**Internship and Residency Information**  
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**Getting Started:**

Where do you get started when thinking about Post-Graduate Training?

First, decide what you want to do! This is up to you but the book *Choosing a Medical Specialty* By Freeman can be very helpful. After you decide what you want to do, you must consider how you plan to accomplish this goal. Pathways include traditional rotating osteopathic internship preceding residency, combined internship/residency program, specialty track internships, allopathic residency training, or military training. Choices are difficult to make but you must take into account your goal, prior commitments, desired location of program and specialty. Here is some more details on your options:

- **Internship-only programs:** These programs involve a one-year commitment between the applicant and the institution for an OGME-1 internship position only, commencing in July 2007. For example, traditional rotating or special emphasis internship positions that are not linked to residency positions would be offered to applicants as an internship-only program in the Match.

- **Combined internship/residency programs:** These programs combine both an OGME-1 internship position commencing in July 2007 followed by an OGME-2 residency position in a particular specialty commencing in July 2008. Any type of internship program (traditional rotating, special emphasis, specialty track) may be linked with a residency program to form a combined internship/residency program.

  - Applicants who match to a combined internship/residency program will start training in the internship program in 2007; however, assuming acceptable performance during the internship year, both the applicant and the residency program are also committed to each other for OGME-2 training beginning in 2008.

  - For a combined internship/residency program, the OGME-1 internship and the OGME-2 residency will be offered together, as a single program in the Match. While in most cases the internship and residency programs will be in the same institution, this will not necessarily always be the case. A combined internship/residency program could consist of an internship at one institution, followed by a residency at a different institution. However, the link between the internship and residency will be established prior to listing the program for the Match. Each combined internship/residency program will be represented by a single, unique Code Number in the Match, and will be ranked by the students for the Match as a single program.

- By the beginning of November, a list of the specific internship-only and combined internship/residency programs offered by each institution participating in the Match will be available on the National Matching Services web site (select Participating Programs from the menu on the left).

- Fourth year students who are interested in a combined internship/residency position should contact the internship and residency programs to schedule interviews. Each program has its own deadline date for documentation and interviews. Students are responsible for submitting required documentation to individual internship and residency programs and for arranging their own interviews. All documentation and interviews must be completed prior to the submission of Rank Order Lists for the Match.
Internships:

Ready to get started on your first year of post-graduate training?

Here’s some help to get you started.

According to AOA definitions, an internship is an educational program requiring extensive participation in patient care. It serves as the link between pre-doctoral and post-doctoral clinical training and provides a year of maturation and transition from application of pre-doctoral knowledge to clinical decision-making skills. The internship exposes graduates to core disciplines including internal medicine, family practice, general surgery, obstetrics/gynecology, pediatrics and emergency medicine.

Internships are offered in the following formats:

- Traditional rotating internship: provides a broad-based, rotating curriculum covering each core discipline.
- Special emphasis internship: provides a broad-based curriculum covering each core discipline with an emphasis in a particular specialty area but does not grant residency credit but fulfills only internship requirements.
- Specialty track internship: provides the majority of rotations in a specific specialty but also provide exposure to the core disciplines. This program grants joint credit for the internship and first year of residency training.

If you are thinking about practicing in a state which requires a traditional rotating osteopathic internship, (Florida, Michigan, Pennsylvania, Oklahoma, West Virginia) you must begin your search on the opportunities link on the AOA website: http://opportunities.aoa-net.org/index.htm

Depending on your field of interest, you may want to choose an internship within an institution you want to stay at for residency, or which is linked to a specific residency program.

Make sure to start working on your applications early. Registration for internship and residency is now done electronically on ERAS at http://www.aamc.org/students/eras/start.htm.

