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Director’s Welcome

Dear Applicant,

Thank you for your interest in the PIH Health Family Medicine Residency Program. Our residency has a proud tradition of training and graduating more than 150 Family Medicine physicians, and serving Whittier and its surrounding communities since 1979. The medical staff at PIH Health enjoys participating in the education and training, and as a former resident of this program, I can attest to the quality of training and preparedness residents receive.

Our graduates have gone on to practice Family Medicine in rural and urban settings, Indian health practices, the inner city, and academic centers. The vast majority of graduates practice in Southern California. Many remain in the immediate areas and become members of the hospital’s medical staff, taking on the role of mentor to our visiting medical students and staff residents.

Residents who choose to train at our Family Medicine Program have a wealth of unique educational opportunities at their disposal such as:

- The Palliative Care Team
- Pediatric and Adult Inpatient Hospital Care
- Tropical Medicine Program
- Ya Stuvo Tattoo Removal Program
- Multidisciplinary clinic care team consisting of Midlevel’s and Pharmacists
- A multi-specialty based faculty including in-house faculty physician practices in OB and General Surgery
- County and Community based hospital training

A comprehensive didactic lecture series is also available, as well as community medicine projects, scholarly activities, and outreach. We welcome interested applicants to complete the attached application and return to us for consideration to join this exciting program!

Best Wishes,

Virag Y. Shah MD

PROGRAM DIRECTOR
Historical Perspective

Whittier was established in approximately 1887 as a small Quaker town. Healthcare in this community has centered around the family physician. PIH Health Hospital - Whittier opened in 1959 with the majority of its patients being admitted and cared for by general practitioners.

In the early 1960’s, university teaching programs were strongly embracing a concept of specialization and sub-specialization and the Whittier community followed suit. Later, in the 1960’s a rekindling of general practice occurred with the birth of a new specialty, Family Medicine. This new specialty was associated with a three-year residency program. The American Board of Family Medicine was developed and written boards followed the residency training to accredit individuals in Family Medicine.

By the late 1970’s, PIH Health was looking for new and younger physicians in primary care specialties to expand the primary care services in the Whittier area. At the same time, the USC School of Medicine wanted to utilize community hospitals as Family Medicine residency programs. In 1979, after much planning, a combination program, the USC-PIH Family Medicine Residency Program, was begun utilizing intern training at LA County-USC Medical Center and two subsequent years at PIH Health. The PIH Health medical staff and administration worked to establish this program so that the new breed of family physicians would be trained locally and hopefully choose this area as a future practice site. The partnership continued with USC until 2001, when PIH Health grew into a freestanding community residency program. In 2005 PIH Health teamed up with the University of California Irvine, and now enjoys a strong academic affiliation with the University and its Department of Family Medicine.

The program saw patients for the first time in July of 1979 at which time there were six-second year residents and six first year residents. The first Family Medicine Center, located within the hospital, was built using private donations and hospital funds, and encompassed 5,300 square feet of space. The Family Medicine Center moved to its current location in the Washington Medical Office Building located next to the hospital in January 2000.
The PIH Health Family Medicine Center

The Family Medicine Center, established in 1979 within PIH Health, relocated to a medical building next to the hospital in January 2000. This state of the art facility encompasses the entire fifth floor and consists of approximately 10,000 square feet, which is dedicated to the office practice of the Family Medicine residents and faculty. There is a waiting room, business office, 3 nurses’ stations, 3 procedure rooms, and 18 consultation examination rooms, a large resident office. Faculty and administrative offices are on a separate floor. There are approximately 25,000 outpatient visits each year and 5,800 in-patient encounters. Patient demographics are similar to that of the private practitioners in Whittier.

Videotaping and monitoring is available to enhance the teaching experience. In addition to the clinical area, medical education and facility offices are contained within the same unit. The center census is approximately 2000 visits per month, averaging 100 patient encounters daily.

OVERVIEW

Of the 4,800 physicians newly licensed in California last year, about 80 percent came from other states, even though licensure requirements in this state are among the most stringent in the United States. The reason is obvious—the living is good, especially in Southern California where a wide variety of recreational activities are available. Like to ski, hike, surf, and sail? Like to watch professional and college basketball, tennis, soccer, hockey? Like music, the arts, good food, chic fashion, the casual life? This is all available to you in Southern California. The city of Whittier overlooks the beautiful slopes of the La Puente Hills and is conveniently located to all of these venues and more.

