Preparing Our Residents to be Leaders in Whatever Aspects of Internal Medicine They Choose to Pursue
Welcome

From Michael R. Grever, MD

Thank you for your interest in The Ohio State University’s Internal Medicine training program. In 2014 we celebrated our 100th anniversary as a department, and throughout our history, education of internists has been a major focus of our faculty. We are very proud of our educational program, especially our residency program. Our residency was selected as one of the initial seventeen Educational Innovation Project (EIP) programs in the nation that were asked to explore innovative strategies to train competent physicians in our discipline. Our program is geared toward exposing our residents to realistic outpatient and inpatient rotations that facilitate career planning. We provide options for a traditional categorical track, a primary care track, a Physician Scientist Training Program and a combined Internal Medicine/Pediatrics program. Recently, we initiated a new Emergency Medicine/Internal Medicine combined program.

Our residents are encouraged to participate in faculty-mentored research experiences culminating in national and special local research day presentations. Our training track options prepare our residents for postdoctoral subspecialty training as well as primary care positions. Residents entering primary care have the experience of working in an environment that is tailored to sharpen the skills of those who will deal with the long-term care of complex patients. Many of our residents choose to assume the role of a hospitalist in a tertiary care hospital. Our patient population is large, and this enables the residents to participate in a huge variety of encounters that encompass the entire spectrum of human disease. While many of our trainees have subsequently entered academic medicine, we are proud of those who have also directly entered the practice of internal medicine following residency training. Our residents have the opportunity to present large didactic lectures (e.g., Department Grand Rounds) and to teach individual small groups of medical learners, to develop an interest in the rewards of either primary care or subspecialty medicine.

We welcome you to our city and our program. Columbus is the 15th largest city in the country, with a variety of opportunities for life outside the Medical Center whether you come from a large city or a small town. The robust diversity of our city often makes for a pleasant surprise to visitors, and is a recognized advantage to the long-time resident. Ohio State’s Wexner Medical Center is expansive, and the campus is one of the most comprehensive biomedical centers in the nation. If you are interested in translating exciting advances in modern medicine to improve the lives of patients, then this training program should be of substantial interest to you.

Sincerely,

MICHAEL R. GREVER, MD
Preparing Our Residents

Ohio State-trained internal medicine residents are ready for anything. We provide care for patients from our University District neighborhood, inner-city Columbus, and the surrounding suburban and rural reaches, extending into both urban and Appalachian/rural medically underserved populations. While we have ample opportunity to diagnose and treat “bread and butter” medical conditions, our residents grow comfortable caring for medically complicated patients from diverse and challenging backgrounds.

As one of the 17 original Educational Innovation Project programs (2006-2016), we work to prepare residents to be up to the challenges in all settings: ambulatory, inpatient, critical care and procedure-focused care. One of our popular program innovations is that we separate blocks of training in the ambulatory setting from blocks on the inpatient services. Potential conflict between inpatient and outpatient training is minimized. The importance of developing competence in both settings is emphasized, and residents appreciate the pattern of regularly moving from inpatient to ambulatory every second (Primary Care Track) or third (Traditional Track) block. Likewise, the program balances focused time on general internal medicine with a wide range of subspecialty exposures on dedicated ward services, consult rotations and ambulatory assignments—which means graduates leave here ready for the primary care, hospital medicine or specialty career path of their choice.
Beyond all the opportunities to care for a robust array of complicated, ill patients in state-of-the-art facilities, we work to balance bedside learning with other aspects of our curriculum. We recognize that our residents learn in a variety of ways, so we provide an abundance of resources and experiences to support the educational aspects of residency training, such as:

- An academic half day (Tuesday block)
- Fundamentals of Medicine Series (targeting all interns)
- Intern and resident morning reports
- Dedicated ambulatory conferences
- Simulation Lab Sessions for procedural skills, communication skills and team training
- Online recordings of past conferences
- Web-based curriculum
- Online learning modules
- Weekly updates with related readings prepared by chief residents
- Personal well-being and professionalism workshops

Beyond the praise we hear regarding the clinical acumen of our graduates, we are in the top 25 percent of all residency programs for our Board Pass Rate (94 percent, a three-year average) and best among large residencies in Ohio (ABIM 2014).

