Internal Medicine Residency Program

Mayo Graduate School of Medicine

Mayo Clinic Scottsdale
Scottsdale, Arizona
Internal Medicine Residency Program

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

• Thorough preparation for board certification, clinical practice, research or academic medicine
• Community practice in an academic setting
• Strong experiences in outpatient ambulatory care
• Training opportunities in all internal medicine subspecialties
• Multisite rotation options at Mayo Clinic Rochester, Mayo Clinic Jacksonville and Maricopa Medical Center in Phoenix, Arizona

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 residency program.

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**

**Clinical Training**

Mayo Clinic Scottsdale’s Internal Medicine Residency Program is three years in length. The clinical training component emphasizes general internal medicine and education over service. During the program your responsibilities will increase with your knowledge, experience and performance. You will develop close working relationships with dedicated faculty members from all parts of general and subspecialty medicine.

The following list shows a typical rotation schedule for our internal medicine residents.

### Rotation Schedule

**First Year (PGY-1)**

General Internal Medicine  
- Hospital Service .................. 4 months  
- Ambulatory Medicine ................. 1 month  
- Emergency Medicine .................. 1 month  
- Neurology .......................... 1 month  
- Rheumatology ....................... 2 months  
- Cardiology .......................... 1 month  
- Critical Care Medicine .............. 1 month

**Second Year (PGY-2)**

General Internal Medicine  
- Hospital Service .................. 1 month  
- Pulmonary .......................... 1 month  
- Critical Care Medicine .............. 1 month  
- Nephrology .......................... 1 month  
- Cardiology .......................... 2 months  
- Hematology/Oncology ................. 1 month  
- HIV ................................. 1 month  
- Endocrinology ....................... 1 month  
- Electives ............................ 2 months
Third Year (PGY-3)

General Internal Medicine
  Hospital Service ......................3 months
  Elective ...............................2 months
  Hematology/Oncology ..................1 month
  Cardiology .............................1 month
  Infectious Diseases ...................1 month
  Gastrointestinal Medicine .............1 month
  Nephrology .............................1 month
  Pulmonary ...............................1 month
  Geriatrics ..............................1 month

Continuity Clinic
You will attend a continuity clinic for one-half day per week throughout all three years of your residency. This will give you experience in longitudinal care for patients in the community and the opportunity for extended interactions with role models in general internal medicine.

Critical Care Service
During PGY-1 and PGY-2, you will serve as a member of a multidisciplinary critical care team. You will admit and manage patients under the supervision of an attending critical care specialist. You also will perform critical care procedures. A critical care fellow may assist with teaching and supervision.

Electives
During PGY-2 or PGY-3, you will have two months for an elective rotation. In addition, you may choose to spend some time at Mayo Clinic Rochester or Mayo Clinic Jacksonville, as well as at Maricopa Medical Center. These rotations offer a wide range of diverse pathologies and patient populations.
Mayo Clinic funds the authorized additional costs of your travel, housing, car rental and licensure fees for rotations outside of Mayo Clinic Scottsdale.

**General I.M. Hospital Service**

At Mayo Clinic Hospital in Arizona, you will be part of a teaching service team that includes junior residents, senior residents and an attending physician. A Mayo Medical School student or visiting subintern also may be assigned to your team. If so, you will be responsible for the supervision and education of this student.

**Procedures**

During your internal medicine residency, you will have ample opportunities to become skilled in the following diagnostic procedures:

- Arthrocentesis
- Endotracheal intubation
- Flexible sigmoidoscopy
- Insertion of central lines
- Lumbar puncture
- Paracentesis
- Thoracentesis

Allied health personnel will schedule tests and perform most ancillary procedures, including venipunctures, ECGs, placement of peripheral IV lines and arterial punctures. This gives you more time at the patient’s bedside and in the library.

**Subspecialty Rotations**

You will have training opportunities in all internal medicine subspecialty areas. You will serve as a consultant in both inpatient and outpatient settings while under the supervision of the attending physician in that subspecialty. In most cases, you will handle the initial patient contact and work one-on-one with that physician.
Didactic Training

Clinical conferences, seminars, small discussion groups, journal clubs and one-on-one instruction are all an integral part of Mayo Clinic’s Internal Medicine Residency Program. Resident morning report is held four mornings per week and is attended by specialists representing each consultation service at the hospital.

