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USMLE Step 1 – Preparation, the exam and after the exam

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Inhalt

- My own experience
- Terms
- Registration
- Study material
- Exam
- Results
- Residency match

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My own experience

- Summer 2011 – applied to the exam
- October 1th 2011 started 8th semester
- Preparation sarting october 2011
- Traveled to Frankfurt on the 25th january
- Exam 08:00 – 17:00 27th january 2012
- February 15th – score available

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Terms

- ECFMG = Educational Commission for Foreign Medical Graduates
- USMLE = United States Medical Licensing Examination
- IMG = International Medical Graduate
- NRMP = National Resident Matching Program

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USMLE

- Step 1
- Step 2 **C**linical **K**nowledge
- Step 2 **C**linical **S**kills (in the USA)
- Step 3

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Registration

- Apply for ECFMG certification (see handout)
- Apply for USMLE Step 1 (3 months period)
- Select exam site (Prometric) and exact date
  - Test centers in the vicinity of Vienna: Zagreb, Milan, Frankfurt, Munich, (Geneva, Berlin, etc.)
- Receive scheduling permit

Step 1 – the exam

- Subject: anatomy, behavioral sciences, biochemistry, microbiology, pathology, pharmacology, physiology, interdisciplinary topics such as nutrition, genetics and aging
- Layout:
  - Interpret graphic and tabular material
  - Identify gross and microscopic pathologic and normal specimens
  - Apply basic science knowledge to clinical problems

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Study material

- Books

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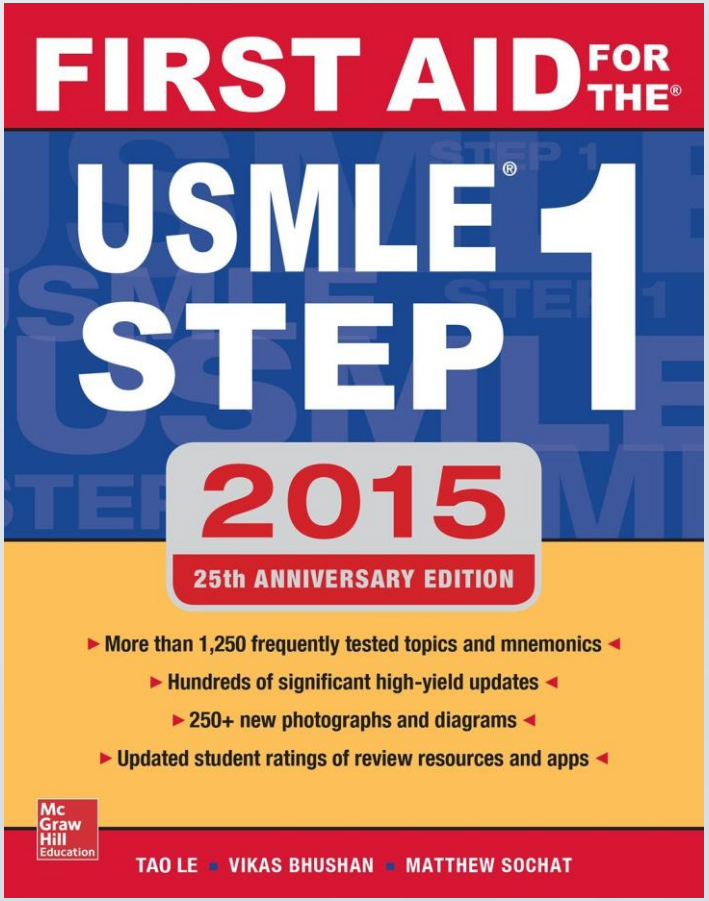
Study material

- Essential
- Contains useful information regarding registration, preparation for exam



