



AM OPPORTUNITIES

VIRTUAL CLINICAL EXPERIENCES

What Are AMO Virtual Clinical Experiences?

At AMO we offer in-person clinical experiences, virtual-clinical experiences, pre-med shadowing experiences, and research experiences. Like our in-person clinical experiences, our virtual rotations offer trainees the opportunity to learn from qualified U.S. physicians or hospital departments and get familiar with the U.S. healthcare system. Participants can also earn a letter of recommendation which they can use to apply for The Main Residency Match or when looking for a future job. There are many different types of virtual clinical experiences. It's important that potential visitors read the program descriptions carefully and speak to an advisor if they have questions.

Virtual Experience Program Types

Patient Care Focused

These virtual rotations are the most similar to in-person rotations. During these experiences, a physician will use a HIPAA compliant platform on one of their devices to virtually bring participants with them to in-person patient consultations. Participants will have the opportunity to record patient histories and conduct physical examinations with supervision from their preceptor. Skills common in telehealth, like troubleshooting technology issues and remote patient communication practices will be covered.

Education/Research Focused

These clinical rotations are often run by our partner medical schools and top academic physicians in highly specialized fields. During these rotations, visitors explore the primary medical specialty through case studies, research, and lectures. Active participation allows individuals to develop critical thinking, clinical reasoning, and communication skills.

Some of our virtual experiences offer flexible scheduling. These experiences are a convenient way for participants to further their medical education, earn degree requirements, and secure a letter of recommendation while still keeping up with other commitments, like work and school. Programs with flexible scheduling are typically marked as such. Visitors work with AMO Advisors to determine the hours and dates they can attend.

The Benefits

Like in-person programs, virtual rotations have many benefits for trainees.

Earn a Letter of Recommendation

Upon completion of a virtual rotation, participants are eligible to request a merit-based letter of recommendation from their preceptor. These LoRs can be used to apply for The Main Residency Match, per the American Medical Association, and when applying for a job.

Meet Degree Requirements

Like our in-person clinical experiences, our virtual rotations have the potential to fulfill elective clerkship requirements at medical schools around the world. Some of these experiences are hosted by ACGME teaching sites and university teaching hospitals, which are favored by institutions. We work with potential visitors and their schools to determine if the experience they are considering can provide them with the credits they need prior to reservation. **For visitors who want to use a virtual rotation for school credit, it is very important they work with an AMO Advisor to ensure the program selected meets school requirements.**

Rotate with a Group

Our virtual rotations make it possible for multiple trainees to rotate at the same time. This allows participants to collaborate with other individuals in the field from around the world from the safety of their homes. This can be a great option for medical schools looking for alternative ways for students to fulfill their required core and clinical elective experiences. Depending on the program selected, groups of more than six rotating in the same experience may be eligible to receive a discount on the overall cost of their experience.

Enhance CV/Resume

Gaining experience in this area of medicine allows individuals to stand out from their peers. Those who complete a virtual rotation can add it to their resume or CV and list the skills they acquired during the experience. In addition, virtual rotations supply a speaking point that residency applicants can circle back to during interviews.

Save Money

Individuals who participate in virtual rotations can save on the overall out-of-pocket cost of their experience. In-person rotations require trainees to budget for airfare, immunizations, a visa, health insurance, daily transportation, and four weeks of housing and meals. When this is added to the program fees, trainees can expect to pay \$5000 dollars for a one-month experience. Virtual rotations limit the number of additional expenditures, saving individuals about \$3000 USD.

Balance a Busy Schedule

For medical trainees looking to rotate while in school or working, we offer many virtual experiences with flexible scheduling. Trainees can select the times and days they are available to rotate based on those offered by the precepting physician. These are great for individuals who can't take time off or do not want to rotate during their holiday breaks.

Stay Safe

With virtual rotations, individuals can avoid the possibility of transmitting or contracting an illness as they will be rotating from home. For those with compromised immune systems, this can be a huge benefit!



"[My] virtual rotation was one of a kind—it was filled with so much knowledge of the field of plastic and reconstructive surgery and at the same time addressed a lot of pre-conceived notions I had of the field. I looked forward to logging into class every day and learning something fascinating. This month of learning has been one of the best educational encounters I've had and has further cemented my interest in the field."

