

# The Nation’s First Comprehensive Four Year Residency: Length of Training Pilot Update 2017

Completing our 9<sup>th</sup> academic year!



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## Expanded Core Curriculum

- **Original 3 year core curriculum preserved & re-ordered**
- **6 additional core rotations introduced:**
  - Sports Medicine
  - Home Care
  - Developmental Pediatrics
  - Practice Management
  - Pediatric ED
  - Systems Medicine

### Successes:

- **9 classes & 47 total 4 year graduates** by June 2017!
- **Improved matches** filling with high quality applicants
- Dramatic increase in applicant interest and quality
- Continued **curricular enhancement**
- ABFM In-Training and certification exam scores remain **>1 standard deviation above national mean**

### New Developments:

- Systems Med curriculum enhanced & longitudinalized
- Updated & enhanced Community Medicine curriculum
- New, high quality outpatient pediatrics rotation site
- Pilot of Procedures Clinic for PGY-4's

## Tracks of Excellence

- **7-block flexible curricular tracks integrated into PGY-3 &-4**
- **Track Options:**
  - Behavioral Health
  - Integrative Medicine
  - Academics & Leadership
  - Global & Community Health
  - Maternal Child Health
  - Hospital Medicine
  - Geriatric & Palliative Care
  - Personalized Track

### Successes:

- **Tracks remain very popular** with residents and attractive to applicants
- **Graduates are using Track–acquired skills** in their practices after graduation
- **Significantly increased scholarship** - for both faculty & residents, especially in areas of track interest

### New Developments:

- Capstone Project successfully introduced in 2016-17
- Clearer requirements developed for Personalized Track to ensure a high-quality experience with educational rigor

## Beyond PCMH

- **Resident education in a 21<sup>st</sup> Century Medical Home**
- **Practice optimization in progress to further enhance team-based care and patient outcomes**
  - QI training and infrastructure development
  - Population Health Team

### Successes:

- **Substantial increase in resident clinical experience**
  - 40% more clinical exposures across disciplines
  - Residents remain in continuity with all aspects of Family Medicine throughout 4 years of training
- **PGY-4's lead office PDSA cycles**
- Residency practice recognized in 2016 by 2 commercial insurers for **best aggregate quality scores in CT!**
- **Grads are in extremely high demand** for employment

### New Developments:

- Refined PGY-4 QI projects to emphasize team leadership
- Longitudinal QI structure enhanced to emphasize areas of focus and enhance the trajectory of improvement
- Resident participation in Population Health activities

## Financing the Fourth Year

- **Incremental complement expansion achieved without increasing resource demands**
- **Increased clinical revenue offsets PGY-4's salary costs**
  - Increased visit volume from complement expansion
  - Increased productivity of PGY-4's
- **Institutional support** due to interest in hiring 4 year grads

