

# Utah Valley Hospital Family Medicine Residency Curriculum

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The Utah Valley Family Medicine Residency provides residents with an exciting and well-balanced approach to learning, in an environment that enhances both clinical skills and personal development.

Faculty and residents regularly review the curriculum to ensure it meets the educational needs of our residents to maintain curricular excellence.

## Longitudinal Training

The Utah Valley Family Medicine Residency program has adopted a modified longitudinal approach. Specific educational needs are met using select block rotations during a longitudinal experience in family medicine. The longitudinal experience begins the first week the residents arrive.

Basic knowledge and procedural skills are learned early in the residency by way of stacked, month-long rotation in pediatrics, obstetrics, and gynecology, inpatient medicine, and surgery.

At the end of our program, residents can function as highly trained, empathic physicians in the medical and business aspects of family medicine.

## Community Service

Residents also have the opportunity to do community service such as working at the volunteer clinic or the local health fairs; conducting skin, colon, and breast cancer screenings; kidney screenings; doing global humanitarian work; and serving as event physicians.

## Longitudinal Schedule

### Clinic

- PGY-1: An average of one – two half-day per week at the Family Medicine Center
- PGY-2: An average of two - three half-days per week at the Family Medicine Center

- PGY-3: An average of three – four half-days per week at the Family Medicine Center

**Call (on average)**

- PGY-1: Every 5th night, on average — increases during L&D and peds months
- PGY-2: Every 8th night, on average — increases during L&D and peds months. Includes 1 month with no call (FM (Family Medicine) Rural).
- PGY-3: Every 15th night, on average

**Night Float**

Utah Valley residents' night call consists of being on call five days in a row while you are on each of your inpatient months.

**Additional Experience**

- ACLS, ALSO (Advanced Life Support in Obstetrics), ATLS, NRP (Neonatal Resuscitation Program), PALS, and STABLE training provided.
- Computerized medical records.
- Moonlighting opportunities in emergency rooms, urgent care centers, and our own after-hours clinic for PGY-2 and PGY-3s.
- Dedicated didactic lectures given by specialists, faculty, and residents every Thursday afternoon.
- Simulation lab for codes, complicated deliveries, and neonatal rec

## Rotations

Program rotations offered through the Utah Valley Family Medicine Residency provide residents with unique learning opportunities at the [Merrill Gappmayer Family Medicine Center](#) and [Utah Valley Hospital](#).

- Full-spectrum medicine in hospital, obstetrics, and outpatient medicine.
- Patient care teams
- Integrated health system
- State-of-the-art technologies
- Electronic medical record system

We emphasize ambulatory care and give our residents comprehensive training to prepare them for any practice style.

**PGY-1**

- **FM(I): Family Medicine Inpatient**
  - These are three, four-week rotations covering the family medicine inpatient service. Duties include admitting, rounding, creating, and following through with a care plan, and simple procedures on the family medicine service. The team typically consists

of two interns, two senior residents, and is overseen by the family medicine residency faculty. Teaching is provided directly by faculty and consulting specialists. Call includes one week of night float and splitting afternoon/evening cover with the other residents on the team.;

- **L&D: Labor & Delivery**
  - These are two, four-week rotations dedicated to covering the Labor and Delivery floor at Utah Valley Hospital. During this rotation residents will assist community family practice and obstetricians in vaginal deliveries and cesarean sections.
- **SURGERY/ENT:**
  - This is a four-week rotation that consists of two weeks with surgery and 2 weeks with ENT (Ear, Nose & Throat) (Ear, Nose & Throat). Time will be spent with local surgeons and ENT providers observing and assisting in their clinic and surgeries. During this rotation residents will gain experience in caring for surgical and ENT patients.
- **GYN: Gynecology**
  - This is a four-week rotation dedicated to women's health. During this rotation, residents will be placed at various sites to gain exposure to several factors affecting women's health. Different sites include local gynecology offices, Planned Parenthood, and the Health Departments STD clinic. Residents will have the chance to manage different contraception options, place IUDs, cervical cancer screenings, and manage and test STDs.
- **PEDS(O): Pediatrics Outpatient**
  - This is a four-week rotation spent with local community pediatricians. Most of the time is spent in the outpatient setting gaining experience with well-child exams, acute sick visits, and circumcisions. During peak RSV (Respiratory Syncytial Virus) season, residents will assist the inpatient team with morning rounds, afternoon coverage a few afternoons out of the rotation, and one week of night float.
- **PEDS(I): Pediatrics Inpatient**
  - This is a four-week rotation at PCH-Miller campus about 15 minutes from our hospital in Lehi, Utah. The residents will be working directly with the pediatric hospitalists. Responsibilities include admitting patients, creating care plans, following-up with care, and simple procedures.
- **CARDS/PULM: Cardiology and Pulmonology**
  - This is a split four-week rotation spent with local cardiologists, learning long-term management of various cardiac problems, caring for the acute cardiac patient, and interpreting EKGs. Residents will help the cardiologist care for stable patients in the outpatient setting and work up patients presenting with acute symptoms.
  - This 2-week rotation is spent with pulmonologists in an inpatient and clinical environment. You will typically meet round with the pulmonologists in the morning at the hospital, receive mini-lectures, and then see patients in their clinic in the afternoon.
- **ORTHO/RHEUM/SPORTS: Orthopedics/Rheumatology/Sports**
  - This is a four-week rotation that is split between the community orthopedists, sports medicine, and rheumatology clinics. Residents will work with local

