General Surgery Training Programs

Mayo Graduate School of Medicine

Mayo Clinic Rochester
Rochester, Minnesota
General Surgery Training Programs

General surgery training at Mayo Clinic Rochester offers:

• Categorical, non-designated and designated preliminary programs to meet your career needs
• Well-rounded experiences in general and subspecialty surgery in 94 operating rooms and a laparoscopic training facility
• Large volume and a broad spectrum of surgical pathology
• Outstanding opportunities in clinical and basic science laboratory research
• Extensive didactic training and professional conferences
• Close mentoring relationships that assure daily resident-staff interaction
• Technical skills development directed by expert clinical surgeons
• Excellent preparation for board certification

Mayo Clinic’s favorable faculty ratio, large patient population and state-of-the-art diagnostic, therapeutic and research facilities combine to create a truly integrated educational experience. The ‘Mayo Clinic way’ of graduate medical education ensures you will have the finest teaching and the broadest patient care experience possible during a busy, hands-on training program.
Training at Mayo Clinic

Mayo Clinic has a long-standing tradition of practicing both the art and science of medicine. As one of the country’s largest and best-known private group practices of academic medicine, Mayo Clinic was founded on the belief that physicians need to work together, teach and learn from others, and conduct research to provide sustained, excellent patient care.

Physicians, scientists, residents, students, nurses and allied health staff members work as a team at Mayo Clinic. Our staff clinicians and scientists are called consultants in recognition of their teaching and mentoring role in the team.

Mayo Clinic teamwork spans many locations

In Jacksonville, Florida
Mayo Clinic Jacksonville
St. Luke’s Hospital

In Rochester, Minnesota
Mayo Clinic Rochester
Saint Marys Hospital
Rochester Methodist Hospital
Charter House

In Scottsdale, Arizona
Mayo Clinic Scottsdale
Mayo Clinic Hospital

Mayo Health System
Mayo Clinic offers a five-year categorical general surgery residency program. During your training in this program, your responsibilities will increase with your experience, capability and performance.

While junior-level residents operate every other day, training in years PGY-1 and PGY-2 is weighted to preoperative and postoperative patient care. In PGY-2, you also will serve as a senior resident in the surgical intensive care unit. During PGY-3 and PGY-4, your training will emphasize surgical technique and skill refinement. As a chief resident in PGY-5, you will lead your own surgical team and assume the responsibility for patient and resident team management.

Throughout your residency, you will write all orders and be fully responsible for managing your patients. You will participate in rounds each morning as part of a resident/student/consultant team. During rounds new patients will be presented, inpatient management will be reviewed, and teaching sessions will be held. You also will make independent early morning and late afternoon rounds to review the results of tests and therapy, discuss progress with patients and their families, make further decisions, and write orders.
Clinical Rotations

The specific rotations for the five-year program are shown below.

**PGY-1**

<table>
<thead>
<tr>
<th>Rotation</th>
<th>No. of Months</th>
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<tbody>
<tr>
<td>Emergency Room Surgical Service</td>
<td>3</td>
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<tr>
<td>General Surgery</td>
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<tr>
<td>Vascular Surgery</td>
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<tr>
<td>Orthopedic Surgery</td>
<td>.5</td>
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<tr>
<td>Neurosurgery</td>
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<td>Urologic Surgery</td>
<td>.5</td>
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<tr>
<td>Plastic Surgery</td>
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**PGY-2**

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<tr>
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<td>4.5</td>
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<tr>
<td>Cardiac Surgery</td>
<td>.5</td>
</tr>
<tr>
<td>Surgical Critical Care</td>
<td>3</td>
</tr>
<tr>
<td>Colon and Rectal Surgery</td>
<td>1.5</td>
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<tr>
<td>Endoscopy/Anesthesia</td>
<td>1</td>
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<tr>
<td>Gynecologic Surgery</td>
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**PGY-3**

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<th>No. of Months</th>
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<tr>
<td>General Surgery</td>
<td>3</td>
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<tr>
<td>Colon and Rectal Surgery</td>
<td>1.5</td>
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<tr>
<td>Pediatric Surgery</td>
<td>3</td>
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<tr>
<td>Transplant Surgery</td>
<td>1.5</td>
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<tr>
<td>Thoracic Surgery</td>
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**PGY-4**