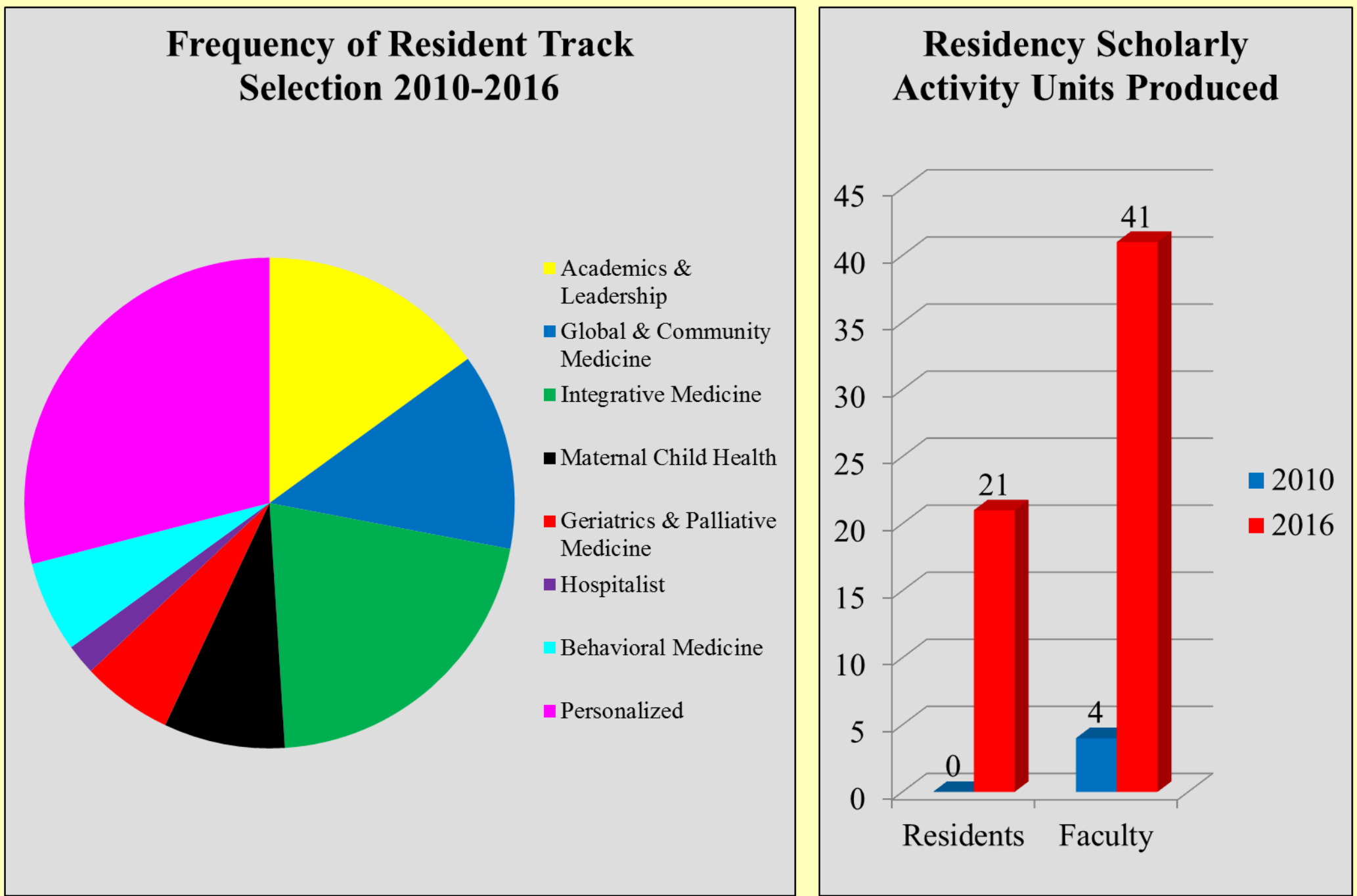
### Successes:

- **Positive practice contribution margin** maintained through revenue gains and controlling costs
- **Steadily increasing net revenue per visit** through improved accuracy with billing and coding
- **Revenue gains** since 2014 from increased patient visit volume & higher productivity

