Lasso a Residency: A Wild West’s Guide to a Successful Match

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Disclosure

We have no actual or potentially relevant conflicts of interest in relation to this activity.
Learning Objectives

1. Explain the advantages of completing a pharmacy residency: “Round Up Your Dream Job”
2. Present helpful tips and practical advice to obtain a residency: “How to go from Deputy to Sheriff”
4. Provide answers to commonly asked questions: Q&A Session
“Rounding up” Your Dream Job

Residencies are NOT easy, but they will provide you with many skills necessary to achieving your dream career

- Increases marketability to employers, especially clinical pharmacist positions
- Provides numerous opportunities for networking
- Well-rounded experiences with unique exposure to multiple areas of pharmacy
- Great transitional phase from student to pharmacist

Lasso the Right One: Types of Residencies

Post-Graduate Year 1 (PGY-1) Residency

- Typically more “general” with rotations in multiple pharmacy areas, though some may be more tailored for a particular specialty
- Majority tend to include acute care, management, ambulatory care experiences, staffing component, and a research project
- Residency sites may vary:
  - Institutional
  - Managed-care
  - Community-based
  - And others
- Accredited vs. Non-Accredited Programs
Lasso the Right One: Types of Residencies

Post-Graduate Year 2 (PGY-2) Residency
- Typically more “focused” on a particular specialty area
- Allows graduating resident to apply to take specialty board exam for national certification (if available)
- Example programs include:
  - Ambulatory Care
  - Cardiology
  - Critical Care
  - Geriatrics
  - Infectious Disease
  - Oncology
  - Palliative Care
  - Pediatrics
  - Psychiatrics
  - Solid Organ Transplant
  - And many more....

Location, Location, Location

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ASHP Residency Directory

https://accreditation.ashp.org/directory/#/program/residency

• Only features ASHP accredited residency programs
• Able to search by geographical location and residency type
• Brief program summaries including:
  • Program contact information
  • Rotations/experiences provided
  • Application requirements

ACCP Directory

https://www.accp.com/resandfel/search.aspx

• Features **ALL** residency, fellowship, and graduate programs in the US regardless of accreditation status
• Can sort by geographical location, accreditation status, and specialty
• Brief program summaries including:
  • Program contact information
  • Rotations/experiences provided
  • Application requirements
Choosing a Program

Considerations when determining residencies to apply to:

- Geographical preference
- Experiences offered
- Opportunities available post-residency
- Teaching/academic opportunities
- Accreditation status
- Amount of co-residents
- Patient population

How to go from Deputy to Sheriff

Helpful Tips and Practical Advice
Curriculum Vitae (CV)

The main purpose of a CV is to get you an interview!
- Appearance and structure count
  - Do your research and ask for examples from your school
- Proofread, proofread, proofread!
- Make sure you are able to speak to anything you put on your CV

Letter of Intent (LOI)

The main purpose of a LOI is to get you an interview!
- Appearance and structure count
  - Do your research and ask for examples from your school
- Proofread, proofread, proofread!
- Personalize for each program
  - Provide reasons why you are a good fit for the program
  - Provide reasons why the program is a good fit for you
Letters of Recommendation

- Strong and positive letters of recommendation are crucial to obtaining an interview
- Most programs require at least 3 for residency applications
- Consider preceptors, faculty, or employer who can speak to your abilities
- Lock-in recommendation writers early
- Provide information to your writers about the residency programs to which you are applying
  - Deadline of application
  - Why you are pursuing residency training (in general)
  - Why you are interested in the specific program

Midyear Madness

And Other Residency Showcases too!
Midyear Survival Guide

• Dress professionally
• Make a game plan for the residency showcase
  • Familiarize yourself with the map
  • Prepare site-specific questions
• Get your “boots dirty” before talking to your top programs
• Speak with at least 1 resident and the residency program director (RPD) and take notes after each booth
• Bring business cards and copies of your CV
• Take a break! Do not be afraid to have water and a snack!

Midyear Survival Guide

• Attend student programming for more information on PhORCAS, networking, the Match, and interviewing tips
• Residency poster sessions can provide opportunities to gain more facetime with a program and learn about ongoing research
• Always follow-up with residents, RPDs, and others who provided you with program information via handwritten thank you cards or email
• Some programs may invite candidates to their reception, which is a great opportunity to network
What Happens in Vegas DOES NOT Stay in Vegas

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Local Residency Showcases

• Great way to get your “boots dirty” before Midyear
• Get a better understanding of the type of programs that interest you
• Extra facetime with local programs you are interested in
• Less expensive alternative to Midyear for those interested in local programs
• Limited number of residency programs
Interviews
“Rein” in Your Fears

Interview Tips and Tricks

• PRACTICE, PRACTICE, PRACTICE!
• Be ready for different types of interviews
• Be able to discuss everything on your CV
• Prepare an “elevator speech”
• Prepare site-specific residency questions
• Determine if a presentation is needed for an interview
• Try to avoid scheduling your top choice program to be your first or last interview, if possible
• Bring CV, business cards, water, and snacks!
Interview Tips and Tricks

• Be professional!
  • Do NOT be late
  • Wear appropriate dress and comfortable shoes
  • Turn off your cellphone
  • Greet interviewer with confident handshake
  • Maintain eye contact
  • Be mindful of body language

And most importantly, be **yourself**!

