

these recommendations and subsequently distribute them to a wider audience.

**Table 1.** Best practice guidelines for osteopathic emergency medicine applicants

Key Recommendations	Comments
<b>Get help from those in the know</b>	<ul style="list-style-type: none"> <li>Find academic EM mentors and advisors</li> <li>Get involved in an EM interest group</li> <li>Join EMRA, SAEM, RSA or other professional organizations</li> </ul>
<b>Take the test that counts</b>	<ul style="list-style-type: none"> <li>The USMLE exam allows direct comparison to your allopathic peers</li> </ul>
<b>Rotate where you want to train</b>	<ul style="list-style-type: none"> <li>Rotate by mid-September of your final year in 2 ACGME - affiliated residency programs</li> </ul>
<b>Get two SLOEs</b>	<ul style="list-style-type: none"> <li>Group SLOEs written by leadership teams representing residency programs carry the highest weight</li> </ul>
<b>Apply wisely</b>	<ul style="list-style-type: none"> <li>30-40 programs (based on perceived application competitiveness)</li> <li>Strongly consider programs with a history of accepting osteopathic applicants</li> </ul>
<b>Focus applications</b>	<ul style="list-style-type: none"> <li>Look in geographic areas that statistically match higher percentages of DO applicants (New York, Pennsylvania, Texas, Ohio, and Michigan)</li> </ul>
<b>Interview and rank 10 programs</b>	<ul style="list-style-type: none"> <li>Data has shown that applicants who rank 9-10 programs had an approximately 90% match rate in EM</li> </ul>

## 17 The Effects of Stress Inoculation Training in a High Stress Simulated Medical Environment

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**Background:** Acute stressors in the field of emergency medicine have been shown to have a large impact in medical decision making. Studies have shown that stressful stimuli during critical care resuscitation tend to negatively affect performance of health care providers. Implementation of stress inoculation training (SIT) has been well studied among athletes, military and emergency response teams. Emergency physicians may benefit from a deeper understanding of the physiological stressors that affect medical performance. Feedback obtained will allow doctors to provide optimal care and ultimately improve patient safety.

**Educational Objectives:** Our primary objective is to identify the potential benefits of SIT and its effect on a simulated patient care environment. We also have secondary measures which will monitor the correlation of heart rate

and decision making ability in real time. Our hypothesis is that with the use of SIT our physicians will be able to better handle stressful situations in the simulated environment and should translate to improvement on the job performance with a focus on patient care and safety.

**Curricular Design:** This is an educational study where we will recruit emergency medicine residents at our institution to participate as team leader in 20 minute multi patient simulation cases, which will include common interruptions in the true-to life ER setting. A grading rubric will be used to evaluate critical actions, missed diagnoses, communication and leadership skills. We will then introduce interventions for stress inoculation therapy with lectures to all the participants. These lectures will include techniques that focus on cognitive and physiological control. We will then observe each resident in another 20 minute simulation case, and data will be extracted from the two sessions to observe any changes, utilizing stress inoculation therapy as a method to improve resident’s performance.

**Impact/Effectiveness:** With the introduction of SIT, we hope to observe improvement in medical decision making during the two simulated emergency scenarios. SIT is applicable to all emergency medicine training programs as it will allow future ER physicians to identify their weaknesses during stressful clinical scenarios and modify their behaviors accordingly.

## 18 The POCUS Atlas - A Novel Crowdsourced Ultrasound Archive

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**Background:** Point-of-care-ultrasound (POCUS) has become an essential skill in Emergency Medicine with concordant integration throughout resident and medical student education. This has been accompanied by the organic growth of many POCUS oriented FOAMed (Free and Open Access Medical Education) resources including websites, podcasts and blogs. Despite this abundance of resources, it remains difficult for learners and educators to find high quality POCUS clips that demonstrate exemplary pathology. We have created The POCUS Atlas to fill this educational need.

**Educational Objectives:**

Create a crowdsourced, open-access atlas of high quality POCUS images edited by ultrasound fellowship trained Emergency Medicine faculty.

Encourage captions that highlight the clinical case, ultrasound physics or operating characteristics of each case.

Provide opportunities for POCUS learners and educators to share their images with the academic community.

**Curricular Design:** The POCUS Atlas ([www.thepocusatlas.com](http://www.thepocusatlas.com)) capitalizes on FOAMed principles to