<table>
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<tr>
<th>Rotation</th>
<th>No. of Months</th>
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<tbody>
<tr>
<td>General Surgery</td>
<td>3</td>
</tr>
<tr>
<td>Colon and Rectal Surgery</td>
<td>1.5</td>
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<tr>
<td>Vascular Surgery</td>
<td>3</td>
</tr>
<tr>
<td>Emergency Room Surgical Service</td>
<td>3</td>
</tr>
<tr>
<td>Penetrating Trauma and Burns</td>
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**PGY-5 (“Chief Resident”)**

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<tr>
<th>Rotation</th>
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<tbody>
<tr>
<td>General Surgery</td>
<td>7.5</td>
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<tr>
<td>Vascular Surgery</td>
<td>3</td>
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<tr>
<td>Colon and Rectal Surgery</td>
<td>1.5</td>
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During PGY-3 you will spend six weeks managing pediatric surgical patients at the Nemours Children’s Clinic/Wolfson Children’s Hospital in Jacksonville, Florida.

During PGY-4 you will spend six weeks managing penetrating trauma and burn patients at the Detroit Receiving Hospital in Detroit, Michigan.

Mayo Clinic funds the authorized additional costs of travel, housing, car rental and licensure fees for these rotations. Our residents consistently rate them very highly.

**Didactic Training**

Clinical conferences, seminars, small discussion groups, journal clubs and one-on-one instruction are an integral part of Mayo’s General Surgery Residency Program. Attendance at these general surgery training sessions is required of all residents.
During each subspecialty rotation, you also will attend that subspecialty’s weekly schedule of journal clubs, didactic presentations and conferences dealing with patient management problems, mortality and morbidity.

You are encouraged to attend all regional and national general surgery meetings sponsored by Mayo Clinic.

**Surgical Basic Science Program**

You will receive basic science instruction in topics such as wound healing, immunology, infections and organ system pathophysiology. All residents are expected to attend this weekly session. You will be given a copy of the program reference text when you arrive at Mayo Clinic.

**Emergency Surgery/Trauma**

Your PGY-1 emergency room surgical service rotation will include a formal lecture series. You will learn about various aspects of emergency surgery and trauma management.

**Surgical Critical Care Program**

During PGY-1 and PGY-2, your surgical critical care rotations will include daily lectures about the fundamentals of critical care management. Mayo has a high volume of tertiary care patients, so you will have broad exposure to nearly all aspects of critical care.

**Journal Club**

During PGY-3, you will meet every two weeks throughout the academic year for journal club. You
will learn how to critically analyze and interpret scientific articles.

**Special Courses**

**Advanced Trauma Life Support Certification**
As an intern, you will have the opportunity to become certified in the American College of Surgeons’ Advanced Trauma Life Support program. A re-certification course is offered during PGY-3.

**Surgical Skill Workshops**
During PGY-2 through PGY-4, you will receive specialized instruction in a formal laboratory course for one weekend each year.

<table>
<thead>
<tr>
<th>Year</th>
<th>Course</th>
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<tbody>
<tr>
<td>PGY-2</td>
<td>Beginning Stapling</td>
</tr>
<tr>
<td>PGY-3</td>
<td>Laparoscopic Surgery</td>
</tr>
<tr>
<td>PGY-4</td>
<td>Advanced Stapling</td>
</tr>
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</table>

**Cardiac Life Support Certification**
You are required to become certified in Basic Cardiac Life Support (BCLS) and Advanced Cardiac Life Support (ACLS). ACLS courses are held during the last week of June, just before the start of the academic year. An evening ACLS course also is offered every three months to facilitate recertification. You must be certified in BCLS and ACLS before you begin your emergency room surgical service and intensive care unit rotations.

**Case Studies**
During your residency you will frequently prepare case study presentations. You will present pertinent information from an interesting case, conduct an in-depth discussion of that case, and provide a current bibliography.
In-Training Examinations

Each year you will take the written American Board of Surgery In-Service Training Examination (ABSITE). During PGY-4 and PGY-5, you will participate in oral clinical examinations given by Mayo Clinic’s surgical staff. These “mock” oral exams use the same format as the oral certification examination given by the American Board of Surgery.