- Stand alone unopposed residency in a 548-bed hospital
- Stable program established and fully accredited for over 30 years
- Fully staffed Emergency Room
- One-on-one teaching from Attending Physicians
- Three Critical Care Units with Family Medicine continuity
- LAC+USC Medical Center combined curriculum in intern year
- Family Medicine Center on hospital campus
- Family Medicine Tropical Medicine Program
- Family Medicine Palliative Care Program
- Family Medicine Home Visit / Geriatric Program
Hospital Training Centers

The PIH Health Family Medicine Residency links the academic LAC+USC Medical Center with a general community hospital in order to provide an intensive academic as well as pragmatic training opportunity.

The first year of the three year residency program provides rotations at the Los Angeles County + University of Southern California Keck School of Medicine Medical Center. Second and third years are based at the PIH Health Hospital in Whittier.

LAC+USC MEDICAL CENTER

The LAC+USC Medical Center is one of the largest teaching hospitals in the world where an intensive inpatient and outpatient experience. With over 750 available beds and a variety of subspecialty clinics, the county hospital offers a broad experience of multi-problem patients under the supervision of full-time faculty members of the USC Keck school of Medicine. County hospital serves many of the indigent population for the region with over 100,000 visits through the Emergency Department annually. Located in the community of East Los Angeles/Boyle Heights, the hospital is just 20 miles northwest of PIH Health Hospital.

PIH HEALTH HOSPITAL – WHITTIER

PIH Health Hospital – Whittier is a nonprofit regional hospital and health center serving nearly 800,000 residents in an 11-city service area. Since opening in 1959, PIH Health Hospital – Whittier has remained the area’s leading healthcare center, recognized for quality care, advanced technology, professional teaching affiliations, and an integrated care delivery system that incorporates full acute, ambulatory and transitional care with clinic, health-improvement, home health, and hospice services in the community. Located in the city of Whittier, the hospital overlooks the beautiful slopes of the La Puente Hills. Specialized facilities include a 24-bed Critical Care Center, cardiac catheterization lab, pulmonary function laboratories, complete physical, occupational, cardiac, and respiratory rehabilitation services, spiral CT whole-body scanner, MRI scanner, hyperbaric chamber, Perinatal Center, Neonatal Intensive Care Unit, a radiation oncology center and breast health center, Wound Care Center, and Acute Rehabilitation Unit. The R.C. Baker Regional Emergency Center is one of Los Angeles County’s busiest emergency departments serving as the region’s paramedic base station and seeing 40,000 patients annually. The hospital is continually expanding and most recently celebrated the opening its second Tower, bring the number of beds to 548.
## Curriculum

<table>
<thead>
<tr>
<th>FIRST YEAR</th>
<th>SECOND YEAR</th>
<th>THIRD YEAR</th>
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<tbody>
<tr>
<td>Family Practice Orientation</td>
<td>Family Practice Orientation/Fpis</td>
<td>FPIS Senior On Service</td>
</tr>
<tr>
<td>FPIS Family Practice Inpatient Service</td>
<td>FPIS</td>
<td>FPIS</td>
</tr>
<tr>
<td>FPIS</td>
<td>FPIS Senior On Service</td>
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<tr>
<td>FPIS</td>
<td>Elective*</td>
<td>Women’s Health</td>
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<td>Urology * Ophthalmology *</td>
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<td>Behavioral Science</td>
<td>IOU*</td>
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<tr>
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<td>Surgery</td>
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<tr>
<td>Peds PIH</td>
<td>Women’s Health</td>
<td>Orthopedics*</td>
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<td>Emergency Room</td>
<td>Practice Management Seniorhood/Teaching</td>
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<tr>
<td>Peds Wards</td>
<td>Geriatrics / Community Medicine</td>
<td>Elective*</td>
</tr>
<tr>
<td>Peds Newborn</td>
<td>Surgery</td>
<td>Elective*</td>
</tr>
<tr>
<td>ER</td>
<td>HIV / Elective ENT</td>
<td>Elective*</td>
</tr>
<tr>
<td>Vacation</td>
<td>Vacation</td>
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### Rotations at LAC+USC Medical Center

- **First Year**
  - Only 5½ rotations with night call; 8 months at PIH Health, 4 months at LAC+USC Medical Center (average for the year call every 11th night)

- **Second Year**
  - Call is approximately every 9th night

- **Third Year**
  - Call is approximately every 16th night

### Rotations may be taken in 2nd or 3rd year
- ENT, Dermatology, Geriatrics, Community Medicine, Women’s Health, and Practice Management are combination blocks and longitudinal rotations.
- Electives must be approved in advance for residents in good standing, who qualify. One elective per year may be an “away” rotation.
- Some second year rotations can be done in 3rd year to accommodate electives and preceptor availability.
First Year Curriculum

