



# FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI

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Fazilova Nodira Akramovna <sup>1</sup>

<sup>1</sup>Fergana Medical Institute of Public Health

## THE IMPORTANCE OF THE PROGRAM USMLE IN HIGHER EDUCATION

**Abstract:** This article is written about the importance and effectiveness of USMLE program in higher education. In addition, the article provides information about the steps and useful aspects of the USMLE program.

**Key words:** USMLE, Step 1, Step 2 Clinical Knowledge, Step 3, IMGs, First Aid for the USMLE, high Yield Comprehensive USMLE Review, Kaplan Medical USMLE QBank Series.

The United States Medical Licensing Examination – USMLE for short – is a three-step examination owned, governed, and administered by the Federation of State Medical Boards (FSMB) and the National Board of Medical Examiners (NBME). It is intended to ensure that all licensed physicians working within the United States have the same assessment standards, no matter the medical school or country where they completed their basic medical education or the state in which they practice.

The USMLE is commonly referred to as the Steps, because that's exactly how you will be taking them – in installments, as described below:

USMLE Step 1 covers content related to the following disciplines: anatomy, behavioral sciences, biochemistry, biostatistics, epidemiology, microbiology, pathology, pharmacology, and physiology. It also covers content related to the following interdisciplinary areas: aging, genetics, immunology, molecular, cell biology, and nutrition. The exam is organized both by organ systems (neurology, cardiology, gastroenterology, etc.) and by physician tasks and competencies (mastering of scientific concepts, correctly diagnosing and effectively managing a case).

USMLE Step 2 Clinical Knowledge (CK) covers content related to most organ systems and questions are divided into physiological and pathological processes. The aim of this exam component is to assess whether “you can apply medical knowledge, skills, and understanding of clinical sciences essential for the provision of patient care under supervision”. Other than by organ systems, the exam is also organized by physician tasks and competencies.

USMLE Step 3 covers almost all topics related to clinical medicine and will assess whether “you can apply medical knowledge and understanding of biomedical and clinical sciences essential for the unsupervised practice of medicine, with emphasis on patient management in ambulatory settings”. Other than by organ systems, the exam is also organized by physician tasks and competencies.

USMLE scores are very important for International Medical Graduates (IMG) attempting to match into residency programs in the United States. They are part of the equivalency process of an international medical education, showing that the medical knowledge of the IMG meet the standards in the United States. Most of the time, USMLE Step 1 scores are the only universal scores that interviewers can compare for residency applicants although; the test was not designed for this purpose of comparison. There are many other factors besides these test scores that would show the medical graduates’ clinical abilities. Therefore, if medical graduates have high USMLE scores for the Step 1 and Step 2-CK exams, these scores can give the medical graduates a greater chance to be selected for their target residency programs.

In general, IMGs (International Medical Graduates) must take the USMLE steps to prove that they possess the scientific and medical knowledge required by United States residency programs. They must check the requirements for residency programs before taking these exams to make sure they are well prepared for getting high scores. They must recognize the importance of Step 1 and Step 2-CK USMLE scores in screening candidates, in the United States, for them to Match into residency programs in any hospital. These factors will determine the type of journey a medical student will embark on.

The USMLE has benefits:

- 1) gives security to the general population, employers and co-workers that you have demonstrated was is considered “sufficient medial knowledge”.
- 2) helps students expand on the knowledge they obtained during medical school. Medical schools are revising curriculums during both the preclinical and clinical years but even with revisions there will never be one comprehensive curriculum for all schools and some students will be taught things other students aren’t at another school. The USMLE helps to force a student to not rely entirely on what they were taught at their school and encourages self-learning during the studying process.
- 3) allows a student to level the playing field to a degree. Without having a test like the USMLE a student coming from a lesser-known school, one that is pass/fail, or a student without an extensive CV and big name LORs they would be at even more of a disadvantage when it comes to applications for residency. The USMLE, to a degree, can help break that cycle. The USMLE is NOT an IQ test, it is reflection of hardwork and dedication. By demonstrating this to programs you become a much better applicant which might be more challenging to show without an exam like the USMLE.

- 4) becomes a common denominator for applicants, so it can be used for filters and sorting. Without having this in place it would be much more challenging to compare applicants. Maybe this would result in other measures for gaining acceptance to a program that are even better.

International medical students and graduates who wish to practice medicine in the USA have to qualify for the United States Medical Licensing Examination (USMLE), which is a three-step examination. These include USMLE Step 1, Step 2 CK, Step 2 CS, and Step 3. Deciding how to prepare for USMLE can be a difficult task. Consider the most effective learning techniques to pass it by scoring well. The preparation material for each step includes review books, subject-specific review material, and question banks.

The first step consists of nearly 308 multiple choice questions divided into 7 blocks. Each block has a 1 hour time summing up to 8 hours including breaks. In the second step, there are approximately 350 multiple choice questions divided into 8 blocks and you will have several hours to complete your exam.

Once you come to step three, there will be 450 multiple-choice questions. You have 2 days for this exam. The exam conducted on the first day has 256 multiple choice questions, divided into 6 blocks. Each block is 1 hour with 42-43 questions. Whereas, the second day features 198 multiple choice questions divided into 6 blocks. Each block has 33 questions. Moreover, this part also has case simulations each of 10 to 20 minutes.

You need both review materials along with practice questions to have a strong grip over the knowledge and the practice as a medic. Some of the popular books are First Aid for the USMLE, high Yield Comprehensive USMLE Review, and Kaplan Medical USMLE QBank Series.

In addition, USMLE also provides you with various exam preparation materials along with test format, practice questions, and review books.

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