Postgraduate Training for Physician Assistants: Is it for Me?

Our Roadmap Today

- When, Where, and Why it Started
- Programs Available
- Accreditation
- Is Postgraduate Training for Me?
- Resources
- Question and Answer Session
When, Where, Why?

- **Origin of the PA Profession**
  - Duke University - 1964

- **First PA “Resident”**
  - Montefiore Medical Center - Bronx, NY
    - Dr. Marvin Gliedman and Clara Vanderbilt

- **Prediction of Surgeon Surplus 1970’s**
  - Reduction of surgical residencies
  - Development of first all-PA Residency in Surgery
    - Dr. Malcolm Beinfield and Linda Brandt

Current Status

- **Reduction in Physician/Resident Numbers**

- **Resident Work Restrictions**
  - Created new deficiencies
  - Created new opportunities

- **Increasing Demand for Specialty PAs**
  - Primary care focus
  - Complex specialties
  - Technically demanding roles
  - Increase in patient acuity requiring specialty skills
APPAP
Association of Postgraduate PA Programs

- Organization for Postgraduate Programs emerged in 1988
  - 8 Members
- 2015
  - 43 Programs and new interest every year

APPAP Member Program Specialties

<table>
<thead>
<tr>
<th>MEDICINE SUBSPECIALTY</th>
<th>SURGICAL SUBSPECIALTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute Care Medicine</td>
<td>Cardiovascular / Thoracic</td>
</tr>
<tr>
<td>Critical Care</td>
<td>Surgery: General / Multi</td>
</tr>
<tr>
<td>Emergency Med.</td>
<td>Neurosurgery</td>
</tr>
<tr>
<td>Hospitalist</td>
<td>Orthopedic Surgery</td>
</tr>
<tr>
<td>Neonatology</td>
<td></td>
</tr>
<tr>
<td>Ob-Gyn</td>
<td></td>
</tr>
<tr>
<td>Oncology</td>
<td></td>
</tr>
<tr>
<td>Otolaryngology</td>
<td></td>
</tr>
<tr>
<td>Psychiatry</td>
<td></td>
</tr>
<tr>
<td>Internal Med/Family</td>
<td></td>
</tr>
<tr>
<td>Medicine/Pediatrics</td>
<td></td>
</tr>
<tr>
<td>Trauma / Crf.Care</td>
<td></td>
</tr>
<tr>
<td>Urology</td>
<td></td>
</tr>
</tbody>
</table>
Postgraduate Accreditation

- ARC-PA
  - Same Accreditation Commission for entry level programs
  - Currently undergoing restructuring

- Voluntary, **Not** Mandatory for postgraduate programs
  - Accreditation = Met the ARC-PA Standards

---

Is Postgraduate Training for Me?
Typical Program

- Particular Sub-Specialty
- 12-Months
  - Certificate (typical)
- Average $48 - $75,00/year
- ACGME Guidelines
  - Hours Restriction
  - Call Restrictions
  - In-House Hours Restriction
- Didactic
  - Reading
  - Testing
  - Skill Development
- Clinical
  - Functioning similar to an Intern
  - Skill Development

Didactic Components

Type of Activities

- Case presentations
- Teaching rounds
- Patient care conferences
- Simulation learning
- Advance life support
- PA presentation at patient conferences
- M&M conferences
- In-house call
- Elective rotations
- Instruction of PA students
- Instruction of other trainees
Postgraduate Resident Expectations

- Exposure to a variety of complex patients
- Ability to triage patients effectively
- Enhanced skill development
- Exposure to multiple physician and PA practice styles
- Experience which typically takes years to obtain in only one year
- Competitive in job market
- Confidence
- Competence

Ask Yourself Some Questions...

- Why should I attend a residency program?
- What are my expectations?
- Why not just take a job and learn from my employer?
  - What would I be missing from this experience?
- What advantages will an organized residency offer me and how will it help my career?
  - What are my long-term career goals?
If your answers favored a residency or fellowship...

- Consider postgraduate training
- Research your options early
  - Check the APPAP website
  - Check each program’s website for application criteria
  - Contact the Program Director of the program
    - Show interest early
  - Ask to speak with one of the current class members or past graduates of that program
  - Visit the program
- Find your “fit”

Table 1. Perceived Utility and Efficacy from Postgraduate PA Programs Graduates

<table>
<thead>
<tr>
<th>Survey Question</th>
<th>Weighted Average</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>More competitive in the job market</td>
<td>4.76</td>
<td>97.27%</td>
</tr>
<tr>
<td>Negotiated higher pay due</td>
<td>4.15</td>
<td>75.45%</td>
</tr>
<tr>
<td>New hire orientation time period reduced</td>
<td>4.23</td>
<td>74.54%</td>
</tr>
<tr>
<td>Would recommend completing a postgraduate PA program to other PA's</td>
<td>4.48</td>
<td>95.46%</td>
</tr>
<tr>
<td>Postgraduate PA training provided increased confidence in current position</td>
<td>4.80</td>
<td>97.28%</td>
</tr>
<tr>
<td>Postgraduate PA training provided more tools for leadership roles in current position/specialty</td>
<td>4.55</td>
<td>90%</td>
</tr>
<tr>
<td>Overall postgraduate PA training was valuable to professional career</td>
<td>4.91</td>
<td>100%</td>
</tr>
</tbody>
</table>
Resources

- **APPAP Booth** during the AAPA conferences
- APPAP Website: [www.appap.org](http://www.appap.org)
- Accreditation Questions: [http://arc-pa.org/Post_Grad/post_grad.html](http://arc-pa.org/Post_Grad/post_grad.html)

**Question and Answer Session**
Thank You!

Contact Information:

[www.appap.org]

Give us a year. We'll give you the opportunity of a lifetime.