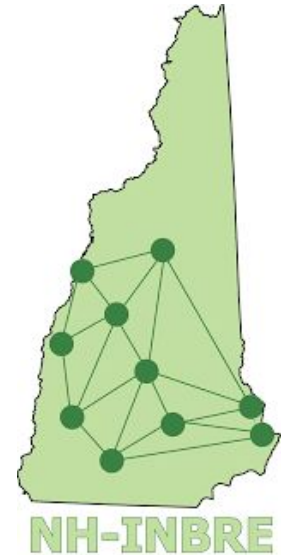


# Medical School Mentoring Program

November 19th, 2024

Presented by: The NH-INBRE Alumni Advisory Board





# Mentor Introductions



**Abby:** 6th year in the MD-PhD program at Dartmouth College  
Endicott College '19



**Ashley:** 3rd year at Ross University School of Medicine '26

# MD Programs (Allopathic)

- Currently 159 accredited MD schools in US
  - 17 in Canada
- 4 years (usually) consisting of:
  - Preclinical curriculum: emphasis on classes, basic science, anatomy & physiology, basics of physical exam/clinical skills
    - What varies: class size, length, teaching format, order of content, amount of clinical exposure, areas of concentration, etc.
  - Clinical curriculum: rotations in different specialties
    - What varies: rotation settings, how early students can narrow specialty focus, etc.
- STEP exam:
  - STEP1
    - Most programs require during Year II/end of preclinical phase
    - Pass/Fail as of 2022
    - MD 1st attempt pass rate= 92% (2023)
  - STEP 2
    - Most programs require during clinical phase
    - MD 1st attempt pass rate= 98%



# “MD+” Programs- lots of options and variability!

- MD, MS: medical + Masters in field of choice
  - Education, healthcare delivery, ethics, science, etc.
  - 4 MD years + 1-2 MS years
- MD, MPH: medical + public health (often lots of stats) training
  - 4 MD years + 1-2 MPH years
- MD, MPP: medical + public health policy education
  - 4MD years + 1MPP year
- MD-MBA: medical + business education
  - 4 MD years + 1-2 MBA years
- MD-JD: medical + legal education
  - 4 MD years + 2 JD years
- MD-PhD/MSTP: medical + graduate (usually in science field) training
  - 4 MD years + 3-5 PhD years

Take a look at school's websites and what they offer!

# Most Common Dual Degree Programs (besides MD/PhD)

## MD-MPH

An MD-MPH program includes a Master of Public Health degree, which typically focuses on population or community health and equips students with the clinical skills and science background needed to effectively understand health and wellness from the perspectives of patients and different community populations. Topics studied include a patient's ability to afford their medical prescriptions and how to work with communities to implement preventative care practices.

Combined length of programs

Five years

Education process

Students can begin the MPH portion of their coursework after their first or second year of medical school. Possible concentrations include Child and Family Health, Environmental Health, Global Health Leadership, Health Education and Promotion, and Public Health Policy.

Career options

The MD-MPH prepares graduates to work as physicians in a public health setting, which may include diagnosing health problems and risk factors of individuals and within communities.

Graduates use their perspectives to research and identify public health issues and implement an evidence-based approach to health improvement. In addition to clinical practice, MD-MPH degree holders may pursue careers related to disease prevention, health education, research, implementation science, and policymaking.

## MD-MBA

Health care and business are interconnected. Physicians often make business decisions related to which diagnostic tests to run and understanding which treatments insurance will cover. An MBA also equips physicians with the ability to make important business decisions related to growing their medical practices and determining if their practice can afford the cost of a new machines.

Application process

Applicants pursuing an MD-MBA will need to gain admission to the school of business and, in addition to the MCAT® exam, MD-MBA students may be required to complete the GRE or GMAT depending on the business school requirements.

Combined length of programs

Five years

Education process

The MD-MBA curriculum incorporates economics, finance, and marketing strategy. Students may complete the first year of the MBA program prior to beginning medical school, and then complete a traditional medical school program.

Career options

Graduates from MD-MBA programs can pursue management roles in hospital administration, health care policy research, pharmaceutical or insurance companies, or medical device entrepreneurship with biotech companies. Being able to understand the financial motivations within the healthcare industry allows those with an MD-MBA to improve the health care system.

# MD-PhD and MSTP Programs

- MD program (“medical school”) + PhD program (“graduate school”)
- Medical Scientist Training Program (MSTP) is MD-PhD program with specific type of federal funding (tend to be larger programs, citizenship may matter)
- Goal to educate physician-scientists
  - Equal emphasis on medical/clinical skills/knowledge and research (typically science field)
  - Research rigor is beyond Master’s level
  - Future career plans heavily involve research: run independent lab, clinical trial management, academic medicine, etc.
- ~7-9 years in length
  - Often preclinical MD phase (1-2yrs) → PhD (3-7yrs) → clinical MD phase (2yrs)
  - Variability in structure (but usually PhD precedes MD)
- Application process:
  - Concurrent with MD application: AMCAS, extra essays, additional interviews
  - Apply during preclinical phase of MD program
  - Apply during early years in PhD program

Many school-specific differences, pay attention to details!