Common Interview Questions

• Short-term and long-term goals
• Strengths and weaknesses
• Reason for interest in position/program
• Behavioral questions:
  • “Tell me about a time when...”
  • “Give me an example of a situation...”
  • “Describe an interaction where you...”
Follow-Up

- Send a thank you to any person you spent a significant amount of time with during interview day via thank you card or email
  - Make sure to print neatly and legibly if you are handwriting a thank you card
- Personal touches make a HUGE difference
- Send in a timely manner

May the Match Be Ever in Your Favor
Understanding the Match
The Match

• All applicants must register before being able to submit applications
• Pharmacy Online Residency Centralized Application Service (PhORCAS)
• After interviews are complete, each applicant submits a Rank List:
  • Numerical order of preference for desired residency program
  • Match result constitutes a binding commitment

The Match

• Candidate and Program Rank Order Lists will then be reviewed and the “Match Algorithm” is used to match applicant to preferred programs
• Match Day:
  • Candidates and programs will receive Match results via email
  • After 12PM: List of unmatched positions will be released
The Match: “Match Algorithm”

**Program A (2 positions)**
- Rank Order List:
  1. Charles
  2. Baker
  3. Abel

**Program B (1 position)**
- Rank Order List:
  1. Charles
  2. Baker
  3. Abel

**Program C (1 position)**
- Rank Order List:
  1. Baker
  2. Abel
  3. Abel

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**The Match: Phase II**

- Unmatched candidates may re-apply to unmatched positions via PhORCAS
- Process is exactly the same as Phase I with submission of Rank Lists and use of the “Match Algorithm”
- If unmatched positions remain, the “Scramble” is used to fill these positions
### 2019 Match Statistics: Participation in Phase I

<table>
<thead>
<tr>
<th></th>
<th>PGY-1</th>
<th>PGY-2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Applicants Enrolled in the Match</td>
<td>6968</td>
<td>1233</td>
</tr>
<tr>
<td>Number of Applicants Who Withdrew or Did Not Return Any Rankings</td>
<td>1383</td>
<td>230</td>
</tr>
<tr>
<td>Number of Applicants Participating in the Match</td>
<td>5585</td>
<td>1003</td>
</tr>
<tr>
<td>Number of Resident Positions Available</td>
<td>3832</td>
<td>829</td>
</tr>
</tbody>
</table>
### 2019 Match Statistics: Results

<table>
<thead>
<tr>
<th></th>
<th>Phase I</th>
<th>Phase II</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PGY-1</td>
<td>PGY-2</td>
</tr>
<tr>
<td>Number of Applicants Participating</td>
<td>5585</td>
<td>1003</td>
</tr>
<tr>
<td>Applicants Matched</td>
<td>3530</td>
<td>694</td>
</tr>
<tr>
<td>Applicants Unmatched</td>
<td>2055</td>
<td>309</td>
</tr>
<tr>
<td>Applicant Match Rate</td>
<td>63%</td>
<td>69%</td>
</tr>
</tbody>
</table>

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### 2019 Match Statistics: Results by Rank on Applicant’s List of Those Who Matched (Phase I)

<table>
<thead>
<tr>
<th>Rank</th>
<th>PGY-1</th>
<th>PGY-2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2078 (59%)</td>
<td>438 (63%)</td>
</tr>
<tr>
<td>2</td>
<td>790 (22%)</td>
<td>151 (22%)</td>
</tr>
<tr>
<td>3</td>
<td>357 (10%)</td>
<td>62 (9%)</td>
</tr>
<tr>
<td>4</td>
<td>155 (4%)</td>
<td>23 (3%)</td>
</tr>
<tr>
<td>5 or higher</td>
<td>150 (4%)</td>
<td>20 (3%)</td>
</tr>
</tbody>
</table>

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ASHP Match Trends

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Be Prepared: Saddle Up for the Ride
Timeline of a Successful Match
Residency Timeline

**Summer/Fall**
- Update and edit CV
- Identify recommendation writers
- Research residency programs
- Consider attending local residency showcases

**November**
- List of Participating Programs available
- Prepare for Midyear
- Begin registering for the Match (PhORCAS opens: November 5th, 2019)
- Request transcripts
- Formally ask for 3 letters of recommendation

**December**
- Attend Midyear
- Start PhORCAS applications
- Follow-up with recommendation writers

**Early January**
- Complete PhORCAS applications by each deadline
- Programs will contact candidates for interviews
Residency Timeline

Late January and February
- Interview
- Develop rank order list
- Last day to register for the Match Phase I: **February 27th, 2020**

March
- Last day to submit rank order list for Phase I: **February 28th, 2020**
- **MATCH DAY**! March 13th, 2020

Late March
- Phase II Match opens: **March 23rd, 2020**
- Last day to register for Phase II: **March 31st, 2020**

April
- Last day to submit rank order list for Phase II: **April 1st, 2020**
- **MATCH DAY Phase II**! April 8th, 2020
- “Scramble” begins: **April 9th, 2020**
Questions?
Now you know how to “saddle up” for the ride and are ready to become the ideal pharmacy residency candidate!

Live Content Slide
When playing as a slideshow, this slide will display live content

Social Q&A