

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