



RESIDENCY APPLICATION DATA GUIDE

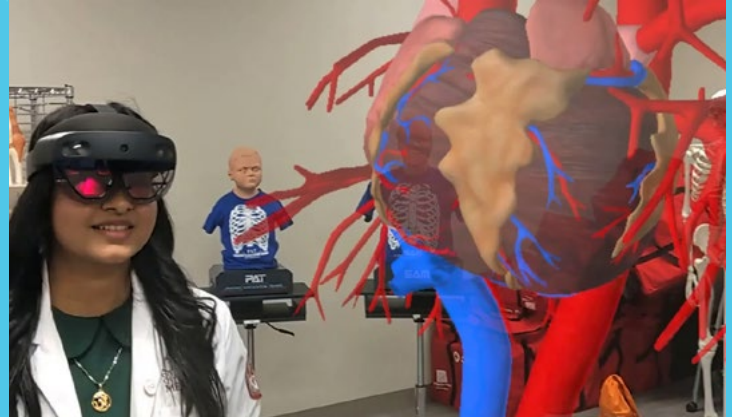






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Executive Summary

The American Association of Colleges of Osteopathic Medicine (AACOM) Board of Deans established the UME-GME Task Force in 2022 to address critical issues impacting osteopathic medical education. One of the key focus areas is the transition to residency. As part of the overall considerations in the transition to residency, the UME-GME Task Force sought to address some of the recommendations released by the Coalition for Physician Accountability's Undergraduate to Graduate Medical Education Committee.¹ There are a growing number of data resources for students entering the residency application process. AACOM UME-GME Task Force's Transition to Residency Working Group created the Data Collection Action Group to collect and analyze current data resources to best guide osteopathic medical students through the residency match process. The action group developed this guidebook to help students navigate key data resources accessible to students on the transition to residency. This guidebook outlines an overview of each resource, benefits and potential drawbacks so students can make informed decisions about the resources they use and how to best use them. This guidebook is not exhaustive and is a working document that will be updated to include additional resources as deemed necessary. We hope the tool will continue the conversation about data transparency in the transition to residency and ensure students have up-to-date, user friendly and complete information to make informed decisions about their residency careers.

1. Coalition for Physician Accountability. The coalition for physician accountability's undergraduate medical education-graduate medical education review committee (UGRC): Recommendations for comprehensive improvement of the UME-GME transition. Accessed July 25, 2023. <https://physicianaccountability.org/>

ACGME ADS

The ACGME Accreditation Data System (ACGME ADS) allows medical students, residents, program directors, the medical community and the general public to view basic information about all ACGME-accredited programs and sponsoring institutions.

INFORMATION INCLUDES

- General program information
- Full accreditation history
- Program address
- Program website
- Program director contact information
- Program coordinator contact information
- Number of positions
- Participating site information

PROS

- Searchable by Osteopathic Recognition—this is important if you are looking for Osteopathic Recognition in a residency program
- Includes the most up-to-date information in terms of accreditation status
- Lists the number of programs for each specialty available
- Provides the most timely information regarding newly accredited programs

CONS

- Lacks specifics on what the residency program values in a resident

USEFUL FOR

- Providing accurate contact information for programs
- Identifying programs that are more likely to be DO-friendly through the Osteopathic Recognition search option
- Identifying more recently accredited programs

[ACGME Link](#)

Alignment Check Index

The Alignment Check Index (ACI) for the OB-GYN specialty allows residency applicants to compare their experiences and characteristics to the domains that residency programs consider in their own assessment of their program's values and interests. The ACI creates an alignment index that applicants can use to help them determine with which programs they are the most aligned.

INFORMATION INCLUDES

- Residency applicants self-assess and assign point values in each of the following categories (maximum nine points per area):
 1. Academic metrics
 2. Work experience
 3. Community service/advocacy
 4. Research experience
 5. Teaching experience
 6. Background and lived experiences
- Weights that programs place on each of the same categories

PROS

- Enables applicants to select programs to apply to that are aligned with the applicant's personal strengths, values and career goals, which can save time and money and avoid future stress

CONS

- Limited visibility
- Not all programs use the ACI
- Does not offer information on a program's likeliness to interview/rank DO applicants

USEFUL FOR

- Helping applicants select programs based on the mission and the goals of the program and how those align with the mission and the goals of the applicant
- Facilitating program signaling by helping applicants identify programs that may be a good fit for them

[ACI Link](#)

Careers in Medicine

Careers in Medicine (CiM) is an AAMC resource designed to be an introduction to exploring physician career options, choosing a specialty, making informed choices about applying to residency. Completing a series of assessments will guide learners throughout their decision-making process.