orthopedics physicians in their clinics doing injections. Throughout the rotation, residents will be able to improve their musculoskeletal exams and understand the management of common injuries and when a surgical referral is indicated.

- This is a split rotation working with sports medicine trained physicians and sports medicine fellows. Residents will improve musculoskeletal exam, diagnose common sports injuries, learn casting techniques, and joint injections. Residents are provided the opportunity to assist with the local collegiate teams at BYU (Brigham Young University) and UVU (Utah Valley University). If interested, residents can also assist with local high school athletics, serve as the team doctor, attend games, assist the athletic trainer and care for athletic injuries.
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- **EM/PEDS OBS: Emergency Medicine/Peds Observation unit**
  - This is a four-week rotation that is split between the emergency room at Utah Valley Hospital and PCH-Miller campus. The rotation will be spending 100 hours with various Emergency Room physicians, providing care for minor injuries and sicknesses, as well as major traumas while at Utah Valley, and spending time in the OBS unit at PCH (Primary Children's Hospital) in Lehi caring for children. Many opportunities are available for minor procedures, sedation, and intubation.

## PGY-2

- **FM(O)/FM(I): Family Medicine Outpatient/Family Medicine Inpatient**
  - This 4-week rotation will be split into 2 weeks focusing on full-spectrum medicine in the outpatient setting caring for your patients and the other 2 weeks will be spent with the in-patient team rounding in the hospital caring for patients in the inpatient setting.
- **FM(I): Family Medicine Inpatient**
  - This is one four-week rotation covering the family medicine inpatient service. Duties include admitting, rounding, creating, and following through with a care plan, and simple procedures on the family medicine service. The team typically consists of two interns, two senior residents, and is overseen by the family medicine residency faculty. Teaching is provided directly by faculty and consulting specialists. Call includes one week of night float and splitting afternoon/evening cover with the other residents on the team.
- **FM(R): Family Medicine**
  - This is a rural rotation spent in Richfield, Utah experiencing family medicine with a rural perspective. There are many opportunities to do clinical procedures, OB care, rural ER, and hospital services.
- **L&D: Labor & Delivery**
  - One four-week rotation dedicated to covering the Labor and Delivery floor at Utah Valley Hospital. During this rotation residents will assist community family practice and obstetricians in vaginal deliveries and cesarean sections.
- **PEDS(I): Pediatrics Inpatient**
  - This is a four-week rotation at PCH-Miller campus about 15 minutes from our hospital in Lehi, Utah. The residents will be working directly with the pediatric

hospitalists. Responsibilities include admitting patients, creating care plans, following-up with care, and simple procedures.

