Message from the Director

The St. Elizabeth Family Medicine Residency Program has a proud history of providing quality Family Medicine graduate medical education that spans more than three decades. The program continues to be strongly supported by St. Elizabeth Medical Center (SEMC) and the Mohawk Valley Health System (MVHS), and embodies its mission by focusing on excellence in patient care and medical education. As part of a community-based program, our residents have unencumbered access to a diverse group of patients along with the ability to acquire procedural training without competition from specialty residents or fellows.

MVHS is an affiliation between SEMC and Faxton St. Luke's Healthcare (FSLH). Residents will have clinical experiences at both campuses and at a variety of community locations. SEMC’s main campus houses a 201-bed hospital that has recently renovated its Emergency Department and Orthopedic Unit. It includes a medical/surgical ICU and a dedicated cardiothoracic ICU. AT FSLH, residents will have experiences in the ED, OB, nursery and our newly consolidated pediatric unit. MVHS expanded services at the newly renovated MVHS Medical Arts building to include Advanced Wound Care, Outpatient Rehabilitation, Medical Imaging and a St. Elizabeth Lab location, as well as other medical offices. The Sister Rose Vincent Family Medicine Center (SRVFMC) is our model unit practice in a multi-suite, 30,000-square-foot facility that supports a patient-centered approach to care. MVHS continues to expand its scope and location to provide better quality and access to care for our community with more than 20 sites in a two-county region.

The residents at the St. Elizabeth Family Medicine Residency Program work together in an atmosphere of cooperation and peer support. Faculty and attending physicians are easily approachable and embrace their roles as mentors. Residents’ responsibilities continually advance over the course of the training program. Under the direct supervision of faculty and attending physicians, as well as mentoring from higher-level peers, residents are exposed to a program that systematically assesses their progress and provides regular feedback.

If you are looking for a family medicine residency, the faculty and administration of St. Elizabeth Family Medicine Residency Program would be pleased to speak with you. I encourage you to learn and experience first-hand the multiple learning environments, the facilities available to support your graduate medical education, the camaraderie and exceptional recreational opportunities, all in a great place to live.

I look forward to hearing from you.

Sincerely,

Mark E. Warfel, DO, FAAFP, Family Medicine Residency Program Director

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Faculty

Mark Warfel, DO, FAAFP
Director of Graduate Medical Education, Program Director
Medical School: University of New England, College of Osteopathic Medicine
Residency: St. Elizabeth Family Medicine Residency Program
Special interests: EMR/Practice Mgt, Hospice & Palliative Care, Quality improvement in the delivery of Primary Care, Patient safety in care transitions, Patient education & empowerment in meeting healthcare needs & staying healthy

Francis Chabot, MD
Associate Director for Inpatient Education
Medical School: Tufts University
Residency: St. Elizabeth Family Medicine Residency Program
Special Interests: Geriatrics, Hospital Resource Utilization, Microscopy, Lab & Procedure Skills

Julie Betro-Shkane, DO
Associate Director for Outpatient Education
Medical School: New York College of Osteopathic Medicine
Residency: St. Elizabeth Family Medicine Residency Program
Special Interests: Women's Health, Preventative Medicine

Brad Bennett, PhD
Director of Behavioral Medicine, Director of Research & Scholarly Activity
Graduate School: Virginia Polytechnic Institute and State University
Internship: Virginia Treatment Center for Children
Special Interests: Physician- Patient Interaction, Facilitation of Treatment Adherence, Family Therapy Principles as applied to Family Medicine, Treatment of Child Psychiatric Conditions

William A. Jorgensen, DO, FAAFP
Director of Osteopathic Manipulative Therapy Clinic
Medical School: University of Health Science, College of Osteopathic Medicine
Residency: Womack Army Hospital
Special Interests: Sports Medicine, OMT, Patient Safety

Goutham Malempati, MD
Assistant Program Director for Resident and Medical Student Education
Medical School: M.R. Medical College, India
Residency: St. Elizabeth Family Medicine Residency Program
Special Interests: Hospital Medicine with special focus on Perioperative Medicine and Inpatient Anticoagulation

Leo Sullivan, MD
Director of Surgery
Medical School: New York University School Of Medicine
Residency: New York University, Bellevue Hospital and Staten Island University Hospital
Special Interests: Critical Care Surgery, General Surgery, Vein Pathology

Ken Werner, MD
Lead Preceptor
Medical School: Tel Aviv University Sackler School of Medicine, Tel Aviv, Israel
Residency: St. Elizabeth Family Medicine Residency Program
Special Interests: Hospice and Palliative Care, Physical Diagnosis
Medical Students

Eligibility Requirements

US Medical Students
Students from US or Canada, allopathic or US osteopathic medical schools will be eligible for rotations in available disciplines.

