So You Want to Be a Surgeon? Awesome.

Presented to the UMass Med Surgery Interest Group
January 2013
Today

- Schedule of 2nd year, 3rd year, 4th year
- What does the med student applying to surgery need to know/do (compared to the student applying to other specialties?)
- How one is graded in surgery clerkship in 3rd year
- Long-term project opportunities
- OR prep opportunities (learn to scrub, etc.)
- Faculty contacts
Surgery is about Learning

Surgery is about Taking Care of Patients

Surgery is about being Prepared

Surgery is Active

Surgery is FUN
Job Satisfaction Among All U.S. Physicians is Decreasing

In 2012, just over one half of all physicians (54%) would choose medicine again as a career, far less than in the prior year (69%).

Only one quarter of internists and one third of family physicians would choose the same specialty.

50% of specialties surveyed scored under 50% in overall satisfaction

The most satisfied specialty is dermatology (64% very satisfied, down from 80% in 2011)

Surgery Statistics

- Job Satisfaction of Surgeons
  - Greatest = Ophtho/Ortho (7th and 11th of all specialties, 53% and 51% very satisfied)
  - Lowest = Plastic Surgery (last overall, 41%)
  - Would they do it all over again?
    - YES 77% academic surgeons vs. 64.9% private practice surgeons
  - In 2011, highest burnout rates were among Vascular, Urologists and ENT
  - In 2011, lowest burnout rates were among Orthopedic, Ophtho, Cardiothoracic and Pediatric

- Private vs. Academic
  - Academics generally indulge intellectual curiosity and enjoy stability, reputation and use more technology. No financial capital is needed for startup or income.
  - Private practitioners generally have greater freedom, are better equipped to change practice/adapt and have higher salary.

- Income
  - Varies by geographic location
  - In 2011 US, average income for General Surgery $265K, $315 for Ortho, $309 for Urology, $270 for Plastic and Ophthalmology

http://www.facs.org/surgerynews/update/academic0511.html
Successful Applicants to Surgical Residencies

- Above average academic performance in 1st and 2nd year courses
- Above average USMLE Step 1 and Step 2
- Above average or outstanding grades and clinician comments in 3rd year clerkships, especially surgery
- AOA
- Extracurricular activity that demonstrates commitment to leadership, research, community service
- Supportive mentors
What to do during 1st year

- **Yearlong:**
  - Study and learn all the material in your classes
  - Participate in extracurricular activities that enhance your CV, demonstrate leadership and are fun
  - If you have specific interests, find a mentor
  - SIG
  - Research
  - Shadow in the OR
  - Be personable, approachable and supportive to your classmates and professors

- **Spring Break:** Dominican Republic Medical Aid Trip
What to do between 1\textsuperscript{st} and 2\textsuperscript{nd} year

- Participate in surgically-oriented research at Umass or another institution
- Travel with surgeons to underserved area(s)
- Write something
- Do something really interesting
- Actually enjoy your last summer off
What to do during 2\textsuperscript{nd} year

- **Yearlong:**
  - Study and learn all the material in your classes
  - Participate in extracurricular activities that enhance your CV and are fun
  - Research – there are always projects going on you just have to find them
  - Shadow in the OR
  - Be personable, approachable and supportive to your classmates and professors

- **January:** Schedule 3\textsuperscript{rd} year rotations
  - Care of Adults -> Perioperative -> Care of Families

- **Jan-May:** USMLE Step 1

- **Spring Break:** Dominican Republic Aid Trip
General Rotation Information The core clerkship is comprised of 8 weeks, which is divided into two four-week blocks.

- Block 1 (4 weeks) – one of the following
  - Acute Care/Minimally Invasive Surgery (University Campus)
  - Minimally Invasive/Surgical Oncology/Colorectal Surgery (Memorial Campus)
  - General Surgery / Vascular Surgery (St. Vincent's Hospital)
  - General Surgery (Berkshire Medical Center)
  - General Surgery (St. Elizabeth's Hospital)

- Block 2 (4 weeks) – four of the following
  - Anesthesiology, Cardiac Surgery, Neurosurgery, Orthopedic Surgery, Otolaryngology, Pediatric Surgery, Plastic Surgery, Thoracic Surgery, Transplant, Trauma, Urology, Vascular

The Ambulatory/Primary Care experience will be incorporated into the Core Surgery and Subspecialty blocks.
How will I be evaluated during 3rd year surgery clerkship?

