

Alpert Medical School students celebrate Match Day 2019

MARY KORR
RIMJ MANAGING EDITOR



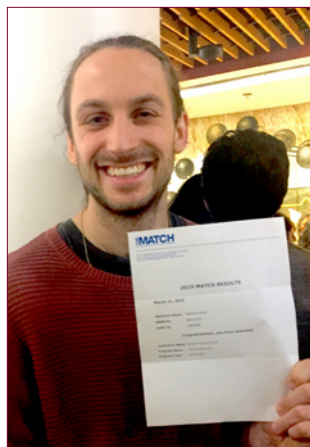
Balloons dropped on March 15th as the Alpert Medical School Class of 2019 found out where they will start their residency programs.

Match Day 2019 nationwide was celebrated on March 15th and according to the National Resident Matching Program® (NRMP®), this year's main Match was the largest in its history with a record of 38,376 applicants submitting program choices for 35,185 positions, the most ever offered in the Match.

The *Rhode Island Medical Journal* (RIMJ) reached out to a cadre of fourth-year students at the Alpert Medical School who had contributed to recent issues of RIMJ and asked them to share their Match experiences.



Friends and family gathered to congratulate fourth-year medical students at Brown University's Warren Alpert Medical School on Match Day 2019. [PHOTOS COURTESY OF DAVID DELPOIO/BROWN UNIVERSITY]



Matthew Perry

RIMJ: What was the most difficult part of the Match process?

Matthew Perry:

[Matched at Brown Family Medicine]

Realizing that there is no such thing as a perfect fit. Every program I looked at had wonderful aspects and drawbacks, between city, culture, specific learning opportunities, patient population, faculty mentors, etc.

Alexa Kanbergs:

[Matched at Brigham & Women's]

The hardest piece of the Match process was the couples match. I couples matched with my partner Cullen Roberts who will be going into general surgery. So a big piece of matching was finding a program and location that was a good choice for both of us (which is easier said than done).

There is a lot of work that goes into making sure you have interviews at the same programs – we had to put a lot of time into emailing programs when one of us had an interview and the other didn't. It was also hard to put together a list as a couple because I may have loved a program but his experience at that same program was completely different.



Alexa Kanbergs and Cullen Roberts

Bryan Le:

[Matched at Harvard Spaulding Rehabilitation Hospital/St. Joseph's Hospital (Medicine/prelim)]

Processing the constant feeling of uncertainty. The Match is such a unique system compared to the traditional college and medical school applications in years' past. In those applications, I had the luxury of choosing amongst a list of programs that had extended their acceptance letter to me. However, in the match, an applicant's leverage in selection is less clear. I had to rank the programs I liked in order of preference, and the programs did the same for me. There were many unfamiliar and unknown factors that made the application process exciting, yet unnerving at times.



Bryan Le

RIMJ: How did you choose the type of residency program you applied for?



Jonathan Staloff and Madeline Wozniak

Jonathan Staloff:

[Couples Matched at the University of Washington Affiliated Hospitals]

Maddy [Madeline Wozniak] matched in Pediatrics and I matched in Family Medicine. In looking at residency programs, we were both looking for programs that had a strong sense of collegiality among residents and faculty, a commitment to advocacy and community engagement, and a dedication to teaching.

For myself, I was specifically interested in Family Medicine departments where I can find faculty mentorship in my interests in US healthcare policy and primary care delivery system innovation. I was fortunate to find that at the University of Washington as a whole,

which has excellent public health and public policy schools, and within the Department of Family Medicine as well.

Before interviewing, I reached out to a faculty member in the Family Medicine Department who is engaged in health policy work, and I let him know I'd be interviewing and would love to learn more about how I might be able to incorporate that interest during residency. The night before my interview, he showed me around his clinic after hours and shared with me how I might find the University of Washington to be the right fit and opportunity for me. This generosity

with his time made such a lasting impression on me, and made me appreciate that this was likely the program for me.

On Maddy's interview day, a week before Christmas, she attended resident morning report, where a case was presented and residents had to systematically determine the mystery diagnosis and treatment. On this morning report, as the details of the patient case were unfolding, it started to become clear that the mystery patient was Tiny Tim from Charles Dickens's *A Christmas Carol*. That spirit of intellectual curiosity, creative teaching, and fun was so striking for Maddy. She is really excited about Seattle Children's Hospital being a freestanding hospital with opportunities to explore all the subspecialties that might interest her for future training.

Matthew Perry: I selected Family Medicine because I felt that the values of the field most closely aligned with my own values. I wanted a specialty that saw patients in the context of their lives and communities, and where there weren't rigid boundaries around what type of care we would provide for people.

Bryan Le: Physical Medicine and Rehabilitation focuses on the functional quality of life of patients. These include patients with strokes, spinal cord injuries, and traumatic brain injuries. The field is incredibly broad and includes careers in sports medicine, cancer rehabilitation, and pain medicine. Our management focuses on how to use medicine to maximize the level of independence in patients living with chronic disabilities. It is a field that is crucial and serves a unique and often underserved population. I personally loved the longitudinal and humanistic patient care that the specialty caters towards. I also liked the team-based approach to patient care. I have a personal interest in the field of neurorehabilitation, and PM&R ended up being the perfect fit for me.



Julia Solomon adds her residency acceptance to the Match Map. She was matched to the Medicine-Pediatrics program at Rhode Island Hospital, and described the day as "surreal. We've been working on residency applications for months and then it all comes down to being handed an envelope in the atrium of the medical school, and really having no idea what to expect when you open it! But I was definitely excited to end up at Brown once it settled in as being real."