International Medical Students
Students from International Medical Schools approved by the NYS Department of Education may be considered for Family Medicine rotations only. Please visit www.op.nysed.gov/prof/medmedforms.htm for list of NYS approved schools.

Student Perks

Free Student Housing
Students are welcome to take advantage of one of the two student houses. Both accommodations are located only steps from SEMC’s main campus. Available amenities include furnished rooms, kitchen facilities, washer and dryer, and high-speed Internet (wireless router availability).

Meals
A continental breakfast is provided each weekday at Morning Report in the Dedicated Conference Room at SEMC and lunch is provided at all required noon conferences.

Learning Environment
You will experience the same level of hands-on learning as a PGY 1 resident. You are treated just like one of the St. Elizabeth team while you are here and, as such, will have the opportunity to step up and provide hands-on care; not just observe.

Medical Library & Librarian’s Office
The medical library is located on the first floor at SEMC, in the corridor behind the admitting desk, through the last door on the left after the two exit/fire doors. It is staffed by a professional librarian Monday through Friday, 8 a.m. to 4:30 p.m.

The librarian’s office is connected to the library/physician lounge. As of 2012, the library's materials exist chiefly in digital formats. The library's journal collection is entirely digital, and the book collection contains some digital editions and a small selection of current physical books available for reference and lending.

The library/physicians lounge is badge-swipe accessible 24/7 by all physicians, residents, and medical students. The library has six computers and a copier/scanner/fax machine available for use. WiFi is available in the Medical Center. The medical library subscribes to UpToDate, VisualDx, PubMed with LinkOut to full-text journals, Cochrane database, StatRef, Harrisonsonline, and CINAHL. An online catalog which indicates the Medical Library’s holdings is also available. Inter-library loan access provides patrons access to materials, such as journal articles or books that the library may not own, from libraries across the country and around the world. There are no fees involved and the turnaround time is fast. The medical library also provides mobile apps of many of the licensed databases and journals.
Available Rotations
International medical students may rotate in Family Medicine only.

Anesthesiology  Infectious Disease  Pathology
Cardiology  Internal Medicine  Pediatrics
Emergency Medicine  Nephrology  Psychiatry
Endocrinology  OB/GYN  Radiology
ENT  OMM  Surgery
Family Medicine  Orthopedics  Wound Care

Message from the Chief Residents
Thank you for your interest in the Family Medicine Residency Program at SEMC, an affiliate of MVHS. Each year, we have thousands of candidates who interview and match in Family Medicine residencies. As chief residents, we have gone through this process and have developed our own unique perspective of our residency program. We feel that our program has done an excellent job in preparing our residents to become well-rounded physicians.

We are an unopposed community hospital program. This enables our residents to have first-hand experience in everything that is required to confidently become excellent family physicians. You will be well prepared for traditional, outpatient-only, and hospitalist practices. We are the only residents at our facilities and do not need to compete for procedures or for the attention of the attending physicians. Therefore, even those considering a fellowship have ample experience before they graduate.

Our program facilitates developing autonomy as a provider. Alongside your seniors, you will customize patient care plans, perform procedures, and discuss cases. As you become more comfortable and skilled, you will have the opportunity to take responsibility and ownership of your patients. Our faculty always provides necessary supervision, while giving us the independence that we desire.

You will also be paired with an academic advisor who you will be meeting with you frequently to provide the career advice and support needed for you to achieve your goals. Alongside your advisors, you will meet with us to make sure you are on track to advance and we will provide any additional support you might need. Our academic environment is an ideal learning environment and our curriculum is constantly being updated to meet the needs of a demanding and changing medical society.

