

Internal Medicine Residency Program at Christiana Care



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



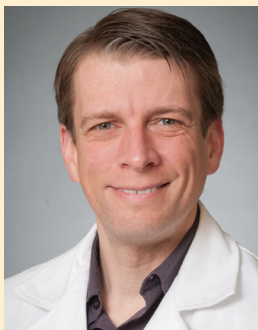
CHRISTIANA CARE
HEALTH SYSTEM

A Message from the Program Director

Dear Future Colleague,

Welcome to Christiana Care Internal Medicine Residency! If you are looking for a program with the power and rigor of a top academic institution, yet the supportive family environment of a smaller program, you have found the right place to train.

Christiana Care is one of the largest institutions on the East Coast. Christiana Hospital, our nearly 1,000-bed tertiary referral center, is a Level I Trauma Center with incredible patient diversity and breadth of pathology that makes for a robust training environment. Wilmington Hospital is our 290-bed urban safety net hospital and the location of our resident continuity practice. These two settings offer both the tertiary care exposure and the care of the underserved that provides the foundation for our residents to pursue their own career interests.



**John Donnelly, M.D.,
FACP, FAAP,
Internal Medicine,
Program Director**

We are committed to the personal growth and wellness of every trainee. Our faculty and residents have been involved in wellness initiatives in our own program and across the nation. This means that we want our residents to learn strategies for burnout prevention and resilience building.

Residents learn patient safety, quality improvement and population health that are necessary for their future careers. Our outpatient practice has the team-based resources needed to care for the complex underserved population of the city of Wilmington. Residents have opportunities for training in leadership, business, research, global health and teaching. These opportunities allow our residents to explore the attributes they believe will make their careers diverse and fulfilling.

Our schedule is fair yet challenging, with emphasis on efficient care delivery, evidence-based medicine and the autonomy of clinical decision making. We are proud that top fellowship programs around the country recognize the quality of our training and have offered our residents positions in many different subspecialties of medicine. Those not fellowship bound are also well prepared for hospital- or office-based positions in a modern health care system that relies on team work and physician leadership.

We are committed to the Personal Growth, Career Development and Clinical Excellence of our residents. We believe that you've found the perfect blend of a challenging program with a family environment. The location of our program in the Philadelphia Metro Area gives endless opportunities for future careers, jobs for significant others and many options for family and leisure activities. If you are interested in learning more about our unique residency program, please visit us at <http://residency.christianacare.org/im>.

Sincerely,
John Donnelly, M.D., FACP, FAAP
Internal Medicine, Program Director

Internal Medicine Residency Program Christiana Care Health System



Two diverse, modern hospitals, with state-of-the-art equipment, superb ancillary support and nursing staff and the latest and best in information technology are home to Christiana Care's Internal Medicine Residency Program. With over 60 residents, our tightly-knit program allows individuals to flourish in a large system with thousands of patients, providing extensive clinical experience.

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 placement, including fellowships at Christiana Care in cardiology, palliative and sports medicine.
- Residencies in Categorical Internal Medicine, Combined Medicine Pediatrics and Combined Emergency Medicine/Internal Medicine.

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 and Virtual Education Simulation Training (VEST) Center.
- Resident night float on all inpatient services ensuring compliance with duty hours.
- Optional global health track, resident research training program, pocket MBA, and leadership elective.
- As the largest health system in Delaware, we are invested in the health of our state and our community.



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.

During each of the ambulatory blocks, residents will spend time in the outpatient continuity practice at Wilmington Hospital and in medical specialties (i.e., 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.

Sample PGY-1 Curriculum

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

Department of Medicine Scholarly Activities and Original Research

Residents who complete scholarly activities are considered more competitive candidates for fellowship and other career opportunities. Therefore, Christiana Care has a system in place to get residents involved early. These scholarly activities place the clinical information into the context of population health and the overall health system. Residents will 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.