Teaching Opportunities

You will have the opportunity to supervise and teach Mayo Medical School students and visiting student clerks through bedside instruction and formal didactic lectures.

Research Training

The research opportunities at Mayo Clinic are outstanding. Your particular project(s) will depend on your interests and background. Research opportunities are divided into two broad categories—clinical and basic science laboratory research.

Clinical Research

You will have access to Mayo Clinic’s world-renowned medical records system for clinical research. During your residency, you will conduct at least one clinical research project, publish the results, and make at least one regional or national presentation.

Basic Science Laboratory Research

If you have an excellent clinical record and are interested in an academic surgical career, you will be encouraged to pursue basic science laboratory research. You may begin a research project after
PGY-2, or you may complete your residency training and then focus on research. Nearly half of our general surgery residents add one or more years of laboratory research to their five-year residency training. Credits can be applied toward an M.S. or Ph.D. at Mayo Graduate School.

Mayo Clinic offers two basic science laboratory research opportunities—a one-year program and a two-year clinician-investigator program.

One-Year Research Program
This program will give you the opportunity to assess your aptitude for bench research and develop your fundamental research skills. To enhance your productivity, you are encouraged to base your research on existing research projects. Current areas of basic science laboratory research include:

- Cardiac Surgery
- Colorectal Physiology
- Gastrointestinal Physiology
- General Thoracic Surgery
- Oncology/Immunology
- Pediatric Surgery
- Plastic Surgery
- Transplantation
  - Xenotransplantation
  - Cardiac/Lung
  - Hepatic
  - Renal/Pancreas
- Vascular Surgery

Clinician-Investigator Program
Mayo Clinic’s Clinician-Investigator Program is two years in length. When you complete this program, you will be academically prepared, competent in clinical surgery, technically skilled in research, and capable of competing in today’s research environment.
The Clinician-Investigator Program includes two years in basic science laboratory research and a core curriculum of research seminars, guest seminars and didactic courses in subjects such as:

- Advances in Cell Molecular Biology
- Cellular and Quantitative Biology
- Physiology
- Statistics

If you are interested in the Clinician-Investigator Program, you should indicate your interest early in your residency training. You will then be assigned to a faculty member who will help you develop a competitive written research proposal.

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**Bench to bedside**

Mayo Clinic is committed to basic and clinical research that leads to better patient care.

**Mayo Clinic’s hallmark is teamwork —**

- Among basic and clinical investigators
- Among investigators and clinical practitioners
- Across Mayo Clinic sites
- Between Mayo Clinic and other institutions

**Mayo Clinic people in research —**

- 250+ full-time physicians and scientists
- 400+ associates and fellows
- 1300+ administrative and allied health staff

**Research funding sources —**

- Extramural funds = $130 million+
- Mayo Clinic funds/other revenue = $110 million+
General Program Information

Patient and Service Mix
As a regional medical center for the Midwest, Mayo Clinic Rochester registers more than 320,000 patients each year. Eighty percent of the clinic’s patients are self-referred and come from within a day’s drive. Although Mayo Clinic has a reputation for successfully handling the most obscure and difficult medical problems for people from around the world, common medical concerns are actually the norm. This allows you to see and treat an exceptional variety of illnesses during your clinical training.

Preliminary General Surgery Programs
Mayo Clinic offers two types of preliminary (one-year) general surgery programs. The nondesignated program offers a wide variety of surgical experiences to residents who have not yet chosen a surgical subspecialty. The designated programs prepare residents for further training in one of several surgical subspecialties.

Nondesignated Program
Mayo offers 15 nondesignated preliminary general surgery positions at the PGY-1 level. This program will give you one year of general surgery training before you go on to the military, public health or another professional interest.
The nondesignated preliminary program curriculum includes an American Board of Surgery In-Service Training Examination (ABSITE). The rotations and responsibilities are similar to that of categorical residents and didactic programs for categorical residents are open to preliminary residents as well.

**Designated Programs**

Mayo Clinic’s Department of Surgery has established several PGY-1 designated preliminary programs in conjunction with other surgical subspecialties. These programs and the number of residents per program year (n=x) are listed below.

