

Choosing a Family Medicine Residency that's Right for You

Erika Schillinger MD 2012

Adapted from 2007 National Conference of Family Medicine
Residents and Medical Students

Daniel B. Castro MD

John Delzell, MD

Goals

- ❑ Understand availability and characteristics of residency programs in Family Medicine
- ❑ Identify potential variables of interest in selecting a residency program
- ❑ Identify resources for assisting with selecting residencies to interview
- ❑ Identify personal issues that are important in the screening and selection of residencies

Residency Programs in Family Medicine

- ❑ 460 Family Medicine residencies
- ❑ 9,997 Resident positions
- ❑ 29 have separately accredited rural training tracks
- ❑ Combined residencies
 - ❑ Family Medicine/ Psychiatry
 - ❑ Family Medicine/ Emergency Medicine
 - ❑ Family Medicine/ Preventive Medicine

Special Training Components

Fellowships

Faculty Development	45
Geriatrics	63
Obstetrics	26
Rural Medicine	4
Sports Medicine	102

Family Practice Residency Programs By Structure

TOTAL		Number 472	Percent 100
1.	Community Based, Unaffiliated	24	5.1
2.	Community Based, Medical School Affiliated	276	58.5
3.	Community Based, Medical School Administered	96	20.3
4.	Medical School Based	58	12.3
5.	Military Program	15	3.2

Source: American Academy of Family Physicians, Directory of Family Practice Residency Programs, 2005

<http://www.aafp.org/online/en/home/aboutus/specialty/facts.html>

Family Medicine Residency Programs by Size

# Residents	< 10	11-30	31-50	> 50
# Programs	22	386	48	2
% of Total Programs	4.8	84.3	10.5	.4

N = 458

<http://www.ama-assn.org/vapp/freida/srch/1,1239,,00.html>

Family Medicine Residency Programs by Geographic Location

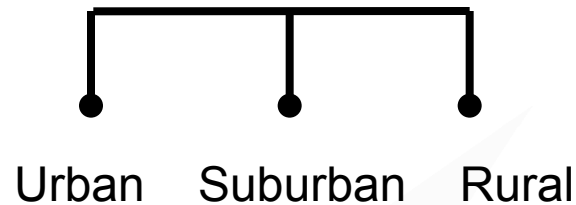
Location	# Residencies	% Total
Upper Midwest	106	23.5
Northeast	90	19.9
Southeast	86	19
Lower Midwest	80	17.7
Southwest	67	14.8
Northwest	23	5.1

N = 452

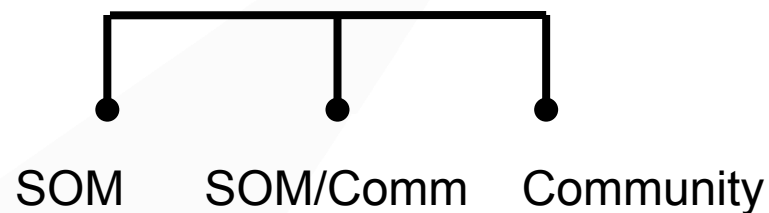
<http://www.aafp.org>

Interview / Selection Variables

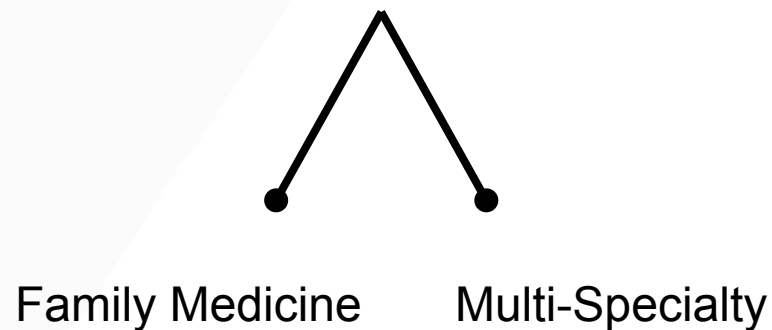
Geography



Structure



Training
Orientation



Special Components

- **Training Focus**
 - OB
 - Public Health
- **Population Cared For**
 - Underserved
 - Rural
- **Academic / Research**
- **Associated Fellowships**
- **Procedure(s)**

