Located at an academic, tertiary medical center with nearly 20 other residency and fellowship programs, we have been national recognized for the quality of our graduate and undergraduate medical education, health screening, community service and research in clinical family practice.

The Program
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, diverse patient population.

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

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 one team composed of two interns and one second-year resident. The census for the team is approximately 10-15.

While on the Family Medicine Inpatient service, primary care responsibility continues for patients admitted to the Coronary Care Unit (CCU) and surgical subspecialty services. The rotation is 2 weeks in length. Interns are assigned to the Family Medicine service 6 times during the year; (12 weeks/year); each second-year resident is assigned three times (6 weeks/year); and third-year residents serve as Chief resident for a 6-week block. The Chief resident is also responsible for contributing to the Wednesday morning didactic teaching for the inpatient team during this rotation.

Teaching rounds are preceded by resident work rounds. Each Wednesday morning, there is either a lecture provided by the Chief resident or Ultrasound Rounds provided by faculty. Interns assigned to the inpatient medicine rotation take short admitting call in the Emergency Room.
Overnight hospital coverage experience is provided during separate rotations throughout the three years. Interns cover the medical surgical beds in the hospital overnight during a four-week rotation. Second-year residents cover the ICU with an intensivist during a six-week rotation. Third-year residents cover the CCU during a 4-week rotation. Family Medicine covers these overnight calls every fifth night.

**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. Residents also spend an afternoon each week in Cardiology clinic. Second year residents refine their skills under the guidance of our cardiologists and fellows.

**Conference Series/Didactics**

Combined Family Medicine/Internal Medicine house staff lectures are provided at noon daily each July through September. Interns attend a series of core lectures on emergency care; residents attend a series of core lectures on critical care. Monday mornings include a primary care case series for the inpatient teams.

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From October through June, Family Medicine noon-time resident occur daily. On every Wednesday morning, there is either a lecture provided by the Chief third-resident or Ultrasound Rounds run by a faculty. 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 KSA/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, 2 weeks are spent in Emergency Medicine. Prior to starting residency at LAMC, all incoming interns are certified in BLS and ACLS. All residents are recertified during their training as well. Experience is gained in the management of acutely ill patients. Stabilization and emergency care skills as well as and history and physical exam skills are honed in the emergency room. Urgent care visits in the clinic are managed under supervision by attendings and senior residents. Pediatric ER experience is also provided during a 2-week CHLA Emergency Medicine rotation in the second year. Additional experience in the emergency room is provided when taking call on Family Medicine call nights.

**Obstetrics and Gynecology (Ob/Gyn)**

**Obstetrics**

6 weeks of the intern year are spent in an in-depth obstetrical experience. LAMC 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.

In addition, there is a longitudinal (once a month) Prenatal Clinic for second- and third-year residents in order to facilitate continuity of care for obstetrical patients.

For those desiring additional obstetrical training, an elective in obstetrics is available. A Women’s Health Track is also available.

**Gynecology**

4 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. Regular lectures on gynecologic topics are coordinated throughout the residency curriculum. The focus during the second year is refinement of gynecological procedural skills (i.e., Nexplanon, IUD placement).

If the resident so chooses, additional ambulatory time may be devoted to gynecology as well. For those planning to practice more Women’s Health, an elective in Complex Contraception 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 common neonatal problems (i.e., neonatal jaundice, the “jittery” neonate, feeding issues). Interns become familiar with the management of the newborn infant. Duties include daily attending rounds. All interns receive NALS certification.
Inpatient Pediatrics
One month in the intern year is spent on the Inpatient Pediatric rotation. Interns are supervised by both Pediatric faculty and a Family Medicine faculty member. The rotation includes management of the acutely ill child as well as experience in caring for children undergoing chemotherapy. During this rotation, the intern will take one week of night call where he/she functions as the pediatric intern working with a senior pediatric resident and pediatric faculty overnight to care for patients. All interns receive PALS certification.

Pediatric Ambulatory Care
Along with seeing pediatric patients in their own Family Medicine continuity clinics, interns spend additional 1 half-day per week during most of the intern year in the Pediatric Outpatient Clinic. This in-depth experience allows the Family Medicine intern to become comfortable in well-child examinations and sick-child visits.

