



AMA USMLE & Medical Training details for Foreign Graduates





What is the USMLE?



It stands for the United States Medical Licensing Examination. This is a series of exams taken by med school graduates that assess your ability and readiness to practice medicine in the US.

How many exams are in the USMLE?

The USMLE includes four exams referred to as Steps. Each Step is required at different periods of your medical career. Therefore, each one requires different USMLE preparation levels. You need to prepare for each one individually, on its own, to ensure you pass every USMLE Step.





Step 1 is a one-day exam distributed in 7 blocks, 60 minutes each, 40 questions in each block. The exam duration is a total of eight hours.

Step 1 USMLE tests are based on the most common clinical presentations in the form of Multiple Choice Questions. The minimum passing score for USMLE Step 1 is 194 out of 280. The USMLE Step 1 average score for 2019 was 216.7.

USMLE Step 1 Questions Bank, Flashcards, Books, and Best Resources:

Our questions bank is designed by elite physicians using the best resources. We provide the access to Qbank, flashcards, high yield lecture notes, videos, recommend books, and the best resources to all of our students.

The USMLE Step 1 questions are the clinical presentation of the most common diseases. The best question-solving strategy is called "Tactical Empathy". Try to analyze the question and understand what they are trying to ask in that question. The best way to approach a question is by the writer's mindset.





Another method is ruling out or elimination. Even if candidate don't know the exact answer start ruling out the choices on the basis of age, sex, symptoms, physical examination, finding, or any other given clues. In this way, he/she will reach the possible correct answer.

The USMLE Step 1 Questions bank teaches the candidate a way of making a differential diagnosis. A number of diseases have similar symptoms and presentation. By following a question bank linked to a USMLE Step 1 book, candidate would learn how to make a differential diagnosis.

When solving QBank, practicing under time pressure is essential to learn time management skills. Once candidate get candidate's exam scheduled, it is advised to solve the USMLE Step 1 sample questions randomly not system-wise. In the USMLE exam questions are not given in a systematic way, so she/he should practice them randomly from a QBank.

USMLE Step 1 is based on applying the right concepts in clinical situations. The prep course trainer will make you use the Qbank practice work as a self-assessment tool. The trainer tracks the number of questions he/she attempted from question bank and the number of right questions per day for your motivation. Thus guiding will assist to correct candidate's mistakes and helps you overcome her/his weakness.

In USMLE Step 1 the candidates have to attempt a total of 280 Multiple Choice questions, divided into 7 blocks.





Our review will cover all of the following topics.

- General Principles
- Blood & Lymphoreticular/Immune Systems Behavioral Health
 & Nervous Systems/Special Senses
- Musculoskeletal, Skin & Subcutaneous Tissue Cardiovascular System
- Respiratory & Renal/Urinary Systems Gastrointestinal System
- Reproductive & Endocrine Systems
- Multisystem Processes & Disorders
- Biostatistics & Epidemiology/Population Health Social Sciences: Communication Skills/Ethics







The Multiple Choice Questions Tied to Each Core Lecture

Coverage & Analysis of Over 1500 In-Class Practice Questions

Daily, At-Home Subject-Based Practice Exams & Weekly Comprehensive Assessment Exams

Step 1 Preparation: Maximize Score with High Yield Notes & Lectures

We help students with our USMLE Step 1 preparation and USMLE Step 1 review course. We teach the candidate how to prepare for step 1 exams based on a 4-8 week dedicated study period. We help our students follow the NBME testing pattern. You may require a daily 12 hours study schedule to maximize your score.

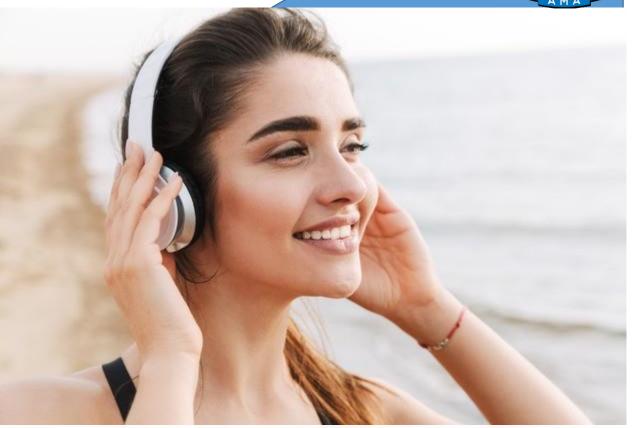
Our USMLE Step 1 preparation course is divided into videos, high yield pdf notes, high yield lectures, book reading, solving questions from Qbank with USMLE /NBME standards, and guidance sessions supervised under the best tutors.



