

Internal Medicine Residency Program

at Christiana Care Health System

*Committed to your success
in medicine and in life*



**Sidney Kimmel
Medical College**[™]
at Thomas Jefferson University



CHRISTIANA CARE
HEALTH SYSTEM

Your future in medicine starts here

As one of the largest health care providers in the nation, Christiana Care Health System provides clinical and academic training in a community-centric hospital system. The largest health system in Delaware, Christiana Care offers you hands-on learning experiences in our high-quality urban and suburban hospitals with state-of-the-art

equipment, superb ancillary support and nursing staff, and the latest in information technology. You can also gain additional residency experience in our home health care services, preventive medicine, rehabilitation services, extensive offering of outpatient services and interaction with our primary care physician network.

Christiana Hospital

907-bed tertiary care and regional referral center



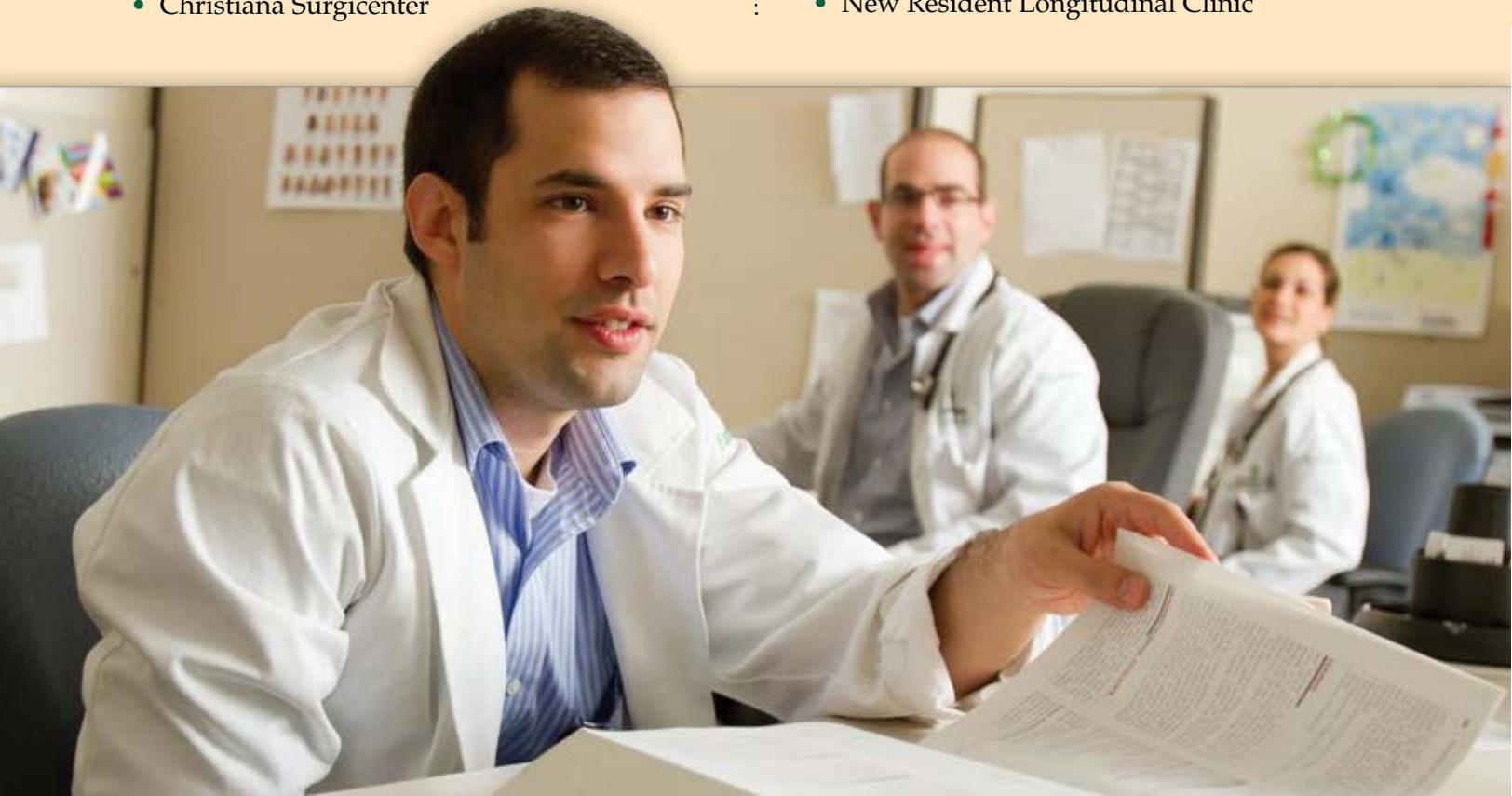
- Center for Heart & Vascular Health
- Helen F. Graham Cancer Center & Research Institute
- Breast Center
- Level-I Trauma Center
- Level-III Neonatal Intensive Care
- Christiana Surgicenter

Wilmington Hospital

241-bed urban community hospital



- Roxana Cannon Arsht Surgicenter
- Center for Advanced Joint Replacement
- Center for Rehabilitation
- The Rocco A. Abessinio Family Wilmington Health Center
- New \$205 million expansion
- New Resident Longitudinal Clinic



A message from the Program Director

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 a nationally 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.