INFORMATION INCLUDES

Four-phase career planning

- Understand Yourself by completing a series of assessments:
 - Medical Specialty Preference Inventory (MSPI)
 - Physician Values in Practice Scale (PVIPS)
 - Physician Skills Inventory (PSI)
- Explore Options by diving into specialty profiles and reviewing multiple data points for residencies
- Choose your Specialty by finding your fit
 - Review your assessment results to really dig into determining which specialty(s) are right for you
 - Specialty Indecision Scale (SIS)
- Prepare for Residency by looking into the components of applying to programs
 - Residency Preference Exercise (RPE)

PROS

- Large amount of data points on more than 200 specialties
- Many articles addressing common concerns about choosing a specialty and applying to residency
- Helpful assessments to assist students in exploring specialty options and their fit in a variety of ways. Assessments can be retaken multiple times

CONS

- Students cannot acquire access on their own. Schools must request access through AAMC and can encounter difficulty in granting access to students through a slow process
- Site can be difficult to navigate

USEFUL FOR

- Informed decision-making when selecting a specialty
- Reflection to guide next steps in career exploration, rather than a definitive predictor

Careers in Medicine

Doximity Residency Navigator

Doximity's Residency Navigator is a tool built to help medical students make informed residency decisions and to increase transparency in the residency Match process. Medical students can customize extensive search parameters such as geography, training environment, program size and fellowship/subspecialization rates.

INFORMATION INCLUDES

- Specialty-specific search
- Program name & information
- Matched vs. unmatched numbers
- Subspecialties options
- Subspecialties
- Program director and program coordinator contact information
- Facility information

PROS

- Easily directed to program website
- Accounts can be set up for couples to research together

CONS

- Requires creation of an account to view all information, especially as a DO student
- Missing dual programs outside of Med-Peds
- Data doesn't align with the NRMP numbers
- Inaccurate data in some places
- Lack of transparency as to where data comes from
- Information is scattered, and the set up is not very intuitive

USEFUL FOR

- Researching programs and creating a list to save and use to form a rank order list
- Couples who are going through the Match together

[Doximity Residency Navigator Link](#)

Emergency Medicine Residents' Association Match

The Emergency Medicine Residents' Association (EMRA) Match resource is a quick and easy way to get an overall view of emergency medicine programs in the United States with the ability to obtain further information, such as residency make up, available positions and more. EMRA Match allows you to search, save and export programs in order to keep yourself organized while navigating the Match process.

INFORMATION INCLUDES

- Program information & contact details
- Board score information
- Percentage of DO residents
- Number of Standard Letters of Evaluation (SLOEs) required for interview
- Available intern positions
- Number of applications received
- Licensing examination series preference
- Secondary training site
- Elective weeks
- Critical care weeks
- Moonlighting availability
- ED volume
- Dual training options

PROS

- Easy to identify programs in areas of interest
- Quick to use
- Programs can be saved as favorites
- Easy to navigate between residency, clerkship, fellowship and job position

CONS

- No context on how the data has been acquired
- No information on how to best utilize the resource

USEFUL FOR

- Quickly and easily identifying emergency medicine programs in the U.S. and finding additional information for the application process

[EMRA Match Link](#)

FREIDA

FREIDA is a database of residency and fellowship programs that is operated and maintained by the American Medical Association (AMA). FREIDA contains two levels of information—basic and expanded, depending on the amount of detail a program has provided them.

