CENTRAL WASHINGTON FAMILY MEDICINE RESIDENCY, YAKIMA
Yakima, Washington

Program Overview
The Central Washington Family Medicine Residency provides a rich learning experience. Community Health of Central Washington, the program’s sponsor is a designated Teaching Health Center. As such, residents learn to provide community based comprehensive and continuous ambulatory care to medically underserved patients representative of the cultural, socio-economic and demographic diversity of Central Washington. The program provides full spectrum Family Medicine training including OB, integrated behavioral health, osteopathic manipulation medicine, procedural training and inpatient pediatric and adult medicine.

The program is committed to academic excellence as demonstrated by it’s affiliation with the nation’s #1 ranked University of Washington Department of Family Medicine and one of the newest osteopathic medical schools, Pacific Northwest University of Health Sciences. Community physicians provide and teach state-of-the-art medicine in both the outpatient and inpatient settings.

In keeping with the Teaching Health Center’s mission of providing quality health care through service and education, the program recruits a diverse group of self-directed learners interested in working with rural and underserved populations. The program is committed to the development of excellent, board certified family physicians with demonstrated clinical, technical, and interpersonal competencies.

Continuity Clinic Site
The Central Washington Family Medicine clinic in Yakima is a freestanding 36,200 square foot facility which includes the clinic, faculty and resident offices, classrooms, library, and administration offices. The clinic features 30 exam rooms, three minor procedure rooms and on-site lab, x-ray, and pharmacy services. Procedures performed on-site include: flexible sigmoidoscopy, colposcopies, obstetric ultrasound, normal office surgical procedures, casting, splinting, vasectomy, endometrial biopsy, IUD insertion, and osteopathic manipulation therapy. Faculty, residents and students work in the same pods, and are assigned to teams with a lead RN supported by LPNs and/or Mas. The clinic provides 45,000 visits annually and is centrally located with easy access to both local hospitals.

Community Health of Central Washington, Ellensburg Clinic is a Family Medicine clinic located in the rural community of Ellensburg, WA, 38 miles north of Yakima. It is the only “safety net” clinic serving Kittitas County and provides full spectrum family medicine including obstetrics to an underserved population. The 10,500 square foot facility is 3 blocks from the rural critical access hospital. CHCW-E houses residency and student education space and faculty offices as well as clinical space. The clinical area includes 15 exam rooms and one procedure room, a WIC clinic, First Steps and Children with Special Healthcare Needs Program and on-site pharmacy services. Procedures performed on site include: colposcopies, endometrial biopsies, IUD insertion, normal office surgical procedures, and osteopathic manipulation therapy. Faculty, ARNPs, an integrated Behavior Health Consultant, residents and students work closely together and are supported by a nursing team comprised of RNs, LPNs, Mas and NACs. The clinic provides 13,000 visits annually and most patients come from the immediate community or remote areas in the county.

Residents learn to provide comprehensive and continuous ambulatory care in the family medicine clinics. The model for teaching is the “patient centered medical home model.” Each faculty and resident physician is responsible for the care of his/her panel of patients using a team based approach to care. The health center’s electronic medical record system, smart phones and access to on-line resources provide up-to-date information for providers.

Curriculum
In keeping with the program’s focus on service to underserved populations, the curriculum encompasses full spectrum family medicine. Core curriculum instruction provided during block rotations includes: ambulatory family medicine, cardiology/CCU, community medicine/research, emergency medicine, family medicine inpatient service, gynecology,
obstetrics, occupational medicine, orthopedics/sports medicine, pediatrics (ambulatory and inpatient), integrated behavioral health, pulmonary/ICU, surgery, and surgical subspecialties. Elective rotations supplement the core curriculum.

Longitudinal experiences spanning all three years include integrated behavioral health, dermatology, geriatrics, leadership and advocacy, osteopathic manipulation medicine, management of health systems, procedures, radiology, and travel medicine. Didactic presentations cover all curricular areas. Advanced cardiac life support, neonatal resuscitation, and advanced life support in obstetrics training is provided as well.

**Faculty**
Residents are supervised by a board certified teaching faculty of thirteen family physicians, two pediatricians, an internist, a pharmacologist, and two psychologists. Masters level organization development and business and finance faculty round out the team. All faculty spend time in practice, assuring clinical and technical competency.

The Central Washington Family Medicine Residency faculty bring a wealth of experience to the program. Each faculty member has special areas of interest, training, and experience which are complementary and enable the program to train physicians for service to underserved populations. Core faculty teaching is supplemented by the active participation of nearly 150 volunteer community attendings and clinic preceptors.

In addition to the teaching of residents, faculty members spend time precepting students for the required clerkships in family medicine for the University of Washington School of Medicine and Pacific Northwest University of Health Sciences. The program offers a sub-internship for students from U.S. medical schools.

**Quality of Life**
Central Washington, an ethnically diverse region, is situated in the eastern foothills of the Cascade Mountains, with lush evergreen forests, desert and sagebrush, snowy mountain peaks, flatlands, and flowering meadows, all within minutes of the city. Unique year-round outdoor recreational opportunities include camping, biking, hiking, fishing, skiing, golfing, and swimming. Other favorites are local and national theatre, art galleries, museums, historical sites, music festivals, the weekly Farmers’ Market, Native American and Cinco de Mayo celebrations, and professional and amateur sports.

Pleasant sunshine provides Central Washington residents with bright blue skies in winter, spring, summer, and fall. The changing seasons create an ever-changing panorama of sights and colors. The area’s vast irrigated lands produce a cornucopia of fruits, vegetables and other agricultural products including apples, mint, hops, hay, grain and cattle. The region is well known for its wine industry, as many award-winning wines are produced locally.

Central Washington is a great place to live. It’s “family friendly” with affordable housing, a stable economy, progressive educational opportunities for children and adults, and 300 days of sunshine per year.

**Residency Application Process**
The Central Washington Family Medicine Residency Program accepts only those applications transmitted via the Electronic Application Service (ERAS). The program is registered with the National Resident Matching Program (NRMP) and National Matching Services, Inc. (NMS).

Applicants are individually considered and invited to interview based on criteria compatible with the community health center’s mission of service and education. No applicant is considered without an interview.

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