Social Components

- Jobs
- Schools
- Family

Literature Review of Variables Associated with Residency Selections

Author	Study Characteristics	Conclusion
Wallace 2003	<p>Questionnaire to assess factors that contribute to the selection process.</p> <p>FM program, TN. N=9</p> <p>Content: author, students, residents, faculty and prior survey</p>	<p>Quality of faculty, residents, curriculum, experience of student, reputation, location, spouse/family</p>
Kikano 1994	<p>Characteristics of programs filling in the match.</p> <p>National survey of PD' s.</p> <p>N=281/361 (78%)</p> <p>Content: Author</p>	<p>Residents' attitude, perception of other departments and city attractiveness, faculty quality, program reputation, residents reputation, location</p>
Mayeaux 1993	<p>Which program attributes influence program selection by students?</p> <p>National survey of new interns.</p> <p>N=660/2416 (27%)</p> <p>Content: Author (46 Items)</p>	<p>Positive association with: location, program reputation, faculty, residents.</p> <p>Negative association with: location, program reputation, residents, curriculum</p>

Literature Review of Variables Associated with Residency Selections (Cont.)

Author	Study Characteristics	Conclusion
Hitchcock 1989	Influence of various factors in student selection of FM residencies in Texas. Texas: Survey of new FM interns N= 116/127 (91%) Content: Author (52 Items)	Commitment to teaching by faculty, quality of FPC experience, staff morale, faculty competency, philosophy of training, overall program curriculum.
DiTomasso 1983	Evaluate the relative importance of 31 items in determining the ranking of programs by PGY1 FM residents. National survey of FM Interns N=830/1810 (46%) Content: Author/focus group	Faculty quality, location, resident quality, resident satisfaction, patient care responsibilities assumed, variety of medical problems.

What do you think?

What are variables that are important to you?

Variables Associated with Selection of a Residency Program

Summary

Quality of Faculty / Commitment to Teaching

Location

Quality of Residents

Resident Satisfaction / Attitude

Program Reputation

(Spouse / Family)

Summary

- ❑ **Residency selection process is complex and personal**

- ❑ **Perceived quality of training is important**
 - **What can I expect to learn?**
 - **Where will that learning take place?**
 - **Who will be my teachers?**
 - **Will I be happy in the area?**
 - **Will the program exist for the duration of my training?**

Use this link for our collective google doc:
<https://docs.google.com/spreadsheet/ccc?key=0AIJQInhwgHhdsG41dy1WWIlpOTI6cFFtTUVwd09SZGc>

Family Medicine Residencies ☆

Erika Schillinger

File Edit View Insert Format Data Tools Help All changes saved

Share

Multispecialty											Show all formulas
A	B	C	D	E	F	G	H	I	J	K	
Program	Location	Community Description/ Features	Residency Sponsor (Public, Private)	Training Orientation (FM only, multispecialty)	Salient Positives	Negatives	Contact/ Residency Director	Website	Other	Stanford contacts	
Brown	Providence, RI	Combination urban/suburban underserved	Private	Multispecialty	MCH fellowship, strong research environment, large, established, different residence tracks (e.g., health policy, research), wonderful faculty, strong residency director	Declining access to underserved populations	Melissa Nothnagle, MD, MSc.	http://www.brown.edu/main-info/residency/		Sean David Diana Badillo	
Columbia	New York										
Contra Costa Regional Medical Center Family Practice Residency	Martinez, CA						Jeremy M Fish, MD. dbzamora@ccfar			Laura Gross, Gina Perez-Baron Leal Hsiao	
Duke											
Family Medicine Residency Rural Training Track Spokane	Spokane							http://www.famtrack.org/			
Harbor- UCLA	Los Angeles							http://www.harbor-ucla.org/		Carmen Morales	
Lehigh Valley	Allentown, PA				Flexible, (2 Stanford grads shared a residency)					Kristin Reihman, Malaika Stoll	
Maine-Dartmouth Family Medicine Residency	Augusta, ME							http://www.maine-dartmouth.org/			
							Director of Family and Community				



American Academy of Family Physicians

SEARCH



Advanced Search

Thursday, August 3, 2006

MEMBERS RESIDENTS STUDENTS PATIENTS PRESS ROOM

AAFP News Now

TODAY'S TOP STORY
Latest News
08/02/2006

[Combined Family-Emergency Medicine Residency in the Works](#)

