

What is the difference between Transitional Year and Preliminary Year?

Christiana Care’s Preliminary and Transitional Year rotations are very similar. Both are one year programs designed to give residents a strong foundation in clinical medicine. Typically, students going into residencies that require more internal medicine knowledge (e.g., anesthesiology, neurology, preventive medicine and

rehabilitation), should more strongly consider the Preliminary Year program. Residents going into specialties that require a breadth of exposure during their internship (e.g., ophthalmology and radiology), often prefer the Transitional Year program. However, there is a tremendous amount of overlap and there’s no hard and fast rule. Due to

the competitive nature of these programs, we encourage you to apply to both. Students who are leaning toward internal medicine as a career, but are uncertain, should consider a Preliminary Year program. This would meet all of the requirements for a Categorical PGY-1 year in the event the student elects to seek a PGY-2 spot thereafter.

Preliminary & Transitional Year Curriculum Comparison (1 block = 4 weeks)

	PRELIMINARY YEAR (NUMBER OF BLOCKS)	TRANSITIONAL YEAR (NUMBER OF BLOCKS)
Inpatient Internal Medicine	3	2-3*
Choice of: Inpatient Medicine, Pediatrics, Family Medicine, Surgery, OB-GYN		3
Family Medicine		1-2
Ambulatory Medicine		1
CCU	0-1	1
MICU	1	optional
Night Float**	1	1
Emergency Medicine	1	1
Electives (medicine or non medicine)	4-4.5	3-3.5
Vacation (3 weeks) / CME (1 week)	1	1

* May include rotation in intensive care unit (e.g. CICU). Most rotations (e.g. internal medicine, ICU rotations, OB-GYN, inpatient pediatrics, and night float) occur at Christiana Hospital. Family medicine and outpatient pediatrics rotations occur at Wilmington Hospital. Rotations in emergency medicine and surgery can occur at both Christiana and Wilmington Hospitals.

**Preliminary and transitional year residents have a dedicated night float block. Additionally, some inpatient internal medicine and the family medicine rotations have each PGY-1 resident take a week of night float during a four-week rotation.

NOTE: The block rotations listed above may vary slightly from year to year.