

# Tips to help you survive and even thrive in residency

**These tips are brought to you by the resident members of the AMA.  
Remember you have lots of mentors, friends and plenty of help in the AMA.**

Dictate discharge summaries at the time of discharge and place the dictation number in your PDA for future reference.

Keep your student loans current and keep your paperwork straight.

Get a good cell phone plan with plenty of minutes.

Invest in a pair of comfortable shoes.

Get to the cafeteria while it's still open.

Take a shower post-call (it can do as much for you as 20 minutes of sleep).

Know your patients. Have their history, vitals and meds at your fingertips.

Be courteous to on-call residents. Don't leave loose ends — give good sign-out.

Invest in a good on-call bag with toothbrush and toothpaste, deodorant, snacks and an extra pair of scrubs.

Read up on one topic per day—this is the best way to learn during residency.

Be aware of the “big picture.” Medicine changes quickly. Stay current on medical news and clinical research through AMA publications like JAMA, Archives and AMNews (available online or via e-mail alerts).

800 262-3211 or  
[www.ama-assn.org/go/join](http://www.ama-assn.org/go/join)

American Medical Association  
Physicians dedicated to the health of America

