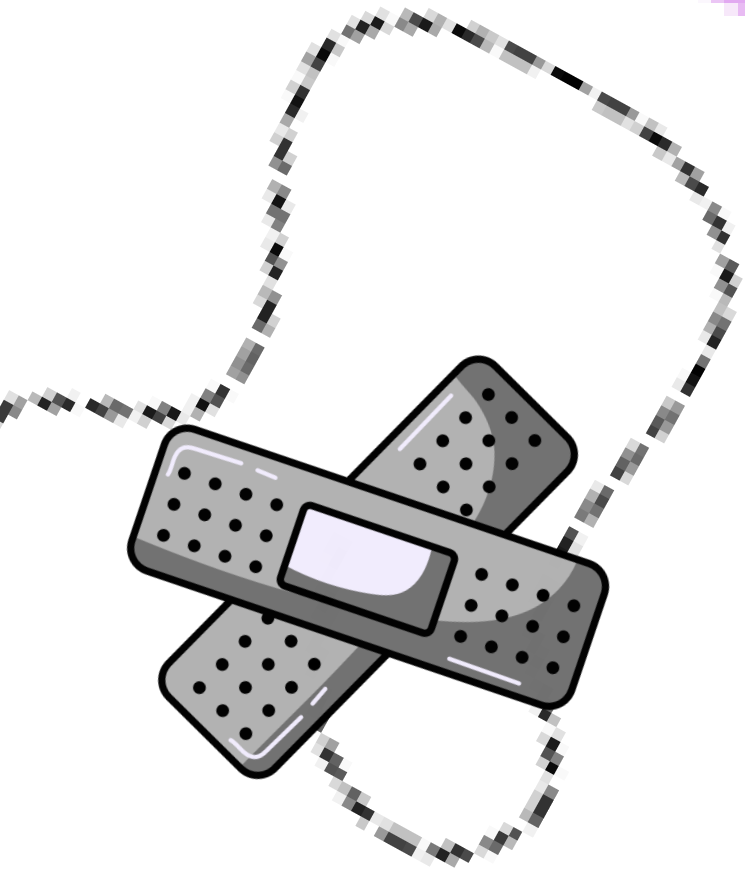


2026 MOCEP

Setting Yourself Up for Success in EM

Transition from Pre-Clinical to Clinical



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