



# East Pierce Family Medicine Residency

MultiCare Good Samaritan Hospital

Puyallup, Washington

## EPFM MISSION:

EPFM trains full-spectrum family physicians and works to improve healthcare access within our community



## Family Medicine Residency

- Comprehensive training in family medicine, including obstetrics and addiction medicine, utilizing an innovative longitudinal curriculum.
- Obstetrics training including high-risk maternity care and exposure to surgical obstetrics.
- Clinic experience in a Patient-Centered Medical Home.
- Multidisciplinary out-patient training including an active osteopathic curriculum and a team-approach to care.
- Unopposed residency training at a community hospital affiliated with University of Washington.
- Emphasis on physician wellness and work-life balance.
- Emphasis on developing physician leadership skills.

## Our Facilities

- Out-patient clinic designed specifically for resident training.
- Clinic located on the hospital campus, an easy walk to all hospital facilities.
- 360 bed community medical center.
- Full range of specialists available for resident training and patient referral.
- Member of the Seattle Cancer Care Alliance.
- 24-hour hospitalists, including medicine, obstetrics, and anesthesia.
- An emergency department serving more than 70,000 patients per year.
- Level 2 Special Care Nursery.

## 3-Year Curriculum

### PGY - 1

<b>Family Medicine In-Patient</b> .....	<b>16 weeks</b>
<b>OB</b> .....	<b>8 weeks</b>
<b>Pediatrics</b> .....	<b>8 weeks</b>
Clinic Block.....	4 weeks
Emergency Medicine .....	4 weeks
Surgery .....	4 weeks
Sports Medicine / Orthopedics .....	4 weeks
Elective .....	4 weeks

### PGY - 2

<b>Family Medicine In-Patient</b> .....	<b>9 to 10 weeks</b>
<b>OB</b> .....	<b>8 to 9 weeks</b>
Pediatrics .....	4 weeks
Clinic Block.....	4 to 6 weeks
<b>Night Shift</b> .....	<b>4 to 5 weeks</b>
<b>Adult Medicine</b> .....	<b>4 to 5 weeks</b>
ICU .....	4 weeks
Geriatrics .....	4 weeks
Health Systems Management .....	4 weeks
Elective .....	4 weeks

### PGY - 3

<b>Family Medicine In-Patient</b> .....	<b>4 to 6 weeks</b>
<b>OB</b> .....	<b>2 weeks</b>
Outpatient Peds .....	8 weeks
Clinic Block.....	5 to 9 weeks
<b>Night Shift</b> .....	<b>4 weeks</b>
Emergency Medicine .....	4 weeks
Gynecology .....	4 weeks
Sports Medicine / Orthopedics .....	4 weeks
<b>Community Medicine</b> .....	<b>4 weeks</b>
Dermatology .....	1 week
Behavioral Health .....	2 weeks
<b>Chief</b> .....	<b>0 to 2 weeks</b>
Elective .....	8 weeks

**Vacation-ineligible weeks are Bolded**

Additional Curriculum Incorporated throughout Residency

Osteopathic Manipulative Medicine (OMM/OMT)

Addiction Medicine

Office Procedures

Palliative Medicine

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## Longitudinal Curriculum at EPFM

The Longitudinal Curriculum (LC) is designed to meet several goals. These include:

1. Provide excellent clinical training across the breadth of Family Medicine
2. Provide a focus on ambulatory clinic experience, prioritizing continuity of care
3. Protect residents' wellness and work-life balance
4. Provide an emphasis on developing professionalism and physician leadership skills

To accomplish these goals, we've designed the LC with the following features:

1. Block rotations have been replaced by four 13-week Quarters. Each Quarter contains a variety of 1-2 week "rotations." There are a couple of exceptions to this:
  - a. R-1 Mary Bridge pediatrics is a 4-week rotation
  - b. R-3's have a 4-week Elective block, which allows for away rotations, if desired
2. Each resident sees patients in out-patient clinic on a daily basis, following a "Clinic First" philosophy. There are a couple of exceptions to this:
  - a. Family Medicine in-patient team sees clinic patients every other day
  - b. Residents on OB see clinic patients every other day
  - c. R1's on Mary Bridge Peds see clinic patient's weekly
  - d. Night Shift resident doesn't have clinic for the week of Night Shift
  - e. Thursdays are Didactics Day and are not scheduled for afternoon resident clinics
3. EPFM covers its in-patient Family Medicine service 24/7, 365 days per year.
4. Residents work in shifts, rather than taking call. Shifts are scheduled to be 12 hours long, and should never extend beyond 16 hours in length. (One exception to this would be if a resident were following a continuity OB patient.)

