Family Medicine Residency Program

Mayo Graduate School of Medicine

Mayo Clinic Scottsdale
Scottsdale, Arizona
Family Medicine Residency Program

The three-year Family Medicine Residency Program at Mayo Clinic Scottsdale offers:

- Comprehensive training for family physicians who will assume responsibility for the total healthcare of individuals and families
- Extensive clinical experience in providing continuing, comprehensive care to patients and their families, regardless of age, sex or pathology
- Realistic family medicine practice experience through the Mayo Thunderbird Family Medicine Center
- A well-rounded program of outpatient, inpatient and subspecialty experiences, didactic training, and research opportunities

Mayo Clinic’s favorable faculty ratio, large patient population and state-of-the-art diagnostic, therapeutic and research facilities combine to create a truly integrated educational experience. The “Mayo Clinic way” of graduate medical education ensures you will have the finest teaching and the broadest patient care experience possible during a busy, hands-on family medicine residency.
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 in 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

Clinical Training

The three-year Mayo Clinic Scottsdale Family Medicine Residency Program offers a comprehensive experience in the fundamentals of family medicine within a team-oriented approach to clinical care. This program provides a solid base of clinical skills and exposure to a variety of patient populations and healthcare settings.

During your family medicine residency training, you will follow your own panel of patients and take care of their primary healthcare needs. The principles of family medicine and the importance of accessible, affordable and cost-effective healthcare will be emphasized. You will gain experience in both inpatient and outpatient settings, utilizing other specialty consultations and services as needed. In addition, your primary care experience will be augmented by specialty rotations within the Mayo Clinic system.

Rotation Schedule

The following is an example of a typical training schedule in the Family Medicine Residency Program.

First Year (PGY-1)

<table>
<thead>
<tr>
<th>Program</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Introduction to Family Medicine</td>
<td>1 month</td>
</tr>
<tr>
<td>Family Medicine Inpatient</td>
<td>3 months</td>
</tr>
<tr>
<td>Internal Medicine Inpatient</td>
<td>1 month</td>
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<tr>
<td>Emergency Room</td>
<td>1 month</td>
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<tr>
<td>Pediatrics Inpatient</td>
<td>1 month</td>
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<tr>
<td>Newborn Nursery</td>
<td>1 month</td>
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<tr>
<td>Obstetrics</td>
<td>2 months</td>
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<tr>
<td>General Surgery</td>
<td>2 months</td>
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</tbody>
</table>
Second Year (PGY-2)

Family Medicine Inpatient 2 months
Pediatrics Emergency Room 1 month
Cardiology 1 month
Gastroenterology 1 month
Pediatrics Outpatient 1 month
Orthopedics Outpatient 1 month
Critical Care 1 month
Emergency Medicine 1 month
Practice Management/Surgical Subspecialties* 2 months
Elective 1 month

* Surgical subspecialties: 2 weeks each of Urology, ENT and Ophthalmology

Third Year (PGY-3)

Family Medicine Inpatient 2 months
Community Medicine 1 month
Gynecology Outpatient 1 month
Dermatology 1 month
Internal Medicine Subspecialties** 2 months
Geriatrics/Behavioral Medicine 1 month
(NEW for 2001/2002)
Electives 4 months

** Internal Medicine Subspecialties are chosen from Endocrinology, Hematology/Oncology, Hepatology, Infectious Diseases, Nephrology, Neurology, Rheumatology, Allergy/Immunology or Thoracic Diseases

Most of your training will take place at the Mayo Clinic Thunderbird Family Medicine Center, Mayo Clinic Scottsdale, Mayo Clinic Hospital Arizona and Scottsdale Healthcare Shea. However, you will take your pediatric rotations at Maricopa Medical Center and Phoenix Children’s Hospital (both in Phoenix), where Mayo has an educational affiliation.
Electives
You will have five months of elective rotations during your training to gain in-depth experience in one or more areas of special interest. Mayo Clinic Scottsdale and other area facilities offer a wide variety of elective opportunities, including:
• Adult and Pediatric Allergy
• Advanced/High Risk Obstetrics
• Anesthesiology
• Cardiology
• Hematology/Oncology
• Pediatric Emergency Room
• Pediatric Subspecialties
• Physical Medicine and Rehabilitation
• Psychiatry
• Radiology
• Research
• Rheumatology
• Rural Medicine
• Sports Medicine
• Women’s Health

Continuity of Care
You will gain significant experience with outpatient continuity of care at the Mayo Thunderbird Family Medicine Center by caring for your own group of patients throughout the three-year program. As a first-year resident, you will attend the clinic one half-day per week. As a second-year resident, that will increase to two or three half-days per week. During your third year, you will attend the clinic three to five half-days per week.
Didactic Training

Clinical conferences, seminars, small discussion groups, journal clubs and one-on-one instruction are all an integral part of Mayo Clinic Scottsdale’s Family Medicine Residency Program.