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 residency.christianacare.org/fm 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
President, Association of Program Directors in
Internal Medicine

Reasons for choosing Christiana Care

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Christiana Care Health System New Resident Orientation

We recently developed a two week new-resident orientation which provides interns with protected time to receive formal training on bedside procedures and to participate in interactive workshops that prepare them to address common problems encountered in their first year of training.

New first-year residents receive standardized training central venous catheter and arterial line placement, lumbar puncture, paracentesis and thoracentesis. Training consists of on-line modules followed by hands-on training and practice in our Virtual Education and Simulation Training (VEST) center under the guidance of experienced physicians. This training enhances resident comfort with procedures and aims to improve patient safety.

Also included in the orientation are interactive didactic workshops covering important topics including: common patient problems encountered by residents, clinical decision making, pain management, physical diagnosis, hands-on-training with our electronic medical record system, and intern survival skills. The orientation is rounded out with social activities for both interns and current residents to foster comradery and teamwork.

Educating doctors for more than 100 years

At Christiana Care, you will join more than 250 current medical-dental residents and fellows, including 11 allopathic and two osteopathic residencies, plus residencies in dentistry, oral and maxillofacial surgery, pastoral care, podiatry and pharmacy. **Our program is large enough to provide rich educational opportunities, while small enough to ensure that each resident receives personal attention.**

As a regional center for excellence in cardiology, cancer, orthopaedics and women's health, Christiana Care can give you **in-depth training in a wide variety of medical and surgical specialties.**

Our close affiliations with Sidney Kimmel College at Thomas Jefferson University and integrated residency programs with the Alfred I. duPont Hospital for Children provide **even greater access to learning, teaching and clinical opportunities.**

At Christiana Care, you will see patients from diverse backgrounds with a broad spectrum of diseases and conditions. Plus, **you'll be at the forefront of the latest advances in medical research and technology.**

Consequently, our graduates score well on national board examinations, **secure excellent fellowships and receive attractive job offers.**

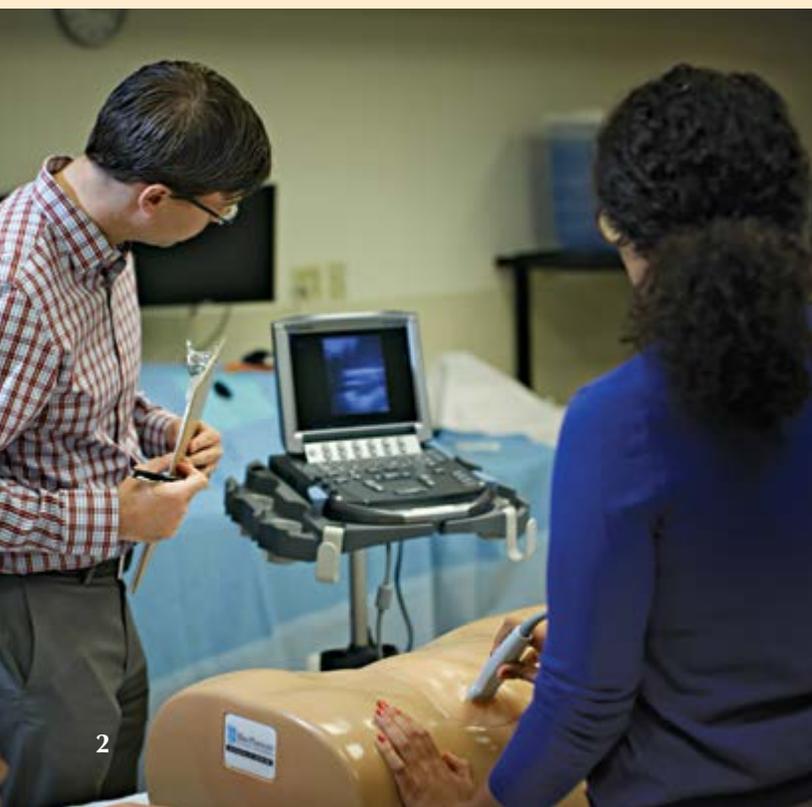
“As a medical student, resident, and chief resident, I cannot say enough how much I have enjoyed my time and experience at Christiana. The education is well rounded; I feel prepared for a career in either inpatient or outpatient medicine. The camaraderie is evident in every aspect of the day.”

