

The Couples Match Emergency Medicine Applying Guide

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The purpose of this applying guide is to provide some insight into the process of couples matching. This guide is intended applicant pairs where one or both students plan to apply to Emergency Medicine (EM).

General overview: The National Resident Matching Program (NRMP) gives any two people the choice to match to residency by linking their rank lists together. You will apply and interview separately, but when you create your rank list you will create combinations from that list. You will both then match at the highest rank combination in which both partners have been accepted. You can designate that you are applying as a couple in the Electronic Residency Application Service (ERAS), but you do not have to officially decide on couple's matching until you submit your final rank list.^{1,2} Couples Match does not apply if your significant other participates in early matching such as: neurosurgery, ophthalmology, and urology or with someone matching through the Military Match.²

Prior to applying as a couple it will be important to set expectations. The process can be expensive, time consuming, and extra stressful. It is important to meet with your medical student advisor in advance to discuss the process and determine appropriate goals based on your specific situation. You will also need to take into account that you and your partner may not be evenly matched in terms of competitiveness and this may influence the number of programs to which you or your partner apply.

Before you apply

This may seem obvious, but it is important to have a conversation about your professional and personal goals and determine in advance whether you would rather go *unmatched* or match to different programs and/or cities. This is important whether or not your partner is your spouse, significant other, life partner or best friend. Talk with your advisors separately and as a couple to come up with appropriate goals.

- What does couples matching mean to you?
- What compromises are you willing to make?
- What compromises are you **not** willing to make?
- Is this the right choice for you and your partner?

Other tips:

- If your partner is interested in a program in a particular city, consider doing an away rotation there.
 - If your partner is applying to a more competitive speciality, or if you are applying broadly geographically, consider more than one out of town rotation. Typically, for the average EM applicant, we recommend 2 EM rotations (one at home and one elective); however this might be an instance you can justify an additional rotation.
 - If your USMLE Step 1 score is <220, take Step 2 CK early so that it is available when ERAS opens. Scores less than 220 may make it much more difficult for you to get interviews.³ You will need to get with an advisor very early in the process (before out of town rotation application). If it is more important for you to match than go un-matched you may need to consider a backup plan.
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The application

You are not required to tell programs that you are couples matching and you can wait until you are making your final rank list to officially decide to couples match. No one will know unless you tell them. You can tell programs in several ways (on the ERAS application, in your personal statement, during the interview and/or in follow-up or thank you letters). If you are still undecided about couples matching at the time of filing the ERAS application, you should hold off as you *will* get asked about your partner if it is on your application.² Applicants often wonder if there is any benefit or risk to telling programs that you are couples matching. In general, the consensus is that the benefits probably outweigh the risks for most couples.²

- Some potential benefits:
 - May be able to coordinate interviews and save money.
 - Possibility for one program to lobby for an applicant's partner: For example, if your partner's program really likes them, that program may lobby your program to offer you an interview or even rank you higher on their list.
 - When your interviewer asks you why you want to move to that particular city or be part of a particular program, in addition to the reasons you like their program, you may be able to say that your partner enjoyed their interview day, has family in the area, etc.
- Some potential risks:
 - Small programs may prefer not to take applicants from the same school/city.

- If you are both applying to EM, programs may be concerned about any issues a couple may potentially bring to a small program.
- If you are still on the fence about couple's matching, programs will be treating you as a couple anyway. This may change your rank on their list even though you decide in the end not to enter the couples match.

In general, each partner applying to EM should aim to interview at and rank at least 12-15 programs. The number of programs to which you and your partner need to apply to will depend on both partners' competitiveness as well as your partner's specialty.² That may mean applying to 25 programs for an EM/IM couple and 40+ programs for an EM/Dermatology couple.

- If one partner is not as competitive, and it is more important to match than not match in your preferred speciality, consider backup strategy. Some options include applying to a surgery or internal medicine preliminary intern year.

There are some additional points worth considering when applying to programs:

- Some cities are great for couple's matching because they have multiple programs in many specialties: eg. Boston, New York, Chicago, Philadelphia.
- You may be able to couples match in nearby cities if there is a midway point that is livable and easily accessible to both programs.²
- Consider in advance if you and your partner want to be at the same hospital.²
- If you are both applying EM, think about if you want to be in the same program (which can be tricky, especially in smaller programs). Residency programs have various experience and enthusiasm for matching EM-EM couples.

The interview:

Making it to interview day is a huge step - congratulations! Programs should *not* be asking you if you are married/engaged/dating, but some will (or residents may ask at the social events). You are welcome to discuss your relationship status if you choose to but do not lie on the interview trail. If you are not married or engaged, do not say you are; programs *will* find out and this may affect your application.

Other tips:

- If your partner gets an interview at a program you have applied to and

- you have not heard from that program, you should email them to check-in on your application status so that you can maximize your chance of interviewing at the same program at the same time.²
- If your partner has personal connections to a city or program, bring this up in the interview or when contacting the program to follow-up on your application.
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The Match list

This is often the most stressful part of couples matching. It is worth re-visiting your priorities. It also takes a lot of organization to rank a large list of programs. As you figure out how to compromise, here are some things to consider:

- Make your lists individually before comparing them to get a starting point.
- When making your rank list try to organize by cities (programs within the cities) rather than organizing by individual programs.
- What are your priorities?²
 - Living together: all matches need to be within commuting distance. If there are multiple programs centered around one city consider how far you are comfortable driving every day to work.
 - Both partners matching as close to their top choice as possible: you rank top choice programs first keeping in mind how far away you are willing to live.
 - Getting one partner into a particular program: maximize this possibility by ranking this partner's number one choice with all possible combinations prior to moving on to their second choice.
 - Are you willing to have both partners go unmatched? If not, at the end of your list of combinations consider creating combinations where one partner matches and the other does not.

If you rank all potential combinations, including the option for one of you to go unmatched you could have upwards of 500+ combinations. Each partner can submit no more than 700 ranks.

- Consider using an excel spreadsheet to keep track of your ranks.
- Make sure you and your partner's ERAS lists are accurate.
- Allow plenty of time to enter your ranks into ERAS.

Key Points:

1. Educate yourself about the process early at:
<http://www.nrmp.org/match-process/couples-in-the-match/>

2. Talk with your student advisor about realistic goals for number of applications, interviews and programs to rank for your specific situation.
3. Communicate clearly with your partner about your goals and priorities.

The couples match process is different for every couple, so it is important to figure out how it will work best for you. Remember that despite the stress, this system and process is meant to help you and your partner!

For more information on NRMP logistics visit:

<http://www.nrmp.org/match-process/couples-in-the-match/>

References:

1. "Matching as a Couple." *The Match National Resident Matching Program*. Web. 08 Jan. 2017.
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3. National Resident Matching Program, Data Release and Research Committee: Results of the 2016 NRMP Program Director Survey. National Resident Matching Program, Washington, DC. 2016.
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