# Caribbean Medical School

- **Ross University**, St. George's, AUC, Saba (The Big Four)
- Aligns with US MD programs
  - 4 year program
  - US and Canada accredited
- Admission process
  - Rolling admissions with starting dates in January, May, and September
  - Primary application + Interview
  - Class sizes vary between 150-300 students
- 5 semesters of basic sciences, 2 Clinical Years
- Clinical sites in various states
  - California, Connecticut, Florida, Maryland, Michigan, Illinois, New Jersey, New York, and Washington, D.C.
- 86% pass rate for Step 1
- Common specialities: Family Med, Emergency Med, Pediatrics, Internal Med

*“According to the NRMP, the match rate for U.S. Citizens who are graduates of international medical schools is 50%. Non-U.S. Citizens from international schools have a match rate of 40.9%”*

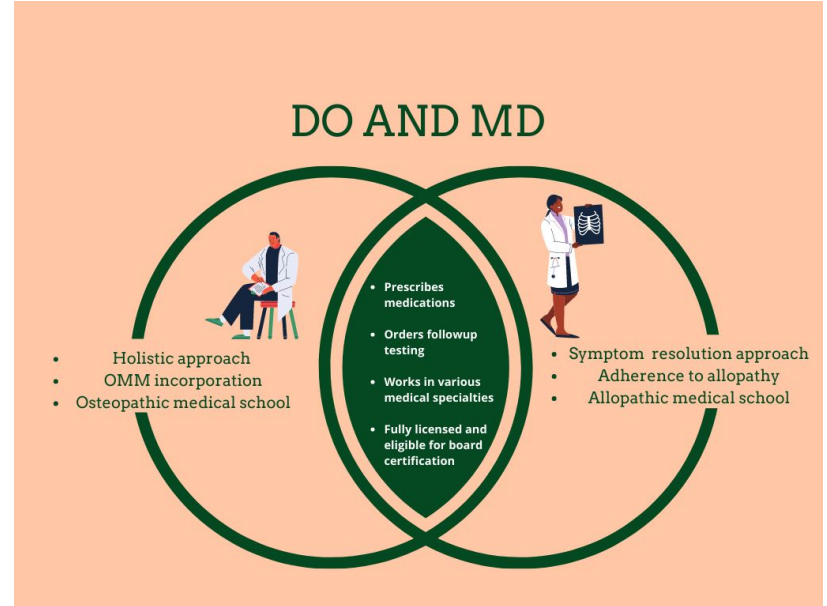
- Links:
  - <https://www.shemmassianconsulting.com/blog/caribbean-medical-schools>
  - <https://medicalschoollhq.net/caribbean-medical-schools-what-you-need-to-know/#:~:text=How%20hard%20is%20it%20to,a%20match%20rate%20of%2040.9%25.>

# Osteopathic Medical School

- 1 in 4 medical students attends a DO Program
- 37 Schools at 58 locations in the U.S.
- Profession founded by Andrew Taylor Still, MD, DO in late 1800s
  - Philosophy: Mind, Body, Spirit. Focus on body as a unit. Structure and function.
  - Medical school curriculum with additional training in hands on osteopathic techniques
- Similar path to allopathic (MD) medical schools
  - 2 years of classroom based learning, 2 clinical years, combined MD/DO residencies 3-7 yrs
  - COMLEX Level I-III (DO Boards required), USMLE Step I-III (MD Boards optional) DO student are qualified to take both exams once approved by individual school
- Match Rates & Board Passing Rates
  - Match Rate of US DO senior applicants to PGY-1 residencies in 2023 91.6%
  - USMLE pass rates for DO students 2022: Step 1 89%, Step 2 97%, Step 3 96%
  - COMLEX 2022-2023 Total Pass Rate: Level 1 88.1%, Level 2 92.8%, Level 3 2022 95.8%
- Common Specialties
  - Family Med, Primary Care, Internal Med, EM, OBGYN, Pediatrics
- Links
  - [Osteopathic Medical Schools | American Osteopathic Association](#)
  - [2023-Main-Match-Results-and-Data-Book-FINAL.pdf \(nrmp.org\)](#)
  - [COMLEX-USA Examination Performance Data — NBOME](#)
  - [Performance Data | USMLE](#)
  - [Apply to Medical School | AACOM](#)

# Resources

- Caribbean MD vs. DO? | OldPreMeds Podcast Ep. 310
  - <https://www.youtube.com/watch?v=OCDNgQ46Ezc>
- <https://bemoacademicconsulting.com/blog/caribbean-medical-school-rankings>
- <https://www.ama-assn.org/medical-students/preparing-medical-school/do-vs-md-how-much-does-medical-school-degree-type-matter>
- <https://www.shemmassianconsulting.com/blog/md-vs-do-admissions-what-are-the-differences>



<https://www.inspiraadvantage.com/blog/do-vs-md>

*See you next year*

**STAY TUNED**

**Next Session:  
January 2025**