Information about behavioral medicine is integrated throughout all three years. Conferences cover primary care topics such as preventive medicine, health maintenance, counseling techniques and ethical dilemmas faced by physicians in training. Required conferences are held two afternoons each month, emphasizing topics unique to family medicine and integrating the medical and psychosocial aspects of a topic. Many conferences deal with current patients.

You are expected to attend the core content lectures given in all major specialties when you are on those services. You may attend other conferences in specialty areas of your choice as time permits.

Case Studies

During your Family Medicine Residency, 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

You will have the opportunity to teach visiting medical students through bedside instruction and formal didactic lectures.

Cardiac Life Support Certification

Certifications in Basic Cardiac Life Support and Advanced Cardiac Life Support (ACLS) are required for all Mayo residents and 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.

We also provide Pediatric Advanced Life Support and Advanced Life Support in Obstetrics training for all residents. Advanced Trauma Life Support is provided for those residents who are interested.

Research Training

You are encouraged to participate in a research project with the consulting staff during your family medicine residency. You may choose a clinical study or a laboratory-based project. During your third year,

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**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
- 400+ associates and fellows
- 1300+ administrative and allied health staff

**Research funding sources —**

- Extramural funds = $130 million+
- Mayo Clinic funds/other revenue = $110 million+
you will participate in a class project consisting of a continuous quality improvement approach to patients with a specific diagnosis, which you will choose at the beginning of each year.

Resident Responsibilities

Although Mayo is a large multispecialty group practice, you will be treated as an equal on all services and have the same degree of responsibility as residents in those specialties.

Family Medicine Inpatient Service

When hospitalization is needed, patients from the Mayo Thunderbird Family Medicine Center are admitted to Mayo Clinic Hospital in Phoenix. While on the inpatient service, you will provide continuing, comprehensive care to adult and pediatric patients. You will have access to specialty and subspecialty consultants without losing your primary care patient responsibilities. Under the supervision of a family medicine staff consultant, you are encouraged to assume as much responsibility as you can in keeping with your abilities.

Consultants rotate through this service on a one-week schedule, so you will work with a number of them during this assignment. Consultants are available for advice 24 hours a day, seven days a week.

Obstectrical and newborn family medicine patients are cared for by the Mayo Clinic Family Medicine Maternal-Fetal Medicine Team at Scottsdale Healthcare Shea. This team consists of a dedicated Family Medicine consultant, an intern and the patient’s regular resident physician when appropriate.
Other Hospital Services

Hospital rotations in fields other than family medicine are also part of your training. While on these rotations, you assume full patient care responsibility and are on call for your team. As with the family medicine hospital service, you will assume as much responsibility for patient care as possible.

Members of Mayo Clinic’s consulting staff meet with each hospital team every morning to teach and conduct rounds. If an after-hours problem arises, you are encouraged to discuss it with the consultant assigned to your team. You will have the same level of responsibility as residents in the other specialties and will report directly to the consulting staff.

General Program Information

Patient and Service Mix

As a regional medical center for the Southwest, Mayo Clinic Scottsdale registers more than 33,000 patients each year. Eighty-five 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.

At least 25 percent of Scottsdale patients are under managed care contracts. Mayo Clinic’s own health maintenance organization (HMO) – Mayo HealthPlan Arizona – allows residents to be designated as the primary care provider for their HMO patients.
Call Frequency

You are usually on call every third or fourth night while on inpatient services. Rounds are made seven days per week with a consultant and other residents on the service. In general, you will have at least one 24-hour period per week with no clinical responsibilities.

Moonlighting

Moonlighting may be permitted for licensed residents and fellows beyond the PGY-1 level. Moonlighting activities may only be scheduled during the times you are assigned to consultative or outpatient rotations and must be approved by the program director.

