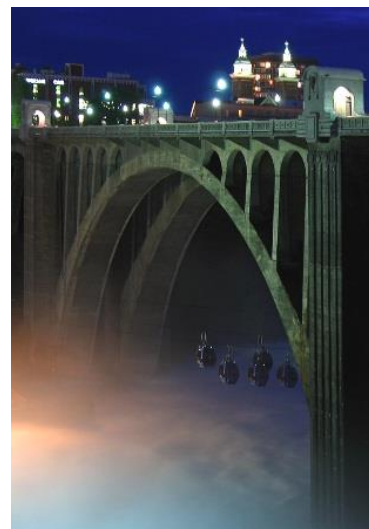




10 THINGS YOU MAY WANT TO KNOW ABOUT SPOKANE

1. Spokane City/County
Population: 219,190 / 573,493
2. Downtown Spokane elevation:
1,898 feet
3. Number of wineries within 20
minutes of Spokane: 29
Number of breweries: 48
Number of coffee shops: 100
Including 12 local roasters.
4. Average number of sunny days:
260
5. Number of Golf courses within 75
miles: 33

6. Minutes from airport to downtown: 10
7. Average summer temperature: 85 degrees
8. Number of Ski areas within 75 miles: 5
9. Average commute time: 30
Minutes
10. Number of lakes within 50
miles: 76



INTERNAL MEDICINE RESIDENCY SPOKANE BENEFITS 2019 - 2020 YEAR

General Benefits

Internal Medicine Residency Spokane offers the following items.

Salaries for 2019-2020 year

<u>Training Year</u>	<u>Amount</u>
R-1	\$57,644
R-2	\$59,914
R-3	\$62,375
GIM Teaching Fellow	\$80,000

Meals

We provide a meal stipend for residents while on duty. This benefit averages \$3000/year.

Parking

Residents are provided free parking at all training sites

Additional

Educational resources provided

- ACP Membership during residency (\$119/yr)
- Medical Knowledge Self-Assessment Program provided to seniors (\$389)
- University of Washington's Health Sciences library, with hundreds of online databases and ejournals, including Up-To-Date, Dynamed, JAMA, etc.
- One-time \$450 educational stipend is provided for books/apps

Laboratory Coats

Two monogrammed lab coats are provided during the R1 year and an additional one in your R3 year. You are welcome to purchase more, if desired (\$50/coat)

Exams Paid

- Step III USMLE or COMLEX if taken intern year (\$890)
- ABIM Exam if taken year you complete training (\$1410)

Health insurance offered

- 3 options for major medical available for you and your family
- Low cost dental and vision plans available
- Hospital incentive available to assist with premiums/health savings account

Time off

- 3 half days off per year for "wellness" to attend to personal needs
- 200 Provider Time [PTA] hours
 - 160 hours [4 weeks] of vacation
 - 40 hours [5 days] for illness



2019 Providence Benefits-at-a-Glance

Benefits are effective on the day you are hired into an eligible position.
Visit the HR portal at Caregiver.eHR.com to learn more.

Providence Health Care (Eastern Washington) – Medical Residents

This document provides a high-level overview of the benefits for those considering employment with Providence Health & Services. Please refer to the 'Next Steps' section for more information if you have accepted a position.

► Health

MEDICAL PLANS

You and Providence share the cost of coverage.

HRA Medical Plan (plan administered by Providence Health Plan) <i>comes with Health Reimbursement Account (HRA)</i>	Annual in-network deductible	\$1,150/person (\$2,300 max/family)
	Choose Well health incentive contribution to HRA (New hires initially receive account funding without action needed)	Hired before July 1: up to \$700/person (up to \$1,400/family) Hired on or after July 1: \$350/person (\$700/family)
	Preventive care	100% coverage
	Most services	You pay copay or coinsurance after deductible; higher level of benefits for in-network care
	Prescription drugs	You pay copay or coinsurance, based on type of drug
HSA Medical Plan (administered by Providence Health Plan) <i>comes with Health Savings Account (HSA)</i>	Annual in-network deductible	\$1,500 caregiver only (\$3,000 if covering dependents)
	Choose Well health incentive contribution to HSA (New hires initially receive account funding without action needed)	Hired before July 1: up to \$700/person (up to \$1,400 /family) Hired on or after July 1: \$350/person (\$700/family) Must submit election on or before Dec. 1; must be eligible for a health savings account to receive the incentive.
	Preventive care	100%
	Most services	You pay coinsurance after deductible; higher level of benefits for in-network care
	Prescription drugs	You pay coinsurance, based on type of drug
Kaiser of Washington HMO (plan administered by Kaiser Permanente)	Annual deductible	\$200/person (\$600 max/family)
	Choose Well health incentive as reduction to plan premiums (New hires initially receive incentive without action needed)	Medical premium reduction of \$16.67 twice-monthly, or \$33.34 twice-monthly if covering a spouse/domestic partner
	Preventive care	100%
	Most services	You pay copay or coinsurance when receiving care; no benefits for out-of-network care
	Prescription drugs	You pay copayment, based on type of drug

Note: Medical services under HRA and HSA medical plans are covered at a higher level when you visit a Providence or other preferred provider.

