We are located in an academic center with many other residency and fellowship programs, and have won national recognition for the quality of our education, health screening, and research in clinical family practice. In addition, we are nationally recognized for our community service and the quality of our graduate and undergraduate medical education.

The Residency Training Program in the Kaiser Permanente Los Angeles Medical Center (LAMC) reflects Kaiser Permanente's long-standing tradition of providing Family Medicine residents with the skills needed to become accomplished and compassionate physicians. Here you will find the best of all educational worlds, including direct patient responsibility and a large and varied patient base.

We build our residency around the concepts of comprehensive, cost-effective, family-oriented care. Clinical care and procedural skills are emphasized in the Family Medicine Program. Residents take full responsibility for patients needing the full spectrum of treatment, from critical to ambulatory.

Many of our graduates go on to careers in academic family medicine. Acclaimed for both clinical and research excellence, the Family Medicine Residency Program has received national awards in the past for quality of graduate education and for clinical research. In addition, the program has been the recipient of several national McNeil awards for family practice clinical research.

Kaiser Permanente is among the nation's largest and most highly regarded managed care delivery organizations.

Inpatient Service
The Family Medicine inpatient service consists of two teams, each with one attending—an intern and a second-year resident. The census for each team is approximately 7 to 9 patients per team, with a target maximum census of 11.

Primary care responsibility continues for patients admitted to the Coronary Care Unit (CCU) and surgical subspecialty services. Rotations are four weeks in length. Interns and second-
year residents are assigned to the Family Medicine service three times during the year; each second-year resident is assigned three times; and third-year residents serve as chief resident for a 6-week block.

Attending rounds are held every day. These are teaching rounds and are preceded by resident work rounds. Each Wednesday morning, Chief Resident, Geriatrics, or Behavioral Medicine rounds are held, and both teams combine to discuss timely topics based upon the hospital census as well as focus on interesting inpatient cases. Interns assigned to the medicine rotation take short call in the emergency room admitting patients to their team. Float interns, PGY-2’s and PGY-3’s cover the overnight calls taking care of med-surg, ICU, and CCU patients, respectively.

Intensive Care Unit
One month of ICU experience supplements the first-year curriculum in medicine. This affords a concentrated experience in the management of critically ill patients. Interns refine skills in handling critically ill patients with our critical care pulmonologists and fellows, including procedural opportunities (i.e., ultrasound guided central lines, thoracentesis).

Coronary Care Unit
One month of CCU experience supplements the second-year curriculum in medicine. This provides an excellent experience in the management of critically ill cardiac patients. PGY-2’s refine their skills with our cardiologists and fellows.

Conference Series
Lectures are provided at noon daily each July through September for Family Medicine and Internal Medicine house staff. Interns attend a series of core lectures on emergency care; residents attend a series of core lectures on critical care.

From October through June, Family Medicine lunchtime resident conferences occur daily. Family Medicine geriatric conferences occur the third Wednesday of each month. In addition our residents participate in monthly Journal Clubs.

Second- and third-year residents participate in weekly skills & procedures workshops that include leadership development, teaching and research skills, faculty-led SAM/board prep sessions, cultural competency, medical–legal quality case reviews, and career development workshops. There are also workshops dedicated to splinting/casting, joint injections, incision and drainage, dermatologic procedures, IUD insertions, and suturing as well as year-round refreshers on inpatient procedures (central line, thoracentesis, etc.).

Emergency Medicine
During the second and third year, two weeks are spent in Emergency Medicine. Prior to the first rotation during the orientation process, all incoming interns are certified in ACLS. All residents are recertified during their training as well. Experience is gained in the management of acutely ill patients. Stabilization and emergency care measures are provided, and histories and physicals are performed in the emergency room. Urgent care visits in the clinic are managed under supervision by attendings and senior residents. Experience is also provided in an outlying clinic emergency area and at the Venice Family Clinic and Saban Community Clinic. Additional experience in the emergency room is provided when taking call on Family Medicine.

