



# **THE UNIVERSITY OF PENNSYLVANIA**

## **Family Medicine & Community Health Residency**

### **Program Overview**

Our residency is located in West Philadelphia, where we provide full spectrum primary care, inpatient and obstetric care for a largely under-resourced, primarily African American, community. At Penn Family Medicine, we strive to produce well-rounded clinicians who understand the historical, environmental and social challenges that impact health and health outcomes.

As part of the University of Pennsylvania, our residents benefit from all the resources of a strong academic center, including rigorous clinical training, innovative thought and immense, varied resources for scholarly pursuit. The opportunity to learn about and care for an underserved community within the rich historical context of Philadelphia, at a leading academic center is a unique training experience that prepares Penn Family Medicine residents to become leaders wherever they go.

## Strengths & Highlights:

- Community Medicine *Page 3*
- Reproductive Health *Page 4*
- High-Volume Obstetrics *Page 4*
- Rigorous Inpatient Training *Page 5*
- Sports Medicine *Page 5*
- LGBTQ Health *Page 6*
- Addiction Medicine *Page 6*
- Healthcare Leadership in Quality Improvement *Page 7*
- Global Health Opportunities *Page 7*
- Supportive Co-Residents, Faculty & Program Leadership *Page 8*

## Curricular Tracks:

At the end of the first year, residents select one of three curricular tracks, based on personal interests:

- Academic/Inpatient
- Community Medicine
- Obstetrics

Below is a sample of the distribution of core rotations by track:

		CORE ROTATIONS (IN WEEKS)		
		Labor & Delivery	Adult Inpatient	Community Medicine
TRACKS	Academic/Inpatient	16	42	6
	Community Medicine	16	32	16
	Obstetric	24	32	8

## Community Medicine

- Two Community Medicine blocks and growing Social Medicine curriculum built into core curriculum
- Community Medicine curricular track option
- Residency clinic located within the community of West Philadelphia
- Obstetric care for patients from six local FQHCs on the with Family Medicine OB service
- Partnerships with FQHCs, community-based organizations:

**FQHCs:** Our department partners with local FQHCs for experiences including seeing patients, our “Walk with a Doc” program, and obstetric care. The University of Pennsylvania is currently developing a new FQHC, to be spearheaded by our department.

**HOME VISITS:** Residents conduct home visits, under the supervision of a Family Medicine attending. Residents provide care including hospital discharge visits, management of chronic conditions, joint injections, vaccinations and medication education for homebound patients.

**LGBTQ HEALTH:** Residents rotate with Family Medicine faculty who specialize in LGBTQ health and gender affirming hormone therapy, to learn best-practices. See section on “LGBTQ Health” on page 6 for more info.

**PREVENTION POINT:** This harm reduction organization provides care to people experiencing issues related to substance use and sex work by promoting health, empowerment and safety while advocating for humane public policies and programs. Residents rotate with the Syringe Exchange Program and a Mobile Medical Van, which provides medical care to a community in an outdoor encampment in Kensington.

**UNITED COMMUNITY CLINIC:** Residents supervise medical students at this student-run free clinic. We are highly valued as the only pediatric (and adult) providers who supervise the medical students at UCC. Residents may opt to deepen their involvement through a longitudinal elective in hypertension management.

**UNITY CLINIC:** This free clinic serves an immigrant community from South East Asia, with the use of in person interpreters for all visits. Residents care for patients, alongside pre-clinical medical student observers, under faculty supervision. Residents also supervise patient education seminars, led by medical students.

## **Reproductive Health**

- Extensive training in IUDs and Nexplanons
- Management of Miscarriage including expectant management, medication and D&C
- “Opt-out” First Trimester Abortion in our primary care clinic (medication and manual vacuum aspiration)
- Multiple high-volume elective rotation options in Family Planning and Abortion Care
- Vigilance to trauma-informed care and reproductive justice model
- Supportive faculty
- Program director fellowship-trained in Family Planning

## **Obstetrics**

- Obstetric Track allows training to competency; many “OB Track” graduates practice non-surgical OB immediately after graduation
- Longstanding, collegial relationship with OB Department
- Routine and high-risk OB training on independent Family Medicine Triage, Labor & Delivery, Postpartum services
- Antepartum Family Medicine service provides training in diagnosis and management of high-risk antepartum care including conditions pre-eclampsia, preterm labor and placental abruption
- High volume prenatal care in resident clinic
- Elective opportunities to provide prenatal care at local FQHCs
- Electives available for C-section opportunities