DENTAL PLANS

You and Providence share the cost of coverage.

Dental PPO 1500 and Dental PPO 2000 plans (administered by Delta Dental)		PPO 1500		PPO 2000	DHMO
	Annual deductible	\$50/person (\$150 max/family)			None
	Annual maximum benefit	\$1,500 per person		\$2,000 per person	None
Dental DHMO (administered by DeltaCare USA) <i>DHMO availability based on home ZIP code</i>	Diagnostic and preventive care	100% PPO dentist 80% Non-PPO dentist			Copay based on schedule of services
	Orthodontia	Not covered		50% after \$50 lifetime deductible; \$2,000 lifetime maximum	

VISION PLAN

You and Providence share the cost of coverage.

VSP Vision Plan	Vision exam	Covered in full every 12 months after a \$15 copay
	Lenses	Covered in full every 12 months
	Frames	Up to \$120 every 24 months; then 20% off additional costs
	Contacts	Up to \$200 every 12 months allowance in lieu of prescription glasses
	Extra discounts	Laser vision correction discounts and extra savings on lens options not covered by the plan

► Medical, Dental and Vision Premiums (Twice-Monthly)

MEDICAL			
	Health Reimbursement (HRA) Medical Plan	Health Savings (HSA) Medical Plan	Kaiser of Washington HMO
FULL-TIME – 30 or more hours per week (0.75 to 1.0 FTE)			
Caregiver only	\$12.60	\$0.00	\$45.45
Plus child(ren)	\$24.70	\$12.00	\$100.05
Plus spouse/ABR**	\$33.50**	\$20.00**	\$136.45**
Plus family	\$46.10**	\$32.00**	\$191.00**
PART-TIME – At least 20 but less than 30 hours per week (0.50 to 0.74 FTE)			
Caregiver only	\$26.15	\$12.50	\$60.45
Plus child(ren)	\$46.60	\$32.00	\$133.20
Plus spouse/ABR**	\$60.20**	\$45.00**	\$181.35**
Plus family	\$80.60**	\$64.45**	\$254.15**

*Adult benefits recipient (ABR) is someone who has been and will continue to be part of your family, whether legally related or not.

**Working spouse surcharge of \$75, deducted twice-monthly, may apply if you enroll a spouse/ABR on medical coverage who has other coverage through their employer and waives that coverage.

Note: Caregivers earning more than \$200,000 per year will pay an additional \$140 per month for caregiver-only medical coverage, or an additional \$280 per month if covering dependents.

DENTAL				VISION	
	Dental PPO 1500	Dental PPO 2000	Dental DHMO	VSP	
FULL-TIME – 30 or more hours per week (0.75 to 1.0 FTE)					
Caregiver only	\$0.00	\$3.76	\$0.00	\$2.96	
Plus child(ren)	\$4.47	\$10.49	\$4.60	\$5.32	
Plus spouse/ABR**	\$7.45	\$14.98	\$4.02	\$5.91	
Plus family	\$11.91	\$21.70	\$8.88	\$8.86	
PART-TIME – At least 20 but less than 30 hours per week (0.50 to 0.74 FTE)					
Caregiver only	\$4.96	\$8.72	\$2.69	\$4.73	
Plus child(ren)	\$10.92	\$16.94	\$8.83	\$8.51	
Plus spouse/ABR**	\$14.89	\$22.42	\$8.06	\$9.46	
Plus family	\$20.84	\$30.63	\$14.52	\$14.18	

► Financial Well-being

LIFE AND DISABILITY

Providence pays the full cost of coverage.

Basic Life	2x your annual base pay, up to plan maximum.
Long-term Disability Benefit	Up to \$2,500/month after 90-day waiting period.

SUPPLEMENTAL LIFE INSURANCE

You pay the full cost of coverage.

Your coverage	You may purchase up to the lesser of 6 times annual pay or \$1,000,000; statement of health required for election exceeding the lesser of 4 times annual pay or \$500,000.
Spouse coverage	You may purchase up to \$250,000. Statement of health required for election exceeding \$50,000.*
Child coverage	You may purchase a flat \$20,000 amount for your child(ren).