Twice a week you will attend a series of core curriculum lectures. Lecture topics focus on basic issues in the diagnosis and treatment of patients from a wide variety of clinical areas. During PGY-2 and PGY-3, the core curriculum broadens to include practice issues, medical ethics, advanced clinical decision-making and adolescent medicine.

Teaching Opportunities

You will have the opportunity to teach Mayo Medical School students and visiting students from other medical schools through bedside instruction and formal didactic lectures.

Research Training

You are required to conduct some type of scholarly activity during your residency and a clinical studies unit is available to help you. Your research can be in the form of a chart review, a case report or an original investigation. You will receive a list of available faculty mentors when you begin the program.
As a regional medical center for the Southwest, Mayo Clinic in 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 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.

**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
- 1,400+ administrative and allied health staff

**Research funding sources —**
- Extramural funds = $146 million+
- Mayo Clinic funds/other revenue = $123 million+

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**General Program Information**

**Patient and Service Mix**

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Call Frequency
Your call schedule will vary by individual rotation. Call frequency on most hospital services is every fourth night. Each week, you will have at least one 24-hour period free from hospital duties.

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

Evaluation
To ensure that you acquire adequate knowledge and develop your technical skills, your performance will be monitored carefully during the course of your residency. Each supervising staff consultant will provide a written evaluation of your performance after each rotation. Your adviser will discuss these evaluations with you. Your adviser also may help you with research projects and career planning.

In addition, you will regularly evaluate the faculty to ensure that your educational needs are being met.

Additional Training

Chief Residency
If you are seeking advanced training in internal medicine, Mayo Clinic offers a one-year chief resident position. This position is available on a
competitive basis. During this additional year, you will have significant opportunities to develop your skills in administration, supervision and teaching.

Fellowships
At the conclusion of your internal medicine residency, you may want to continue your graduate medical education at Mayo Graduate School of Medicine. If you are accepted for a fellowship at Mayo Clinic, you will continue to receive in-depth, daily, one-on-one training with a consultant. You also will have the opportunity to increase your supervisory and administrative skills. Contact your faculty adviser for more information about these opportunities.

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.

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

Facilities

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 250 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.

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. This state-of-the-art facility is the primary inpatient training site for the Internal Medicine Residency Program.
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, photocopiers, personal computers, audiovisual services and on-line database information services via the Mayo Foundation Intranet. Library staff, available during normal business hours, can provide training, arrange interlibrary loans or provide computer access to the Mayo Medical illustration database. Many clinical conferences are preserved on videotape. You may view these tapes at the library or check them out for use at home.

The Mayo Hospital Library will be an extension of the library services provided at the Clinic. This library will be available 24 hours-per-day, seven days a week and will provide a reference collection, photocopier and personal computers to access the same databases and electronic books and journals. Requests for library services can also be transmitted electronically to the Clinic Library.

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

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.
Telecommunications System

Mayo’s clinics in Scottsdale, Rochester and Jacksonville are linked via a sophisticated telecommunications system, which provides video teleconferencing and data transmission. Staff in Scottsdale, Rochester and Jacksonville 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, 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.

You are encouraged to present your research at regional and national meetings. If your paper is accepted for 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 180,000 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 and hockey, and minor league baseball in the Phoenix area. Regional attractions include rafting in the Grand Canyon and snow skiing two hours away, near Flagstaff. 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**

Six positions are available in Mayo Clinic Scottsdale’s Internal Medicine Residency Program each year. Appointments are made through the National Resident Matching Program (NRMP). Candidates who are eligible for admission outside the NRMP also are given consideration. A limited number of positions may be available at the PGY-2 level.

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

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

- Official college, 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)

For information on ERAS, contact your student affairs or other designated dean’s office.

Additional information regarding ERAS is available at: http://www.aamc.org/progemph/eras/start.htm

Foreign medical graduates should contact the ECFMG for information and instructions on how to apply using ERAS.

Applications for each academic year, which begins in late June, should be completed no later than December 15. 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 members. Interviews are conducted from November 1 through January 31 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
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