About the Listening sub-test

The Listening sub-test consists of three parts, and a total of 42 question items. The topics are of generic healthcare interest and accessible to candidates across all professions. The total length of the Listening audio is about 40 minutes, including recorded speech and pauses to allow you time to write your answers. You will hear each recording once and are expected to write your answers while listening.









The Listening sub-test structure

Part A – consultation extracts (about 5 minutes each)

Part A assesses your ability to identify specific information during a consultation. You will listen to two recorded health professional-patient consultations and you will complete the health professional's notes using the information you hear. Note: the health professionals may be any one of the 12 professions who can take OET.

Part B – short workplace extracts (about 1 minute each)

Part B assesses your ability to identify the detail, gist, opinion or purpose of short extracts from the healthcare workplace. You will listen to six recorded extracts (e.g. team briefings, handovers, or health professional-patient dialogues) and you will answer one multiple-choice question for each extract.





Part C – presentation extracts (about 5 minutes each)

Part C assesses your ability to follow a recorded presentation or interview on a range of accessible healthcare topics. You will listen to two different extracts and you will answer six multiple-choice questions for each extract.

How is listening ability assessed in OET?

The Listening sub-test is designed to assess a range of listening skills, such as identifying specific information, detail, gist, opinion or the speaker's purpose. These skills are assessed through note-completion tasks and multiple-choice questions.

Assessors who mark the Listening sub-test are qualified and highly trained. Candidate responses are assessed against an established marking guide. During the marking session, problematic or unforeseen answers are referred to a subgroup of senior assessors for guidance and all papers are double-marked to ensure fairness and consistency.



How is the listening test scored?

Your answers for Part A are double-marked by trained OET assessors.

These answers are randomly assigned to assessors to conflict avoid of interest. any Your answers for Part B and Part C are computer scanned and automatically scored. For Part A, Listening assessors use a detailed marking guide which sets out which answers receive marks. Assessors use this guide to decide whether you have provided enough correct information to be given the mark. Assessors are monitored for accuracy and consistency.







About the Reading sub-test

The Reading sub-test consists of three parts and a total of 42 question items. All three parts take a total of 60 minutes to complete. The topics are of generic healthcare interest and are therefore accessible to candidates across all professions.

The Reading sub-test structure

Part A – expeditious reading task (15 minutes)

Part A assesses your ability to locate specific information from four short texts in a quick and efficient manner. The four short texts relate to a single healthcare topic, and you must answer 20 questions in the allocated time period. The 20 questions consist of matching, sentence completion and short answer questions.





Part B and Part C – careful reading tasks (45 minutes)

Part B assesses your ability to identify the detail, gist or main point of six short texts sourced from the healthcare workplace (100-150 words each). The texts might consist of extracts from policy documents, hospital guidelines, manuals or internal communications, such as emails or memos. For each text, there is one three-option multiple-choice question.

Part C assesses your ability to identify detailed meaning and opinion in two texts on topics of interest to healthcare professionals (800 words each). For each text, you must answer eight four-option multiple choice questions.





How is reading ability assessed in OET?

Reading Part A (the expeditious reading task) tests your ability to skim and scan quickly across different texts on a given topic in order to locate specific information. For that purpose, Part A is strictly timed and you must complete all 20 question items within the allocated 15 minutes. To complete the task successfully, you will also need to understand the conventions of different medical text types and understand the presentation of numerical and textual information.

Reading Part B tests your ability to understand the detail, gist or main point of complex texts commonly found in the healthcare workplace. To complete the task successfully, you will need to identify specific ideas at sentence level.





Reading Part C tests your ability to understand the explicit or implied meaning as well as the attitude or opinion presented in a longer text. To complete the task successfully, you will need to identify the relationship between ideas at sentence and paragraph level. Part C also tests your ability to accurately understand lexical references and complex phrases within the text.

Assessors who mark the Reading sub-test are qualified and highly trained. Candidate responses are assessed against an established marking guide. During the marking session, problematic or unforeseen answers are referred to a subgroup of senior assessors for guidance.