As you are working on applications, here are some tips:

- Get started early! Make sure to work on personal statements and obtain letters of recommendation well in advance! It may even be helpful to begin requesting letters from your preceptors in your third year so that you will have plenty of opportunity to get a few really strong ones.
- When trying to add a little spice to your application, consider adding details that an interviewer may find interesting. Despite what you may read in some places, you can put hobbies on your application, but don’t put boring adjectives such as “reading” instead put “reading English literature” or instead of “exercising” put “cross-country skiing.” Specific interests may give you an edge and a connection to an interviewer!
- Practice questions before your interviews and go to each website before the interview to learn more about the program. The most common question you will be asked is what questions do you have for me? Sound easy? Think again – especially on interview number gazillion!
• Think about questions to ask your interviewers about topics such as mentoring, didactics, changes in the program, elective time, research opportunities, etc. Stay away from benefits, resident free-time, work hours, and anything about the word “malignant.”
  ◦ Let program directors know if you are couples matching, you can get each other interviews!!!
• Consider sending written Thank you notes to all program directors and/or interviewers after all interviews. There is no hard and fast rule, but all correspondence with programs goes into your file that is reviewed when their rank committee meets. It can’t hurt to look like you’re very interested in their program.
• Keep in mind your future goals and tailor your internship experience to those goals!

For positions beginning in 2006, the AOA is implementing the Electronic Residency Application Service (ERAS) for students to use to apply to programs. ERAS is a separate and distinct service from the Match. ERAS is used by students to apply to programs, while the Match determines the final placement of students into programs. Information on the use of ERAS to apply to osteopathic programs is available by clicking the Students and Residents option.

Interviews are conducted according to schedules announced by individual training institutions. Students are responsible for contacting individual institutions and for arranging their own interviews. It is advisable to interview with several programs in order to make an informed decision regarding the best program for your individual needs.

Prior to submitting preferences for the Match, students and institutions are expected to communicate openly and honestly with each other, to ensure the best possible match of interns and training programs. Institutions must provide complete and accurate information to applicants concerning the position(s) available, including all requirements for eligibility for appointment.

Students and institutions may express their interest in each other and may discuss their expected rankings of each other. Institutions may inform their most preferred applicants that they are in a favored position, and students may similarly inform their most preferred programs. However, institutions and students must not make statements implying or requesting a commitment, and must not pressure each other to reveal their ranking intentions. Although institutions or students may volunteer how they plan to rank each other, they must not request such information. Volunteered information must be limited to "very likely", "likely", or "unlikely" to rank in a top position.

Students and institutions must not make any verbal or written commitments or contracts for appointment prior to the release of the Match results. Any such verbal or written commitments are non-binding and have no effect on the Match. Institutions shall not impose or enforce local requirements in an attempt to subvert the fair application of these rules. Institutions violating Match rules by requesting ranking information from students, or by requiring students to make verbal or written commitments or contracts before the release of the Match results, may be sanctioned by the AOA and prohibited from recruiting in the subsequent Match.

The Rank Order Lists submitted by students and programs for the Match will be the sole determinant of their respective preferences for the Match. Only the official Match results constitute binding obligations between students and institutions.

**Participating in the Match**
The Match is administered on behalf of the AOA by National Matching Services Inc. (NMS). Each student must register directly with NMS in order to be eligible for participation in the Match.

To register for participation in the Match, each student must complete an Applicant Agreement and return it, together with the Match registration fee, to NMS. Click here to obtain instructions and forms from the National Matching Services web site that can be used to register for the Match. Agreements and fees should be received at NMS by October 13, 2006.

The AOA charges a fee of $65.00 U.S. to each applicant who registers for the Match. This registration fee is non-refundable, and is collected by NMS on behalf of the AOA. Payment of the applicant fee to National Matching Services Inc. must be by check or money order drawn on a U.S. or Canadian bank, or by an International postal money order (NOT a U.S. postal money order). Only signed Agreements sent with the full $65.00 U.S. applicant registration fee payable to National Matching Services Inc. will be accepted.

Following receipt of the Agreement and fee, NMS will send a confirmation of registration directly to each student registered for the Match by e-mail.

By the end of November, NMS will provide additional information on the Match to registered students and institutions. Students or institutions intending to participate in the Match who have not received an information package by the end of November should contact NMS at (416) 977-3431 or (716) 282-4013.

Following interviews, students will identify on their Rank Order Lists, in numerical order of preference (first choice, second choice, etc.), the internship programs where they would like to serve as interns. Students should include on their Rank Order Lists only those programs where they would agree to accept a contract. Likewise, institutions identify on the programs' Rank Order Lists the students to whom they are prepared to offer contracts, in numerical order of preference. The results of the Match are binding for both the students and the institutions.

Students may list as many or as few programs as they wish on their Rank Order Lists. However, listing too few programs may decrease the probability of a match taking place.