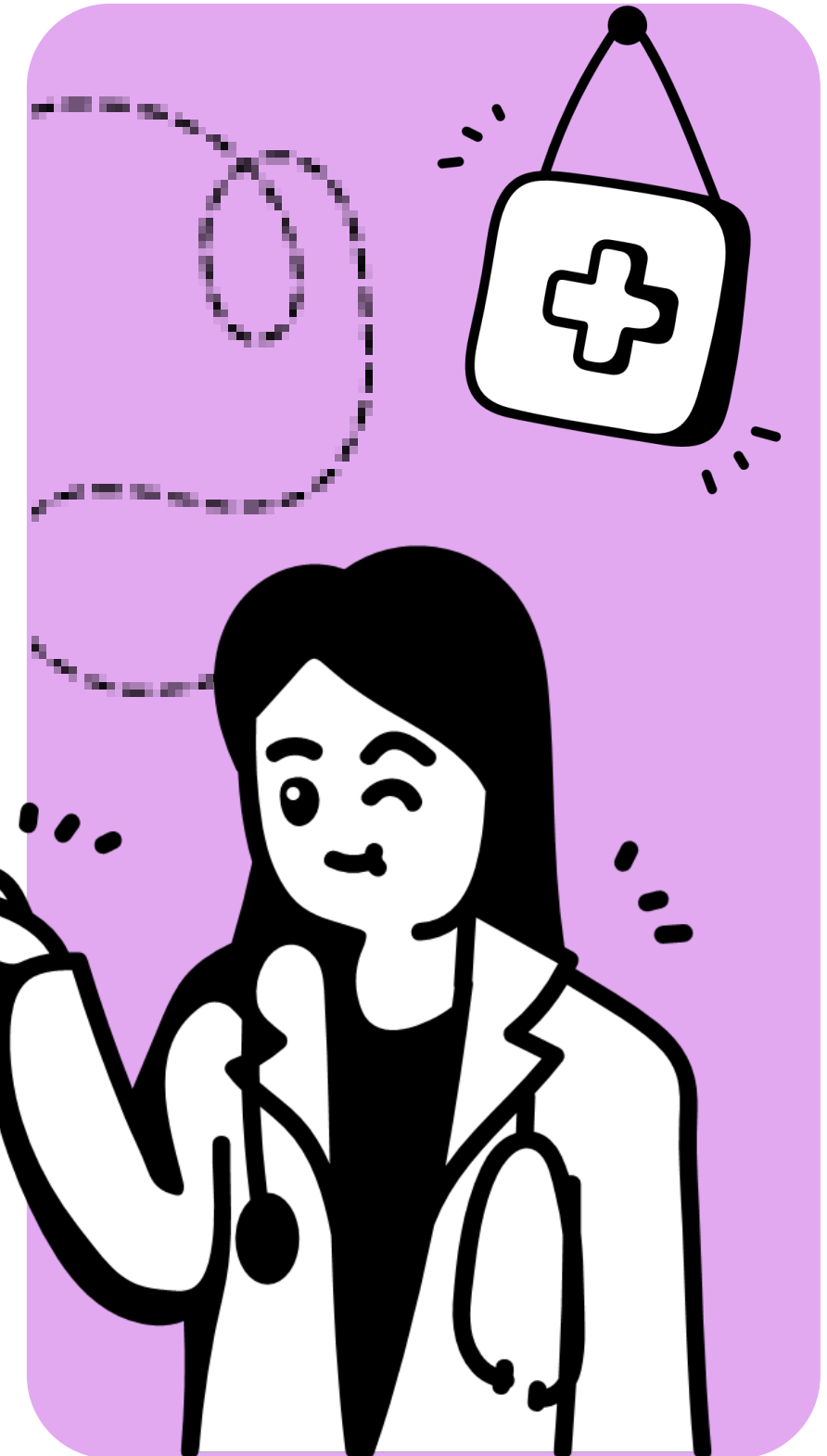
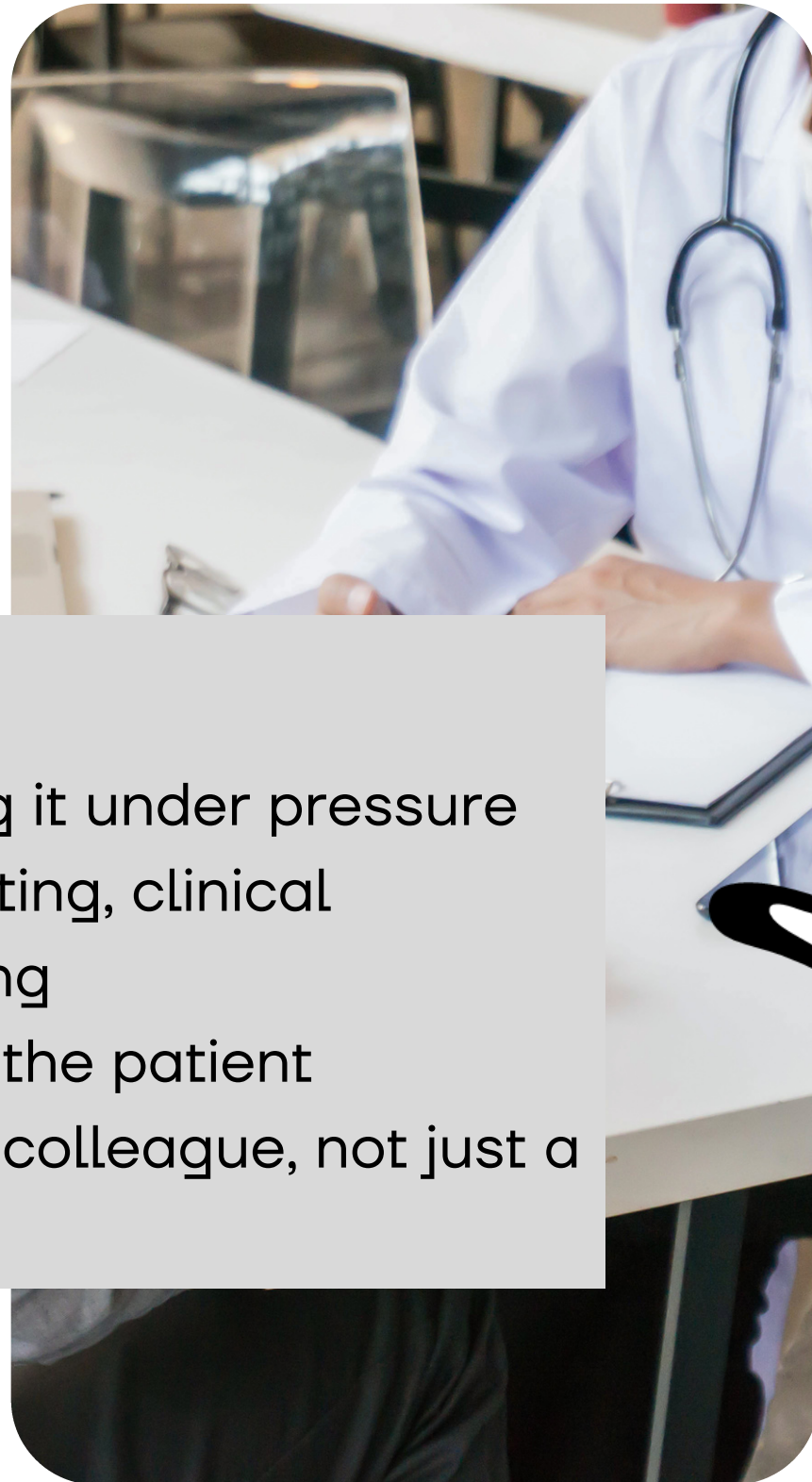
You are no longer just a student- you are a member of the team!