RIMJ: How did you feel when the balloons dropped and you opened your red envelopes?

Alexa Kanbergs: It was an overwhelming and happy experience. My four best friends from home (Oregon) flew out to be with me. Brigham was my number one choice, so to be surrounded by my best friends, my peers in medical school and my partner and to celebrate this achievement was an unforgettable moment for me.

Bryan Le: Pure elation. Once I opened the letter, it was an outburst of joy. My years of hard work came to fruition in that moment. Moreover, I was so happy for my classmates for their success. My phone was inundated with texts and phone calls from friends and family sending their congratulations. I was so glad to share that moment with my parents who have supported me throughout the whole process. It was a great feeling.

Matthew Perry: The atmosphere at school on Match Day was electric. I was happy to have family with me because they were a grounding presence amidst such chaos. I feel so lucky that I get to do my residency close to my family. Also, since I am staying at Brown, it was really wonderful to be able to connect with faculty and residents that I already know, to celebrate that I will get to continue learning from and working with such great people.

Jonathan Staloff: We were thrilled when we opened our envelopes and saw we matched at the University of Washington. Soon after opening our envelopes, we learned that two of our good friends also matched in Seattle, and we were over the moon to be joining them in the same city.

RIMJ: What would be your best advice to the Class of 2020?

Matthew Perry: A hundred people will all give you different answers as far as the most important things to consider when applying and ranking programs. Ultimately, trust yourself and your own priorities. You know better than anyone else what you are looking for.

Bryan Le: Embrace the process. All of your hard work is being rewarded by invitations to the many programs that want your skills and talents. This is ultimately a job application, and you will finally be a physician at the end of this. Remind yourself how incredibly fortunate you are to be in this position – helping patients and their families for a living. That fact remains true no matter where you match.

Editor's Note: The following is a link to Match results on the Brown University website:

www.brown.edu/academics/medical/about-us/facts-and-figures/md-2019-match-list

Match 2019 by the numbers

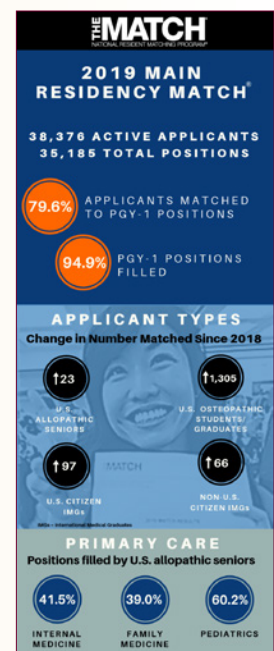
According to The National Resident Matching Program® (NRMP®):

The number of available first-year (PGY-1) positions rose to 32,194, an increase of 1,962 (6.5%) over 2018. Of these, 946 were in the primary care specialties of Family Medicine, Internal Medicine, Internal Medicine

- **Internal Medicine** programs offered 8,116 categorical positions, 574 more than in 2018. The percentage of Internal Medicine categorical positions filled by U.S. allopathic seniors has declined every year since 2015.
- **Family Medicine** programs offered 4,107 positions, 478 more than in 2018. This year was the first year since 2009 that the number of U.S. allopathic seniors matching to Family Medicine has decreased; however, a record number 986 osteopathic students and graduates matched in Family Medicine, accounting for 25.8 percent of all applicants who matched to the specialty.
- **Pediatrics** programs offered 2,847 categorical positions, 79 more than in 2018.
- **Emergency Medicine** programs offered 2,488 first-year positions, 210 more than in 2018, and filled all but 30. Since 2015, the number of Emergency Medicine positions has increased by 667, or 36.6 percent.
- **Psychiatry** programs offered 1,740 positions, 184 more than in 2018, and filled all but 20. The overall fill rate was 98.9 percent, and 60.6 percent were filled by U.S. allopathic seniors. Since 2015, the number of Psychiatry positions has increased by 387, or 28.6 percent.
- **Radiation-Oncology** advanced programs offered 192 positions, 15 more than in 2018, but filled only 163 (84.9%), a sharp drop from prior years when only a handful of positions were unfilled.
- The number of **U.S. osteopathic medical school students and graduates** who submitted program choices also was a record high at 6,001, an increase of 1,384 over 2018. Since 2015, the number of U.S. osteopathic medical school students and graduates seeking positions has risen by 3,052, a 103 percent increase. That growth has been driven in part by the transition to a single accreditation system. As part of that transition, the American Osteopathic Association (AOA) Match has ended.

Unmatched Applicants

Applicants who did not match to a residency position participated in the NRMP Match Week Supplemental Offer and Acceptance Program® (SOAP®) to attempt to obtain an unfilled position. This year, 1,652 of the 1,768 unfilled positions were offered during SOAP. SOAP results will be available in the full Match report published in early May.





MORE THAN INSURANCE.



DOES YOUR BUSINESS HAVE
COMPLIANCE CHANGES

Covered?

Not many small businesses are ready to deal with the changes to health insurance, compliance, and human resources. Whether it's finding the best deal on health insurance, assisting your company with business and HIPAA compliance, or keeping up with the most recent human resource requirements, HNI is ready to help you with the support you need to focus on what really matters – your patients.

With over 20 years of combined experience in group benefits, HNI has the expertise to advise on the most complex benefits matters, yet we are small enough to keep a personal touch.

Make sure you're covered.
Call us today 401-228-8915 or visit us
online HNIins.com

GROUP HEALTH/DENTAL/VISION/ANCILLARY INSURANCE | COMPLIANCE CONSULTING | HUMAN RESOURCE CONSULTING