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 celebrate 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 come away 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 an Educational Innovations Project program, one of the original 17 designated for internal medicine by the Accreditation Council for Graduate Medical Education (ACGME), 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 the 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 need to provide an overabundance 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
• Interactive journal clubs, M&Ms, discussions of death and board review
• Personal well-being and professionalism workshop

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).

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.

“Some reasons I chose Ohio State include the attitude of collaboration and mutual respect among and between trainees and faculty. This was demonstrated when I came for interviews, as well as on my second look day, when both a medical student and resident took it upon themselves to show me around the hospital on their own time. I could also tell that people here cared about what they do and were GOOD at it. What impressed me just as much was that they were humble about what they did while being great at it.”
Sherif Metwally, MD / Traditional Categorical Track

“The size and reputation of the Medicine/Pediatrics program drew me to apply and interview at Ohio State, but it was the kindness and personality of the people and the program administration that made me want to train here.”
Kyle Oholendt, MD / Internal Medicine/Pediatrics

“I was attracted to this program by the genuine people. Then, I was amazed with opportunities that existed here at Ohio State’s Wexner Medical Center.”
Kimmie Fisher, DO / Primary Care Track
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 routine 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 and Fisher College of Business 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 through our Palliative Medicine Division, 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’s Wexner Medical Center. Housestaff Education Committee, Residency 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.

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.

“There are so many opportunities that you have to carefully select the ones to which you will commit.”

Derrick Herman, MD  |  Traditional Categorical Track
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
PRIMARY CARE TRACK

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 the course of 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 have dedicated time with Sports Medicine to master musculoskeletal examination techniques and office-based procedures. Residents are also exposed to unique models of care, including multidisciplinary clinics targeting diabetes and polypharmacy, patient-centered care coordination and on-site interaction with pharmacy and social work. Longitudinal “aftercare time” is provided to each resident 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 that a niche can be developed within primary care. This allows each trainee time to consider their future career aspirations. Recent residents have used aftercare time to explore women’s health, sports medicine, quality improvement 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 state-wide Primary Care Career Day that hosts students, residents and faculty throughout the state of 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.

“With our block rotation schedule, we get a lot more outpatient training and are able to really grow our primary care practices. And since we are in clinic every other month, we have more continuity with our patients than I think you could find anywhere else. Our Primary Care Track is really ideal for a resident training for an outpatient career, and I think the quality of our residents and the large size of our resident practices reflect that.”

Weston Radford, MD / Primary Care Track
SUBSPECIALTY FELLOWSHIP

Eighty percent of our IM trainees eventually pursue subspecialty fellowships, although some may choose to practice hospital or general medicine or do a chief residency year first. Across the last three fellowship matches (2010-2013), 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 promoting 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. Despite the presence of fellows, our clinical services are resident-run, while fellows supplement supervision of procedures and teaching.

FELLOWSHIPS IN INTERNAL MEDICINE AT OHIO STATE

• Allergy/Immunology
• Cardiovascular Medicine
• Adult Congenital Heart Disease
• Cardiovascular Diagnostic Imaging
• Interventional Cardiology
• Cardiac Electrophysiology
• Heart Failure and Transplant Cardiology
• Endocrinology
• Gastroenterology
• Transplant Hepatology
• Geriatrics
• Hematology/Oncology
• Hospice and Palliative Medicine
• Infectious Diseases
• Nephrology
• Pulmonary/Critical Care Medicine
• Interventional Pulmonology
• Rheumatology
• Sleep Medicine
“Having seen the residency program work first hand 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 | Traditional Categorical Track
Our trainees have many opportunities to gain exposure to and experience for a career in the growing field of hospital medicine. Our Division of Hospital Medicine includes more than 50 faculty—with some being dual-trained in medicine and pediatrics—and plays a key role in resident education. Trainees will have opportunities to 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, participation in active projects, and 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, and recognized as a top 10 NIH-funded Research Institute. Our new, 12-story main hospital 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 free-standing Internal Medicine/Pediatrics clinic. Our trainees train and interact with national leaders in primary care, subspecialty care and research. With more than 70 Internal Medicine/Pediatrics 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.

Emergency Medicine/Internal Medicine

While we have one of the newest Emergency Medicine/Internal Medicine combined training programs, 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, and access to most subspecialty fellowships on both sides. This year marks the opening of a new Emergency Medicine unit within the new James Cancer Hospital and Critical Care Tower—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) in order to prepare graduates who possess unique perspectives on the continuum of care to be leaders in academic and clinical health centers.

“I am not sure exactly which direction my career will take me at this point, and the beauty [of] the combined training program is that the possibilities for the future are limitless. What I do know is that I will leave this program extremely prepared to be an excellent teacher and a leader in academic medicine.”