Pre-Clinical

- Absorbing knowledge
- Passing tests
- Learning the language of medicine

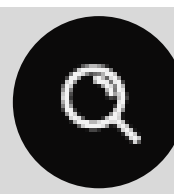
Clinical

- Applying it under pressure
- Interpreting, clinical reasoning
- Owning the patient
- Being a colleague, not just a learner



EM rewards those who show up prepared, humble, and hungry.

 Months/Weeks Ahead

 Know Your Rotation

 Understanding Your Role

 Feedback: Adapting, Growth



Preparing for your EM Clerkship

Connect early with your local clerkship director and/or EMIG

Early advising and mentorship is key!

There's really no substitute for solid foundational knowledge: make the most of learning on all clerkships and grow your personal accountability for studying and learning



How to Present in the ED



Common Chief Complaints

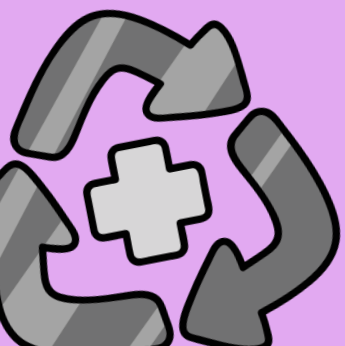
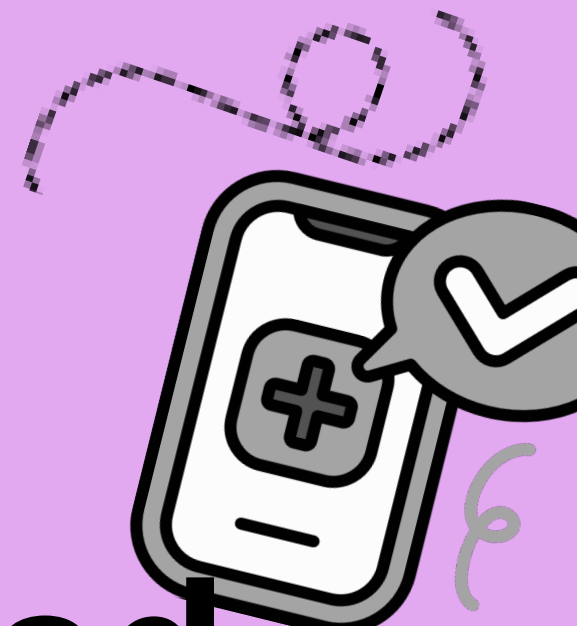