The Writing sub-test takes 45 minutes and is profession-specific. There is one task set for each profession based on a typical workplace situation and the demands of the profession – a nurse does the task for nursing, a dentist does the task for dentistry, and so on.





The Writing sub-test structure

- The task is to write a letter, usually a referral letter. Some alternative letter types are a letter of transfer and a
 letter of discharge. A letter to advise or inform a patient, career or group is sometimes used in Pharmacy,
 Veterinary Science and occasionally for Speech Pathology and Occupational Therapy. Another task variation,
 with a different focus, is a written response to a complaint (for Radiography).
- Along with the task instructions, you will receive stimulus material (case notes and/or other related documentation) which includes information to use in your response.





How is writing ability assessed in OET?

Your performance on the Writing sub-test is marked independently by a minimum of two trained Assessors. Neither Assessor knows what scores the other has given you, or what scores you have achieved in any of the other sub-tests. Your performance is scored against six criteria and receives a band score for each criterion:

- Purpose (Whether the purpose of the letter is immediately apparent to the reader and sufficiently expanded in the course of the letter)
- Content (Whether all the necessary information is included and accurate for the reader)
- Conciseness & Clarity (Whether unnecessary information is omitted so that the letter is an effective summary for the reader)
- Genre & Style (Whether the register, tone and use of abbreviations are appropriate for the reader)
- Organization & Layout (Whether the letter is organized and well laid out for the reader)
- Language (Whether the accuracy of the grammar, vocabulary, spelling and punctuation communicates the necessary information to the reader)





How is speaking assessed in OET?

The whole Speaking sub-test is recorded and it is this audio recording that is assessed.

- The Speaking sub-test is marked independently by a minimum of two trained OET Assessors.
- Neither Assessor knows what scores the other has given you, or what scores you have achieved on any of the other sub-tests.
- Your test day interlocutor plays no role in the assessment of your performance.
- OET Assessors' judgements are targeted and specific, not a general evaluation of candidates' ability in spoken English.
- OET Assessors are trained to focus on how a candidate responds to the particular task on the day. They apply specific assessment criteria that reflect the demands of communication in the health professional workplace. Remember that OET is a test of English-language skills, not a test of professional knowledge





Candidates who are familiar with the assessment criteria and pay attention to the details of the specific role-play task have a better chance of demonstrating their ability in the key areas. Candidates who use memorized material or merely rely on techniques that worked in other circumstances tend not to perform to their full potential in the test.

Your performance on each of the two Speaking role-plays is scored against nine criteria and receives a band score for each criterion. The nine criteria are separated into two different segments: Linguistic and Clinical Communicative.







Linguistic Criteria:

Intelligibility: The impact of your pronunciation, intonation and accent on how clearly your listener can hear and understand what you're saying

Fluency: The impact of the speed and smoothness of your speech on your listener's understanding **Appropriateness of Language**: The impact of your language, tone and professionalism on your listener's understanding and comfort

Resources of Grammar and Expression: The impact of your level of grammatical accuracy and vocabulary choices on your listener's understanding.





Clinical Communication Criteria:

Relationship-building: The impact of your choice of opening to the conversation and demonstration of empathy and respect on your listener's comfort

Understanding and incorporating the patient's perspective: The impact of how fully you involve the patient in the conversation on your listener's understanding and comfort

Providing structure: The impact of how you organize the information you provide and introduce new topics for discussion on your listener's understanding

Information-gathering: The impact of the type of questions you ask and how you listen to the responses on your listener's understanding

Information-giving: The impact of how you provide information and check this information is being understood on your listener's comfort and understanding.





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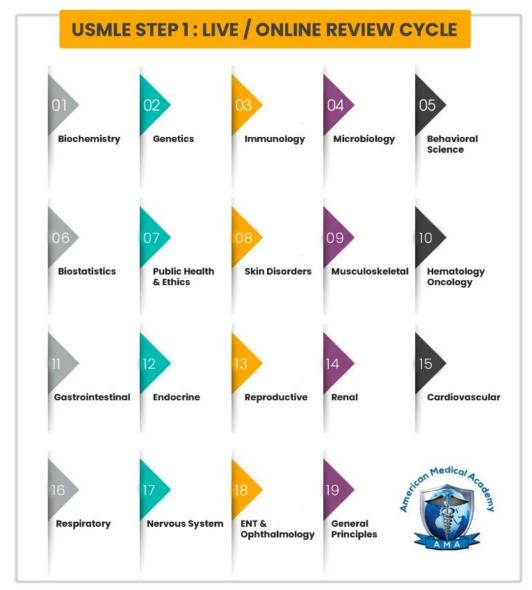
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Additional Information about Step 1:



USMLE Step 1 is a one-day computerized exam. This exam assesses your comprehension and application skills related to the basic sciences of the practice of medicine. Step 1 is commonly considered the most challenging exam by medical students. It's more comprehensive than exams taken during medical school.

