Legacy Internal Medicine Residency Program
Who we are
### Chief Medical Residents

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanessa Kizzier-Carnahan, DO</td>
<td>Scott Selinger, MD</td>
</tr>
</tbody>
</table>

### PGY3 Residents

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Aman Bagla, DO</td>
<td>Elizabeth Reding, DO</td>
<td>Rhonda Brown, MD</td>
<td>Heather Dryden, MD</td>
<td>Elizabeth Estabrook, MD</td>
<td>Benjamin Langager, DO</td>
</tr>
<tr>
<td>Karen Lavery, DO</td>
<td>Daniel Lincoln, MD</td>
<td>Ange Mong Ly, MD</td>
<td>Christian Mangrum, DO</td>
<td>Jason Morich, MD</td>
<td>Skye Powell, DO</td>
</tr>
<tr>
<td>Marc Sunday, DO</td>
<td>Makoto Uchiyama, DO</td>
<td>Gautam Wadhwa, MD</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## PGY2 Residents

<table>
<thead>
<tr>
<th>Rebecca Abney, DO</th>
<th>Allison Abraham, DO</th>
<th>Molly Hames, MD</th>
<th>Matt Brock, MD</th>
<th>Aaron Kilber MD</th>
<th>Jonathan Kukier, MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Lee, MD</td>
<td>Natalie Lewman, DO</td>
<td>Edwin Marrero, MD</td>
<td>Alia Paquette, DO</td>
<td>Paige Pfunder, DO</td>
<td>Elijah Smith, MD</td>
</tr>
<tr>
<td>Daniel Spiger, DO</td>
<td>William Spurlock, DO</td>
<td>Sandya Srikantom, MD</td>
<td>Jesse Talalotu, DO</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### PGY1 Interns

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
<th>Name</th>
<th>Name</th>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adama Diarra, DO</td>
<td>Michelle Dwulit, MD</td>
<td>Catherine Geralds, DO</td>
<td>Margaret Heyn, MD</td>
<td>Matthew Ingrassia, DO</td>
<td>Kimberly Keefler, DO</td>
<td></td>
</tr>
<tr>
<td>Michele Keffeler, MD</td>
<td>Richard Krebs, MD</td>
<td>Tracy Maloney, DO</td>
<td>Alexandra Meier, MD</td>
<td>Daniel Mitchell, DO</td>
<td>Andrea Osterlund, DO</td>
<td></td>
</tr>
<tr>
<td>Lee Shapley, MD</td>
<td>Joshua Thompson, MD</td>
<td>Christopher Tu, DO</td>
<td>Matthew Wiest, DO</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swigert Chair of Medicine</td>
<td>Program Director</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------------------</td>
<td>------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stephen R. Jones, MD, MACP</td>
<td>Dan Gilden, MD</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Associate Program Directors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paula Folger, MD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Core Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kevin Breger, MD</td>
</tr>
</tbody>
</table>
Relaxing together…
Working together…
Playing together…
Learning together…
Hanging out together…
“The ‘typical resident’ at Legacy is almost non-existent. I think this is one of the terrific things about the program – the heterogeneity of house staff who come here to train… Men, women, variety of ages from late 20s to 40s, parents, singles, straight, gay – they are all welcome here. It’s a place where they all get along well and display a great spirit in working together.”

Stephen R. Jones, MD, MACP
Swigert Chair of Medicine
Our Learning Environment
Schedules: The basics

13 4-week Blocks

3 Weeks
- ICU / Wards rotations
  - Good Samaritan ICU
  - Emanuel Wards

plus

1 Week
- Continuity Clinic
  - Good Samaritan Clinic
  - Emanuel Clinic
  - Subspecialty Clinics

“Closed ICU”
Good Samaritan ICU and Emanuel ICU each has a dedicated resident team
Flexible Training Opportunities

Our program allows flexibility elective rotations that can focus your education on your future goal…