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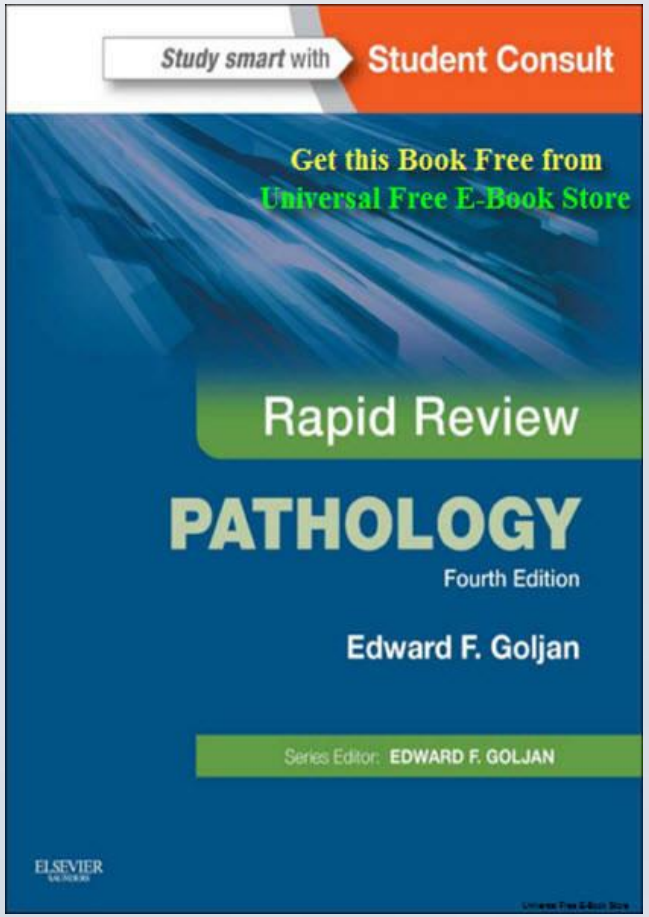
Study material

- Essential
- Good audio material available online
- Not „just“ pathology



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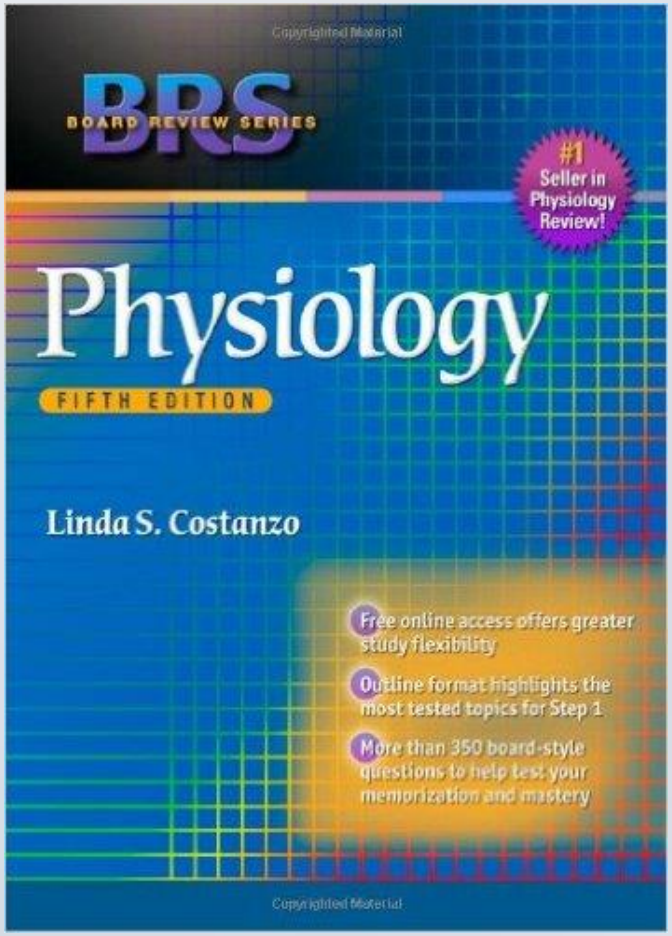
Study material