Greg Eisinger, MD  |  Emergency Medicine/Internal Medicine Program
PHYSICIAN SCIENTIST TRAINING PROGRAM (PSTP)

The American Board of Internal Medicine (ABIM) 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, etc.) for the physician scientist. Trainees have the opportunity to participate in approximately eight T32 programs within the Medical Center, access to a multidisciplinary mentorship team as well as to didactics and workshops within the Center for Clinical and Translational Research (CCTS), and financial support for career development activities. The goals of the PSTP are to provide a combined training experience in Internal Medicine and subspecialty of choice with a focus on linking trainees with postgraduate research mentors. Emphasis is placed on optimizing career development in order 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, 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
- Three years of research training
- One or more years of clinical specialty experiences as a fellow
- 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 to 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. During the specialty ward months, residents care for all of the patients’ health concerns. Residents benefit from the repeated exposure to the diagnosis and management of conditions common to the assigned specialty. During each continuity practice block, residents have the opportunity to rotate in ambulatory clinics for a different specialty.
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. 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 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 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 IM resident has the opportunity to individualize their learning plan as they discover their passions and pursue their career goals. We assure some uniformity of experience so all develop the broad foundational skills and knowledge of the general internist. But 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 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 cardiology diagnostics, Advanced GI procedures, and Advanced Pulmonary Diagnostics — 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—too narrowly focused in scope to require of all trainees, but an excellent option for those pursuing hematology/oncology, critical care or infectious diseases careers.
- Four weeks on a clinical assignment in Malawi, working with Ohio State colleagues and medical students
- “Healthy At Home Columbus” is a program based at The Ohio State University, in the Division of General Internal Medicine. It provides home-based primary care to chronically ill patients living in the community and facing difficulties obtaining regular medical care in a standard office setting. Residents can choose to participate in this program during elective time.

“My experience studying medicine in Malawi provided a stark contrast from the state of the art principles we have available to us at Ohio State. This opportunity taught me to rely on my physical exam and clinical judgement more than ever.”

Marcela Azevedo, MD  |  Internal Medicine/ Pediatrics
“The residents have varying interests and different things we want to do with our practices, and we are given the flexibility to pursue those and train for what we want to get out of our careers.”
Weston Radford, MD | Primary Care Track

“I am involved in a retrospective chart review research project with an interventional cardiologist, a QI project with another member of the pulmonary/critical care division, and will [have] the opportunity, by the medical school admissions board, to interview medical school applications. Although each of these individually are time consuming and require a lot of work, what is important to be aware of is that becoming involved in these projects was the easy part. In other words, making the connections was easy.”
Derrick Herman, MD | Traditional Categorical Track

“I have been able to travel to meetings every year and found a niche opportunity in teaching and research.”
Kimmie Fisher, DO | Primary Care Track

“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!”
Matt Flanigan, MD | Internal Medicine/Pediatrics Program
About Columbus

• Largest city and capital of Ohio
• Fifteenth largest city in the nation
• Diverse neighborhoods, including distinctive historical districts, an exciting growing urban center, and family-friendly suburbs give the best of both worlds—all the excitement of a growing big city, with all the friendliness and sense of belonging that comes with being part of a smaller community
• Our low cost of living allows you to own a home (70 percent of Columbus residents who earn a median income are able to own, versus Chicago’s 47 percent or New York’s 5.7 percent). This is one reason many of our communities are recognized on Money Magazine’s “Best Places to Live” in the U.S. listings
• A diverse population:
  • Rated a top-10 city for African-Americans in the U.S.
  • Over 16 different active religious affiliations highlight an inclusive spiritual community
  • A top 30 company for women (American Electric Power)
  • A large active LGBT population with the second largest annual Pride Event in the Midwest
• More than 100 international companies
• The Columbus Symphony Orchestra, BalletMet, Opera Columbus, Broadway Across America, Columbus Museum of Art, Wexner Center for the Arts and the Short North Gallery District compose a vibrant arts scene.
• Professional sports teams, including the Columbus Blue Jackets NHL hockey team, Columbus Clippers baseball (Cleveland Indians Triple A affiliate), MLS Columbus Crew soccer, MLL Ohio Machine Lacrosse and, of course, The Ohio State Buckeyes provide a variety of options for sports enthusiasts.
• Outdoor recreation highlights include three world-class golf courses ranking in Golf Week Magazine’s top 100 (Jack Nicklaus is a Buckeye), hiking in Hocking Hills or Seymour Wood Nature preserve, and Mad River Mountain (41 miles away in Zanesville), which has snow skiing and more than 20 snowboard trails.
• Festivals! Festivals! Festivals! More than 40 Festivals happen each year in and around Columbus, from the Food Truck Festival to the Arts Festival to the African American Heritage Festival to the Asian Festival to the Latino Festival to the Greek Festival to the Jazz and Ribs Festival—there is always a festival option to brighten the weekend.
• We have some great restaurants with a variety of ethnic options and the North Market with a variety of food and shops from local Ohio businesses.

Family friendly attractions, such as our world class zoo, Center of Science and Industry (COSI) learning museum, Zoombezi Bay water park and more than 200 city-owned parks provide fun activities for kids of all ages.
With a median age of 31 years, Columbus possesses an energetic nightlife crowd who enjoy an eclectic mix of restaurants, bars and dance clubs in the Short North area and downtown.
Columbus has so much to offer! Be sure to ask during your interviews what each of us loves about living in the Buckeye Nation!

“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 | Traditional Categorical Track

“...Columbus in particular, is a great city for raising children. It’s affordable, accessible, safe, friendly, and has Jack Hanna’s fantastic (and maybe the nation's best) zoo!”
Derrick Herman, MD | Traditional Categorical Track

“Rapidly growing city with great dining and biking experiences.”
Stephen Campbell, MD | Traditional Categorical Track

“... Columbus was very similar to Austin, where I went to college: big city with a huge university presence, and tons of young people and fun things to do.”
Kyle Oholendt, MD | Internal Medicine/Pediatrics
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For more information, visit internalmedicine.osu.edu or call 614-293-9812.