Nida, India
Plastic Surgery, Virtual

TELEHEALTH

What is Telehealth?

Telehealth is an emerging form of medicine that connects patients and physicians through audio and video streaming technology. According to the American Medical Association, telehealth medical services generally fall into one of the following categories:

Available Real-Time:

Connects both parties through video or audio calls from different locations.

Accessible Anytime

Uses technology to facilitate appointment check-ins and patient monitoring.

The Role of Telehealth in Medical Education and Career Goals

Because of the convenience telehealth provides, this emerging medical technology has a place in the future of medicine, specifically the care of elderly patients and those in rural communities. Gaining knowledge and skills relating to remote patient communication and technology troubleshoot can help trainees stand out from others. A virtual clinical experience that touches on telehealth can give individuals an edge over other residency applicants or job candidates.

According to the Association of American Medical Colleges, each year the number of medical schools that include telehealth in their curriculum increases. This year, 58% of medical schools included telehealth in their curriculum, making it a potential talking point during residency interviews.

Both the AAMC and the American Medical Association are encouraging individuals to participate in virtual clinical experiences, which allow participants to learn while keeping themselves, physicians, and patients safe.

PREPARING FOR A VIRTUAL CLINICAL EXPERIENCE

Ensure a Strong Internet Connection

Having proper technology and a strong internet connection are the most important aspects of planning a virtual rotation. The requirements may vary based on the experience and are detailed on their program pages. Speed tests will be required for virtual clinical experience participants to meet full enrollment.

Stay Engaged

To ensure an individual gets the most out of their virtual clinical experience, the precepting physician will routinely request input from the visitor and ask questions.

Participants can further increase their engagement and understanding of program curriculum in the following ways:

- Asking questions when they don't understand something, for the sake of clarity, or when additional context is needed.
- Taking notes to review later during the experience or in further into their medical education—when they are in residency or practicing as a physician.
- Reading supplemental material to create a frame of reference for the curriculum being covered.
- Silencing and distancing cell phones to limit interruptions.

Limit Distractions

While completing a virtual rotation from home has its benefits, participants will have to overcome environmental distractions. To limit these, trainees should find a quiet space in their home, office, or on campus where they can complete the experience. This space serves two functions:

1. It allows individuals to easily focus on the curriculum.
2. It improves the quality of the audio while interacting with patients, the preceptor, and others participating in the same clinical experience.

Check the Time Zone

The hours of virtual clinical experiences are based on the schedule of the precepting physician and their respective time zone. The daily schedule listed on the site is in the time zone of the physician's location. Individuals should use the following chart or link to see what this time converts to in their time zone.

Online Time Zone Converter

Click [Here](#) to access the online time zone converter.

Brasília	Pacific	Mountain	Central	Eastern	U.K.	W Europe	Saudi Arabia	India
11:00 PM	9:00 PM	10:00 PM	11:00 PM	Midnight	5:00 AM	6:00 AM	7:00 AM	9:30 AM
Midnight	10:00 PM	11:00 PM	Midnight	1:00 AM	6:00 AM	7:00 AM	8:00 AM	10:30 AM
1:00 AM	11:00 PM	Midnight	1:00 AM	2:00 AM	7:00 AM	8:00 AM	9:00 AM	11:30 AM
2:00 AM	Midnight	1:00 AM	2:00 AM	3:00 AM	8:00 AM	9:00 AM	10:00 AM	12:30 PM
3:00 AM	1:00 AM	2:00 AM	3:00 AM	4:00 AM	9:00 AM	10:00 AM	11:00 AM	1:30 PM
4:00 AM	2:00 AM	3:00 AM	4:00 AM	5:00 AM	10:00 AM	11:00 AM	Noon	2:30 PM
5:00 AM	3:00 AM	4:00 AM	5:00 AM	6:00 AM	11:00 AM	Noon	1:00 PM	3:30 PM
6:00 AM	4:00 AM	5:00 AM	6:00 AM	7:00 AM	Noon	1:00 PM	2:00 PM	4:30 PM
7:00 AM	5:00 AM	6:00 AM	7:00 AM	8:00 AM	1:00 PM	2:00 PM	3:00 PM	5:30 PM
8:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	2:00 PM	3:00 PM	4:00 PM	6:30 PM
9:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM	3:00 PM	4:00 PM	5:00 PM	7:30 PM
10:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	4:00 PM	5:00 PM	6:00 PM	8:30 PM
11:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	5:00 PM	6:00 PM	7:00 PM	9:30 PM
Noon	10:00 AM	11:00 AM	Noon	1:00 PM	6:00 PM	7:00 PM	8:00 PM	10:30 PM
1:00 PM	11:00 AM	Noon	1:00 PM	2:00 PM	7:00 PM	8:00 PM	9:00 PM	11:30 PM
2:00 PM	Noon	1:00 PM	2:00 PM	3:00 PM	8:00 PM	9:00 PM	10:00 PM	Midnight
3:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	9:00 PM	10:00 PM	11:00 PM	1:30 AM
4:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	10:00 PM	11:00 PM	Midnight	2:30 AM
5:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	11:00 PM	Midnight	1:00 AM	3:30 AM
6:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	Midnight	1:00 AM	2:00 AM	4:30 AM
7:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	1:00 AM	2:00 AM	3:00 AM	5:30 AM
8:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	2:00 AM	3:00 AM	4:00 AM	6:30 AM
9:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	3:00 AM	4:00 AM	5:00 AM	7:30 AM
10:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	4:00 AM	5:00 AM	6:00 AM	8:30 AM

