The Woodland Hills Family Medicine Residency Training Program has a long history of providing top-quality, evidence-based education. Our hand-picked faculty is approachable, energetic, and enthusiastic and holds faculty teaching appointments through the David Geffen School of Medicine at UCLA. While in a community setting, our focus is academic excellence through extensive didactic lectures, full-spectrum patient care, and one-on-one teaching with attendings. The family medicine program is the only residency in the hospital, providing our residents the opportunity to care for their patients directly while working closely with primary and subspecialist attendings.

The Program
The Woodland Hills Family Medicine Residency Program prepares you for the rewards and challenges of being a family physician. We build your residency around the concepts of comprehensive, proactive, family-oriented care. From this, you gain the knowledge and training necessary to become a skilled and compassionate family physician.

The strengths of our program lie in our emphasis on providing a solid family medicine clinic experience as well as excellent inpatient Pediatrics, Women’s Health, Dermatologic and procedural training. We strive to continually provide high-quality and high-volume training in these areas.
We also have maintained the tradition of being resident friendly, while graduating the most marketable and competitive physicians. Graduates of our Family Medicine residency program are prepared to provide care in a variety of health care settings—rural, urban, and academic—and maintain a broad scope of practice from perinatal care to geriatrics. Our faculty is composed of graduates from different residency programs, offering you exposure to diverse styles of practice and schooling. In-house attending physicians, available 24 hours a day for supervision, offer an additional advantage. Nationwide, about 60 percent of Family Medicine residency graduates participate in some form of managed health care. Kaiser Permanente is among the nation’s largest and most highly regarded managed care delivery organizations. As a member of our residency program, you will learn to practice in an environment that places patient care as its first priority while also learning to practice medicine utilizing a comprehensive electronic medical records system in an integrated health care system. Because our patients have full access to the most up-to-date and evidenced-based practice standards, our residents are provided a fertile environment for learning. Upon graduation, our residents are capable of practicing in almost any environment and expertly handling the majority of medical issues they may face.

Adult Medicine
Ten months of your three-year residency are devoted to adult inpatient medicine. The Family Medicine service is staffed by Family Medicine residents and attending physicians. There are two medicine teams. One staffed by two interns and a senior resident and the other staffed by a second year resident. Each team is supervised by one of our faculty members. The two teams care for a total of 16 patients, including those in the Intensive Care Unit (ICU) and Cardiac Care Unit (CCU). Patient caps are strongly enforced to balance our educational goals with those of service to the team.

Under the supervision of attending staff, first-year residents provide day and evening coverage while second-year and senior residents take call every fourth night, during which patients are evaluated in the Emergency Department for hospital admission. Second-year residents gain additional training in cross-covering hospitalized patients during the float rotation. In your final year of residency, your main duty that of teaching and supervision of the junior residents. Daily morning reports are conducted with hands-on subspecialty teaching from our UCLA appointed faculty. At no time are residents asked to provide care without an in-house supervising attending.

Perinatal Care and Women's Health
Eight weeks of perinatal care are required during your first year of residency. Two separate four week blocks take place at our Woodland Hills Medical Center. Your time is devoted to Labor and Delivery, where you triage pregnant patients, manage labor, perform vaginal deliveries, and assist on C-sections. In addition, you will also provide prenatal care for your own continuity patients in the Family Medicine Center and the OB department, ultimately delivering their newborns. During your three-year residency, you will be expected to provide prenatal care for at least at least 5 patients as well as seeing them throughout their delivery and postnatal care. You will then care for their newborns as your continuity patients in the Family Medical Center. Our residents have noted that this is among their most rewarding experiences.

As a second-year resident, you devote four weeks to a women's health care rotation at Kaiser Woodland Hills. The rotation consists of experiences in gynecologic walk-in, responding to gynecologic and obstetrical emergencies, providing contraceptive and preventive women’s health care. Residents learn procedures such as endometrial biopsy, IUD placement, colposcopy, and ultrasound while on this rotation.

