

# ACFAS Update

STUDENT & RESIDENT

VOLUME 6 ISSUE 1 NEWS from the AMERICAN COLLEGE OF FOOT AND ANKLE SURGEONS

## Come for Residents' Day...

Don't miss your chance to be part of the inaugural **Residents' Day** on **Wednesday, February 13** in advance of ACFAS 2019 in New Orleans! This residents-only pre-conference event is specifically designed to help you take the leap from residency to practice.

The world of medicine is rapidly changing, and an expert faculty, including multiple residency directors, is ready to help you navigate the way. Listen to sessions focused within three educational areas to learn how to effectively transition, manage patients and complications, and make the most of your first five years of practice.

Sessions will cover:

- Lessons learned during the first days of practice
- When to begin your first job hunt and when to look for that second job
- How to handle difficult patients
- Habits of an effective doctor
- Contract negotiation
- Outreach and how to promote yourself

Registration also includes lunch and closes with a social networking opportunity featuring open Q&A. This is a full-day event filled with real-world tools and knowledge to prepare you for this next stage of your career.

TOOLS FOR TRANSITION FROM  
**RESIDENCY to PRACTICE**

**2019 RESIDENTS' DAY** | pre-conference PROGRAM

FEBRUARY 13, 2019 | NEW ORLEANS

UNRESTRICTED EDUCATIONAL GRANT PROVIDED BY  
**Organogenesis inc.**  
Empowering Healing

As an ACFAS Resident Member, your cost to attend is \$89, discounted from \$110 for non-member residents. Register now and view the full agenda at [acfas.org/neworleans](http://acfas.org/neworleans).

## Stay for ACFAS 2019!

Don't forget to also **register and book your hotel** for ACFAS 2019, **February 14–17, 2019** at the Ernest N. Morial Convention Center in New Orleans! Experience new clinical sessions, including those tailored specifically to young members, and attend events perfectly suited for residents, such as the:

- ACFAS Job Fair, featuring free CV review
- Headshots Booth, where you can get your professional photo taken
- Invitation-only Student and Resident Member Networking Reception
- Fellowship Breakfast Fair



**ACFAS 2019 NEW ORLEANS**  
SCIENTIFIC CONFERENCE

FEBRUARY 14 - 17, 2019

PRE-CONFERENCE WORKSHOPS  
FEBRUARY 13, 2019

Head to [acfas.org/neworleans](http://acfas.org/neworleans) to register now and watch for further conference details in future issues of *Student & Resident Update*.



**Hannah Jo Sahli, DPM**  
Florida Hospital East Orlando  
Residency Program



**Jonathon J. Srour, DPM**  
MedStar Washington Hospital  
Center Residency Program

# Two Takes on First-Year Residency

The first year of residency is in the books for Drs. Sahli and Srour. Read on to see how your experience compares to theirs.

**You just completed your first year of residency. How did it go? Did it meet your expectations?**

**HS:** It met and exceeded my expectations. I was exposed to pathology and trauma during call weeks and worked on many surgical cases. I also got to work closely among multiple specialties and form close relationships with medicine, vascular, infectious disease and emergency medicine.

**JS:** It was full of many challenges and frustrations. My struggles mostly consisted of managing a pager for busy surgical services while attempting to gain basic surgical skills and stay up to date with the current literature. However, co-interns and senior residents mentored and supported me throughout.

**How did you end up at your residency program? Was it your first choice?**

**HS:** I completed an externship at my residency program as a fourth-year student. After my month here, I knew it would be my first choice. I continued to work hard the rest of the year, kept in contact with the residents and put much time and effort into my interview preparation.

**JS:** Yes, my residency program was my top pick. Dr. John Steinberg spoke at NYCPM and presented some cases. I liked the diverse cases and experiences that the program offered. After externing there, I knew this was the program where I wanted to cement my training.

**What do you love most about your residency experience? What do you find most challenging?**

**HS:** The answer to both questions is volume. Our program offers us incredible training in the form of repetition. We see hundreds of ER and floor consults our first year yet manage to spend a substantial amount of time in the OR. The call schedule was certainly the most challenging part of my first year.

**JS:** My favorite aspect about our residency is also the aspect that is most challenging; the sheer size of the program. We have a weekly academics session that is protected from virtually all rotations so that everyone can attend it. We cover ABFAS board questions, discuss recent journal articles and surgical cases, hear from top foot and ankle surgeons and take part in cadaver labs.

**If you could do it all over again, what would you change about your first year?**

**HS:** I would have read more. I did not take as much time as I wish I would have to read on my off-service rotations and to prepare for cases.

**JS:** I could have always spent more time in the literature. I regret the times that I traded the opportunity of potential learning for a few more minutes of dreamless sleep.

**What advice do you have for those just beginning their residency training?**

**HS:** Take advantage of every single opportunity you can make for yourself. You only get three years to learn and experience everything you want to. It will be overwhelming at first, but dive in and soak it all up.

**JS:** Read as much as possible and use any downtime to scrub with a senior resident.

## AND THE SURVEY SAYS... SALARIES ARE INCREASING!



Planning for your financial future? Good news—ACFAS practitioner members are reporting an average starting salary of \$167,888—a 20 percent increase from three years ago! Plus, the average reported annual salary for foot and ankle surgeons overall has also increased by more than 7 percent since 2015. These salary increases forecast a bright future for the profession and show

that foot and ankle surgeons' training and expertise are valued and in demand.

The results come from ACFAS' triennial Practice Economics and Insights Survey, which collects data on compensation and benefit trends among members. Visit [acfas.org/compensation](http://acfas.org/compensation) to view the complete survey results.

**Average starting salary of \$167,888**