VOLUNTARY AD&D INSURANCE

You pay the full cost of coverage.

Coverage for you, your spouse and your child(ren)	You can purchase coverage for yourself, as well as coverage for your spouse and/or child(ren).*
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VOLUNTARY BENEFITS

You pay the full cost of coverage.

Providence makes available the following voluntary benefits and special offers:

- MetLife Auto, Home
- Pet Insurance
- Commuter benefits
- Legal Insurance
- Identity and Credit Protection
- Unum Voluntary Short-term Disability Insurance

These benefits are sponsored by independent vendors and made available to you with Providence's permission.

FLEXIBLE SPENDING ACCOUNTS

You pay the full cost of coverage.

Health care and dependent care Flexible Spending Accounts (FSA) through HealthEquity enable caregivers to set aside pre-tax dollars from their paycheck to pay for eligible health care and/or dependent care expenses.

*Total spouse life insurance (supplemental life and AD&D combined) cannot exceed 100% of total caregiver life insurance (basic life, supplemental life and voluntary AD&D combined).

► Financial Well-being

401(a) SERVICE PLAN 100% funded by Providence.	
Employer Discretionary Contributions	Each year, Providence expects to make a contribution of between 3% and 6% of pay for each eligible caregiver, depending on your years of service with the organization.
Eligibility	To be eligible, you must work at least 1,000 hours in a payroll year and be active at the end of the payroll year.
Vesting	You will own (be fully vested in) your Service Plan after completing five years of service with at least 1,000 hours worked in each year.
Investment Options	Choose from a diverse menu of mutual funds and the Fidelity BrokerageLink© self-directed brokerage window to help your contributions grow.
403(b) VALUE PLAN Funded by you and Providence.	
Caregiver Contributions	You can contribute (save) 1% to 75% of your pay on a pre- and/or Roth after-tax basis, up to the annual IRS limit (\$19,000 for 2019). If you will be age 50 or older by the end of 2019, you may also defer an additional \$6,000 to the age-related catch-up.
Employer Match Contributions	Providence provides a pre-tax matching contribution of 50 cents for every dollar you save up to a limit that increases from 3% to 6% with your years of service. If your annual eligible pay is less than \$30,000, Providence will contribute an additional \$50.
Immediate Eligibility & Automatic Enrollment	Caregivers who are eligible to participate can begin making contributions from their date of hire. Caregivers that do not elect otherwise are automatically enrolled at 6% after 45 days and will be automatically increased 1% per year to a maximum of 10%.
Immediate Vesting	You immediately own both your contributions and the Providence match.
Investment Options	Choose from a diverse menu of mutual funds and the Fidelity BrokerageLink© self-directed brokerage window to help your contributions grow.
457(b) DEFERRED COMPENSATION PLAN An additional savings plan option.	
Additional Pre-Tax Savings	You may save an additional 1% to 100% of your pay in the 457(b) Plan. The annual limit is \$19,000 for 2019. You may save even more during the last three years before you turn age 65 if you didn't previously maximize your 457(b) Plan deferrals.
Immediate Eligibility	Caregivers are immediately eligible to participate in the plan.
Immediate Vesting	You immediately own all of your 457(b) contributions.
Investment Options	Choose from a diverse menu of mutual funds and the Fidelity BrokerageLink© self-directed brokerage window to help your contributions grow.

► Paid Leave

PROVIDER TIME-AWAY – MEDICAL RESIDENTS

160 hours (20 days) of time away hours are paid during each year of training. Time away hours may be used for vacation, holidays, personal days off, and short-term illness. Time away hours do not include time off for continuing medical education

► Next Steps

This information is provided for those who have accepted a position

Visit the HR portal at [Caregiver.eHR.com](https://caregiver.ehr.com) to learn about the benefits programs available. If you have not yet started, please use the Guest Sign-in section, and select **Providence**.

Watch for an email from your pre-boarding specialist. The specialist will help you through the on-boarding process, including instructions on how to access the HR portal. A benefits enrollment guide with enrollment instructions is available on the HR portal.

During your new caregiver orientation, you will receive instructions on how to enroll through the HR portal. Your benefits are effective on your date of hire or the date you become benefits-eligible.



Take action! You have **30 days from your hire date** to enroll in benefits. Once you submit your elections online, your enrollment period will end and your coverage is effective on your date of hire (or date of eligibility for benefits). Retroactive paycheck deductions may apply. If you don't take action, you will have employer-paid life and disability coverage only (no medical, dental or vision coverage).