Heather Ragozine-Bush, M.D.

Alumna

2012-13 Medicine Chief Resident

Christiana Care Health System Hospitalist





Work in one of the biggest, busiest and best health systems in the nation.

Our residents flourish at one of the largest community-based teaching hospitals conducting research in the United States. We're ranked one of the best hospitals

U.S. RANK

22nd in Admissions

31st in Births

21st in Emergency Department Visits

28th in Total Surgeries

Source: American Hospital Association Annual Survey Database of 6,200 U.S. hospitals. Copyright Health Forum, LLC

in the greater Philadelphia area and are committed to patient-centered care and a broad range of clinical experiences for our residents.

EAST COAST RANK

11th in Admissions

16th in Births

13th in Emergency Department Visits

16th in Total Surgeries

US News & World Report



Christiana Care Health System has been ranked one of the nation's best hospitals by *U.S. News & World Report*. The publication ranks Christiana Care No. 1 in Delaware and No. 3 among the 96 hospitals in the entire Philadelphia region. The publication ranks our Department of Obstetrics and Gynecology, Section of Endocrinology and Metabolic Diseases and Section of Pulmonary and Critical Care Medicine in the top 50 in those specialties among hospitals nationwide.

Top 100 hospitals from Truven Health Analytics



Christiana Care Health System has secured a place among the nation's 100 Top Hospitals in the major teaching hospital category by Truven Health Analytics,

and is one of just 17 hospitals across the nation to win the 100 Top Hospitals Everest Award for being among the select few to set national benchmarks for the fastest long-term improvement among health systems over the last five years.

Top 100 great hospitals rating from Becker's



For the second year in a row, *Becker's Hospital Review* has named Christiana Care Health System to its list of 100 Great Hospitals in America. The list is a compilation of the "most prominent, forward-thinking and focused health care facilities in the nation."

Magnet® redesignation for nursing



Christiana Care Health System received Magnet redesignation for excellence in nursing from the American Nurses Credentialing Center, joining an elite group of hospitals to achieve the highest level of recognition for sustained excellence in nursing care. Only 7 percent of U.S. hospitals have earned the honor.

Training Magazine's Top 125



Christiana Care Health System has been named to *Training Magazine's* Top 125 list of outstanding training organizations for the fourth consecutive year. Christiana Care placed in the top 50 on the list of all industries and in the top 10 of health care organizations.

Innovative curriculum

We have created an exciting and innovative curriculum for the categorical Internal Medicine residents.

Training Blocks

Rather than typical half-day clinics added to all inpatient and outpatient rotations, our curriculum splits the residents' experiences into inpatient and outpatient blocks of time. The resident's experience consists of a four week inpatient medicine experience alternating with a two-week ambulatory medicine experience. The design allows residents to completely focus on the rotation. So if you are on an inpatient rotation, you will not need to leave in the middle of the day to go to clinic. Similarly, when residents are in the outpatient setting, they will not need to run back to the hospital. The inpatient medicine experiences will consist of general inpatient medicine at Christiana Hospital and Wilmington Hospital, as well as rotations in the MICU and

CICU. Additionally, the inpatient-based specialty rotations will occur during the four-week blocks of time (e.g., cardiology, pulmonary, nephrology, hematology, infectious diseases and also including neurology). During each of the ambulatory blocks, residents will spend time in the outpatient continuity practice at Wilmington Hospital and in medical specialties (e.g. cardiology, oncology, rheumatology, etc.). This model allows residents to rotate through a variety of medical specialties. Additional time is available in the schedule that will allow residents to attend academic and administrative half days. These half-day sessions provide residents protected time for focused learning and administrative tasks, respectively.

Rotation	# Blocks	Total Weeks
<i>Inpatient Internal Medicine</i>	4	16
<i>Medical Intensive Care unit</i>	1	4
<i>Coronary Intensive Care unit</i>	1	4
<i>Dedicated Night Float rotation</i>	1	4
<i>Emergency Medicine</i>	1	4
<i>Electives & Selectives</i>	5	20
<i>Vacation & CME week</i>	1	4

1 block = 4 weeks

Benefits

For the residents, they can focus on the rotation they are doing, and the schedule minimizes the conflict between the inpatient and outpatient worlds. The alternating schedule creates breaks of no on-call responsibilities between inpatient blocks that will help reduce the fatigue of residency training. The schedule provides more flexibility, so residents will have the time needed for fellowship and job interviews.

