

ACFAS Update

student resident

NEWS FROM THE AMERICAN COLLEGE OF FOOT AND ANKLE SURGEONS



Welcome to the College...



...and the debut issue of the new "ACFAS Student/Resident Update," the College's new quarterly newsletter, which shares content specifically focused to American College of Foot and Ankle Surgeons' (ACFAS) resident and student club members. This newsletter brings you specific information created by the College to help you ascend the career ladder and become a successful, established practitioner.

All Resident and Student Club Members of ACFAS have access to all of the members-only content on the ACFAS website. At this time, your record has been activated.

WITH YOUR MEMBERSHIP, YOU NOW HAVE ACCESS TO THE FOLLOWING E-BENEFITS:

- Bi-monthly, peer-reviewed *Journal of Foot and Ankle Surgery* (JFAS) – available for viewing online at www.acfas.org/jfas
- *This Week @ ACFAS*, our weekly e-newsletter* containing College and professional news and helpful hints; The current issue can be viewed at http://www.acfas.org/ThisWeek/ThisWeek_current.html
- Lowest pricing for ACFAS educational events, publications, e-Learning, DVD series and other products and services
- Clinical Consensus Statements (CCSs), providing the benchmark of quality patient care
- Access to the "Members Only" section of the newly-redesigned ACFAS website, www.acfas.org – with special sections of the site dedicated to student and resident resources

***NOTE:** Please add ACFAS@infoinc.com to your e-mail's "safe senders" list, so that your e-mail provider doesn't block "This Week @ ACFAS" from reaching you.

Again, welcome to the College. Please do not hesitate to contact us with any questions. ACFAS looks forward to helping you start a successful career path as a foot and ankle surgeon!

Want to Access JFAS Online?



You're not alone – JFAS is the highest-rated member benefit; the most commonly accessed area of the ACFAS website. In fact, accessing this site is the most frequently asked question of our members. The *Journal of Foot and Ankle Surgery* (JFAS) is the official peer-reviewed scientific journal of the American College of Foot and Ankle Surgeons.

All ACFAS Resident Members receive a hard-copy subscription to JFAS as a benefit of membership. Resident and Student Club Members have full access to an online version of JFAS with new issues posted on the date of publication, as well as archived issues from 1995 to the present.

How do I access JFAS online? It's easy:

- 1) Log into the ACFAS website: www.acfas.org
- 2) Go to the JFAS landing page on the ACFAS website: <http://www.acfas.org/jfas/>
- 3) Click on the link in the right margin: "Read current and past issues online"
- 4) You are now on the JFAS site. **Since you already logged into the ACFAS website, there is no need to log into the JFAS site again.**
- 5) Read the current issue, or search for archived articles.
- 6) Have questions concerning your ability to access the site? Contact the College at membership@acfas.org for assistance.

Attend the 2013 Annual Scientific Conference – and Get the Most Out of the Experience

If you've already registered for the 2013 Annual Scientific Conference (also known as ACFAS 2013), you can look forward to experiencing the highest-rated foot and ankle surgical conference in the world. As a newcomer to ACFAS 2013, here are a few must-see sessions that all students and residents should make a point to attend:

- **Opening General Session:** Hear Ted Kennedy, Jr., speak about his personal experience navigating the American healthcare system after losing his leg to bone cancer at the age of 12 and, further, acting as an advocate for the civil rights of people with disabilities.
- **Manuscripts/Abstracts:** Hear the latest research presentations in the world of foot and ankle surgery; each author is granted seven minutes to present his or her paper.
- **Young Members Reception:** This invitation-only session gives young attendees a chance to mingle and get to know each other. All student and resident attendees receive a ticket in the conference registration packet.
- **Honors and Awards Ceremony:** Root for your residency program's or student club's submissions in the Manuscript and Poster Competitions. This is the first year that all nine student clubs are represented - it will prove to be a tough competition and a good show!



ACFAS Student Club at Western University Leadership
Pictured from left to right: Muhiaminu Hossain; Paula Nuguid; Charles Loc; ACFAS Board Liaison Glenn Weinraub, DPM, FACFAS; and Ryan Moss

- **YMR Sessions:** Make a point to attend all sessions marked "YMR" (Young Member Recommended) in the conference brochure:
 - o Difficult HAV
 - o Doctor's Lounge – Difficult Case Reviews
 - o The Truth about Charcot Outcomes
 - o Simplifying the Complex
 - o Fad or Fact
 - o Lapidus – It's My Way or the Highway
 - o Complications that Keep You up at Night
- **Invitation-Only Fellowship Breakfast Panel:** All student and resident attendees will be invited to learn more about fellowships that may be available post-residency.
- **Division Member Lunch Meetings:** Spend your lunch hour on the exhibit floor learning about what the ACFAS Regional Divisions can do to support residents and students in your part of the country.
- **Stratosphere "Out-of-this-World" Wrap Event:** Continue the networking – and fun – with ACFAS at the Stratosphere Tower, located 800 feet above Las Vegas with views to die for, as well as drinks, dinner and entertainment – the perfect end to a perfect meeting!

The College Offers Access to a Whole Library of Podcasts

Students: are you *Gearing up for Residency*? If you want to get answers about what to do in preparation, check out ACFAS' podcast just for students, *Gearing up for Residency*. After all, this could be the most important transition in your professional life!

Gearing up for Residency features ACFAS members who serve as Residency Directors for teaching hospitals and schools across the United States. They've been in your shoes before; they've had the same hopes and fears that you may have, and they want to help you. Here are some of the topics they discuss and debate in this free podcast:

1. Selecting the right residency program. Learn the importance of and methods for evaluating each program's strengths, weaknesses and surgical emphases. Also, listen to the discussion on what these members say you can do to position yourself as a strong candidate for selection.
2. The importance of externships and utilizing them to determine whether or not a residency program is a good fit for you. Along with this topic, should you determine where your externship, residency and training take place based on where your family and friends are, where you'd like to "set up shop" afterward, or where you're going to get the best training and the greatest opportunity?
3. What is the best way for a student to research a program and at what point in school should this be done? Then, after choosing a program, how should you prepare during the time leading up to beginning your residency? Is there anything specific you can read in order to prepare for the upcoming residency challenge?

4. Have fun! Residency Directors recommend social activities that can teach you more about what you should expect when entering your residency.

5. What are some ways incoming residents can prepare for actual surgical skills? If you think your skills are pretty great but you are unsure of what Residency Directors will think of your other qualities, learn how you can show that you'll make a good resident as these residency program directors weigh in on which qualities they look for in future residents.

6. An externship can make or break your chances of getting into a good residency. Listen to what to do and what not to do during your externship.

7. If you're unable to visit a residency program, find out which questions you need to ask to gather information so you can determine whether or not the program will be a good fit for you.

Visit acfas.org and click on the Education tab, then e-Learning and Podcasts to get access to this and other ACFAS free podcasts, which are available to all members – including students and residents!

