



Resiyay
Mock Interview


Surviving and Thriving_{in} Intern Year

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About Dr. Irfan S. Sheikh

Dr. Sheikh graduated from Zhejiang University School of Medicine in 2014. He currently serves as an Epilepsy Fellow at Massachusetts General Hospital, Harvard Medical School. He will be joining UT Southwestern as a Clinical Assistant Professor of Neurology in the Department of Clinical Neurophysiology and Epilepsy starting July 2023.



Dr. Sheikh has an extensive background in educating medical graduates, including working as a Kaplan Medical educator/TA/Content developer and mentor. He has joined the Resiyay Adviser's team to assist medical school graduates with their journey into residency.

Consistency is key. Sometimes the best way to move forward is to revisit what you've left behind.



General: How to Succeed

Be Consistent

- If you are 5 min early, always be 5 min early
- If you write thorough notes, maintain that manner

Inconsistency leads to suspicions, doubt and mistrust



White Coat Essentials

Stethoscope

MGH Green Book Internal Medicine

MKSAP

Badge/Pager/Phone

UW Step 3 Qbank

Special tools i.e. reflex hammer, snellen eye chart, etc



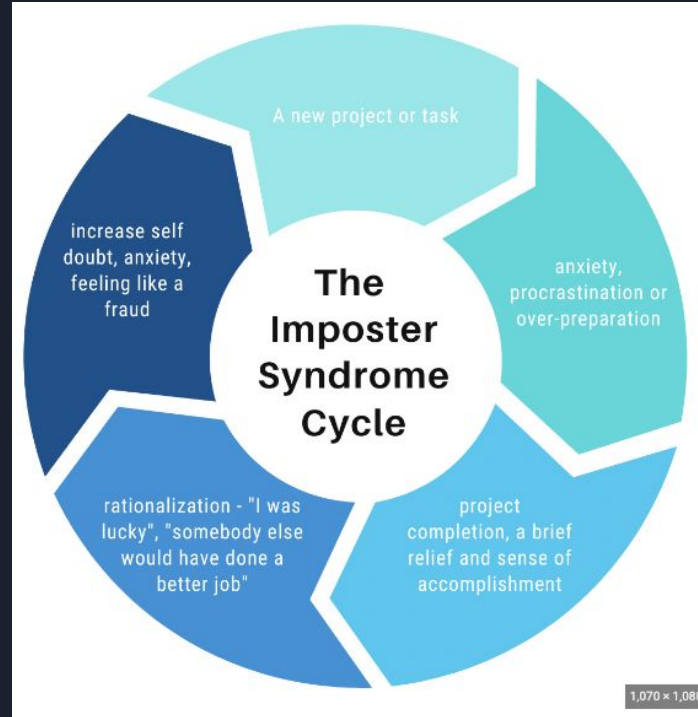
Backpack Essentials



Unexpected Costs

Overcoming Sensation of Imposter Syndrome

Imposter syndrome: It is the condition of feeling anxious and not experiencing success internally, despite being high-performing in external, objective ways





How to deal with this

Step 1 - Focus on the facts

- Imposter syndrome makes you believe you are not qualified for your position
- Being confident and building up your strengths and becoming more aware of your strengths
- Conduct a SWOT analysis i.e. analyze strengths, weaknesses, opportunities and threats

Step 2 - Acknowledge, validate and let go

- Best method to combat the feeling is to acknowledge that you are feeling inadequate and validate that its okay and then let go of these feelings

Step 3 - Reframe your thoughts

- Reshape the way you think about yourself and set realistic goals, you'll begin to see yourself as deserving of your place

Step 4 - Share how you are feeling

- Reach out and talk to someone you trust and share your concerns
- Looking towards a mentor, in your field, in your program,

Step 5 - Learn from your peers

- Common symptom of imposter syndrome is comparing yourself to your peers and thinking you're worse at your job than they are
- The reality is no one is a master at everything, but everyone is a master of something
- Don't fall into the habit of comparing yourself to others, recognize the value you add while learning new things from your peers
- Work together to expand your knowledge

Step 6 - Pat yourself on the back once in a while

Celebrate your accomplishments,



Resources

Step 3

- UW
- MKSAP (for IM)
 - Complete corresponding videos/questions for each rotation

Additional

- UpToDate
- Literature review about specific disease
- Professional Guidelines
- PubMed



Time Management

How to be Efficient

- Practice makes perfect
- Wake up early and come in early
- Notes
 - Longer than 1 hour may require change in technique

How to Fix Routine

- Have insight into the inefficiency
- Come in early - get a headstart on seeing patients
- Take a break and see from a fresh perspective
- Appropriate eating and sleeping habits