- Less detailed than Silbernagl
- More about understading basic concepts



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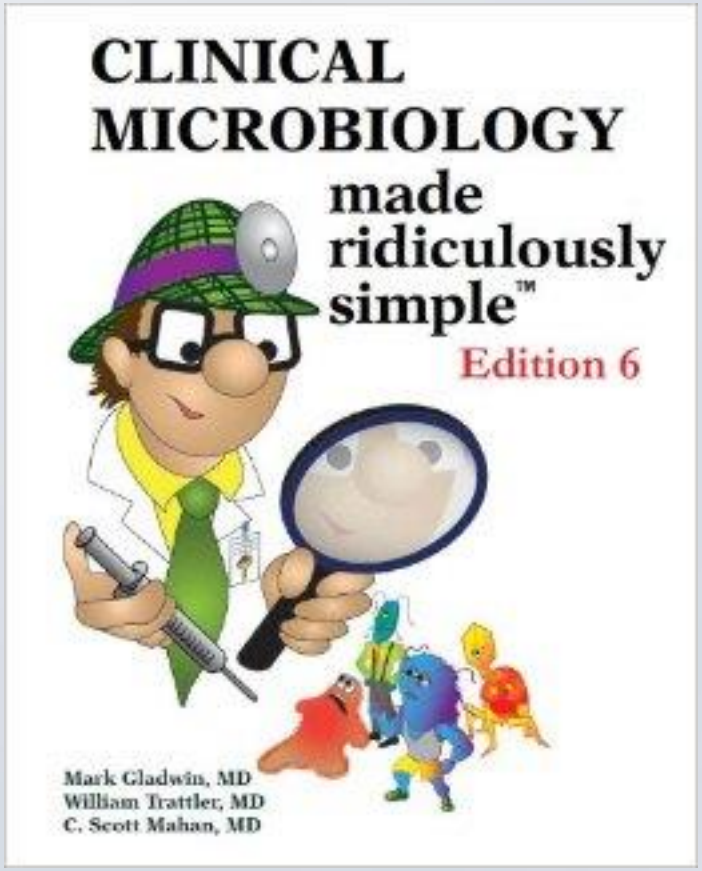
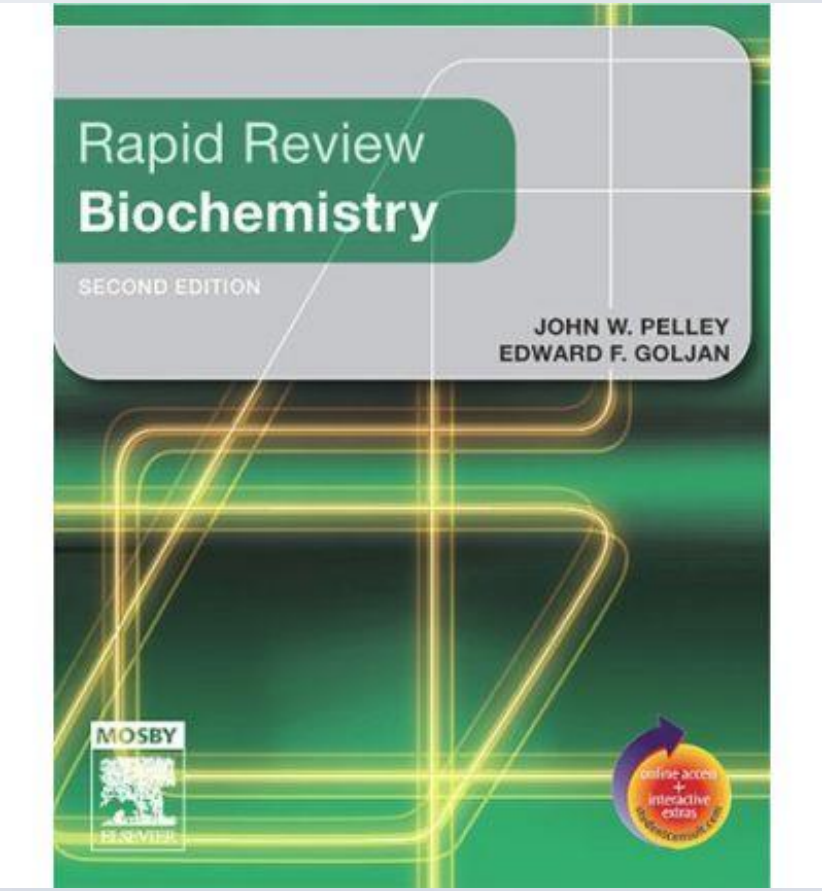
Study material

