

**WHERE IN
THE US
SHOULD YOU
APPLY FOR
YOUR
RESIDENCY?**



An International Medical Graduate (IMG) is one that has completed their studies outside of the US. As such, not all hospitals and universities are as likely to accept you as they would a home grown graduate, in fact only around half of IMG applicants actually gain a place. That being said, some states are more likely to accept you as a resident than others. The following are the top 10 most IMG friendly states that you can apply to for your residency:

NEW YORK

New York is often seen as the most IMG friendly area to work within in the US. There were 1385 IMGs placed within the state during the 2017 NRMP Match meaning that some 40% of residency places are occupied by IMG students. Many of the residency places that are filled by IMGs are in the area of primary care where there is the greatest need and shortage.

New York is a great place for IMGs as it is friendly towards immigrants from all around the world. It is also a compact area so you will not have to do too much traveling to get to where you need to go. You will also find that many programs are wholly staffed by IMGs and that the programs will sponsor H1B and J1 visas. With a large immigrant population you will also find access to food and culture from all over.

However residency can be tough in the state. Work is busy and at times stressed, both through the patients and the other staff. There are some areas that are simply unsafe to live within the state and you will also find that living expenses can be quite high and owning a car can be difficult.

MICHIGAN

The state of Michigan is also seen as a good destination for IMG residency applicants. The 2017 residency match placed 460 IMGs into residency places there. By far the most popular areas for acceptance were in Family Medicine or Internal Medicine. Michigan has a large number of facilities that will accept international graduates such as the Michigan State University, the Henry Ford Hospital through to the Wayne State University Hospital. Most of these hospitals will accept the H-1B and J1 visas. Ann Arbor is also ranked number 5 in the country for primary care and 9th for research. So you can be sure that the level of education you encounter in the region is going to be top notch.

Michigan is also one of the most affordable places to live in the Midwest. Its cost of living is usually the lowest in the region so you will be able to find affordable housing and surviving here is not going to break your bank.



PENNSYLVANIA

Within the state of Pennsylvania there were 428 IMGs placed as residents during the 2017 NRMP Match making it the third largest destination for those that gained their medical degrees overseas. After Family and Internal medicine residents also entered into residencies in the area of Neurology and Psychiatry. Only Allegheny General Hospital in Pittsburgh does not accept the H-1B visa. All of the other hospitals and facilities such as Temple University and Western Pennsylvania Hospital will accept all of the different visa types that you may hold such as the J1 and GC.

Penn University's Perelman Medical School is ranked as the 5th best medical school in the country for research and is affiliated to many of the Hospitals that you may be accepted at for your residency. So you can be confident of getting a good level of education to go with the experience you will gain no matter where you will do your residency in the state.

You will also find that the cost of living within Pennsylvania is lower than the national average. With reasonable weather throughout the year and good links to areas such as NY and Washington this is an ideal area to be based in.

FLORIDA

Not only is Florida seen as great place to retire for many, it is also seen as one of the most IMG friendly states in the US. In the 2017 Match there were 422 IMG students placed as residents within the many Hospitals within the state. As with many other states many residencies were in the areas of family and internal medicine, however Florida also accepts quite a few IMGs within residencies for surgery and also pediatrics.

To work as an IMG in Florida you will need the J1 or GC visa. None of the hospitals there are accepting the H-1B visa type. Places are awarded through Mount Sinai Medical Center of Florida, the Orlando Regional Hospitals and a few others which are happy to accept IMG residents.

Florida is a highly diverse area with some 19% of the population having been born overseas and over a quarter speaking languages other than English at home. It also boasts being one of the most friendly locations in the US for foreign students accepting more than any other state into its systems there. With excellent scenery and some of the best beaches in the US you are not going to go far wrong with a residency in this warm state.



TEXAS

Texas comes in at number five in the list of most popular destinations for IMG residents. For the 2017 match there were 395 residents placed that had gained their medical degrees outside of the US. Beyond the large numbers that enter into family and internal medicine based residencies there are also a large number that enter into areas such as pediatrics and pathology. From the Baylor College of Medicine through to the Presbyterian Hospital of Dallas there are several places in which you can be awarded a residency. Only Baylor accepts the H-1B visa, the rest using J1 and GC.

With low taxes and one of the lowest costs of living in the states it is not surprising that many of the cities in the state are some of the fastest growing in the whole US. With fast growth rates and more than a quarter of the population being under 18 the state is desperate for new doctors. Hence the need to employ IMGs within the many available places that are offered within some of the best hospitals and teaching facilities that you will find anywhere in the US. Currently there are over 14000 foreign graduated medical staff working within the state.

