



The National Association of DIOs (NADIO) is advocating for a fellowship start date of no earlier than July 7 for all fellowship programs that currently start on July 1.

The National Association of DIOs (NADIO) is a member organization of and for Designated Institutional Officials (DIOs). Our members' Sponsoring Institutions train over 80% of all residents and fellows in US ACGME-accredited training programs. NADIO strongly encourages all fellowship programs that start on July 1 to move their start date to July 7 or later starting July 2026.

The current scenario, in which residents finish their residency program on June 30 and are expected to start fellowship on July 1, is burdensome and stressful for residency programs and their program directors, the residents who are moving on to fellowships, fellowship program directors, DIOs, and GME Offices. A fellowship start date other than July 1 was strongly favored by the specialty societies, residents, and program directors of Pediatrics, Ob-Gyn, Surgery, and Orthopaedic Surgery, and these specialties successfully established later fellowship start dates. Importantly, these later start dates are associated with improved trainee well-being during the period of transition from residency to fellowship. The American Association of Pediatrics recommends that GME and hospital orientation occur no earlier than July 5 and clinical service start no earlier than July 7. Most Ob-Gyn, Surgery, and Orthopaedic Surgery fellowship programs have orientation in late July or August 1 with a clinical service start following orientation.

What are the concerns about making this change?

- Concerns about clinical coverage during the first year of this transition, a gap in pay between the end of residency and the start of fellowship, and potential gaps in health insurance coverage have all been successfully navigated by the specialties that have already moved away from a July 1 start
- The ECMFG/Intealth is actively working with the State Department to allow a short transition period between training programs for those on a J-1 visa.

Why now?

NADIO, established in 2023, now provides DIOs with a voice to advocate nationally for the betterment of graduate medical education (GME) at Sponsoring Institutions and on behalf of residents and fellows. Moving fellowship start dates away from July 1 has always been the right thing to do. NADIO sees this as an important change that needs to be made now for all fellowship training programs. Whether fellowships start close to July 7 or on August 1 can be determined by the various specialties and/or individual Sponsoring Institutions.

We encourage you to support this initiative and advocate for it within your organization or Sponsoring Organization.