



A United States Vascular Surgery Fellowship

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Consultant Vascular and Endovascular Surgeon

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ECFMG RPVI(ARDMS) FRCSEd(Gen&Vasc Surg) FEBVS(Hon)**

Manchester Regional Association of Surgeons

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Safe | Personal | Effective



Disclosure

- No disclosures declared.
- No financial relationship with content.
- Personal experience with anecdotal evidence.



Learning Outcomes

- Delineate personal biography and path to fellowship.
- Qualifications.
- Application process.
- Getting there Visa Regulations
- Life as a United States Vascular Fellow.
- Reflection on Fellowship.



Personal Biography

- 1999: Qualified Medical School – House-Doctor.
- 2000-2002: Senior House Officer.
- 2003: Trust Surgeon – Registrar.
- 2004-2006: Three Years Research.
- 2007-2011: Specialist Registrar – General Surgery & Vascular.
- 2012-2014: Vascular Surgery Fellow at Mayo Clinic.
- 2014-2015: Senior Registrar Vascular Surgery.
- 2015 Consultant – Royal Blackburn Hospital.



Personal Biography

- 1999: Qualified Medical School – House-Doctor.
- 2000-2002: Senior House Officer.
- 2003: Trust Surgeon – Registrar.
 - **One Case Report as second author.**
 - Completed Diploma in Sports Medicine.
 - Approached Professor Chee Soong – MD planning.
 - Research protocol – No funding.



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 - Funded MD as Research Fellow DGH and Locums.
 - Enrolled for MD and Masters.
 - Started writing



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Personal Biography

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- 2000-2002: Senior House Officer.
- 2003: Trust Surgeon – Registrar.
- 2004-2006: Three Years Research.
- 2007: Specialist Registrar – General Surgery & Vascular.
 - Start of training DGH.
 - Writing up theses – MD and Masters.
 - CV: 59 papers, 58 abstracts and 89 presentations.
 - 4 Regional / National Research Prizes.



Personal Biography

- Oral Presentation at ESVS Plenary Prize Session.
- Co-Chair of Peripheral Arterial Disease Satellite Session;
 - **Professor William Stone – Mayo Clinic, USA.**
 - **Professor Sam Money – Mayo Clinic, USA.**
 - Professor Lars Norgren - Örebro University Hospital, Sweden.
 - Mark O'Donnell – Belfast, Northern Ireland.



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- 1999: Qualified Medical School – House-Doctor.
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- 2003: Trust Surgeon – Registrar.
- 2004-2006: Three Years Research.
- 2007-2009: Specialist Registrar – General Surgery & Vascular.
 - October 2009 – Email to Mayo Clinic.
 - Further correspondence very positive.
 - Advised to complete ECFMG certification.





ECFMG

- Education Commission for Foreign Medical Graduates is a world leader in promoting quality health care—serving physicians, members of the medical education and regulatory communities, health care consumers, and those researching issues in medical education and health workforce planning.
- Certification by ECFMG is the standard for evaluating the qualifications of these physicians before they enter U.S. graduate medical education (GME), where they provide supervised patient care.
- ECFMG Certification also is a requirement for International Medical Graduates (IMGs) to take Step 3 of the three-step United States Medical Licensing Exams (USMLE) and to obtain an unrestricted license to practice medicine in the United States.
- ECFMG provides other programs for IMGs pursuing U.S. GME, including those that assist them with the process of applying for U.S. GME positions; and that sponsor foreign nationals for the J-1 visa for the purpose of participating in such programs.





USMLE

- The **United States Medical Licensing Examination**® (USMLE®) is a three-step examination for medical licensure in the United States and is sponsored by the Federation of State Medical Board (FSMB) and the National Board of Medical Examiners (NBME).
- The USMLE assesses a physician's ability to apply knowledge, concepts, and principles, and to demonstrate fundamental patient-centered skills, that are important in health and disease and that constitute the basis of safe and effective patient care. Each of the three Steps of the USMLE complements the others.
- No Step can stand alone in the assessment of readiness for medical licensure.