- Detailed but necessary
- Visual content to aid memorizing



Study material

- Essential
- Pathways and metabolites in the context of diseases



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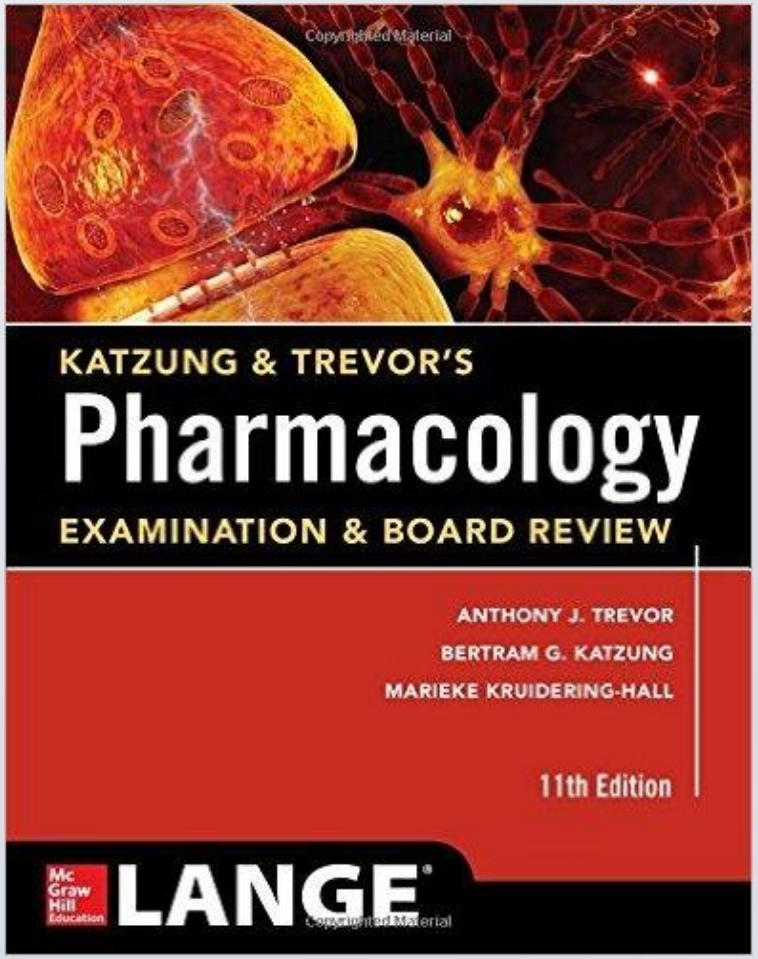
Study material

- Some drugs different in the US
- Less detailed than Aktories



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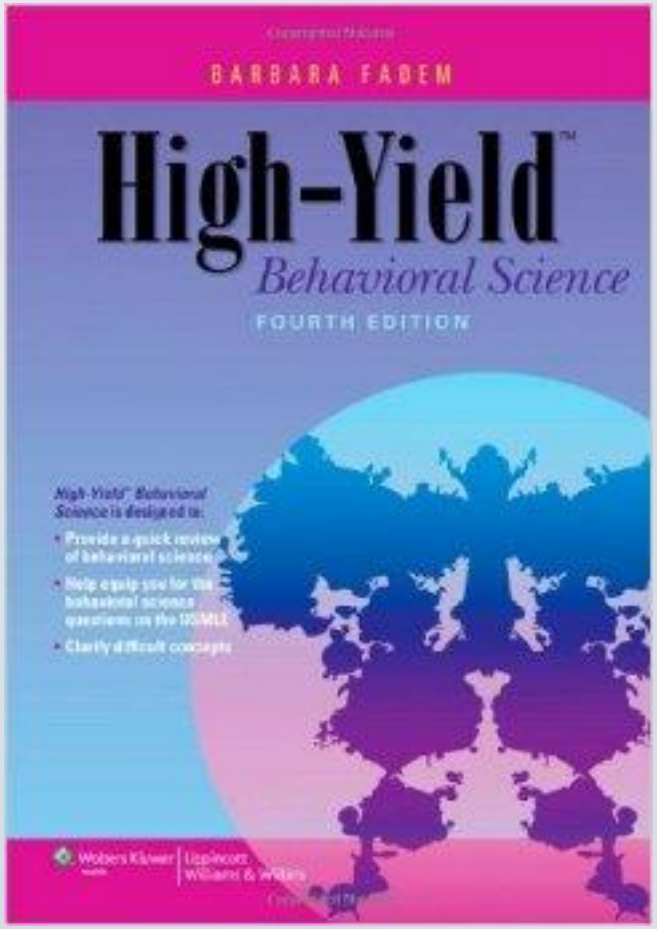
Study material

- Essential
- Various subjects (ethics, psychiatry, etc.)
- Weakest subject of IMGs