“As residents, we have great autonomy, and thanks to our many hospitals, we have exposure to pathologies and patient populations that many other programs do not.”

Daniel Shenoi, MD

“Having an outpatient block every third month allows us an extensive opportunity to explore subspecialties in the outpatient setting, which is something that medical education is often lacking.”

Michael Dunleavy, MD

“With series like Fundamentals of Medicine, Ohio State stood out as having the most robust curriculum to ensure that I also understood the principles that drive medical decision-making. I believe that the success of our formula is reflected in our high ABIM pass rate.”

Paul DeJulio, MD

Residents choose Ohio State for the collaborative, friendly (non-competitive) learning community composed of colleagues they respect and can trust with their patients. They are excited by the variety of clinical and academic opportunities, the readily available mentorships and the bright futures that await them after training as Buckeyes.
To be Leaders

Physicians, even as interns, are in a leadership role the moment they set foot on the ward or in the clinic. Those benefiting from comprehensive clinical training, development as medical educators and experience in research and quality improvement—all part of the training at Ohio State—see that the daily opportunities to lead quickly multiply. Leadership development is now a required element of every Ohio State IM intern’s training. College of Medicine faculty deliver a year-long series of seminars clarifying the importance of both leadership and management skills. Leadership training through this series, teamwork training through Crew Resource Management and communication skills training in our clinical skills lab prepare interns to progress to senior residency roles with a greater sense of how to lead, teach and be a role model for their teams.

Trainees have a voice in shaping the program and in shaping quality improvement and patient safety initiatives at Ohio State Wexner Medical Center. Housestaff Education Committee, Residents Advisory Committee, Code Blue Committee and the institutional Residency Quality Forum are but a few of the ways residents can engage with faculty and other interdisciplinary team members in resolving issues and making circumstances better for peers and/or their patients. Every three-year trainee initiates a group quality improvement (QI) project during the intern year as part of our QI curriculum.

Our residents discover that hard work on a clinical question or project can result in becoming more than the local expert on an issue. Many find themselves presenting their results at national or international specialty meetings or publishing in leading journals.

“I have been overwhelmed by how well my senior residents have provided the most beneficial combination of autonomy and support. I have always been an active part of decision-making for my patients. However, I am always comfortable asking any question and feel I have had adequate supervision to be confident my patients are receiving quality care. This culture of intern respect and support has been an ideal environment to learn and grow in.”

Brittany Shrefler, MD
Whatever Aspects of Internal Medicine

PRIMARY CARE TRACK

SUBSPECIALTY FELLOWSHIP

HOSPITAL MEDICINE

COMBINED TRAINING PROGRAMS IN INTERNAL MEDICINE/PEDIATRICS AND EMERGENCY MEDICINE/INTERNAL MEDICINE

PHYSICIAN SCIENTIST TRAINING PROGRAM
The Primary Care Track is an innovative training pathway that dedicates 50 percent of training to outpatient medicine. This allows for the perfect balance of inpatient and outpatient skill development over three years and the fostering of a well-rounded general internist. An every-other-month block model ensures rich and focused ambulatory skill development while maintaining excellent inpatient training.

The outpatient clinic site for the Primary Care Track is centered at CarePoint East, a community-based, inner-city practice on the near east side of Columbus, and is within a level 3 NCQA-certified patient centered medical home. While on outpatient blocks, residents will participate in longitudinal dermatology clinics throughout training and also will receive dedicated time with endocrinology clinics to gain mastery of treating type 2 diabetes. Residents are also exposed to unique models of care, including multidisciplinary clinics, patient-centered care coordination and on-site interaction with pharmacy and social work. Longitudinal “aftercare time” is provided to all residents throughout their training to enrich individual interests within internal medicine. They are given one half-day every week during their continuity clinic blocks to work on scholarly projects, outpatient skill development or a specialized clinical focus so they can develop a niche within primary care. This gives trainees time to consider their career aspirations. Recent residents have used aftercare time to explore women’s health, sports medicine, quality improvement, psychiatric care, transgender care, and musculoskeletal health education.