## Longitudinal Curriculum: R1 Year

QUARTER 1: JULY - SEPT													
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13
<b>A</b>	CLINIC	CLINIC	CLINIC	CLINIC	FMED	FMED	Sp Ortho	Sp Ortho	FMED	FMED	Surg	Surg	MB Peds
<b>B</b>	CLINIC	CLINIC	CLINIC	CLINIC	Surg	Surg	OB	OB	FMED	FMED	Sp Ortho	Sp Ortho	FMED
<b>C</b>	CLINIC	CLINIC	CLINIC	CLINIC	OB	OB	FMED	FMED	Surg	Surg	OB	OB	FMED
<b>D</b>	CLINIC	CLINIC	CLINIC	CLINIC	Sp Ortho	Sp Ortho	FMED	FMED	OB	OB	FMED	FMED	Surg
<b>E</b>	CLINIC	CLINIC	CLINIC	CLINIC	MB Peds	MB Peds	MB Peds	MB Peds	Sp Ortho	Sp Ortho	FMED	FMED	OB
<b>F</b>	CLINIC	CLINIC	CLINIC	CLINIC	FMED	FMED	Surg	Surg	MB Peds	MB Peds	MB Peds	MB Peds	Sp Ortho
QUARTER 2: OCT - DEC													
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13
<b>A</b>	MB Peds	MB Peds	MB Peds	Sp Ortho	Sp Ortho	FMED	FMED	OB	OB	FMED	FMED	Surg	Surg
<b>B</b>	FMED	Surg	Surg	MB Peds	MB Peds	MB Peds	MB Peds	Sp Ortho	Sp Ortho	FMED	FMED	OB	OB
<b>C</b>	FMED	SpOrtho	SpOrtho	FMED	FMED	Surg	Surg	MB Peds	MB Peds	MB Peds	MB Peds	Sp Ortho	Sp Ortho
<b>D</b>	Surg	OB	OB	FMED	FMED	Sp Ortho	Sp Ortho	FMED	FMED	Surg	Surg	MB Peds	MB Peds
<b>E</b>	OB	FMED	FMED	Surg	Surg	OB	OB	FMED	FMED	Sp Ortho	Sp Ortho	FMED	FMED
<b>F</b>	Sp Ortho	FMED	FMED	OB	OB	FMED	FMED	Surg	Surg	OB	OB	FMED	FMED

## Longitudinal Curriculum: R1 Year

QUARTER 3: JAN - MAR													
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13
<b>A</b>	OB	OB	FMED	FMED	Elect	Elect	FMED	FMED	ED	ED	MB Peds	MB Peds	MB Peds
<b>B</b>	FMED	FMED	ED	ED	OB	OB	FMED	FMED	Elect	Elect	FMED	FMED	ED
<b>C</b>	FMED	FMED	OB	OB	FMED	FMED	ED	ED	OB	OB	FMED	FMED	Elect
<b>D</b>	MB Peds	MB Peds	Elect	Elect	FMED	FMED	OB	OB	FMED	FMED	ED	ED	OB
<b>E</b>	Surg	Surg	MB Peds	MB Peds	MB Peds	MB Peds	Elect	Elect	FMED	FMED	OB	OB	FMED
<b>F</b>	Sp Ortho	Sp Ortho	FMED	FMED	ED	ED	MB Peds	MB Peds	MB Peds	MB Peds	Elect	Elect	FMED
QUARTER 4: APR - JUN													
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13
<b>A</b>	MB Peds	Elect	Elect	FMED	FMED	OB	OB	FMED	FMED	ED	ED	OB	OB
<b>B</b>	ED	MB Peds	MB Peds	MB Peds	MB Peds	Elect	Elect	FMED	FMED	OB	OB	FMED	FMED
<b>C</b>	Elect	FMED	FMED	ED	ED	MB Peds	MB Peds	MB Peds	MB Peds	Elect	Elect	FMED	FMED
<b>D</b>	OB	FMED	FMED	Elect	Elect	FMED	FMED	ED	ED	MB Peds	MB Peds	MB Peds	MB Peds
<b>E</b>	FMED	ED	ED	OB	OB	FMED	FMED	Elect	Elect	FMED	FMED	ED	ED
<b>F</b>	FMED	OB	OB	FMED	FMED	ED	ED	OB	OB	FMED	FMED	Elect	Elect

## Pay and Benefits

EPFM Residents sign a three-year contract (accepting a 3-year categorical Family Medicine position).