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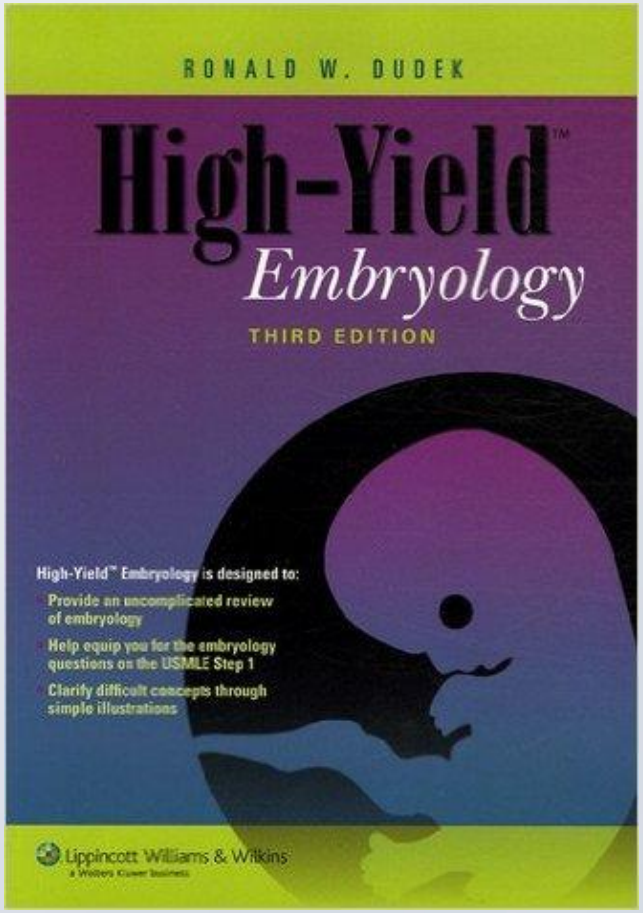
Study material



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Study material

- Books
  - No book for anatomy
  - Do online research to find suitable book
- Online question databank
  - USMLEWorld (129$ – 219$)
  - (Kaplan)

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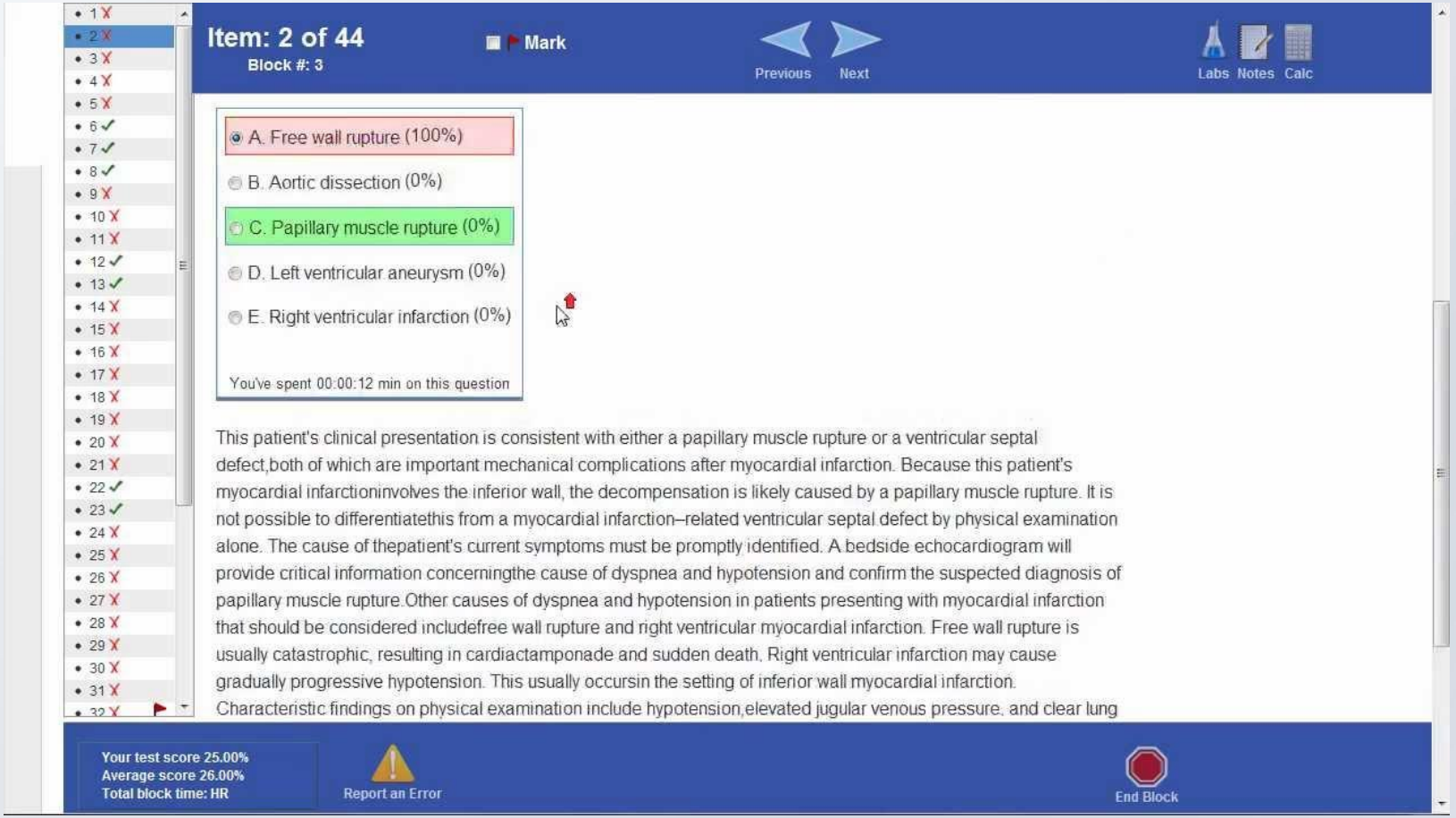
Question database