Types of activities our residents participate in:

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

Hospital Medicine

Christiana Care is a great place to train for a future career in hospital medicine. Our resident inpatient teams are attended by experienced hospitalist faculty who bring a refined approach to inpatient medicine. The hospitalist program features leaders in the hospital in co-management, quality improvement and evidence based medicine. Our residents finish residency with advanced skills in caring for inpatients and are well trained for all of the duties of a hospitalist.

Fellowship Placement

Our residents match with the nation's most prestigious institutions. Internal Medicine graduates are able

to obtain top ranked fellowships in sub-specialities. Christiana Care Health System offers fellowships in cardiovascular disease, interventional cardiology, advanced heart failure, hospice and palliative medicine, quality and safety and sports medicine. Visit <http://residency.christianacare.org/im/alumni> to see where our residents have gone.

Outpatient Practice in a Patient Centered Medical Home

In 2016, our residents' outpatient ambulatory practice received recognition from the NCQA as a level 3 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.

Global Health – Residents Reaching Out

Pam Bailey, M.D.

“One of the things that attracted me to Christiana Care was the open acknowledgement of the importance of global health and the subsequent ease with which I was able to travel during my residency. The experiences in the developing world enhance your practice in the developed world and are simply unforgettable, life-changing experiences.”



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-on-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 residents, working with diverse colleagues and how to give and receive feedback.

Learn the Business of Medicine

The University of Delaware, Lerner School of Business, offers an optional blended online and in-person pocket MBA program allowing our residents to complete their internal medicine residency while learning business concepts.

LEED-R: Leadership Excellence Education for Residents

Physician leadership development (post graduate medical education) is a recent focus at Christiana Care Health System. With an increased emphasis on working in high functioning teams, attaining new competencies/milestones and providing value-based care, it is more compelling than ever for our future physician leaders (residents/fellows) to develop leadership behaviors and applicable skills earlier in their careers for current and future roles. LEED-R is an intensive, two-week program of protected time, where residents learn practical knowledge, skills, and attitudes critical to become effective leaders.

Fellowship Placement

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

More than 80 percent of our Internal Medicine graduates obtained their top-ranked fellowships in sub-specialties. Christiana Care Health System offers fellowships in cardiology, interventional cardiology, advanced heart failure, hospice and palliative medicine, nephrology, quality and safety and sports medicine.

Here are some places our residents have gone for fellowship:

- Albany Medical Center (Cardiology)
- Nemours/Alfred I. duPont Hospital for Children (Pediatric Cardiology, Pediatric Hematology Oncology)
- Baylor (Geriatrics)
- Bridgeport/Yale (Cardiology)
- Brown (Pulmonary/Critical Care)
- Christiana Care (Cardiology, Nephrology, Palliative)
- Cooper Health System (Infectious Disease, Critical Care)
- Dartmouth (Nephrology,)
- Drexel (Hematology/Oncology, Nephrology)
- Einstein (Endocrinology)
- Geisinger (Pulmonary/Critical Care)
- George Washington (Endocrinology)
- Georgetown (Pulmonary/ Critical Care, Infectious Disease)
- Hackensack University (Gastroenterology)
- Hartford Hospital (Cardiology)
- Harvard (Pain & Palliative Care)
- Hofstra/LIJ (Cardiology, Hematology, Oncology)
- Johns Hopkins/Bayview (Geriatrics)
- Lankenau (Cardiology, Pulmonary/ Critical Care, Hematology Oncology)
- Medical College of Georgia (Pulmonary/Critical Care)
- Medical College of Wisconsin (Infectious Disease)
- Ohio State (Pulmonary/ Critical Care)
- Rhode Island (Hematology, Oncology)
- Rowan Medical Center (Cardiology)
- Rush (Infectious Disease)
- Rutgers (Cardiology, Sports Medicine)
- Samaritan Healthcare & Hospice (Hospice and Palliative Medicine)
- Temple (Geriatrics, Infectious Disease)
- Thomas Jefferson (Gastroenterology, Infectious Disease, Nephrology)
- Tulane (Allergy/Immunology)
- UCSD (Pediatrics, Hematology, Oncology)
- UMDNJ (Gastroenterology)
- University of Florida (Nephrology)
- University of Maryland (Infectious Disease, Pulmonary/Critical Care)
- University of Minnesota (Nephrology)
- University of Pennsylvania (General Internal Medicine, Geriatrics, Nephrology, Sports Medicine)
- University of Pittsburgh (Pulmonary/Critical Care)
- University of Texas (Infectious Disease)
- University of Washington (Geriatrics)
- Virginia Commonwealth University (Pulmonary/Cardiology Critical Care, Infectious Disease)
- Wake Forest (Rheumatology)
- Wayne State (Cardiology)