During the first year, residents split their time between LAC+USC Medical Center and PIH Health Hospital – Whittier. The rotations blend the large university county hospital experience with the private community hospital setting. Residents gain independence and individual confidence during the months at the county hospital. While on rotations at PIH Health, residents are better able to synthesize their newly gained knowledge under the more closely supervised environment. Throughout the year, interns maintain office hours one half-day session a week at the Family Medicine Center and establish a primary care provider relationship with a panel of continuity patients.

FAMILY MEDICINE ORIENTATION (4 WEEKS)

During the first month of the intern year, residents participate in various didactic lectures covering basic principles of disease, physical diagnosis, administrative policies, and interviewing skills. Interns also gain an introduction to the Family Medicine Inpatient Service rotation through highly supervised care of a limited number of hospitalized patients. First year residents are also introduced to patient care in the office setting and begin developing their office-based practices. New interns receive certification in, Advanced Cardiac Life Support (ACLS), Neonatal resuscitation and Advanced Life Support for Obstetrics (ALSO).

FAMILY PRACTICE INPATIENT SERVICE (16 WEEKS)

Residents spend four months working in teams to admit and manage hospitalized patients while on the family medicine service. During the rotation, each team will admit and manage a wide variety of acutely ill pediatric and adult patients. Residents are directly responsible for patient care including regular hospital floor and intensive care unit patients. On call, residents also participate in stand-by OB deliveries, C-section assists, and surgical first assisting, thereby completing the full spectrum of Family Medicine. Residents learn critical thinking with regards to the hospitalized patient and become proficient at various procedures, surgical assisting, and medical management. During the month-long rotation, residents take in house call under in-house senior resident supervision. Call schedule during the rotation is approximately every four days. The rotation involves daily-organized morning report with teaching by a panel of family medicine, internal medicine, critical care, and pediatric attendings, as well as social services and hospital pharmacy fellows.

BEHAVIORAL SCIENCE (4 WEEKS)

Emphasis is on improving doctor-patient interaction in the office and hospital settings. During the four-week rotation, residents will also receive didactic instruction and clinical exposure to psychiatric illness. While on service, the resident will work one on one with the Behavioral Medicine Coordinator. Residents gain valuable insight into patient, family, and physician attitudes and perceptions when treating acute and chronic diseases and dealing with end of life issues. Residents are in the family medicine office setting three to four half-days a week where they are given constructive feedback and training while seeing patients.
WOMEN’S HEALTH (4 WEEKS)
Residents follow along and manage private OB patients in PIH Health Hospital’s beautiful Ruth B. Shannon Maternity Care Center. During the rotation, first year residents become comfortable handling uncomplicated obstetric deliveries and first assist on C-section deliveries. With progressive experience, residents learn to identify and manage common complications in the pregnant patient. Weekly teaching rounds are conducted by family medicine and OB/GYN attendings. Residents also attend gynecological procedures and surgeries during the rotation.

EMERGENCY MEDICINE (4 WEEKS)
Residents spend four weeks in an Emergency Medicine setting. Rotating residents gain hands-on experience seeing patients in the urgent care sections of the Emergency Room and being part of the Emergency Room trauma team working side by side with senior emergency physicians. The rotation consists of multiple shifts per week with no call.

PEDIATRIC EMERGENCY ROOM/PEDS CLINICS (4 WEEKS)
Residents rotate through the Pediatric Emergency Room at LAC+USC Women’s and Children’s Hospital, evaluating and treating acutely ill pediatric patients. They also spend time at various pediatric subspecialty clinics (Surgery, Cardiology, HIV, TB). Excellent didactic teaching is provided through attendance of pediatric grand rounds, problem rounds, and morbidity and mortality review. The month-long rotation provides weekends off and weekday short call until midnight once weekly.

PEDIATRIC WARDS (4 WEEKS)
Residents rotate onto the very busy Pediatric Inpatient Service at LAC+USC Women’s and Children’s Hospital. PIH Health Family Medicine residents work side by side with pediatric residents and attendings while they are assigned to one of the four pediatric inpatient teams. A wide spectrum of complicated and uncomplicated pediatric illnesses are admitted and co-managed by the intern and senior pediatric resident. Additional responsibilities include daily presentations at attending rounds, and peds call every fourth night. On average, interns will admit one to five patients per call night.
Didactic Lecture Series

The PIH Health Family Medicine Residency has an extensive Didactic lecture training series. Didactic conferences take place Monday, Tuesday, Wednesday, and Friday of each week (holidays excluded). Faculty are responsible for the bulk of the lectures, with visiting lecturers and other clinicians participating from all over the United States. The lecture series consists of didactic and hands-on workshops taught in a small group setting.