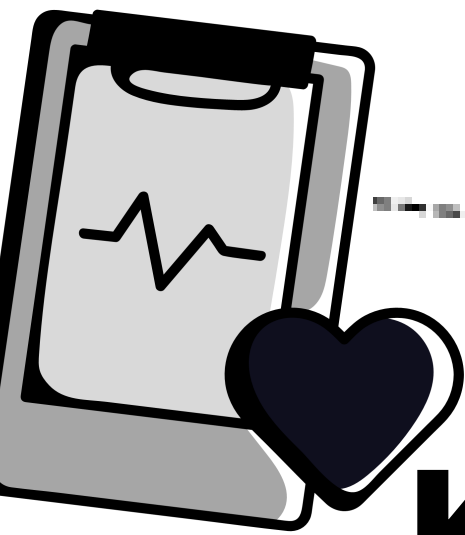
Procedures



Common Medications

Weeks Ahead



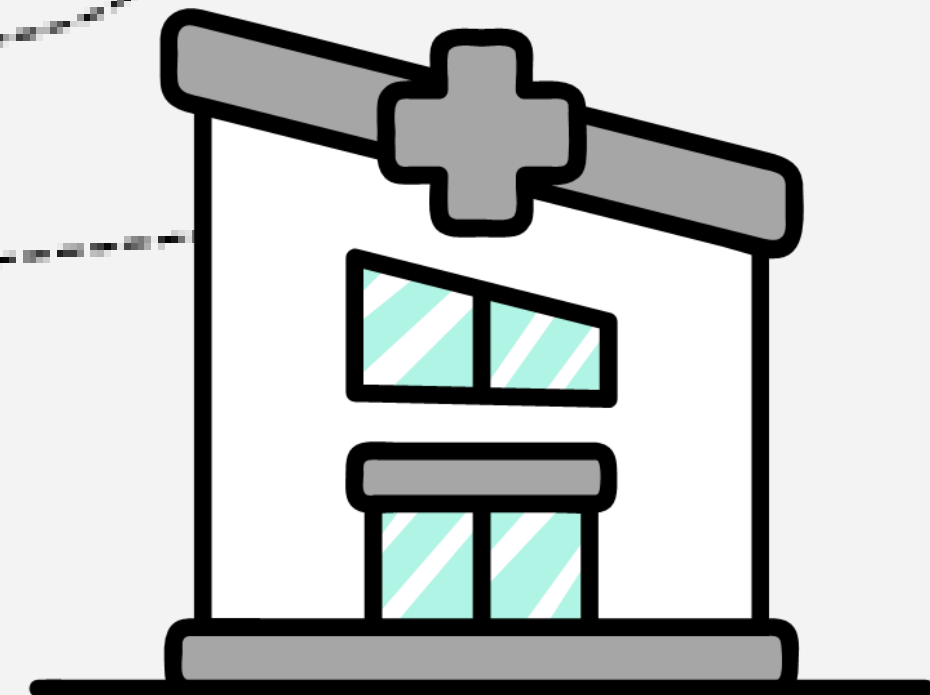


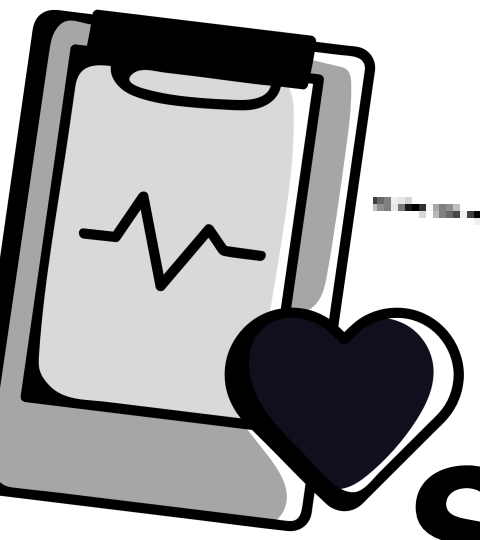
Know Your Rotation

Things that are more important than you may think

- Where to report and who to find? What to bring?
- Who do you primarily check out to?
- What is your documentation and order-entry role?
- Which patients can you see?
- Role in trauma and with critical patients?
- Who supervises procedures?

