Dear Future Colleague,

I invite you to take a closer look at the Christiana Care Health System, one of America’s largest non-sectarian health care systems, where residents are a priority and customized programs are offered by the Department of Medicine.

The world of medicine is rapidly changing and our mission is to help you become an outstanding internal medicine trained physician who is well prepared for the future. Imagine working in a residency program that gives you the skills to deliver high quality, high value care in an innovative and supportive environment. Our unique “4+2” ambulatory block curriculum places your longitudinal outpatient experience in block rotations, so that you will not have the disruption of going to clinic on inpatient rotations. During your training, you’ll learn to work effectively in multidisciplinary teams, take advantage of our new state-of-the-art simulation center, and learn the skills of quality improvement in an award winning 12 week course offered only at our institution. We offer other unique optional programs such as a global health training as well as a combined residency training/MBA program with the nearby University of Delaware.

Christiana Care is located in northern Delaware and is ideal for anyone who wants to live in the mid-Atlantic area and have easy access to Philadelphia, Baltimore, New York, and Washington, D.C.

While we are one of the largest hospital systems on the East Coast, we function like a family; where we get to know each other well and support each other. If you are interested in learning more about our program, please visit us at www.christianacare.org/residencies or call us at 302-733-6338.

Sincerely,

Brian M. Aboff, M.D., MMM, FACP
Internal Medicine & Transitional Year Program Director
Associate Chair for Education

Our Program Offers
- A strong academic program and nationally recognized faculty in a friendly, collegial setting.
- Attendings who enjoy teaching and encourage hands-on learning.
- Superior salary and benefits.
- Extensive research and fellowship opportunities, including fellowships at Christiana Care in cardiology, nephrology and sports medicine.
- Residencies in Categorical Internal Medicine, Transitional Year, Combined Medicine Pediatrics, Combined Emergency Medicine/Internal Medicine and Preliminary Year.

Our Unique Features
- Largest teaching affiliate of Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia.
- Two-day, off-site retreats in beautiful locations to focus on team building, leadership, teaching and feedback skills.
- State-of-the-art Education Building & Virtual Education Simulation Training (VEST) Center.
- Resident night float on all inpatient services ensuring compliance with duty hours.
- Optional global health track, research track, and leadership elective.
**Innovative Curriculum for Categorical Internal Medicine**

Our innovative curriculum creates block time, with a four-week block for inpatient medicine followed by a two-week ambulatory block. This dynamic new design allows residents to focus completely on their rotations. If you’re on an inpatient rotation, you won’t have to leave in the middle of the day to go to the clinic – and if you’re working in an outpatient setting, you won’t have to dash back to the hospital.

<table>
<thead>
<tr>
<th>Sample Ambulatory Schedule</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Two days of the week are spent in Outpatient Continuity Practice.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td>Outpatient Continuity Practice</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>Subspecialty Outpatient Rotation</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>Outpatient Continuity Practice</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td>Subspecialty Outpatient Rotation</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td>Subspecialty Outpatient Rotation</td>
</tr>
</tbody>
</table>

**Sample PGY-1 Curriculum**

<table>
<thead>
<tr>
<th>Rotation</th>
<th># Blocks</th>
<th>Total Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatient Internal Medicine</td>
<td>4</td>
<td>16</td>
</tr>
<tr>
<td>Medical Intensive Care unit</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Coronary Intensive Care unit</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Dedicated Night Float rotation</td>
<td>0.5</td>
<td>2</td>
</tr>
<tr>
<td>Rotation in general internist’s office</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>0.5</td>
<td>2</td>
</tr>
<tr>
<td>Electives &amp; Selectives</td>
<td>4</td>
<td>16</td>
</tr>
<tr>
<td>Vacation &amp; CME week</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

1 block = 4 weeks

All categorical Internal Medicine, Medicine/Pediatrics, and Emergency Medicine/Internal Medicine Residents are required to complete at least one scholarly activity during their residency. These scholarly activities place the clinical information into the context of population health and the overall health system. Residents will also gain writing and presentation skills, work closely with one or more faculty mentors, search and understand the medical literature, and gain skills in performance improvement and evaluation. Residents who complete scholarly activities are considered more competitive candidates for fellowship and other career opportunities.

**Department of Medicine Scholarly Activities and Original Research**

All categorical Internal Medicine, Medicine/Pediatrics, and Emergency Medicine/Internal Medicine Residents are required to complete at least one scholarly activity during their residency. These scholarly activities place the clinical information into the context of population health and the overall health system. Residents will also gain writing and presentation skills, work closely with one or more faculty mentors, search and understand the medical literature, and gain skills in performance improvement and evaluation. Residents who complete scholarly activities are considered more competitive candidates for fellowship and other career opportunities.

