1. Choosing A Specialty
   a. Training Requirements
      i. General surgery residency is 5 years
   b. Research Requirements
      i. Don’t necessarily have to take years off for research in residency
      ii. Many academic programs might require or offer research years (average is 2 years)
      iii. Might have to seek out your own grants/funding
      iv. Think about your project and funding during your intern year (most often go into research after PGY-2 year)

2. How To Approach Your Residency Application & Interviews
   a. Ask questions and don’t be afraid to be aggressive!
   b. See how well you get along with the residents in your Sub-Is and interviews
      i. What do you do for fun? When you last hung out with a co-resident what did you do? Do you have pets? Are you happy? Would you pick this program again?
   c. Good questions to ask:
      i. When do you get to do a lap chole from start to finish?
      ii. How long have you had a partnership in this country? What’s the nature of that partnership? Do you have a long-term project?
      iii. For the residents who excel here, what do they do differently?
      iv. Is there a formal global surgery curriculum here?
      v. Where does the majority of your funding go?
      vi. Is salary support available during research years?
   d. Virtual interviews
      i. Virtual meet & greets: 100% try to attend as much as you can
      ii. Find ways to network with residents or faculty before formal interview (i.e. Twitter, one-on-one Zoom call)
      iii. Make phone calls and send emails with questions or reasons why you like the program and why you could be a good fit
Applying To A General Surgery Residency

3. Choosing A Residency Program
   a. Clinical training (case volume, early surgical experiences) should be perhaps the biggest factor when you are ranking
   b. Program might not have everything you want but they should be flexible for you to seek out the experiences for yourself (as long as you have solid reasoning)
   c. Things to consider related to getting a good global surgery experience: safety net hospital that serves underserved patients in your own community, trauma experience, wide variety of experience (private vs community vs county hospital), flexibility to have global surgery experiences
   d. Different programs might have an emphasis on a special field (i.e. people interested in trauma often go to X for residency) so look where residents match for fellowship if you’re interested in a subspecialty
   e. Availability to obtain other degrees (ex. MPH)

4. Seeking Mentorship
   a. You’re never doing this alone, find mentors that will support you
   b. Don’t be afraid to seek mentors not at your institution
   c. Specialty mentors are/can be more important than global surgery mentors
   d. Many institutions have global health programs where you can find mentors

5. Resources
   a. Program in Global Surgery and Social Change (PGSSC) at Harvard- don’t necessarily have to be in Harvard hospital system
   b. Baylor Global Surgery Track: 2 years general surgery then 1 year global surgery clinical/research then 3 years general surgery then 1 year global surgery clinical/capacity building
      i. Rotate in various fields (includes orthopedics, urology, OBGYN, burn, anesthesia, and ultrasound) to mirror the 44 ‘essential’ surgeries
   c. Lifebox: NGO, surgical quality improvement, infection prevention
   d. UCSF Center for Health Equity in Surgery and Anesthesia (CHESA), UCLA, University of Washington, Vanderbilt
   e. University of Utah, UC San Diego and UC Davis have funding but no formal curriculum
   f. Funding: American College of Surgeons, AAS, NIH pathways, T32 training grants