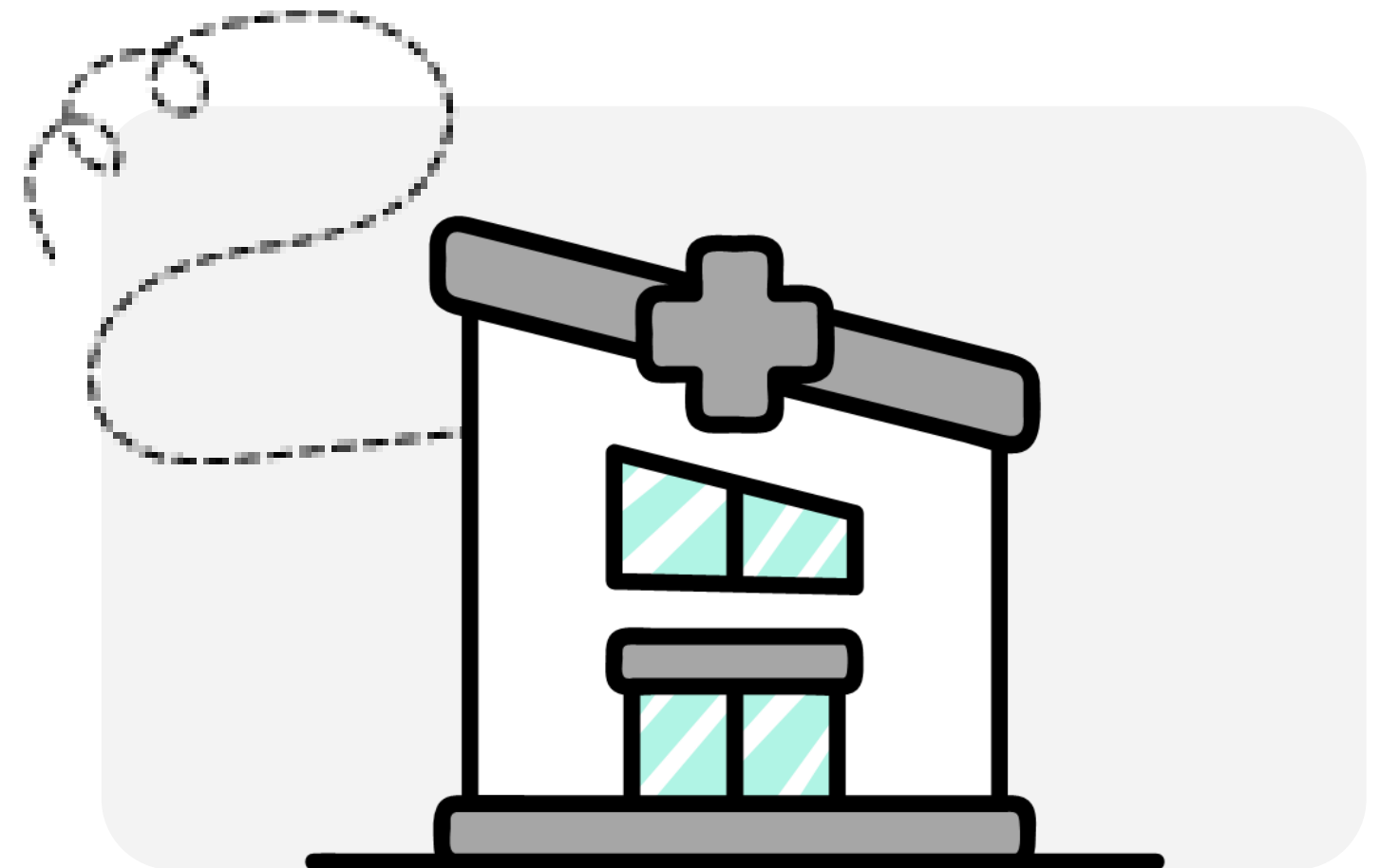
Who will evaluate you?





SLOE

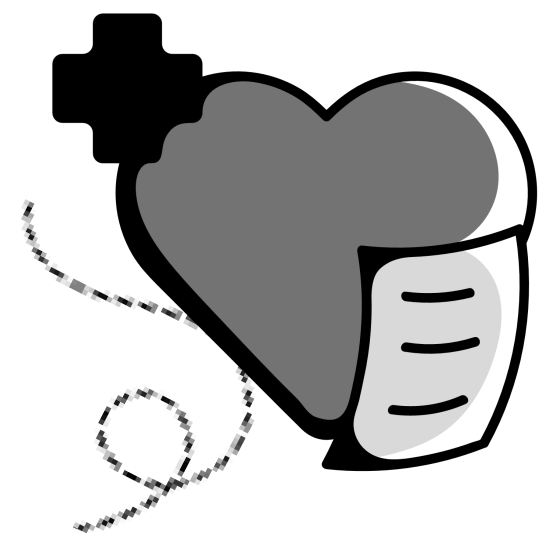
- SLOEs: Generally assumed you will want one!
- Know what is in a SLOE and the difference between a SLOE from an EM program and non-EM program.
- Meet with any assigned chiefs or APD/PD advisors. Best to email early in the rotation.
- The clerkship director can be a good resource re: expectations for EM-bound students





- Have some go-to EM resources
- Trauma shears
- Humility: be honest. It's okay to share that you didn't do something or don't know something)
- Hungry: there is always something you can be doing. Find solutions or BE the solution! blankets/food, reassessments, reading the room (does resident need the US machine? can you help fax something?).
- Be willing to stay late to do procedures

**Prepared,
Humble,
Hungry**



EM Resource Arsenal

Apps and References

- EMRA Fundamentals
- EMRA Antibiotic Guide
- EMRA PressorDEX
- MD Calc
- 5-minute EM Consult