What is on the USMLE Step 1 Exam?

The Step 1 exam contains multiple choice questions that assess your medical skills in the following basic science knowledge areas:

- Anatomy
- Physiology
- Biochemistry
- Microbiology•
- Pathology
- Pharmacology
- Behavioral sciences
 - Interdisciplinary topics, such as nutrition, genetics, and aging





How long does USMLE Step 1 Take?

This is a one-day, 8-hour examination. There are seven blocks. Each block is 1-hour long.

How many questions does the USMLE Step 1 contain?

There are 280 multiple choice questions on the Step 1 Exam. Each of the blocks consists of 50 questions.

When is the best time to take USMLE Step 1?

International medical school graduates take USMLE Step 1 after becoming licensed doctors in their own countries to work toward being licensed to practice medicine in America. These physicians must take the following steps to take the exam:

Register online with <u>ECFMG</u> (Education Commission for Foreign Medical Graduates) Receive an identification number from ECFMG

Book your exam online on a year-round basis



USMLE Step 2 CK Study Plan: Tips, Tutors, Questions, and Practice Tests



AMA have an efficient study plan that contains questions, answers, cases, practice tests, practice exams, tips, secrets, notes, books, Qbanks and best resources delivered by our practicing tutors.

Most of the students prefer USMLE Step 2 CK tutoring classes before they attempt the actual exam. USMLE Step 2 CK practice tests are an efficient way to remember all signs and symptoms related to a particular medical condition.

The USMLE Step 2 CK practice exam is an effective way to identify your weakness. Therefore, you should take the exam containing sample questions at least two months before your Step 2 CK exam.

USMLE Step 2 CK cases emphasize on health promotion and disease prevention and are administered as multiple choice questions.

USMLE Step 2 CK practice materials include sample questions and Qbanks. We have practicing physicians as tutors for Step 2 CK.





Step 2 CK Tips and Secrets: How to Study

Here are a few tips and secrets for passing Step 2 CK.

- Better to get it done earlier in the fourth year
- Study hard during clerkship
- Design a proper study plan according to the time you have for preparation.
- Practice Qbank with timed and random modes.
- Teach the answers of your wrong Qbank questions in front of a mirror or your dog.





Covered content includes, but not limited to:

Internal Medicine, Obstetrics/Gynecology, Surgery, Psychiatry, Pediatrics, and Preventive Medicine

- 1. Internal Medicine
- 2. Surgery
- 3. OBGYN
- 4. Psychiatry/Behavioral
- 5. Pediatrics
- 6. High-yield bullet points
- 7. Special question coverage
- 8. USMLE test-taking strategy
- 9. Detailed USMLE preparation strategy (how to dissect and analyze questions, how to study effectively/efficiently, and how to put all the pieces together in order to achieve your maximum potential)



Step 2 CK vs CS: Best Resources and Preparation Course

Step 2 CK (Clinical Knowledge) tests the candidates for clinical knowledge and the Step 2 CS (Clinical Skills) determines their potential to utilize their clinical knowledge in simulated patient encounters.

Step 2 CK is based on Multiple Choice Questions while in Step 2 CS students are judged for their communication skills, English proficiency and Clinical Encounter capabilities.

We provide the best resources for USMLE Step 2 CK that includes books, notes, Qbanks, flash cards and questions that help students to score high in their exams.







USMLE STEP 2CK Examination Course Content Step 2 CK includes test items in the following content areas:

- Internal Medicine
- Obstetrics and Gynecology
- Pediatrics
- Preventive Medicine

- Psychiatry
- Surgery
- Other areas relevant to provision of care under supervision

Most Step 2 CK test items describe clinical situations and require that you provide one or more of the following:

- a diagnosis,
- a prognosis,
- an indication of underlying mechanisms of disease,
- the next step in medical care, including preventive measures.





