

Away Rotation Evaluation Form

1. Specialty: *Orthopaedic Surgery*
2. Medical School / Hospital: *Mayo Clinic*
3. How would you rate your overall experience? (check one)
 Poor Fair Good Very Good Excellent
4. How many hours per week were you on duty? 60
5. How many hours per week did you spend with:
 - a. Interns: 1
 - b. Residents: 30
 - c. Fellows: 0
 - d. Attendings: 60
6. Did you meet with or work with the Residency Program Director or the Department Chair?
The program interviews on site
7. Which attendings had the greatest influence on your experience?
Mayo is preceptorship based, you work one on one with faculty
8. What were your daily duties?
Help rounding on patients and then help in the OR
9. Did this rotation (check one):
 Create new interest in the specialty
 Reinforce existing interest
 Decrease interest
 Have no effect
10. Any tips on how to get the most out of this rotation?
Be yourself, be friendly, work hard
11. Any warnings or tips on what NOT to do?
12. Did you get a letter of recommendation?
No, did not ask
13. Did this rotation help you get an interview?
Yes
14. Is housing provided? If not, any recommendations on where to stay?
No – Craigslist or the local paper... Most students stay at the Kahler hotel
15. Is parking provided? If not, any recommendations on where to park?
Yes, but I would rather use the city parking lot by the river (\$1.50 a day)
16. Who did you contact to set up this rotation? See their website

17. When did you apply for the rotation and when did they inform you that you got the rotation?
March, response by May

18. Were there any special requirements for the rotation (i.e. BLS re-certification, LOR, etc.)?
No

19. Would you recommend this rotation to future JMC 4th years?
Yes

20. Please add additional comments (strengths, weaknesses, miscellaneous tips...)

The residency is based on a preceptorship model with 3 month rotations. E.g. for sports you may be assigned Dr. Stuart with whom you are going to spend the next 3 months. The positive aspect is that the attending has time to feel comfortable with you to let you do stuff, but at the end of the day it all depends on you. You also follow only the patients you operated on, therefore with a smaller list compared to running an entire service. The negative aspect of this system is that you have a lot of clinic. The schedule is typically two or three days of clinic on alternating weeks. Also, the difference between the work of a chief and a second year is minimal, as both will be responsible for seeing their patients, doing all discharges, and being responsible for the floor.

Everybody wears a sport jacket – no scrubs seeing patients. Scrubs and white coats are available freely in the locker rooms (no check out required). You were those only on OR days, you put the coat over your scrubs. If you are not wearing scrubs, you are not wearing a white coat...

Residents are provided with a meal allowance and free parking which is a nice add on. The residents are really friendly, but it's not a tight group. Most of them are married so they do not really hang out much. Plus, you don't really work with other residents. You end up knowing people mainly in your class, and that's because of the second year curriculum. All their class work is condensed into 6 months during second year. During that time you are excused from clinical responsibilities after 12 noon daily and follow into the classroom with a couple lectures. They have great fresh frozen labs where you can practice dissections or arthroscopy and it is quite realistic to the actual surgery.

Intern year is like anywhere else, except more fun. Most services are oriented towards orthopaedics e.g. on neuro you do spine, on gen surg you do plastics, in er you run the cast room... Also, overall floor work is easier compared to other places – nurses are very good and they usually titrate pain medication, advance diet, or even pull drains according to predetermined protocols. Lots of things at Mayo are protocol based... Furthermore, each attending has a nurse or pa – they don't see the floor but make things a thousand times better in the clinic by helping with a lot of scheduling paperwork, pre-op work, etc...

All records are electronic, no paper is used period except maybe to take some notes for yourself to help with the dictation. The electronic record help a lot if you are interested in research – I was able to cover close to 100 patients an hour looking for the type of graft they got with their ligament reconstruction. And the data goes over 10 years plus. As a result Mayo offers a MS degree that you can still finish in the 5 years by giving up two electives and doing 6 months of research and classes during second year. The program is highly academic and daily there are lectures, conferences, or grand rounds at 7 am...

Real estate is reasonable – you could get a decent house for around 200K... not a condo but a detached house within minutes or walking distance from hospital. Also, Mayo just built a new fitness facility (I think it's 25/mo, 15 if you go like 10 times a month, or maybe free for residents... something like that) with sauna's in locker room, swimming pool, etc – all state of the art (each treadmill has it's own LCD TV)...

Weather is supposed to be cold – I've been following it and till mid November it's been comparable to Philly this year... Then it dropped to low 30s last week in November –

supposedly it averages low 20s through winter with a couple weeks of possible -10 to -40 with the windshield factor.

Finally, as a rotation, students typically spend their time on 2 rotations with 2 preceptors. I'm not sure if you can choose. It's very relaxed, I was on sports and spine – the hours typically were 6-630 am to 4-6pm depending on the day (again, preceptorship based – your hours are close to the attending plus some paperwork). I did one day of call over the weekend to get an idea – it was not required. Some students spent 2 weeks on trauma where they ran with the resident. The had some call, mainly on the weekend. The nice fact about Mayo is that they interview during the time there. Typically you will interview with the PD and vice-PD or something like that. The interview was relaxed in my opinion. The PD is direct, he will ask you about your 3rd year grades (look up the Turner paper from 2006 I think on resident selection). The vice-PD was relaxed and gave a PPT presentation in his office on the residency structure – questions like “why Mayo?” “why ortho?” etc... You do not have to go again for the interview (especially since they put little weight into the interview).

For the rotation – bring ties and sport jacket. You will not need scrubs or white coat. Most students stayed right across the street from Mayo at the Kahler hotel for like 21 bucks a day. There are some adds in the local paper (check online) or on craigslist for places at 1-2 miles from Mayo – I drove so that was ok with me. I got a room for 350, worked out great. There's parking like 2 blocks from Mayo by the river for 1.50 a day. Rochester is quite a safe city, supposedly some recent gang violence in response to which the have doubled their police presence. So I think it's safe...

If you end up thinking Rochester is a small city, Twin Cities (Minneapolis and St Paul) are only one hour away with the sports, symphony, opera, and Mall of America. Rochester offers about 300 restaurants and has most standard food chains like Outback. It also has some nice small bars and pubs, but the crowd maybe a bit off for those coming from big cities. Great place to hang out with other students or residents though, especially the bar with a rooftop (cant recall the name).

Overall, I really liked the program...