Practices to Avoid

- Avoid anything that is not work related that takes away time i.e. swiping TikTok, IG, Facebook, social media while you have pending work to do



Professionalism & Co-residents

Conflicts with co-residents may be imminent

- Most institutions/programs will have a culture or process of appropriate escalation techniques/mannerisms - follow them
- When in doubt of how to proceed - always discuss with your senior/chief resident.
 - i. Senior/chief residents are put into positions as they are familiar with how the process works and how things work in the hospital/institution



Communication

Patient Care Team Members

- Attending
- Senior Resident
- Interns
- Pharmacist
- Medical Students

Privacy and technical considerations

- Check with IT department for encryption
- AVOID sharing patient information on social media platforms - HIPAA violation

Patient Related Interactions

- Thorough, focused, precise, **respectful**
 - Never refer to patient in an inappropriate manner
- Assure gender roles
- Over-communication is better than under-communication
 - Have an open line of communication between team leaders



Evaluations

Performed By: Residents, PDs, Attendings, Nurses, Patients, Sanitation Engineer or any team member

Site: Evaluation can be at the patient's bedside, outside the patient room or in the conference area

Ask for feedback on presentations, towards the end of rotations, end of service or generally about things you may feel insecure about i.e. notes, patient physical examinations, history taking etc.

Indirect or silent positive feedback by senior residents and senior attendings (i.e. no interruption during oral presentations)



Evaluation: Formal (Biannual)

Performed by: PD, APD, Program leadership

Evaluated on:

ACGME scores on new-innovations

Comments from Doc X, nursing staff, medical students or other team members

Be the best person you are all the time

○



Evaluation: Informal (may occur daily)

Criteria:

- Ability to understand system-based practice
- Ability to understand the practice of medicine
 - Do not be overwhelmed with the extent of medical knowledge - you will acquire the skills
- Professionalism
- Social Skills
- Milestones
 - No one will be a perfect 5/5
 - Show gradual improvement
- Gradual progression
 - Good History and Physical Exam in the beginning
 - Work on Assessment and Plan towards last few months



Consult: Receiving

Never refuse a consult

Research your consult

- Must be constituted properly - ask senior resident why I should see consult and continue (too many questions might be misconstrued as not wanting to see it)
- Investigate/Look through chart and do your research and get back to the senior resident if you want to change consult



Consult: Requesting

Reason for Requesting

Requested by Patient

Beyond the capabilities of the service team

Threshold to consult varies for each speciality and individual

- Try to manage, look at UpToDate and then send for consult
- If you are interested in fellowship-try to manage that patient population on your own
- Introduce yourself (“Sorry to bother you” Name, 1st year intern, service name, consult for “team name” and describe the situation) - be ready to present patient on the spot (Imaging, labs, meds, etc)



Consult: Requesting (cont'd)

If you receive constant grief from consult team

- Apologize and acknowledge the problem
- Share the experience with senior resident
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Avoid

- Disorganized thought process
- Mentioning random details about the patient



Falling Behind

If you are struggling, please reach out to your programs support services (if available)

- Employee Assistance Program (EAPs)
- Financial adviser
- Human resources

Never be afraid to ask for help

- Know your own limits - responsibilities
- Identify the problem and ask for help
- If someone is telling you about a negative change in behavior - potentially the problem has escalated to the point to where you are not aware of it anymore



Repercussions of Poor Behavior

Do not do bad things

- Do not be overconfident
- Take responsibility for your mistakes and rectify them by not repeating them

You will make mistakes

- It is normal
- Everyone makes mistakes
- Residency is the time to make mistakes, better to make them during training than to make them when you are on your own as an attending
- “Every resident gets 1”



Fellowship

Research your desired area of specialty, it may be different and will vary depending on your current rotation, best rule is to enjoy every rotation you are on and to get the full experience of every rotation and keep an open mind about every rotation you are on.

Once you've decided on a certain fellowship, next thing to do is to discuss with senior residents or faculty within that area of medicine and learn more about it (ex. You are interested in cardiology, so talk to the cardio fellow or attending about fellowship and the scope of the field)

Additional points of how to secure a fellowship quite broad for the current topic, and can be discussed in detail in subsequent series

Thank you!

Follow Dr. Sheikh for more tips

- ❖ Twitter: @SheikhISMD
- ❖ Facebook: @IrfanSheikhMD
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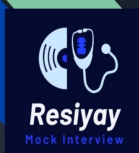
Resiyay Free Presentations



Journey to USMLE and US Residency

Adding "yay" to residency application

Tabby Fayyaz, MD & Dedicated Advisers



US Residency Interview Tips

Tabby Fayyaz, MD
Ahmed Chaudhry, MD
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