



Cutting Edge...Without The Cut!™

Matched...

**Now Getting Ready
for PGY-1 in Urology**

Now that you have matched and are on your way to a urology residency, success from day one depends on how well you prepare. The following steps will guide you in preparing for a challenging but rewarding journey.

What Have You Done So Far?

- You have had elective urology rotations during your general surgery rotation or block.
- You have completed at least three urology AI rotations: one at Tulane and two elsewhere.
- You have gained experience in urologic research while competing for a urology residency slot.
- You made presentations during your AI rotations and are well versed in the expectations of your upcoming residency program.

In Summary

In summary, at this point, you have an understanding of the expectations of a urology residency program and how to succeed. Having observed other residents at various locations and seen what is expected of you, you are already ahead of the game.

How Do You Prepare Yourself in the Next Few Months for Your Upcoming Urology Residency?

You will begin your urology residency on July 1st. To ensure your success, you need to do the following.

1. If you were matched to your residency program without having rotated here as an AI and were selected based on your outstanding interview process:

- Research your new department as well as the residents in the program.
 - Review the faculty members, including their biographies, subspecialties, and CVs.
 - Inquire about the ongoing research projects.
 - If an annual report from the previous year is available, request to review it. This will provide insight into the department's strengths and help you identify how you can contribute to its various activities.
 - Familiarize yourself with the accomplishments of the current residents (PGY-2 to PGY-5). Understanding their academic and clinical achievements will mentally prepare you to be academically outstanding over the next five years.
- ◇ Investigate their research and quality improvement projects? Did they submit abstracts and present at local, regional, and national AUA meetings? Did they publish manuscripts? Learning from their experiences can guide your own academic and professional development.

2. Read Urology Textbooks:

- The following basic urology textbooks are essential to the preparation for your residency:

Pocket Guide to Urology, 6th edition, Jeff A. Wieder, MD - <https://www.pocketguidetourology.com/>

Campbell Walsh Wein Handbook of Urology 12th edition - <https://www.amazon.com/Campbell-Walsh-Wein-Handbook-Urology/dp/0323827470>

AUA Guidelines - <https://www.auanet.org/guidelines-and-quality/guidelines>

AUA Medical Student Curriculum - <https://www.auanet.org/meetings-and-education/for-medical-students/medical-students-curriculum-x18427>

- Be prepared for the basics of PGY-1 rotations by developing a strong foundation in urologic history-taking for patients with various conditions. Be ready to conduct thorough histories for patients in both the men's and women's health arenas, with common histories such as:
 - Gross hematuria
 - Urolithiasis
 - Urinary incontinence and voiding dysfunction
 - Erectile dysfunction
 - Benign prostatic hyperplasia
 - All urologic malignancies
- Compile a list of essential questions for these diagnoses, practice them regularly, and commit them to memory. Keep reference notes on index cards, a tablet, or a computer to reinforce your knowledge and ensure effective patient interviews. Remember, recall is critical to success.

3. Physical Examination:

In your free time, go to the clinics at the VA or UMC (or your local urology clinics) to observe and participate in patient evaluations. Over the next couple of months, as your schedule allows, ask to accompany your assigned resident and perform some physical exams. Gaining hands-on experience now will better prepare you for your urologic rotations.

4. Basic Urology Procedures and Diagnostics:

During your PGY-1 rotation, you will need to develop competence in both basic procedures and diagnostic techniques. To prepare, familiarize yourself with the following:

- **Key Procedures:** Learn techniques such as using rigid and flexible cystoscopes, catheterizing ureters, and performing retrograde pyelograms. Understanding the instrumentation and procedural aspects, such as identifying the ureteral orifices, is essential. You will also learn to diagnose conditions such as prostate obstructions, prostatic enlargements, and bladder tumors.
- **Diagnostic Skills:** Ensure you can competently perform a retrograde urethrogram, cystogram, ultrasound (especially of the prostate), and prostate biopsy.

How Do You Prepare Yourself in the Next Few Months for Your Upcoming Urology Residency?

5. Knot-Tying Skills:

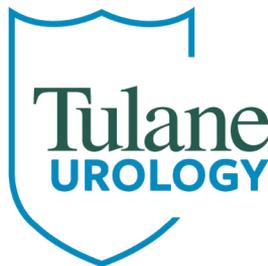
Strong knot-tying skills will make you a valuable surgical assistant during your PGY-1 rotation. Therefore, spend the next few months refining various knot-tying techniques, including both instrument ties and hand ties. Practicing at home with chicken pieces and sutures can help you develop precision and confidence.

6. On-Call and Emergency Rotations:

During your PGY-1 year, you will spend at least six months in general surgery, where you will need to know the basics of taking call during your trauma, general surgery, and other rotations. For the remaining six months, you will take call for urology, so it is crucial that you prepare for this aspect of your training. To help with this preparation, study and familiarize yourself with:

- Identifying scrotal pathologies such as testicular torsion, epididymitis, and testicular tumor
- Evaluating patients who present to the ER with kidney or ureteral stones, including the necessary workup
- Inserting Foley catheters (methods are available on YouTube)
- Interpreting CT scans and MRIs, which will be essential not only during your residency but for the next 30 to 40 years of your practice

The above suggestions lay the foundation for your preparation to succeed in your much-coveted urology residency. This preparation will set the stage for your success throughout both your residency and your urology career.



Cutting Edge...Without The Cut!™