

Swedish Family Medicine Residency at First Hill

Further requests for information about the program, including the application process and interview days and medical student experiences, should be directed to:

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SWEDISH SWEDISH FAMILY MEDICINE RESIDENCY AT FIRST HILL

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711)

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Extraordinary care. Extraordinary caring.™

Swedish Family Medicine Residency at First Hill Seattle, Washington

Swedish Family Medicine Residency at First Hill is dedicated to creating an environment in which residents can reach their full potential as family physicians. We value outstanding resident education, quality patient care, teamwork, diversity and professional growth.

Our mission is to train family physicians to serve local and global communities through exceptional patient care, leadership, and advocacy for health and social justice. Our vision is to be a program noted for its leadership training, innovative and compassionate approach to resident education and patient care, and commitment to patient-centered, evidence-based, community-oriented family medicine.

The objectives of the program are to:

- Promote family medicine as a unique specialty cultivating broad primary care skills focused on addressing the needs of the communities they serve.
- Prepare physicians from diverse backgrounds to practice in rural, urban or suburban communities — this includes but is not limited to competent procedural, addiction medicine, LGBTQ and refugee health skills.
- Offer experiences in obstetrics and emergency care to meet the special needs of practice in isolated communities.
- Integrate our resident and faculty physicians into local and national conversations about the future of family medicine, primary care and health systems.
- Train physicians to become experts in population health, continuous quality improvement and evidence-based medicine.
- Demonstrate a model of practice providing optimal care to our patients across clinical settings.

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. Geriatric fellows teach residents and attend on the inpatient family medicine service.

Advanced Obstetrics Fellowship

This one year post-graduate fellowship is a collaborative effort between the residency program and the perinatologists on the Swedish First Hill campus. Training emphasizes care of the high-risk mother and child, including operative OB and newborn resuscitation. The primary goal of the fellowship is to prepare family physicians for practice in underserved areas where operative and high-risk OB skills are necessary. Fellows work with residents on labor and delivery as well as precepting in resident clinics.

Areas of concentration

There are multiple avenues for residents to pursue areas of interest within family medicine. The program offers Areas of Concentration (AOCs) in LGBTQ health, global health, obstetrics, reproductive health and sports medicine.

Swedish Family Medicine Clinic – First Hill

- **Location:** The First Hill Clinic is located one block north of the Swedish First Hill campus 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 didactic sessions.

Address: 1401 Madison St., Suite 100
Seattle, WA 98104

- **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. Our patient population is diverse in age, socioeconomic status and ethnicity. Many patients are from Seattle's East African, Asian and Latino communities and we conduct many of our visits using video, in-person and phone interpreters.
- **Staff:** The clinic utilizes a team-based approach to provide patient-centered care. Our team includes faculty physicians, 18 residents (6 per year), a physician assistant, nursing staff, a pharmacist and 2 patient care navigators trained in social work.
- **Payment model:** Approximately 60% of patients are insured by Medicare or Medicaid, 30% by private insurance and 10% are uninsured.
- **Specialty clinics:** The First Hill Clinic offers numerous specialty clinics that are staffed by residents and supervising faculty. These include: pediatrics, gynecologic procedures (colposcopy, LEEP, IUD, Nexplanon), neonatal circumcision, podiatry, sports medicine, geriatrics, ultrasound and the 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. The First Hill Clinic also offers weekly psychiatry co-visits with a board

certified psychiatrist who assists residents with the care of their patients with complex psychiatric needs.

- **Other clinic highlights:**
 - Behavioral and mental health care are vital to our team approach. The clinic offers free behavioral health counseling for our patients through graduate psychology interns who are supervised by our psychology faculty.
 - In-house lab including many back office tests, on-site EKGs and NSTs
 - Suboxone program

Swedish Family Medicine Clinic – Ballard

- **Location:** The Ballard clinic is located at the Swedish Ballard campus in downtown Ballard.

Address: 1801 NW Market St., Suite 403
Seattle, WA 98107

- **Population:** Ballard is a close-knit community historically tied to Seattle's boat-building and fishing industry. Swedish Family Medicine – Ballard was designed partly to meet the unique challenges in this community with a large percentage of self-employed and seasonally-employed workers who cannot afford private insurance but who are also not eligible for Medicaid. As a result, Ballard patients have the opportunity to participate in a unique direct primary care "self-pay" program. The clinic's patient population is socio-economically diverse and is aged birth to 100.
- **Staff:** Our team consists of 4 faculty, 6 residents (2 per year), 2 medical assistants, 2 nurses, and 1 nurse practitioner. Medical team and office spaces are designed to maximize collaboration in complex patient care and chronic disease management.
- **Payment model:** Patients can receive comprehensive primary care services for a monthly fee, either paid by the patient directly to the clinic or through select insurers. This payment model allows for an innovative care delivery system focused on improved clinical outcomes rather than volume of office visits. Residents are supported in caring for a panel of patients: R1s

typically caring for 50-100 patients while R2s and R3s care for 350-450 patients. The population served includes 50% Medicaid patients, 15% Medicare patients and 10% uninsured.

- **Specialty clinics:** Graduate psychology interns provide psychiatry co-visits and free behavioral health counseling. The clinic provides a high volume of in-office procedures, including: colposcopy, arthrocentesis, joint and soft tissue injections, IUD, Nexplanon, skin excision/biopsy/I&D, nail removal, paracentesis, circumcision and hemorrhoid banding.
- **Other clinic highlights:**
 - 60-minute new patient visits and 30-minute follow-up visits
 - In-office labs and studies including U/A, lipid panel, blood glucose, HgbA1c, hematocrit, urine toxicology, EKG, NST, ultrasound
 - Medical Home Model with unique payment model allowing for scheduled phone visits, home visits and active management of chronic disease through registries
 - Group visits focused on patients with diabetes
 - Suboxone program

Downtown Family Medicine Clinic (DFM)

- **Location:** DFM is located in Belltown (1 mile from Swedish First Hill) and is housed within the King County Public Health's Downtown Public Health Center.
Address: 2124 Fourth Ave.
Seattle, WA 98121
- **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:** Traditionally 3 residents per year. Medical team: 3 teams each made up of one resident from each year, a faculty physician, dedicated nurses and MAs. Other providers at

DFM include a clinical faculty physician, social worker providing behavioral health services and registered dietitian. The staff also includes 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 Medicaid and Medicare.
- **Specialty clinics:** These include psychiatry and procedure clinics. The procedure clinic provides arthrocentesis, joint and soft tissue injections, colposcopies, IUD, Nexplanon, stringless IUD removal, dermatologic procedures (excision, biopsy, I&D), vasectomy, nail removal and cryotherapy.
- **Other clinic highlights:**
 - In-house lab and pharmacy, EKG, spirometry, NST, ultrasound
 - Joint partnership between 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
 - Suboxone program
 - On-site interpreters in Spanish, Amharic, Somali, Arabic and Russian. Phone interpreters for any other languages.
 - Downtown Public Health Center has other resources that help provide collaborative, patient-centered care:
 - Dental clinic serving homeless patients
 - OB services – Public Health Nurses through Nurse Family Partnership, Moms Plus and WIC
 - Robert Clewis Center – needle exchange and education center with Buprenorphine Pathways pilot walk-in Suboxone program
 - Refugee Intake Clinic
 - Veterans Affairs Office