

# **FELLOWSHIPS IN FAMILY MEDICINE: WHO? WHAT? WHERE? WHEN? WHY?**

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## **Who does a family medicine fellowship?**

- Recent graduates of a family medicine residency
- Family physicians with years of experience
- Other primary care physicians
- Future non-MD or non-DO family medicine faculty

## **What can family medicine fellowships cover?**

### **Faculty Development**

- Skills developed include teaching, research, administration, critical review, and writing
- Specific clinical skills may also be practiced
- Length of the fellowship, salary, and details of curriculum (i.e. graduate degree, full-time/part-time, call schedule) vary with location

### **Research**

- Fellowships are specifically aimed at developing primary care researchers. Skills include research methodology, epidemiology, biostats, critical review, grant writing, and presentation
- Funding varies, and federal support has varied greatly over last 2 decades
- Robert Wood Johnson Foundation: in the process of retooling its “Human Capital Programs”

### **Geriatrics**

- Open to graduates of family medicine or internal medicine residencies
- Length varies depending on goals
  - One year: clinical focus, Certificate of Added Qualification (CAQ)
  - Two years: teaching and administration, possible graduate degree (MPH, MS, etc.)
  - Three years: research focus
- Clinical skills include comprehensive assessment, functional evaluation, rehabilitation, geropsychiatry, nursing home medicine, ethics, and end-of-life care
- Academic skills are also usually stressed
- Match system similar to residency match

## **Sports Medicine**

- Focus on orthopedic care in the primary care setting
- Areas of expertise include joint injections, splinting, casting, exercise rehabilitation, back pain, occupational medicine, and cardiovascular fitness
- Many become team physicians at various levels
- Fellowships lead to a CAQ, usually in one year; fellows may pursue further graduate training
- Match system, probably most competitive of the family medicine fellowships

## **Preventive Medicine**

- Fellowships (2-year) or residencies (3-year) are available, usually MPH and double-boarded
- [http://www.acpm.org/?page=GME\\_Home](http://www.acpm.org/?page=GME_Home)

## **Maternal/Women's Health**

- These fellowships usually provide additional training in operative OB and procedures:
  - C-section, forceps, vacuum
  - ultrasound, amniocentesis, tubal ligation, D&C, colposcopy
- Often, neonatology training is included
- Some fellowships may be more focused on primary care or health policy

## **Rural Health**

- Focus on skills to be comfortable in an underserved area:
  - Procedural / operative OB
  - Fractures and dislocations
  - Emergency services
  - Surgical assisting
  - Endoscopies
  - Practice management
  - Electives
- Most are tailored to the fellow's needs

## **Adolescent Medicine**

- CAQ as of 2001
- Most are 3 years, open to FM, peds, and IM, and minimum of 2 yrs to qualify for the CAQ
- Issues include:
  - Behavioral health (e.g. depression, ADHD, eating disorders, violence prevention)
  - Substance use and abuse
  - STDs, contraception, adolescent pregnancy
  - School-based health
  - Sports medicine
  - [http://www.adolescenthealth.org/SAHM\\_Main/media/Training-and-CME/Fellowships%202014/Training\\_Opportunities\\_in\\_Adol\\_Medicine\\_2017.pdf](http://www.adolescenthealth.org/SAHM_Main/media/Training-and-CME/Fellowships%202014/Training_Opportunities_in_Adol_Medicine_2017.pdf)

## **Sleep Medicine**

- CAQ as of 2007
- Cosponsored by 5 specialty boards (FM, IM, Peds, Psych/Neuro, and ENT)
- IOM report 2007: 50-70 million Americans with sleep disorders; most are undiagnosed and can impact mood disorders, cardiovascular health and chronic pain
- <http://www.aasmnet.org/>

## **Hospice and Palliative Medicine**

- CAQ as of 2008
- Cosponsored by 10 specialty boards (FM, IM, Peds, EM, OB/Gyn, Anaesth, PM&R, Radiology, Surgery, Psych/Neuro)
- "...a commitment to providing quality care [for] the physical, psychological, and spiritual suffering faced by patients with life-limiting illnesses and their families."
- <http://www.aahpm.org/fellowship/default/fellowshipdirectory.html>

## **Pain Medicine**

- CAQ as of 2015
- Cosponsored by FM and Anesthesiology

## **Hospital Medicine (Hospitalist)**

- Recognition of Focused Practice
- Currently a pilot program, not a new CAQ

## **Clinical Informatics**

- Open to all specialties
- <https://www.amia.org/programs/academic-forum/clinical-informatics-fellowships>

## **International Medicine / Global Health**

- May include extensive travel abroad and/or work with underserved/international patient populations in the United States. Some examples:
- <http://depts.washington.edu/fammed/residency/fellowships/global-health>
- <http://www.vcfm.net/fellowships/international-medicine-fellowship/>
- <http://www.brown.edu/academics/medical/about/departments/family-medicine/fellowship-programs>

## **Integrative (Complimentary / Alternative) Medicine**

- Several different models of training available, including online
- <http://www.abpsus.org/integrative-medicine-fellowships>

## **Other fellowships (can provide more info at the workshop if interested)**

- Substance Abuse
- HIV
- Behavioral Science
- Emergency Medicine
- Humanities
- Urgent Care
- Dermatology
- Medical Communications / Media
- Policy / Advocacy / Leadership

## **Where are fellowships offered?**

- The best reference is the AAFP / STFM Fellowship Directory for Family Physicians, free on the web at: <https://nf.aafp.org/Directories/Fellowship/Search>
- Do not just rely on the directory – don't be afraid to call programs
- For CAQ info, see the ABFM at: <https://www.theabfm.org/caq/index.aspx>

## **When does fellowship training happen?**

- Anytime after residency (or PhD, ScD, etc.)
- Full-time or part-time faculty development

## **Why do a fellowship?**

- Faculty training highly sought after in family medicine departments
- Adds career flexibility
- Information Mastery
- “Subspecialty” skills
- “Big-picture” viewpoint

## **Why wouldn't you do a fellowship?**

- Time
- Money
- May be unnecessary for the type of career and practice you desire