And finally, the residents will rotate in all the medicine specialties and their ambulatory medicine experience will be enhanced. We also anticipate positive changes for our patients. This design

improves the continuity of care, resulting in fewer hand-offs that will improve patient safety, higher patient satisfaction and improved efficiency of patient care. Also available for the categorical Internal Medicine residents: Medical Knowledge Self Assessment Program (MKSAP). The Department of Medicine purchases a copy of the American College of Physicians MKSAP and/or New England Journal of Medicine Knowledge Plus for every categorical medicine resident and combined program (Med-Peds & EM-IM) resident. These are some of the most comprehensive board review materials available for the Internal Medicine certification exam.

Achieving Competency Today (ACT)

Christiana Care provides resident physicians the flexibility to pursue multiple medical career options. Through our robust partnerships in clinical, translational and outcomes research, you will be at the forefront of accelerating the spread of new ideas, technologies and treatments to communities challenged by pressing health concerns.

Achieving Competency Today (ACT): Issues in Health Care Quality, Cost, Systems and Safety



Achieving Competency Today (ACT) is a graduate level interdisciplinary course, which includes modules on the following topics: performance improvement; patient safety; measurement and outcomes analysis in quality improvement; interdisciplinary team concepts; US health care system; brief history and comparison with other models; health care economics and legislation; change theory; and budgets and approval processes as they relate to conducting a performance improvement project. All categorical medicine residents participate in the ACT program during the PGY-2 year. The program is optional for transitional and preliminary year residents.

The ACT course has three essential components:

- an intensive, action-based curriculum that teaches learners about systems and practice improvement;
- interdisciplinary learning through collaboration on a performance improvement project design; and
- connecting the learners with the institution's executive leadership.

The ACT programs are highly effective in teaching the principles and practice of performance improvement. Two important aspects of the program are unique: 1) learners work together as a team to identify a specific performance improvement project, devise a plan to address the issue, and implement the plan; and 2) the issues addressed are chosen by the learners. They are not theoretical, but rather real-time improvement opportunities at Christiana Care Health System. Thus, the learners are making a contribution at the same time that they are learning.

Taking the ACT class will provide you with the knowledge and skills necessary to be successful practicing medicine in the 21st century and helps make you a better trained and competitive candidate for fellowships and jobs.



Sidney Kimmel College at Thomas Jefferson University, Delaware branch, class of 2017.

Design a program based on your interest

Whether you're interested in pursuing subspecialty fellowship training, becoming a hospitalist, or pursuing a career in primary care internal medicine, our program will provide you with a tailored experience that you'll need to be successful in your future career. If you want to supplement your residency training with unique experiences, then we encourage you to participate in our global health and research tracks or take our elective in leadership skills. We're here for you.



Global Health Initiative

Our residents have opportunities to work abroad and in the U.S. in a multidisciplinary approach to global health education. The Global Health Initiative offers you practical public health and clinical perspectives on the management of health issues and diseases in resource-poor settings.

Alumnus, Foyin Fasanmi Kumoluyi traveled to Nigeria to treat patients with very limited access to medical care.

“What I love about Christiana 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

Fellowship opportunities



Scan here to see our resident fellowships.

Christiana Care offers fellowships in cardiovascular disease, interventional cardiology, cardiovascular research, nephrology, hospice and palliative care, quality and safety and sports medicine. More than a third of our internal medicine residents

go on to pursue fellowships in subspecialties at prestigious medical institutions, including Brown, Dartmouth, Johns Hopkins, Thomas Jefferson, the University of Pennsylvania and others.



Alfred Lerner College
of Business & Economics

JOHN L. WEINBERG CENTER
FOR CORPORATE GOVERNANCE

Clinical education at Sidney Kimmel Medical College at Thomas Jefferson University

Spotlighting our core competency in clinical education for third- and fourth-year medical students, Christiana Care is a participating hospital and the Delaware Branch Campus for the Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia, one of the nation's top-ranked medical schools.

Earn an MBA

In cooperation with the University of Delaware, Christiana Care offers an optional, four-year program that allows categorical medicine residents to complete their residencies while earning an MBA in health science administration, management or organizational development. There are also opportunities to do research at the Delaware Biotechnology Institute.

Retreats

What do you think of when you hear the word “retreat”?

An army running away from a superior opponent? Or do you think of a secluded refuge?

When we designed our retreats, we made a concerted effort to provide the latter.

As with many residency programs, we had previously done “Retreats.” These sessions were a break from the regular day of a resident, but they were generally done for a few hours, close to campus and encompassed a basic review of nuts and bolts. They did not provide the “secluded refuge” that we felt that our residents needed. So in 2008, we started an entirely new retreat system that has been a highlight of the resident year.

