

# The Residency Rat Race: Finding the Right Program for You

Courtney Putz, PharmD

PGY1 HSPA Resident

William S. Middleton VA Hospital

## Residency Search Strategies

- **ASHP** <https://accred.ashp.org/aps/pages/directory/residencyProgramSearch.aspx>
- **ACCP**: <http://www.accp.com/resandfel/>
- **Program Specific Websites**
- **Midyear Residency Showcase**

## Residency Characteristics

- **Type of Practice:** community, ambulatory, inpatient, administration
- **Types of Rotations:**
  - Blocks vs longitudinal
  - Do the rotations available meet areas of interest to you?
- **Location**
  - Urban vs. rural
  - Nice areas to live with things you like to do!
- **Size of Institution:**
  - Academic medical center vs community hospital
  - Residency program size
- **Teaching and precepting opportunities**
- **Current Resident Perspective**
- **Preceptors and Mentorship**
- **Research Opportunities**
- **Ability for PGY-2** (i.e. transplant, infectious disease, cardiology)
  - Many PGY-2 residents will early commit
- **Staffing Requirement**
- **Salary & Benefits**
- **Training Model**
- **Traveling Requirements**
  - Meetings
  - Different rotation sites throughout the week



## BRAINSTORM

- Information overload if researching too many programs
  - Narrow your focus
  - What about you? Take some time to reflect on yourself: strengths, weaknesses, areas for growth. How does a residency align with these areas?
1. **Where would you like to see yourself in 5 or 10 years? What is your ultimate career goal?**
  2. **What residency characteristics match well your career goals? What features of a residency will prepare you for this career?**

# PRIORITIZE THE CHARACTERISTICS

## Where to Start?

Start with ASHP or ACCP Residency Directories

- Location
- Type of program
  - Administration, Ambulatory care, Community, General Practice, etc
  - Facility characteristics (Community vs. academic center, bed size, patient population)
  - Number of co-residents

After screening programs dig deeper into individual site websites for further details

## **Example Prioritization:**

1. Location: Pacific NW, Utah, Midwest, Tennessee, North Carolina
2. Type of program: ambulatory care of general practice with admin elective or administrative focus vs HSPA
3. Practice setting: progressive practice of pharmacy within the state, involved pharmacy organizations, advanced practice capabilities
4. Affiliation with top school of pharmacist with variety of teaching/precepting responsibilities plus teaching certificate
5. Reasonable staffing responsibilities and a program that does not expect residents to staff sick calls
6. Training model: I didn't want a program where I would start by shadowing, I wanted to jump right in
7. Screen the preceptors: well known, past research experiences, past residents

## BRAINSTORM

- What characteristics are important to you?
  - Select a few features which are necessary for your future residency
    - As you screen program websites, take note of whether or not the program meets these needs
    - Note questions for each program that you would like answered at Midyear
1. **What 5 characteristics MUST my future residency have?**
  
  
  
  
  
  
  
  
  
  
  2. **What are other factors which are important to me but not necessary?**
  
  
  
  
  
  
  
  
  
  
  3. **How will I plan to organize my residency search (i.e. searching, keeping track of programs, etc)?**