Questions? Need help enrolling? Beginning on your start date, the **Benefits Service Center** is available Monday through Friday from 7:30 a.m. to 6:00 p.m. PST to assist you.

Notice of Nondiscrimination and Accessibility Employee Benefits

Providence Health & Services ("We") complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

We do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

When necessary to ensure an equal opportunity and meaningful access, we:

- Provide free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provide free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services in relation to your group health plan, contact Providence Health & Services' Benefits Consultant, Compliance.

If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a complaint with the Benefits Consultant, Compliance, Suite 500, 2001 Lind Ave SW, Renton, WA 98057, or by contacting the Benefits Service Center at **(888) 687-3753** or submitting an AskHR ticket through the HR portal at [Caregiver.eHR.com](https://www.hhs.gov/ocr/portal/lobby.jsf). You can file a complaint in person or by mail, or an AskHR ticket. If you need help filing a complaint, the Benefits Consultant, Compliance is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F, HHH Building
Washington, DC 20201
1-800-868-1019, 800-537-7697 (TDD)

Complaint forms are available at
<https://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-687-3753.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 888-687-3753。

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 888-687-3753.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 888-687-3753.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 888-687-3753.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-687-3753

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888-687-3753 مقرب لصتا . ن اءملاب لكل

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。888-687-3753.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 888-687-3753.

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 888-687-3753.

เรียน: ๑๑คุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรีโทร 888-687-3753.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា
ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ជូរ ទូរស័ព្ទ 888-687-3753.។

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УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 888-687-3753.

ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 888-687-3753.

INTERNAL MEDICINE RESIDENCY SPOKANE

2019-2020 Resident Curriculum

We have 13 four-week rotations each year. However, in 20-21 the final rotation is 5 weeks long.

R1s start one week before seniors to provide continuity of patient care on the services.

R-1 Rotations

How many?	Name of Rotation	# of Days/Wk
4	General House staff	6 days/wk
1	Inpatient Cardiology	5 days/wk
1	Medical ICU	6 day/wk
1	ICU nights	5 nights/wk
1	Inpatient Gastroenterology	5 days/wk
1	Emergency Medicine	20 shifts/rotation
1	Night Float	5 nights/wk
1	Ambulatory (continuity clinic)	5 days/wk
1/2 - 1	Outpatient Dermatology	5 days/wk
1 – 1½	Elective (such as ENT, Ophthal, GYN, Radiology)	5 days/wk
On-going	Continuity Clinic (<i>not on ICU, house staff or ICU/house staff nights</i>)	½ day/week

House staff rotations

- Half of your house staff rotations will be 2 wks on/off
- House staff is “drip not bolus” NOT long call/short call
- All house staff is attended by residency faculty
- Intern day off is on the weekend

Call duty is on Friday and/or Saturday nights

- Weekend call coverage for house staff and ICU services is 7-8 nights/year, while on electives
- You're off on Friday mornings for weekends when scheduled on both Friday and Saturday night
- You'll have less than five 24-hour shifts/year—which happens when covering a Friday night only
- You'll have 14 days of emergent call (also known as jeopardy/sick call). These are days you may be need to cover for a colleague unable to come in, due to illness or emergency

2020-2021	#1	#2	#3	#4	#5	#6	#7
Intern Dates	6/22-7/19	7/20-8/16	8/17-9/13	9/14-10/11	10/12-11/8	11/9-12/6	12/7-1/3

#8	#9	#10	#11	#12	#13	Last R1 vacation 6/28-7/4 Start R2 year 7/4/2021
1/4-1/31	2/1-2/28	3/1-3/28	3/29-4/25	4/26-5/23	5/24-6/27	

R-2 Rotations

How many?	Name of Rotation	# of Days/Wk
2	General House staff*	6 days/wk
1	Hospitalist Consult Service	5 days/wk
1	Medical ICU	6 day/wk
1	Outpatient Cardiology	5 days/wk
1	Night Float	5 nights/wk
1	Ambulatory (continuity clinic)*	5 days/wk
1	Endocrinology	5 days/wk
1	Infectious Disease	5 days/wk
1	Inpatient Neurology	5 days/wk
1/2	Inpatient psychiatry consultation service	5 days/wk
1/2	Systems of Medicine	5 days/kw
1	Geriatrics (VA)	5 days/wk
1/2	Outpatient General Internal Medicine	5 days/wk
1/2	Elective (such as ENT, Ophthal, GYN, Radiology, Palliative Care)	5 days/wk
On-going	Continuity Clinic (<i>not on ICU, house staff or ICU/house staff nights</i>)	1 day/wk