Through a generous grant from our departmental budget, we now provide an overnight retreat for each of our PGY years. All of the categorical medicine, Transitional Year, Med-Peds and EM-IM interns or residents to attend the retreat in an off-campus destination. Coverage is provided for everyone, so the participants can be free of work for those two days.

Resident retreats focus on team building, teaching and leadership skills. Workshops cover the fundamentals of critical care support, procedures and rapid response team training.

Retreats

The PGY-1 Retreat

The PGY-1 Retreat occurs in the fall of the intern year. This year the interns spent time at a retreat house in Rehoboth Beach, DE. The retreat focuses on ice breaking with fellow interns, learning how to work with others who are different from you and learning how to give and receive feedback.



Fun at the PGY2 Retreat.

The Rising PGY-2 Retreat

The Rising PGY-2 Retreat occurs in the spring of the intern year. The residents meet in Rock Hall, Maryland. We concentrate on teaching skills and team leading on the first day of the retreat. On the second day, the residents continue to build their team through a training course at the Echo Hill Outdoor School.

The PGY-3 Retreat

The PGY-3 Retreat occurs in the fall of the 3rd year. Again, the residents meet at the retreat house in Rehoboth Beach. Each of the third years is lead through the retreat to talk about life goals and the anxieties of leaving residency. This retreat also serves as a way for the residents to reflect on their training and give the program suggestions for improvement. Each retreat has a large component of “downtime” for the residents to have fun and bond with their colleagues.

The PGY-1 and PGY-3 retreats are led by an experienced physician retreat facilitator and are purposefully designed to limit faculty presence to a feedback session and dinner. This is done in an effort to provide a safe place for residents to talk about anxieties they have about training.

The PGY-2 retreat will provide more faculty interaction and team building with the program directors. The retreats have been very well received by our residents. After each of the retreats, the residents return with a renewed energy and sense of team. We believe that these sessions have further added to our already great sense of community within our program. And this sense of teamwork has made it so our residents can bond together and not feel like they ever have to “retreat” from a superior opponent.



Team building exercise on retreat.

“ Christiana Care is the friendliest, most supportive community and residency that I could have hoped for. Residency can be hard, no matter where you work, but working with people who genuinely care about you and want the best for you and your career – that’s The Christiana Care Way! When I leave for fellowship, I will miss the collegiality and how approachable everyone is, attending physicians included! ”

Julia Hiner, M.D.
PGY3 Internal Medicine

Conduct research important to you



Scan here to see research from your peers.

All categorical internal medicine, medicine/pediatrics, and emergency medicine/internal medicine residents are required to complete at least one scholarly activity during their residency. This experience encourages you to apply your clinical knowledge to the overall health system. If you know early in your residency that you are interested in pursuing a research project, an optional research track is available for you.

The research track provides residents with the infrastructure and support to successfully complete and present and/or publish an independent research project. Through this program, residents receive structured research mentoring, education in methodology, administrative support plus higher priority in accessing IT and statistical support.



Types of research projects

Most research projects involve retrospective review of existing medical records via chart review and/or database analysis. Christiana Care's high patient volume and excellent medical informatics provide an extremely rich source of data for a wide variety of research questions.

Some residents have successfully managed to conduct prospective studies, such as surveying health care workers before and after an intervention, or screening a specified patient population for a given condition, or even randomized controlled trials. Other residents have become involved in both informal and formal performance improvement projects, of which many are published.

What you can expect in a Research Track Program

Year 1

- Identify a faculty mentor and develop a research question and protocol.

Year 2

- Submit project for study design and statistical evaluation to the Department of Medicine Clinical Research Committee.
- Submit project for Institutional Review Board approval.
- Conduct the research.

Year 3

- Finalize data collection and analysis.
- Write, present and publish findings.



Become a leader and a teacher



Leadership Elective

We offer a two-week elective in leadership for a multidisciplinary group of PGY-2 and more senior residents and fellows. The curriculum includes leadership skills such as communication, influence, negotiation, change management; self-awareness activities such as thinking styles assessment and emotional intelligence; and health system strategy such as turning an idea in to a project and financial implications of health care reform. Participants complete a leadership challenge project to effect change in the health care system.

Interested in pursuing additional education on honing your teaching skills? Our teaching skills curriculum is built into our academic half day, so all residents will learn how to be better teachers.

