PRIMARY CARE-DIRECTED RESIDENCY TRAINING

KEY PERSONNEL

Associate Program Director for Primary Care:
Maryann K. Overland, MD
mko76@uw.edu

Continuity Clinic Directors and Residency Coordinators

VA:
Chris Vanderwarker, Medical Director [christopher.vanderwarker@va.gov]
Ginger Evans, Residency Coordinator [gingere@uw.edu]
Joyce Wipf, Director, Center of Excellence in Primary Care Education [joyce.wipf@va.gov]

Harborview AMC:
Sara Jackson, Acting Medical Director [sjack@uw.edu]
Jill Watanabe, Residency Coordinator [watanabe@uw.edu]

Roosevelt:
Barak Gaster, Interim Medical Director [barakg@u.washington.edu]
Deb Greenberg, Residency Coordinator [debbiegr@u.washington.edu]

SUBSPECIALTY WEB SITE ADDRESS
We are home to several premier fellowship training programs in research and academic general internal medicine. The overall goal of these fellowships is to prepare general internists to assume faculty and leadership positions in primary medical care, ambulatory care and occupational and environmental health.
https://depts.washington.edu/gim/fellowships/fellowship-training-programs

DEADLINE FOR FELLOWSHIP APPLICATIONS
Variable. Check websites.

GENERAL SUGGESTIONS FOR RESIDENCY TRAINING
The University of Washington Internal Medicine Residency provides an ideal training environment for those residents interested in pursuing a career in primary care internal medicine. In addition to the core inpatient clinical rotations, interested trainees should seek out clinical experiences in nephrology, cardiology, pulmonology, dermatology, neurology, rheumatology/sports medicine, gastroenterology, hematology/oncology and infectious disease. Residents should participate in many, if not most, of the available outpatient theme blocks. Additionally, they should undertake at least one community-based ambulatory experience. Residents considering working in a small practice or a small town should take advantage of WWAMI regional rotations to gain direct experience in those practice settings. Pay attention to your outpatient elective time. Use that time wisely to fill educational, knowledge, and procedural gaps. If you aren’t sure if an opportunity exists that matches your needs, ask your friendly APD or Kelli Corning.
Try to work in a variety of clinical settings, including Pac Med and Swedish, to get a sense of how other systems work.

**Suggested skills to practice include, but are not limited to:**

- Dermatologic biopsies/therapies (cryo therapy)
- Joint and bursa injections (shoulders, knees, hips, toes, knuckles)
- Palliative Care: Goals-of-care conversations, POLST forms, advanced directives, symptom management
- Lifestyle counseling (specific diets – renal, low salt, carb managed, weight loss, gout prevention).
- Musculoskeletal exams and basic home exercise programs for common MSK complaints
- Women’s health care: contraception, cervical and breast cancer screening, menopause care

Faculty mentors will help you explore clinical interests as well as possible research collaborations. Your APD, RAMP mentor, or continuity clinic director can help guide you toward establishing meaningful mentor relationships.

Be sure to ask your inpatient attendings to include outpatient management of common illnesses during their attending rounds, especially if they are predominantly outpatient providers.

If you care for a patient during an inpatient rotation who would be appropriate for your continuity clinic, invite them to follow-up with you in clinic. A phone call or message to clinic staff can go a long way toward ensuring that the patient sees you after they leave the hospital.

**SUGGESTED CURRICULUM DURING RESIDENCY**

- WWAMI or other community-based experience
- Ambulatory Nephrology
- Autoimmune Diseases
- Metabolic Disorders
- Musculoskeletal/Musculoskeletal Primary Care
- Dermatology
- Preoperative Evaluation
- Transitions of Care
- Respiratory Care
- Neurology
- Geriatrics
- Preventive cardiology
- Advanced heart failure
Local primary care conferences open to residents
Thursday morning primary care conference - UWMC
VA Primary Care journal club every other Wednesday 8-9 am

Local primary care social/educational events open to residents
Monthly primary care resident social events

Dates of important local and national meetings

Local ACP – Thursday-Saturday, first week of November
Local SGIM – first Friday of February (alternates between Seattle and Portland)

National ACP – April
National SGIM – April