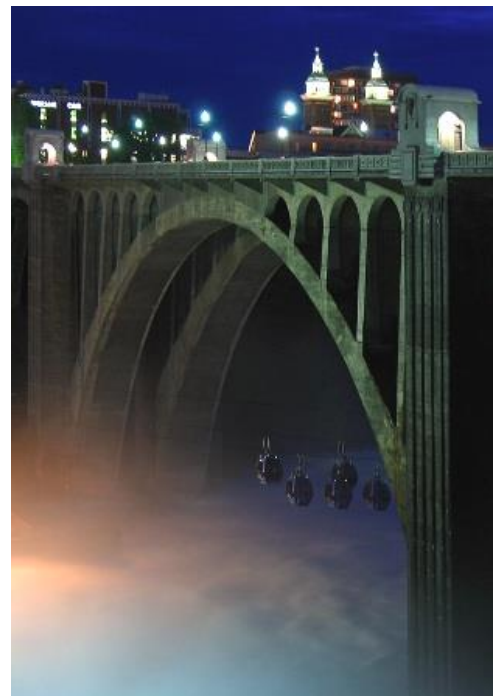




## 10 THINGS YOU MAY WANT TO KNOW ABOUT SPOKANE

1. Spokane City/County  
Population: 230,498 / 550,383
2. Downtown Spokane elevation:  
1,890 feet
3. Places to visit within 20 minutes  
Wineries - 21  
Breweries - 31  
Coffee shops - 319  
*Including 13 local roasters!*  
Parks in Spokane - 87
4. Average number of sunny days:  
260
5. Number of Golf courses within 75  
miles: 40

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 2022 - 2023 YEAR**

### **General Benefits**

Internal Medicine Residency Spokane offers the following items.

### **Salaries for current year**

<u>Training Year</u>	<u>Amount</u>
R-1	\$61,116
R-2	\$63,883
R-3	\$66,829
GIM Teaching Fellow	\$102,126

### **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 (\$129/yr)
- Medical Knowledge Self-Assessment Program provided to seniors (\$410)
- University of Washington's Health Sciences library, with hundreds of online databases and ejournals, including Up To Date, Dynamed, JAMA, etc.
- One-time \$1000 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 (\$60/coat)

### **Exams Paid**

- Step III USMLE or COMLEX if taken intern year (\$895)
- ABIM Exam if taken year you complete training (\$1430)

### **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 – up to 40 hrs can be carried over to the following year

Medical Resident (Provider) Time-Away		Short-term Disability	Long-term Disability				
<table><tr><th>Tenure (Years of Service)</th><th>Maximum Annual PTA Hours</th></tr><tr><td>Any</td><td>200 (1.0 FTE)</td></tr></table>		Tenure (Years of Service)	Maximum Annual PTA Hours	Any	200 (1.0 FTE)	<ul style="list-style-type: none"><li>Provides income replacement in the event of a non-work related injury or illness lasting more than 7 calendar days</li><li>Benefit amount of 100% of pay for eight weeks, after a one-week wait period</li><li>Benefit amount is reduced to 66-2/3% pay for weeks 10 through 26</li><li>Provider time-away hours may be used for the wait period and to supplement the reduced pay amount for claims lasting longer than nine weeks</li><li>Pregnancy claims will be approved for and limited to:<ul style="list-style-type: none"><li>Two weeks pre-partum (including the seven-day elimination period), based on estimated date of delivery, and</li><li>Six (regular) or eight (Cesarean) weeks post-partum, starting with the child's date of birth.</li></ul></li></ul>	<ul style="list-style-type: none"><li>Provides 60% of base pay, after 180 days of disability</li></ul>
Tenure (Years of Service)	Maximum Annual PTA Hours						
Any	200 (1.0 FTE)						
<ul style="list-style-type: none"><li>Front-loaded, pro-rated by FTE</li><li>May carryover 5 days (40 hours) of unused time</li><li>No cash-out at termination</li></ul>			<h3>Paid Parental Leave</h3> <ul style="list-style-type: none"><li>Up to 6 weeks at 66-2/3% pay for moms and dads</li><li>Following 8 weeks of short-term disability to recover from the pregnancy for the birth mother<ul style="list-style-type: none"><li>In some cases, birth mothers may be eligible for more than 8 weeks of short-term disability depending on medical certification</li></ul></li><li>Benefit is offered for dads and non-birth mothers, as well as for adoption placement</li></ul>				

# INTERNAL MEDICINE RESIDENCY SPOKANE

## 2022-2023 Resident Curriculum

We have 13 four-week rotations each year.

