

Is Emergency Medicine Right for Me?



What is Emergency Medicine?

Emergency medicine is an exciting and dynamic field offering many benefits and rewards. Emergency physicians are on the front line, making immediate decisions and taking actions to prevent death or further disability. This specialty offers the ability to care for a diversified population and can provide immediate recognition.



Is Emergency Medicine Right for Me?

As a specialty, emergency medicine has inherent and unique qualities requiring physicians to have certain intrinsic skills and behaviors. Are you comfortable being the first person to interact with a patient? Are you ready to handle a wide variety of complaints? Do you enjoy the thrill of what's next? Can you think and act quickly with little information about the patient? If this sounds intriguing, emergency medicine might be the right career for you.



How Do I Prepare for a Career in Emergency Medicine?

It's not uncommon for students to be unsure of their career path when entering medical school. Your clinical years will play a huge role in deciding which specialty you choose. While this decision can be stressful, there are ways you can get a head start on this choice. Each year of medical school provides great opportunities to start planning for your residency in emergency medicine.



Year 1

Explore resources, find support systems, research, and set goals.

- ✓ Learn about the specialty by immersing yourself in an Emergency Medicine Interest Group (EMIG).
- ✓ Join an emergency medicine association. Join one or all.
- ✓ Explore and embrace the wonderful resources and networking opportunities these associations provide.
- ✓ Learn from residents about getting into their programs.
- ✓ Gain experience by shadowing in the ED.

Year 2

Build your network. Hone your talents. This year is about you!

- ✓ Work on your CV.
- ✓ Attend emergency medicine conferences.
- ✓ Network with your new colleagues.
- ✓ Cultivate relationships. EMIG and medical specialty involvement often leads to leadership positions.
- ✓ Reach out to mentors. Make time to engage with them.
- ✓ Prepare for your boards; it's coming!

Year 3

Crush your rotations. Become well-rounded. Keep networking.

- ✓ Research away rotations and externships. Apply to VSAS early.
- ✓ Take plenty of time to prepare for ERAS. Request your recommendation letters. It's a challenge to get it right; but you'll be thankful you spent the time on it!
- ✓ Learn the "Art of Medicine"—Develop relationships with patients and their family. Interact with physicians and hospital staff.
- ✓ Find your ideal matches and learn everything you can about them.
- ✓ Keep networking. Attend national and local conferences.

Year 4

Execute your game plan. Cross the finish line.

- ✓ Show your leadership. Join professional boards!
- ✓ Apply for committees! Get published.
- ✓ Get ready to match—practice your interview skills.
- ✓ Decide on your perfect residencies.
- ✓ Polish up your ERAS application and submit early.
- ✓ Reward yourself and have fun! You did it!



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Emergency Medicine
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Association
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American College of
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Society for Academic
Emergency Medicine
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Council of Residency
Directors in Emergency
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