

# Behind Knife Absite Podcast Companion

Behind the Knife Behind the Knife ABSITE Podcast Companion General  
Surgery Residency Survival Guide Studying For The ABSITE Kevin  
Kniery Asanthi Ratnasekera Jackie Busl

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behind the knife s absite review book 3rd edition is essential reading for surgical trainees for both the absite and clinical competency our latest version is updated with pertinent information based on new testing trends and updated literature we have also added and updated almost 20 new images and charts for maximum comprehension

there are over 250 surgical residencies in the united states most residents experience some degree of shock once they start on the very first day and the demands of residency are high the current overall dropout rate is 16 and there is evidence for higher burnout rates suicide rates addiction rates and divorce rates among all surgeons compared to other careers there is therefore a critical need for the education of resiliency during surgical residency and guidance on surviving this challenging portion of their career unfortunately the experiences of trial and error are the basis for survival and resiliency training is often overlooked as part of the traditional surgical training this practical guide is founded on many conversations with struggling general surgery residents and will have wide appeal utilizing these experiences via interviews with current residents at different residency programs and covering an even wider variety of topics with variable experiences based on differing ages races sexes and marital statuses each chapter begins with a topic and a brief introduction expansion on the topic based on their unique experiences and then a concluding list of pearls to remember and use in daily residency the topics are broken down thematically into five main sections covering the breadth of residency experience and work life balance academics clinical duties life outside of work leadership and ethics and basic survival skills and self care written by current residents for current residents general surgery residency survival guide will be a valuable resource for everyone navigating this challenging portion of their medical career

the absite american board of surgery in training examination is an annual in training exam used to evaluate general surgery trainees trainees are notified of the date of their exam usually the exam

is late january to early february at the start of the academic year this review rounds out what s already available and augments what we discuss in the audio review what this review is a thorough review of current clinical management guidelines for the most commonly tested surgical topics designed to be reviewed multiple times in order to help you score well on the absite help you pass the general surgery qualifying exam and certifying exam and help you prepare for clerkships rotations and daily rounds

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