Applying To A Ortho Residency

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1. Choosing A Specialty
   - Research during residency
     - Ortho doesn’t normally have dedicated research time, compared to other surgical subspecialties.
     - UCSF hosts surgical skills courses every year for surgeons from LMICs
     - Difficult to do as a junior resident (esp. intern year), thus dedicated research years can be beneficial
     - Senior years will often have elective time available that you can use from research
     - Short “medical mission” type trips during vacation can be beneficial (esp. if spent with a group that has an established relationship). These experiences can help you get a grasp of the scope and practice of global surgery
     - You don’t need to do an MPH to do global health research, however, MPH as a resident is a much different track than as a student, so this can provide structure, skills, and time for research without having to take a full-year (some programs).
       - MPH will be designed specifically to the kinds of things you want to do with that degree

2. How To Approach Your Residency Application & Interviews
   - Look for how your interviewers/ attendings respond to your goals (eg: your goals to include global surgery in your practice and research)
   - Pay attention to how you feel at/ about each program

3. Choosing A Residency Program
   - Remember that Global Health includes the entire world, including within the US.
   - Consider academia and research vs. heavy clinical experience (still possible to get global health experience at these institutions, but may have to pave your own way)
   - If you have partnerships already established personally as a med student, you could have the opportunity to potentiate those partnerships through residency regardless of your program’s involvement in global health
   - Mentorship and open-mindedness
   - What can you offer now?
     - Mentor students as an intern (or mentor younger students)
     - Research
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○ data analysis
○ background reading
○ translation
● As you gain physical/clinical skills, do it and mentor it!

4. Seeking Mentorship
● Get to know attendings longitudinally so that they know you as well

5. Resources {compile programs with global surgery curricula, fellowship, research funding sources}
● UCSF-based Consortium of Orthopedic Academic Traumatologists (COACT) 
  https://orthosurgery.ucsf.edu/outreach/global/COACT.html
○ resource for med students and residents looking to get involved in ortho global surgery