USMLE – Part 1

- USMLE Step 1 assesses important concepts of the **basic sciences** to the practice of medicine and covers both systemic (general and individual anatomical characteristics) and procedural (functional, therapeutic, environmental, and abnormality) themes;
- Pathology,
- Pharmacology,
- Physiology,
- Microbiology,
- Biochemistry,
- Anatomy,
- Behavioural sciences,
- Interdisciplinary topics, such as nutrition, genetics, and aging.

Total Questions 308

7 Question Blocks of 44
over 8 hours



USMLE – Part 2 Clinical Knowledge

- USMLE Step 2 is designed to assess whether medical school students or graduates can apply medical knowledge, skills and understanding of clinical science essential for provision of patient care under supervision.
- US medical students typically take Step 2 during the fourth year of medical school. Step 2 is further divided into two separate exams:
- The subjects included in this exam;
 - Medicine.
 - Surgery.
 - Paediatrics.
 - Psychiatry.
 - Obstetrics & Gynaecology.

Total Questions 350

**8 Question Blocks of 44
over 9 hours**



USMLE – Part 2 Clinical Skills

- Designed to assess clinical skills through simulated patient interactions, in which the examinee interacts with standardized patients portrayed by actors.
- Each examinee faces 12 standardised patients (SPs) and has 15 minutes to complete history taking and clinical examination for each patient, and then 10 more minutes to write a patient note describing the findings, initial differential diagnosis list and a list of initial tests.
- Only offered in five cities across the country – Philadelphia, Chicago, Atlanta, Houston and Los Angeles.

Hint – Find a Plain White Coat



USMLE Costs

- Part 1:
 - Exam Fee = 600USD.
 - Travel to Dublin – Prometric = 30GBP.
 - Hotel Accommodation = 120Euro.
 - Books = 80GBP.
 - USMLE World = 259USD.

- Part 2 Clinical Knowledge
 - Exam Fee = 600USD.
 - Travel to Dublin – Prometric = 30GBP.
 - Hotel Accommodation = 120Euro.
 - Books = 80GBP.
 - USMLE World = 219USD.

- Part 2 Clinical Skills:
 - Exam Fee = 1275USD.
 - Travel to Philadelphia = 450GBP.
 - Hotel Accommodation = 400USD
 - Books = 80GBP.

Total Cost = 750GBP

Study Time = 20 weeks

Total Cost = 725GBP

Study Time = 6 weeks

Total Cost = 1730GBP

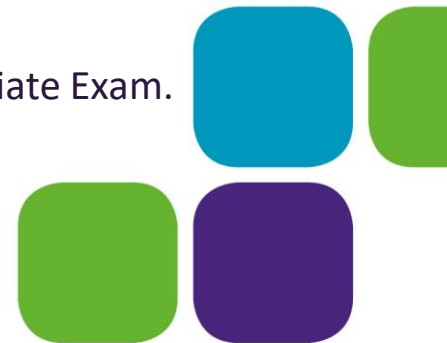
Study Time = 4 weeks





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- 2003: Trust Surgeon – Registrar.
- 2004-2006: Three Years Research.
- 2007-2011: Specialist Registrar – General Surgery & Vascular.
 - March 2011 – Accepted to Fellowship out of Match – 15 applicants.
 - June 2011 – Formal Application for Fellowship.
 - February 2012 - Completion of FRCS Intercollegiate Exam.
 - April 2012 – Visit to Mayo Clinic and Phoenix.
 - July 2012 – Commenced Two-Year Fellowship.



The Match !!!

- The National Resident Matching Program (NRMP) is a United States-based private non-profit non-governmental organization created in 1952 to help match medical school students with residency programs. The NRMP is sponsored by the;
 - American Board of Medical Specialties (ABMS).
 - The American Medical Association (AMA).
 - The Association of American Medical Colleges (AAMC).
 - The American Hospital Association (AHA).
 - The Council of Medical Specialty Societies (CMSS).
- Two levels of entry;
 - Residency.
 - Fellowship.
- Need ECFMG Certification prior to application.