A career as a Hospitalist

A career as a Primary Care Provider

Preparation for Fellowship Training
# Intern Rotations

<table>
<thead>
<tr>
<th>Rotation</th>
<th>Blocks</th>
<th>Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Care (Good Samaritan/ Emanuel ICU)</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Wards (Emanuel)</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Wards (Good Samaritan)</td>
<td>2.5</td>
<td>10</td>
</tr>
<tr>
<td>Pulmonology</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Night Medicine</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Clinic</td>
<td>1 block &amp; 3 “+1” weeks</td>
<td>8</td>
</tr>
<tr>
<td>Elective</td>
<td>1.5</td>
<td>6</td>
</tr>
<tr>
<td>Vacation</td>
<td>.75</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>13 4-week Blocks</strong></td>
</tr>
</tbody>
</table>
Senior Resident Rotations

Blocks cover both the R2 and R3 year

<table>
<thead>
<tr>
<th>Rotation</th>
<th>Blocks</th>
<th>Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Care (Emanuel ICU)</td>
<td>1.5 - 2</td>
<td>6-8</td>
</tr>
<tr>
<td>Critical Care (Good Samaritan ICU)</td>
<td>3 - 4</td>
<td>9-12</td>
</tr>
<tr>
<td>Wards (Emanuel)</td>
<td>3 - 4</td>
<td>9-12</td>
</tr>
<tr>
<td>Wards (Good Samaritan)</td>
<td>3 - 4</td>
<td>9-12</td>
</tr>
<tr>
<td>Night Medicine</td>
<td>2.5</td>
<td>10</td>
</tr>
<tr>
<td>Cardiology</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Hematology-Oncology</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Gastroenterology</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Neurology</td>
<td>0.5</td>
<td>2</td>
</tr>
<tr>
<td>Nephrology</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Geriatrics</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Clinic</td>
<td>1 block &amp; 9-10 “+1” weeks</td>
<td>14</td>
</tr>
<tr>
<td>Backup</td>
<td>0.5 - 1</td>
<td>2-4</td>
</tr>
<tr>
<td>Elective</td>
<td>4.5</td>
<td>18</td>
</tr>
<tr>
<td>Vacation</td>
<td>1.5</td>
<td>6</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>26 4-week Blocks</strong></td>
<td></td>
</tr>
</tbody>
</table>
Wards Good Samaritan

Wards Team
- Traditional senior resident and intern team with a teaching attending
- Daily work rounds with attending

Scheduling notes
- Call every 3rd day from 07:00 to 20:00
- +1 Week for senior residents -- 5 days during one week of the rotation is dedicated to continuity clinic and selective experience in Endocrinology
- "Golden Weekend" - 2 consecutive days off following the plus one week

Dedicated learning
- Chief of Service Rounds with Dr. Jones are dedicated learning opportunities
- Weekly Academic Half Day session
- Bedside report every morning for the call team
Wards Emanuel

Wards Team

- Traditional senior resident and intern team with a teaching attending
- Daily work rounds with attending

Schedule Notes

- Call every 3rd day from 07:00 to 20:00
- +1 Week in continuity clinic including selective experience in Orthopedics and Dermatology for senior residents, and selective experience in Gynecology for interns
- “Golden Weekend” -- 2 consecutive weekend days off following the +1 Week

Dedicated Teaching

- Weekly rounds presenting most interesting patients to Program Director, Dr. Gilden
- Weekly Academic Half Day session
- Daily AM Bedside Report to long call team
Good Samaritan ICU

ICU Team
- 2 senior residents and 2 interns per 2-week block
- Teams alternate 7a-8p call days
  - With 7a-2p short days
- Daily rounding with teaching attending

Schedule Notes
- Night Medicine Team covers ICU at night
- +1 week in continuity clinic including elective half days in Palliative Care
- “Golden Weekend” following the +1 Week
Emanuel ICU

Emanuel ICU Team

- 2 senior residents, 1 Legacy Intern and 1 visiting intern/resident from Family Medicine program in Corvalis, OR

