The following are strengths of our program that we are excited and proud of! Please see more detailed information about each of these areas below.

1) Focus on Community Medicine at an academic center
2) Reproductive Health/Family Planning and Obstetrics
3) Sports Medicine
4) Global Health opportunities
5) Choice of three curricular tracks to fit your interests
Community Medicine Focus at an Academic Center

Our program strives to produce clinicians who understand the environmental and societal challenges that affect health outcomes and behaviors. We are very proud of our track record for producing graduates who go on to practice medicine in urban underserved areas. Our continuity practice site is located in West Philadelphia and cares for an urban underserved population that is primarily African American. This experience provides exposure to “community medicine” every day. However, our program is located at the University of Pennsylvania and has all the benefits of an academic center including interdisciplinary progressive thought, rigorous clinical training and immense resource for scholarly pursuit. The combination of community orientation at an academic center is unique and very appealing to many applicants who seek both attributes in their training.

Additionally, we offer the following experiences/commitments to community medicine:

1) Community Health Assessment assignment during our 2 week intern orientation
2) Department provides prenatal care at four local West Philly FQHCs and these patients deliver on the Family Medicine service at our university hospital
3) Two dedicated months of Community Medicine rotations (see summary below)
4) Community Medicine curricular track option
5) Sayre High School FQHC – learn more about Sayre at [http://www.pennmedicine.org/health-system/about/community/sayre-health-center.html](http://www.pennmedicine.org/health-system/about/community/sayre-health-center.html)
Our residency training program stresses community service and community engagement. We believe that this exposure is important in order to produce future physicians who recognize the powerful effects that environment and socioeconomic status have on health quality. We believe that our training program is a model for developing the next generation of primary care providers trained to mitigate health disparities and to serve as advocates for our community. The above is an example of a PGY-3 schedule on Community Medicine.

**United Community Clinics (UCC):** Residents participate every week, supervising medical students at this free health clinic coordinated by University of Pennsylvania students from the Schools of Medicine, Nursing, and Social Work. We are highly valued as the only pediatric (and adult) providers who supervise the medical students at UCC. This is also a site for a potential longitudinal elective in hypertension management.

**Unity Clinic:** Residents and medical students run a free clinic that serves a population of immigrants from South East Asia, under faculty supervision. All patients in this site require translation services. Residents also supervise monthly educational seminars for patients of the clinic site.

**Prevention Point Philadelphia (PPP):** The mission of PPP is to reduce the harm associated with substance use and sex industry work by promoting health, empowerment and safety while advocating for

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### Community Medicine Rotation

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>AM</td>
<td></td>
<td>IR-Off</td>
<td>Super Utilizer</td>
<td>Lea Elementary</td>
<td>Conferences</td>
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<tr>
<td>PM</td>
<td></td>
<td>PFC</td>
<td>Super Utilizer</td>
<td>PCMH/PPP</td>
<td>PFC</td>
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<tr>
<td>Eve</td>
<td></td>
<td>UCC</td>
<td>Unity Clinic</td>
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<tr>
<td>AM</td>
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<td>Super Utilizer</td>
<td>Lea Elementary</td>
<td>Conferences</td>
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<tr>
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<td>PFC</td>
<td>Super Utilizer</td>
<td>PCMH/PPP</td>
<td>PFC</td>
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<tr>
<td>Eve</td>
<td></td>
<td>UCC</td>
<td>Unity Clinic</td>
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</tr>
<tr>
<td>AM</td>
<td></td>
<td>IR-Off</td>
<td>Super Utilizer</td>
<td>Lea Elementary</td>
<td>Conferences</td>
</tr>
<tr>
<td>PM</td>
<td></td>
<td>PFC</td>
<td>Home Visits</td>
<td>PCMH/PPP</td>
<td>PFC</td>
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<tr>
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<td>UCC</td>
<td>Unity Clinic</td>
<td></td>
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<tr>
<td>AM</td>
<td></td>
<td>IR-Off</td>
<td>Super Utilizer</td>
<td>Lea Elementary</td>
<td>Conferences</td>
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<tr>
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<td>PFC</td>
<td>Hospice</td>
<td>PCMH/PPP</td>
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<tr>
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<td>UCC</td>
<td>Unity Clinic</td>
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</table>
humane public policies and programs. Our residents spend one afternoon/evening per week with PPP on their community medicine rotations. At PPP the residents treat patients with substance abuse related illness, offering general medical advice and consultations, referrals to primary and specialized care, help with filling out employability assessment form (often a gateway to public benefits), immunizations, vaccinations, wound and abscess care, access to a host of medications and works in conjunction with PPP case management and the Syringe Exchange Program around harm reduction materials and resources.

**Patient-Centered Medical Home (PCMH):** Residents on the community medicine rotation will continue to attend our weekly PCMH meetings to help make sure that our residents’ voices are part of the process of improving Penn Family Care and that we are improving our care of our highest risk patients. Penn Family Care is an NCQA Level III Certified Patient Centered Medical Home, and has been since 2010.

**Geriatric Health Promotion (Geri-HP):** We will continue to support older adults in our service community in partnership with the UPenn’s Division of Geriatrics. Residents will continue to provide health promotion sessions in local nursing homes and adult day care facilities covering topics such as: hypertension, diabetes, arthritis, cancer screening, cardiovascular disease and stroke prevention. This portion of the CM curriculum was also designed to improve in the care for our older adult patients as they experience transitions by working with Nurse Practitioners in the Division of Geriatrics in providing home visits to patients recently discharged from Presby’s ACE Unit.

