Subspecialty Fellowship Program in Rheumatology

Mayo Graduate School of Medicine
Rochester, Minnesota
Subspecialty Fellowship Program in Rheumatology

The three-year Subspecialty Fellowship Program in Rheumatology at Mayo Clinic in Rochester offers:

- At least 12 months of significant experience in basic and/or clinical research
- Extensive training in joint aspiration and injections
- Opportunities to explore allied fields like sports medicine, metabolic bone diseases, rehabilitation, and pediatric rheumatology
- Instructor positions at Mayo Medical School to qualified fellows
- Thorough preparation for a career in private practice or academic medicine

Mayo Clinic’s favorable faculty ratio, large patient population and state-of-the-art diagnostic, therapeutic and research facilities combine to create a integrated educational experience. These resources enable you to have the finest teaching and the broadest patient-care experience possible during a busy, hands-on fellowship.
Training at Mayo Clinic

Mayo Clinic has a long-standing tradition of practicing both the art and science of medicine. As one of the country’s largest and best-known private group practices of academic medicine, Mayo Clinic was founded on the belief that physicians need to work together, teach and learn from others, and conduct research to provide sustained, excellent patient care.

Physicians, scientists, residents, students, nurses and allied health staff members work as a team at Mayo Clinic. Our staff clinicians and scientists are called consultants in recognition of their teaching and mentoring role on the team.

Mayo Clinic teamwork spans many locations

In Jacksonville, Florida
Mayo Clinic Jacksonville
St. Luke’s Hospital

In Rochester, Minnesota
Mayo Clinic Rochester
Saint Marys Hospital
Rochester Methodist Hospital
Charter House

In Scottsdale, Arizona
Mayo Clinic Scottsdale
Mayo Clinic Hospital

Mayo Health System
Program Description

Mayo Clinic’s Subspecialty Fellowship Program in Rheumatology offers you an unmatched opportunity to become a mature and accomplished rheumatologist. You will practice fundamental clinical skills and develop proficiency in your specific areas of interest. Your training will combine significant experience treating patients in inpatient and outpatient settings, a year of research, and several months of rheumatology-related electives.

Clinical and Research Training

The following is a typical rotation schedule for a fellow in rheumatology.

Rotation Schedule

- Hospital Consulting Service ............. 6-8 months
- Research ............................ 12-18 months
- Outpatient Rheumatology and Internal Medicine ................. 8-10 months
- Electives ............................. 3-8 months

Hospital Consulting Service

Your experience on the hospital consulting service will be primarily devoted to performing inpatient consultations and teaching internal medicine residents.
Research

You will spend a year in either a rheumatology research laboratory (immunology or molecular biology) or a clinical research program. Your clinical research may focus on epidemiology and outcomes assessment or on clinical trials for treatment of various rheumatic conditions.

The research experience, usually done during the second year of your training, includes participation in a focused journal club and didactic courses, and the completion of at least one significant research project.

Participation in ongoing clinical treatment studies in the Rheumatology Treatment Unit will be encouraged. You will become familiar with the computer-driven data management systems used in conducting these trials. Responsibilities include examining patients involved in the study protocols and supervising their care.

Bench to bedside

Mayo Clinic is committed to basic and clinical research that leads to better patient care.

Mayo Clinic’s hallmark is teamwork —
• Among basic and clinical investigators
• Among investigators and clinical practitioners
• Across Mayo Clinic sites
• Between Mayo Clinic and other institutions

Mayo Clinic people in research —
• 250+ full-time physicians and scientists
• 460+ associates and fellows
• 1,570+ administrative and allied health staff

Research funding sources —
• Extramural funds = $128 million+
• Mayo Clinic funds/other revenue = $168 million+
During your research training, you can complete formal graduate courses in immunology, molecular biology, statistics and clinical epidemiology.

**Advanced Degrees**

If you would like to pursue an advanced degree (M.S. or Ph.D.) in the biomedical sciences, Mayo Clinic has a number of programs available that can be customized to your career needs. Application for these programs may be submitted at any time. It is not necessary to declare an interest in these programs when you apply to the Rheumatology Fellowship Program. For more information contact the Mayo Graduate School of Medicine using the contact information at the back of this brochure, or inquire during your interview.