Core Competencies

During your three years of residency training, you will learn the essence of being a competent family physician as distilled into 27 core competencies. Your clinical activities will then be judged against these competencies within the context of a safe, supportive educational environment.

Evaluation

To ensure that you acquire adequate knowledge and develop your technical skills, your performance will be monitored carefully during the course of your family medicine residency. 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.
Rotations to Other Mayo Sites
You may choose to take an assignment at Mayo Clinic Jacksonville or Mayo Clinic Rochester during your Family Medicine Residency. Mayo Clinic funds the authorized additional costs of your travel, housing, car rental and licensure fees.

Committee Assignments
You will be given an opportunity to gain experience in a number of administrative capacities during your training.

Career Development
You will meet periodically with various faculty members, administrators and the program director to discuss your individual career goals. Mayo Clinic recruits many of its staff physicians from its own training programs. Thus, when you successfully complete your family medicine residency, job opportunities may be available at one of Mayo Clinic’s group practices.

Additional Training
At the conclusion of the Family Medicine Residency, you may wish to continue your graduate medical education at Mayo Graduate School of Medicine. The Department of Family Medicine at Mayo Clinic Rochester offers advanced residency training in Family Practice Management or other self-designed programs.
If you are accepted for a fellowship, you will continue to receive in-depth, daily, one-on-one training with a consultant. You also will also have the opportunity to increase your own supervisory and administrative skills. Contact your faculty adviser for more information about these opportunities.

Faculty

Mayo Clinic Scottsdale’s family medicine faculty includes 13 full-time and part-time physicians who also maintain active family practices. This allows them to model family practice on a daily basis, assuring they stay up-to-date with their clinical skills. All are board-certified in family practice and have completed family medicine residencies. Several of them have Fellowship Training in faculty development.

All Mayo Clinic Scottsdale faculty members are committed to teaching and facilitating the growth of medical knowledge. You will have direct access to these individuals throughout your training.

Advisers

Our graduate education advisory system is designed to provide you with comprehensive educational advice and personal support. As a family medicine resident, you will be assigned a faculty adviser who will serve as a contact point, introducing you and your family to Scottsdale and the Mayo Clinic system.
Visiting Professors

Many prominent professors visit Mayo each year. They present their work at noon and/or morning lectures and participate in hospital rounds. Our residents are encouraged to take full advantage of these opportunities.

Facilities and Resources

Facilities

Thunderbird Family Medicine Center

The Mayo Thunderbird Family Medicine Center is a full-service, primary care outpatient clinic located 7.5 miles from Mayo Clinic Hospital, 6 miles from Mayo Clinic Scottsdale and 2.5 miles from Scottsdale Healthcare Shea. The present facility is a 32,000-square-foot freestanding building devoted to Mayo Clinic’s family medicine practice and a separate women’s health and infertility clinic.

The medical center has a unique infrastructure. It is completely computerized, utilizing an electronic medical record system and a teleconferencing link that ties it to other Mayo facilities. It contains 33 exam rooms and eleven physician offices, as well as two procedure rooms, an outpatient laboratory and X-ray facilities, including plain film, mammography and bone densitometry. The clinic X-ray equipment provides instantaneous remote viewing of digital images by Radiologists at either the hospital or main clinic building. Procedural capabilities include flexible sigmoidoscopy, colposcopy, minor surgery (including vasectomy and circumcision), exercise treadmill testing and casting and splinting.

Every exam room at the Thunderbird Family Medicine Center includes computer access to Mayo’s
Intranet. This intranet offers state-of-the-art patient information resources as well as updated CD-ROM texts and journals.

**Mayo Clinic Scottsdale**

Mayo Clinic Scottsdale is a comprehensive outpatient clinical facility located on 149 acres in northern Scottsdale. It includes an ambulatory surgical center, a pain clinic, a full-service laboratory, an on-site pharmacy, a patient library, and a 188-seat auditorium used for physician and patient education programs. Approximately 235 staff physicians represent virtually all clinical specialties.

The 75,000-square-foot Johnson Medical Research Center houses researchers focusing on molecular genetics, molecular immunology, molecular and cell biology, and molecular chemistry. Dedicated in 1993, this state-of-the-art facility allows scientists and students to explore some of the newest branches of medical science.