During the second and third year, additional time (an additional four weeks in each year) is spent in the Outpatient Pediatric Clinic and Pediatrics Urgent Care learning how to refine those management skills. Residents also staff a 48-hour newborn well-child visit under the supervision of a Family Medicine faculty to assist breast-feeding mothers as part of Kaiser Permanente Los Angeles certification as a “Baby Friendly” hospital.

General Surgery
One month of the intern year is spent as part of a General Surgery team. This month is split into two weeks of inpatient surgery and two weeks of outpatient surgery. The team consists of a surgical attending and surgical residents as well as 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 clinic, which provides a high volume of exposure to ambulatory surgical/minor procedures such as I&D of abscesses/infected cysts, removal of ingrown toe nails, fractures/sprain splinting & management, laceration repair and surgical hemorrhoid management.

Sports Medicine Orthopedics
Over 120 hours are dedicated to sports medicine orthopedics in the 3-year residency curriculum. There is orthopedic exposure in the Urgent Care Family Medicine/Surgical Services clinic in the second year as well as 8 weeks of physical medicine/sports medicine exposure combined in the second and third years. Experiences include sports medicine clinics with our Primary Care Sports Medicine faculty and fellows, clinics with our Physical Medicine & Rehab faculty, as well as time working with our physical therapists.

During the second year, residents spend 2 weeks in Sports Clinic with our Primary Care Sports Medicine faculty. During the third year, there is an additional 4 weeks of Orthopedics and Sports Medicine spent in Sports Clinic, taking care of athletes at local colleges and high schools via pre-participation physicals and sideline 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 and ultrasound guided musculoskeletal interventions.

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. This includes the management of epistaxis, BPPV, and ear pain. 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.

Allergy
One week in the third year is spent rotating through the Allergy Department, working with their faculty and fellows. Management of common pathology such as allergic rhinitis and allergy testing is reviewed on this rotation.

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 Behavioral Medicine Clinic, 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. The use of suboxone in the management of addiction is also demonstrated. Additionally, residents work with clinical social workers in the Family Medicine clinic, evaluating for safety during acute behavioral issues such as suicidality.

Community Medicine
A Community Medicine rotation is provided throughout all three years of the residency program. Working with the Wesley Health Center, UCLA Mobile Homeless Clinic, and the two LAUSD High School based clinics—Belmont and Marshall High Schools, residents gain experience in caring for the medically underserved. All residents spend one half-day a week during this rotation in the HIV
Medicine Clinic with a Family Medicine faculty managing the specific needs of these patients. 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 second- and third-year residents 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, hypertension and outreach for cancer screening (i.e., mammograms, colonoscopy, etc.).

Geriatrics/Palliative Care & Hospice
Second and third-year residents have a longitudinal monthly geriatrics lecture and convalescent-care case conference. Second- and third-year residents assume primary responsibility for a group of patients at a nearby convalescent center and care for them over the course of 2 years.

Geriatric assessment consultations are provided by the Family Medicine geriatrics staff and fellows, and residents participate in these consultative sessions. Second year residents have a 2-week outpatient Geriatric rotation, supervised by a Board- Certified Geriatrician. Third year residents have a 2-week inpatient Palliative Care rotation supervised by a Board-Certified Palliative Care/Hospice attending. Exposure is also provided to the Home Health service and the Hospice Program.

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. 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. Interns also have a two-week Primary Care Clinic “Immersion” Rotation where they learn more about the resources available through our Family Medicine Outpatient clinic. Virtual Care in the form of Telephone Visits is also part of the outpatient Family Medicine Clinic experience.

Electives/Selectives
Residents have a total of 14 weeks elective time over the 3 years of residency. 2 weeks in the first year, 4 weeks in the second year and 8 weeks in the third year are provided for the resident to devote to those areas that would most benefit the resident’s future plans. Most of the time is concentrated towards the middle and end of residency to assure a broad exposure to the full scope of Family Medicine before the resident chooses elective opportunities.

There are an additional 2 weeks of selective time offered in both the second and third year which allow residents learning opportunities in one of many specific disciplines that they choose.

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 protected from other clinical duties just prior to the ABFM board examination.

Visit residency-scal-kaiserpermanente.org to learn more about how to apply, our faculty & residents, available clerkships & electives, and benefits & salary.