Family Medicine
Woodland Hills Medical Center

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.

Notably, Woodland Hills is among ten Kaiser Permanente hospitals named to Healthgrades’ 2017 list of America’s 100 Best Hospitals, placing it among the top 2 percent of nearly 4,500 hospitals nationwide for consistent year-over-year, superior clinical performance. Woodland Hills Medical Center was further honored by being named to Healthgrades’ list of America’s 50 Best Hospitals, placing it in the top 1 percent in the nation.

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 the full scope of the family medicine care as well as offering excellent inpatient training, dermatology 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 the majority 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 team is staffed by two interns and a senior resident and the other team is 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. Second-year residents gain additional training in cross-covering hospitalized patients during their 4 blocks on the float rotation. In your final year of residency, your main duty on inpatient medicine is that of teaching and supervising the junior residents. Education is emphasized during this rotation with at least three times weekly morning lectures presented by our UCLA appointed faculty, subspecialists and senior residents. 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. Upon their delivery, you will then be expected to care for their newborns as your continuity patients in your family medicine clinic. 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 if desired.

**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 and another two weeks is dedicated to CHLA’s ambulatory specialty clinics. A total of eight weeks will take place at our Woodland Hills Medical Center involving spending time in our newborn nursery, pediatric urgent care and pediatric ward. 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 patients seen during their newborn nursery rotation. Neonatal circumcisions for the entire medical center are performed by Family Medicine residents and faculty.

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. 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 and discussions targeted at building your proficiency in these areas. 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 9 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. The clinic also gives residents an opportunity to get to know their selected patients on a deeper level. We also discuss topics such as physician and caregiver burnout, coping with death and disease, etc.

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 gastrointestinal 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 performing outpatient and hospital consultations.

ENT/Ophthalmology
Two weeks during the first year are devoted to common outpatient ENT and ophthalmology problems. 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, rheumatology, podiatry, and physical medicine disorders. These blocks provide ample experience in handling common outpatient joint, bone, foot, and back problems frequently encountered by the family physician. Your instructors are specialists in these fields.

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 will be spent training in our medical center’s emergency room. 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 gaining experience in interpreting x-rays, casting and splinting. Please refer to the section on “Pediatrics” regarding the 8 weeks of pediatric emergency medical training that you will receive at the Children’s Hospital of Los Angeles during your first and second years of residency.

**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 longitudinal rotation in the second and third years. Supervised by a faculty member, residents will round on their own nursing home patients. Our family medicine faculty also present monthly lectures on a variety of geriatric specific topics.

**Underserved and 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. Supervised by our community medicine fellow, our residents provide care to the underserved on a daily basis at the Free Clinic of Simi Valley, Conejo Free Clinic, MEND clinic and Monroe High School Clinic throughout their three years of residency.

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.

**Diseases of the Urinary Tract**

Two weeks of the third year are devoted to common outpatient urologic problems in the urology department. You will learn how to evaluate and treat common problems such as prostatitis, benign prostatic hypertrophy, urinary stones, recurrent urinary tract infections, urinary retention and incontinence.

**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. Our third year residents also have an opportunity to meet with a hiring specialist to discuss developing a CV, negotiating a contract, starting a practice, etc.

**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.

**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. Furthermore, these scholarly activities provide residents the opportunity to pursue an area of their interest in more detail. 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 textbooks and articles. Several resident publications are in print, while others are in development. Furthermore, with the assistance of a supervising faculty member, the senior residents will select a journal article and learn how to review this article for the appropriateness of the research design, the statistics employed, the suitability of the controls that were used, etc. For attending staff CME credit, the senior residents will then provide a formal presentation of this article to their fellow residents as well as to our faculty and staff physicians.