**Outpatient Rheumatology**

During these rotations you will become skilled in the assessment and management of patients with rheumatic diseases in the outpatient setting. You will have the opportunity to see some of these patients in follow-up evaluations.
Electives

The selection of electives in Mayo Clinic’s Subspecialty Fellowship Program in Rheumatology is outstanding. You can join the arthritis team or work with physiatrists, occupational and physical therapists, and nurse educators in rehabilitation areas (impairment evaluation, disability assessment, sports medicine and hand rehabilitation). The elective options also include the following disciplines:

- Bone Radiology (including MRI)
- Metabolic Bone Clinic
- Neurology (including electromyography)
- Orthopedics
- Pain Clinic
- Pediatric Rheumatology
- Physical Medicine and Rehabilitation
- Sports Medicine Clinic
- Vascular Medicine
Didactic Training

Conferences
You will attend and participate in a variety of conferences. Some will center around patient-focused topics, such as interesting cases or pathological manifestations of rheumatic disease. Other conferences will focus on research and literature review.

Weekly
• Rheumatology Research Conference/Visiting Professors
• Rheumatology Clinical Conference
• Internal Medicine Grand Rounds

Monthly
• Journal Club
• Core curriculum review

Case Studies
During your Rheumatology Subspecialty Fellowship Program training, you will prepare case study presentations. You will present the pertinent information of an interesting case, conduct an in-depth discussion of that case, and create a current bibliography.
Teaching Opportunities

As part of your fellowship training, you will help teach medical students and residents in internal medicine, physical medicine and rehabilitation, and orthopedics. If you demonstrate a special aptitude for teaching, you will be given the chance to do additional teaching at Mayo Medical School. If you are very gifted at teaching, you may be offered an academic appointment as an instructor.

Cardiac Life Support Certification

Certification in Basic Cardiac Life Support and Advanced Cardiac Life Support (ACLS) is required for all Mayo fellows. ACLS courses are held during the last week of June, just before the start of the academic year. The ACLS course also is offered evenings every three months during the year to facilitate recertification.

General Program Information

Patient and Service Mix

As a regional medical center for the Midwest, Mayo Clinic in Rochester registers more than 450,000 patients each year. Eighty percent of the clinic’s patients are self-referred and come from within a day’s drive. Although Mayo Clinic has a reputation for successfully handling the most obscure and difficult medical problems for people from around the world, common medical concerns are actually the norm. This allows you to see and treat an exceptional variety of illnesses during your clinical training.
Call Frequency

Your call schedule will vary by individual rotation. Mayo Clinic follows the recommendations of the Accreditation Council for Graduate Medical Education.

Rotations to Other Mayo Clinic Sites

You may be able to spend two months at Mayo Clinic in Jacksonville during your fellowship in rheumatology. Mayo Clinic funds the authorized additional costs of your travel, housing, car rental and licensure fees. Our fellows consistently rate this rotation very highly.

Moonlighting

Moonlighting currently is permitted for licensed fellows who have appropriate visa status (if applicable). Moonlighting activities may be scheduled during those times when you are assigned to outpatient rotations and may be tracked by the program director.

Evaluation

To ensure that you acquire adequate knowledge and develop your technical skills, your performance will be monitored carefully during the course of your fellowship. You will be evaluated formally by your supervising faculty member after each clinical rotation. In addition, you will regularly evaluate the faculty to ensure that your educational needs are being met.
Career Development
You will meet periodically with various faculty members, administrators and the program director to discuss your career goals. Mayo recruits many of its staff physicians from its training programs.

Faculty
In addition to caring for patients in their clinical practices, Mayo Clinic’s faculty members are committed to teaching and facilitating the growth of medical knowledge. Many of our faculty have published and lectured extensively and are well-regarded in their field. You will have direct access to these individuals throughout your training program.

Advisers
You will be assigned a faculty adviser/mentor who can provide comprehensive educational advice and personal support. Your adviser also will serve as a contact point, introducing you and your family to Rochester and the Mayo Clinic system.

Visiting Professors
Many prominent professors visit Mayo Clinic each year. They present their work during noon and/or morning lectures and participate in hospital rounds. You are encouraged to take full advantage of these opportunities.
Facilities and Resources

Facilities

The Mayo Clinic campus in Rochester, Minn., includes two hospitals with more than 1,900 beds, a Level One Trauma Center, a comprehensive outpatient medical complex, a variety of research facilities, and several full-service laboratories and on-site pharmacies. More than 1,200 staff physicians represent virtually all clinical specialties.

Libraries

Mayo Clinic’s library system in Rochester has one of the largest medical collections in the world — more than 4,300 journal subscriptions, nearly 353,000 bound volumes, and several medical databases and search engines. The main library provides study space, computers, microfilm readers and reader-printers, translations, duplicating machines, and book-ordering and audiovisual services.

Reference librarians can arrange interlibrary loans, perform literature searches, and teach you how to use the computer database services that link Mayo Clinic to a global network of scientific information. More than 625 clinical conferences are preserved on videotape each year. You can view these tapes at the library or check them out for use at home.