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Preparation

- Use books
- Start early with Qbank
- Always come back to First Aid
- 3-6 months preparation time

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The exam

- Duration
  - 8 hours, 7x46 questions (total 322)
  - Per 46 questions 1 hour (1.3 min/q)
  - 45 minutes break (plus whatever ist left from each 1 hour section)

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Case vignette – example

A 20-year-old man comes to the physician's office for a scheduled health maintenance examination. His father died of a myocardial infarction at age 55 years. Physical examination shows a tendon xanthoma on the elbow. His serum total cholesterol concentration is 360 mg/dL. A mutation is most likely to be found in which of the following genes?

(A) apoA2
(B) apoC2
(C) apoE-ε4
(D) LDL receptor
(E) VLDL receptor

http://www.usmle.org/pdfs/step-1/2015samples_step1.pdf

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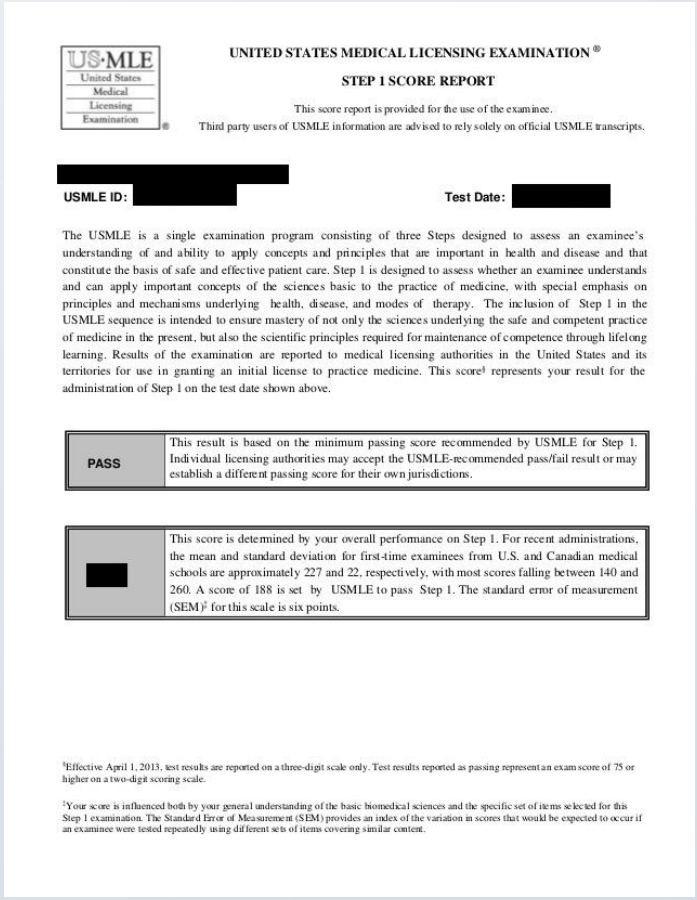
Results



UNITED STATES MEDICAL LICENSING EXAMINATION®

STEP 1 SCORE REPORT

This score report is provided for the use of the examinee.
Third party users of USMLE information are advised to rely solely on official USMLE transcripts.