## **Adult Inpatient**

- Residents prepared to practice independently upon graduation
- Academic-Inpatient Track allows additional inpatient patient care and teaching experience
- Critical appraisal of patient care practices to maintain high quality practices based on current evidence
- Inpatient procedures such as lumbar puncture and paracentesis, electives available for training to competency
- Simulation center trainings to refine ACLS and procedural skills
- Hands-on Point-of-Care ultrasound curriculum
- Available, accessible attendings

## **Sports Medicine**

- Two 4-week Musculoskeletal rotations with experience in varied settings, including:
  - Penn Sports Medicine Center
  - Penn Musculoskeletal Institute
  - Penn Family Care at University City
  - Penn Student Health Services
- Pediatric Sports Medicine electives at The Children's Hospital of Philadelphia (CHOP)
- Opportunities to staff the medical care of sporting events including Penn Relays, a 3-Day international track & field event and other marathons; sideline coverage for Penn Athletics, a Division I athletic program with over 30 varsity sports
- Exposure to musculoskeletal ultrasound
- Faculty mentorship from Dr. Kris Fayock, the Penn Sports Medicine Fellowship Program Director

## **LGBTQ Health**

Our primary care clinic serves a high volume of LGBTQ patients, who come from throughout Philadelphia and New Jersey to see our Family Medicine providers. While residents have the opportunity to care for this population in their routine clinic, during the Community Medicine block, residents rotate with our faculty who specialize in this area to learn best-practices. Residents can further enhance their training by participating in an LGBTQ Health elective, which allows further exposure to pediatric gender-affirming care and experiences at other community-based clinics and organizations. Our Family Medicine OB service also serves as the “backup” hospital service for a homebirth midwifery practice in West Philadelphia, which serves a high percentage of trans patients.

## **Addiction Medicine**

Residents rotate through the Medication-Assisted Therapy clinic embedded in our primary care clinic, under the supervision of our Family Medicine attendings. Residents are trained in suboxone induction and maintenance. Clinic supported by Peer Recovery Specialists, Case Management and Clinical Pharmacist. Our program sponsors X-waiver trainings for all residents during orientation to facilitate suboxone prescribing after graduation. Residents also rotate with a local harm reduction organization, Prevention Point (*see page 3*), during the Community Medicine rotations.

## Healthcare Leadership in Quality Improvement

Residents can participate in the Healthcare Leadership in Quality track offered by the Penn Health System, alongside residents from other departments at Penn. This is one of the few programs in the country to offer a distinct pathway for residents aspiring to be leaders in health care quality, patient safety, informatics, or health care management. Equipped with this knowledge, residents join leadership teams and work with them to design and implement a quality improvement initiative in our health care system.

## Global Health

Residents can participate in a global health curriculum, through the Penn Center for Global Health. Residents learn alongside residents from departments across Penn with the option to participate in an international rotation through one of Penn's established partnerships.

- Botswana – UPenn Partnership  
[www.med.upenn.edu/botswana](http://www.med.upenn.edu/botswana)
- Penn Medicine Guatemala Health Initiative  
[www.med.upenn.edu/ghi](http://www.med.upenn.edu/ghi)
- Global Health Track for Penn Residents  
[www.med.upenn.edu/globalhealth/clinical-residents-and-fellows](http://www.med.upenn.edu/globalhealth/clinical-residents-and-fellows)



## Program Community

One of the greatest strengths of Family Medicine at Penn is the strong sense of community between the residents, and the relationships between residents and faculty and program leadership. Our residents learn from, laugh with and inspire each other to become competent and compassionate doctors during their three years and leave the program with bonds that last a lifetime.



### Links to visit for more information:

- [Residency Curriculum](#)
- [Current Resident Profiles](#)
- [How to Apply](#)

For any questions, please contact our Program Coordinator, Darcy MacDonald, by email at [darcy.macdonald@pennteam.upenn.edu](mailto:darcy.macdonald@pennteam.upenn.edu).