The program supports different modalities of learning. Daily morning report conferences provide residents with regular, didactic experience from family physicians and specialists in different fields. It is also a venue for residents to present cases and topics of interest. Our PGY 1 interns have weekly study sessions to further their medical knowledge. Residents are constantly evaluated by attending physicians and peers. This regular feedback provides both the program and resident with important data to tailor each individual’s learning experience.

In addition to the clinical experience you will gain, the St. Elizabeth Family Medicine Residency Program offers a uniquely varied patient population. Our program is set in a diverse community of locals, immigrants and refugees covering a wide range of demographic classifications. This, in turn, represents a vast variety of clinical cases for learning.

We at MVHS are a work family. There are friendships formed that last beyond the residency program. We have a work schedule that is fair and allows us adequate time to study and enjoy our time in Utica. We encourage you to explore Utica, NY and our program. It is an amazing place to work and we are looking forward to meeting with you during the interview season.

Regards,

Tanseem Abouelseoud, MD
Chief Resident

Janki Patel, MD
Chief Resident
Program Highlights

Unopposed Program
The St. Elizabeth Family Medicine Residency Program is the only Family Medicine residency training program, not only at MVHS, but in our service area. This means that you will not be competing for learning experiences or the time and attention of attending physicians. Our physicians are committed to family medicine teaching and are readily available to you.

Schedule Flexibility
The program works with residents' first choice for vacations each year. We are able to change schedules frequently and work hard to accommodate residents' personal and professional needs.

Work Hour Regulations Strictly Enforced
On average, residents in the program work 57 hours a week, which doesn't even come close to the New York State 405 Work Hour Regulation maximum of 80 hours per week. Residents always have at least one day off in seven, totally free of responsibility. The majority of your weeks will have two days totally free.

Away Electives in PGY 3
In your final year of training, you will have the opportunity to travel for a three-week away elective of your choice. You may travel anywhere in the US for an away elective. If you choose to do your away elective locally, there are elective options that allow you to treat it as if you were away in order to spend the maximum amount of time on rotation.

Dually Accredited
Our Family Medicine residency is accredited through the Accreditation Council for Graduate Medical Education and through the American Osteopathic Association, is engaged in the single accreditation process, and has received ACGME Recognition as a Program of Osteopathic Distinctiveness, offering this choice to our residents.

Cultural Diversity
SRVFMC is located only blocks from the Refugee Resettlement Center. You will have the opportunity to experience diversity within our patient population, as Utica is the third-highest per-capita resettlement area in the nation. You will be exposed to individuals from all over the world with a wide array of cultural backgrounds and medical conditions.

Meals Provided
Meals are provided for all required conferences and residents receive annual meal allocation.
Salary & Benefits

Benefits
- Three weeks paid vacation each year
- One week paid educational leave each year
- Full medical-dental, vision, and prescription Insurance (family option available)
- Life insurance
- Disability insurance
- Liability and malpractice Insurance
- Moving allowance of up to $599
- Time off for conferences each year
- Tablet purchased by the Residency program
- ePocrates License for entire three years of training (provides reliable clinical information to you at the point of care)
- $1,000 CME allotment each year (remaining balances carry over each year until graduation)
- Free memberships in:
  1. American Academy of Family Physicians
  2. Medical Society of the State of New York
  3. American Osteopathic Association (for DOs only)
  4. American College of Osteopathic Family Practitioners (for DOs only)
- The program pays for the following certifications and subsequent recertifications during your three years of training (this includes books, travel and accommodations, when necessary):
  1. Basic Life Support
  2. Advanced Cardiac Life Support
  3. Advanced Life Support in Obstetrics
  4. Pediatric Advanced Life Support
  5. Neonatal Resuscitation Program
  6. Airway Management Training
- Two sets of personalized lab coats and two sets of scrubs in your first year, then one new lab coat each year thereafter
- Meal allotment while on call
- Free parking

2016-17 Annual Salary
PGY 1 - $50,524
PGY 2 - $52,195
PGY 3 - $53,432
Sister Rose Vincent Family Medicine Center

SRVFMC is located only two miles from SEMC’s main campus and serves as the training unit for the St. Elizabeth Family Medicine Residency Program. SRVFMC typically sees more than 100 primary care patient visits per day. The Center is located in the heart of Utica, just two blocks from the Mohawk Valley Resource Center for Refugees. Our location puts us in a prime location to see a vast diversity of patients from all over the world.

