



SWEDISH FAMILY MEDICINE RESIDENCY – FIRST HILL Seattle, Washington

The Swedish Family Medicine Residency - First Hill program is dedicated to creating an environment where residents can reach their full potential as family medicine physicians. Our core values are outstanding resident education, quality patient care, teamwork, and intellectual and professional growth.

From its origins as a pioneer program in 1970, the residency has remained dedicated to the objectives of its training mission. Our goal is to provide the best educational environment to maximize the residents' opportunity to achieve their full potential as family physicians. Our mission is to prepare physicians to be leaders in the practice of comprehensive, compassionate family medicine of the highest quality. Our vision is to be recognized nationally as a program noted for its leadership training, its innovative and humane approaches to resident education and patient care, and its commitment to patient-centered, evidence-based, community-oriented family medicine.

Program Objectives:

- Promote family medicine as a unique specialty providing broad primary care skills focusing on the family as a social unit.
- Prepare physicians for practice in rural, urban, or suburban communities.
- Offer experiences in obstetrics and emergency care to meet the special needs of practice in isolated communities.
- Provide a training track in community family medicine for residents interested in serving the medically underserved through an affiliation with the Seattle-King County Department of Public Health.
- Train physicians to work in the context of a collaborative team of consultants and allied health workers.
- Provide a system of practice evaluation and continuing education, which will serve the changing requirements of family medicine.
- Demonstrate a model of practice providing optimal care to the patients of the family medicine clinics.

Program Highlights:

- Academic mindset in a community setting: Multiple learning opportunities including morning conferences, didactics, M&M, journal club, and grand rounds.
- Work in the community: Ethiopian Community Health Fairs, Mount Baker Ski Patrol, Ballard High School Clinic, Homeless Teen Clinic
- WWAMI away rotations and global health rotations (Malawi, Ethiopia, and Guatemala)
- Areas of concentration: LGBT, OB, Psychiatry, Wilderness Medicine, and Global Health
- Two fellowship programs

Geriatric Medicine Fellowship: This accredited one year post-graduate fellowship in geriatrics culminates in the certificate of added qualifications in geriatrics sponsored by the American Board of Family Medicine. The mission of this fellowship is to provide clinical training across the continuum of care in geriatric medicine and to foster leadership skills for academic careers teaching family medicine and geriatrics.

Obstetrics Fellowship: This one year post-graduate fellowship is a collaborative effort between the residency program and the perinatologists on the Swedish Medical Center First Hill campus. Training emphasizes care of the high-risk mother and child, including operative OB and newborn resuscitation. The prime goal of the fellowship is to prepare family physicians for practice in underserved areas where operative and high-risk OB skills are necessary.

Swedish Family Medicine – First Hill

- **Clinic Medical Director:** Dr. Carla Ainsworth (carla.ainsworth@swedish.org)
- **Location:** The First Hill clinic is located at 1401 Madison Street, one block north of the Swedish First Hill hospital where the residency's inpatient medicine, labor and delivery, surgery, and inpatient pediatrics rotations occur. The clinic is also home to the residency's administrative team and meeting rooms for didactics sessions.
- **Population:** The First Hill clinic provides over 15,000 patient visits per year. These visits encompass the full spectrum of primary care, including chronic disease management, preventive medicine, pediatrics, obstetrics, and geriatrics. The patient population is diverse in age, socioeconomic status, and ethnicity.
- **Staff:** The clinic utilizes a team-based approach to provide patient-centered care. The providers include faculty, 18 residents (6 from each class), a physician assistant, a pediatrician, 4 psychology graduate students, a clinical psychologist, dedicated nursing staff, and 2 patient care navigators trained in social work. Many of the faculty and nurses have patient continuity spanning over 20 years and multiple generations of families. The clinic offers same-day appointments during business hours.
- **Payment Model:** Approximately 60% of patients are insured by Medicare or Medicaid, 30% by private insurance, and 10% uninsured. Many patients are from Seattle's East African, Asian, and Latino communities and many visits are conducted through video, in-person and phone interpreters.
- **Specialty Clinics:** Behavioral and mental health care are vital to the team approach. Free behavioral health counseling is offered to patients through graduate psychology interns who are supervised by the psychology faculty. The clinic also offers weekly psychiatry co-visits with a board certified psychiatrist who assists residents with the care of their patients with complex psychiatry needs. The First Hill clinic offers numerous other specialty clinics that are staffed by residents and supervising faculty. These include: pediatrics, gynecologic procedures (colposcopy, LEEP, IUD, Nexplanon), newborn circumcision, podiatry, sports medicine, geriatrics, ultrasound, and a procedure clinic. The procedure clinic offers a variety of office procedures including excision and biopsy of skin lesions, removal of cysts and lipomas, paracentesis, thoracentesis, and joint injections.
- **Features:** The clinic's EMR is EPIC, consistent with the other FHFM clinics and with the hospital EMR. The First Hill clinic has an in-house lab that is open during business hours. The clinic's nurses are trained to perform NSTs, EKGs, respiratory treatments and screening and vision examinations.
- **Clinic Highlights:**
 - Broad array of specialty clinics featuring LEEP, circumcision, sports medicine, ultrasound and geriatrics
 - Diverse socioeconomic patient population
 - Suboxone program
 - Located adjacent to the main hospital

Swedish Family Medicine – Ballard

- **Clinic Medical Director:** Dr. Mark Johnson (mark.johnson@swedish.org)
- **Location:** The Ballard clinic is located on the Ballard Swedish Hospital campus in downtown Ballard.
- **Population:** Ballard has historically been the center of Seattle's large Scandinavian seafaring community and the patient population is socio-economically diverse. SFM-Ballard was designed partly to meet the unique challenges in this community with a larger percentage of self-employed, unemployed, or small business owners who cannot afford private insurance but who are also not eligible for Medicaid. As a result, approximately 20% of SFM-Ballard's patients participate in a unique monthly self-pay program. The population served also includes 50% Medicaid patients and 10% Medicare patients.
- **Staff:** The providers include faculty and six residents (two from each class). The Ballard medical team includes two MAs, one RN, and one ARNP. The medical team and office space are designed to maximize collaboration in complex patient care and chronic disease management.

- **Payment Model:** Patients enrolled in the self-pay program, as well as some insurance companies, pay a flat monthly fee for all primary care services offered within the clinic. This payment model allows for an innovative care delivery system focused on improving clinical outcomes and not on seeing as many patients as possible.
- **Specialty Clinics:** Free behavioral health counseling is offered to patients through graduate psychology interns who are supervised by the psychology faculty. The clinic also offers weekly psychiatry co-visits with a board certified psychiatrist who assists residents with the care of their patients with complex psychiatry needs. SFM-Ballard has a high procedure volume and procedures include colposcopy, arthrocentesis, joint and soft tissue injections, IUD/Nexplanon, skin excision/biopsy/I&D, nail removal, paracentesis, LPs, circumcision, and hemorrhoid banding.
- **Features:** The clinic's EMR is EPIC, consistent with the other FHFM clinics and with the hospital EMR. SFM-Ballard has in-house labs including U/A, lipid panel, blood glucose, HgbA1c, Hct, urine tox, and urine buprenorphine. In addition, the clinic performs EKGs, NSTs, and ultrasounds.
- **Clinic Highlights:**
 - SFM-Ballard continues to be a Swedish Pilot Project for the Medical Home Model with a unique payment model allowing for scheduled phone visits, home visits, and active management of chronic pain group visits.
 - New patient visits are 60 minutes and follow-up visits are 30 minutes.
 - The clinic has a suboxone program.

Downtown Family Medicine (DFM)

- **Clinic Medical Director:** Dr. Maureen Brown (maureen.brown@swedish.org)
- **Location:** DFM is located in Belltown, one mile from Swedish First Hill, and is housed within King County Public Health's Downtown Public Health Center.
- **Population:** DFM serves a diverse population of urban, underserved patients of all ages. The clinic cares for a large immigrant and refugee population (mostly from Southeast Asia, Latin America, Africa, and Eastern Europe), as well as homeless, unemployed, working poor, and geriatric patients.
- **Staff:** The providers include faculty and nine residents (three from each class). The clinic consists of three teams made up of residents, faculty member, and dedicated RNs and MAs. Other providers at DFM are a single full-time MD, psychiatric NP, behavioral medicine counselor/social worker, registered dietitian, and a travel clinic.
- **Payment Model:** DFM serves patients regardless of their ability to pay. For uninsured patients, payment operates on a sliding scale. DFM also sees patients with Washington Apple Health (Medicaid) and Medicare.
- **Specialty Clinics:** The clinic offers psychiatry, procedure, and colposcopy services, each offered one half day per week. Procedures include arthrocentesis, joint and soft tissue injections, colposcopy, vasectomy, nail removal, and cryotherapy. Gynecologic procedures include IUD, Nexplanon, and stringless IUD removal. Dermatologic procedures include excision, biopsy, and I&D.
- **Features:** DFM includes an in-house lab and pharmacy, as well as EKG, spirometry, NST, and ultrasound. The site uses King County EPIC for its EMR.
- **Clinic Highlights:**
 - DFM is a joint partnership between the Swedish Family Medicine Residency – First Hill and King County Public Health
 - Certified Federally Qualified Health Center
 - Colposcopy and OB referral center for King County Public Health
 - The clinic has a suboxone program
 - On-site interpreters in Spanish, Amharic, Somali, Arabic, and Russian. Phone interpreters for any other languages.
 - Downtown Public Health Center's other resources that help provide collaborative, patient centered care include:
 - Dental clinic serving homeless patients
 - OB services – Public Health RNs through Nurse Family Partnership, Moms Plus, and WIC
 - Pharmacy

- Robert Clewis Center – a needle exchange and education center
- Refugee Intake Clinic
- Veterans Affairs Office

Family medicine is constantly evolving. The need to incorporate new knowledge, techniques and practice into the professional performance of its graduates is addressed through curricular modifications. Residents and faculty together participate in the identification of learning needs and the implementation of strategies to accomplish the program objectives. This joint responsibility reaffirms the principle that post-graduate education is a fluid process where the educator and the learner establish the priorities and set the course. The more than 285 graduates of the residency are the products of this joint effort and are evidence that the residency has been true to its mission. Swedish is proud of the ongoing personal and professional achievements of its graduates.

Further requests for information about the residency, fellowship opportunities, the community, and the application process should be directed to:

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Medical Students interested in a fourth year sub-internship with our residency program should contact the residency administrative assistant, Valerie Dillard, to start the application process and review current openings. Ms. Dillard can be reached at valerie.dillard@swedish.org or by phone at (206) 215-1789.