Topics include:

- Adult learning theory and learning preferences.
- The one-minute teacher.
- Using the data gatherer-reporter-interpret-educator (D-RIME) teaching model.
- Oral presentations and documentation.
- Teaching medical decision making and strategies to avoid cognitive bias.
- Teaching during bedside rounds.
- Teaching the physical exam.
- Teaching in a lecture format.
- Conflict resolution.
- Effective evaluation.
- Feedback skills.
- Preparing abstracts and presentations.

Experience the latest advances and best practices



Scan here to learn what makes us different.

Christiana Care's commitment to exploring the science of medicine keeps clinicians at the top of their specialties. We attract the brightest and the best to serve as faculty and mentors in our fully accredited educational programs, developing you as tomorrow's leading-edge medical care provider.

Learning better ways to deliver health care

The Learning Institute of Christiana Care is a think tank for research, development and best practices in educational products and services. Through the Learning Institute, medical students collaborate and nurture new ways of thinking across the rich tapestry of a diverse health system.



CHRISTIANA CARE
HEALTH SYSTEM
The Learning Institute

A model for translational research

The Association of American Medical Colleges cites Christiana Care as a leader in linking research and education into the health system's clinical care mission. With more than 300 active protocols, Christiana Care is a national leader in clinical trials, in which attending and faculty member sponsors develop and oversee resident research projects.



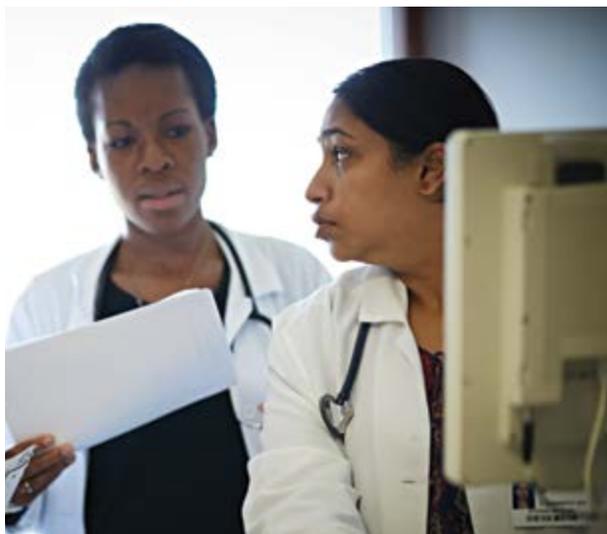
Scan here to learn more about all research being done at Christiana Care Health System.

Christiana Care Value Institute

At Christiana Care, we are increasingly using the concept of "value" to focus our work. Our concept of value is grounded in the needs of our patients, as they perceive them. It is likewise grounded in a careful scrutiny of the benefits and costs of what we can do to meet our patient's needs.

The Value Institute formalizes our thinking, our work and our learning as an organization committed to value. The Institute builds on the strong foundations established by the Christiana Care Center for Outcomes Research, the Department of Quality and Safety, our work in Operational Excellence and Center for Health System Design Research.

The Value Institute enables Christiana Care to develop, implement and study the benefits of health care delivery, resulting in better health outcomes at lower costs.





Simulated patients, real education



Scan here to learn about VEST lab.

At the Virtual Education and Simulation Training Center, doctors can gain a firm foundation in hand-to-eye coordination and repetitive skills exercises before they can do procedures such as

central lines on real patients. The simulation center includes a trauma bay, intensive care unit, operating room and standardized patient rooms. The patients are high-fidelity simulators that breathe, speak, blink their eyes and respond to stimuli like real adults and children.

Evaluating care and cost to discover best treatments

The Christiana Care Center for Outcomes Research (CCOR) is a national leader in comparative effectiveness research, identifying the best ways to treat patients at the most efficient cost. We look at different approaches to how we take care of people, not just comparing one pharmaceutical to another but rather by comparing results of one form of therapy or treatment to another. Christiana Care's dense, diverse population base of 1.2 million people in Delaware and the surrounding area is a microcosm of the nation, making the health system ideally suited to these types of studies.

Rapid Response Team (RRT) training

The rapid response system evaluates, provides treatment and triages medical emergencies that occur on medical/surgical floors. Internal medicine residents are part of the team that participates in the initial evaluation of these patients during the second year of residency training. To prepare you for this responsibility, RRT training is offered during the internship year.