Branch libraries include a health-related sciences library, two hospital libraries and the Learning Resource Center (LRC). The LRC, devoted mainly to the Mayo Medical School curriculum, offers special collections emphasizing women’s issues in medicine and health, medical education, and ethics.
Computer Services

Personal computers and software are available for residents and fellows to use. In addition, Mayo Clinic’s Microcomputer Education Center provides training in the use of computers for word processing, data collection and data analysis.

Telecommunications System

A sophisticated satellite telecommunications system, which provides video teleconferencing and data transmission, links Mayo Clinic’s practice sites in Rochester, Scottsdale and Jacksonville. Staff can have live, interactive consultations with physicians and their patients at the other sites via TV monitors. In addition, X-rays, laboratory test results, CT scans, ECG tests, angiograms and pathology slides can be transmitted between sites.

An advanced telecommunications system also is the foundation for Mayo Clinic’s unique five-digit telephone dialing and pager system. Physicians can easily be accessed for consultations or updates, strengthening teamwork among consultants, fellows, residents and allied health-care staff at all three practice sites.
Compensation and Benefits

Vacation and Trip Policy
You may take up to 15 working days (three weeks) each year for vacation.

You are encouraged to present your research at regional and national meetings. If you are selected to make a presentation, Mayo Clinic will pay the authorized expenses for you to attend that meeting (within the United States).

Stipends and Other Benefits
Mayo Clinic has highly competitive stipends and a benefits package that includes:
- A comprehensive medical care plan
- Short-term disability insurance
- Voluntary basic life insurance, disability insurance, and family life insurance
- Voluntary additional life insurance
- Voluntary accidental death and dismemberment insurance
- A dental assistance plan
- Excess personal liability insurance
- Professional liability coverage

Additional information about stipends and benefits will be provided during personal interviews.
The Rochester Community

Home of Mayo Clinic and an array of successful technology-based companies, Rochester, Minn., welcomes thousands of visitors from around the world each year. Rochester, population more than 85,000, provides all the benefits of small town living while offering amenities associated with larger cities.

If you’re interested in the fine arts, you’ll find an active network of enthusiasts who support a symphony orchestra and chorale, four theaters, a community art center, and several choruses and bands.

Rochester offers excellent sports and physical fitness facilities. Within the city limits are seven golf courses; tennis and health clubs; an extensive network of walking, biking and in-line skating trails; nearly 2,000 acres of city parks; and a community recreation center. Several state parks are nearby, and it’s a very short drive to fishing, hunting, hiking, camping, boating, skiing or skating.

The Twin Cities of Minneapolis and St. Paul are only 80 miles north of Rochester. Among many attractions are the nationally famous Guthrie Theatre, the Minnesota Orchestra, the St. Paul Chamber Orchestra and the Walker Art Center. Both professional and collegiate baseball, football, hockey and basketball teams are based there. The Twin Cities also have world-class shopping and restaurants, including the Mall of America.

Good, moderately priced housing is relatively easy to find in Rochester. The public school system is one of the best in the state. Rochester has been selected as "one of the best places to live" in the U.S. by Money magazine for several consecutive years.

Close proximity between Mayo Clinic and home facilitates time with family and makes call from home quite manageable.
Appointments and Applications

Two positions are available in Mayo Clinic’s Subspecialty Fellowship Program in Rheumatology each year on a competitive basis. Qualified applicants must be board-eligible in internal medicine.

To apply to the Subspecialty Fellowship Program in Rheumatology, you need to submit:

• A Mayo Graduate School of Medicine application form
• Official college, graduate school and medical school transcripts
• An official record of board scores (NBME, FLEX, USMLE, LMCC, VQE or FMGEMS)
• Three letters of recommendation, including one from your internal medicine residency program director
• A curriculum vitae
• A valid ECFMG certificate (if you graduated from medical school outside of the United States or Canada)

In addition, you need to submit a letter/mission statement, outlining your reasons for entering the field of rheumatology and defining your career goals. Please be as specific as possible.

Applications for each academic year, which begins in July, should be completed by March of the previous year. If you are considered for an appointment, you will be asked to visit Mayo Clinic in Rochester for an interview with the program director and selected faculty. Interviews are conducted from December through March each year.
Inquiries

If you would like an application form or more information, please contact:

Thomas Mason, M.D.
Director, Subspecialty Fellowship Program in Rheumatology
Mayo Graduate School of Medicine
200 First Street S.W.
Rochester, MN 55905
507-284-2970

For more information about the Mayo Graduate School of Medicine, please visit our Web site at www.mayo.edu/mgsm/gsm.htm

If you would like to discuss the Subspecialty Fellowship Program in Rheumatology with Mayo Clinic alumni living in your area, please write to us for a list of their names.