[Clinicians Weigh In on Obesity Counseling](#)

American Family Physician



[Past Issues](#)

[Current Issue](#)
August 1

[Pertussis](#)

Family Practice Management



[Past Issues](#)

[Current Issue](#)
July/August

[How Does Your Practice Measure Up?](#)

Clinical Care & Research

- [American Family Physician](#)
- [Clinical Recommendations](#)
- [Annals of Family Medicine](#)
- [Clinical Preventive Services](#)
- [AIM](#) • [Immunization Info](#)
- [Medicare Part D Resources](#)
- [Research](#) • [Patient Ed](#)
- [Annual Clinical Focus](#)
- [Tar Wars](#) • [Public Health](#)
- [Health Disparities](#)
- [Disaster Preparedness](#) • [More](#)

Members

- [My Academy](#) • [My Contact Info](#)
- [My CME Record](#)
- [Member Discounts](#)
- [Member Directory](#)
- [New Physicians](#)
- [Discussion Lists](#)
- [Create a Web Site](#) • [Fellowship](#)
- [Congress of Delegates](#)
- [Become a Member](#)
- [More Member Resources](#)

Residents

- [National Conference](#)
- [Residency Prqrm Directory](#)

Practice Management

- [Family Practice Management](#)
- [Center for Health IT](#)
- [TransformMED](#) • [Coding](#)
- [Quality Improvement](#)
- [Legal/Pract Mgt Consultants](#)
- [Computerization](#) • [HIPAA](#)
- [Labs & Proficiency Testing](#)
- [Privileges & Procedures](#) • [More](#)

CME Center

- [CME Records & Reporting](#)
- [Courses](#) • [Self-Study](#) • [METRIC](#)
- [Assembly \(Annual Meeting\)](#)
- [Accreditation](#) • [Online CME](#) • [More](#)

Policy & Advocacy

- [Positions & Policies](#)
- [AAFP Initiatives](#)
- [Robert Graham Center](#)
- [Medicare Part D Resources](#)
- [Federal Advocacy](#)
- [State Advocacy](#) • [Speak Out](#)
- [Private Sector Advocacy](#)
- [Washington Update](#) • [More](#)

About Us

- [About the AAFP](#) • [Contact Us](#)

Students

MEMBER LOG-IN

My CME, My Web Site and more

ID NUMBER

LAST NAME/PASSWORD



Remember me

[Log-in help](#)



SHOP CATALOG



VIRTUAL FAMILY MEDICINE INTEREST GROUP

Family medicine and medical education resource for students

SEARCH GO
Advanced Search

Shortcuts

- ▶ [Getting Involved in Your Academy](#)
- ▶ [AAFP Student Membership](#)
- ▶ [Loan Forgiveness Programs](#)
- ▶ [Search FM Residencies](#)

American Family Physician



Current Issue
August 1

[Pertussis Past Issues](#)

AAFP News Now

[Resident & Student Focus](#)

Family Medicine

What can I expect as a family physician? Where are family physicians needed? What do they earn? [More...](#)

Medical School

How can I make the most of each rotation? How do I choose a specialty? What should I know about choosing senior electives? [More...](#)

Residency

[Residency](#)

How do I research residencies? What's the best way to schedule residency interviews? How does the Match work? [More...](#)

Clinical Resources

What is evidence-based medicine? How do I find clinical practice guidelines? Which clinical resources can I use my member discounts with? [More...](#)

Leadership/Service

Which medical societies offer students leadership roles? Where can I find ideas for community service projects? What scholarships are available? [More...](#)

FMIG On Campus

Where do I find fundraising ideas? How can my FMIG offer better programming? How do I get connected to the FMIG Network? [More...](#)

What is Virtual FMIG?

Virtual FMIG provides students with information that is relevant at each point in their medical education from admission to graduation.