BASIC INFORMATION INCLUDES

- Program location information
- Contact information for programs
- Residency start date
- Length of training

EXPANDED INFORMATION INCLUDES

- Number of positions available
- Interview dates
- Ratio of interviews to positions available
- Minimum score details
- Visa information
- Work schedule overview
- Call schedule overview
- Resident characteristics—percentage of male and female; percentage of DO, MD and IMGs
- Information on program benefits

PROS

- Offers a large number of filters to help applicants narrow down residency programs

CONS

- Requires a paid AMA membership to access all available features
- Relies entirely on programs to supply information, so there is no clarity as to how much information is provided or how often the information is updated

USEFUL FOR

- Building an initial list of residency programs that an applicant might be interested in, especially when using geography as a defining factor

[FREIDA Link](#)

A Guide to Residency Programs Affiliated with Colleges of Osteopathic Medicine

Developed by AACOM's UME-GME Task Force, this database provides osteopathic medical students with a consolidated list of residency programs that have some form of affiliation or established relationship with a College of Osteopathic Medicine (COM). This is not a comprehensive list, and many additional programs nationwide accept DO applicants, or value COMLEX-USA even if they are not included here.

INFORMATION INCLUDES

- Program name and location organized by specialty
- Program director and coordinator contact information (email and phone, when available)
- Number of residents or fellows per year (when available)
- Program website links for additional details
- Whether the program accepts COMLEX-USA or requires USMLE

PROS

- Centralized resource that consolidates COM-affiliated programs across a wide range of specialties
- Helps osteopathic medical students identify programs likely to accept COMLEX-USA
- Provides clear program websites and contacts for deeper exploration

CONS

- Not fully comprehensive
- Certain program details (e.g., contacts, resident numbers) may be incomplete due to limited publicly available information
- The database is updated periodically throughout the year, so some information may lag behind current program changes

USEFUL FOR

- Initial residency research for osteopathic medical students wanting to find COM-affiliated programs, including those that accept COMLEX-USA

Guide to Residency Programs
Affiliated with COMs

NRMP Charting Outcomes Report

The National Resident Matching Program® (NRMP) Charting Outcomes report, produced every other year, provides DO students with data including the average number of programs applicants rank by specialty, potential factors that may impact match status in various specialties including work, volunteer and research experiences and other graduate degrees..

INFORMATION INCLUDES

- Number of applicants and positions in the 2024 Main Residency Match
- Match rates of U.S. DO seniors
- Summary statistics on U.S. DO seniors
- Median number of contiguous ranks of U.S. DO seniors
- Mean number of different specialties ranked by U.S. DO seniors
- COMLEX Level 2-CE scores
- USMLE Step 2 CK scores of U.S. DO seniors
- Mean number of research experiences of U.S. DO seniors
- Mean number of abstracts, presentations and publications of U.S. DO seniors
- Mean number of work experiences of U.S. DO seniors
- Mean number of volunteer experiences of U.S. DO seniors

PROS

- Provides access to raw data that provides insight into the characteristics of students who do and do not match
- Offers the ability for learners to understand what aspects of the residency application are most pertinent to residency programs by specialty

CONS

- Provides many data points that can be difficult to navigate and understand how they translate into defining competitiveness and preferences for specific programs
- Self-reported information by students with no uniformity regarding whether the number of experiences is specific to medical school only or includes experiences prior to medical school

USEFUL FOR

- Providing transparent data that allows users to identify trends specific to their desired specialty

[NRMP Charting Outcomes for DO Seniors 2024 Report Link](#)

NRMP Interactive Charting Outcomes

Using graphical representations of data from the NRMP, this resource allows users to look at Match trends for a given specialty and see how different applicant characteristics affect those outcomes. The stated purpose of this tool is to help applicants see how they align with their preferred specialty.

INFORMATION INCLUDES

- Match year
- Applicant type
- Contiguous ranks
- Number of specialties ranked
- USMLE Step 2/COMLEX 2 Score
- Research experiences
- Publications
- Work experiences
- Volunteer experiences
- PhD degree and other graduate degree(s)
- AOA membership

PROS

- Provides a large number of filters to personalize data
- Includes an introduction page with an explanation of how to use the tool and interpret data
- Includes a COMLEX Level 2/USMLE Step 2 baseline
- Will be released annually starting 2026, providing more timely and consistent data to support advising and residency application guidance

CONS

- At present, the baseline (x-axis) for the interactive charts is Step 1/COMLEX 1 score, which is no longer relevant for students, making the data more difficult to interpret, even when using the other filters
- All data is self-reported and some has not been verified
- Not all applicants allowed the NRMP to use their data

USEFUL FOR

- Viewing how candidates with similar characteristics fared in previous Matches
- Helpful in planning, allowing individuals to see what characteristics increased success

[NRMP Interactive Charting Outcomes Link](#)

Orthopaedic Residency Information Network

Orthopaedic Residency Information Network (ORIN) is an instrument of the AOA, the oldest orthopaedics association and founder of the flagship *Journal of Bone and Joint Surgery*. It is a public site with specialty-specific program information.