Visa Regulations

Congratulations - You are now an Alien Physician



Visa Regulations

- Have adequate prior education and training to participate satisfactorily in the program for which they are coming to the United States.
- Be able to adapt to the educational and cultural environment in which they will be receiving their education and training.
- Have the background, needs and experiences suitable to the program.
- Have competency in oral and written English.
- ECFMG Certification.



Visa Regulations

- Provide a statement of need from the government of the country of their nationality or last legal permanent residence. Providing written assurance to the Secretary of Health and Human Services that there is a need in that country for persons with the skills the alien physician seeks to acquire and the alien physician has filed a written assurance with the government of this country that he/she will return upon completion of the training.
- An agreement or contract from a U.S. accredited medical school, an affiliated hospital or a scientific institution to provide the accredited graduate medical education, signed by the alien physician and the official responsible for the training.



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- **An agreement or contract from a U.S. accredited medical school,** an affiliated hospital or a scientific institution to provide the accredited graduate medical education, signed by the alien physician and the official responsible for the training.



Visa Regulations

- The Department of State has designated the ECFMG as the only sponsor for all alien physicians who wish to pursue a program of graduate medical education or training.
- ECFMG issues the DS-2019 Form as a Certificate of Eligibility for Exchange Visitor (J-1) Status. The physician may also request Form DS-2019 to enable dependents (spouse and unmarried, minor children) to apply for J-2 dependent status.
- Attend US Embassy for interview and J1- Visa.
- Other visa – H1 visa.



Getting There – The Move

- Pre-Visit:
 - Essential – meet the team.
 - View and arrange accommodation.
 - Complete paperwork and drug testing.
 - Allows partner a chance to see what they are getting into

- Essential Logistics:
 - Social Security.
 - Banking.
 - Transport.
 - Accommodation utilities.



Settling at the Mayo Clinic

- Traditional Environment.
- Challenge.
 - Completely Electronic.
 - Fast pace.
 - Educated clinical population.
- Aggressive Chief and co-fellow.



Settling at the Mayo Clinic

- Traditional Environment.
- Unsure of UK skill-set.
- Challenge.
 - Completely Electronic.
 - Fast pace.
 - Educated clinical population.
- Aggressive Chief of Surgery and co-vascular fellow.



A Typical Day !!!

- 5.45am – Electronic review of pre-operative and in-house patients.
- 6.30am – Ward Round.
- 7.00am – Compulsory teaching.
- 8.00am – Surgery / Clinics.
- 6.00pm – Post-operative rounds.
- 6.30pm – Check order sets for next day.
- 7.00pm – Home.



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A Typical Day !!!

- Surgery:
 - Review in pre-op area – patients arrive 6.00am.
 - Precise start times.
 - Scrub tech very experienced and preps patient.
 - Resident closes and completes order set of post-operative instructions.
 - Allows fellow to run 3-4 rooms.
 - Dictate operative notes at end of day.
- Clinics:
 - Less autonomy.
 - Consultant reviews every patient for billing.
 - Pre-operative logistics well organised.
 - Book patient for surgery – often next day.
- On-call – High frequency. Low Intensity.



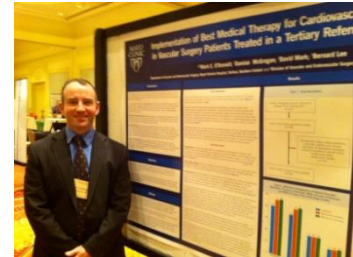
Surgical Experience

- Nearly 1700 cases.
- Operative training prioritised ahead of everything else.
- Complete training in all aspects of interventional radiology.
- Facilitation of academic development instead of service.
- Encouragement for leadership roles.