Apps and References

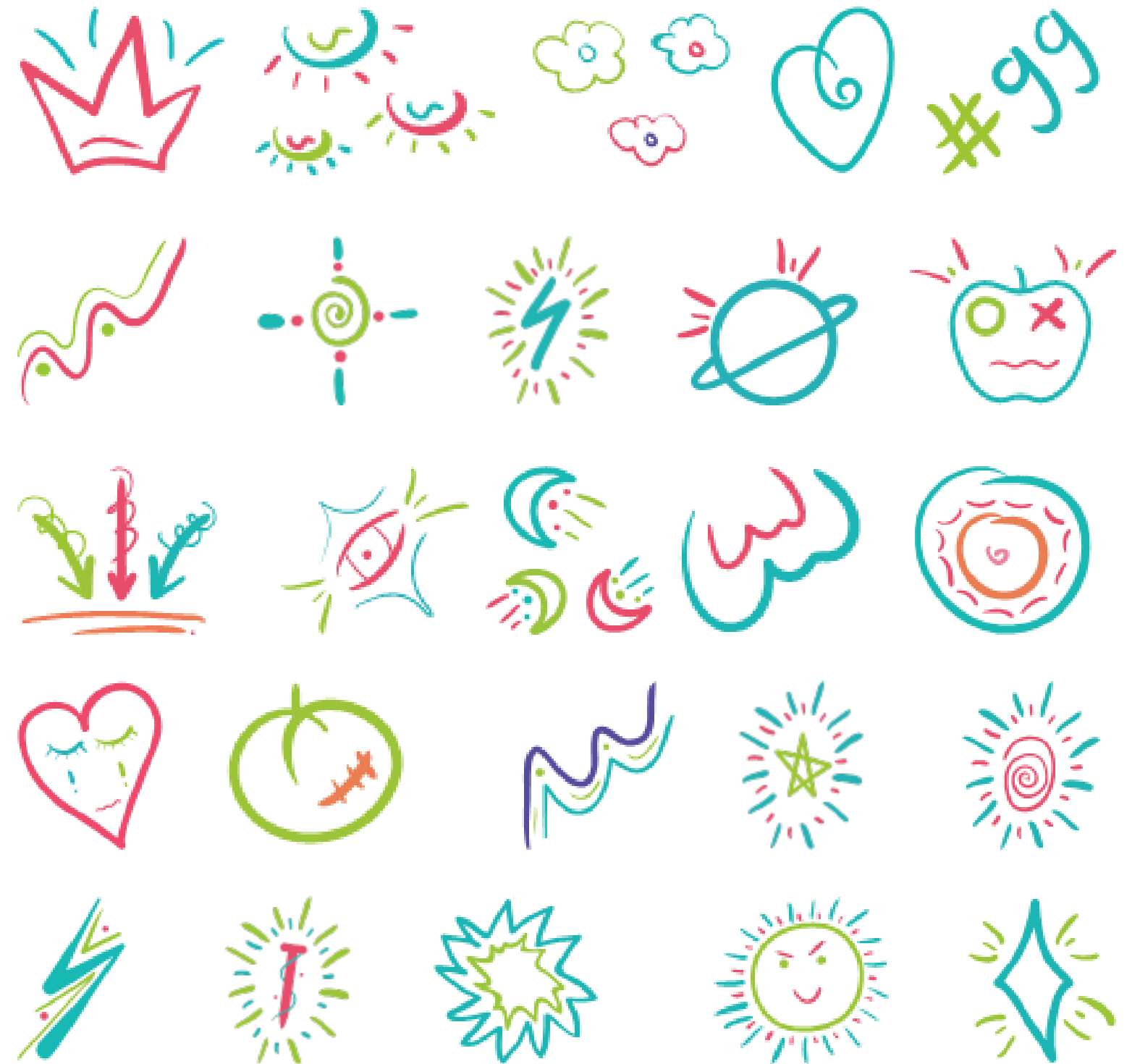
- EM Basic
- Core EM
- Board Bombs
- EM: RAP

Textbooks

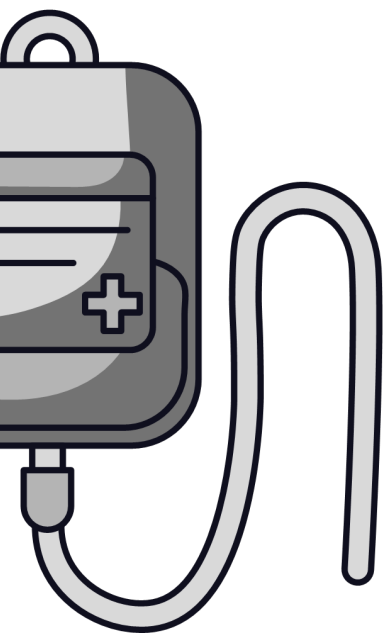
- Tintinalli's
- Rosen's
- EM Secrets

Websites

- Wiki EM
- Rebel EM
- ALIEM
- Life in the Fast Lane (LITFL)



For EM Applying: EMRA, CORD Advising Students Committee



Feedback: Adapt and Grow!