Timely Tip

Plan to attend:
FAMILY MEDICINE RESIDENTS AND STUDENTS NATIONAL CONFERENCE

[Debt Management](#)



SEARCH GO
Advanced Search

- Family Medicine
- Medical School
- Residency
- Clinical Resources
- Leadership / Service
- FMIG On Campus
- AAFP.ORG

Virtual FMIG Home > Residency

VIRTUAL FMIG HOME

- Family Medicine
- Medical School
- Residency
- Clinical Resources
- Leadership / Service
- FMIG On Campus

Residency

Printer-friendly Version

One measure of medical school success is matching into a residency program that fits you and your career interests. Positioning yourself to match into that ideal program (while accommodating family, future career goals and other interests) can make residency selection challenging. Though each step in this process has pitfalls, many students have been successful and so can you. The information and tools in this section are designed to help you become familiar with the selection process, plan ahead, avoid the common pitfalls and get the information you need to make the best choice for you.

[Residency Application Timeline](#)

[Research Residencies](#)

[LOR/ CV/ Personal Statements](#)

[Selecting Residency Programs](#)

[Residency Interviews](#)

[Interview Travel](#)

The Match



[Search FM Fellowship Directory](#)



Internet

start

- Ed Committee
- Microsoft PowerPoint ...
- Residency -- America...

RESIDENCY

- [Residency Application Timeline](#)
- [Research Residencies](#)
- [CV](#)
- [Selecting Residency Programs](#)
- [Residency Interviews](#)
- [Interview Travel](#)
- [The Match](#)
- [Transitioning to Residency](#)

Research Residencies

Printer-friendly Version

AAFP National Conference of Family Medicine Residents and Medical Students -- The National Conference is a great opportunity to visit with family medicine residency representatives and to explore your options. Each year, over 300 residency programs from across the U.S. exhibit at this meeting.

Directory of Family Practice Residency Programs -- This is a searchable database of all family practice residency programs in the United States. The directory provides information on program size and structure, required rotations, faculty to student ratio, call schedule and more.

Facts About Family Medicine: Graduate Medical Education -- Find links to vital information and data on all ACGME-accredited family practice residency programs.

Fellowship and Residency Electronic Interactive Database (FREIDA) -- The Fellowship and Residency Electronic Interactive Database (FREIDA) is maintained by the American Medical Association (AMA). It allows you to search for residency programs, compensation and workforce information by specialty.

Graduate Medical Education Directory (Green Book) -- This resource is available through your medical school library or through the American Medical Association Press online catalog. The CD-ROM version now makes it easier to compare programs. It lists all residency programs accredited by the Accreditation Council for Graduate Medical Education (ACGME) for all specialties.



Search FM Residency Directory



AAFP Residents Website



Search FM Fellowship



AMERICAN ACADEMY OF FAMILY PHYSICIANS
News & Publications

SEARCH



[Advanced Search](#)

- ABOUT US
- NEWS & PUBLICATIONS
- MEMBERS
- CME CENTER
- CLINICAL & RESEARCH
- PRACTICE MGMT
- POLICY & ADVOCACY
- CAREERS

Home > [News & Publications](#) > [Other Publications](#) > [Strolling Through the Match](#) > [Residency Selection Steps](#) > Sample Modified Decision Table

RESIDENCY SELECTION STEPS

- ▶ **Sample Modified Decision Table**
- ▶ [Additional Tips](#)

Sample Modified Decision Table

- [Printer-friendly version](#)
- [Email this page](#)

Factors	Weight (W)	Program 1	Rating (R)	W * R	Program 2	Rating (R)	W * R
Facilities	8.5	Comments Here	4	34	Comments Here	7	76.5
Electronic Health Record	7	Comments Here	9	56	Comments Here	4	56
Curriculum	8	Comments Here	9	72	Comments Here	9	72
Faculty	9	Comments Here	7	56	Comments Here	8	72
Location	10	Comments Here	4	40	Comments Here	9	90
Community Size	2	Comments Here	5	10	Comments Here	8	16
Total		Total Score:		268	Total Score:		382.5

MEMBERS

[Log In](#)

MY ACADEMY:

- My CME
- My Contact Info
- My Subscriptions
- More

QUESTIONS?

