

National Resident Matching Program® (NRMP®)

The NRMP, also known as The Match®, is a non-profit organization that for more than 70 years has placed physician learners to U.S.-based residency and fellowship training programs. The Match leverages its premier data and analyses to enhance the healthcare environment while fostering innovation and advancing professionalism across the transition to residency and the physician workforce.



2026 Main Residency Match®

48,050
Certified Applicants

1.8% increase
since 2025

44,344
Total Positions

2.6% increase
since 2025



Active Applicants Placed



Overall Positions Filled

Program and Position Highlights

INCREASE IN NUMBER FROM 2025

- 1,107 more certified positions
- 183 more certified programs
- 412 more positions in Primary Care

How We Do It

- Applicants submit to the NRMP lists of programs ranked from most to least preferred of where they would like to train. At the same time, training programs submit lists of applicants who they would most like to train.
- Using a proprietary algorithm, the NRMP places applicants with their most preferred programs that also prefer them.
- Once matched, applicants and programs enter into a binding commitment for training. The binding commitment ensures the continuity and distribution of physicians into community-based and academic centers across the U.S.
- With a Match, applicants and programs are treated equally, and their preferences drive outcomes, thereby reducing bias and inequities in training selection.

Why We Matter

NRMP supports a fair, transparent, and efficient transition to residency by aligning applicant and program preferences through a structured matching process.

NRMP has served more than 1.4 million applicants for both residency and fellowship training since 1992.

- NRMP supports a fair, transparent, and efficient transition to residency by aligning applicant and program preferences through a structured matching process.
- NRMP data informs national trends in specialty preferences and reflects physician distribution across the U.S.
- NRMP Matches champion order, fairness, and transparency of experience and provide applicants with agency and choice in specialization.

Our core values and principles:

- **Ethics:** We act with honesty, trustworthiness, and accountability
- **Equity:** We ensure access and opportunity for all
- **Efficacy:** We leverage our experience and expertise to advance transformative and efficient match processes
- **Engagement:** We cultivate respectful, collaborative, and productive relationships through active listening and courageous and candid communications

2026 Main Residency Match Snapshot

IOWA

The 2026 Main Residency Match (MRM) was completed on March 21. New residents begin their core training in their matched hospital by July 1 and remain there, depending on their specialty, for 3 to 7 years.

289

Applicants Placed In Residency Training Programs in Iowa

289

Total Positions

1 more position since 2025

100%

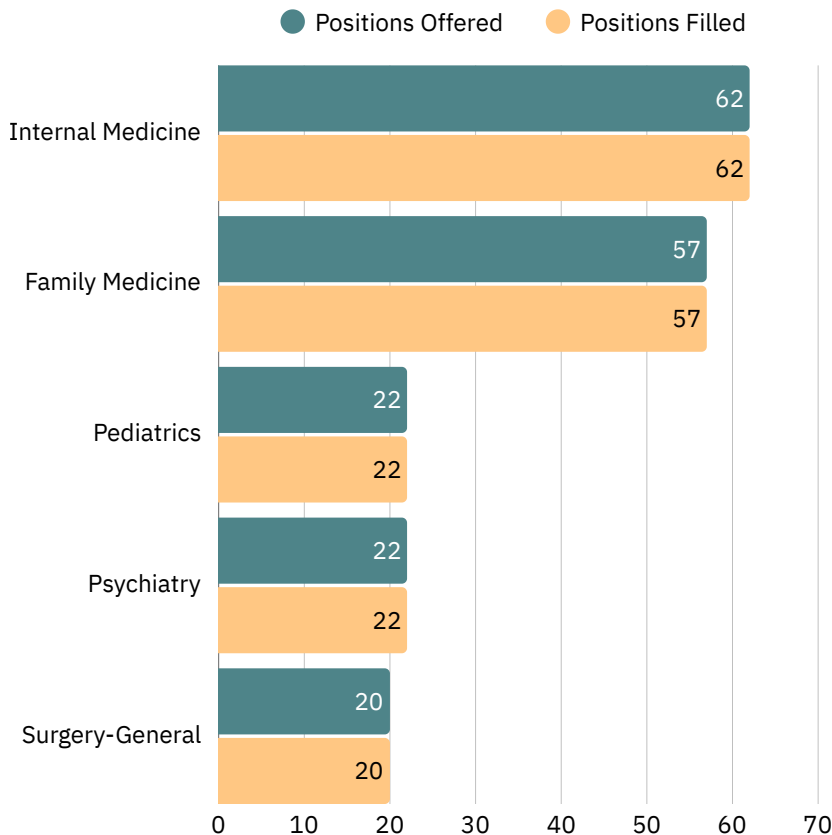
Total Positions Filled

No percent change since 2025

SPECIALTY DISTRIBUTION OF POSITIONS



TOP FIVE SPECIALTIES BASED ON POSITIONS OFFERED AND FILLED



THE MATCH
NATIONAL RESIDENT MATCHING PROGRAM®

POSITION FILL RATES BY APPLICANT TYPE

50.2% US MD Seniors

25.6% US DO Seniors

4.8% US IMGs

15.6% Non-US IMGs

3.8% U.S. MD/DO Grads

APPLICANT TYPE ABBREVIATIONS:

US MD Seniors: Graduating medical student in a U.S. allopathic medical school
US DO Seniors: Graduating medical student in a U.S. osteopathic medical school
US MD Grads: Graduate of a U.S. allopathic medical school
US DO Grads: Graduate of a U.S. osteopathic medical school
US IMGs: U.S. citizen graduating from an international medical school
Non-US IMGs: Non-U.S. citizen graduating from an international medical school

IOWA MATCH TRENDS



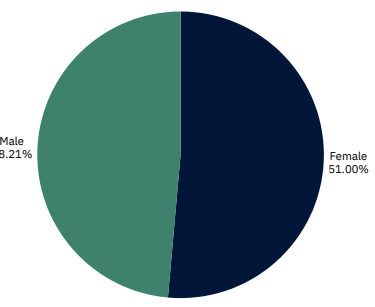
Matched Demographic Characteristics

The data below is voluntary and self-reported. The NRMP has suppressed fields that did not meet minimum thresholds to protect confidentiality.

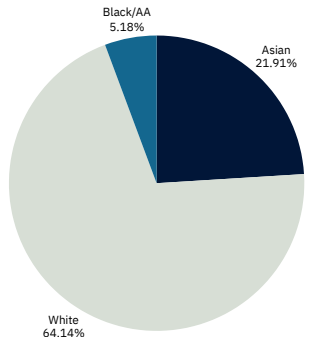
In-State Retention

The data below shows the percent of U.S. MD and DO seniors and graduates who reported an Iowa zip code who remained in-state for residency.

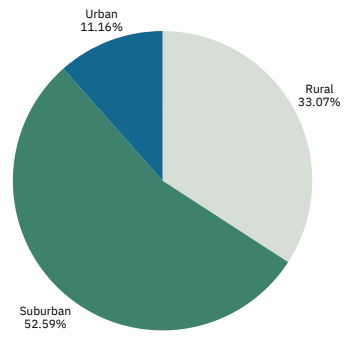
Birth Sex



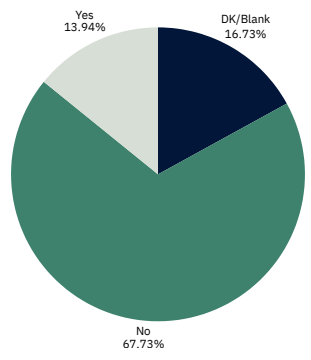
Race



Childhood Urbanicity

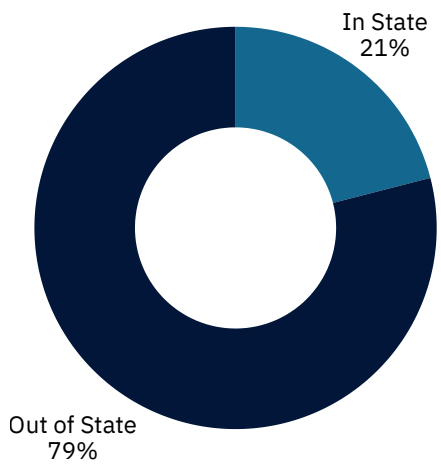


Family Public Assistance Pre-18



Response Abbreviations
 DK: Don't Know
 PNA: Prefer Not to Answer

In-State Retention of Iowa's Incoming U.S. MD and DO Residents



Incoming Resident Profile

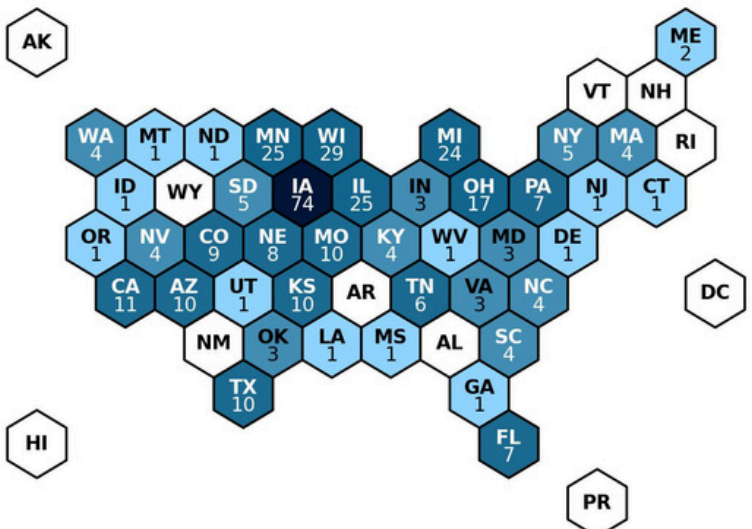
Top States for Incoming U.S. MD and DO Residents