Third-year residents have the opportunity to take electives that further their gynecologic or obstetrical experience.

Pediatrics
A vital element of your Family Medicine training is the eight weeks you train at Children's Hospital of Los Angeles (CHLA) during your first year of residency. Four weeks are spent on a general Pediatric ward rotation; the balance is spent in the CHLA Emergency Medicine Department. Fourteen weeks are dedicated to Pediatrics in the second year. Four weeks will be spent in the CHLA Emergency Medicine Department, another four week rotation will take place at our Woodland Hills Medical Center and includes spending time on the pediatric ward, nursery and Pediatric Urgent Care Clinic. An additional two week rotation is
dedicated to the Pediatric Urgent Care Clinic at our Woodland Hills Medical Center. There will also be a four-week rotation at Olive View Medical Center providing care to an underserved pediatric population in a country hospital setting. In your third year, you will also have a two-week outpatient Pediatric rotation at Kaiser Permanente Woodland Hills. Additionally, for the purpose of enhancing our residents pediatric continuity experience residents are assigned newborns from maternity ward from patients seen on their pediatric and NICU hospital rotations. Neonatal circumcisions for the entire medical center are performed by Family Medicine residents and faculty.

**Resident Procedure Clinic**

There is a weekly resident procedure clinic in our Family Medical Center that is staffed by one of our faculty members. This faculty member provides direct supervision of the resident for each procedure the resident performs. This clinic offers our residents extensive hands-on procedural experience.

**Surgical Diagnosis and Treatment**

Our general surgery training is geared towards teaching our residents how to recognize common surgical problems and understand the basics of management of these problems. Our residents find their surgery rotations to be a low stress, high quality teaching experience. Your first year includes an eight-week rotation emphasizing both pre- and postoperative care, surgical assisting, and surgical diagnosis. Third-year residents spend four weeks in Outpatient Surgery including gaining experience in minor surgery and care of breast problems. Residents also perform minor surgery procedures on their own patients in the Family Medicine Center.

**Behavioral Science and Mental Health**

Your behavioral science and mental health experience includes lectures targeted at building your proficiency in these areas. This instruction includes weekly lectures and discussions for 12 months in the R1 and R2 years. You will work with a staff psychiatrist, a staff family physician and a psychologist. A special Behavioral Sciences Clinic is scheduled once per week for the latter 6 months of this curriculum. In this clinic you will enhance your skills in diagnosing and treating common outpatient mental health problems, such as depression, panic and anxiety disorders as well as receive training in applied psychotherapy and the use of psychopharmacology.

**Critical Care Medicine, Cardiovascular Medicine, Diseases of the Skin, GI Tract and Respiratory Tract, Neurological Diseases, Nephrology**

Four weeks of critical care experience supplement your first-year medical rotations and are a key part of your preparation for medicine call during your second year, when you are directly responsible for the ICU and CCU. There is no night call during this rotation. In your second year, you spend four weeks on diseases of the cardiovascular system. Staff cardiologists supervise and teach inpatient and outpatient care. An additional two weeks are spent on common inpatient and outpatient gastroenterologic diseases. During the third year, all Family Medicine residents spend four weeks with our dermatologists, two weeks with our neurologists, two weeks with our nephrologists, and two weeks with our pulmonologists for outpatient and hospital consultations.

**ENT/Ophthalmology**

Two weeks during the first year are devoted to common outpatient problems in these areas. Residents learn how to evaluate and treat problems such as acute loss of vision, complicated sinusitis, eustachian tube dysfunction, and hearing loss.

**Musculoskeletal Block, Orthopedics, Rheumatologic Diseases, Physical Medicine, Sports Medicine**

One unique feature of the second year is the four-week block in musculoskeletal disorders, including orthopedics, sports medicine, rheumatologic and podiatric diseases, and physical
medicine. These blocks provide ample experience in handling common outpatient joint, bone, foot, and back problems frequently encountered by the family physician. You are taught by experts in Orthopedics, Physical Medicine, Sports Medicine, Rheumatology, and Podiatry. Residents gain valuable training in joint and soft tissue injection as well as casting and splinting.

