Senior Year Overview
Part 1

1/4/2016 Matthew Tews, DO, MS
Marly Muntz, MD
Matthew Tews, DO, MS

Nuts and Bolts
Discovery M-4 Year

- 10 four-week blocks – plus:
  - Professional Development/Remediation
  - Capstone – 2.5 weeks in May (CPD)
- Required blocks
  - Medically-Oriented Acting Internship
  - M-4 Required Acting Internship
  - M-4 Required Ambulatory Course
- Electives
- Vacation

M-4 Schedule Blocks – 2016

- **July 4** – July 31 (*most Als will start on July 4*th)
- Aug 1 – Aug 28
- Aug 29 – Sep 25
- Sep 26 – Oct 23
- Oct 24 – Nov 20
- Nov 21 – Dec 18
- Dec 19 – Jan 8 = Professional Development and/or REMEDIATION/Make-up work
M-4 Schedule Blocks – 2017

- Jan 9 – Feb 5
- Feb 6 – March 5
- March 6 – April 2
- April 3 – April 30
- May 1 – May 17 = CAPSTONE COURSE (required)
- May 18 – HOODING, SENIOR DINNER
- May 19 – GRADUATION

NOTE: END DATES = SUNDAY

Courses with clinical responsibilities often go through the last weekend of the 4-week block.
- Different from M-3 year
- No NBME exams
- Do not presume you have the last weekend off.
- There are still at least 4 days off per rotation, averaged over the 4 weeks.
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**Professional Development/Remediation**

*(listed as Winter Break in 2015-16)*

- Monday 12/19/16 through Sunday 1/8/17 Most students will not have on-site responsibilities.
- However, this time may be used to:
  - Remediate deficiencies noted in previous M-3/M-4 rotations;
  - Make up time lost from M-4 rotations to interviews – only with proactive planning with the course director and coordinator;
  - Log academic use of this time *(discussions ongoing about this – nothing has been finalized as of yet).*
Capstone Course

- Part of the CPD Course
- Required for graduation
- General topics for all
- Specialty “Breakout” session
- Similar to the Intersessions

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Options for Medically-Oriented Acting Internships

- Family Medicine Acting Internship
  - 3 distinct courses – one for each site

- Internal Medicine Acting Internship

- General Pediatric Acting Internship

Options for Required M-4 Acting Internships

- **Anesthesiology**
  - Anesthesiology
  - Anesthesiology for Trauma and Emergencies

- **Internal Medicine**
  - Inpatient Cardiology
  - Geriatric Medicine
  - Blood and Marrow Transplantation
  - Hospital Medicine
  - Medical Intensive Care Unit
Options for Required M-4 Acting Internships

- Obstetrics and Gynecology
  - Gynecological Oncology
- Psychiatry
- Pediatrics
  - Neonatal Intensive Care Unit
- Radiology
  - Vascular and Interventional Radiology AI

Options for Required M4 Acting Internships

- Surgery *(may be more than one in each category)*
  - Acute Care Surgery
  - Cardiothoracic Surgery
  - General Surgery
  - General and Vascular Surgery
  - Pediatric Surgery
  - Transplant Surgery
  - Trauma Surgery
  - Vascular Surgery
Options for Required M-4 Acting Internships

- Surgical Subspecialties
  - Neurological Surgery
  - Orthopaedic Surgery
  - Pediatric Orthopaedic Surgery
  - Otolaryngology
  - Pediatric Otolaryngology
  - Plastic Surgery
  - Urology
  - Pediatric Urology

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- Electives
- Vacation
Options for Required M-4 Ambulatory*** Courses

***At least 50% ambulatory***

- Allergy and Immunology
- High-Risk Anesthesia Consultation
- Ambulatory Anesthesiology
- Anesthesiology: Pain Management
- Family Medicine Ambulatory Rotation
- Family Medicine: Sports Medicine-Primary Care
- Physical Medicine and Rehab: Pediatric Rehabilitation
- Physical Medicine and Rehab: Spasticity Management
- Radiation Oncology: Community Oncology

Options for Required M-Ambulatory*** Courses

- Ambulatory Internal Medicine
- Endocrinology VA
- Endocrinology/Diabetes at Community Memorial (Menlo Falls)
- Pediatric Gastroenterology
- Reproductive Endocrinology and Infertility
- Orthopedic Surgery: Ambulatory Orthopedics
- Orthopedic Surgery: Multidisciplinary Sarcoma Group
- Rheumatology
- Pediatric Rheumatology
- Adult and Pediatric Sleep Medicine
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  - M-4 Required Ambulatory Course
- Electives
- Vacation