### Anesthesiology (n=variable)

<table>
<thead>
<tr>
<th>Rotation</th>
<th>No. of Months</th>
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<tbody>
<tr>
<td>Emergency Room Surgical Service</td>
<td>3</td>
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<tr>
<td>Anesthesia</td>
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</tr>
<tr>
<td>General Surgery</td>
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<tr>
<td>Colon and Rectal Surgery</td>
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<tr>
<td>Plastic Surgery</td>
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### Neurosurgery (n=2)

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<tbody>
<tr>
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<tr>
<td>Vascular Surgery</td>
<td>1</td>
</tr>
<tr>
<td>Surgical Critical Care</td>
<td>1</td>
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<tr>
<td>Plastic Surgery</td>
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<tr>
<td>Neurology</td>
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### Orthopedics (n=10)

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<td>Vascular Surgery</td>
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<td>Plastic Surgery</td>
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<tr>
<td>Orthopedic Surgery</td>
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### Otorhinolaryngology (n=4)

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<tr>
<td>Otorhinolaryngology</td>
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<td>Plastic Surgery</td>
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<tr>
<td>General Surgery</td>
<td>1.5</td>
</tr>
<tr>
<td>Surgical Critical Care</td>
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<tr>
<td>Vascular Surgery</td>
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### Oral & Maxillofacial Surgery (n=2)

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<tr>
<td>Plastic Surgery</td>
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</tr>
<tr>
<td>Anesthesiology</td>
<td>3</td>
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<tr>
<td>General Surgery</td>
<td>3</td>
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<tr>
<td>Off-campus Trauma</td>
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### Urology (n=4)

<table>
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<tbody>
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<td>Urology</td>
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<tr>
<td>General Surgery</td>
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<tr>
<td>Colon and Rectal Surgery</td>
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<tr>
<td>Vascular Surgery</td>
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<tr>
<td>Plastic Surgery</td>
<td>1.5</td>
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<tr>
<td>Pediatric Surgery</td>
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General Program Information

Call Frequency
Your in-house call schedule will be determined by each rotation and the needs of the patients. Although in-house call for junior residents exceeds that for senior residents, most call shifts can be managed from outside the hospital. You will be responsible for patients on your specific surgical service. You will be given every other weekend off throughout your residency training. Over the course of a five-year training program, you can expect to be “in-house” every sixth night.

Conferences
In addition to clinical experience, didactic training and special courses, Mayo Clinic offers a wide variety of professional conferences.

The main department teaching conference is weekly general surgery Grand Rounds. This is a common meeting ground for all of the subspecialties within the department. Attending consultants openly critique case presentations by chief residents who are assigned to the general surgery, emergency room surgery, vascular surgery, and colon and rectal surgery services. After discussing the management issues involving patients on the chief resident services, staff members make a formal didactic presentation on an area of their expertise.
Monthly video teleconferences with staff and residents from Mayo Clinic Scottsdale and Mayo Clinic Jacksonville in general, endocrine and vascular surgery educate staff and residents about diverse and difficult surgical problems in a high-tech environment.

The well-received “clinical controversy series” stresses teamwork among residents as they collectively present the pros and cons of surgical management on a variety of topics.

Additional conferences, which include staff pathologists and radiologists are held monthly to educate surgical residents in managing all facets of patient care: pre-, intra- and post-operative lessons will be taught.

Committee Assignments
You will be given an opportunity to gain experience in a number of administrative capacities during your training.

Moonlighting
Moonlighting is permitted only for licensed residents and fellows void of clinical responsibilities (e.g., during research time).
Evaluation
To ensure that you acquire adequate knowledge and develop your technical skills, your performance will be monitored carefully during the course of your general surgery training. You will be evaluated formally by your supervising faculty member after each clinical rotation. Each evaluation is reviewed carefully by the program director and the general surgery residency committee. Your performance in all aspects of surgery must be satisfactory at each level of training before you will be promoted to more advanced levels.

In addition, you will regularly evaluate the faculty to ensure that your educational needs are met.