Sports Medicine
You will spend two weeks in your third year at California State University, Northridge, learning to manage various sports-related injuries. You may also attend various sport functions, practicing on-the-spot medical care to injured athletes. For those residents who are interested, the opportunity to become the dedicated physician for an intercollegiate team is highly valuable. We also have a board certified Sports Medicine specialist on our faculty. Our residents have the opportunity to provide medical coverage for many Kaiser sponsored sporting events such as marathons, triathlons, and community wellness events.

Emergency Medical Care
Four weeks in the first year and four weeks in the third year are devoted to ensuring that all of our residents become proficient in delivering emergency medical care. You will work directly with board-certified emergentologists, learning acute stabilization and management of patients. As we are the only residency program at this site, our residents are allowed to do various procedures such as laceration repair, central line placement, and intubation. Additionally, residents are assigned to work mornings in our orthopedic department’s cast clinic on a weekly basis. In this clinic, our residents learn how to manage common orthopedic injuries and fractures, including getting experience in interpreting x-rays, casting and splinting.

Geriatrics
The growing number of older adults in our population has made specialized geriatric care an important part of the curriculum. In the second and third years, you spend two weeks each year with our geriatric team, learning to assess the special needs of seniors. There is a once monthly longitudinal rotation in the second and third years at a nursing home in which you will follow your own patients and also receive regular lectures from a geriatrician.

Community Medicine
The Kaiser Permanente Woodland Hills Family Medicine Residency Program is very involved in community health through partnerships with a number of clinics that provide care to the medically underserved. In 2007, we developed the Community Medicine Fellowship program which provides us with a faculty member who is dedicated to working with our residents at various community clinics. The program has been such a success that it has been duplicated at most of the Kaiser Permanente primary care residency programs in Southern California and has resulted in our program being recognized nationally with the 2009 David Lawrence Community Service Award.

Our residents and faculty provide care to the underserved on a daily basis at the Free Clinic of Simi Valley, the Conejo Free Clinic, the MEND Clinic, and the school-based clinic at Kennedy High School.

Diseases of the Urinary Tract
Two weeks of the third year are devoted to common outpatient problems in this area on a rotation in the urology department. You will learn how to evaluate and treat common problems such as prostatitis, urinary stones, recurrent urinary tract infections, and incontinence. As with other subspecialty rotations, residents are given clear guidelines as to when to refer a patient for further evaluation and management.

Practice Management
Practice management is taught longitudinally throughout the three years of residency. Residents are provided lectures in topics
such as insurance, nursing, pharmacy, appropriate medication prescribing, quality assurance, medical systems, electronic medical records, and quality improvement. Residents also have integrated time during their elective rotations to spend time in and learn about the function of non-Kaiser practice environments.

Electives
We believe in and encourage productive, self-directed study, and provide generous time for our residents to pursue electives. Two weeks of electives are offered in your second year and 12 weeks in your third year.

Family Medicine Dermatology Clinic
There is extensive hands-on teaching in dermatology during which two residents see a total of 12 patients per half day in this clinic. This clinic dramatically enhances our residents’ proficiency in recognizing and treating common skin conditions and performing common dermatologic procedures.

Scholarly Activities
Per ACGME requirements, each resident must complete two scholarly activities during their three years of residency, at least one of which shall be a quality improvement project. Our residents’ scholarly activities vary and may include publications, poster presentations and/or lecture presentations at regional meetings. These scholarly activities offer quality improvement for the residency program and provide the resident an opportunity to pursue an area of his or her interest in more detail.

Family Medicine Center
The teaching staff in our Family Medicine Center (outpatient medical offices) consists of UCLA appointed full-time, board-certified family physicians. Thousands of patients of all ages, backgrounds, and cultures visit the center each month. As we are located in Southern California, our patient demographics reflect all ages, races and ethnic backgrounds.