Schedule Notes

- Rotation is 2 weeks in duration for senior resident
- Rotation is 1 week long for interns (during the GS ICU block)
- Residents rotate long call q2
  - Long call days 07:00-20:00
  - Short call days 07:00 - 14:00

Learning Environment

- Teams are responsible for critically ill medicine patients under a single teaching Intensivist
- Experience in 3 distinct ICU environments including Medical ICU, Trauma ICU, and Neurologic ICU.
“Nightfloat” is now “Night Medicine”

Night Medicine is a rotation of two or more consecutive nights of inpatient clinical duty which includes the following:

- Faculty interactions that allows for meaningful evaluation of resident performance, including the opportunity for bedside teaching and observation of direct patient care
- Interaction with the patient’s primary daytime physicians
- A predefined cohort of patients for which the resident is responsible
- Input into the ongoing care of the patient during his/her hospitalization
- A defined curriculum with goals and objectives
- Accessibility of consultants (in person or by phone)
# Sample Intern ICU Schedule

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Previous rotation ends</td>
<td>2</td>
<td>Good Sam Call 7a-8p</td>
<td>3</td>
<td>Good Sam Short 7a-2p</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Good Sam Short 7a-2p</td>
<td>6</td>
<td>Good Sam Call 7a-8p</td>
<td>7</td>
<td>OFF</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Good Sam Call 7a-8p</td>
<td>9</td>
<td>Good Sam Short 7a-2p</td>
<td>10</td>
<td>Good Sam Call 7a-8p</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>Good Sam Call 7a-8p</td>
<td>13</td>
<td>Good Sam Short 7a-2p</td>
<td>14</td>
<td>Good Sam Call 7a-8p</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>OFF</td>
<td>16</td>
<td>Emanuel Short 7a-2p</td>
<td>17</td>
<td>Emanuel Call 7a-8p</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>Emanuel Call 7a-8p</td>
<td>20</td>
<td>OFF</td>
<td>21</td>
<td>Emanuel Call 7a-8p</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Emanuel Short 7a-2p</td>
<td>23</td>
<td>+1 Week Clinic AM Hospice PM</td>
<td>24</td>
<td>+1 Week Clinic AM Hospice PM</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>+1 Week Clinic AM/PM</td>
<td>27</td>
<td>+1 Week Clinic AM/PM</td>
<td>28</td>
<td>OFF (Golden Weekend)</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>OFF (Golden Weekend)</td>
<td>30</td>
<td>Next rotation starts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Clinic Block

Clinic “Medical Home” Team

- Multiple residents on clinic block & +1 Week at each of two teaching clinic site: Good Samaritan and Emanuel
- “Block Docs” are responsible for covering continuity patients of other residents who are on inpatient rotations

Scheduling Note

- 4 weeks dedicated to ambulatory clinic experience in continuity clinic
- Half day sessions in Geriatrics and Psychiatry as interns and Rheumatology as senior resident

Learning Environment

- Direct contact with clinic precepting physicians who have active outpatient internal Medicine practices
Selectives

- 4-week required blocks allow experience in a variety of medical subspecialties throughout all 3 years of residency
  - Pulmonology
  - Cardiology
  - Hematology/Oncology
  - Gastroenterology
  - Nephrology
  - Neurology

- Half days of continuity clinic responsibilities throughout the rotation
- Mixture of inpatient and ambulatory specialty experiences
Electives

- Interns have 6 weeks of elective time and senior residents have 18 weeks over 2 years
- Allows experience with a variety of physicians in the Legacy System as well as the surrounding community who are dedicated to resident education
- Opportunities in a number of on-site or off-site rotations. Examples include:
  - Palliative Care
  - Infectious Disease
  - Behavioral Health
  - Dermatology
  - EKG Reading
  - Endocrine
  - Ethics
  - Evidence Based Medicine
  - Hospitalist
  - Pulmonary
  - Rheumatology
  - Radiology
  - Sleep Medicine
  - International Experiences
Vacation