Resident Procedure Clinic
This twice weekly resident procedure clinic takes place in our Family Medicine Center and is directly supervised by our procedurally trained family medicine faculty. These faculty members provide direct supervision of the resident for each procedure the resident performs. This clinic offers our residents extensive hands-on procedural experience in a variety of common outpatient procedures including cyst excisions, endometrial biopsies, IUD and Nexplanon insertions, cortisone injections, circumcisions, ingrown toenail avulsions, etc. One of our weekly procedures also includes performing circumcisions on newborns.

Resident Dermatology Clinic
This weekly clinic takes place in our Family Medicine Center and provides our residents extensive hands-on teaching in dermatology and minor dermatology procedures. Supervised by one of our superb staff dermatologists, two residents see a total of 12 patients per half day.

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 designed to perform minor surgical procedures. The full range of lab and imaging services, as well as consultations with every specialty, are 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, three half-days per week in your second year and four half-days per week in your third year are spent in the family practice clinic. A dedicated family medicine attending is always present for precepting to answer patient care questions and to assist you in formulating diagnoses and treatment plans.

Conferences
Conferences are an integral part of your training. Each week, there are daily noontime lunch conferences that are specifically devoted to resident training including medically pertinent discussions, case conferences, and didactic lectures. A catered lunch is provided for the residents at these noon conferences. The conferences are presented by in-house staff, guest speakers, or residents. Additionally, our medical center offers a variety of regular educational conferences given by staff and visiting physicians and residents are expected to attend, schedules allowing.

Other educational conferences include pediatric, family medicine, bioethics case conferences and daily morning conferences for the inpatient medicine team. Once per month, all of the residents are cleared of their clinical duties to attend an afternoon devoted to family medicine case conference or a didactic teaching session.

We also encourage our residents to attend our annual Kaiser Permanente Southern California Family Medicine Symposium where our residents and faculty interact with family medicine physicians and residents throughout Southern California. This conference features timely and important issues presented by topic experts.

During your third year, you will be given one week to attend the educational conference of your choice.
Resident Wellness
Helping our residents maintain wellness and balance during their residency training is a priority for us. Being a resident can make it difficult to strike a healthy work-life balance, but we believe that residents cannot realize their full potential without maintaining their personal well-being. Therefore, we encourage our residents to participate in activities that promote their physical and emotional health during their three years of training.

As far as organized events, there is a yearly weekend retreat for all of the residents and faculty. In years past we have spent the weekend in locations such as Santa Barbara, Lake Arrowhead, San Diego, and Palm Springs to name a few. We also have a yearly Resident Wellness Retreat Day that is dedicated to educating our residents about the importance of their personal wellness and giving our residents time away from the medical center to bond with their fellow classmates. We also provide a Bonding Retreat for the interns in the first few months of their residency. Throughout the year, there are also ample opportunities to participate in resident and faculty hosted social events. On a monthly basis, there is noon conference time dedicated to resident support. We also have monthly Balint sessions that are designed to further our understanding of the often complex clinician-patient relationship.

Finally, our vacation schedule, along with research leave, educational leave and personal days afford our residents ample time to develop the important balance between work and life outside of medicine.

Location and Lifestyle
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. Finally, we have a small gym for our physicians’ use that is located 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.

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.
## Curriculum at a Glance (subject to periodic changes)