As a resident, you provide care for your own panel of patients, including health screening and physical examinations, preventive and problem-oriented health care, perinatal care, and procedures. The Family Medicine outpatient medical offices are equipped with procedure rooms—minor surgical procedures for dermatologic and surgical procedures. Laboratory, the full range of imaging services, and consultations with every specialty are also readily available on site.

In your first year, you spend two half-days each week in the Family Medicine outpatient medical offices. Each year your involvement in the Family Medicine Center will expand. For example, in your second year, you spend three half-days each week and, in your third year, four half days each week in these medical offices as we continue to build your knowledge and skills for your future practice. In your second year, you spend three half-days each week in our medical offices seeing scheduled patients with routine or urgent problems. In your third year, four half-days each week in the medical offices prepare you for your practice after residency. A dedicated family medicine attending is always present for precepting, which includes answering your questions, seeing patients for further assistance when needed, and reviewing your patients’ diagnoses and treatment plans with you. A supervising family physician is available to answer your questions, see patients for further advice, and review your patients’ diagnoses and treatment plans with you.

Our faculty research director provides guidance and support to residents in order to make this a manageable and enjoyable process. Elective time may be used to pursue research projects/scholarly activities with the approval of the Program Director. Financial and statistical support is available on a regional level, and through the local level, our hospital will prepare a professional poster for the resident. Our faculty has written numerous textbooks and articles. Several resident publications are in print, while others are in development.
The Kaiser Permanente Woodland Hills Medical Center opened in 1986 on a 28-acre site in the west San Fernando Valley, near the Los Angeles/Ventura County line. The surrounding suburban communities of Calabasas, Northridge, Encino, Westlake Village, and Thousand Oaks offer all the advantages of Los Angeles living, and include some of the most desirable neighborhoods in the Valley. Additionally, our medical center boasts a one-mile walking path surrounding the facility allowing for all of our Kaiser employees to get outdoors and get exercise directly on campus.

We believe that our residents deserve free time to spend with their loved ones, and, in Woodland Hills, you will find numerous recreational opportunities to entice you. Take a road trip through famous Malibu Canyon and you will find yourself at Southern California’s renowned beaches. Santa Barbara is a one-hour drive up the Pacific Coast Highway. The many local mountains and desert resorts, such as Lake Arrowhead and Palm Springs, are easily accessible. A variety of restaurants and shops are another West Valley bonus. Our vacation schedule, along with research leave, educational leave and personal days off afford our residents ample time to develop an important balance between work and life outside of medicine.

The University of California, Los Angeles (UCLA) and Westwood Village are just 15 miles from Woodland Hills, offering all the excitement and opportunities of a college community. As our residency is closely affiliated with UCLA, residents receive a diploma from both Kaiser Woodland Hills and the David Geffen School of Medicine upon graduation. Major theaters can be found in downtown Los Angeles, Century City, and Hollywood. The West Hollywood arts community, Santa Monica, Beverly Hills, and Malibu are all within 20 miles.

**Housing**
A recent survey of rental properties in the areas surrounding the medical center indicates that our cost of living is one of the best in the Los Angeles area. Many apartment complexes offer pools, spas, tennis courts, recreation rooms, saunas, barbecues, sun decks, and workout rooms.
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<th>Curriculum at a Glance (subject to change)</th>
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### Curriculum at a Glance (continued)

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<tr>
<td><strong>Ongoing Clinics</strong></td>
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<td>Behavioral Science Clinic: 1 to 2 half-days each week for 6 months</td>
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<td><strong>Vacation</strong></td>
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* The family medicine clinic is closed on Thanksgiving Day, Christmas Day, New Years Day, Memorial Day, July 4th, and Labor Day. When a resident is not assigned to an inpatient service, they will get these days off.

To learn more about:
- How to apply
- Our faculty and residents
- Available clerkships & electives
- Benefits & Salary

Visit us online today at [residency.kp.org/scal](http://residency.kp.org/scal)