- Residents/interns may take a maximum of 5 weekdays per academic year in any +1 Week, including Pulm & Heme-Onc
- Can be taken during elective months and a single +1 Week per year
- 4 additional days off over either the Christmas holiday or New Year holiday are determined by lottery each year
Communication Workshops & Well-Being Retreats

Each year residents participate in six off-site Communication Workshops and Well-Being Retreats. The venue for each varies from a trail in the Gorge to a gym full of trampolines to a contemplative grotto. Here are examples of recent topics:

Communication Workshops
• Transition to R2 Year: Becoming a teacher and leader
• Mastering the Medical Interview
• Rapport, Empathy and Time

Well-Being Retreats
• Columbia River Gorge Hike: The soul of the landscape
• Ropes Challenge Course: Team building
• Wisdom of the Body: Alternative ways of healing

“The major benefit of the retreat was] spending time with fellow residents outside of work. Also enjoying the Pacific Northwest!” Resident

“I learned] how to teach my patients about self-awareness and mindfulness, to help them cope with pain.” Resident
Well-Being Retreats

Scavenger Hunt Downtown Portland

Ropes Course
Well-Being Retreat

Columbia River Gorge Hike
Visiting Professors

The S. Frederick Rabiner MD, Visiting Professorship in Medicine is an endowment that makes it possible for the Legacy Internal Medicine Residency Program to bring some of the nation's best-known physician educators. Since 1999, this program has hosted physicians from many esteemed national and international institutions.

2011-2012
Salvatore Mangione, MD - Jefferson Medical College
Gurpreet Dhaliwal, MD - University of California, San Francisco
Bibhuti Shah, MD – School of Tropical Medicine, Kolkata, India
Cristin Babcock, MD – Women’s Care, Eugene OR
Steven McGee, MD – Seattle VA Center
Y. Pritham Raj, MD – Oregon Health Science University
H. Gilbert Welch, MD – Dartmouth College

2010-2011
Gurpreet Dhaliwal, MD - University of California, San Francisco
Jeffrey G. Wiese, MD - Tulane University
Catherine Lucey, MD - Ohio State University
Helen Reiss, MD - Massachusetts General Hospital

2009-2010
Lawrence Tierney, MD - University of California at San Francisco
Salvatore Mangione, MD - Jefferson Medical College
Sanjay Saint, MD - University of Michigan
Gurpreet Dhaliwal, MD - University of California, San Francisco
Philip Mackowiak, MD - University of Maryland
Housestaff Scholarly Activity
Resident publications

You'll find our residents’ work in medical publications in a broad range of topics. Here's a list of recent contributions.


- **Krishnasamy P,** Libby C. Emphysematous Pyelonephritis Caused by Candida tropicalis, The American Journal of Medicine, Volume 123, No 4, April 2010, e7-e8


ACP Associates Competition

Legacy residents frequently compete (and win!) at regional and national ACP meetings.

2009 Oregon ACP Associates Competition

1st Place  Heather Mikes, DO – Oral Presentation: “Beyond the Cuckoo’s Nest: Limbic encephalitis presenting as acute psychosis”.
1st Place  Emmanuel Tavan, MD – Research Poster: Histolytic Necrotizing Lymphadenitis.
1st Place  Aditi Choudhry, MD – Clinical Poster: “Kiss of Death: Acute respiratory distress syndrome due to plasmodium falciparum malaria in a traveler returning from Ghana”.

2010 National ACP Competition, Toronto, Ontario

First Prize  Aditi Choudhry, MD – Clinical Vignette Poster Presentation (1 of 10 prizes awarded)
First Prize  Heather Mikes, DO – Clinical Vignette Poster Presentation (1 of 10 prizes awarded)

2010 Oregon ACP Associates Competition

1st Place  Elizabeth Estabrook, MD – Oral Presentation: “Marfan’s Syndrome”. (Also presented at the 2011 ACP National Competition.)