1. Iowa
2. Missouri
3. Illinois
4. Wisconsin
5. Nebraska
6. South Dakota

Match Profile - State of Iowa

342

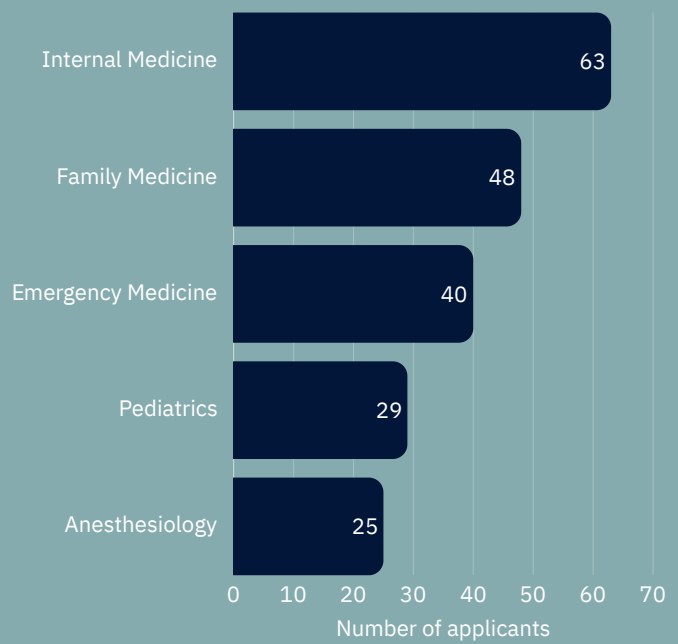
Geographic Distribution for Residency of Iowa Medical School Seniors and Graduates



The map indicates where seniors and graduates of medical schools within your state matched for PGY-1 training.

Preferred Specialty of Iowa Medical School Seniors and Graduates

Preferred specialty is the specialty ranked first on an applicant's rank order list.



Specialties Matching Service® (SMS®)

The NRMP Specialties Matching Service® (SMS®) conducts matches for subspecialty fellowship positions. The first Fellowship Match was conducted in 1984. For the 2026 appointment year, the SMS provided services for 81 subspecialties in 23 separate matches.



SMS* Fellowship Matches 2026 Appointment Year

15,846 Active Applicants

AN INCREASE OF 1,013 FROM 2025

15,358 Positions

AN INCREASE OF 738 FROM 2025



% Applicants Matched



% Positions Filled



Total Specialties



Specialties filling at least 90% of positions

5-Year Trend (2022–2026)

ACTIVE APPLICANTS
AN INCREASE OF 2,260 FROM 2022

▲ **605**
U.S. MD Grads

▲ **631**
U.S. DO Grads

▲ **237**
U.S. Citizen IMGs

▲ **790**
Non-U.S. Citizen IMGs

IMGs=International Medical Graduates

FELLOWS

After medical school, physician learners, or residents, complete a residency in a core specialty. Some residents may then seek additional training in a subspecialty or fellowship program. Interested eligible individuals can then apply to subspecialties or fellowships and register for the appropriate match.

To participate in a Specialties Matching Service® Fellowship Match, prior to the start of training, an applicant must have completed all training required for the position, must meet all requirements for entry into graduate medical education (GME) as prescribed by the appropriate organization, and any additional eligibility requirements provided by the sponsoring institution (e.g., a teaching hospital).

FELLOWSHIP MATCHES

- Colon and Rectal Surgery
- Emergency Medicine
- Epilepsy and Clinical Neurophysiology
- Female Pelvic Med & Reconstructive Surgery
- Hand Surgery
- Headache Medicine
- Laryngology
- Medical Genetics
- Medicine and Pediatrics Specialties
- Pain Medicine
- Pathology
- Pediatric Surgery
- Psychiatry
- Radiology
- Rehabilitation Medicine
- Spinal Cord Injury Medicine
- Sports Medicine
- Surgical Critical Care
- Surgical Oncology
- Thoracic Surgery
- Vascular Neurology
- Vascular Surgery

*NRMP Specialties Matching Service® (SMS®) conducts Matches for advanced residency and fellowship positions. For the 2026 appointment year the SMS provided services for 81 subspecialties in 23 separate Matches. Because Fellowship Match appointments may begin anywhere from 6 to 14 months after their Match Days, data are reported for the appointment year instead of the Match year.