Match participants will be required to enter their Rank Order Lists for the Match via the internet. All students and programs must submit their completed Rank Order List no later than January 26, 2007.

There are rare circumstances when, at the last moment, an approved internship program is discontinued or does not participate in the Match process. If this should happen, any student's Rank Order List indicating such a program will be processed without that program. This will have the effect of moving the remaining programs up in the preference ranking.

COUPLES: Two applicants who are participating in the Match at the same time and who wish to coordinate their matches (e.g. obtain positions in the same location) may participate in the Match as a “Couple”. The matching of couples to positions in proximity to each other involves special procedures which allow the members of a couple to submit “pairs” of program rankings. Instructions regarding the submission of Rank Order Lists by couples will be included in the information provided to students in November.
The AOA accredits three kinds of internships:

Traditional Rotating: Institutions have flexibility in designing the composition of a traditional rotating internship. When interviewing for positions, students should discuss and negotiate directly with the institution about the specialty curricula included in a rotating internship.

Special Emphasis: The focus of the internship is within a particular specialty, but the internship DOES NOT reduce the total number of years of postdoctoral training required for specialty training. Special emphasis internships can be offered in anesthesiology, emergency medicine, family medicine, general surgery, psychiatry and diagnostic radiology.

Specialty Track: The internship may reduce the total number of years of postdoctoral training. Specialty track internships can be offered in internal medicine, internal medicine/pediatrics, obstetrics/gynecology, otolaryngology/facial plastic surgery, pediatrics, and urological surgery. Such programs can only be offered by institutions with existing AOA-approved osteopathic residencies in these specialties.

In addition to specialty training within an internship, many positions are offered in the Match as combined internship/residency programs, as described in the next section. These programs link the internship program directly with a residency program for subsequent training in a particular specialty.

During discussions with students, institutions should indicate the various options for specialty training and program types offered by the institution, and indicate how they expect applicants to designate preferences for each of the specialty curricula on their Rank Order Lists. As discussed above, for a match between a student and an institution to occur, both must indicate the same internship program on their Lists. It is the responsibility of the institution and the students to ensure the correct Code Numbers for each program are used when submitting Rank Order Lists. In previous years, a few expected matches did not in fact occur because the student ranked a particular program in the institution while the institution ranked the student on a Rank Order List for a different program.

If you are applying to only allopathic programs, you can start looking for residencies directly. Please see the allopathic residency page for more information.
Osteopathic Opportunities:

Already finished looking at internships, or finished with your internship all together? Then it is time to start researching residency opportunities on:
http://opportunities.aoa-net.org/index.htm

Here are some helpful tips for applying to your osteopathic residency program:

• For positions beginning in 2006, the AOA is implementing the Electronic Residency Application Service (ERAS) for students to use to apply to programs. ERAS is a separate and distinct service from the Match. ERAS is used by students to apply to programs, while the Match determines the final placement of students into programs.
• Interviews are conducted according to schedules announced by individual training institutions. Students are responsible for contacting individual institutions and for arranging their own interviews. It is advisable to interview with several programs in order to make an informed decision regarding the best program for your individual needs.
• Students and institutions may express their interest in each other and may discuss their expected rankings of each other. Institutions may inform their most preferred applicants that they are in a favored position, and students may similarly inform their most preferred programs. However, institutions and students must not make statements implying or requesting a commitment, and must not pressure each other to reveal their ranking intentions. Although institutions or students may volunteer how they plan to rank each other, they must not request such information. Volunteered information must be limited to "very likely", "likely", or "unlikely" to rank in a top position.
• Students and institutions must not make any verbal or written commitments or contracts for appointment prior to the release of the Match results. Any such verbal or written commitments are non-binding and have no effect on the Match. Institutions shall not impose or enforce local requirements in an attempt to subvert the fair application of these rules. Institutions violating Match rules by requesting ranking information from students, or by requiring students to make verbal or written commitments or contracts before the release of the Match results, may be sanctioned by the AOA and prohibited from recruiting in the subsequent Match.
• The Rank Order Lists submitted by students and programs for the Match will be the sole determinant of their respective preferences for the Match. Only the official Match results constitute binding obligations between students and institutions.
• The Match is administered on behalf of the AOA by National Matching Services Inc. (NMS). Each student must register directly with NMS in order to be eligible for participation in the Match. To register for participation in the Match, each student must complete an Applicant Agreement and return it, together with the Match registration fee, to NMS.
• Following interviews, students will identify on their Rank Order Lists, in numerical order of preference (first choice, second choice, etc.), the internship programs where they would like to serve as interns. Students should include on their Rank Order Lists only those programs where they would agree to accept a contract. Likewise, institutions identify on the programs’ Rank Order Lists the students to whom they are prepared to offer contracts, in numerical order of preference. The results of the Match are binding for both the students and the institutions. Match participants will be required to enter their Rank Order Lists for the Match via the internet. All students and programs must submit their completed Rank Order List no later than January 26, 2007.
• COUPLES: Two applicants who are participating in the Match at the same time and who wish to coordinate their matches (e.g. obtain positions in the same location) may participate in the Match as a “Couple”. The matching of couples to positions in proximity to each other involves special procedures which allow the members of a couple to submit “pairs” of program rankings. Instructions regarding the submission of Rank Order Lists by couples will be included in the information provided to students in November.