The Primary Care Track is further enhanced by multiple opportunities throughout the curriculum, including a one-month immersion experience in rural medicine, interaction with the Columbus Public Health Department through the Near East Health Advisory Committee and cultural competency training. Career exploration is a priority in the Primary Care Track, as residents participate annually in the statewide Primary Care Career Day that hosts students, residents and faculty throughout Ohio to celebrate primary care through didactic presentations, abstract competition and career vendors.

Residents in the Primary Care Track graduate with equally impressive skills in both inpatient and outpatient medicine, making them ideal candidates for general internal medicine or balanced outpatient-inpatient subspecialty careers.

“I chose the Primary Care Track program because of OSU’s proven track record for delivering high quality, urban health care and overall community engagement with the Near East Side community of Columbus.”

Jannel Lee-Allen, MD, MUP

“The Primary Care Track offers the ideal balance between outpatient and inpatient training and will prepare me to practice independently in clinic in the future, while also being well-trained in the inpatient setting. My attendings in clinic have been enthusiastic and are showing me the ins and outs of quality primary care in a vulnerable patient population. I’m so glad I chose Ohio State!”

Viona Zhang, MD
SUBSPECIALTY FELLOWSHIP

Eighty percent of our Internal Medicine trainees pursue subspecialty fellowships, although some may choose to practice hospital or general medicine or do a chief residency year first. Across the last five fellowship matches (2010-2015), our program is just shy of matching 100 percent to the residents’ specialty of choice. Clinical training in specialized hospitals and on ward services staffed by specialty attending physicians heightens our residents’ awareness of their career options as well as promotes in-depth learning. Early exposure to specialties in both ambulatory and inpatient settings eases career decision-making.

Fellowship programs are available in virtually all of the ACGME-accredited IM specialties. Our residency graduates are well-thought-of by their home institution’s fellowship directors, but also have excellent opportunities at top-tier fellowship training programs across the country. Outside fellowship directors respect both the clinical acumen and the academic productivity of fellowship applicants from our residency. While fellows supplement supervision of procedures and teaching, our clinical services are resident run.
“Having seen the residency program work firsthand as a student, I knew that Ohio State offered a true dedication to teaching and learning, more than your average plug on the interview trail. I was excited to work with and learn from renowned faculty in all specialty areas, as well as with a group of dedicated and intelligent co-residents.”

Tim Voorhees, MD
HOSPITAL MEDICINE

Our trainees can gain exposure to and experience in a career in the growing field of hospital medicine. Our Division of Hospital Medicine includes more than 70 faculty—some with dual-training in Medicine and Pediatrics—and plays a key role in resident education. Trainees can work with hospitalists on General Medicine services, co-managed subspecialty services and a consult rotation. We also have rotations specifically geared toward senior residents working one-on-one with a hospitalist. Trainees have many opportunities to become involved with quality improvement with our hospitalist-led curriculum and participate in active projects, with resources and mentorship available to develop their own QI initiatives.
**COMBINED TRAINING PROGRAMS**

**Internal Medicine/Pediatrics**

Established in 1985, our combined Internal Medicine/Pediatrics Residency has a long-standing history of training excellence, preparing residents to succeed in primary and subspecialty care for patients of all ages. In addition to taking advantage of all the opportunities at The Ohio State University Wexner Medical Center, our residents complete their pediatric training at Nationwide Children’s Hospital, one of the five largest and busiest pediatric hospitals in the nation, recognized as a top 10 NIH-funded research institute. Nationwide Children’s Hospital opened a new 12-story main hospital in 2012, which added 750,000 square feet of clinical space and is the country’s biggest pediatric expansion ever. Residents complete their primary care training in our freestanding Internal Medicine/Pediatrics clinic, South High Primary Care Center. Our trainees train and interact with national leaders in primary care, subspecialty care and research. With more than 80 Internal Medicine/Pediatrics-trained attending physicians on staff, there is ample opportunity for mentorship within the Internal Medicine/Pediatrics community. After completion of the four-year training program, residents are eligible to sit for both the American Board of Internal Medicine and the American Board of Pediatrics certifying examinations.