Vacation/Electives

- In addition to required AI’s, Ambulatory Course, and Capstone
  - Required Professional Development/Remediation
    - 12/19/16 – 1/8/17 = 3 weeks (see previous slide)
    - To align M-3/M-4 years
  - 2-3 vacation blocks
    - 2 if you used a vacation block in M-3
  - 3-5 elective blocks – number depends on whether you took:
    - M-3 Neurology
    - M-3 Vacation
M-3/M-4 Curriculum

Vacation/Electives

- In addition to required AIs, Ambulatory Courses, and Capstone

  - Required Remediation/Vacation
    - 12/19/16 – 1/8/17 = 3 weeks
    - To align M-3/M-4 years
  - 2-3 vacation blocks
    - 2 vacation periods if you used a vacation period in M-3 year
  - 3-5 elective blocks – number depends on whether you took:
    - M-3 Neurology and/or
    - M-3 Vacation
Words of Wisdom

*(Don’t say I didn’t tell you!)*

**Interview Season**

*October through January*

- Always attempt to schedule during vacation time.
- Understand (or ask about) the requirements of your scheduled courses.
  - Call schedules, attendance policy, number of days off, etc.
  - Sample e-mail (the day you get your lottery selection): “Dear aaaaa, I am scheduled to take x from date to date, which is during a part of interview season. While I will make every attempt to schedule interviews outside the dates of this course, do you have a time away policy for interviews in case one or more is offered to me without any flexibility in scheduling? Thank you for your consideration.”
- Contact course coordinator/director ASAP to request certain days off when you schedule a date that can’t be done at another time.
- While there are no guarantees that you will get the time off you request, we want to work with you to allow you to interview.
USMLE Step 2-CK & CS

In general...take earlier rather than later

- **Always** attempt to schedule during vacation time.
- Understand the MCW requirements and those of your scheduled courses. CS **must** be done by no later than 12/31/16.
  - Call schedules, attendance policy, number of days off
- Contact course coordinator/director ASAP to request certain days off if you want to schedule a date that can’t be done at any other time.
  - See previous sample e-mail if there are no other good options for days to take Step 2’s.
- We want to work with you to allow you to take the Step 2’s, but again there are **no guarantees** you will get the day you request.

Choosing Electives

**Timing**

- Letters of recommendation
- Away rotations
- Interviews
- Major (planned) life events

**Content**

- Prep for internship
- Work on identified areas for improvement.
- Personal interests that you may not have opportunity to do during residency
Key Points
School-Life Integration

- Request time off and wait for confirmation to be approved BEFORE booking flights/making travel arrangements.
- Request as much time off as you want up front...Don’t request extra days/half-days off for travel after your initial requests are approved.
  - Don’t say: “Thanks for approving 11/18 off for my interview – I am also going to need 11/17 and 11/19 for travel days”
- Avoid requesting time off around/during holidays.
  - For inpatient rotations, patients still are getting sick.
  - For team-based rotations, the entire team also wants these days off.
  - Don’t say: “I’m flying home as I have Labor Day weekend off. I was wondering if I could stay for Tuesday also, as flights will be much cheaper.”

Key Points
School-Life Integration

- Request time off for planned major life events RIGHT AWAY when you get your M-4 rotation schedule or when the date is known...NOT right after you receive the schedule for the month.
  - e.g. Weddings, events scheduled many months ago
- Only submit requests for things that are VERY important to you
  - Dog’s birthday?
- Again – no guarantees that this time off will be given.
Communication with Course Directors and Coordinators

Notify them ASAP about any changes/problems.
Read and respond to e-mails or pages.
Recognize that e-mail has “tone”. Avoid saying:

- “Although I received my first choice, I was saddened to find that…”
- “I scheduled ambulatory this block, assuming it was an outpatient rotation and therefore a month I could study for my USMLE Step 2-CK.”
- “I was very disappointed to learn that…”
- “I find it ridiculous that…”

Why the M-4 year is so great!

- You are better at your job.
- More responsibility
- More one-on-one with more senior teachers
- The opportunity to prepare for your internship:
  - Focused experiences related to your specialty choice
  - Explore experiences you otherwise might not get during your training.
- It’s all about the patients!
Questions?