**Types of activities that qualify to complete the scholarly activity requirement include:**

- Writing and presenting an abstract or poster to a regional or national conference.
- Presenting research findings at a regional or national meeting.
- Publishing in peer-reviewed publications.
- Writing book chapters, reviewing articles or similar non-peer-reviewed publications.
- Presenting a Clinopathological Conference (CPC) at Medical Grand Rounds.
- Performing original research.

**Residents’ Outpatient Practice Earns National Recognition as Patient Centered Medical Home**

In 2013, our residents’ outpatient ambulatory practice (known as the Adult Medicine Office) received recognition from the NCQA as a level 2 Patient Centered Medical Home (PCMH). The PCMH is a model of care emphasizing care coordination and communication to transform primary care into “what patients want it to be.” The PCMH identifies practices that promote partnerships between individual patients and their personal clinicians. Each patient’s care is tended to by clinician led teams, who provide for all the patient’s health care needs and coordinate treatments across the health care system. PCMH recognition shows that Christiana Care’s outpatient resident practice has the tools, systems and resources to provide our patients with the right care at the right time.

**Innovative Curriculum for Categorical Internal Medicine**

What I love about Christina Care is the flexibility and the ability to make what you want of your residency. If you want to create a program or research an area that has not been pursued all you have to do is ask.

Peter Burke, D.O.
Alumnus and Christiana Care Hospitalist
Global Health – Residents reaching out

**Ben Goodgame, M.D.**
“In my fifth year of my Emergency Medicine/Internal Medicine residency, I had an amazing opportunity through an Internal Medicine scholarship program to spend one month in a rural hospital in Kenya. This was one of the most rewarding experiences of my residency. I was able to see an incredible patient pathology that I would have never experienced without the opportunity for an international rotation.”

**Foyinsayo Fasanmi Kumoluyi, M.D.**
“I had the opportunity to travel to Nigeria for an international elective. Through the Parag Bakshi scholarship and the guidance of our global health faculty, I was able to spend a month in Nigeria treating patients with very limited access to medical care. This trip was a dream and a once in a lifetime opportunity that came to fruition due to the immense support of my residency program.”

**Rapid Response Training (RRT)**
A rapid response system trains residents to triage medical emergencies on medical/surgical floors. A training curriculum consisting of a series of lectures addressing acute medical diagnosis commonly encountered during an RRT event is offered during the second residency year. Additionally, real life RRT scenarios are simulated in our 11 room Virtual Education and Simulation Technologies (VEST) center, allowing interns to gain firsthand experience as RRT Team Leader, without compromising patient safety.

**Other Program Aspects**
Residents rotate in all core specialties and can choose outpatient specialty electives of interests.
• Rotations designed to work with diverse populations in urban and suburban hospital settings.
• Blocks of time when residents are not on call, reducing the fatigue and stress of training.
• Flexibility, so residents can readily interview for fellowships and jobs.
• Invaluable knowledge, insights, one-one mentoring, support and advocacy from a dedicated faculty.
• Enhanced patient care due to fewer handoffs.
• Teaching third and fourth year medical students from the Sidney Kimmel Medical College at Thomas Jefferson University and more than a dozen other medical schools.

**Retreats**
Beach house retreats focus on ice-breaking with fellow interns, working with diverse colleagues and how to give and receive feedback.

**Earn an MBA**
The University of Delaware offers an optional four-year program allowing residents to complete their internal medicine residency while earning an MBA, Masters of Health Science Administration, Masters in Management or Masters of Organizational Development.

“I earned my MBA at a reduced cost while still drawing a partial salary and benefits. Even when I was at the University of Delaware focusing on my MBA course work, I still kept my internal medicine skills up by moonlighting. I hope to use my MBA skills in hospital management or to branch into the pharmaceutical industry.”

William Chasanov, D.O. Alumnus
Fellowship Placement

Our residents match with the nation’s most prestigious institutions.

More than a third of our internal medicine residents pursue fellowships in subspecialties after graduation. Christiana Care Health System offers fellowships in cardiology, interventional cardiology, nephrology and sports medicine.

