

“The PGY4 experience at UNM is similar to many other programs in that it is very flexible and open to tailoring to suit each resident’s learning goals. Unlike some other programs, there is a robust number of experiences with exceptional faculty who residents can rotate with. The fourth year allows the ability to garner experiences that residents may or may not see again in their careers. A number of our residents seek fellowship and while some residents focus on their area of fellowship, some consider electing for other experiences before entering fellowship in order to expand their education and learning.

The fourth year is broken into 10 half days whereby the resident elects what experiences they want for 6 of the 10 with a continuity experience comprising 1 of the half days, didactics 1 half day, and psychotherapy comprising 2 of the half days. Typically, ~40% of the fourth residents serve in a chief role during ~50% of their time. Being a chief is a fruitful and enjoyable opportunity. There is some compensation for serving as a chief as well.

Board study is another area that virtually all residents dedicate some time towards, and the fourth year is a good time to shore up any topics for the board exam that residents may need extra time preparing for.

My fourth year was a combination of sleep medicine, research, quality improvement activities, ECT, esketamine clinic, and continuity clinic in the serious mental illness clinic in addition to the other routine requirements (didactics and psychotherapy). Overall, the PGY4 year is a rewarding year in psychiatry and it goes by quickly. There is immense flexibility in the schedule, and it can be adjusted without significant difficulty throughout the year depending on the resident's desires.”

-David C. Earl II, MD, PharmD., PGY4