Internal Medicine Residency Programs at Christiana Care
Dear Future Colleague,

I invite you to take a closer look at the Christiana Care Health System, one of America’s largest nonsectarian health care systems, where residents are a priority and customized programs are offered by the Department of Medicine.

The world of medicine is rapidly changing and our mission is to help you become an outstanding internal medicine trained physician who is well prepared for the future. Imagine working in a residency program that gives you the skills to deliver high quality, high value care in an innovative and supportive environment. Our unique “4+2” ambulatory block curriculum places your longitudinal outpatient experience in block rotations, so that you will not have the disruption of going to clinic on inpatient rotations. During your training, you’ll learn to work effectively in multi-disciplinary teams, take advantage of our new state-of-the-art simulation center, and learn the skills of quality improvement in an award winning 12 week course offered only at our institution. We offer other unique optional programs such as a global health training as well as a combined residency training/MBA program with the nearby University of Delaware.

While we are one of the largest hospital systems on the East Coast, we function like a family; where we get to know each other well and support each other. If you are interested in learning more about our program, please visit us at www.christianacareresident.org or call us at (302) 733-6338.

Sincerely,

Brian M. Aboff, M.D., FACP
Internal Medicine & Transitional Year Program Director
Associate Chair for Education
Our Program Offers

- A strong academic program and nationally recognized faculty in a friendly, collegial setting.
- Attendings who enjoy teaching and encourage hands-on learning.
- Superior salary and benefits.
- Extensive research and fellowship opportunities, including fellowships at Christiana Care in cardiology, nephrology and sports medicine.
- Residencies in Categorical Internal Medicine, Transitional Year, Combined Medicine Pediatrics, Combined Emergency Medicine/Internal Medicine and Preliminary Year.

Our Unique Features

- Largest teaching affiliate of Jefferson Medical College of Thomas Jefferson University, Philadelphia.
- Two-day, off-site retreats in beautiful locations to focus on team building, leadership, teaching and feedback skills.
- State-of-the-art Education Building & Virtual Education Simulation Training (VEST) Center.
- Resident night float on all inpatient services ensuring compliance with duty hours.
Innovative Curriculum for Categorical Internal Medicine

Our innovative curriculum creates block time, with a four-week block for inpatient medicine followed by a two-week ambulatory block.

This dynamic new design allows residents to focus completely on their rotations. If you’re on an inpatient rotation, you won’t have to leave in the middle of the day to go to the clinic—and if you’re working in an outpatient setting, you won’t have to dash back to the hospital.

Sample Ambulatory Schedule
Two days of the week are spent in Outpatient Continuity Practice.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Outpatient Continuity Practice</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>Subspecialty Outpatient Rotation</td>
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<tr>
<td>WEDNESDAY</td>
<td>Outpatient Continuity Practice</td>
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<tr>
<td>THURSDAY</td>
<td>Subspecialty Outpatient Rotation</td>
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<tr>
<td>FRIDAY</td>
<td>Subspecialty Outpatient Rotation</td>
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Sample PGY 1 Block Schedule

* 1 block = 4 weeks

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<td>FLOOR</td>
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Department of Medicine Scholarly Activities and Original Research

All categorical internal medicine, medicine/pediatrics, and emergency medicine/internal medicine residents are required to complete at least one scholarly activity during their residency. These scholarly activities place the clinical information into the context of population health and the overall health system. Residents will also gain writing and presentation skills, work closely with one or more faculty mentors, search and understand the medical literature, and gain skills in performance improvement and evaluation. Residents who complete scholarly activities are considered more competitive candidates for fellowship and other career opportunities.

Types of activities that qualify to complete the scholarly activity requirement include:

- Writing and presenting an abstract or poster to a regional or national conference.
- Presenting research findings at a regional or national meeting.
- Publishing in peer-reviewed publications.
- Writing book chapters, reviewing articles or similar non-peer-reviewed publications.
- Presenting a Clinicopathological Conference (CPC) at Medical Grand Rounds.
- Performing original research.

Fellowship Placement

Our residents match with the nation’s most prestigious institutions. More than one-third of our internal medicine residents pursue fellowships in sub-specialties. Christiana Care Health System offers fellowships in cardiovascular disease, interventional cardiology, cardiovascular research, nephrology and sports medicine. Visit www.christinaacarereresidency/fellowships to see where our residents have gone.

Leadership Track

In addition to clinical experiences, residents can elect to take an optional three-year leadership track to gain the skills needed to become a highly effective leader. Residents in multidisciplinary groups learn about patient safety, change theory, health care financing, quality improvement, negotiation and conflict resolution, effective communication and learning styles, business fundamentals, organizational development, managing people, and mastering the physician leader role. This knowledge gives our residents a competitive advantage for obtaining jobs and fellowships and helps launch their leadership careers.

