

Kistler Family Medicine Residency at Geisinger

Geisinger Wyoming Valley

1000 East Mountain Boulevard
Wilkes-Barre, Pennsylvania 18711
570-826-7864

Directors: Mary Elizabeth Roth, M.D.

Nicole M. Alu, D.O.

Coordinator : Cathy Yurish

This three-year post graduate program based in the Wyoming Valley accepts graduates of osteopathic and allopathic medical schools for a fully integrated curriculum. Designed for family physicians with the knowledge, attitudes, and skills for the Future of Family Medicine, the Kistler Family Medicine Residency at Geisinger emphasizes individual education with mentors from three active community practices for continuity care.

This residency built from scratch in 2006 considers education and lifestyle for the resident. Most days consist of 12-hour shifts actively caring for patients under attending supervision and no night call. Homelife can be planned while intense education happens in Geisinger Wyoming Valley Medical Center with daily core lectures and attending rounds. The only sleep rooms at GWV support the continuity care of laboring patients from the resident's continuity practice.

The curriculum meets the 2007 criteria for accreditation of the ABOFP and ABOG. Musculoskeletal medicine includes activities with the ACGME accredited sports medicine fellowship at GWV. Special opportunities arise for adolescent psychiatry and pediatric urology at Geisinger South Wilkes Barre and addiction medicine at Marworth, an addiction inpatient service. Core rotations all happen at GWV with continuity prenatal care based at GSWB to serve the urban underserved of Wilkes-Barre.

Geisinger Health System has led ambulatory care with the 2007 Preeminence Award from American Medical Group association using a fully integrated electronic record to assure evidence based medicine for its more than one million outpatients. Certification by the American Diabetes Association rates as one measure of quality care for patients seen in the family medicine centers at Geisinger. Residents work as partners with faculty at three family medicine centers in Wilkes-Barre, Dallas and Lake Scranton, PA for three years of continuity care.

Orientation comes as a four-week packed curriculum to place the resident as prepared to manage sick patients on GWV hospital services while feeling at ease with the EMR and office staff of their personal FMC by the end of July of the first year. Each ensuing year has special reorientation curriculum to bring the resident along to their status as teacher and attending by their graduation.

Geisinger Health System has supported post-graduate education since the 1920's with competitive salaries and benefit packages. Research and academic activity of residents is supported as appropriate. Involvement of residents in the PAFP and AAFP is encouraged by this program.

What about this no call room program? Residents work the "natural" hours of the attending six days per week for three out of every four weeks arriving for lecture at 7am and actively caring for patients until the attending leaves, which is no later than 7 pm each day. Six days a week caring allows the resident to see the clinical course of the patient fully and choose their Sabbath day off. On the fourth week of each inpatient rotation, the resident arrives at 7 pm to see the types of admissions arriving overnight and the course of illness overnight in the ER and ICU with return home for sleep after morning lecture at 8 am. Hospitalists supervise education overnight also. No call rooms are

required as the wide-awake resident will see and care for patients when in the hospital. Outpatient rotations start with lecture and end with clinics or evening FMC office hours. Every night at home from most services makes stronger family life for the resident.

Family Medicine Centers

This residency uses the “rural model” of FMC with at most 1-2 residents per class assigned to the FMC for individualized supervision and practice opportunity.

The three Geisinger Medical Group FMCs to which a resident is assigned for three years of continuity care have served their communities for more than 15 years each. The resident will follow their own patients in the office, patient’s home, nursing home and through hospitalization. Networked through the EPIC electronic record system all consults and hospital records reside in the patient’s electronic file with the resident’s notes for care in the office. Care can be monitored when away from the office at any EPIC site. Each FMC has its own Xray and lab. All offices participate in GHS Proven Care sm, *best practice in everyday care of chronic disease*.

Kistler FMC, located in central Wilkes-Barre about eight miles from GWV serves a diverse middle class community from the city and surrounding communities seeing over 30,000 visits in 2006. Richard Huntington, MD serves as FMC Director with Kistler FMC’s office hours six days a week and open four evenings. Five family physicians serve as faculty for residents assigned here. Mary Elizabeth Roth, MD, as residency director has a personal geriatrics continuity practice here.

Dallas FMC, located in a strip shopping mall in Dallas, PA, 12 miles from GWV, serves the Back Mountain area of upscale and rural communities seeing about 1,400 visits per year. Mike Kovalick, DO, serves as FMC Director and rounds daily at GWV on his continuity patients hospitalized. Nicole Alu DO , director of the osteopathic family medicine residency program, sees her continuity patients here and rounds in a local nursing home too. She performs osteopathic manipulation on appropriate patients in her practice. Both faculty are ABFM certified and Dr Alu is ABOFP certified also.

Lake Scranton FMC, on a hill overlooking Scranton, serves a large diverse practice with significant specialty support hours from Geisinger employed specialists. Caring for over 30,000 visits last year the five family physicians here are led by Richard Martin MD, FMC Director. Residents at this site have a local nursing home fat which they will also carry continuity patients. By 2009, this center will move to newly designed and built quarters only 13 miles from GWV.

The curriculum blocks look as follows:

Three year core curriculum **13 four-week units (X).**

Block Rotations – 1st Year #2 =GWV; #3 =GSWB ;#5=Marworth

Experience of Rotations	Orient to FMR - FMC	#2Adult Med	#2Adult med	#2Adult med	#2Inpt Peds/ nursery	#2 Obstetrics	#2 Obstetrics	#2GYN/ OB call	#2General surgery	#2muscul skeletal	#2ICU	#2ER	vacation
FMC	4	1	1	1	1	1	1	1	1	1	1	1	0
Duty Hours	64/19/4	72/13/6	72/13/6	72/13/6	60/10/24	78/13/6	78/13/6	74/24/4	74/13/6	64/18/4	80/13/6	64/16/4	0

Block Rotations – 2nd Year

Experience of Rotations	#3Urgicare Peds-	Geriatrics - Orient NH #4	#2Adult Med	#2Adult Med	#2CCU	#2Gen surg	Office Surg subspec	Behave med#5	#2Inpat peds nursery	#2 and office Cardiology	#2 ER	Elective	vacation
FMC	3	3	3	3	3	3	3	3	3	3	3	3	0
Duty Hours	60/10/24	60/10/24	72/13/6	72/13/6	78/13/6	74/13/6	50/10/24	50/10/20	60/10/24	60/10/24	64/16/4	60/10/24	0

Block Rotations – 3rd Year

Experience of Rotations	Spec Peds #2	#2 Musculo-skeletal sports med	offices Derm/ ENT/oph	Private office Urology/ Proced's	#2,4Management systems	#2 Family Medicine	#2 Family Medicine	Women's Health Selective	Elective	Elective	Elective	Elective	vacation
FMC	4	4	4	4	6	4	4	4	4	4	4/away?	4/away?	0
Duty Hours	60/10/24	60/10/24	50/10/20	50/10/20	50/10/20	68/12/24	68/12/24	50/10/20					0

Example for Duty hours: 78/13/6= most hours for any week on rotation, 78/ longest day on rotation, 13 hours/ how many times 13 hours, 6 times in 4 week rotation as this is night part with 12 hours of care and one hour lecture. Sports medicine is long day with Friday evening football.