2011 Oregon ACP Associates Competition

2nd Place  Vanessa Kizzier-Carnahan, DO – Oral Presentation: “Clostridium Sordellii Toxic Shock Syndrome”.
2nd Place  Sandra Law, MD – Clinical Poster: “Diagnostic dilemma in a patient with vasculitis”.

Legacy Internal Medicine Residency Program
Life Beyond Residency
Fellowships

The internal medicine program at Emanuel and Good Samaritan Hospitals has had tremendous success in placing residents in fellowships. In some instances, our graduates have received offers from more than one fellowship program. A list of recent fellowships is below.

2012
Jacob Adams  Critical Care, Cleveland Clinic
Amy Cowan  Geriatrics, University of Utah
Heather Mikes  Palliative Care, Oregon Health & Science University
Lindsay McCauley  Pulmonology/Critical Care, University of Utah

2011
Amber An  Geriatrics, Oregon Health & Science University
Jennifer An  Nephrology, University of California San Diego

2010
Emmanuel Tavan  Pulmonology/Critical Care, Oregon Health & Science University
Toni Terry  Endocrinology, Banner/Good Samaritan, Phoenix, AZ

2009
Tara Eagle  Pulmonology/Critical Care, Oregon Health & Science University
Gurpreet Hans  Rheumatology, University of Washington
Amy Martens  Critical Care, St Louis University, Missouri

2008
DawnRenee Cinocco  Geriatrics, Oregon Health & Science University
Anuj Garg  Cardiology, University of Texas Medical Branch
Tarek Eid  Pulmonology/Critical Care, Oregon Health & Science University
Paula Folger  Geriatrics, Oregon Health & Science University
Judith Nigro  Cardiology, Mercy Medical Center, Iowa
Fellowships
Our graduates have gone on to a variety of fellowships following residency. (2005 – 2012)

<table>
<thead>
<tr>
<th># of Graduates</th>
<th>Subspecialty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Allergy/Immunology</td>
</tr>
<tr>
<td>2</td>
<td>Cardiology</td>
</tr>
<tr>
<td>3</td>
<td>Critical Care</td>
</tr>
<tr>
<td>2</td>
<td>Endocrinology</td>
</tr>
<tr>
<td>4</td>
<td>Geriatrics</td>
</tr>
<tr>
<td>1</td>
<td>Hematology/Oncology</td>
</tr>
<tr>
<td>2</td>
<td>Infectious Diseases</td>
</tr>
<tr>
<td>2</td>
<td>Nephrology</td>
</tr>
<tr>
<td>1</td>
<td>Palliative Care</td>
</tr>
<tr>
<td>5</td>
<td>Pulmonology/Critical Care</td>
</tr>
<tr>
<td>1</td>
<td>Rheumatology</td>
</tr>
</tbody>
</table>
Life beyond residency

2011 Graduating Class
- 56% remaining in Legacy
- 62% remaining in Oregon
Program Benefits and Perks
Benefits and Perks

Resident Retreats
Residents enjoy a variety of retreats scheduled throughout the year. In the summer there is a team building retreat, in the fall a full-day communication retreat, and in the winter and spring half-day retreats focusing on topics selected by the residents.

ACP Membership
Annual ACP (American College of Physicians) membership dues are paid by the program. The membership includes the Annals of Internal Medicine and the ACP Journal Club publication.

Board Preparation
Each resident receives a copy of the MKSAP at the beginning of their R2 year. The Program also provides a weekly interactive Board preparation sessions during the noon hour for residents.

Information Resources
Every Legacy computer has access to UpToDate, MD Consult, Ovid MEDLINE, Ovid Evidence-based Medicine Reviews, online journals and textbooks. These resources can also be accessed from home.

Legacy Health has implemented the ‘Epic’ electronic medical record system and all hospitals and clinics. By upgrading and standardizing patient information throughout Legacy, we can dramatically enhance our ability to provide higher quality care and better patient outcomes.
Benefits and Perks (cont.)