Approximately 8 call nights/year

R-3 Rotations

How many?	Name of Rotation	# of Days/Wk
2	General House staff*	6 days/wk
1	DMC Inpatient Pulm	6 days/wk
1	Medical ICU	6 day/wk
1	Inpatient Cardiology	5 days/wk
1	Hospitalist Service – shifts model hospitalist schedule	2 7/day shifts
1/2	Night Float	5 nights/wk
1	Ambulatory (continuity clinic)*	5 days/wk
1	Nephrology	5 days/wk
1	Hematology/Oncology	5 days/wk
1	Outpatient Pulmonology	5 days/wk
1	Outpatient Rheumatology	5 days/wk
1-1/2	Elective (such as ENT, Ophthal, GYN, Radiology, Palliative Care)	5 days/wk
On going	Continuity Clinic (<i>not on ICU, house staff or ICU/house staff nights</i>)	1 day/wk

Approximately 5 call nights/year

*General House staff rotations are split into 2 wk increments and paired with Ambulatory or Outpatient electives to preserve continuity of care.

Call

- R2s have 8 nights of call/R3s have 5 nights of call to cover the house staff and/or ICU patient services.
- If on call for Friday and Saturday nights, you will come in at noon, attend conference and then go to your regular assignment until 5:30, when your call shift begins.
- R2s have approximately 3 weeks of emergent call; R3s have 2 weeks of emergent call.

HOLIDAYS - We recognize the following 6 holidays:

New Year's day, Memorial day, 4th of July, Labor day, Thanksgiving day and Christmas day.

You'll be assigned to work 3-4 of the above holidays *total* over 3 years of residency on an IMRS service [house staff night/day or ICU night/day]. However, you may be required to work a holiday on other services [not controlled by IMRS] as part of that rotation for patient continuity. Those days are not counted in the holiday calculations above.

October 2019

October 2019							November 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 29	30	Oct 1	2	3	4	5
		12:15pm IMRS Faculty Mentor Meetings (Various locations)	12:15pm Case Presentations (Leahy Rm)	12:15pm Cardiology Lecture – SVT/Afib Dr. Thomas Klein (Leahy Rm)	12:15pm GMEC Teaching Day & All Resident Meeting (Mother Joseph Rm)	
6	7	8	9	10	11	12
	12:15pm Introduction to Cystic Fibrosis – Alison Lambert (Leahy Rm)	12:15pm Case Presentations (Leahy Rm) 12:15pm Intern T-group (Murphy Rm)	12:15pm QI Matrix (Leahy Rm)	12:15pm IMRS Only Res/Fac Mtg – Leahy Rm (Leahy Rm) 1:30pm Simlab Training (Simlab-Drs)	12:15pm Sr Resident Case Presentations (Leahy Rm) 12:15pm Student Teaching-Judy	
13	14	15	16	17	18	19
	12:15pm Grand Rds – Hypothyroid – Scott Teitz (Leahy Rm)	12:15pm ICU Cases – ICU Sr (Leahy Rm)	12:15pm Radiology – ACR Appropriateness – Eric Graham (Leahy Rm)	12:15pm Evaluation of Common Symptoms – Doug Paauw (Leahy Rm)	12:15pm Systems of Medicine QI Presentations (Leahy Rm)	
20	21	22	23	24	25	26
	12:15pm ACP Abstract Presentations-Drs. Arunachalam & Heinicke (Leahy Rm)	12:15pm IMRS Resident Only Meeting (Leahy Rm)	12:15pm Case Presentations (Leahy Rm)	12:15pm Urinary Incontinence – Linda Pattoli (Leahy Rm) 4:00pm Intern T-group (Bernard Morin)	12:15pm Transmagnetic Stimulation for MDD – Meghann Sprague (Leahy Rm)	
27	28	29	30	31	Nov 1	2
	12:15pm Jeopardy – Judy Swanson (Leahy Rm)	12:15pm Case Presentations (Leahy Rm)	12:15pm Jeopardy – Rachel Safran (Leahy Rm)	12:15pm Medicine Grand Rounds-Renal/Hepatic Dysfunction (Mother Joseph Rm)		