<table>
<thead>
<tr>
<th>Rotation</th>
<th>First Postgraduate Year</th>
<th>Second Postgraduate Year</th>
<th>Third Postgraduate Year</th>
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<tbody>
<tr>
<td>Rotation</td>
<td>Inpatient Care of Adults: 16 weeks, WHMC</td>
<td>Inpatient Care of Adults: 16 weeks WHMC</td>
<td>Inpatient Care of Adults Senior Resident: 8 weeks, WHMC</td>
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<tr>
<td>Maternity Care (Obstetrics): 8 weeks, WHMC</td>
<td>Inpatient Care of Children, including NICU: 4 weeks, WHMC</td>
<td>Diseases of the Respiratory Tract/Pulmonary Medicine: 2 weeks, WHMC</td>
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<tr>
<td>Inpatient Care of Children: 4 weeks, CHLA</td>
<td>Outpatient Care of Children: 2 weeks, Pediatric Urgent Care at WHMC</td>
<td>Surgical Walk-in: 2 weeks, Kaiser Permanente Panorama City</td>
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<td>Outpatient care of Children: 4 weeks, Pediatric Emergency Medicine at CHLA</td>
<td>Cardiovascular Medicine: 4 weeks, WHMC</td>
<td>Diseases of the Skin/Dermatology: 4 weeks, WHMC</td>
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<tr>
<td>Outpatient Surgery Diagnosis and Treatment: 8 weeks, WHMC</td>
<td>Musculoskeletal Block/Sports Medicine, Orthopedics, Rheumatologic Diseases, Physical Medicine: 4 weeks, WHMC</td>
<td>Musculoskeletal/Sports Medicine: 2 weeks, WHMC</td>
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<tr>
<td>Critical Care Medicine: 4 weeks, WHMC</td>
<td>Emergency Medicine: 4 weeks, WHMC</td>
<td>Neurology: 2 weeks, WHMC</td>
<td>Neurology: 2 weeks, WHMC</td>
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<tr>
<td>Emergency Medicine: 4 weeks, WHMC</td>
<td>Diseases of the GI Tract: 2 weeks, WHMC</td>
<td>Nephrology: 2 weeks, WHMC</td>
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<td>ENT: 1 week, WHMC</td>
<td>Outpatient Surgery Diagnosis and Treatment: 4 weeks, WHMC</td>
<td>Geriatrics: 2 weeks, WHMC</td>
<td>Geriatrics: 2 weeks, WHMC</td>
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<td>Ophthalmology: 1 week, WHMC</td>
<td>Sports Medicine (Collegiate Varsity Athletics): 2 weeks, CSUN</td>
<td>Diseases of the Urinary System/Urology: 2 weeks, WHMC</td>
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<tr>
<td>Electives: 2 weeks</td>
<td>** Resident Procedure and Skin Clinics are scheduled throughout the three years **</td>
<td>Electives: 12 weeks</td>
<td>** Longitudinal Underserved and Community Clinics are scheduled throughout the three years.</td>
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WHMC = Woodland Hills Medical Center
CHLA = Children’s Hospital Los Angeles
CSUN = California State University, Northridge
### Curriculum at a Glance (continued)

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<tr>
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<th>First Postgraduate Year</th>
<th>Second Postgraduate Year</th>
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<tr>
<td><strong>Ongoing Clinics</strong></td>
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<tr>
<td>Family Medicine Continuity Clinic: 2 half-days each week</td>
<td>Family Medicine Continuity Clinic: 3 half-days each week</td>
<td>Family Medicine Continuity Clinic: 4 half-days each week</td>
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<tr>
<td>Behavioral Science Clinic: 1 half-day each week for 6 months</td>
<td>Behavioral Science Clinic: 1 half-day each week for 6 months</td>
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<tr>
<td>Resident Dermatology Clinic (in FPC)</td>
<td>Resident Dermatology Clinic (in FPC)</td>
<td>Resident Procedure Clinic (in FPC)</td>
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<tr>
<td>Community Clinic: Conejo Valley Free Clinic</td>
<td>Community Clinics: Conejo Valley Free Clinic</td>
<td>Community Clinics: Conejo Valley Free Clinic</td>
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<tr>
<td><strong>Misc. Time Away</strong></td>
<td>Personal Days: 3 per year</td>
<td>Personal Days: 3 per year</td>
<td>Personal Days: 3 per year</td>
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<td>Holiday time off: 6 days*</td>
<td>Holiday time off: 6 days*</td>
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<td>Educational Leave: 1 week</td>
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<tr>
<td><strong>Vacation</strong></td>
<td>4 weeks</td>
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*The Family Practice Clinic (FPC) 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.

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