

Training at Kaiser Permanente Washington differs from the traditional “block” model employed by most programs. Instead of focusing exclusively on one service or specialty each month, our residents continuously see patients in clinic, provide inpatient OB and IM care, treat the urgently sick, care for a geriatric panel and participate in rotating sets of specialty experiences.

Kaiser Permanente Washington

Longitudinal Training

The longitudinal pacing of the core inpatient and outpatient experiences throughout training is designed to minimize resident burnout, maximize learning and develop an early identity as a family physician by practicing like one.

Family Medicine Month

The first 4 weeks of each academic year are dedicated to learning the core skills of a family doctor. R1s receive an introduction to practice, R2s focus on the art of medicine and teaching, and R3s learn practice management and mentoring.

Residency Clinic

All residents have a panel of 400 patients throughout residency, and clinic schedules that provide the time and training for their care. R1s are in clinic for 4-5 half days a week, R2s for 3-4 half days, and R3s for 2-3. Third-year residents work under the same clinic schedule template as all practicing family physicians at Kaiser Permanente Washington. In addition to outpatient clinic, R2s and R3s also practice in our Teen Pregnancy and Parenting Clinic, offering continuity care to young expectant mothers and their children.

Specialty and Community Medicine

For each resident, the academic year alternates between 24-week intervals focused on medical and surgical specialty experiences. The medical experiences include dermatology, outpatient pediatrics, hospice, and selectives like neurology and ophthalmology. The surgical experiences include general surgery, abortion training, gynecology, orthopedics, sports medicine, podiatry, and procedural clinics. Throughout the year, residents work in school-based and community health clinics, as well as receive exposure to addiction medicine, psychiatry, and behavioral health.

Four-Week Blocks

Though most of our schedule is longitudinal, some experiences follow a block format because of their learning objectives or scheduling necessity. These include an Elective Away (R2), Primary Care Clinic Away (R3), Inpatient Pediatrics (R2), Pediatric ER (R2 - R3).

Wellness

The curriculum is designed to help trainees grow into well-balanced family physicians by learning core skills and forming an identity as a practitioner early in training. Residents have the opportunity to develop confidence in caring for patients in multiple different outpatient settings before completing advanced inpatient rotations later (inpatient peds, peds ER, ICU).

Training Model

	R1	R2	R3	Total																												
Panel Size and Patient Visits	400 patients 700 visits	400 patients 700 visits	400 patients 700 visits	400 patients 2100 visits																												
Continuity Clinic (Half-Days)				376 clinic half-days																												
Inpatient (1 & 2 wk. shifts)				18 weeks of day shifts 2 weeks of night shifts																												
Obstetrics (3 & 4 day shifts)				105 OB days/nights																												
Geriatrics (full days & home visits)				16 days; 8 with home visits																												
Urgent Care (8 hour evening shifts)				18 adult shifts 3 three-day pediatric shifts (R1)																												
Community & School-Based Health (half-days)				32 community half-days																												
Electives (half-days)				64 elective half-days																												
Four-Week Blocks		Away Inpatient Peds. Peds. ER (1/2)	Peds. ER (1/2) Away	4 special four-week blocks																												
Specialty Experiences	<table border="1"> <thead> <tr> <th>Surgical</th> <th>Medical</th> </tr> </thead> <tbody> <tr> <td>Sports Med. (8)</td> <td>Outpatient Peds. (17)</td> </tr> <tr> <td>Ortho. (3)</td> <td>Hospice (4)</td> </tr> <tr> <td>Surgery (10)</td> <td></td> </tr> </tbody> </table>	Surgical	Medical	Sports Med. (8)	Outpatient Peds. (17)	Ortho. (3)	Hospice (4)	Surgery (10)		<table border="1"> <thead> <tr> <th>Surgical</th> <th>Medical</th> </tr> </thead> <tbody> <tr> <td>Early Abortion Training (12)</td> <td>Dermatology (4)</td> </tr> <tr> <td>Sports Med. (2)</td> <td>Hospice (4)</td> </tr> <tr> <td>Ortho. (3)</td> <td></td> </tr> <tr> <td>Procedural Clinics (8)</td> <td></td> </tr> </tbody> </table>	Surgical	Medical	Early Abortion Training (12)	Dermatology (4)	Sports Med. (2)	Hospice (4)	Ortho. (3)		Procedural Clinics (8)		<table border="1"> <thead> <tr> <th>Surgical</th> <th>Medical</th> </tr> </thead> <tbody> <tr> <td>Sports Med. (8)</td> <td>Dermatology (4)</td> </tr> <tr> <td>Podiatry (4)</td> <td>Hospice (4)</td> </tr> <tr> <td>Ortho. (3)</td> <td>Occupational Medicine (2)</td> </tr> <tr> <td>Procedural Clinics (12)</td> <td></td> </tr> </tbody> </table>	Surgical	Medical	Sports Med. (8)	Dermatology (4)	Podiatry (4)	Hospice (4)	Ortho. (3)	Occupational Medicine (2)	Procedural Clinics (12)		Other Experiences: Teen Pregnancy Clinic 16 half-days R3 ICU 5 half-days R3 Leadership Time 16 half-days R3 Co-Precepting 3 half-days R3 QI 2 half-days
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	Addiction Medicine (5); Pain Clinic (1); Psych. (2) Behavioral Medicine Clinic (3)	Behavioral Health Behavioral Medicine Clinic (3)	STD Clinic (3) Behavioral Medicine Clinic (3)																													