2026 Specialties Matching Service Snapshot

IOWA

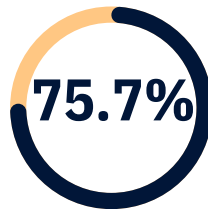
The data for the 2026 NRMP Specialties Matching Service® (SMS®) was conducted in 2025 and early 2026. New residents generally begin their fellowship training in their matched hospital by July 1.

78

Applicants Placed In Fellowship Training Programs in Iowa

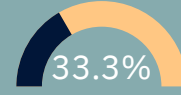


Total Positions



Total Positions Filled

SPECIALTY DISTRIBUTION OF POSITIONS



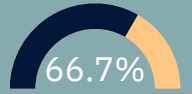
Addiction
positions filled
3 Total Positions



Cardiovascular Disease
positions filled
13 Total Positions

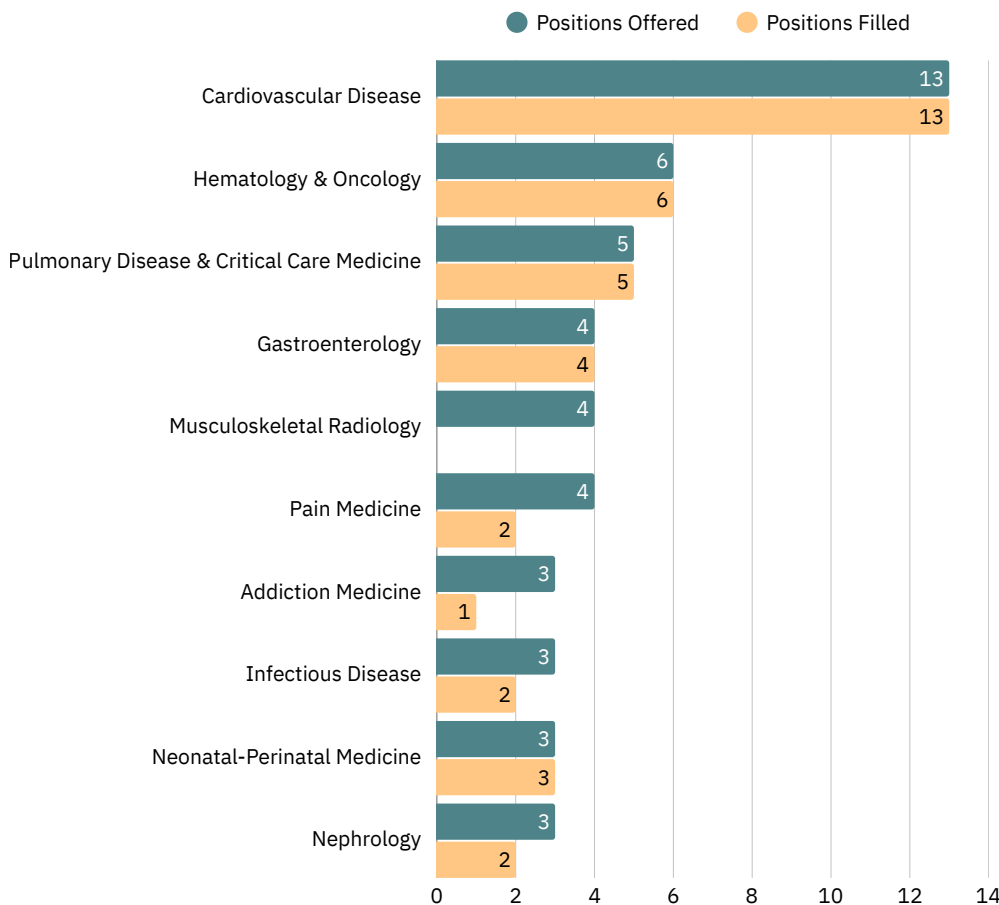


Infectious Disease
positions filled
3 Total Positions



Women's Health
positions filled
6 Total Positions

TOP 10 SPECIALTIES BASED ON POSITIONS OFFERED AND FILLED



POSITION FILL RATES BY APPLICANT TYPE

44.9% US MD Grads
14.1% US DO Grads
10.3% US IMGs
30.8% Non-US IMGs

APPLICANT TYPE ABBREVIATIONS:

US MD Grads: Graduate of U.S. allopathic medical school
US DO Grads: Graduate of U.S. osteopathic medical school
US IMGs: U.S. citizen graduated from an international medical school
Non-US IMGs: Non-U.S. citizen graduated from an international medical school