“What I love about Christina Care is the flexibility and the ability to make what you want of your residency. If you want to create a program or research an area that has not been pursued all you have to do is ask.”

Peter Burke, DO
Internal Medicine
Global Health – Residents reaching out

**Ben Goodgame, M.D.**

“In my fifth year, I had an amazing opportunity through an Internal Medicine scholarship program to spend one month in a rural hospital in Kenya. This was one of the most rewarding experiences of my residency. I was able to see an incredible patient pathology that I would have never experienced without the opportunity for an international rotation.”

**Lionel Malebranche, M.D.**

“The residency program fully supported my endeavor to volunteer in Haiti after the earthquake. Although only a second-year resident, I had the opportunity to lead the medical staff and help strategize our action plan. My training from Christiana Care equipped me for the challenging cases I met and allowed me to make decisions that helped save lives. The experience was life-changing for me.”

Rapid Response Training (RRT)

A rapid response system trains residents to triage medical emergencies on medical/surgical floors. A training curriculum, consisting of a series of lectures addressing acute medical diagnosis commonly encountered during an RRT event is offered during the second residency year. Additionally, real life RRT scenarios are simulated in our 11 room Virtual Education and Simulation Technologies (VEST) center, allowing interns to gain firsthand experience as RRT Team Leader, without compromising patient safety.
Other Program Aspects
Residents rotate in all core specialties and can choose outpatient specialty electives of interests.
- Rotations designed to work with diverse populations in urban and suburban hospital settings.
- Blocks of time when residents are not on call, reducing the fatigue and stress of training.
- Flexibility, so residents can readily interview for fellowships and jobs.
- Invaluable knowledge, insights, one-one mentoring, support and advocacy from a dedicated faculty.
- Enhanced patient care due to fewer handoffs.
- Teaching third- and fourth-year Jefferson Medical College students and more than a dozen schools who rotate on electives and sub-internships.

Retreats
Beach house retreats focus on ice-breaking with fellow interns, working with diverse colleagues and how to give and receive feedback.

Earn an MBA
The University of Delaware offers an optional four-year program allowing residents to complete their internal medicine residency while earning an MBA, Masters of Health Science Administration, Masters in Management, or Masters of Organizational Development.

“I can earn an MBA at a reduced cost while still drawing a partial salary and benefits. Even when I am at the University of Delaware focusing on my MBA course work, I still keep my internal medicine skills up by moonlighting. I hope to use my MBA skills in hospital management or to branch into the pharmaceutical industry.”

William Chasanov, DO resident
Applying for Residency at Christiana Care

All applications must be submitted through the Electronic Residency Application Service (ERAS) developed by the Association of American Medical Colleges. In considering applications, we review academic records, letters of recommendation from the dean’s office, national board scores, publications and honors, as well as the applicant’s interests and goals. For application information, visit our website at www.christianacare.org/education.

Christiana Care Health System
P.O. Box 1668 • Wilmington, Delaware 19899-1668

Christiana Care by the numbers

According to the American Hospital Association’s latest survey of 6,269 U.S. Hospitals, Christiana Care ranks among the leaders by volume in several categories.

In the U.S.:
- Admissions 17th
- Births 26th
- Emergency Visits 20th
- Total Surgeries 23rd

On the East Coast:
- Admissions 10th
- Births 12th
- Emergency Visits 10th
- Total Surgeries 11th

Delaware: A Great Place to Work – A Great Place to Live

As a resident living and working in Delaware, you will find affordable housing, enjoy great dining and entertainment and experience regular resident retreats.

Wilmington is centrally located between New York and Washington, D.C.

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<thead>
<tr>
<th>DESTINATION</th>
<th>DRIVING TIME</th>
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<tbody>
<tr>
<td>Philadelphia</td>
<td>30 minutes</td>
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<tr>
<td>Baltimore</td>
<td>1.5 hours</td>
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<tr>
<td>Washington, D.C.</td>
<td>2 hours</td>
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<tr>
<td>New York</td>
<td>3 hours</td>
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<tr>
<td>Poconos, PA</td>
<td>2.5 hours</td>
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<tr>
<td>Delaware Beaches</td>
<td>1.5 hours</td>
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Christiana Care is a private not-for-profit regional health care system and relies in part on the generosity of individuals, foundations and corporations to fulfill its mission. To learn more about how you can support our mission, please visit christianacare.org/donors.