### New Developments:

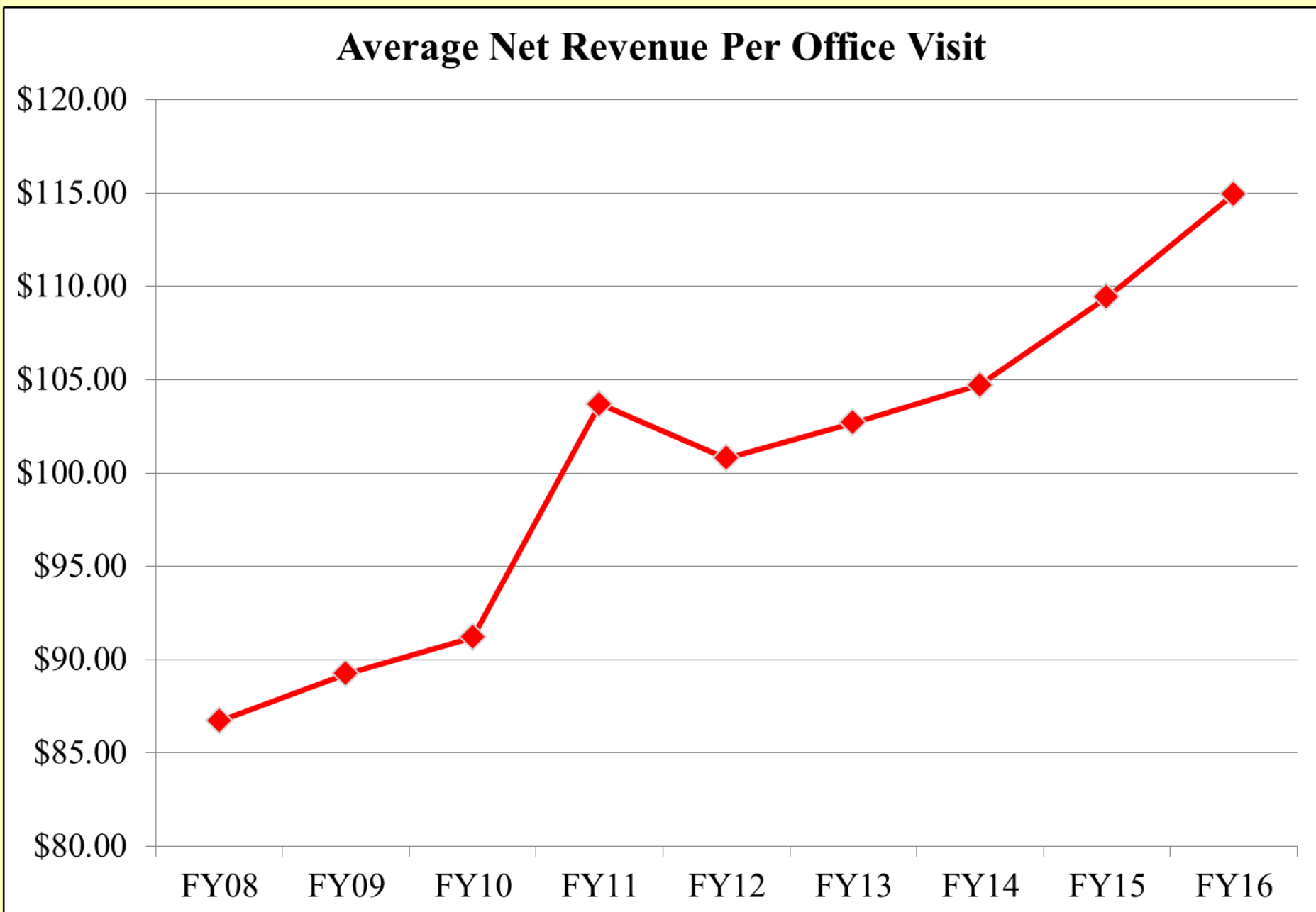
- Continued expansion of resident complement to 7 per class (we are currently 7-7-7-6)
- Faculty expansion fully supported increased revenue

YEAR 1	YEAR 2	YEAR 3	YEAR 4
Orientation	Medicine (Hospitalists)	Orientation/ Night Float	Medicine Teaching Service
Medicine Teaching Service	Family Medicine Inpatient Service	Medicine Teaching Service	Systems Medicine/ Night Float*
Family Medicine Inpatient Service	OB	Surgery*	Sports Medicine*
Inpatient Pediatrics*	Surgery*	Pediatrics Outpatient*	Urology*
Pediatrics MH*	Developmental Pediatrics*	ER/Night Float	Homecare/ Night Float*
Ext/Opth*	Gynecology*	Palliative Medicine*	Neuro*
OB*	ICU*	Orthopedics	Practice Management*
Cardiology*	Pediatrics MH*		Peds ER
Dermatology*	ER/Night Float		Family Medicine Inpatient Service
Elective*	Elective*	Track*	Track*



### 2017-18 Quality Improvement Initiatives

Content Area:	QI Project Examples:
Diabetes	<ul style="list-style-type: none"><li>• Evaluating Hgb A1C testing frequency &amp; control</li><li>• Increasing frequency of nephropathy &amp; retinopathy screening</li><li>• Increasing the % of poorly controlled diabetics referred to Diabetes Education</li></ul>
Immunizations	<ul style="list-style-type: none"><li>• Increasing the % of adults immunized against V. zoster</li><li>• Increasing the % of adolescents fully immunized against HPV</li><li>• Rate of compliance with of informed vaccine refusal process</li></ul>
Maternal Child Health	<ul style="list-style-type: none"><li>• Maintaining high rates of maternal depression screening during pregnancy</li><li>• Decreasing the % of women who smoke during pregnancy</li><li>• Increasing rates of addressing interconception risks with mothers at WCV</li></ul>
Asthma/COPD	<ul style="list-style-type: none"><li>• Increasing the % of patients with persistent asthma using a controller medication</li><li>• Improving use of spirometry to confirm COPD diagnosis</li></ul>
Preventive Screening	<ul style="list-style-type: none"><li>• % of adults and children who have had a preventive visit within the past year</li><li>• Rate of breast cancer screening among women over 50 years</li><li>• Rate of colon cancer screening for patients over 50 years</li></ul>
Medication Monitoring	<ul style="list-style-type: none"><li>• Rate of use of controlled medication agreement and urine screening for patients receiving chronic opioid therapy</li></ul>