***Note:** India does not observe Daylight Saving Time, nor do Arizona, U.S. (Mountain), or Saskatchewan, Canada (Central).

FREQUENTLY ASKED QUESTIONS

How far in advance should an individual apply to/reserve a virtual rotation?

Our virtual clinical experiences take less time to plan than in-person rotations since they do not require visitors to secure a visa. While planning three to six months out will give trainees the most options to choose from in terms of specialty and months the program offers, individuals can apply to and reserve a virtual clinical experience with shorter notice. We do require visitors to apply for and reserve experiences at least 45 days prior to the program's start date. This deadline provides enough time for documents and payments to be submitted with a buffer of time for our team to process them. On occasion, individuals can schedule last-minute experiences. For information on last-minute scheduling, email our advisors at advisors@amopportunities.org.

Why aren't virtual experiences cheaper?

The cost of our virtual rotations is comparable to the cost of our in-person rotations as both include the cost of the rotation, physician fees, and the processing of payments and documents required for applying and enrolling. Our preceptors understand that virtual rotations require an investment of time and money as such, they try to provide as much teaching and one-on-one training as is available during in-person rotations.

Visitors who participate in virtual rotations are immersed in the U.S. healthcare system virtually. Live-streaming video and audio technology connects them with a U.S. physician as they carry out their day-to-day practice.

Can participants improve their clinical skills if the experience isn't in person?

Depending on the virtual rotation selected, participants may participate in virtual patient consultations, allowing them to gain experience with recording patient histories, making differential diagnosis, and creating treatment plans. They will also be able to improve their professional communication skills and bedside manner through patient and physician interactions. Individuals who want a more research-focused experience should select a research/academic-focused virtual experience. Those who want to see and participate in day-to-day in-person U.S. practice should select a patient care-focused virtual experience.

Are in-person rotations more beneficial to participants?


Deciding between an in-person rotation and a virtual rotation is personal and should be based on individual preferences and resources. Both experiences have benefits and tradeoffs. In-person rotations are the standard in clinical training and are more familiar to preceptors and programs. These experiences allow for in-person interactions with patients and hospital staff. They also allow visitors to experience the local culture and healthcare system themselves. These experiences can become quite expensive, however, since housing, meals, and transportation tend to add up. Virtual rotations are an affordable alternative, allowing individuals to save money and obtain both experience and a letter of recommendation. Virtual rotations can also be planned in a shorter period, which may be a point of attraction for those looking to quickly compile a residency application.

Can individuals use an LoR from a virtual rotation to apply for The Match?

As mentioned, LoRs earned in virtual rotations can be used when applying for U.S. medical residency through the National Resident Matching Program. Due to the Covid-19 pandemic, many U.S. medical school students did not have a chance to attend in-person away rotations. Because of this, letters earned in virtual rotations became very widespread and accepted by residency directors.




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