November 2019

November 2019							December 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	1	2	3	4	5	6	7
17	18	19	20	21	22	23	8	9	10	11	12	13	14
24	25	26	27	28	29	30	15	16	17	18	19	20	21
							22	23	24	25	26	27	28
							29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 27	28	29	30	31	Nov 1	2
	4 12:15pm Grand Rds – Bronchiectasis – Aaron Canfield	5 12:15pm Case Presentations	6 12:15pm Case Presentations (Leahy Rm)	7 12:15pm Cardiology – VT and ICDs / Dr: Matthew Taylor (Leahy room)	8 12:15pm Qi Matrix (Leahy Rm)	9
3						
10	11 12:15pm Humanities – Self-reflection & Wellness – Justin Chen (Leahy Rm)	12 12:15pm Case Presentations (Leahy Rm) 12:15pm Intern T-group (Murphy Rm)	13 12:15pm Neuroradiology – Brian Gump (Leahy Rm)	14 12:15pm ICU Cases – Jeremy Stevens (Leahy Rm)	15 12:15pm Veay Interesting Scientific Articles – Michael Stewart (Leahy Rm)	16
17	18 12:15pm Case Presentations (Leahy Rm)	19 12:15pm IMRS Only Res/Fac Mtg (Leahy Rm)	20 12:15pm Case Presentations (Leahy Rm)	21 12:15pm Medicine Grand Rounds – TBA (Leahy Rm)	22 12:15pm Conf TBA (Leahy Rm)	23
24	25 12:15pm Osler Rds – Nephrology Topic – Blessy Jacob (Leahy Rm)	26 12:15pm IMRS Only Advisor Meetings (Leahy Rm) 4:00pm Intern T-group (Murphy Rm)	27 12:15pm Case Presentations (Leahy Rm)	28 Thanksgiving Day – No Conf	29 12:15pm Case Presentations (Leahy Rm)	30

December 2019

December 2019							January 2020						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30	31	
29	30	31											

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 1	2 12:15pm GR-Physical, Chemical and Aspiration Injuries of the Lung – Christine Janke (Leahy Rm)	3 12:15pm Case Presentations (Leahy Rm)	4 12:15pm Humanities-Art of Observation, Pt II – Judy Swanson (Leahy Rm)	5 12:15pm Cardiology – Preoperative Evaluation / Dr. Sean Spangler (Leahy room)	6 12:15pm QI Matrix (Leahy Rm)	7
8	9 12:15pm GR-Domestic Abuse – Michael Stewart (Leahy Rm)	10 12:15pm Case Presentations (Leahy Rm) 12:15pm Intern T-group (Murphy Rm)	11 7:08pm Radiology Lecture-Muskuloskeletal – George Keng (Leahy Rm)	12 12:15pm IMRS Faculty CCC Meeting (Holy Angels - Gamelin Ctr) 12:15pm IMRS Resident Only Meeting	13 12:15pm ICU Cases (Leahy Rm)	14
15	16 12:15pm Osler Rds – ID Topic – Greg Heinicke (Leahy Rm)	17 12:15pm IMRS Only Res/Fac Meeting (Leahy Rm)	18 12:15pm GR – Toxic and Drug-Induced Liver Disease – Travis Hughes (Leahy Rm)	19 12:15pm MGR – Alcoholic Encephalitis – Phil Delich (Mother Joseph Rm)	20 12:15pm Very Interesting Scientific Cases – (Leahy Rm)	21
22	23 12:15pm Conf TBA (Leahy Rm)	24 12:15pm Case Presentations (Leahy Rm)	25 Christmas Day – No Conf Today	26 12:15pm Case Presentations (Leahy Rm)	27 12:15pm ITE Presentations (Leahy Rm)	28
29	30 12:15pm Osler Rds – Pulmonology Topic – Kayla Fix (Leahy Rm)	31 12:15pm Case Presentations (Leahy Rm)	Jan 1, 20	2	3	4

INTERNAL MEDICINE RESIDENCY SPOKANE

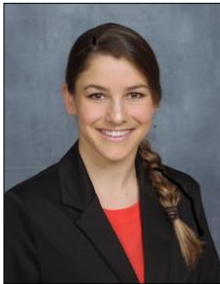
Fellowship and Graduate Information

Below are graduates of Internal Medicine Spokane from the last three years and their post-graduate positions.

We work to ensure that residents are happy with their career choices following graduation from our program. Training prepares the resident to be a primary care practitioner, a hospitalist or a subspecialist. 75% of our graduates remain or return to practice in the Pacific Northwest.