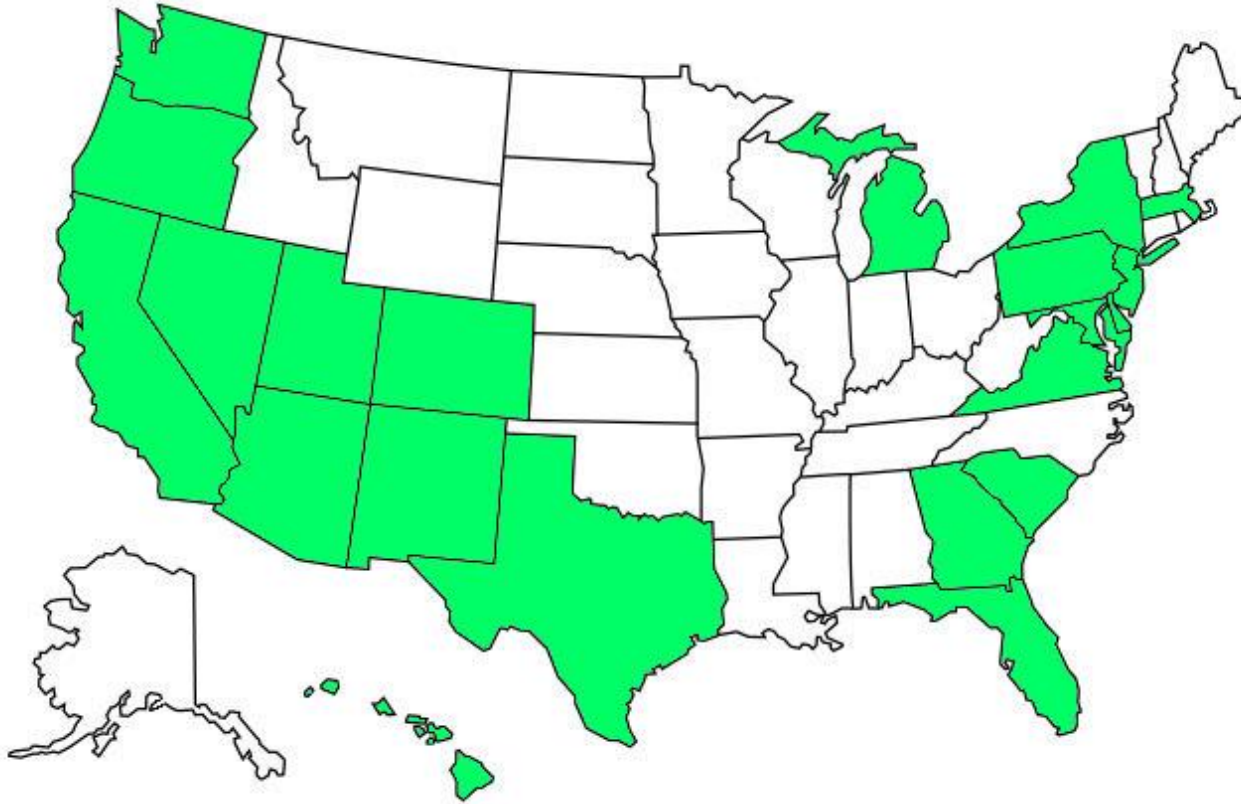


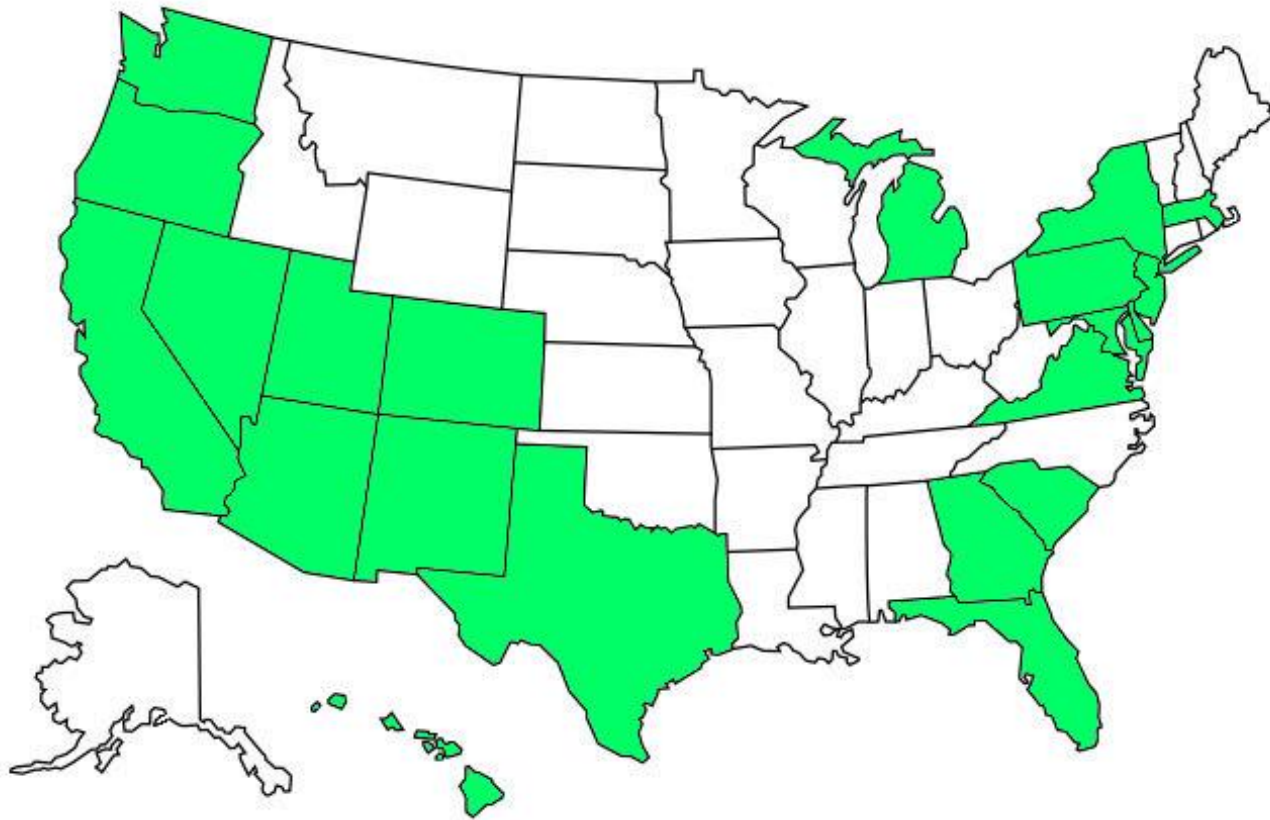
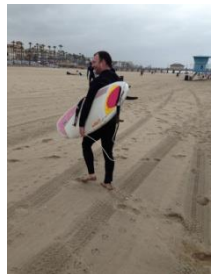
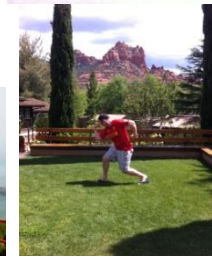
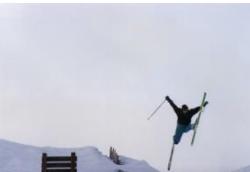
Curriculum Vitae

- Assistant Professor of Surgery in First Year.
- Full-Faculty Member of Military Trauma Course.
- 21 Papers, 17 abstracts and 39 presentations.
- Passed Physicians Vascular Interpretation Examination (RVPI).
- Offered Trauma and Vascular Surgeon Attending Position at Maricopa County Hospital, Phoenix, Arizona.



Extracurricular Activities





Hints and Tips

- Accept that every logistical aspect will be horrific – Visa !!!
- Ensure full support of family.
- Pick somewhere you actually would like to live.
- Immerse yourself in the experience.
- Charm, Charm and more Charm
- Work very hard BUT PLAY HARD too.



Personal Reflection

- Tough two years.
- Operative competency.
- Interventional radiology skill-set.
- Lifelong relationships.
- Diet / Fitness improvement.
- Off duty weekends were fantastic.



Remember



Questions ?

