Family Medicine
Fontana Medical Center

Although we are proud of our managed care roots, we feel our residents must be trained to function well in any practice setting. Our graduates have chosen highly diverse careers and are sought after for their expertise in all aspects of family medicine.

The Program
Initially accredited in 1975, the training program is based on an integrated curriculum which stresses four pillars: ambulatory care, academics, procedures, and family. The training environment provides a close-knit resident-faculty group within a large department and medical center. The faculty is a stable, committed, innovative and enthusiastic group who practice family medicine side-by-side with residents and maintain a policy of open communication.

Our 27 residents are part of the largest clinical department in the Fontana Medical Center of more than 200 family physicians. There are 11 satellite clinics from Redlands, to the High Desert, to Chino and Claremont that feed our medical center. The patient base is large and diverse with over 600,000 members from all walks of life, providing a wealth of experience for our residents. More than 400 board-certified specialists provide lectures, consultation, and one-on-one electives to hone subspecialty skills in addition to teaching in core rotations.

Our state of the art, 450 bed tertiary care hospital at Fontana provides most specialty care including neurosurgery and cardiac surgery. Our 224 bed Ontario Medical Center is part of our 2-campus area. The vast majority of your training occurs in Fontana, although we use our Ontario facility for select experiences. Thus, the training environment provides broad exposure to diverse patients, specialties and teaching.
In our training program you will learn to practice cost-effective, evidence-based, patient centered, population based primary care.

We also have 3 fellowships:

- **Sports Medicine** fellowship began in 1989 and trains 3 fellows per year. The fellowship is located within the Family Medicine clinic and provides teaching and immediate curbside consultation for residents.
- **Geriatric** fellowship began in 2007 and trains 3 fellows per year. They work in sub-acute and long term facilities as well as provide home care, hospice and palliative care. The fellowship also has an integral role in teaching the residents.
- **Community Medicine/Junior Faculty** began in 2010 and trains one fellow per year. The fellow provides primary care to community and school based clinics as well as teaches and mentors residents in community health.

**Goals & Objectives**
The Kaiser Permanente San Bernardino County Family Medicine Residency has a simple goal to train the outstanding family physicians.

Besides excellent clinical experience, the resident will have access to daily lunchtime lectures, monthly grand rounds, all Kaiser Permanente Symposia, and lectures in behavioral health during the resident counseling clinic experience.

Residents are taught lecture skills and provide many of the lectures with the help of faculty. All residents do a written case presentation that is submitted for publication or poster presentation.

Resident and faculty offices are interspersed, so a resident is not more than a few feet from having a question answered. There are dedicated “mentors” in the clinic whose only responsibility is to aid the resident in their education. Residents will never be left without adequate backup to care for patients.

**Clinical Experiences**

**Pillar One: Ambulatory Care**
- High volume patient exposure
- Residents have their own panel which they actively manage
- Excellent exposure to sprains, strains, fractures and lacerations
- Team-based care for diabetes, hypertension and lipid management
- Clinic teaching from core faculty and a myriad of other family physicians with years of experience
- Sports Medicine fellowship is located on site, with immediate “curbside” consultation available
- Excellent exposure to pediatrics, gynecology, orthopedics, and adult medicine in your primary clinic

**Pillar Two: Academics**
- Noon teaching conferences 4-5 days per week of diverse family medicine topics
- Daily teaching conference on in-patient pediatrics.
- One-on-one teaching from various sub-specialty physicians.
- Outstanding hands-on teaching in all clinical settings
- Research supported both locally and regionally with grant funding available
Pillar Three: Procedures
- Exposure to common ambulatory minor procedures throughout residency
- Dermatology clinics with minor procedures included in FMC
- Gynecologic procedures clinics in FMC
- Training in joint injections in both Sports Medicine clinic as well as FMC
- Point of Care Ultrasound (POCUS)
- Training in vasectomies is available. The Family Medicine department performs all vasectomies for the medical center

Pillar Four: Family
- Biopsychosocial model of family care integrated into all rotations
- Patient centered care in a family context
- Family Circles and genograms as tools to understand family systems

Rotations
Adult Medicine
- A tertiary care center nestled in a working-class community allows for a broad clinical experience with wide ranging pathology
- Residents will have full responsibility for patient care with excellent back up support and teaching from FM and IM attendings
- Admitting short calls during the first and second year
- Third years act as junior attendings
- Excellent teaching from specialists and subspecialists in weekly didactics and morning report

Pediatrics
- Exposure to routine and subspecialty care in outpatient pediatrics rotations
- Hospitalist pediatricians provide bulk of teaching on inpatient pediatrics
- Plenty of newborn care experiences in outpatient pediatrics, the newborn nursery and your own continuity clinics
- Pediatric Urgent Care training in the first and second years, followed by emergency department experiences with Pediatric Emergentologists in your third year training in our ED with Pediatric Emergentologist.

Women’s Health and Maternal Child Health
- Teaching and clinical experience with routine gynecologic care
- Exposure to subspecialty gynecology such as infertility, urogynecology, etc
- Occasional OB overnight call on second year Women’s Health rotation
- High volume of deliveries allows residents to not only meet but exceed the minimum requirements with ease
- Exposure to high risk pregnancies with emphasis on normal risk
- Weekly prenatal care in Family Medicine Clinic with OB and Family Medicine input and supervision
- Early obstetric ultrasound training

Surgery
- Round with surgical consultant to evaluate potential surgical issues
- In addition to dedicated rotations in minor surgical procedures, you will have extensive, longitudinal training in common outpatient office procedures throughout your three years
- Urgent Care experiences provide exposures to acute minor traumas, including laceration repairs
Sports Medicine
• Extensive sports medicine exposure in Sports Medicine clinic with our fellowship
• Sideline and event Sports Medicine Coverage
• Fracture management
• Rotations in Physical Medicine and Rehab and Orthopedics
• Excellent exposure to acute injuries in Urgent Care setting

Emergency Room
• Eight week rotation in the 3rd year in our high volume Emergency Department, which includes Peds ER
• Outstanding teaching from our emergentologists
• Opportunity to perform various procedures, including suturing, intubations, CPR, etc.

Community Medicine
• Community work in all 3 years including school based health clinics and community clinics
• In addition to working in various community health care settings, the four week Community Medicine rotation in the 3rd year provides opportunities to shadow professionals in the County Health department, fire department and Child Protective Services, among others

Health System Management
• Longitudinal curriculum with exposure to all practice options, office management, financial planning, interview skills, and resumé building
• Ongoing feedback on utilization of resources: radiology, consults, lab, medications, etc.
• One block preceptorship in the 3rd year to explore practice options and understand practice management in an outside office setting

Geriatrics
• Exposure to geriatrics and nursing home care in all three years
• Didactic lectures during noon conferences and during block rotation
• Longitudinal care of two nursing home patients during 2nd & 3rd Year
• Geriatric assessment clinic
• Skilled nursing facilities
• Hospice
• Palliative
• Home care

Behavioral Medicine
• Family systems and behavioral training integrated in outpatient and inpatient rotations
• Longitudinal behavioral training
• Year long, half day a week training