**Mayo Clinic Hospital**

Located approximately 20 minutes from the Mayo Clinic Scottsdale building, the Mayo Clinic Hospital in northeast Phoenix is the first hospital planned, designed and built by Mayo Clinic. The hospital utilizes electronic medical records and a filmless x-ray system. This 440,000 square foot hospital has five floors with 178 beds, including 112 medical/surgical beds, 20 critical care beds, six beds in a short-stay unit, 24 skilled-nursing beds and 16 rehabilitation beds. A completely up-to-date medical library, resident’s lounge and beautiful call-rooms are included. The hospital provides all inpatient services necessary to support the 61 different medical and surgical specialty programs at Mayo Clinic Scottsdale, including full emergency room and urgent care services.
Part of your clinical training will take place at Scottsdale Healthcare Shea. This modern, 246-bed hospital has 13 operating rooms, seven delivery rooms and four special care units.

Libraries

The Mayo Clinic Scottsdale Library has a growing collection of medical texts and specialty journals. You will have 24-hour, seven-day-a-week access to study space, typewriters, duplicating machines, Macintosh and IBM computers, audiovisual services and on-line database information services. Reference librarians, available during normal business hours, can arrange interlibrary loans or arrange access to the laser disc graphic illustration reference library. Many clinical conferences are preserved on videotape. You may view these tapes at the library or check them out for use at home.

The Edmond Research Library houses hundreds of bound volumes and more than 60 basic scientific journals. It is connected to computer database services that link Mayo to a global network of scientific information.

The Scottsdale Healthcare Shea Library is available 24 hours, seven days a week. It houses 1,225 bound volumes and 242 journal subscriptions, and offers access to computers and printers, duplicating machines, and medical information on CD-ROM. A full-time librarian can help you perform literature searches.
In addition, the resources of the Mayo Clinic library system in Rochester are easily accessible. It has one of the largest medical collections in the world, with more than 4,300 journal subscriptions, nearly 353,000 bound volumes, and several medical databases and search engines.

**Telecommunications System**

Mayo’s clinics in Rochester, Scottsdale and Jacksonville are linked via a sophisticated telecommunications system, which provides video teleconferencing and data transmission. 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 be easily accessed for consultations or updates, strengthening the teamwork among consultants, fellows, residents and allied healthcare 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. Each resident is authorized one five-day CME trip during their residency.

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 Scottsdale Community

Scottsdale is located in the beautiful Sonoran Desert and is one of several smaller cities in metropolitan Phoenix, Arizona — the Valley of the Sun. Its population of 200,000 enjoys a vibrant mix of cultural and recreational opportunities.

Scottsdale has a nationally recognized park system; championship golf courses; tennis courts; and miles of biking, hiking and equestrian trails. Several lakes just east of the city are popular places for weekend fishing and boating.

As one of the world’s foremost art communities, Scottsdale is home to more than 120 art galleries. The Scottsdale Center for the Arts hosts exhibits, music and dance performances, live adult and children’s theater, and outdoor concerts and festivals year-round.

Sports fans will find both PAC 10 and professional football, as well as professional basketball, baseball, hockey, and minor league baseball in the Phoenix area. Regional attractions include rafting in the Grand Canyon and snow skiing near Flagstaff (a two-hour drive from Scottsdale). Various vacation opportunities are nearby in Mexico, California, and the ski resorts of northern Arizona and the western Rocky Mountains.

Scottsdale has over 2,500 retail shops, ranging from specialty boutiques to major department stores. There are 25 public and private schools and a community college within the city limits. Housing costs are within the national average for cities of comparable size.
Appointments and Applications

Appointments are made through the National Resident Matching Program (NRMP). Candidates who are eligible for admission outside the NRMP are also given consideration. A limited number of positions may be available at the PGY-2 level.

To apply to the Family Medicine Residency Program, you need to submit the Association of American Medical Colleges (AAMC) electronic application through your medical school dean’s office.

To use this application process, you need the following information:

• Official graduate school and medical school transcripts
• An official record of board scores (NBME, FLEX, USMLE, LMCC, VQE or FMGEMS)
• A dean’s letter and two other letters of recommendation
• A curriculum vitae
• A personal statement
• A valid ECFMG certificate (if you graduated from medical school outside of the United States or Canada)

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

If you would like more information, please contact:

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