Obstetrics and Gynecology (Ob/Gyn)

OBSTETRICS
Two months of the intern year are spent in an in-depth obstetrical experience. The Medical Center has a fully accredited Ob/Gyn Residency Program and performs more than 300 deliveries a month. Family Medicine interns can expect to deliver approximately 40 infants during the first year of training. Second- and third-year residents can participate in continuity deliveries, even when not assigned to obstetrics. For those desiring additional obstetrical training, an elective in complicated obstetrics is available. We also offer a longitudinal prenatal clinic for second and third year residents in order to facilitate continuity of care for obstetrical patients.

GYNECOLOGY
Four weeks of the second year are spent in Ob/Gyn, with an emphasis on Gynecology. High-volume patient care is the hallmark of this experience. Monthly lectures on gynecologic topics are coordinated throughout the residency curriculum by the director of Obstetrics and Gynecology curriculum. The focus during the second year is refinement of procedural skills.

If the resident so chooses, additional ambulatory time may be devoted to obstetrics as well. For those planning to practice obstetrics, an elective in Complicated Obstetrics is available.

Pediatrics

NEWBORN NURSERY
One month in the intern year is spent in the Newborn Nursery under the supervision of staff pediatric hospitalists. Resuscitation of the newborn and newborn examinations are the focus, as well as the care of the critically ill neonate. Call is on a night float system. Interns become familiar with the management of the newborn infant. Duties include daily attending rounds and daily X-ray rounds with the pediatric radiologist. All interns receive NALS certification. One month of the intern call is based on a night float system.
PEDiatric Ambulatory Care
Along with seeing pediatric patients in their continuity clinics, interns spend one half-day per week during most of the intern year in the Pediatric Clinic. This in-depth experience allows the family medicine house officer to become comfortable in well-child examinations and sick-child visits during later years of training. During the second and third year, additional time is spent in Ambulatory Pediatrics and Pediatrics Urgent Care to refine those skills. Residents also staff a 48-hour newborn well-child visit under the supervision of a Family Medicine faculty, to assist with breast-feeding mothers as a part of Kaiser Permanente Los Angeles being a “Baby Friendly” certified hospital.

General Surgery
One month of the intern year is spent as part of a General Surgery team. The team consists of a surgical attending and surgical residents and the family medicine intern.
Responsibilities include surgical consultations, preoperative assessment, operative experience, postoperative care, and clinic responsibilities. Also, during the first year, time is spent in the multidisciplinary surgical clinics attended by surgical subspecialists, subspecialty internists, and radiation oncologists.
During the second year, four weeks are spent in Family Medicine Surgical Services, which provide a high volume of exposure to ambulatory surgical problems such as abscesses, infected cysts, ingrown toe nails, fractures, sprains, lacerations and hemorrhoids.

Stroke Service
As PGY-2’s, residents spend two weeks on the Stroke service learning to recognize, evaluate and treat acute strokes, with our Neurology-Stroke Team. They also spend half days in Headache and Stroke Clinic during the rotation to learn management and follow-up care on chronic headache and stroke patients.

Orthopedics
Over 120 hours are dedicated to orthopedics in the curriculum. There is orthopedic exposure in the Urgent Care/Surgical Services in the third year as well as six weeks of sports medicine exposure in the third year. As PGY-3’s, experiences include sports clinics with our Primary Care Sports Medicine faculty and fellows, clinics with our Physical Medicine & Rehab faculty, as well as time with our physical therapists.

Urology
A one-week rotation during the third year is spent in urology, with time devoted primarily to Ambulatory Urology. Teaching is provided by urology faculty and residents.

Otolaryngology
One week in the third year is spent in the Department of Head and Neck Surgery, with the focus on ambulatory problems, including the management of epistaxis, and allergic problems. Facility in using the diagnostic and therapeutic tools of the otolaryngologist is emphasized.

Ophthalmology
One week of the third year is spent in Ophthalmology, under the tutelage of ophthalmologists. Facility in ophthalmoscopic examination and use of the slit lamp and tonometer are emphasized.

Behavioral Science
Throughout residency training, residents learn about family systems and psychosocial elements of health care. Periodic workshops are given throughout the curriculum to better develop skills in mental health. Lectures are also prepared by the Behavioral Health Department to provide more detailed didactic material as part of the regular resident noon lecture series.
During the third year, residents spend one month in the Mental Health Clinics, including Addiction Medicine. The experience includes working with family counselors, adult and child psychiatrists, and clinical psychologists experienced in behavior modification for problems such as stress reduction and smoking cessation. Residents also work with clinical social workers in Family Medicine clinic, evaluating for safety during acute behavioral issues such as suicidality. Third years also staff our Total Wellness Clinic supervised by Family Medicine faculty.