“I plan to pursue specialty training in critical care medicine, but the beauty of the combined EM/IM program is that the possibilities for the future are limitless. Regardless of which direction you choose to follow, you will leave this program extremely prepared to be an excellent physician, teacher and leader in academic medicine.”
*Gregory Eisinger, MD*

**Emergency Medicine/Internal Medicine**

While we have a relatively new combined Emergency Medicine/Internal Medicine training program, the strength of our institution and the two contributing departments sets us apart. Our trainees have endless opportunities when one considers the volume and variety of patient care, research and scholarship in each department, as well as access to most subspecialty fellowships on both sides. In 2014 Ohio State opened a new Emergency Medicine unit within the new James Cancer Hospital and Solove Research Institute—Ohio State’s largest building project ever. We are well-positioned for the subgroup of Emergency Medicine/Internal Medicine trainees with a special passion for critical care. The five-year training program provides core content from both fields while weaving in regular opportunities for trainees to individualize their learning plan (through special clinical electives, research blocks and mini-fellowships) to prepare graduates who possess unique perspectives on the continuum of care to be leaders in academic and clinical health centers.
The American Board of Internal Medicine Research Pathway at The Ohio State University merges its excellent clinical training with an intensive mentorship program focused on developing essential skill sets (grant prep, mentorship, career development) for the physician scientist. Trainees have the opportunity to participate in approximately eight T32 programs within the medical center and have access to a multidisciplinary mentorship team, to didactics and workshops within the Center for Clinical and Translational Science (CCTS) and to financial support for career development activities.

The goals of the Physician Scientist Training Program (PSTP) are to provide a combined training experience in Internal Medicine and a subspecialty of choice and to link trainees with postgraduate research mentors. Emphasis is placed on optimizing career development so that trainees can transition efficiently into an independently funded faculty position. The overarching goal of the program is to produce outstanding physician scientists who are committed to the pursuit of an independent academic career pathway.

Individuals who hold an MD/PhD degree or an MD degree with significant research experience are eligible for the PSTP Research Pathway. Eligible candidates will be invited for an interview with the department, the faculty within the subspecialty of interest and the PSTP director.

The six to seven year program incorporates:
- Two years of clinical experience as an Internal Medicine resident
- One or more years of clinical specialty experiences as a fellow
- Three years of research training
- Development supplements for meetings/travel/journals in years one through six and salary supplements in years four through six
MAKING AND SOLIDIFYING CAREER CHOICES THROUGH EARLY CLINICAL EXPOSURE AND MENTORED RESEARCH/SCHOLARLY ACTIVITIES

EARLY CLINICAL EXPOSURE TO SPECIALTIES AND PRIMARY CARE

Beyond focused attention on the ambulatory setting and continuity clinics and ample experiences on General Internal Medicine ward services, one of our program’s valued features for decades has been the many opportunities for early exposure to the range of Internal Medicine subspecialties. In addition to the expected electives on subspecialty consultative services, our interns and residents have opportunities to rotate on subspecialty ward services staffed by subspecialty attending physicians and targeted hospitalists. During the specialty ward months, residents care for all the patients’ health concerns, benefiting from the repeated exposure to the diagnosis and management of conditions common to the assigned specialty. During each continuity-practice block, residents rotate in ambulatory clinics for a different specialty.

“When I was searching for residency programs, I was looking for strong academic programs with ample opportunities for mentorship, research and career building. The people I met during my interview day really made the program stand apart. Faculty and staff were genuinely interested in resident education, and the residents who I met were friendly and approachable. The structure of the program was a big plus as well, and I was attracted to having multiple subspecialty services.”

Kyle Stinehart, MD
MENTORSHIP FOR RESEARCH AND OTHER PROJECTS

Another way to gain understanding of a future career path is to pursue research or scholarly work with a seasoned faculty member. During intern orientation, interns meet representatives from all Internal Medicine career paths at our Mentor Fair. Faculty attending physicians who connect with an intern or trainee on clinical services often provide advice and can discuss potential projects. During meetings with assigned program directors, interns perform an interest self-assessment and are steered toward designated Career Guides, fellowship directors and other divisional representatives who help pair them with possible mentors and projects.