Here are some places our residents have gone for fellowship:

- Albany Medical Center (Cardiology)
- Bridgeport/Yale (Cardiology)
- Brown (Pulmonary/Critical Care)
- Christiana Care (Cardiology, Nephrology)
- Dartmouth (Nephrology)
- Drexel (Hematology/Oncology, Nephrology)
- George Washington (Endocrinology)
- Georgetown (Pulmonary/Critical Care)
- Hartford Hospital (Cardiology)
- Johns Hopkins/Bayview (Geriatrics)
- Lankenau (Cardiology)
- Mass General (Pain & Palliative Care)
- Medical College of Georgia (Pulmonary/Critical Care)
- Medical College of Virginia (Cardiology)
- North Shore/LIJ (Cardiology, Hematology, Oncology)
- Ohio State (Pulmonary/Critical Care)
- Rhode Island (Hematology, Oncology)
- Rush (Infectious Disease)
- Rutgers (Sports Medicine)
- Samaritan Healthcare & Hospice (Hospice and Palliative Medicine)
- Temple (Geriatrics)
- Thomas Jefferson (Gastroenterology, Infectious Disease, Nephrology)
- Tulane (Allergy/Immunology)
- UCSD (Pediatrics, Hematology, Oncology)
- UMDNJ (Gastroenterology)
- University of Maryland (Infectious Disease)
- University of Minnesota (Nephrology)
- University of Pennsylvania (General Internal Medicine, Nephrology, Geriatrics)
- University of Pittsburgh (Pulmonary/Critical Care)
- University of Texas (Infectious Disease)
- Wake Forest (Rheumatology)
- Wayne State (Cardiology)

Out of the 12 graduating Internal Medicine residents in 2014, this chart shows where they went after residency.
As a medical student, resident, and past chief resident, I cannot say enough how much I have enjoyed my time and experience at Christiana. The education is well-rounded; I feel prepared for a career in either inpatient or outpatient medicine. The camaraderie is evident in every aspect of the day.

Jernaro Hernandez, D.O.
Alumnus

Time goes really fast... I feel like I work with my family, I am happy that I chose CCHS for my training.

Niksad Abraham, M.D.
Alumnus, Cardiology Fellowship Alumnus

As a resident, and past chief resident, I cannot say enough how much I have enjoyed my time and experience at Christiana. The education is well-rounded; I feel prepared for a career in either inpatient or outpatient medicine. The camaraderie is evident in every aspect of the day.

Heather Ragozine-Bush, M.D.
Alumna, Christiana Care Hospitalist

The new curriculum looks great because it separates the inpatient and outpatient obligations of the residents. When we decided to make this change, our primary obligation was making sure this was better for the residents’ education. I loved working on this project because I knew that it was a change that residents wanted.

Matthew Stoferahn, M.D.
Alumnus

I developed great relationships with my co-residents, faculty and staff – I feel like I am a part of a family.

John Donnelly, M.D.
Alumnus, Associate Program Director, Director of Ambulatory Medicine

Applying for Residency at Christiana Care
All applications must be submitted through the Electronic Residency Application Service (ERAS) developed by the Association of American Medical Colleges. In considering applications, we review academic records, letters of recommendation, letter from the Dean’s office, national board scores, publications and honors, as well as the applicant’s interests and goals. For application information, visit our website at www.christianacare.org/education.

Christiana Care by the numbers
According to the American Hospital Association’s latest survey of more than 6,000 U.S. Hospitals, Christiana Care ranks among the leaders by volume in several categories.

In the U.S.:
Admissions 21st
Births 29th
Emergency Visits 24th
Total Surgeries 24th

On the East Coast:
Admissions 11th
Births 13th
Emergency Visits 12th
Total Surgeries 12th
Delaware: A Great Place to Work – A Great Place to Live

As a resident living and working in Delaware, you will find affordable housing, enjoy great dining and entertainment and experience regular resident retreats.

<table>
<thead>
<tr>
<th>DESTINATION</th>
<th>DRIVING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Baltimore</td>
<td>1.5 hours</td>
</tr>
<tr>
<td>Washington, D.C.</td>
<td>2 hours</td>
</tr>
<tr>
<td>New York</td>
<td>3 hours</td>
</tr>
<tr>
<td>Poconos, PA</td>
<td>2.5 hours</td>
</tr>
<tr>
<td>Delaware Beaches</td>
<td>1.5 hours</td>
</tr>
</tbody>
</table>

Wilmington is centrally located between New York and Washington, D.C.

Internal Medicine/Transitional Year Residency
John H. Ammon Medical Education Center
4755 Ogletown-Stanton Road
Newark, DE 19718 | 302-733-6338
www.christianacare.org/residencies