Name	Post-Graduate Position
2019	
David Applebury	CC fellow OHSU
Lauren Benson	CC fellow OHSU
Justin Chen	Teaching fellow / Junior faculty IMR
Taylor Christensen	Hospitalist, Provo, UT
Brian Gavron	Hospitalist Spokane VA
Alexander Hallac	Hospitalist, Cambridge, MA
Sama Kamal	Outpatient, Providence Spokane
Joseph Lai	Hospitalist – Multicare [Deaconess] Spokane
Kurt Myers	Teaching fellow / Junior faculty IMR
Dan Rona-Hartzog	Hospitalist – Seattle, WA
2018	
Nick Auble	Hospitalist- Spokane, WA
Josh Hubbard	Hospitalist- Spokane, WA
Lauren Johnson	Rheum fellow – WI
Eugene Lee	ID fellow – UT
Jessica Lundgren	IMR faculty
Sarah Newton	Inpt / outpt – South Dakota
Vernon Rasiah	Hospitalist locums WA
Matt Ray	Neph fellow – CO
Heidi Shovell	Hospitalist - Spokane, WA
Maya Swaminathan	Hospitalist – Seattle, WA
Jackie Victoroff	Hospitalist- Spokane, WA
2017	
Stephen Carr	Hospitalist cardio group – UT
Jessica Eilert	Hospitalist, Boise, ID
Adam Elisha	Rheumatologist, Minnesota
Muniba Javed	Nephrologist Seattle, WA
Randall Johnson	Hospitalist - WA
Cosmas Okaru	Hospitalist – Seattle, WA
Wes Pidcock	Pulm CC fellow - CA
Amanda Rafter	Hospitalist, Spokane WA
Serkan Sahin	Hospitalist cardio group – Seattle, WA
Caleb Skipper	ID fellow - MN

R1 CLASS



Caroline Catalano, DO
Univ. of New England



Matthew Coons, DO
Pacific NW Univ



Timothy Hayes, DO
Edward Via Univ



Vanessa Hoytfox MD
Saba University



Ariana Kamaliazad MD
Univ. of Washington



Tyler Reinking, MD
Univ. of Colorado



Liz Savage, DO
Kansas City Univ



Bryan Takisaki, DO
Pacific NW Univ



Kaitlund Tangvald, MD
Univ. of Washington



Brittney Ward, DO
Western Univ.

R2 CLASS



Aaron Canfield, DO
Pacific NW Univ



Tiffany Fernandez-Neel, DO
Western Univ.



Jose Gomez Bautista, MD
Saba University



Travis Hughes, MD
Univ. of Washington



Christine Janke, MD
Avalon University



Patrick Kunkel, DO
Pacific NW Univ



Jeremy Stevens, DO
Touro University



Michael Stewart, DO
Western Univ.



Scott Tetz, DO
Pacific NW Univ

No photo yet but still
part of our family

Maria Simcina, MD

Wayne State University
School of Medicine



Tyson Vandehey, DO
Western Univ.

R3 CLASS



Raja Arunachalam, MD
Univ. of Iowa



Jennifer Brown, MD
Univ. of St. Kitts



Nick Cowley, MD
Univ. of Virginia



Kayla Fix, DO
Midwestern Univ



Gregory Heinicke, DO
Midwestern Univ



Blessy Jacob, MD
A.J. Inst. Of Med



Kinton Kilgore, DO
Kansas City Univ



Matthew Strohmeyer, DO
Lake Erie College



Meghan Tanner, DO
Western Univ.

Internal Medicine Residency Spokane

2019-2020 Resident Physicians

R1 Year

Caroline Catalano, DO
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Matthew Coons, DO
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Timothy Hayes, DO
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Vanessa Hoytfox, MD
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Tyler Reinking, MD
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Liz Savage, DO
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Kaitlund Tangvald, MD
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Brittney Ward, DO
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R2 Year

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Tiffany Fernandez-Neel, DO
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Michael Stewart, DO
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Christine Janke, MD
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Scott Tetz, DO
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R3 Year

Jennifer Brown, MD
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Blessy Jacob, MD
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Matt Strohmeyer, DO
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Klinton Kilgore, DO
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Meghan Tanner, DO
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Judy Benson, MD, Program Director

Clinical Professor, University of Washington
School of Medicine
Medical School: University of Nebraska, 1983
Residency: Internal Medicine Residency Spokane
Certified: Internal Medicine



**Matthew Hollon, MD, MPH
Associate Program Director**

Clinical Associate Professor,
University of Washington School of Medicine
Medical School: University of Washington,
Residency: University of Washington
Certified: Internal Medicine



**Rachel Safran, MD, Associate Program Director
Clinic Director**

Clinical Instructor, University of Washington
School of Medicine
Medical School: University of Washington 2012
Residency/Fellowship: Internal Medicine Residency Spokane
Certified: Internal Medicine



**Kang Zhang, MD, Associate Program Director
WWAMI Site Clerkship Coordinator**

Clinical Instructor, University of Washington
School of Medicine
Medical School: American University of the Caribbean 2011
Residency/Fellowship: Internal Medicine Residency Spokane
Certified: Internal Medicine