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 GI	5 days/wk
1	Emergency Medicine	20 shifts/rotation
1	Night Shift	5 nights/wk
2	Ambulatory (continuity clinic)	5 days/wk
1	Elective (such as Derm, Neurology)	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 6-7 nights/year, while on electives
- If on call *both* Friday and Saturday nights, you will come in at noon on Friday, attend conference and then go to your regular assignment until 5:30, when your call shift begins.
- 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

2023-2024	#1	#2	#3	#4	#5	#6	#7
Orientation 6/19-6/23	6/26-7/23	7/24-8/20	8/21-9/17	9/18-10/15	10/16-11/12	11/13-12/10	12/11-1/7

#8	#9	#10	#11	#12	#13	Last R1 vacation 6/23-6/30 Start R2 year 7/1/2024
1/8-2/4	2/5-3/3	3/4-3/31	4/1-4/28	4/29-5/26	5/27-6/23	

## R-2 Rotations

How many?	Name of Rotation	# of Days/Wk
1-1/2	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 Shift	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
1/2	Geriatrics (Community clinics and at the VA)	5 days/wk
1/2	Outpatient General Internal Medicine	5 days/wk
1	Elective (such as POCUS, Radiology, Palliative Care, Ethics, Derm, GI)	5 days/wk
On-going	Continuity Clinic ( <i>not on ICU, house staff or night float</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	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 Shift	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 POCUS, Radiology, Palliative Care, Ethics, Derm, GI)	5 days/wk
On going	Continuity Clinic ( <i>not on ICU, house staff or ICU/house staff nights</i> )	1 day/wk

\*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.
- 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, 4<sup>th</sup> 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.

## 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.

<b>Name</b>	<b>Post-Graduate Position</b>
<b>2022</b>	
Caroline Catalano	Hospitalist Wenatchee, WA
Matthew Coons	Hospitalist Providence Spokane, WA
Timothy Hayes	Hospitalist Providence Spokane, WA
Vanessa Hoytfox	Fellow Pulm Critical Care, FL
Kaitlund Johnson	Hospitalist Providence Spokane, WA
Arianna Kamaliazad	Hospitalist Providence Spokane, WA
Tyler Reinking	IMR Teaching Fellow Providence Spokane, WA
Elizabeth Savage	Hospitalist Providence Spokane, WA
Bryan Takisaki	Hospitalist Providence Spokane, WA
Brittney Ward	Fellow Pulm Critical Care, FL
<b>2021</b>	
Aaron Canfield	Hospitalist Providence Spokane, WA
Tiffany Fernandez-Neel	Rural Hospitalist Colville, WA
Jose Gomez Bautista	Hospitalist Tri Cities, WA
Travis Hughes	Sports Medicine Providence Spokane, WA
Christine Janke	Hospitalist, Kauai, HI
Patrick Kunkel	Outpatient, Providence Spokane, WA
Jeremy Stevens	Outpatient, Providence Spokane, WA
Michael Stewart	IMR Faculty Providence Spokane, WA
Scott Tetz	Hospitalist Providence Spokane, WA
Tyson Vandehey	Hospitalist Providence Spokane, WA
<b>2020</b>	
Raja Arunachalam	Hospitalist Inverness, FL
Jennifer Brown	Hospitalist, AK
Nick Cowley	Hospitalist Providence Spokane, WA
Kayla Fix	Outpatient Providence Spokane, WA
Greg Heinicke	Fellow Pulm Critical Care, CA
Blessy Jacob	Outpatient Providence Bellevue, WA
Klinton Kilgore	Rural Hospitalist Colville, WA
Matt Strohmeyer	Rural Hospitalist Wasilla, AK
Meghan Tanner	Hospitalist Providence Spokane, WA