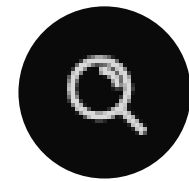
Lead the Exit

- Ask for feedback in the last hour of shift
- Be prepared to offer what you think you did well and what you can work on.
- Carry forward the feedback to a learning goal for your next shift.

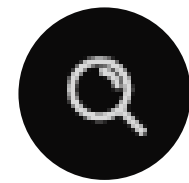
Receiving Feedback

- Listen without interrupting
- Don't explain/defend
- Perfection is not expected

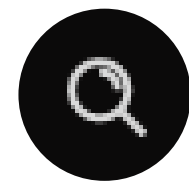
Common Pitfalls



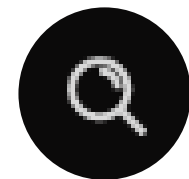
Not following up on your patients



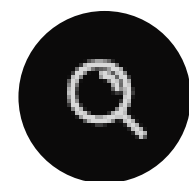
Trying too hard- read the room. Your peers are your allies not your competition



Making excuses
Being defensive with feedback: interrupting or trying to explain



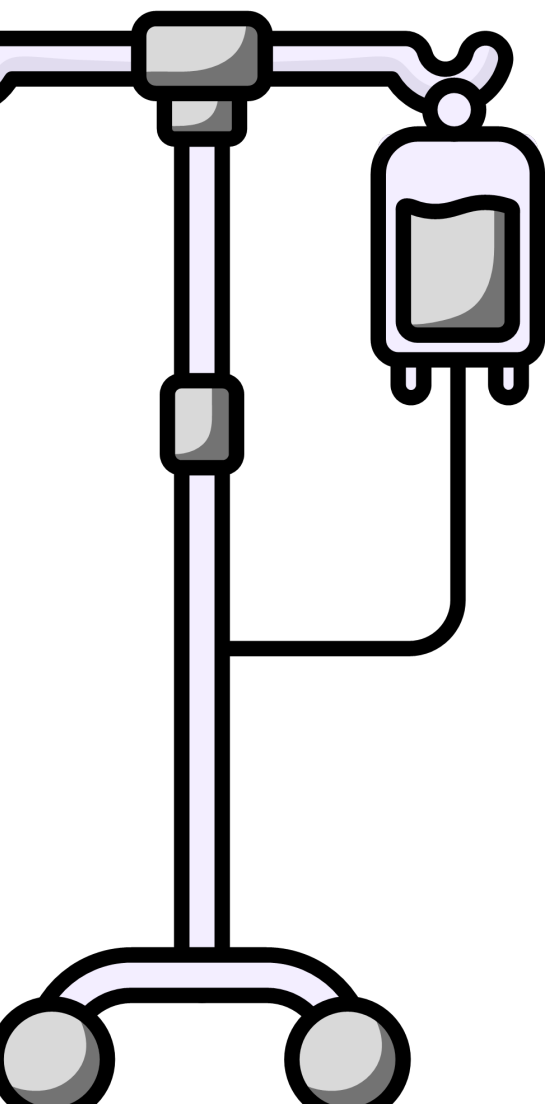
Not investing in connecting with the team



Not reading clerkship emails vs. sending too many emails...