SRVFMC has multiple suites of exam rooms. Each suite is set up as a stand-alone clinic with its own assigned faculty, support staff, and residents that work together to provide quality continuity of care to their patients.

SRVFMC also offers on-site lab and radiology services, various specialty clinic consultation services, and social service programs such as our Home Visit Program for qualified home-bound patients, the Patient Assistance Program that helps patients obtain needed medications, and facilitated enrollees are on site each week to assist patients with obtaining health insurance.

SRVFMC is the location of the Residency Administrative Offices. It has a medical library with available computers and internet access for residents and medical students. In addition to the library, there is also a newly renovated Resident Multi-Purpose Room with new computers and high speed internet that is used for conferences, meetings, and as a study area.
The Education Program

The curriculum covers the full spectrum of family medicine education, reflecting the requirements of the Accreditation Council for Graduate Medical Education, American Osteopathic Association, and American Board of Family Medicine.

PGY 1 Rotations

<table>
<thead>
<tr>
<th>Rotation</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Behavioral Medicine</td>
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</tr>
<tr>
<td>Elective</td>
<td>5 weeks</td>
</tr>
<tr>
<td>ER</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Community Medicine</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Adult Medicine</td>
<td>3 weeks</td>
</tr>
<tr>
<td>Family Practice Service Nights</td>
<td>3 weeks</td>
</tr>
<tr>
<td>Palliative Care/Hospice</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Family Practice Service Days</td>
<td>5 weeks</td>
</tr>
<tr>
<td>OB - St. Luke's Campus</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Health System Management</td>
<td>1 week</td>
</tr>
<tr>
<td>Surgery</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Urology</td>
<td>2 weeks</td>
</tr>
<tr>
<td>SRVFMC Experience</td>
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<tr>
<td>GI</td>
<td>1 week</td>
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PGY 2 Rotations

<table>
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</tr>
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<tbody>
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<td>Behavioral Medicine</td>
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</tr>
<tr>
<td>Cardiology</td>
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</tr>
<tr>
<td>Elective</td>
<td>4 weeks</td>
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<tr>
<td>Family Practice Service Days</td>
<td>6 weeks</td>
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<tr>
<td>Geriatrics</td>
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<tr>
<td>Gynecology</td>
<td>4 weeks</td>
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<tr>
<td>ICU (Critical Care Medicine)</td>
<td>4 weeks</td>
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<tr>
<td>Family Practice Service Nights</td>
<td>3 weeks</td>
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<tr>
<td>OB Faxton St. Luke's</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Orthopedics</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Health System Management</td>
<td>1 week</td>
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<tr>
<td>Oral Health</td>
<td>1 week</td>
</tr>
<tr>
<td>Sports Medicine</td>
<td>2 weeks</td>
</tr>
<tr>
<td>SRVFMC Experience</td>
<td>2 weeks</td>
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<tr>
<td>Urgent Care</td>
<td>2 weeks</td>
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<tr>
<td>Rheumatology</td>
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PGY 3 Rotations

<table>
<thead>
<tr>
<th>Rotation</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Away Electives</td>
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<td>Behavioral Medicine</td>
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<td>Elective</td>
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<td>ENT</td>
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<td>Family Practice Service Days</td>
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<tr>
<td>Adult Medicine</td>
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<tr>
<td>Neurology</td>
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<td>Family Practice Service Nights</td>
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<td>OB Faxton St. Luke's</td>
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<tr>
<td>Ophthalmology</td>
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<tr>
<td>Orthopedics</td>
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<tr>
<td>Pediatrics</td>
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<tr>
<td>Health System Management</td>
<td>1 week</td>
</tr>
<tr>
<td>Radiology</td>
<td>2 weeks</td>
</tr>
<tr>
<td>SRVFMC Experience</td>
<td>1 week</td>
</tr>
<tr>
<td>Surgery</td>
<td>2 weeks</td>
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Longitudinal Experience

Continuity of Care

Each resident is assigned a panel of patients in his or her first year to follow throughout the three years of training. Residents will provide primary care services for these patients and will be there for them if they are admitted at SEMC for inpatient care. Residents also have the opportunity to follow their patients to specialty consultations when provided at SRVFMC through the many specialty clinics offered. Specialty clinics include surgery, pulmonology, infectious disease, CMN, neurology, and sleep disorders. Additionally, because MVHS understands the importance of continuity of care, residents are also available to attend continuity clinics even while participating in inpatient rotations.