Career Development
You will meet periodically with various faculty members, administrators and the training program director to discuss your individual career goals. Mayo Clinic recruits many of its staff physicians from its own training programs. Thus, when you successfully complete your general surgery training, job opportunities may be available at one of Mayo Clinic’s ever-expanding group practices.

Graduate Outcomes
The most important sign of the success of any training program is how its graduates fare after they begin their careers. Every resident who successfully completed Mayo Clinic’s General Surgery Residency Program has been eligible for American Board of Surgery certification. During the past five years, 41 of 42 residents successfully passed the American Board
of Surgery qualifying (written) examination and 33 of 34 passed the certifying (oral) examination on their first attempt. The overall success rate of Mayo graduates in obtaining certification is 98 percent.

Operative Experience

The operative experience of residents completing Mayo’s General Surgery Residency Program is well within the guidelines of both the Residency Review Committee for Surgery of the Accreditation Council for Graduate Medical Education (ACGME) and the American Board of Surgery. For example, the program averages for 17 residents who finished the general surgery residency program in 1999 and 2000 were:

<table>
<thead>
<tr>
<th></th>
<th>Total Major Operations</th>
<th>Total Chief Operations</th>
<th>Total Teaching Assistant Operations</th>
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<tbody>
<tr>
<td>1999</td>
<td>864</td>
<td>296</td>
<td>65</td>
</tr>
<tr>
<td>2000</td>
<td>948</td>
<td>332</td>
<td>102</td>
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Present Professional Status

Of the physicians who graduated from Mayo Clinic’s categorical general surgery program in the past five years, 62 percent pursued additional fellowship training.

Academic appointments are held by 29 percent of the graduates, and the remaining are in private practice. These graduates are practicing in 16 different states.
**Additional Training**

If you successfully complete Mayo Clinic’s General Surgery Residency Program, you will be highly competitive for fellowship training programs at Mayo and throughout the United States.

Mayo Clinic’s Department of Surgery offers fellowship programs that complement the general surgery residency programs. These include:

- Adult Cardiac Surgery
- Cardiovascular/Thoracic Surgery
- Colon and Rectal Surgery
- Congenital Cardiac Surgery
- Critical Care Surgery
- General Thoracic Surgery
- Plastic Surgery
- Transplantation Surgery
- Vascular Surgery

These fellowships offer in-depth, daily, one-on-one training with a consultant and the opportunity to increase your supervisory and administrative skills. Contact your faculty adviser for more information about these opportunities.

**Faculty**

In addition to caring for patients in their clinical practices, Mayo Clinic’s faculty members are committed to teaching and facilitating the growth of medical knowledge. Many of our faculty have published and lectured extensively and are recognized leaders in their field. You will have direct access to these individuals throughout your training program.
Advisers
You will be assigned a faculty adviser who can provide comprehensive educational advice and personal support. Your adviser also will serve as a contact point, introducing you and your family to Rochester and the Mayo Clinic system.

Visiting Professors
Many prominent professors visit Mayo Clinic each year. They present their work during noon and/or morning lectures and participate in hospital rounds. You will be encouraged to take full advantage of these opportunities.

Facilities and Resources

Facilities
The Mayo Clinic campus in Rochester, Minnesota, includes two hospitals with nearly 1300 beds, a Level One Trauma Center, a comprehensive outpatient medical complex, a variety of research facilities, and several full-service laboratories and on-site pharmacies. More than 1000 staff physicians represent virtually all clinical specialties.

Libraries
Mayo Clinic’s library system in Rochester has one of the largest medical collections in the world - more than 4,300 journal subscriptions, nearly 353,000 bound volumes, and several medical databases and search engines. The main library provides study
space, computers, microfilm readers and reader-printers, translations, duplicating machines, and book ordering and audiovisual services.

Reference librarians can arrange interlibrary loans, perform literature searches, and teach you how to use the computer database services that link Mayo Clinic to a global network of scientific information. More than 625 clinical conferences are preserved on videotape each year. You can view these tapes at the library or check them out for use at home.

Branch libraries include a health-related sciences library, two hospital libraries and the Learning Resource Center (LRC). The LRC, devoted mainly to the Mayo Medical School curriculum, offers special collections emphasizing women’s issues in medicine and health, medical education, and ethics.