Be in the middle of it all

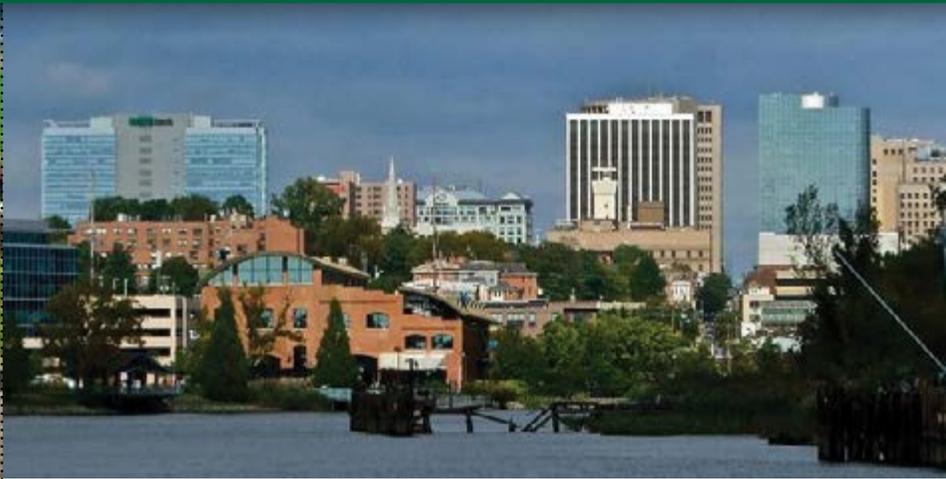


Delaware Park

Quality of work, quality of life

Creating a great place to work is important to everyone at Christiana Care. We provide competitive wages and benefits plus employee wellness programs. We offer 24-hour access to employee fitness centers on both the Christiana and Wilmington campuses.

Because we want you to enjoy your free time, residents have access to tickets to cultural events, such as theater in Wilmington, or professional sporting events in Philadelphia and Baltimore.



Wilmington, DE

Strong economy

Delaware is a small state with a strong economy and friendly, welcoming people. Families experience a high standard of living thanks to quality, affordable housing and no sales tax.

Abundant outdoor and cultural opportunities

Rich in natural beauty, cultural diversity, educational opportunities, recreation and entertainment for all ages, the nation's first state offers abundant opportunities. Plus, award-winning Delaware beaches, the Chesapeake Bay and nearby cities (Philadelphia and Baltimore) are a short drive away. New York City, Washington, D.C., the Pocono Mountains of Pennsylvania and New Jersey beaches are not much farther. We're truly in the middle of it all.

Christiana Care is less than 90 miles from Delaware's award-winning Lewes, Rehoboth, Dewey and Bethany beaches.





Lums Pond



Dover Speedway



Fort Delaware

Outdoor and cultural opportunities include:

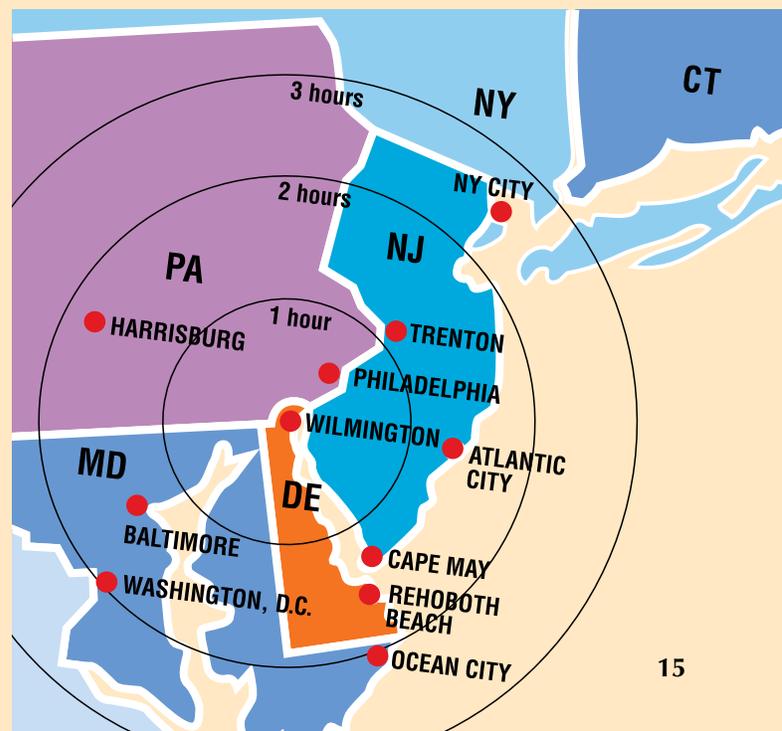
- Five state parks within 15 minutes of our hospitals.
- 150 miles of mountain biking, hiking and equestrian trails.
- University of Delaware sports, Wilmington Blue Rocks minor-league baseball.
- A bustling dining district along the Wilmington waterfront.
- Internationally renowned Longwood Gardens.
- Destinations museums such as Winterthur, Delaware Art Museum and the Delaware Children’s Museum.
- Concerts, plays and musicals at Wilmington’s World Café Live, the Grand Opera House, the Delaware Theater Company and The Playhouse.