Community Medicine
A Community Medicine rotation is provided throughout all three years of the residency program. Working with the Venice Family Clinic, Los Angeles Free Clinic, UCLA Mobile Homeless Clinic, and the two LAUSD High School clinics—Belmont and Marshall High Schools, residents gain experience in caring for the medically underserved. Third-year residents also spend one half-day a week during the six-week block in the HIV Clinic. Exposure is also provided to the home health service and the Hospice Program. Residents also have opportunities to participate in multiple weekend community health fairs. Many residents participate in the STEM mentoring program we have at Helen Bernstein High School, pairing residents and STEM junior and senior high school students.

Practice Management
Throughout the curriculum, didactic presentations and case discussion time occur in various clinic half-days. Topics covered include professionalism, practice management, risk management, personal finances, marketing, contracts, billing,
and patient panel management. Every other month R2s and R3s spend time in an afternoon with our Clinical Strategic Goals Champion faculty who helps residents review their patient panels and discuss strategies to improve management of chronic diseases such as diabetes or hypertension or outreach for cancer prevention. Residents are invited and take part at multi-disciplinary PCMH meetings to discuss at-risk patients who need additional support.

Diagnostic and Imaging Modalities
Interns spend 2 weeks rotating in Radiology Department. LAMC has the world’s largest computerized clinical laboratory and does the largest volume of mammographies for a single medical center in the country. The MRI Unit and Sonography and likewise, are among the busiest in the country for a single hospital. Throughout the three-year curriculum, time is allotted to become intimately familiar with these resources as well as spending time in the extensive radiology teaching file.

Geriatrics
During the family medicine rotation, there is a monthly geriatric case conference. Additionally, second- and third-year residents have a monthly geriatrics lecture and a monthly convalescent-care case conference. Second and third-year residents assume primary responsibility for a group of patients at a nearby convalescent hospital, and care for them over the course of the year.

Geriatric assessment consultations are provided by the Family Medicine geriatrics fellowship staff, and residents participate in these consultative sessions. PGY-3’s have a 2-week Geriatric rotation, supervised by a Board Certified Geriatrician.

Sports Medicine
During the second year, residents spend two weeks in Sports Clinic with our Sports Medicine faculty. During the third year there is an additional six weeks of Orthopedics and Sports Medicine spent in Sports Clinic, taking care of athletes at local colleges and high school via pre-participation physicals and side line coverage of football and basketball games. Residents also provide sideline coverage for local (Helen Bernstein High School) football games and have opportunities to cover mass participation events such as the Hansen Dam, Oceanside California Ironman 70.3 races, Special Olympics as well as pre-participation physicals at local high schools and colleges. Residents are also exposed to musculoskeletal ultrasound.

Family Medicine Clinic
The majority of outpatient skills are acquired and refined in the Family Medicine Clinic, where continuity care and urgent care experiences, closely mentored by faculty, are provided in high volume. First- and second-year residents begin their half-day in clinic with a “chalk talk” mini-didactic session. Second-year residents also have “chalk talk” sessions in their half-day clinics. All outpatient clinics have a dedicated FM attending mentor(s) and each patient chart is reviewed. Direct observation and coaching is provided by faculty.

Interns spend one half day a week in the Family Medicine Clinic; second-year residents, two to three half days a week; and third-year residents, three to four half days a week. When in the Family Medicine Clinic, residents have a personal office and two examination rooms to use.

Electives
Residents have a total of 12 weeks elective time. Four weeks in the second year and eight weeks in the third year are provided for the resident to devote those areas that would most benefit the resident’s future plans. This is arranged in the latter part of the curriculum to assure a broad exposure to the full scope of Family Medicine before the resident chooses elective opportunities.

Educational Opportunities
Numerous other educational premiums and benefits are available, including an ongoing monthly Medical Center Grand Rounds Program and an annual Family Medicine symposium, featuring outstanding speakers from across the country. There are conferences daily in numerous other disciplines as a result of the multiple other training programs at the Medical Center. The third-year residents also have a one-week board study period just prior to the boards.