Each categorical Internal Medicine intern (both tracks) is provided a Career Development Block during the second half of the intern year for work on a mentored project. Residents who so choose can request one or more additional blocks for research during the remaining years of their residency. Projects can involve research, quality improvement or medical education. All of our residents will present work at our annual departmental research day by the time they are PGY2. Many present posters and podium presentations at regional, national and international meetings (with strong support from the program).
They Choose to Pursue

Each Ohio State Internal Medicine resident has the opportunity to individualize their learning plan as they discover their passions and pursue their career goals. We ensure some uniformity of experience so all develop the broad foundational skills and knowledge of the general internist. In addition, our residents value the chance to go in-depth in their special areas of interest—whether that is to take on additional research, QI or medical education projects, to build on their skills as a teacher, to pursue rural or international health electives or to elect for a more advanced clinical experience at our medical center. Examples include:

- A Hospital Medicine elective designed to closely approximate the clinical assignment, schedule and routines of a practicing hospitalist
- Advanced GI Procedures, Invasive Pulmonology and Airway electives, for graduating senior residents who want to take a step beyond the usual consult service experience
- Acute Leukemia Service and/or Bone Marrow Transplant Service electives, an excellent option for those pursuing hematology/oncology, critical care or infectious diseases careers
- Four weeks on an international elective
Malawi is known as ‘the warm heart of Africa’ because of the friendliness of its people, and we certainly felt welcome in Nkhoma. I was struck by the resilience our patients showed in the face of illnesses like HIV/AIDS, TB, malaria, bacterial and parasitic infections and a growing amount of chronic disease and also humbled by the gratitude and appreciation each patient showed for our care, however limited it sometimes was. Malawi and its people definitely now have a place in my heart, and I hope to go back soon.

Andrew Keaster, MD
MOUNT KILIMANJARO
CONGRATULATIONS
YOU ARE NOW AT

UHURU PEAK, TANZANIA, 5895M/19341FT ANSL

AFRICA'S HIGHEST POINT
WORLD'S HIGHEST FREE-STANDING MOUNTAIN

ONE OF THE WORLD'S LARGEST VOLCANOES
GREAT HERITAGE AND WONDER OF AFRICA
“I expressed interest in hematology research, and the chief residents helped me find a research mentor during my intern year. I worked on a retrospective chart review and was able to travel to Europe to present my research and even got to present at grand rounds. It was very easy to find a research opportunity with the help of the chief residents, and the program was very generous in funding my travel and conference expenses.”

Sara Singer, MD

“As an Ohio State medical student, I had the opportunity to work with residents and faculty who are passionate about academic medicine. I was excited to stay and continue working in an environment with an educational focus, and I continue to be impressed by the level of mentorship within our program!”

Matthew Flanigan, MD

“I loved my experience working in Nkhoma Hospital in central Malawi. The hospital has a very large catchment area for surrounding rural villages and is often the only access to health care these patients have. While it is mostly inpatient, you can get a variety of outpatient clinical experiences as well. I think the best part about working at Nkhoma was working with their clinical officers. They taught us so much about treating their endemic diseases while we were able to provide insight on treatment of chronic medical issues which are also seen in the U.S.”

Elaine Alexander, MD
We hope you can appreciate that Columbus has a lot to offer! Be sure to ask during your interviews what each of us loves about living in Buckeye Nation!

“I think Columbus has a lot to offer in terms of the culinary scene. Areas downtown like the Short North and Brewery District are really fun for happy hours and such. There are tons of metro parks and opportunities for ‘outdoorsy’ activities.”

*Kristin Philip, MD*

“Columbus is an exciting city for young professionals. It has everything to offer, from sporting events to concerts, a vibrant community for the arts and dozens of festivals each year. Regardless of when I have time off, there is always something to see or do right here at home.”

*Tim Voorhees, MD*

“Columbus is so livable! I can ride my bike a mile and a half to the hospital. I can walk to three coffee roasters and countless restaurants and bars. And I am only 10 minutes from the airport. There are great running trails and biking trails, and if you like golf, the Nicklaus-designed OSU golf course is one of the best campus courses in the country. And the people here are so friendly!”

*Scott Schubert, MD, MBA*
For more information, visit internalmedicine.osu.edu or call the residency office at 614-293-9812.