Normal growth and development and general principles of care, Individual organ systems or types of disorders:

- Immunologic disorders
- Diseases of the blood and blood-forming organs
- Mental disorders
- Diseases of the nervous system and special senses
- Cardiovascular disorders
- Diseases of the respiratory system
- Nutritional and digestive disorders
- Gynecologic disorders
- Renal, urinary, and male reproductive systems
- Disorders of pregnancy, childbirth, and the puerperium
- Disorders of the skin and subcutaneous tissue
- Diseases of the musculoskeletal system and connective tissue
- Endocrine and metabolic disorders





Prepare for the Step 2 CK exam with live lectures and reviews from AMA's experienced trainers in a structured classroom setting. Passing this exam is required for clinical practice in the US and strong candidacy for residency programs.

About the USMLE Step 2 CK Exam

USMLE Step 2 CK consists of computer-based multiple-choice questions. Topics are presented to test-takers at random. You are presented with a series of patient-focused scenarios to demonstrate your preparedness and readiness to work in a clinical environment.

What is on the USMLE Step 2 CK exam?

The Step 2 CK exam consists of a series of topics and questions related to patient scenarios. This is a multiple choice test, where you're required to maneuver through the randomly selected topics seamlessly.







Test questions are from the following specialized areas:

- Surgery
- Pediatrics
- Psychiatry
- Internal Medicine
- Preventive Medicine
- Obstetrics and Gynecology (OBGYN)
- Other specialized areas related to providing healthcare

How long does the USMLE Step 2 CK take?

This is a one-day, 9-hour examination. It contains eight blocks. Each block is 1-hour long.

How many are on the USMLE Step 2 CK?

There are 310 questions on the USMLE Step 2 test. Each of the blocks contains 40 questions.





When is the best time to take USMLE Step 2 CK?

Most medical students take the USMLE Step 2 CK exam during their fourth year in the USA med school (International graduates USMLE Step 2 CK takes after the MBBS/MD program complete). This is when candidate's rotations and clinical science training are still fresh and at the forefront of their minds.

[Experts recommended that international medical students prepare, study and review for the Step 2 CK exam for 3-6 months.]







USMLE Step 2 CS Prep Course Details

Prep for USMLE Step 2 CS Exam as a step in the process of becoming a US doctor. This course features:

- **Small Class Sizes** No more than 3-8 students per class, so we can provide crucial 1-on-1 attention to each student in the program
- **CS Environment** Our courses and mock exams are taught in exam rooms created to mimic CS environments
- **Hands-On Experience** Learn in a hands-on environment for real-world experience and immediate feedback
- School Days Courses are taught Monday through Friday with mock exams taking place on Saturdays

USMLE Step 2 CS is a practical exam. You must actively go through all of the cases yourself to become successful. Learn this process through the hands-on teaching and feedback provided by **AMA's trainers**.





About the USMLE Step 2 CS Exam:

USMLE Step 2 is a pass/fail exam consisting of 12 different clinical interactions with patients. Its purpose is to allow you to demonstrate your US clinical practice skills and readiness. Learn how to show off the skills you learned in medical school.

What is on the USMLE Step 2 CS exam?

When taking the Step 2 CS exam, be prepared deal with 12 standardized patients. This is done to evaluate your patient-centered focus, patient communication and ability to properly document patient encounter notes.

Communicating with your test patients in a responsive, empathetic and professional manner is required. You will also be required to complete patient notes.

International medical graduates are strongly judged on the ability to communicate fluently throughout the exam using the English language as well as good bedside manner.





How long does the USMLE Step 2 CS take?

This is a one-day exam that takes 8 hours to complete.

How many patient encounters are required for USMLE Step 2 CS?

Step 2 CS includes 12 encounters with patients. What makes this test so unique is that it's the only USMLE Step that requires patient encounters and can't be taken on a computer.

When is the best time to take USMLE Step 2 CS?

USMLE Step 2 CS peak season is between September and December. Register early to ensure there's an opening for your when you're ready online with ECFMG (Education Commission for Foreign Medical Graduates).

Where is the USMLE Step 2 CS Exam Administered?

Step 2 exams are taken at <u>Clinical Skills Evaluation Collaboration</u> (CSEC) test centers.

There are five CSEC locations within the United States: Atlanta, Chicago, Houston, Los Angeles & Philadelphia





What Is BLS (Basic Life Support)?