[redacted]

USMLE ID: [redacted] Test Date: [redacted]

The USMLE is a single examination program consisting of three Steps designed to assess an examinee's understanding of and ability to apply concepts and principles that are important in health and disease and that constitute the basis of safe and effective patient care. Step 1 is designed to assess whether an examinee understands and can apply important concepts of the sciences basic to the practice of medicine, with special emphasis on principles and mechanisms underlying health, disease, and modes of therapy. The inclusion of Step 1 in the USMLE sequence is intended to ensure mastery of not only the sciences underlying the safe and competent practice of medicine in the present, but also the scientific principles required for maintenance of competence through lifelong learning. Results of the examination are reported to medical licensing authorities in the United States and its territories for use in granting an initial license to practice medicine. This score[§] represents your result for the administration of Step 1 on the test date shown above.

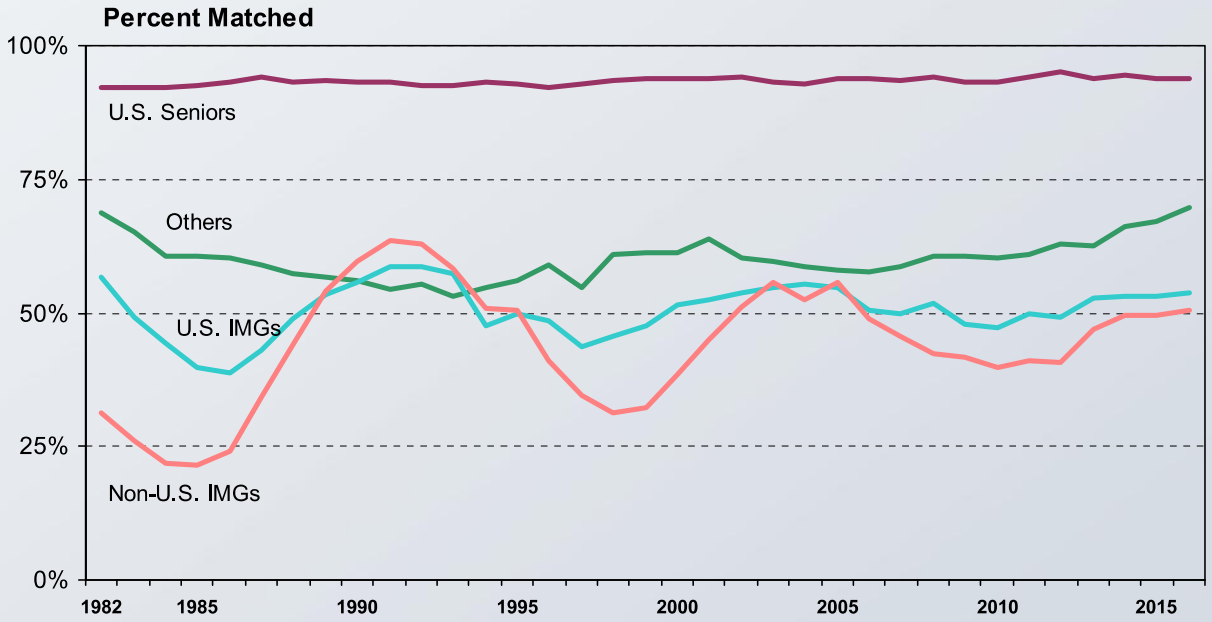
PASS	This result is based on the minimum passing score recommended by USMLE for Step 1. Individual licensing authorities may accept the USMLE-recommended pass/fail result or may establish a different passing score for their own jurisdictions.
[redacted]	This score is determined by your overall performance on Step 1. For recent administrations, the mean and standard deviation for first-time examinees from U.S. and Canadian medical schools are approximately 227 and 22, respectively, with most scores falling between 140 and 260. A score of 188 is set by USMLE to pass Step 1. The standard error of measurement (SEM)[‡] for this scale is six points.

[§]Effective April 1, 2013, test results are reported on a three-digit scale only. Test results reported as passing represent an exam score of 75 or higher on a two-digit scoring scale.

[‡]Your score is influenced both by your general understanding of the basic biomedical sciences and the specific set of items selected for this Step 1 examination. The Standard Error of Measurement (SEM) provides an index of the variation in scores that would be expected to occur if an examinee were tested repeatedly using different sets of items covering similar content.