Residents regularly attend multidisciplinary conferences such as Geriatric Ground Rounds, Tumor Board, Pediatric Ground Rounds, Family Practice Grand Rounds, and Hospital CME programs. Residents also participate in the quarterly Family Medicine Department Meetings, and the quarterly General Medical Staff Meetings. At different times throughout their training, residents are responsible for giving lectures, and overseeing the Residency M and M rounds.

The didactic lecture series is designed on a 2-year cycle of core topics with added miscellaneous medical and professional lecture subjects, workshops, and scholarly activities interspersed within the core curriculum.

DIDACTIC CONFERENCE SUBJECT AREAS INCLUDE:

**Medicine**
- Cardiology
- Pulmonology
- Hematology
- Tumor Board
- Rheumatology
- Endocrinology
- Nephrology
- Neurology

**Support Group**

**Community Medicine**

**Pediatrics**
- Pediatric Hospitalist Medicine
- Neonatology

**Obstetrics and Gynecology**

**General Surgery**

**Surgical subspecialty**
- Urology
- Otolaryngology

**Geriatrics**

**Palliative Care**

**Human Behavior**

**Orthopedics**
- Sports Medicine

**Research**
- Journal Club
- Scholarly Activity

**Practice Management**
Stipend/Benefits

The PIH Health Family Medicine Residency Program offers a very generous annual salary and benefits package to residents in training.

ANNUAL SALARY (2016-17)

<table>
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<th>Year</th>
<th>Salary</th>
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<tr>
<td>First Year</td>
<td>$51,480</td>
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<tr>
<td>Second Year</td>
<td>$53,580</td>
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<tr>
<td>Third Year</td>
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*Licensed resident salary rate

BENEFITS INCLUDE

- Lab coats provided
- Health, dental and life insurance furnished and available for dependents by contribution (effective first of the month following 90 days of employment)
- Unlimited meals furnished to residents
- Malpractice insurance provided while on duty
- Four weeks of annual paid time off
- Educational/Conference leave
Application Process

Here are some important points of information to consider before you start your application:

- We will only accept applications through ERAS®
- We cannot consider any applicants without an interview
- If you are granted an interview, you will be emailed an invitation
- The Dean’s letter may be received after the interview, but must be received before applicant’s consideration by our selection committee, not later than January 1
- Interviews are on an “invitation only” basis
- All interviews will be completed by January 31. Do not wait until the last minute to schedule an interview after you have received your invitation, as we may not have interview dates available.

APPLICATION

Go to www.aamc.org/students/medstudents/eras to start the ERAS® Common Application Form.

PERSONAL STATEMENT

Please include a personal statement with your application that covers the following:

1. Name of medical school and comments regarding its orientation to family medicine
2. Briefly describe your family medicine experiences and other notable activities or honors:
   - Prior to medical school
   - Clerkships and preceptorships: where, with whom, were your anticipations met, what were your strengths and weaknesses, etc.
   - Family medicine-oriented activities while in medical school
3. What are your personal and professional goals? Describe what attracted you to family medicine. Where do you wish to practice and why? What training and educational qualities do you wish contained within your family medicine residency training program to meet your goals? You may also wish to describe personal interests and circumstances, including your family and household
4. What skills do you believe you possess that a family physician would value?
5. What personal (non-professional) growth interests do you wish to pursue during your three-year residency?
6. What do you do for fun?
DEAN’S LETTER

TRANSCRIPT

BOARD SCORES

RECOMMENDATION LETTERS

We must have three (3) letters of recommendation in order to complete your application. There should be at least two (2) letters from physicians practicing in the U.S. and 1 from faculty of an ACGME accredited program. The information contained in recommendation letters should offer an overview of your maturity, clinical competence, responsibility, humaneness, commitment to family medicine, and personality.

Contact Us

For more information about the PIH Health Family Medicine Residency Program:

PIH Health Family Medicine Residency
12291 Washington Blvd. Suite 301
Whittier, CA  90606
562.698.0811 Ext. 18516

Assistant Residency Coordinator – Martha Perez
Martha.Perez@pihhealth.org