Great place to work ... great place to live

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

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

Destination	Driving time
Delaware Beaches.....	1.5 hours
Philadelphia, PA	30 minutes
Baltimore, MD	1.5 hours
Washington, D.C.	2 hours
New York, NY	3 hours
Poconos, PA.....	2.5 hours



Make Christiana Care your first choice

A great place to work

Christiana Care is one of the top places to work in the nation, according to *Workplace Dynamics, Inc.*, a human resources consulting company. Surveyors evaluated Christiana Care based on employee responses to questions about leadership, productivity, communications, career opportunities, working conditions, management, pay and benefits. According to that survey, employees are especially happy with pay and benefits, direction of the company and innovation.

2016-2017 Academic Year Salaries for Residents and Fellows

PGY 1: \$57,595 | PGY 2: \$59,196 | PGY 3: \$62,067

Residents also receive three weeks of paid vacation, plus one week off for educational conferences. Benefits also include health and wellness coverage, education allowance and cell phone reimbursement.

Other benefits include:

- Medical Plan
- Prescription Plan
- Dental Plan
- Vision Plan
- Flexible Spending Account
- Long Term Disability Insurance
- Group Life Insurance
- Personal Accident Insurance
- 403(b) Tax Deferred Annuity
- Retirement Plan
- Employee Assistance Program
- Legal Plan
- Identity Theft Plan
- Employee Wellness Program reimbursement
- Free in-house Fitness Center at Christiana Hospital
- On-site outdoor and indoor Fitness Trails
- Discounts for movie tickets, local entertainment, software, etc.
- Cell Phone Discounts and Reimbursement
- Credit Union
- Free Parking
- Educational Stipend
- American College of Physicians (ACP) membership & MKSAP for categorical and combined program residents
- Resident Retreats, Social Events and Team Building



Child care services

Committed to providing broader child care assistance to all employees, Christiana Care partners with Bright Horizons to offer priority access at four high-quality, conveniently located child care centers. Employees receive priority for space-available full- and part-time child care. All four centers meet nationally accredited standards by the National Association for the Education of Young Children.

Hours of operation range from 6:30 a.m. to 6:30 p.m., depending on location, and all serve children from 6 weeks to 5 years old. School-age care is available at some locations.

Frequently asked questions

Q: What is Christiana Care looking for in a resident?

A: Smart, enthusiastic, conscientious, energetic team players. We value knowledge, compassion, intellectual curiosity and empathy.

Q: What can I expect in the patient population?

A: In a word, diversity. Christiana Care is a primary and tertiary care referral center for patients from urban, suburban and rural areas.

Q: What is the schedule?

A: When on inpatient rotations, the typical day for a PGY-1 resident starts at 6:30 a.m. and ends about 6:30 p.m. Night float residents arrive at 6 p.m. and cover until 7 a.m. There is no call for residents who are on electives or on ambulatory blocks.

Q: What was your Board Pass rate for the internal medicine residents this past year?

A: 95%. A robust core lecture series and board prep program conducted throughout the year really helps!

Q: How much vacation and conference time is provided?

A: Three weeks of vacation per year and one week of conference time. Residents also receive generous annual stipends for conference expenses.

Q: What are my chances for fellowship placement?

A: Outstanding. Residents who pursue subspecialty training have excellent success in obtaining fellowships at prestigious institutions, including Christiana Care. Recent grads also have been accepted to fellowship programs at Brown, Dartmouth, Jefferson, Georgetown, Wake Forest, UCLA, University of Pennsylvania and Johns Hopkins, to name a few.

Q: Is it difficult to find housing? Is it expensive?

A: No, to both questions. There are several apartment complexes within a 10-minute drive. Average rent for a one-bedroom apartment is \$800-\$1,500 per month.

Q: Are there employment opportunities for my spouse in Delaware?

A: Yes. Wilmington is a center for banking, chemical engineering, education, hospitality, law and pharmaceuticals, as well as health care. Christiana Care also is located within an easy commuting distance to Philadelphia.





“ Every person here at Christiana Care is truly dedicated to your learning and success. ”

Robert DeGrazia, Jr., M.D.
PGY1 Internal Medicine Resident.



CHRISTIANA CARE
HEALTH SYSTEM

P.O. Box 1668
Wilmington, Delaware 19899-1668
<http://residency.christianacare.org/im>

Christiana Care is a private not-for-profit regional health care system and relies in part on the generosity of individuals, foundations and corporations to fulfill its mission. To learn more about how you can support our mission, please visit christianacare.org/donors.