Insurance
Full health, vision and dental insurance coverage for each resident and his/her qualified dependents for a nominal monthly cost. There is a $500 annual benefit for alternative care.

Life and disability insurance premiums are paid for the resident. A Flexible Spending Plan allows residents to save pre-tax dollars for reimbursement of eligible out-of-pocket healthcare and dependent care expenses.

Fitness
Membership discount with LA Fitness at over 15 fitness centers throughout Portland and Vancouver.

Parking
Free at all Legacy hospitals.

Meals
Meals cards are provided for use during on-call days. Lunch is provided at weekly Medical Grand Rounds and occasional other noontime educational offerings.
How to Apply
How to apply

Applications to our program are accepted via ERAS (Electronic Residency Application Service). Paper applications will not be accepted. Please contact your Dean's Office or the ERAS website for information about applying to ERAS. We participate in the National Resident Matching Program and do not offer pre-match positions.

Information to submit
In order to be considered for candidacy in our program, the following information should be submitted via ERAS by December 15:
• Personal statement
• Current photograph
• CV
• Medical school transcripts
• MSPE (Dean’s Letter)
• Three letters of recommendation
• Completed ERAS application form
• USMLE/COMLEX scores - We recommend a score of 80 or higher on each step.

International medical graduates
• Applicants to our program must have graduated from medical school within the last five years.
• We require at least one month (but prefer three months) of prior U.S. clinical experience and a letter of recommendation from that experience.
• Residents who are not U.S. citizens are responsible for obtaining governmental authorization to work in our program and are expected to pay all expenses associated with obtaining such authorization, except those expenses for which the institution is legally required to pay.
• You must have passed USMLE Step 1 and 2 before an interview will be offered. Multiple attempts on any exam reduce the likelihood of an invitation to interview.
• We are not offering observerships or externships.
How to apply (cont.)

**Interviews**
Interviews are conducted on Wednesdays, from November through January. Invitations to interview are sent after a complete application is received and reviewed. The interview consists of a group orientation to the program followed by individual interviews with the Program Director and one additional faculty member, a tour of Legacy hospitals and clinics, attendance at Academic Half-Day, grand rounds and an opportunity to meet our housestaff. An off-campus social event for applicants and residents is planned for most Wednesday evenings during the interview season. These events are intended to provide casual discussion about our program in a less formal, more relaxed environment.

**Medical student rotations**
We offer fourth-year Sub-Internships in both ward and ICU medicine based upon availability. Please complete this [Application Form](mailto:taul@lhs.org) and return to [imres@lhs.org](mailto:imres@lhs.org).
Questions? Please contact our Program Coordinator at [imres@lhs.org](mailto:imres@lhs.org).

**Other education and career planning resources**
- **FREIDA** - an online database with more than 8,200 graduate medical education programs accredited by the Accreditation Council for Graduate Medical Education, as well as more than 200 combined specialty programs
- **ScutWork** - a medical residency directory with ratings and reviews by people who have been there
- **American College of Physicians (ACP)**
- **American Medical Association (AMA)**
Our City
What’s so great about Portland?
Spectacular parks abound…

... even within blocks of the hospitals!
America’s 2nd most bike-friendly city
It’s the Bridge City …
... with a thriving waterfront scene!
The Microbrew Capital of the World

The city of Portland, OR has 32 breweries, the most per capita and overall in the U.S.
... but don’t forget wine country minutes away!
You can be a foodie in the city …
… or gather your own fresh fruits and veggies!
Portland…
Affordable housing, easy to get around, educated vibrant population

“America’s Best Big City”
-Money Magazine (2009)
Escape to Mt. Hood for …

… skiing & …

… great hiking!
You can follow the Columbia River …

… all the way to the Pacific!
And don’t worry about the rain …

…it just makes the city more colorful!
Thank you!