- **ICU/NICU: Intensive Care Unit/Neonatal intensive care unit**
  - This rotation is two weeks spent with the intensivists in the adult and neuro shock ICUs (Intensive Care Unit) in the hospital and two weeks spent in the NICU (Neonatal Intensive Care Unit). You will be assigned patients in the hospital to round on and in the adult ICU (Intensive Care Unit) will have many opportunities to place central lines, chest tubes, manage ventilators, intubations, and become proficient in vasopressor care.
- **DM/Neuro: Diabetes/Neurology**
  - This four-week rotation is split into two, two-week intervals. Two weeks are spent in Utah Valley Hospital's Diabetes Clinic performing diabetic-focused exams, giving diabetes education to patients, and demonstrating setting up insulin pumps and checking blood sugar. The other two weeks will be spent with a neurologist in a clinic setting doing injections and learning how to care for patients.
- **Psych: Psychiatry**
  - The majority of this four-week rotation will take place in the inpatient psychiatry setting at Utah Valley Hospital. You will spend each day caring for patients with psychiatric needs and helping to evaluate each patient's specific situation.
- **PEDS(S): Pediatric Specialists**
  - This four-week rotation is spent with pediatric specialists in gastroenterology, neurology, cardiology, surgery, infectious disease, and orthopedics.
- **Geri: Geriatrics**
  - This four-week geriatric rotation will take place in the outpatient setting of the geriatric's clinic along with the inpatient palliative care. Residents will be involved with many different opportunities including hearing and balance clinic, geriatric assessment clinic, home visit with a home healthcare provider, independent home visit.
- **ELEC: Elective**
  - This rotation gives you the freedom to hand craft your own rotations in specialties of your choice. Traditionally this has included endocrinology, electrophysiology, diabetes clinic, international medical missions, rheumatology, behavioral health, casting and splinting, pediatric sedation, and much more.

## PGY-3

- **FM(I)/FMO: Family Medicine Inpatient/ Family Medicine Outpatient**
  - This 4-week rotation will be split into 2 weeks focusing on full-spectrum medicine in the outpatient setting caring for your patients and the other 2 weeks will be spent

with the in-patient team rounding in the hospital caring for patients in the inpatient setting covering the family medicine inpatient service. Duties include admitting, rounding, creating, and following through with a care plan, and simple procedures on the family medicine service. The team typically consists of two interns, two senior residents, and is overseen by the family medicine residency faculty. Teaching is provided directly by faculty and consulting specialists. Call includes one week of night float and splitting afternoon/evening cover with the other residents on the team.

- **GI/Derm: Gastroenterology/Dermatology**
  - A four-week rotation split into two-week rotation with dermatologists, learning principles of dermatology and procedures relevant to family medicine, the remaining two-week will be spent on a gastroenterologist rotation, learning principles of gastroenterology and procedures related to family medicine.
- **PEDS(O): Pediatrics Outpatient**
  - This is a four-week rotation spent with local community pediatricians. Most of the time is spent in the outpatient setting gaining experience with well-child exams, acute sick visits, and circumcisions.
- **ELEC: Elective**
  - Five, four-week rotations give you the freedom to customize your own rotations in specialties of your choice. Traditionally this has included endocrinology, electrophysiology, diabetes clinic, international medical missions, rheumatology, behavioral health, casting and splinting, pediatric sedation, and much more.
- **URO/PM: Urology and Pain Management**
  - A two-week rotation with community pain management physicians, and a two-week rotation with community urologists.
- **EM/PEDS OBS: Emergency Medicine/Peds Observation unit**
  - This is a four-week rotation that is split between the emergency room at Utah Valley Hospital and PCH-Miller campus. The rotation will be spending 100 hours with various Emergency Room physicians, providing care for minor injuries and sicknesses, as well as major traumas while at Utah Valley, and spending time in the OBS unit at PCH in Lehi caring for children. Many opportunities are available for minor procedures, sedation, and intubation.

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## Events and Activities

Activities and recreation play an important part in the residency experience. We recognize that team-building efforts enhance our workplace and value the balance between education, work, family, and recreation.

### Monthly VIP Activities

VIPs are the spouses or significant others of our residents. The activities can be with or without children. Residents' families hold monthly activities in the many recreational sites around Utah County.

### **Spring Resident Retreat**

Every March, we have a resident and faculty retreat in a cabin. During the retreat, residents work on team-building and interpersonal skills in a supportive environment designed to encourage interaction and provide building blocks for a successful career in medicine.

### **Fall Resident Retreat**

Every fall, we take our families and get away for a weekend retreat somewhere exciting. We have lots of recreation time with our families and several business meetings for our partners. Recently, participants have attended retreats in Moab, Park City, and Zion National Park. In addition, we have financial reviews, practice management evaluations, and state-of-the-residency updates. We also have three types of partners' meetings: residents only, faculty only, and combined partners' meetings. Our inpatient services in the hospital are covered, so all residents are available for the retreat.

### **Residency Activities**

We hold activities that residents, faculty members, and families are invited to attend. During the summer, we have barbecues and games; and during the winter, we have parties and movie nights. Everyone enjoys an opportunity to relax and get to know each other better, building lasting relationships.