- **Written Exam (40%, ~100 questions)**
  - Prepare with textbook, UWISE instructional video modules, USMLE WORLD Step 2 Q’s

- **Oral Exam (20%, 30 min, 2 common cases)**
  - Prepare with textbook, mock interviews with attending/resident

- **Clinical Evaluations (20%)**
  - Prepare for the next day’s cases, be available
  - Be personable, approachable and supportive to your patients, classmates and hospital staff

- **OSCE (20%)**
  - Mock stations and standardized patients
What to do during 3rd year

- **Yearlong:**
  - Immerse yourself in all clerkships, especially surgery
  - Seek out and speak with potential mentors in your area(s) of interest
  - Participate in extracurricular activities that enhance your CV and are fun
  - Research – there are always projects going on you just have to find them
  - Be nice to everyone all the time (most important part of rotations often lost when tired)
  - Never complain – no matter how hard you work, residents and attendings are working harder

- **January:** Schedule 4th year sub-internships, away rotations, USMLE Step 2
What to do during 4th year

- Sub-internships in surgery, electives in supporting fields like medicine, radiology
- Away rotations at locations/programs of interest
- Away rotations to work with leaders in your field of interest
- Most front load sub-Is then relax after interviews
- USMLE Step 2 at beginning or middle of year
  - Scores available for rank time (February of 4th Year)
Long-term Projects

- Medicare Project with Gen Surg resident Courtney Collins MD
- Central America Surgery Trip with Trauma Surgery Attending Ulises Torres MD
- Nearly every surgeon has one or more on-going research projects… tell us your interests!
VISIT THE OR!

- Who to contact
- Wear scrubs (we can help)
- Learn to scrub (SIG activity)
VISIT THE OR!

The day before the OR…
• Find the OR, get the schedule (call or print out)
• Read about patient (HPIs online, indications)
• Read about operation (Up to Date, Surg Recall)
• Read about attending (Papers, profile online)

The day of the OR…
• Confirm schedule, eat before case starts
• Meet the patient (!) and staff (introduce yourself, write name on the white board, be courteous)
• Find out if patient is prepped, if you can help
• Cap, scrubs, gown and gloves… Scrub correctly!
VISIT THE OR!

• During the case
  • Safe only to speak when prompted
  • Ask q’s during non-critical moments of case
  • Take a break during and between long cases
  • Don’t touch the mayo (stand which holds all the instruments)
  • Retract!
  • Offer to tie knots, cut excess suture, drive the laparoscopic camera if comfortable
  • Answer questions, pay attention, learn and have fun
UMMS Surgery Faculty, Partial List

**General Surgery** - Demetrius E. Litwin, MD, MBA (Dept Chair), John J. Kelly, MD (Chief, Director Weight Center, Director, Laparoscopic Surgery Fellowship) Mitchell A. Cahan, MD (ACS Director 3rd Year Clerkship) Charanjit S. Rao, Philip A. Cohen, MD, Hongyi Cui, MD, PhD, Donald R. Czerniach Jr., MD, Nancy Dragoon, MD, Patrick M. McEnaney, MD, Robert D. Moore, MD, Richard A. Perugini, MD, William E. Rockett, MD

**Colorectal** - Justin A. Maykel, MD (Chief), Karim Alavi, MD Paul R. Sturrock, MD, W. Brian Sweeney, MD

**Cardio/Thoracic** - Geoffrey M. Graeber, MD (Chief), Divakar Mandapati, MD, O. Nsidinanya Okike, MD, Syed Quadri, MD, Stanley K.C. Tam, MD, (Chief), Karl Fabian L. Uy, MD

**Neurosurgery** - Oguz I. Cataltepe, MD (Chief, Pediatric), Richard P. Moser, MD, Frederik A. Pennings, MD, PhD, John P. Weaver, MD (Chief, Neurosurgery; Director, Cerebrovascular Program)

**Transplant Surg** - Adel Bozorgzadeh, MD (Chief), Reza F. Saidi, MD, Babak Movahedi, MD PhD

**Surg Onc/Endo Surg** - Giles Whalen (Chief), Anne Larkin, MD (Gen Surg Residency Director), Laura Lambert, MD, Robert Quinlan, MD

**Trauma** - Timothy A. Emhoff, MD (Chief, Director, Surgical Critical Care Fellowship), Margaret M. Hudlin, MD, Nam H. Kim, MD, Heena P. Santry, MD (Director, Trauma Research) Bruce J. Simon, MD, Ulises Torres, MD

**Pedi Surg** - Michael Hirsh, MD (Chief), Pradeep Nazarey, MD

**Plastic Surg** – Raymond M. Dunn, MD (Chief), Mustafa Akyurek, MD, John M. Castle, MD, Gary Fudem, MD, Janice F. Lalikos, MD (Chief, Pediatric), Douglas M. Rothkopf, MD (Director, Plastic Surgery Residency Program), John Shufflebarger, MD (Hand)

**Urology** - Paula Bellin, MD, Robert Bennett, MD, Charles A. Steiger, MD, Stephen Tosi, MD (Chief)

**Vascular** - Louis M. Messina, MD (Chief), Elias J. Arous, MD (Chief of Surgery), Donald Baril, MD, William P. Robinson, III, MD, Andres Schanzer, MD, Richard H. Whitten, MD