

LifeLong
Medical
Care



Health Services For All Ages
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LifeLong Medical Care's **Family Medicine Residency Program**

Family Medicine Residency Program Block Schedule Overview

AY23-24 Block Schedule by Weeks

PGY1	PGY2	PGY3
8 weeks Adult Inpatient Medicine*	8 weeks Adult Inpatient Medicine*	12 weeks Transforming Education in Ambulatory Medicine
4 weeks Family Medicine Outpatient	8 weeks Elective	8 weeks Adult Inpatient Medicine*
4 weeks Geriatrics	4 weeks Family Medicine Outpatient	8 weeks Elective
4 weeks Musculoskeletal	4 weeks Outpatient Pediatrics	6 weeks Medical Subspecialties*
4 weeks Community Medicine	4 weeks Emergency Medicine*	4 weeks Elective - Away**
4 weeks Newborn*	4 weeks Community Medicine	4 weeks Surgical Subspecialties*
4 weeks Behavioral Health	4 weeks Behavioral Health	4 weeks Emergency Pediatrics*
4 weeks Obstetrics	4 weeks Outpatient Procedures	4 weeks Obstetrics/Gynecology
4 weeks Elective	4 weeks Surgery*	2 weeks Outpatient Procedures
4 weeks Emergency Medicine*	4 weeks Obstetrics	
4 weeks Outpatient Pediatrics	4 weeks Musculoskeletal	
2 weeks Inpatient Pediatrics*		
2 weeks Outpatient Procedures		

* This rotation takes place at a hospital partner institution.

**This is an elective that can take place domestic or internationally.

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Family Medicine Residency Program

Block Schedule

Behavioral Health: Residents will be training in BH integration, basic therapeutic techniques, and psychopharmacology. In the R3 year, BH is part of a combined outpatient curriculum with community medicine and integrative medicine that seeks to train residents in the complexities of outpatient medicine.

Geriatrics: The geriatric medicine rotation teaches the principles for caring for older adults across various settings, including outpatient clinics, nursing homes, and adult day health centers. Topics encompass multiple geriatric syndromes, and skills learned include falls assessment, medication deprescribing, dementia diagnosis, and urinary incontinence management.

Outpatient Pediatrics: During the outpatient pediatrics rotations (4 weeks in 1st year and 4 weeks in 2nd year), residents will learn the basics and intricacies of pediatrics from pediatricians at William Jenkins Health Center and other local community health centers. They will also experience working in a school-based clinic, learning about BH access and IEPs/504 plans from our BH community health worker, and shadowing our LCSW and Psych NP.

Outpatient procedures: Residents learn to perform many common outpatient family medicine procedures, including circumcision, miscarriage management, minor skin procedures, LARC insertion/removal, and more. There are also dedicated sessions with POCUS experts to improve ultrasound skills.

Inpatient Medicine PGY 1/2: Residents rotate at Contra Costa Regional Medical Center in Martinez, CA, for their inpatient medicine experience in PGY1 and PGY2. During PGY1, the residents round with a teaching team, including a senior family medicine resident and an attending. During the PGY2 year, they work as part of a family medicine resident team on night shifts and attendings doing daytime admit shifts.

Newborn: Residents learn the essentials of care in the first week of life inpatient at Kaiser Oakland, which has a high volume of deliveries. They round with pediatric attendings and residents.

Inpatient Pediatrics/Pediatric Emergency Medicine: Residents learn the essentials of inpatient pediatric care here in PGY1 and pediatric emergency medicine in PGY3. This is the primary pediatric hospital in the East Bay Area.

Emergency Medicine: Residents rotate through a high volume, fast-paced ER in Richmond during PGY1 and PGY2, where they can learn the essentials of emergency medicine and perform many procedures.

BASS Surgery: In PGY2, residents rotate with the BASS group, gaining exposure to general surgery through participation in clinics and in the OR at local surgery centers. Given its outpatient focus, this is a great surgical rotation for family medicine residents.

Alameda Health System- medicine: In PGY3, residents get inpatient medicine and ICU experience rounding with teaching teams at Highland Hospital, where they are exposed to a wide breadth of acute medical conditions. This is the county hospital for Alameda County, which neighbors Contra Costa County.

Alameda Health System - surgery: In PGY3, residents get inpatient surgery experience rounding with general surgery residents and attendings at Highland Hospital, participating in admissions and pre-and post-op care of surgical patients.

Integrative Medicine: Integrated into the family medicine outpatient continuity clinic, our Integrative Medicine training offers the framework and therapeutic tools needed to treat the whole patient using mind-body and behavioral health techniques, nutrition and culinary medicine, herbal treatments, and complementary modalities. You will apply this knowledge within various care delivery models, including traditional one-on-one appointments, group medical visits, and community classes.

Community Medicine: Richmond is one of a few cities in the United States with a Health in All Policies (HiAP) ordinance, mandating that health impacts and health equity are considered in all city management decisions. The R1 Community Medicine rotation introduces you to a range of Richmond-based services, programs, and policies that promote health equity and address the health needs of our patients. During your R2 and R3 years, you will partner with a couple of community organizations, including a regenerative farm in North Richmond, to help advance their work within our North Richmond/Iron Triangle community.

***Scholarly Medicine:** The WJHC FMRP scholarly medicine curriculum promotes a culture of curiosity and lifelong learning. The curriculum is woven into seminars and clinical experiences, encouraging residents to ask meaningful questions, challenge the evidence, share their knowledge, and consider innovative ideas and approaches. In addition, before graduation residents are expected to submit a poster or workshop proposal to the annual UCSF Rodnick Family Medicine Research Symposium, lead the no-prep journal club, and complete at least one clinic-based quality improvement activity.

Gynecology: 4-week rotation focused on outpatient women's health with an emphasis on managing common gynecologic concerns seen in primary care, office-based procedures, and contraception. Clinical experiences occur at various Lifelong sites, Oakland-based La Clinica de La Raza sites, and outpatient Sutter East Bay facilities.

Obstetrics - La Clinica de la Raza: 4-week inpatient rotation providing low to moderate-risk obstetric care to vulnerable populations in a community hospital setting on a service managed primarily by FPs with highly functional, collaborative OB support.

Obstetrics - Alta Bates Summit Medical Center: 4-week inpatient rotation providing obstetric care in a hospitalist model focused on antepartum and postpartum care, as well as triage evaluations.

Obstetrics - Residency Year 3: Option to choose an additional 4 weeks of inpatient obstetric care or 4 weeks of outpatient-focused OB experiences that would include work with lactation specialists, MFM providers, and CNMs to continue to build robust maternity care skills.

Musculoskeletal: Residents complete a one-month musculoskeletal rotation in PGY-1 and PGY-2 year that provides training in common musculoskeletal maneuvers and procedures, osteopathic manipulation, sports medicine assessments, physical therapy techniques, and orthopedic trauma assessment and follow-up.

Elective: Based on the resident's interest, a month-long experience is created with the guidance of the resident's advisor.

Elective*: elective can be scheduled outside the area, including to international sites, with no family medicine clinic requirements

Family Medicine Outpatient: During each year of residency, residents complete the Family Medicine Outpatient Rotation, which covers a range of topics within practice management, quality improvement, team-based care, and patient safety.

TEAM: Transformative Education in Ambulatory Medicine, also known as TEAM, is a 12-week outpatient care model that includes: integrative/behavioral medicine, community medicine (social determinants of health), alternative visit models (groups), team care, and scholarly assessment of practice (QI)

*Longitudinal curriculum