Resident & Student Activities
Send E-mail 800-274-2237 ext. 6720

[Technical Help](#)



[Check out AFP.](#)

Find Residency Programs Offering Fellowships In:

[Faculty Development](#)

[Geriatrics](#)

[Obstetrics](#)

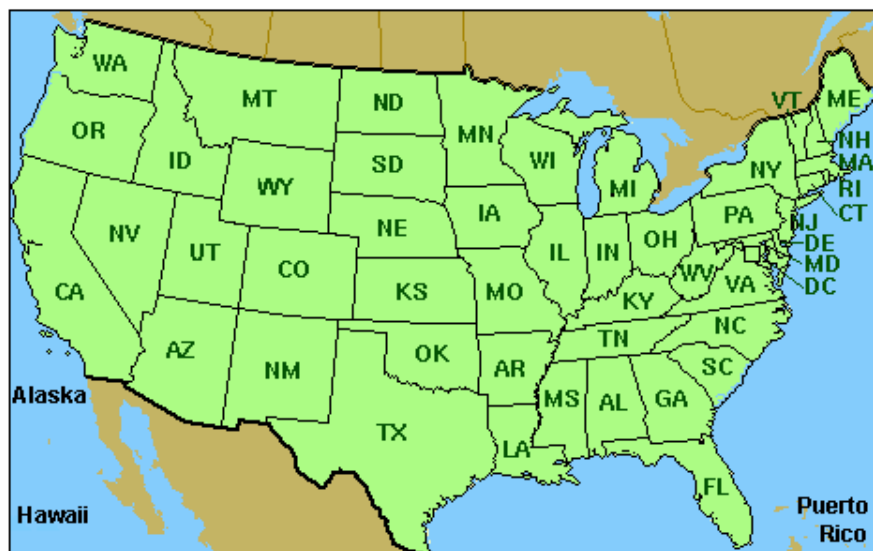
[Rural Medicine](#)

[Sports Medicine](#)

[Additional Sources of Information](#) about residencies and residents.

AAFP Directory of Family Medicine Residency Programs

The Directory of Family Practice Residency Programs published by the American Academy of Family Physicians (AAFP) is the best source for information on these programs. This directory lists each program in the United States, and covers many topics in detail -- faculty, staff, administration, accreditation, size, salaries, etc. **Click on the map or links below for a list of Residency Programs in that area.**



[Alabama](#)
[Alaska](#)

[Indiana](#)
[Iowa](#)

[Nevada](#)
[New Hampshire](#)

[Tennessee](#)
[Texas](#)





DoctorFinder | Join/Renew | MyAMA | Site Map | Contact Us

Home | Member Center | AMA Agenda | Newsroom | Professional Resources | Med School & Residency | About AMA | Bookstore

- Med School & Residency
- FREIDA Online
- News and resources
- Books and CD-ROMs
- Medical licensure
- Health care careers

Home > Med School/Residency

FREIDA Online

FREIDA Online Search

Program Directors Only

ADVERTISEMENT

FREIDA Online is a database with over 8,200 graduate medical education programs accredited by the Accreditation Council for Graduate Medical Education, as well as over 200 combined specialty programs.

Residency/Fellowship Training Program Search

View information about residency and fellowship programs, provided by program directors and updated continuously, as well as information about affiliated teaching institutions.

Training Statistics

Compare specialties on length of training, program size, number of faculty, work and education environment, and compensation.

Graduates' Career Plans Statistics

Obtain information reported on the career plans of graduates from various specialties, as reported by their program directors.

New feature

Members can save searches and print labels

Get help in planning your career in medicine

New [Graduate Medical Education Directory](#)

For IMGs [ECFMG 2006 Information Booklet and Application Materials](#)

Update:

[GME news you can use!](#)

 Search

FREIDA Online

Program search

Specialty training statistics

Graduates' career plans

Institution search

Medical school affiliations search

View folder

Mailing labels

Glossary for program information

Contact FREIDA Online

FREIDA Online search

Program selection criteria

Define and narrow your search by selecting one or more of the following options:

Choose specialty Select one or more accredited specialties or subspecialties.

Choose location Select one or more states or regions of the country.

Optional criteria Select optional criteria such as program size, NRMP participation, ERAS participation, prior training, preliminary positions, part-time/shared positions, alternative start dates, special training, federal programs, program settings.

Sort Results by:

Specialty (by state) State (by specialty)

For a quick list of programs, click Search. Click Search Plus for the same list of programs plus additional comparison information.