Allopathic Opportunities:

Going the allopathic route? Here are some tips for applying to allopathic residency programs:

• Get started early by researching programs:
  o Make FREIDA your friend – the AMA website FRIEDA contains links to all programs in all fields organized by region or state, and also contains basic information to compare programs
  o Visit scutwork.com, but keep in mind people write these reviews post-call sometimes
  o If you are very interested in a program, plan on doing an externship/visiting student elective at their institution. If you do this in July or August you can get a letter of recommendation if you perform well. If you go later, say in Sept-Jan, you can still get to know the residents and faculty and these people can put in a good word for you.
    ▪ Know that if you sign up for a “ward” rotation or sub-I you must be ready to put in 110% if you want to impress the program!!

• Start on your ERAS application in July, the earlier, the less pressured you will be to get things finished. Your school should send you a password as soon as it is available. Start on your personal statement early. Have one of your Deans read it, a friend or spouse read it, your mom read it, and a classmate read it. Then you probably should write it again.

• Get letters of rec EARLY. Get a lot of them!! Look ahead of time at what each program requires as far as letters. Some places want a letter from the Department Chair of whatever division from your school.

• Schedule your COMLEX (step 2 and PE), take them as soon as you are ready and publish your Step 2 scores on ERAS when they are in. People know to ask, so whether you do better or worse, send the scores. Programs will know when your test scores should be back if you don’t send them. Programs would rather know you did not procrastinate to take the test (and that you at least passed). If you did not take the USMLE do not panic! Each program has a contact person listed on FREIDA, email them and find out if they take COMLEX in lieu of USMLE.

• Sign up on the NRMP ASAP! Visit http://www.nrmp.org/ to find out specific dates but usually open mid August to December 1. It costs less if you sign up early, and you have to do it to be in the match. This is SEPARATE from the ERAS application and you must pay to be eligible to match into an allopathic program.

• DO a sub-I in either medicine, peds or surgery. This is not a requirement for all osteopathic schools, but for most allopathic schools, so if you want to be competitive consider planning it into your schedule.

• BE PROUD TO BE A DO – many people will ask why you are not applying to osteopathic programs. Consider this question thoroughly and have answers prepared.
  o Additionally, you will be asked why you went to DO school, so you’d better think about this too.
Keep in mind that if you happen to be one of the only DO candidates you will have a special and unique skill – you can do manipulation!!

- Plan to do at least 5 interviews, but consider doing as many as 10 to increase your chances of matching and get a good idea of what you want!
- Good luck with your match!!

Visit: http://www.ama-assn.org/ama/pub/category/2997.html to start your search

Military Opportunities:

Have you already decided to dedicate a few years to serving your country? Each military branch has differing requirements for registering for and completing the Match. Please refer to the following websites for assistance. Your recruiter should also be able to offer you additional help.

www.goarmy.com
www.navy.com
www.airforce.com
http://webcampus.drexelmed.edu/Osa/CareerAdvising/mp.htm

Students with military commitments will participate in the government's military matching program, which is completed prior to the AOA Match process. Students who have accepted a military program must inform NMS of their position by January 26, 2007. The procedure for notifying NMS will be included in the Rank Order List instructions provided to students by the end of November. NMS will then inform the AOA on behalf of the student.

