

AN ANALYSIS OF CATEGORICAL PM&R INTERN-YEAR ROTATION SCHEDULES

JAMES GARDNER, MD & SAMIR KHAN, DO

BACKGROUND

- In PM&R there are both categorical and advanced residency programs.
- Categorical programs include all 4 years of residency at one program while advanced programs include the last 3 years of training but require the applicant to obtain a separate intern year position.
- Categorical programs are attractive to applicants for a variety of reasons including continuity of training sites and colleagues, financing less interviews, and avoiding an additional move.
- There are no specific evidence-based recommendations to guide programs on which intern year rotations are of highest value to prepare PM&R interns for success as residents or even which are most common among categorical PM&R programs.

OBJECTIVES

- To characterize the clinical variety of categorical PM&R internship rotations.
- This will serve as a first step towards formulating a set of basic national standards for what constitutes a high-value PM&R intern year experience.

METHODS

- We collected a list of programs with at least 1 categorical intern during academic year 2019-2020 based on data from ERAS.
- We then searched each Categorical PM&R program website for data regarding intern year schedules. If the program website did not contain this information, then an email was sent to program coordinators and/or officials requesting this information.

METHODS CONTINUED

- We then analyzed schedules to determine the amount of time an intern spent on individual rotations at their respective programs.

RESULTS

- We received rotation data from 12 PM&R webpages and additionally from 11 program officials for total of 23 of 33 categorical PM&R programs with active interns during the 2019-2020 academic year.
- Of the 23 programs:
 - All 23 included Internal Medicine,
 - 19 included ICU,
 - 18 included Neurology,
 - 16 included PM&R,
 - 13 included Emergency Medicine,
 - 13 included a Surgical specialty, and
 - 8 offered elective rotations.
- Time spent on internal medicine rotations ranged from 3 to 9.5 months, as shown in Figure 1.

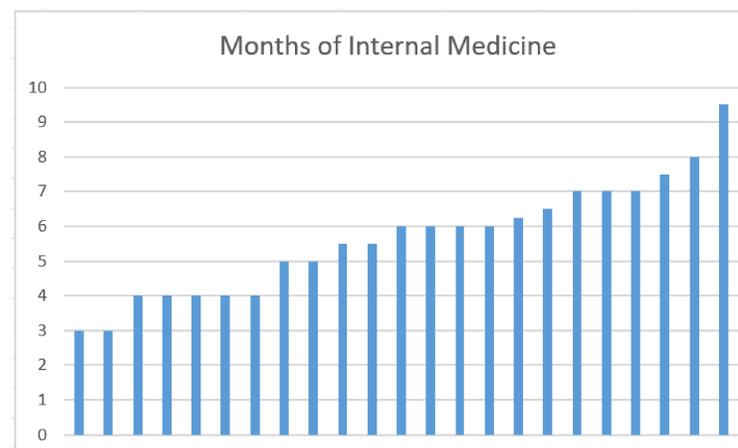


Figure 1 – Months of Internal Medicine for each categorical PM&R program intern year.

DISCUSSION

- Time spent on inpatient Internal Medicine varies drastically.
- Many programs expose residents to surgical patients, some >3 months. Many others have no surgical exposure.
- Most programs had at least a 1 month of inpatient rehab during intern year.
- Of note: 6 program coordinators we contacted for schedule information were unaware of their program's intern year schedule and had to refer us to another department to get the intern year schedule. This may suggest that some programs may rely too heavily on other departments to determine appropriate learning objectives for their interns.
- Given that intern year is 25% of PM&R residency, it's reasonable for categorical programs to create a thoughtful series of rotations to prepare their residents or successful PM&R residency.

CONCLUSIONS

- Categorical PM&R programs offer all 4 years of training at one institution and are attractive to residency applicants for a variety of reasons, including continuity of training sites and geographical location.
- Currently, there are no evidence-based guidelines to help programs organize a high-value intern year rotation schedule for in-training psychiatrists.
- These results highlight the variability among programs in this process and will ideally help to inform education leaders as they work to develop national recommendations on how to best prepare interns for the rigors of PM&R residency and practice.