Search Search Plus Clear form

If you know the 10-digit program code, enter it here:

Go

AMA Members: Login to save searches to a folder, view folder, print labels.



Search

DoctorFinder | Join/Renew | MyAMA | Site Map | Contact Us

Home Member Center AMA Agenda Newsroom Professional Resources Med School & Residency About AMA Bookstore

FREIDA Online

Program search

Specialty training statistics

Graduates' career plans

Institution search

Medical school affiliations search

View folder

Mailing labels

Glossary for program information

Contact FREIDA Online

FREIDA Online Search - location criteria

Location selection

Click to select any combination of regions and states to narrow your search:

- | | | |
|---|---------------------------------------|---|
| <input type="checkbox"/> Alabama | <input type="checkbox"/> Alaska | <input type="checkbox"/> Arizona |
| <input type="checkbox"/> Arkansas | <input type="checkbox"/> California | <input type="checkbox"/> Colorado |
| <input type="checkbox"/> Connecticut | <input type="checkbox"/> Delaware | <input type="checkbox"/> District of Columbia |
| <input type="checkbox"/> Florida | <input type="checkbox"/> Georgia | <input type="checkbox"/> Hawaii |
| <input type="checkbox"/> Idaho | <input type="checkbox"/> Illinois | <input type="checkbox"/> Indiana |
| <input type="checkbox"/> Iowa | <input type="checkbox"/> Kansas | <input type="checkbox"/> Kentucky |
| <input type="checkbox"/> Louisiana | <input type="checkbox"/> Maine | <input type="checkbox"/> Maryland |
| <input type="checkbox"/> Massachusetts | <input type="checkbox"/> Michigan | <input type="checkbox"/> Minnesota |
| <input type="checkbox"/> Mississippi | <input type="checkbox"/> Missouri | <input type="checkbox"/> Montana |
| <input type="checkbox"/> Nebraska | <input type="checkbox"/> Nevada | <input type="checkbox"/> New Hampshire |
| <input type="checkbox"/> New Jersey | <input type="checkbox"/> New Mexico | <input type="checkbox"/> New York |
| <input type="checkbox"/> North Carolina | <input type="checkbox"/> North Dakota | <input type="checkbox"/> Ohio |
| <input type="checkbox"/> Oklahoma | <input type="checkbox"/> Oregon | <input type="checkbox"/> Pennsylvania |
| <input type="checkbox"/> Puerto Rico | <input type="checkbox"/> Rhode Island | <input type="checkbox"/> South Carolina |
| <input type="checkbox"/> South Dakota | <input type="checkbox"/> Tennessee | <input type="checkbox"/> Texas |

(Ignore this criterion)

Offer preliminary positions:

(Ignore this criterion)

Offer part-time/shared positions:

(Ignore this criterion)

Start dates other than June or July:

(Ignore this criterion)

Offers special training tracks:

You may select more than one choice by pressing down your Shift or Ctrl key while clicking on the choices simultaneously.

- (Ignore this criterion)
- Primary care track
- Rural track
- Women's health track
- Hospitalist track
- Research track/nonaccredited fellowship
- Other track

Affiliated with U.S. government:

(Ignore this criterion)

Are in the following setting (university, community, etc):

(Ignore this criterion)