INFORMATION INCLUDES

- Orthopaedic residency program name, location and type
- Resident demographics, including:
 - Gender
 - Race/ethnicity
 - Median USMLE/COMLEX
- Searchable by:
 - State or region
 - Median board scores
 - Resident demographics
 - Training length
 - Participation in Preference Signaling
 - Universal offer day participation
 - Availability of virtual and in-person interviews

PROS

- Easily accessible
- Easy to use

CONS

- No context regarding how data is required or how often it is updated

USEFUL FOR

- Identifying programs with residents/applicants who "look like me"
- Identifying programs that rank DO candidates

ORIN Link

Program Websites

Each program website shares a wealth of detailed information regarding what the specific residency programs offer. Programs create their own websites, and there are no standards, so informational content varies. At their best, program websites provide the most accurate and complete source of information on an individual program. While time intensive to browse for specific information, program websites are a good choice for finding the widest range of detail on a program.

INFORMATION INCLUDES

- Program curriculum overview
- Application requirements and instructions
- Program director and program contact information
- Information on away rotations

PROS

- High accuracy: Updated by program directly
- Timely: Offers the latest information regarding a program
- General assessment of DO-friendliness based on inclusion of COMLEX in lieu of USMLE and number of DO residents
- Detailed: The most amount of information available on a single program in one place

CONS

- Time intensive: Websites' layouts vary, so locating the same pieces of information when researching each program directly takes more time than using a centralized database

USEFUL FOR

- Finding the most up-to-date and complete information on a program
- Facilitates student formation of rank list and list of programs to apply to

Residency Explorer

Residency Explorer is an interactive tool used to research and compare residency programs in 40 specialties. Residency Explorer contains detailed residency program information for all accredited ACGME programs within 40 specialties. Data is gathered from verifiable sources such as NRMP, American Association of Medical Colleges (AAMC), ACGME programs and more.

INFORMATION INCLUDES

- Program location information
- Program director name
- Program coordinator and contact information
- Program quick facts:
 - No. of filled resident positions by year
 - Institutional setting
 - ACGME accreditation status
 - Osteopathic Recognition
- Application & Match trends
- Program signal data
- Geographic preference data
- Score requirements
- Detailed resident demographics
- Information on program benefits

PROS

- Offers the ability to filter and compare programs to applicant's specific needs
- Supplies COMLEX score information along with USMLE

CONS

- Requires AAMC account
- Data updates occur on a delayed cycle, meaning the section showing the current DO/MD/IMG composition of residency programs typically reflects data from one Match cycle behind and does not include the most recent Match year, while the interview statistics section is updated more current
- Program comparison option is clunky to build and does not readily display on screen

USEFUL FOR

- Researching and comparing residency programs

Residency Explorer Link
(account required)

Texas STAR

Texas STAR acts as an information clearinghouse for participating medical schools that complete the annual survey. Texas STAR, the first of its kind, is a nationwide survey and online tool administered by the UT Southwestern Medical School to help medical school deans, advisers and fourth-year medical students navigate the Match process more effectively.

INFORMATION INCLUDES

- Board exam scores
- Quartiles
- Membership in honorary societies
- Publications
- Volunteer, research and professional society experiences
- Programs applied to
- Programs extending and not extending interview offers
- Program successfully matched with

PROS

- Provides access to data points that are not available on any other platform, such as what factors differentiated applicants who applied to a program and received an interview vs. those who did not
- Allows users to look at Match outcomes based on individual program preferences

CONS

- Information does not capture the trends of osteopathic applicants on a large scale due to small number of participating schools
- Information is self-reported and relies heavily on how survey respondents (recently matched seniors) interpret the information they are providing
- Cumbersome dashboard
- Requires school to be actively participating in survey in order for students to gain access to the data

USEFUL FOR

- Gaining insight into successful applicant profiles at specific programs
- Medical school advisors who desire to capture program trends from a student perspective

[Texas STAR Link \(account required\)](#)

Acknowledgments

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[View link for list of UME-GME Steering Committee members.](#)



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