• Specialty Board Pass Rate?
• How do you train/select your mentors?
• May you contact the current or past residents?
• Visit?
• # applicants (# applicants complete)?

Choosing the RIGHT fit
Resources

• Webpage: (www.abptrfe.org)
  • List of credentialed and developing programs
  • RF-PTCAS information and application link
  • Link to Store
  • Description of Specialty Practice documents

• Section Websites
  • Individual Program Websites
    • Mission, Goals, Objectives
    • Policies and Procedures
    • Admission requirements
    • Financial Information

References

• Robertson Ek, Titchenor CJ. Postprofessional cartography in physical therapy: charting the journey of residency and fellowship training. J Orthop Sports Phys Ther. 2015 Feb;45(2):57-60