**Our Home Visitation Program:** Has been a model of multidisciplinary collaboration including Family Medicine faculty, residents, Social Work, and Pharmacy. We conduct home visits for patients with home care needs including: Newborn Evaluation, Post-partum Evaluation, Home Hospice Care, Long-term Care Needs Assessment, Inpatient Discharge Transition, Poly-pharmacy, Medication Adherence Evaluation, Home Care Needs, Safety Assessment, and Insurance Counseling.

**Super Utilizer Service/Priority Access Program:** The practice has identified a cohort of patients who have utilized the emergency room more than 10 times in the past year and has enrolled these patients in a program that gives them immediate access to physicians, as well as case management services. Residents on the community medicine rotation staff this “service” with weekly case management meetings and close faculty supervision.

**Lea Elementary:** Penn has worked hard to give back the community in which it resides. This includes a substantial commitment to several neighborhood public schools. Most recently, Penn has formed an alliance with Lea Elementary School. Family Medicine residents are engaged with several classrooms to deliver health-related education on a weekly basis to elementary school students.

**Other:** Residents will continue to have sessions with hospice providers usually with a nurse on the home care team or with one of the Chaplains. Residents will also spend time with Occupational Medicine and the Philadelphia Department of Public Health’s Food Safety Inspection services through the Division of Environmental Health Services’ Office of Food Protection. A health education program at Lea Elementary School is being developed at the present time. Residents will spend 2 sessions at a local FQHC, The Health Annex in SW Philadelphia, where our faculty deliver OB care. Residents continue to see their own continuity patients at Penn Family Care, while own this rotation (PFC).
Reproductive Health / Family Planning and Obstetrics

Our department believes very strongly that the role of the primary care clinicians includes helping families plan their reproductive lives to the best of their ability. The following are a few of the ways that we provide excellent training in this area:

1) Extensive training in IUDs and Nexplanon (long-active reversible contraceptive methods, LARCs) and a very high postpartum and postabortion IUD insertion rate
2) Experience with management of miscarriage including expectant, medication and D&C management options
3) First trimester pregnancy termination for patients of our practice within our primary care setting (medication and MVA)
4) Multiple high-volume and academic elective rotation options in Family Planning and Abortion Care and a program director and faculty who are very supportive of training in this area
5) Obstetric Competency Track for those planning to practice OB after graduation – no OB fellowship needed!
Elective opportunities for prenatal care at local FQHCs
Sports Medicine

Residents at our program receive excellent education in the area of sports medicine which includes

1) Dedicated Sports Medicine rotation in PGY-2 Year and additional musculoskeletal block in PGY-3 year at 4 sites

- Penn Sports Medicine Center
- Penn Musculoskeletal Institute
- Penn Family Care at University City
- Penn Student Health Services

2) Opportunities for Pediatric Sports Medicine electives at The Children’s Hospital of Philadelphia (“CHOP”, a Penn-affiliate)

3) Quarterly workshop-based exam/injection didactics including hands-on practice in our nearby Penn Presbyterian Sim Center

5) Opportunities to participate in the medical staffing of The Penn Relays Track and Field Carnival, a 3-Day international track and field event, The Philadelphia Love Run 1/2 marathon, The Tri-Rock Philadelphia Triathlon, and sideline coverage for Penn Athletics, a Division I athletic program with over 30 varsity sports

6) Family medicine faculty mentorship from Dr. Rahul Kapur, the Penn Sports Medicine Fellowship Program Director and Associate Director for the CHOP-Penn SM Fellowship - including opportunities for writing and case presentations at regional/ national conference
Global Health Residency Opportunities

1) Botswana – UPENN Partnership
http://www.med.upenn.edu/botswana/

2) Penn Medicine Guatemala Health Initiative:
http://www.med.upenn.edu/ghi/

3) Global Health Track for Penn Residents:
http://www.med.upenn.edu/globalhealth/GME.shtml

4) Create your own international health elective! CME money is available to PGY2/3 residents, and can be used towards international electives.

5) Penn Global Health Fellowship! This fellowship is based in the Family Medicine Department. Fellows will spend half-time in Guatemala and will also receive an MPH or a certificate in Tropical Medicine.
## Curriculum Tracks Offered at UPenn Family Medicine

<table>
<thead>
<tr>
<th>Track Name</th>
<th>PGY2 FM-OB Labor Floor Chief</th>
<th>PGY3 Adult Inpatient (PMC) Team Chief</th>
<th>OB NF</th>
<th>PMC NF</th>
<th>Total NF</th>
<th>Total Electives</th>
<th>C.O.A.M.</th>
<th>OB Elect</th>
<th>C.O. Elect</th>
<th>Inpt Teach Elect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obstetric Competency</td>
<td>2 months</td>
<td>1 month</td>
<td>6wk</td>
<td>4wk</td>
<td>10wk</td>
<td>5.5 months</td>
<td>0</td>
<td>1 optional</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Academic</td>
<td>1 month</td>
<td>2 months</td>
<td>4wk</td>
<td>6 wk</td>
<td>10wk</td>
<td>5.5 months</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1 optional</td>
</tr>
<tr>
<td>Community Medicine</td>
<td>1 month</td>
<td>1 months</td>
<td>4 or 6</td>
<td>6 or 4</td>
<td>10wk</td>
<td>5.5 months</td>
<td>8wk</td>
<td>0</td>
<td>2 required</td>
<td>0</td>
</tr>
</tbody>
</table>

NF = Night Float duties (6PM – 7AM, Sun-Thurs nights)
C.O.A.M. = Community-Oriented Ambulatory Medicine
C.O. Elective = Community-Oriented Elective
Inpt Teach Elect = Teaching Elective on Family Medicine Service (as a PGY-2), one month of this experience is standard for all PGY-2s
Total NF = total NF weeks in entire PGY2+3 curriculum

Note - OB vs PMC night float breakdown is outlined here as ideal but may not be exact