Computer Services

Macintosh and IBM personal computers and software are available for residents and fellows to use. In addition, Mayo’s Microcomputer Education Center provides training in the use of computers for word processing, data collection and data analysis.

Telecommunications System

Mayo’s clinics in Rochester, Scottsdale and Jacksonville are linked via a sophisticated telecommunications system, which provides video teleconferencing and data transmission. Staff can have live, interactive consultations with physicians and their patients at the other sites via TV monitors. In addition, X-rays, laboratory test results, CT scans, ECG tests, angiograms and pathology slides can be transmitted between sites.
An advanced telecommunications system also is the foundation for Mayo Clinic’s unique five-digit telephone dialing and pager system. Physicians can be easily accessed for consultations or updates, strengthening the teamwork among consultants, fellows, residents and allied healthcare staff at all three practice sites.

Compensation and Benefits

Vacation and Trip Policy
You may take up to 15 working days (three weeks) each year for vacation.

You are encouraged to present your research at regional and national meetings. If you are selected to make a presentation, Mayo Clinic will pay the authorized expenses for you to attend that meeting (within the United States).

Stipends and Other Benefits
Mayo Clinic has highly competitive stipends and a benefits package that includes:
• A comprehensive medical care plan
• Short-term disability insurance
• Voluntary basic life insurance, disability insurance, and family life insurance
• Voluntary additional life insurance
• Voluntary accidental death and dismemberment insurance
• A dental assistance plan
• Excess personal liability insurance
• Professional liability coverage

Additional information about stipends and benefits will be provided during personal interviews.
The Rochester Community

Home of the original Mayo Clinic and an array of successful technology-based companies, Rochester, Minnesota, welcomes thousands of visitors from around the world each year. Rochester, population 80,000, provides all the benefits of small town living while offering amenities associated with larger cities.

If you’re interested in the fine arts, you’ll find an active network of enthusiasts who support a symphony orchestra and chorale, four theaters, a community art center, and several choruses and bands.

Rochester offers excellent sports and physical fitness facilities. Within the city limits are seven golf courses; tennis and health clubs; an extensive network of walking, biking and in-line skating trails; nearly 2,000 acres of city parks; and a community recreation center. Several state parks are nearby, and it’s a very short drive to fishing, hunting, hiking, camping, boating, skiing or skating.

The Twin Cities of Minneapolis and St. Paul are only 80 miles north of Rochester. Among many attractions are the nationally famous Guthrie Theatre, the Minnesota Orchestra, the St. Paul Chamber Orchestra and the Walker Art Center. Both professional and collegiate baseball, football, hockey and basketball teams are based there. The Twin Cities also have world-class shopping and restaurants, including the Mall of America.

Good, moderately priced housing is relatively easy to find in Rochester. The public school system is one of the best in the state. Rochester has been selected as “one of the best places to live” in the U.S. by Money magazine for several consecutive years.
Close proximity between Mayo Clinic and home facilitates time with family and makes call from home quite manageable.

**Appointments and Applications**

Appointments for Mayo Clinic’s categorical, preliminary and transitional general surgery programs are all made through the National Resident Matching Program (NRMP). All applications are processed through the Electronic Residency Application Service (ERAS).

To apply for general surgery training, you need to submit through ERAS:

- Application form
- Official medical school transcripts
- An official record of board scores (NBME, FLEX, USMLE, LMCC, VQE or FMGEMS)
- A dean’s letter and two other letters of recommendation
- A curriculum vitae
- A personal statement
- A valid ECFMG certificate (if you graduated from medical school outside of the U.S. or Canada)

For information on ERAS, contact your student affairs or other designated dean’s office.

Additional information regarding ERAS is available at: [http://www.aamc.org/progempf/eras/start.htm](http://www.aamc.org/progempf/eras/start.htm)

Foreign medical graduates should contact the ECFMG for information and instructions on how to apply using ERAS.
Applications for each academic year, which begins in May, should be completed by November 15. If you are considered for an appointment, you will be asked to visit Mayo Clinic Rochester for an interview with the program director and selected faculty. Interviews are conducted from November through January each year.

Inquiries

If you would like an application form or more information, please contact:

David Farley, M.D., F.A.C.S.
Director

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