Students who have not accepted a military program, but who have a military commitment, may fully participate in the AOA Match. In order to qualify for this category the student must match to “civilian deferment” during the military match. It is the student's responsibility to advise programs of the potential for military obligations during the interview process.

Upon the AOA's receipt of information regarding a military obligation, the student will be sent additional information regarding how to seek AOA approval of their military program by meeting the rotation requirements of the osteopathic internship. Students are advised to seek such approval to keep open the opportunity for expanded practice options, as well as the option of AOA certification in any chosen specialty.

How to stay involved in the AOA:

While FREE AOA membership was certainly a perk of being an osteopathic student, there are still plenty of opportunities to keep your involvement in the AOA.

The AOA offers and internship/residency membership on a graduated cost based on your year of training.

Application link:

https://www.do-online.org/pdf/mem_memapp.pdf
There are also opportunities to be involved in the AOA as a member of the Council of Interns and Residents (CIR). Please refer to the following link for more information on the CIR.

https://www.do-online.org/index.cfm?PageID=sir_birinfo

Of course there are many reasons to continue to be involved in the AOA.

- Access to professional liability, major medical, Medicare supplement and other quality insurance products
- Free professional consultation on coding, reimbursement, credentialing, managed care contracts, and other business issues
- National advocacy for professional liability insurance (PLI) and Medicare reimbursement reform
- Special savings on student loan consolidation
- Opportunity for AOA approval of ACGME training, including approval of the first year as an AOA internship.

Members also get these free features through the members-only area of DO-Online:

- Practice management workshops
- HIPAA manuals, forms, and training modules
- CME programs and activity reports
- Patient Web site
- E-Mail account
- JAOA articles with CME quizzes
- As a current SOMA member, AOA intern/resident membership can provide you with many of the same benefits of SOMA membership, on a grander scale!
- If you want to get ACGME or military training AOA approved, you NEED to be an AOA intern/resident member!
- Membership can help you stay involved in current medical events and can help you network for future employment or partnership opportunities with other DOs.
- If you miss your many extracurricular activities as a student, you can be a member of the Council of Interns and Residents!

There is a full list of benefits on the AOA website!!

**Getting allopathic/military training AOA approved:**

The key to understanding this process and whether you are a candidate is **AOA Resolution 42:**

**Resolution 42**

RESOLVED, that Resolution 19 (M/98) "Revision of Special Circumstances for Approval of ACGME Training for the Internship Year" be substituted and revised as follows:
A.) All training submitted for review under this resolution must have been received in an ACGME-approved program.

B.) Application: A D.O. who wishes to obtain AOA internship approval for training taken in an ACGME-approved training program may request the opportunity to do so under the following special circumstances. There will be no special fees assessed to the applicant throughout the approval review.

Application is made to the Secretary to the AOA Council on Postdoctoral Training. In determining the status for approval, staff will utilize administrative guidelines for evaluation of unusual or exceptional circumstances. These guidelines will be subject to review and approval through the Council on Postdoctoral Training (COPT) on an annual basis, or more frequently if so determined.

C.) Eligibility Criteria: A D.O. participating in an ACGME program or who has completed an ACGME program is eligible to apply for approval of that training as AOA internship training when the applicant complies with the following criteria:

1.) The applicant maintains intern/resident membership status in the AOA.

2.) The D.O. documents limitations to entering an AOA-approved internship because of one or more of the following reasons:
   a. Physical or mental disability or handicap which precludes the satisfactory completion of an AOA-approved internship.
   b. Legal restrictions which require the D.O.’s physical presence in a state or local area where AOA-approved programs are not located.
   c. Acceptance of a non-AOA accredited primary care training position based on a federally designated health profession shortage area (HPSA) where no AOA-approved programs exist.
   d. Participation in a medical specialty or subspecialty in which no available AOA-approved programs or positions exist.
   e. Unusual or exceptional circumstances, not included in a-through-d above, which limit AOA-approved training opportunities.

D.) Program Requirements: To complete the approval process, the eligible D.O. must comply with the following criteria:

1.) For those currently enrolled in an ACGME-approved program, the applicant should apply to the AOA for special consideration within ninety (90) days after the start of the ACGME training, with notice to the appropriate AOA-recognized specialty college, and complete parts D2 and D3.