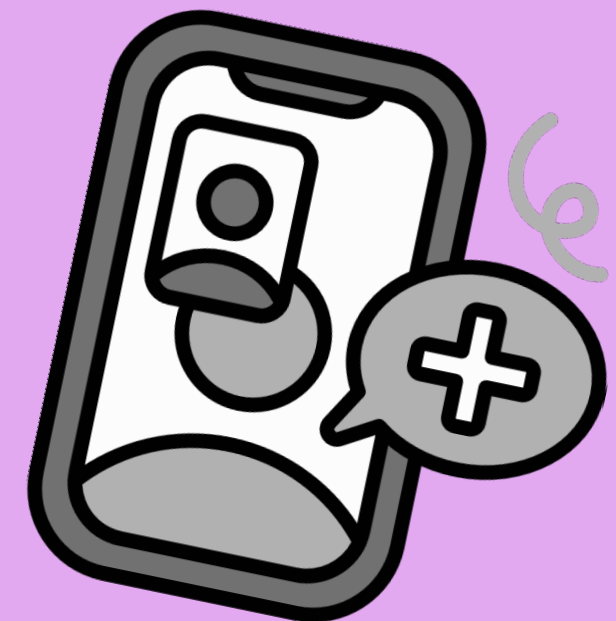


Every shift is an audition



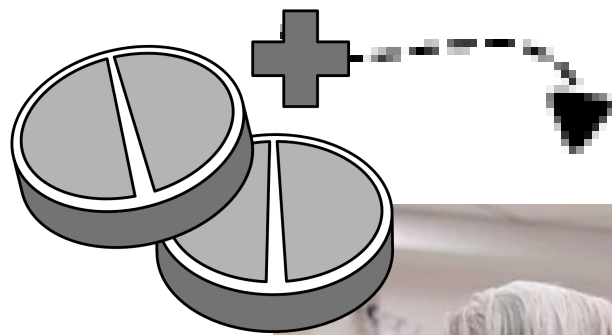
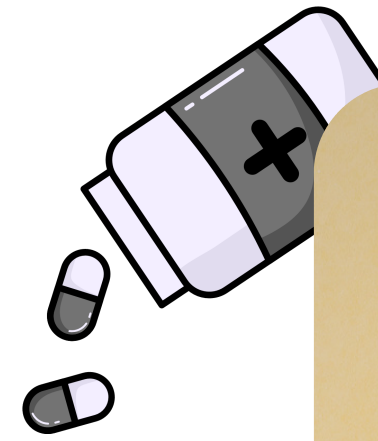


Your pockets are full...phone is filled with apps...how do you become an effective member of the team?



Seven Habits of Highly Effective Residents

What are programs looking for in residents?



Who would you hire as a PD?



01

BE PROACTIVE

Arrive early

Get involved - not just on shift!

Change the problems you can change and accept the one's you cannot.



02

Begin with the End in Mind

The goal: be the best EM physician in 3 or 4 years

Be smart- there is no substitute for lack of knowledge

Would I want to work with me?

03

Put First Things First

Great bedside manner-
How would I feel if I was this patient?

Hard-working: embrace challenges

Represent the best EM has to offer

04

Think Win-Win

Team Player, Kindness, Invest in relationships

Passes the "2 am test"

Always willing to roll up sleeves and get hands dirty.

Keep your EM program coordinator happy- be an adult!

Who would you hire as a PD?



05

Seek to Understand

Play nice in the Sandbox

Care about your patients. Aim to understand patient fears, concerns, and needs to provide the best care and advocacy

06

Synergize

Be willing to try and persist with almost anything

Recognize when you need help

Advocate for patients and EM



07

Sharpen the Saw

Invest in yourself: set up systems to combat burnout.

Make time for renewing activities.

Foster friendships

Prioritize sleep and mental health care

On Trust

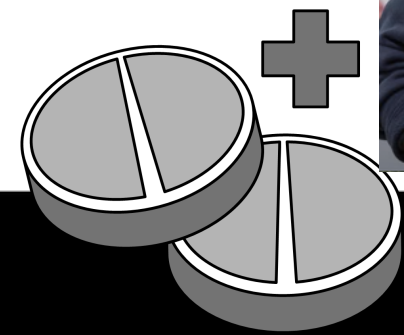
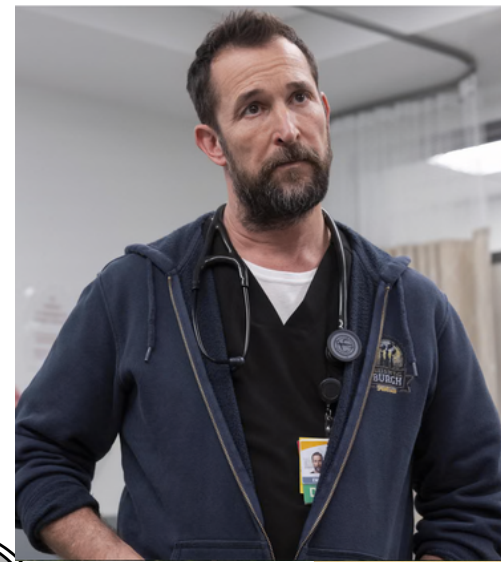
Ability: competency

Integrity: favorable intentions, honesty, truthfulness

Reliability: predictable, working conscientiously

Humility: discernment of own limitations and willingness to ask for help when needed.

Traits I've observed in our rockstar residents



TRAITS I've observed in our ROCKSTAR RESIDENTS

1. Doesn't complain
2. Finds way to make work fun
3. Supports the team however possible
4. Teaches constantly
5. Learns incessantly
6. Sees failure as an opportunity to grow and improve
7. Brings in food
8. Learns names and uses them: of nurses, ancillary staff, etc.
9. Emphasizes patient care and practices humanistic medicine
10. Recognizes they are a role model to junior residents



Thank you!!

Questions?