After receiving extensive training in obstetrics in their first year, residents in their second year begin to follow a panel of OB/GYN patients, providing primary and prenatal care throughout their pregnancies. Residents will follow these patients all the way to managing their labor and delivering their babies. Residents will also be there to provide primary healthcare to the babies upon arrival.

Beginning in the first year, residents provide home care to a small number of elderly and disabled individuals who qualify for the services of the Home Visit Program. Residents, accompanied by a family medicine attending, actually

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Requirements and Eligibility

Desirable applicants will meet the following criteria:

- Must have graduated medical school within the last five years
- Score at least a 200 on USMLE Step 1 and at least a 220 on USMLE Step 2, or have a score of 400 or above on COMLEX Part 1 and Part 2
- Have at least three letters of recommendation, one of which must be from a Family Medicine Physician
- US clinical experience preferred
- We only sponsor J-1 Visas
- Graduates of international medical schools must be ECFMG certified.

Applications to the St. Elizabeth Family Medicine Residency Program are accepted ONLY through the Electronic Residency Application Service (ERAS) at www.aamc.org/students/medstudents/eras. We are not able to accept paper applications.

Interview season begins in October and ends in January each year. Interviews are conducted by invitation only.

Resident selections made through:

- American Osteopathic Association (AOA) Intern/Resident Registration Program
- National Resident Matching Program (NRMP)

Type of position offered:

Categorical Three Year Family Medicine Residency Training

Program Match Codes:

NRMP: 3064120C0
AOA: 59946 - CMB: FP/FAMILY PRACTICE

Visit www.ama-assn.org to view the FREIDA online program information page.
Frequently Asked Questions

Q. How much night call will I have to do?
A. We have a night float system which helps decrease the number of weekend calls you will have to take. The breakdown is as follows:

**Night Float Schedule**
PGY 1 & 2: Night Float consists of six days per week of night shift (7 p.m. - 7 a.m.) for three weeks.
PGY 3: Night Float consists of six days per week of night shift (7 p.m. - 7 a.m.) for six weeks broken out into three two-week rotations.

**Extra Call**
PGY 1: You will have five to six 12-hour, in-house Saturday night calls.
PGY 3: You will have five to six Saturday night calls.

Q. How many hours a week on average do residents work?
A. 57 hours per week is the average workweek.

Q. Is the cost of living in Utica, NY high?
A. The cost of living in Utica, NY as of July 2015 is 9.3% lower than the US National average.

Q. Do you/would you consider sponsoring H1B Visas?
A. No, we sponsor J-1 Visas only.

Q. Will the program coordinate housing for incoming residents?
A. It is the responsibility of the residents to find their own housing. However, to assist you, we have a page on our website (www.stemc.org) providing contacts for area real estate agents and suggestions for temporary housing which have been utilized by many residents. The program will reimburse moving expenses up to $599.

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Q. How are residents evaluated?

A. We have a 360-degree evaluation process whereby residents are evaluated on each of the core competencies: Patient Care, Medical Knowledge, System-Based Practice, Interpersonal and Communication Skills, and Professionalism.

Your attendings will complete evaluations based on these categories after each of your rotations and also by preceptors after each Family Medicine Center session. Your supervising residents and residents who were supervised by you will complete these evaluations after working with you on the inpatient service.

Support staff will rate your performance on a quarterly basis and patient satisfaction surveys are distributed bi-annually.

Attendings will also review your charts and records for timeliness, completeness, and accuracy.

You will receive feedback about your performance daily from your rotation attendings and preceptors, monthly from your advisor, and quarterly from the Program Director.

Q. Do residents evaluate faculty?

A. Yes. Residents complete evaluations on all rotation attendings and faculty after each rotation and once a month on all preceptors at SRVFMC using anonymous evaluations online via New Innovations Residency Management Suite. You will also be evaluating the program and your supervising residents, when applicable, annually.

Q. Are the attendings approachable?

A. Absolutely. This is one of the advantages of an unopposed, community-based program. Your education is the focus of the attendings. Many of our faculty completed their residency training right here, so they have a unique perspective of truly understanding your position, which increases a positive flow of communication.