Kristen Donato, DO

Dr. Donato came to residency with a passion for wellness, nutrition and long-term relationships with patients. She completed a personalized Track of Excellence focusing on nutrition, women's health and pediatrics. Her capstone project, developed jointly with co-resident Dr. Kapoor, encouraged healthy eating by providing patients with prescriptions for produce at local farmer's markets and evaluated food insecurity in our community. Dr. Donato was a strong advocate for osteopathic education within our program. After graduation, she entered community practice with Middlesex Hospital Primary Care in Cromwell, CT where she provides outpatient care with an emphasis on wellness and OMT.



Melissa Houser, MD

Dr. Houser entered residency with a passion for behavioral medicine and medical student teaching. In the Academics & Leadership Track, she served as Co-Chief Resident, Jr. office preceptor and Jr. attending on the FM inpatient service and coordinated our Teaching & Leadership conference series. For her capstone project she developed a series of faculty-resident workshops to build cognitive flexibility with the goal of improving physician wellness. She lead a variety of scholarly projects during residency which produced numerous regional and national presentations. Dr. Houser is currently practicing at The Health Center in Plainfield, VT where she serves as medical director and teaches medical students from the UVM School of Medicine.



Pranav Kapoor, MD

Dr. Kapoor, a Connecticut native, came to residency with interests in sports medicine, adolescent health and community service. He encouraged community involvement among the residents through leadership of the Middletown Men's Wellness Fair and the Farmer's Market Project which he developed with co-resident Dr. Donato (see left). He completed a personalized Track of Excellence incorporating his interests and served as Co-Chief Resident in his PGY-4 year. After graduation, Dr. Kapoor entered practice with Pro-Health Family physicians in Middletown, CT where he provides inpatient, outpatient and nursing home care.



Meg Rush, MD

Dr. Rush was born and raised in CT, then returned for residency after receiving her medical education in Ireland while her husband pursued a career in international business. She pursued her passion for wellness counseling and office procedures through a personalized Track of Excellence. For her capstone project she designed an intervention to promote healthier eating among residents of a local group home. After graduation, Dr. Rush joined ProHealth Family Medicine Group in Bristol, CT where her practice emphasizes patient wellness and office procedures.



John Williams, MD, MSME

Dr. Williams planned to become a medical educator from the time he entered residency. A former competitive athlete and student leader, Dr. Williams completed the Academics & Leadership Track, earning a MSME from Lake Erie COM. His capstone project focused on implementation of a structured sign out tool on our hospital inpatient service with a goal of improving care transitions and decreasing medical errors. Dr. Williams joined Middlesex Hospital Primary Care in Cromwell, CT upon graduation. He also continues to work at Middlesex Hospital as a per diem hospitalist and teaches medical students at The Quinnipiac University School of Medicine. Dr. Williams plans to transition to a full time career in academic medicine in the next few years.



Rashele Yarborough, MD, PhD

Dr. Yarborough came to residency with a deep passion for community health issues having completed a PhD in epidemiology during medical school at Yale. She was able to continue this focus through our Global & Community Medicine Track. Her capstone project focused on Youth and Urban Violence Prevention in at-risk communities in CT. In 2016, Dr. Yarborough was featured in the national feature documentary "Black Women in Medicine" which explored the history, contemporary issues, and future possibilities of African American women physicians. Dr. Yarborough practices part-time with at ProHealth Family Physicians in Meriden, CT while pursuing post-doctoral fellowship at Yale focusing on primary care of urban underserved populations.

## Our 2016 Graduates