Fun at PGY2 Retreat ▲

Residents Day: ▶
Niki Finelli, D.O.,
Patrick Ho, D.O.,
Nicole Baum, D.O.,
Olivia Gad, D.O.,
Shaina Nazare, D.O.,
Shannon Wilton, D.O.,
Tina Hu, M.D.,
Dina Hussam, M.D.

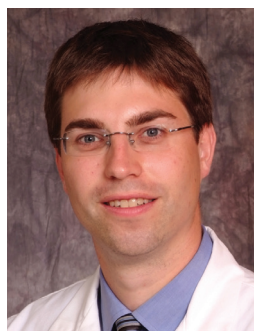


▲ Intern Fun Day:
Antony Tramontozzi D.O.,
Richard Cui, M.D.,
Mohammad Beizaeipour, D.O.,
Michael Goulet, D.O.



◀ Selfie: Michaela Seigo, D.O.,
Izzy Pines, D.O.,
Shannon Wilton, D.O.,
Patrick Ho, D.O.

“ Christiana is a place where everyone believes in you. We will support your growth and success. Most importantly, during times when you are struggling, there is always someone to grab your hand and help you turn it around. ”



*Joseph Deutsch, M.D.
Alumnus, Christiana Care Hospitalist*



“ Time goes really fast... I feel like I work with my family. I am happy that I chose Christiana Care for my training. ”

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

“ 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. ”



*Heather Ragozine-Bush, M.D.
Alumna, Associate Program Director*

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 <http://residency.christianacare.org/im>.

Christiana Care Health System | Wilmington, Delaware 19899-1668

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

*Jernaro Hernandez, D.O.
Alumnus*



*Matthew Stofferahn, M.D.
Alumnus*

“ As the only tertiary care hospital for the entire state of Delaware and much of the surrounding tri-state area, the diversity of patients and exposure to pathology is truly unmatched. The medicine service also has primary responsibility for many problems that would be delegated solely to specialists at university hospitals. As a result, there is scarcely a more clinically comprehensive internal medicine residency anywhere. ”

“ 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! As I leave for fellowship, I will miss the collegiality and how approachable everyone is, attending physicians included. ”



*Julia Hiner, M.D.
Alumna*

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 24nd
Births 36th
Emergency Visits 21st
Total Surgeries 38th

On the East Coast:

Admissions 15th
Births 17th
Emergency Visits 14th
Total Surgeries 21st



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**CHRISTIANA CARE
HEALTH SYSTEM**

P.O. Box 1668
Wilmington DE 19899



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.



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

DESTINATION	DRIVING TIME
Philadelphia	30 minutes
Baltimore	1.5 hours
Washington, D.C.....	2 hours
New York.....	3 hours
Poconos, PA.....	2.5 hours
Delaware Beaches.....	1.5 hours

Pursuant to Title IX, Christiana Care does not discriminate on the basis of sex, race, creed, color, religion, disability, age, marital status, sexual orientation, gender identity or expression, genetic information, or national origin, or any other protected characteristic. Such protection extends to fellows, residents, students and employees.



**CHRISTIANA CARE
HEALTH SYSTEM**

Internal Medicine Residency
John H. Ammon Medical Education Center
4755 Ogletown-Stanton Road
Newark, DE 19718 | 302-733-6338

<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.

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