

OHSU SCHOOL OF MEDICINE

# Family Medicine Residency Program





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## Interview day



### Message from the residency director

On behalf of Oregon Health & Science University, Department of Family Medicine, I want to take this chance to both welcome and thank you for interviewing with us. Acknowledging that there are many excellent training opportunities within our specialty of family medicine, we are honored that you are taking the time to learn more about our program and what we can offer you. It goes without saying that we are proud of our accomplishments and excited to share our vision of family medicine training with you.

The interview day is structured to give us an opportunity to get to know you better. In addition, we want to help you understand the work we are trying to accomplish within our residency while allowing you the space and exposure to see if our program is the right fit for you.

In the spirit of training tomorrow's leaders, we are committed to fostering the growth of the diverse workforce our society needs. To this end, we have taken great strides to make recruitment of people from diverse backgrounds a priority for our program.

As you know, we are a four-year experience for family medicine residency training. We want to take some time today to discuss if this would be a good fit for you. We have created a co-curricular experience within this residency that offers the learner an opportunity to think about their future and what skills they will need to become successful. Further, our training aims to develop the skills of our residents to cultivate leaders within family medicine and the health care system.

It is important to highlight some features of our program that have helped foster our success, including:

- Our history as a strong, well-respected and well-established program that offers residents an opportunity to provide care in a tertiary care center as well as community and rural settings.
- A robust clinical footprint that trains residents to care for patients with a broad scope of practice in multiple clinical arenas, including an FQHC, university clinic, community clinic, rural health center and vertically integrated health system. Upon graduation, our residents are prepared to successfully enter any clinical setting.
- The collaborative environment within our partner patient care teams, including obstetrics, pediatrics, emergency medicine and general internal medicine.
- Collegiality among providers that allows faculty and residents to care for patients as partners within a team-based structure in a framework of caring for patients regardless of setting or circumstance.
- A commitment to fostering leadership and community involvement in our residents and faculty.
- Exceptional maternity care training with opportunities to learn more advanced skills.
- Resident involvement and leadership as contributing voices to issues that affect education and patient care.
- National-caliber researchers who have a strong desire to mentor interested residents.
- Our commitment to advance training for family physicians.

OHSU Family Medicine has a rich history of preparing residents to practice in any setting they may choose. Furthermore, the innovations of the program have given our learners an opportunity to cultivate their skills to become leaders in the field. As we look to the future, we aim to build on this history and prepare the next generation of family physicians for future successes.

Sincerely,

Joe Skariah, D.O., M.P.H.  
Residency Director



# American Board of Family Medicine, Inc.

Quality Healthcare, Public Trust . . . Setting the Standards in Family Medicine

August 26, 2013

Roger D. Garvin, M.D.  
Program Director  
Oregon Health & Science University  
Department of Family Medicine  
3181 S.S. Sam Jackson Park Road  
Portland, OR 97239-3098

Re: The ACGME Length of Training Pilot and Board Certification

Dear Dr. Garvin:

Congratulations on your selection as a project demonstration site for the Length of Training Pilot! This important project will provide critical information on the changes in our training paradigms necessary for the continued transformation of our specialty; we are happy to support this initiative and participate in it. The purpose of this letter is to memorialize commitments made by the American Board of Family Medicine (ABFM) to all residency programs at the time that they initially applied for participation in the project.

The ABFM understands that many residency programs in this project will experiment with training paradigms that do not entirely comport with the current requirements for training in Family Medicine approved by the Accreditation Council for Graduate Medical Education (ACGME) and the ABFM. The ABFM wishes to assure all residents in participating residency programs that they will be eligible to sit for certification in Family Medicine at the completion of their residency training in these experimental programs provided that they meet the following criteria:

1. They have successfully completed and have fully participated in the experimental training program as verified to the ABFM by their program director.
2. They meet all other requirements established by the ABFM as a condition of eligibility to sit for the examination at the time of their application.

It is expected that a small number of residents may decide to transfer from Length of Training Pilot (LOTP) programs to nonparticipating residency programs for any of a number of reasons during the course of their training. In these instances, the ABFM will work closely with both the LOTP residency from which the resident has transferred and the accepting residency program to determine the amount of advanced placement credit that will be awarded at the time of the transfer based upon ABFM policies in place at that time. It should be understood by the transferring resident and the accepting residency program that in some instances, not all of the prior training in the experimental program may be transferable and that the continuity of care

Roger D. Garvin, M.D.  
August 26, 2013  
Page 2

requirement must be met. In most instances, this will necessitate two years of training at the accepting program, regardless of the time spent at the LOTP program.

So that all residents are fully informed of these conditions, we would ask that you duplicate this letter and share it with your current residents and all subsequent residents who enter your program. