

# VALLEY FAMILY MEDICINE

## SAVE/PRINT this E-mail: Renton Clerkship Information

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### VALLEY FAMILY MEDICINE

Valley Professional Center North, Suite 401  
3915 Talbot Road South  
Renton, WA 98055  
425/ 228-3440 ext. 1959

### SITE DIRECTORS:

- Heather Rudisill, MD [heather\\_rudisill@valleymed.org](mailto:heather_rudisill@valleymed.org)
- and Sarah Maitre, MD [sarah.maitre@valleymed.org](mailto:sarah.maitre@valleymed.org)

### SITE ADMINISTRATIVE ASSISTANT:

- Desirae Searing: [Desirae\\_Searing@valleymed.org](mailto:Desirae_Searing@valleymed.org); [Familymedicine@valleymed.org](mailto:Familymedicine@valleymed.org)

### GENERAL INFORMATION

Centrally located in the beautiful Puget Sound Region of the Pacific Northwest, Valley Family Medicine, the family medicine residency of Valley Medical Center (VMC) was established in 1986. It is a community-based, graduate medical education training program committed to excellence in the teaching and professional development of highly qualified family physicians.

Twenty-four residents, 9 family medicine faculty, a medicine pediatric hospitalist, a behavioral scientist, a psychiatrist, a pediatrician, clinical pharmacists, DO OMT preceptors, external family medicine preceptors, and other support personnel staff this site. Family medicine faculty all do full-spectrum care and teaching including outpatient clinic and procedures as well as inpatient adult, pediatrics, and obstetrics.

Valley Family Medicine offers an innovative curriculum that provides a breadth of experience and flexibility to prepare family physicians to practice in a variety of settings. The training includes full spectrum family medicine with quality inpatient and outpatient primary care, obstetrics, and behavioral medicine. Unique components include scheduling residents in clinic on a daily basis (known as Clinic First), disease management and population-based care, integration of evidenced-based medicine, and healthcare management seminars that are targeted to each academic year. The entire program is designed to create an emotionally supportive environment that encourages intellectual debate and lifelong professional development.

The obstetrics curriculum is a key component of the training. Obstetric experiences begin on the first day of the program and continue throughout residency. Residents work closely with obstetricians, perinatologists, and family physicians, and can typically perform approximately 100 vaginal deliveries over the course of their training. In addition, they assist with high- and low-risk deliveries, including assisting with C-sections. By the time they graduate, residents will have performed or participated in more deliveries than most other family medicine residents.

Another key component of the curriculum is training residents in doctor-patient communications. Residents receive regular one-on-one precepting in their continuity clinic with both family medicine and behavioral science faculty (Focus Clinic). Working closely with faculty allows

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residents to hone their interpersonal and clinical skills. Our goal is to optimize clinical outcomes through the use of effective communication.

Residents pursue individualized curriculum priorities through rotations during their 3 years at Valley Family Medicine.

UW Medicine/Valley Medical Center is the sponsoring institution and is the largest and most comprehensive medical complex in South King County, with a medical staff that represents virtually every clinical specialty and subspecialty in medicine.

Students participate directly in the full spectrum of patient care of diverse patient panels. Students are also assigned obstetric continuity patients to follow through delivery, postpartum, and newborn care. Students are able to be involved in clinic procedures. They may join the behavioral scientist in doing consultations with residents' patients, including smoking cessation. Students also identify a patient they see in clinic, and then meet later with the behavioral scientist to review genogram use and psychosocial implications for the patient's care. Students make a site visit to a long-term care facility and spend one day with a hospice visiting nurse. They are scheduled in residency workshops and the residency pediatric consultation clinic. Didactics occur most days of the week on-site and are required 3-4 days per week during the lunchtime hour. Students will set up four individualized "on-call" evening experiences during the clerkship. These experiences may include: a medicine or pediatric clinic patient admission from the ER with the inpatient resident team, following a patient admitted from clinic to the hospital to finish the admission, and identifying term obstetrical patients to be called for labor and delivery.

### Faculty:

Heather Rudisill, MD and Sarah Maitre, MD oversee student activities.

Desirae Searing is responsible for the student's daily schedule.

The student will always be supervised by at least one faculty member or third year resident.

Transportation: Car required.

Meals: Not provided, on-site hospital cafeteria available.

### **PRELIMINARY ARRANGEMENTS**

- Desirae can be reached at 425-228-3440 x1959, however the best way to contact her is via email.
- Be sure to send the completed Student Summary to the Site administrator at [familymedicine@valleymed.org](mailto:familymedicine@valleymed.org) at least two weeks before the starting date of your rotation.

The student should prepare to begin the rotation at 9:00 a.m. on the first day of the rotation. This day is spent in orientation activities. Students will meet with Dr. Rudisill or Dr. Maitre at the Valley Family Medicine clinic in Suite 401.

## VALLEY FAMILY MEDICINE

### **DRIVING DIRECTIONS TO VALLEY FAMILY MEDICINE**

- I-5 South to I-405 North toward Renton
- To WA-167 South via Exit 2 toward Kent / Auburn
- Take the first exit: E. Valley Road / S.W. 41st St. exit toward S. 180th St.
- Turn LEFT on E. Valley Rd.
- Turn LEFT on S. 180th St.
- S. 180th St. becomes S. 43rd St.
- Go over WA-167 to the next light at Talbot Road South
- Turn left on Talbot Road South and proceed past the hospital and its parking lot to the standalone building on the next corner – marked “Valley Professional Center North” directly across from the Puget Sound Cooperative Credit Union. You can park in any parking area without specialty parking signs. Proceed to the 4th Floor – Suite 401.