Basic life support (BLS) is the level of medical care given to patients with life-threatening conditions until they arrive at a hospital for full medical attention. Also, known as CPR, it's generally used in the pre-hospital setting and is generally provided without medical equipment or drugs.

CPR (Cardiopulmonary resuscitation) is a life-saving technique that focus on **CAB** of pre-hospital emergency care:

Circulation – Techniques performed to maintain adequate blood supply to vital organs to ensure oxygen delivery to all cells and remove metabolic waste

Airway – Management of a victim's airway to protect and maintain a clear passageway for gases between the lungs and the atmosphere

Breathing – Maintenance of rhythmic inflation and deflation of the lungs to ensure adequate respiration BLS training provides healthcare providers with enough confidence and the skills necessary to give lifesaving aid to people needing emergency care due to injury or illness. Examples of life-threatening circumstances include a heart attack, choking, drowning, etc...



About AMA's BLS Certification Training Course

Basic Life Support involves providing life-saving techniques related to pre-hospital emergency care. BLS/CPR certification and regular recertification are required for all doctors in the United States.

The BLS Training Course helps medical students, graduates and doctors master various life-saving techniques related to, but not limited to:

- Choking
- Strokes
- Bleeding
- Drowning
- Heart Attacks
- Cardiopulmonary resuscitation (CPR)
- Automated external defibrillator (AED)







CPR helps keep patients alive until they arrive at a hospital to receive full medical attention. Learn techniques used in pre-hospital settings in small-classroom sizes from industry experts on the **AMA** Atlanta campus.

BLS certification proves a doctor, intern or med student has the skills and confidence needed to provide lifesaving aid to patients in need of emergency care due to an illness or injury. Let our medical professionals help you pass this US medical exam, so you can get certified.

AMA's Special ERMI Residency Prep Course Details

When our international candidates are ready to start looking for residencies, you'll find there's a lot of competition out there. This is especially true for certain fields of medicine. **AMA**'s ERMI residency prep course features the following to help you succeed (*this program is offered through our partner specialist organizations*):

- How to sell your personal brand
- Creating personalized application packages
- Personal statement assistance
- Help to create a resume
- Residency interview preparation
- Overall US residency program application assistance





A large part of achieving your goal of becoming a doctor in the United States is based on landing the best residency for the type of medicine you want to practice. Your residency applications need to be tailored so your individual qualifications, requirements and career goals complement those of the residency program.

Get training to help you land that dream US residency. **AMA** ERMI residency interview preparation courses help you achieve your medical career goals.

Choose from the Following Residency Prep Courses

- Essay Prep Course
- Resume Prep Course
- Mock Interview Prep Course
- Full Package Residency Prep Course

What is ERMI? Our experts uses the ERMI method to teach each medical student how to find a good residency. Let's examine the ERMI residency preparation procedure in depth:

 $\mathbf{E} = \mathbf{Essay}$

R = Resume

MI = Mock Interview





Mock Interview

After all of the hard work, sacrifices and residency preparation, you have finally come to the point of your residency interview. Don't panic. Stay calm and let your med school training speak for your brand... which is you!

Our residency interview preparation coaches understand the process. They will train you on how to showcase your unique abilities in a way that is appealing to the masses, yet unique too. **ANA's** residency mock interviews come with two main options:

Live, In-Person Residency Prep Over the Phone Residency Preparation

Online Residency Interview Preparation can be scheduled under special circumstances.

Each mock interview residency prep session is specific to the individual applicant. They range from easy to difficult scenarios to prepare med school candidates for fast-paced realistic interviews.





Essay (Personal Statement)

In addition to test scores and CVs, Residency Program Directors examine your essay, also known as a personal statement, very closely. This helps them determine if you will be the right fit for their program.

Work with your assigned editor one-on-one to develop an initial outline and identify concepts and ideas that are relevant to each individual residency application. We ensure you have a personal statement that stands out from the crowd in the most professional manner.

Resume (Curriculum Vitae)

One of the most valuable tools in the residency application process is your resume. Many med students make the mistake of presenting resumes that are cluttered with information thinking that will impress the committee. This only makes the CV difficult to read and buries any information that may have been relevant among the clutter.

Let us help you prepare a CV that highlights your experience and professionalism in the medial industry. Our writers ensure your medical career resume is in a format that's professional and easy to read with the precise information recruiters look for in a CV.



Thank you! Any Questions?



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