Results – Residency match

Figure 4 PGY-1 Match Rates by Applicant Type, 1982 - 2016



Results – Residency match

Table 2 **Summary Statistics**
All Specialties Combined

Measure	U.S. IMGs		Non-U.S. IMGs	
	Matched (n=2,180)	Unmatched (n=2,248)	Matched (n=3,056)	Unmatched (n=3,525)
1. Mean number of contiguous ranks	7.4	2.5	6.3	2.6
2. Mean number of distinct specialties ranked	1.4	1.6	1.3	1.4
3. Mean USMLE Step 1 score	225	211	234	220
4. Mean USMLE Step 2 score	233	219	239	226
5. Mean number of research experiences	1.8	2.6	2.2	2.2
6. Mean number of abstracts, presentations, and publications	2.8	3.4	6.1	6.4
7. Mean number of work experiences	3.8	4.9	5.3	5.5
8. Mean number of volunteer experiences	4.1	3.8	3.5	3.4
9. Percentage who have a Ph.D. degree	1.1	1.9	3.8	4.5
10. Percentage who have another graduate degree	20.4	27.8	21.5	27.2

Source. NRMP Data Warehouse

Table 2 provides summary statistics for all specialties by IMG type and Match outcome on the 10 measures presented in this report. Data on each of these measures are displayed graphically by preferred specialty on the following pages. Only IMGs who gave consent to use their information in research are included in this table and the rest of the report.

Source: NRMP Data Warehouse

Results – Residency match

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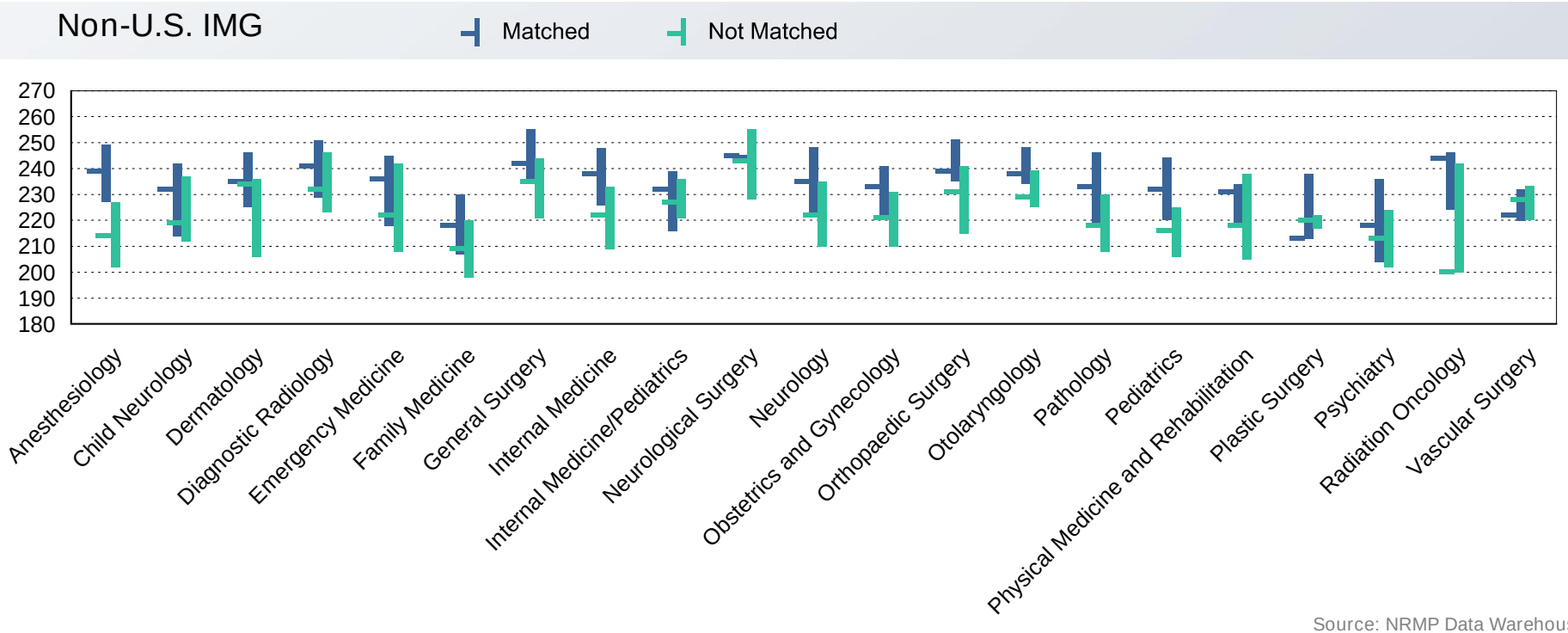

Source: NRMP Data Warehouse

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Thank you for your attention!

Questions?