This contract includes pay and benefits provided by MultiCare Health System.

### Current salaries, per PGY year are:

R1 \$58,968

R2 \$61,298

R3 \$63,814

### When can we take vacation?

Residents are provided with three weeks of vacation annually. Vacation is taken for up to one week per rotation. Vacations can be taken during vacation-eligible weeks, which are specified on the Curriculum page.



### Benefits Include:

- Medical Insurance, including dental and vision for Residents and their Families
- 403(b) Retirement Account
- CME Leave and Allowance
  - R1 - 3 days leave and \$900.00
  - R2 - 5 days leave and \$1,150.00
  - R3 - 5 days and \$1,400.00
- 15 days of Vacation per year
- 12 days of Sick Leave per year
- Fees paid for Licensing Fees, DEA, and Board Certification Exam
- Tuition and Time-off for Life Safety courses including, BLS, ACLS, PALS, NRP, and ALSO.
- Meal Allowance
- Free Parking



## FAQ's

### **Can I do an international rotation?**

Each Resident will have the opportunity to arrange an “away” rotation during their third year.

The expectations for this rotation are:

1. The experience is not one that can be gained locally.
2. Malpractice is provided throughout (EPFM provides malpractice insurance for all rotations in the US.) Residents are responsible for providing insurance during international rotations.
3. The rotation must have both educational and service components.
4. Attending physicians must have verification of training and experience, in order to provide for a good experience for the Resident.

### **Is there an expectation for a scholarly project?**

Yes, all residents will complete scholarly work as a requirement for graduation. Dedicated time is provided for this work.

This scholarly work may be accomplished in a variety of ways, including:

1. Write an evidence-based response to a question (Clinical Inquiry or Help Desk Answer) and submit it for publication to the Family Physician Inquiry Network.
2. Participate in a clinical trial at MultiCare, demonstrating a substantial contribution to the effort.
3. Plan, conduct, and analyze a community intervention. An example of this includes conducting nutrition education for elders and evaluating their weight pre-and post-intervention. Another option would be to perform an analysis of medical care provided at the state fair as a way to predict future staffing and equipment needs. This work does not need to be published, but results have to be documented in order to have a lasting effect on the community.

Residents will also be involved in educational presentations, including Journal Club, Mortality and Morbidity Rounds, and Grand Rounds.

## Medical Student Rotations

East Pierce Family Medicine offers 4th year Medical Student rotations to students in good academic standing.

We strive to ensure students receive a realistic, hands-on family medicine experience and we accomplish that goal by having medical students spend time in our clinic and in the hospital.

- Applications submitted by March 1st are reviewed and a limited number of students are offered rotations.
- Our rotations are generally four weeks in length. Shorter rotations are rarely provided, as they don't provide sufficient exposure to adequately evaluate a student.

### Expectations

Medical students will be expected to demonstrate a high degree of self-motivation, intellectual curiosity, and come prepared with a knowledge base sufficient to address the wide range of patients typical to a busy primary care practice.

In preparation for a rotation, students will need to arrange the rotation with our Residency Coordinator. Preparation for a rotation will include verifying malpractice coverage and a formal agreement between the medical school and MultiCare Health System. The school will also be responsible for sending specific goals and objectives for the rotation as well as corresponding evaluation tools.

## About the Community

(Puyallup: pyoo-AL-up)

Puyallup is a rapidly growing city with easy access to both the Puget Sound and Mount Rainier. It is also home to the Washington State Fair, a fall tradition in Western Washington.

Puyallup is named after a tribe of Native Americans bearing the same name. Meaning “the generous people,” the tribe had a population of 2,000 before European settlers first arrived in the 1850’s.

The city is 5 miles east of Tacoma and 35 miles south of Seattle. With a population of 40,000 people, Puyallup has a small-town feel while being easily accessible to bigger cities. Numerous companies are moving into the community, bringing jobs and opportunities for local residents. Puyallup is linked to both Tacoma and Seattle by the Sounder train, which makes travel to the larger urban centers easy.

There are many outdoor activities located in and around Puyallup. Mount Rainier, a 14,411-foot volcano, dominates much of the landscape. The Puget Sound is a terrific area for boating, scuba diving, and fishing. Ski resorts are within easy distance for day and weekend trips. In addition to the annual Western Washington Fair, the city also hosts the Daffodil Festival, outdoor art gallery downtown, a vibrant farmers market, an antique district, and many “pick-your-own” farms.



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