# R1 CLASS



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# R2 CLASS



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# R3 CLASS



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# 2021-2022 Internal Medicine Residency Faculty



**Caitlin Allen, MD, Clinical Director**  
Primary Care Track Director  
Medical School: Univ. of Washington, 2013  
Residency: University of Wisconsin–Madison  
Certified: Internal Medicine



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



**Amy Eddy, MD, Program Director**  
Clinical Assistant Professor, University of  
Washington School of Medicine, and Elson  
S. Floyd College of Medicine  
Clinical Faculty, Pacific NW Univ of Health  
Sciences  
Medical School: Univ. of Washington 2010  
Residency: Internal Medicine Residency  
Spokane  
Certified: Internal Medicine



**Michael Kerkerling, MD**  
Medical School: Univ. of Washington 1994  
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**  
Clinical Instructor, University of Washington  
School of Medicine  
Medical School: University of Washington, 2013  
Residency/Fellowship: Internal Medicine  
Residency Spokane  
Certified: Internal Medicine



**Carmen McDermott, MD,**  
Faculty, Internal Medicine Residency Spokane,  
STHC  
Faculty Hospitalist, Sacred Heart Medical Center  
Clinical Instructor, University of Washington  
School of Medicine, and Elson S. Floyd College  
of Medicine  
Medical School: University of Washington 2004  
Residency: University of Washington  
Certified: Internal Medicine



**Sarah Newton, MD**  
Medical School: Univ. of Texas Health Science  
Center 2015  
Residency/Fellowship: Internal Medicine  
Residency Spokane  
Certified: Internal Medicine



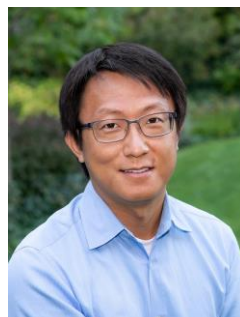
**Darryl Potyk, MD**  
Clinical Professor, University of Washington  
School of Medicine  
Medical School: University of Southern California, 1986  
Residency and Fellowship: Harbor-UCLA  
Certified: Internal Medicine, Geriatrics



**Michael Stewart, MD**  
Clinical Instructor, University of Washington School of Medicine  
Medical School: Western University, 2018  
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



**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

## **2022-2023 GIM TEACHING FELLOWS**



**Tyler Reinking, MD**  
Univ of Colorado



**Dylan Mogk, MD**  
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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 would 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. 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 with interesting medical problems – we get from the hospital and community 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, 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 will gradually learn how to do it*]
    - Specialty presentations: Endocrinology, Orthopedics, Dermatology
  - Small group **motivational interviewing** training is provided for all R1s that includes submitting recordings for detailed feedback from faculty with advanced MI training.
  - **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**: During clinic rotations residents have the opportunity to work one-on-one with specialists in Endocrinology, Dermatology, Psychiatry and Sports Medicine in the clinic. Residents also go off-site to spend time with Podiatry.
  - **HIV and PreP**: We also have one of the largest integrated primary care HIV clinics in the state where senior residents have the unique opportunity to learn to manage HIV/AIDS as a chronic disease within your primary care panel, along with the support from multiple certified HIV specialist faculty. Additionally, all residents are trained and equipped to provide PreP (pre-exposure prophylaxis) care to eligible patients.
6. **Primary care mentors**: Much of our faculty have primary care panels embedded within the clinic! This means residents are able to learn first-hand from role models who are doing patient care alongside them. We also have a core of amazing outpatient focused faculty who are developing a *primary care track* where residents will be able to opt-in to a pathway with additional training and professional development opportunities.
7. **STHC** is a unique setting with collaborative teaching, learning and patient care, with more associated health specialties preparing to join us!

Caitlin Allen, MD Ambulatory Clinic Director  
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