John Frlan, MD

Clinical Instructor, University of Washington
School of Medicine
Medical School: Univ. of Washington, 1983
Residency: Internal Medicine Residency Spokane
Certified: Internal Medicine



Jessica Lundgren, DO

Medical School: Des Moines University 2015
Residency: Internal Medicine Residency Spokane
Certified: Internal Medicine



Ian May, MD

Medical School: University of Washington, 2013
Residency/Fellowship: Internal Medicine
Residency Spokane
Certified: Internal Medicine



Carmen McDermott, MD,

Clinical Instructor, University of Washington
School of Medicine
Medical School: University of Washington 1988
Residency: University of Washington
Certified: Internal Medicine



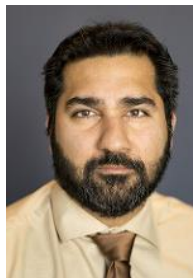
Mary Noble, MD, Supplemental Faculty

Clinical Associate Professor, University of Washington
School of Medicine
Medical School: McMaster University, Canada, 1977
Residency: Internal Medicine Residency Spokane
Certified: Internal Medicine



Darryl Potyk, MD

Clinical Professor, University of Washington
School of Medicine
Medical School: University of Southern California, 1986
Residency and Fellowship: Harbor-UCLA
Certified: Internal Medicine, Geriatrics



Dinesh Ratti, MD

Clinical Instructor, University of Washington
School of Medicine
Medical School: Queen's Univ. of Belfast 2006
Residency/Fellowship: Internal Medicine Residency Spokane
Certified: Internal Medicine



Judy Swanson, MD

Clinical Associate Professor, University of Washington
School of Medicine
Medical School: University of Washington, 1988
Residency: Internal Medicine Residency Spokane
Certified: Internal Medicine



Debbie Stimpson, PA-C/HIV Specialist

Teaching Associate of Medicine, University of Washington School of Medicine

School: University of Washington, MEDEX Northwest, 2005

Univ of Washington, Clinical Dietetics Program, 1980
American Academy of HIV Medicine



Justin Chen, MD

2019-20 GIM Teaching Fellow
Loma Linda University
School of Medicine



Kurt Myers, MD

2019-20 GIM Teaching Fellow
Meharry Medical College

Providence Internal Medicine Residency Spokane

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Kurt Myers, MD
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Holly LiVecche
Program Assistant
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Internal Medicine Residency Spokane
What is special about the IMRS Clinic in the Spokane Teaching Health Clinic?

1. Clinic is where you will learn to be the kind of physician you'd want for your parents, your family, yourself. This is your continuity clinic; you will get to know your own patients and follow them over time. Your relationship with your clinic patients develops and deepens in the three years during which you provide their care.
2. Each resident **has their own medical assistant** who helps with communication, refills etc. They know most of the patients well and can 'prepare' you for what to expect with your patient. Our staff have been with us for many years – very little turnover. We also have excellent interdisciplinary support in-house from social work, pharmacy and a medical-legal team.
3. Our clinic **patients are diverse**: Lots of great patients [rare offices take new Medicare patients so we get many of these], interesting medical problems in patients we get from the hospital, patients with a broad spectrum of common medical problems (DM, HTN, chronic renal failure, chronic hepatitis, HIV, Hep C, rheumatologic disorders etc.) as well as many very challenging and more unusual problems.
4. In addition to learning by the experience of taking care of patients, we do lots of **teaching** in clinic with:
 - **Morning teaching sessions every day**:
 - Case-based Yale Office-Based Medicine Curriculum
 - Topics presented by residents & faculty
 - Coding for billing [*so that over 3 years you'll gradually learn how to do it*]
 - Specialty presentations: Podiatry, Endocrinology, Orthopedics, Dermatology, Pharmacy
 - **Noon Conferences at Sacred Heart** are video conferenced into the STHC Classroom.
 - **Direct Observation** to help with exam, communication etc [*video camera in exam rooms*]
 - **Precepting** every patient encounter with faculty- who use this to review medical knowledge, approaches to problems, etc.
5. **Specialty clinics**: Endocrinology, Orthopedics, Podiatry, Dermatology, HIV clinic, Psychiatry, Sports Medicine and Hepatitis C clinic. **Note** that the HIV clinic gives you a unique opportunity to learn to manage HIV/AIDS as a chronic disease within your primary care panel, along with the support from certified HIV specialist faculty.
6. **STHC** is a unique setting with collaborative teaching, learning and patient care, with more associated health specialties preparing to join us!
7. Our staff is amazing!

Rachel Safran, MD Ambulatory Clinic Director
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Jessica Lundgren, DO Ambulatory Clinic Assistant Director
Jessica.Lundgren@providence.org