NEW JERSEY

Another popular destination for IMG residents is the state of New Jersey. For the main Match in 2017 there were some 391 IMGs placed into residencies in the state. In fact if you look at the percentages of places given to IMGs this state is actually the most friendly with some 52% of places being awarded to those from out of the country. This state has accepted a large number of IMGs to work as residents in the area of pediatrics as well as in the usual areas of internal and family medicine.

From the Jersey Shore Medical Center to the St Francis Medical Center in Trenton there are many opportunities to work as a resident in this state. With more than a dozen facilities accepting IMG residents there is plenty of scope to find a place. You will have to check the visa types that are accepted however as it is a very mixed bag.

New Jersey is as keen to accept IMG residents as New York, however you will find that the pace of life as well as the overall cost of living is much lower than that in NY. You will also benefit from this garden states impressive scenery with mountains as well as beaches and a moderate climate with the full 4 seasons through the year.



OHIO

The state of Ohio welcomes many IMG residents each year. During the NRMP Match of 2017 the state accepted some 366 IMG residents onto programs. The most popular programs are internal and family medicine which make up the majority of placements within the state. After this places were awarded for Pathology, Pediatrics, Surgery and Neurology.

Most of the facilities will accept the J1 and GC visa types with a couple accepting the H-1B visa. Places are awarded at places such as the Ohio State University and Wright State University through to the Good Samaritan Hospital in Cincinnati.

The Cleveland Clinic is seen as the top hospital for Cardiology in the country and as the 2nd best hospital overall. The Wexner Medical Center and many others within the state are also very highly ranked across a variety of different specialties making this an interesting state to work in no matter where your interests lie.

Centrally located the state boasts warm and humid summers but quite cold and often snowy winters. It also boasts one of the lowest costs of living in the states. You will typically spend 35% less here than if you were living in a state such as California. This is a friendly area and one in which you should be able to achieve a good work life balance even working in a busy residency in the state.

ILLINOIS

Only half of IMG applicants get a place so it is very important that your applications go to states such as Illinois that accept a large number of IMG residents. During the Match for 2017 they accepted 364 IMG residents into the programs within the state. Internal and family medicine make up the most numerous placements in almost every state whether native applicants or IMGs. Illinois also welcomed IMGs into areas such as Neurology and Anesthesiology.

Your residency can be at any of around a dozen facilities such as the University of Illinois Chicago or Urbana Champaign or the Ravenswood Hospital, Chicago. All accept the GC and J1 visas and roughly half will use the H-1B visa.

Both Chicago and North Western University attract a huge number of foreign students into the area to study so you will be sure to be able to mix with many others from overseas.



MASSACHUSETTS

Overall within the States 21% of all Residency places are awarded to IMG applicants. That is 1 in 5 of every place out there will go to an IMG. These however are very much concentrated in a few states such as Massachusetts that are friendly towards graduates from overseas. For the 2017 Match the state accepted 327 IMG residents. The bulk of applicants were accepted into Internal medicine residencies with many others working in the area of Anesthesiology.

Salem Hospital and St. Vincent's Hospital Worcester both accept all visa types while the majority of the remaining hospitals such as the Beth Israel Deaconess medical Center will accept the J1 and GC visas for the IMG residents.

With Harvard Medical School and Tufts University School of Medicine having links with many of the other facilities in the state you are sure of learning a lot through your residency here. The area does have a very solid economy and public transport is very effective so often there is little need to own a car of your own. But, the cost of living can be much higher than many other areas in the states and finding a place to live can be hard. Many also complain about the weather. However, this state is home to some of the best hospitals in the world.

CALIFORNIA

Last on our list is California, this state accepted some 247 IMG residents during the 2017 NRMP Match making it the 10th most IMG friendly state within the US. Like most other states the majority of placements are within the fields of Internal and Family medicine. In addition residencies in California accepted a large number of residents in the areas of Psychiatry, pediatrics and also pathology.

To work as a resident within the state you will need to have a J1 or GC visa, the H-1B visa is not accepted within many of the hospitals there. Within the state you can end up being placed through the University of Stanford or the many facilities offered through the University of California as well as hospitals such as the Alameda County Medical Ctr / Highland Hospital.

With four of the top 10 medical schools in the country being located in the state as well as some of the top performing hospitals in the country you can be sure that your residency is going to be worthwhile.