2.) Complete all AOA-approved traditional internship requirements within the ACGME program.
3.) Participate in at least one of the following osteopathic medical education activities during the ACGME training:

   a. Attend the AOA Annual Convention and Scientific Seminar.

   b. Attend the annual meeting of the relevant osteopathic specialty college or AOA-affiliated divisional society.

   c. Participate in an osteopathic training program offered by the regional OPTI, to include OPP/OMT training via clinical elective rotations, or clinical/OMM-OPP training modules.

   d. Prepare and conduct an osteopathic clinical presentation to their ACGME residency program, or to the relevant osteopathic specialty college, and/or submit a manuscript from this presentation for possible publication.

4.) For those who have completed an ACGME-approved program, the applicant must apply to the AOA for special consideration, with notice to the appropriate AOA-recognized specialty college. The applicant must complete all AOA-approved traditional internship requirements within the ACGME program. The applicant must participate in at least one of the following osteopathic medical education activities:

   a. Attend the AOA Annual Convention and Scientific Seminar.

   b. Attend the annual meeting of the relevant osteopathic specialty college or AOA-affiliated divisional society.

   c. Participate in an osteopathic training program offered by the regional OPTI, to include OPP/OMT training via clinical elective rotations, or clinical/OMM-OPP training modules.

RESOLVED, that the COPT and its subcommittees, and staff, shall review and update the approved activities listed in D.3 and D.4 above, as may be determined; and be it further

RESOLVED, that the administrative staff of the Department of Education shall review applications under this program and act on approval, or other status if deficiencies are identified. All staff recommendations for denial of an internship application will be referred to the Executive Committee of the COPT for decision. Regular reports will be prepared for review by the Executive Committee of COPT; and be it further

RESOLVED, that the following administrative guidelines be approved:

A.) The applicant must comply with the provisions of this resolution.

B.) All D.O.s participating in ACGME training, who have not completed an AOA approved internship, and who meet the Eligibility Criteria provision of Substitute Resolution 19, are eligible to apply under the provisions of this program.
C.) The applicant must complete a one-page AOA form, and place this on file in the AOA Department of Education, with a copy to the relevant specialty college.

D.) The AOA Division of Postdoctoral Training will assess each application within 30 days of receipt to determine that the application is in order and complete. If the application is determined not to be complete, the AOA staff will notify the applicant within 7 working days.

E.) The Division of Postdoctoral Training will validate that any documentation necessary to verify the applicant’s special and unusual circumstances have been evaluated, and are on file. Such validation may be placed on file through accepted electronic transfer of information procedures.

F.) Staff will utilize criteria for approval of unusual and exceptional circumstances that include: financial hardship, spouse or child illness, lack of osteopathic graduate medical education opportunities in the area or locality (including no AOA approved OGME programs in the area, or no positions available); spouse is currently employed in an established professional career or full-time higher education activity which prohibits relocation. If an applicant documents unusual or exceptional circumstances not included in the above list, such applications will be referred to the Executive Committee of the COPT for approval review and determination. All recommendations for denial of an internship application will be referred to the Executive Committee of the COPT for decision.

Explanatory Statement: These revisions of Resolution 19 (M/98) provide the opportunity for continuing educational contact between the D.O. applicant and members of the osteopathic medical profession taking or having completed ACGME training. The Substitute Resolution clarifies and simplifies both the provisions for approval and the review process.

The Substitute Resolution delegates specific authority to the COPT, its subcommittees, and Department of Education staff. The delegation of authority will expedite and simplify the approval process. The resolution also encourages innovation by OPTIs and AOA-recognized specialty colleges. Final AOA approval of an application under this program satisfies the requirements for an AOA-approved internship for osteopathic specialty certification eligibility.

Applications to Get Your Training Approved:

For applications, visit https://www.do-online.org/index.cfm?au=S&PageId=sir_appforms

Application for Approval of Federal/Military Internship Training
If you received Federal/Military internship training, you may apply for AOA approval.

Application for Approval of Allopathic Training as an AOA Approved-Internship
Resolution 42 allows physicians without an AOA-approved internship year to have their first year of ACGME training approved by the AOA.