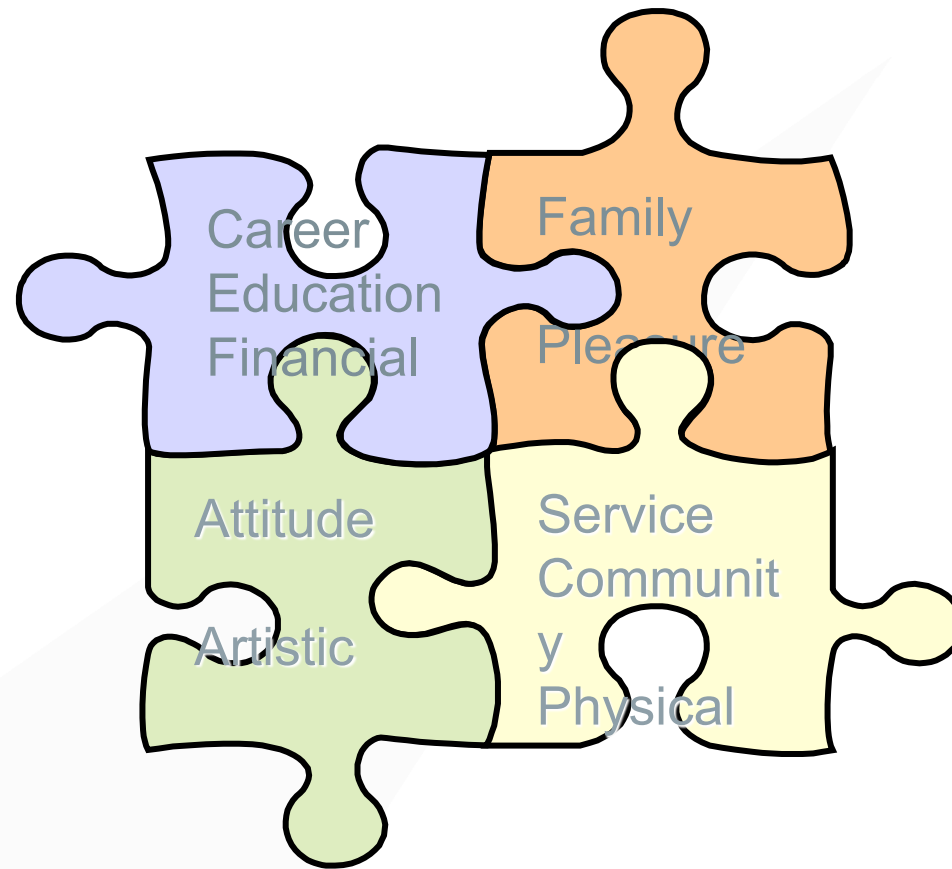
Program size:

(Ignore this criterion)

Continue >

Clear form >

What do you want to accomplish in life?



Personal and Professional Goals

Career Goals	Personal Goals	Community Goals
1.	1.	1.
2.	2.	2.
3.	3.	

Top Three Goals (by priority):

1.

2.

3.

What are the specific tasks that need to be accomplished to reach these goals?

Personal Statement

Basic Issues to address:

1. What got you interested in the field you have chosen?
2. What are you looking for in a residency program?
3. Your expected goals in the field you have chosen?

<http://www.ama-assn.org/ama/pub/category/6700.html>

Variables in Selecting a Residency

	Career/Practice	Family/Support	Community
Geographic Location			
–Urban			
–Underserved			
–Rural/Frontier			
Residency Structure			
–Academic / SOM			
–Community / SOM			
–Community			

Variables in Selecting a Residency (Cont.)

	Career/Practice	Family/Support	Community
Residency Sponsor			
–Public			
–Private			
–Managed Care			
Training Orientation			
–Family Med Only			
–Multi-Specialty			
Other Important Issues:			

Process of screening/selecting a residency

- Identify factors that are important to you/family
- Collect data related to residencies
- Develop pros/con list
- Narrow list for interviews
- Interview/Select top choices
- Prepare for mind/gut disconnect

Recommendations

- Understand what is important in your personal and professional life
- Identify three resources that can help you through the process
- Maintain flexibility in selecting programs for interview
- Don't settle for less than you think you will need

Table References

1. Wallace, L.S., G.H. Blake, et al. (2003). "Development and content validation of family practice residency recruitment questionnaires." Fam Med **35** (7); 496-8
2. DiTomaso, RA, JP DeLauro, et al. (1983). "Factors influencing program selection among family practice residents." Journal of Medical Education. **58** (7):527-33.
3. Hitchcock, MA, SR Kreis, et al. (1989). "Factors influencing student selection of family practice residency programs in Texas." Fam Med **21** (2): 122-6.
4. Kikano, GE, SS Galazka, et al. (1994). "Markers of successful recruitment of students to family practice residency programs." Fam Med **216** (8): 492-6.
5. Mayeaux, EUJ, and J Arnold. (1993). "Why first year family practice residents choose their residency programs." Fam Med **25** (4):253-6.

Resources

FREIDA

<http://www.ama-assn.org/ama/pub/category/2997.html>

AAFP

<http://www.aafp.org/residencies/>
<http://fmignet.aafp.org/residency.xml>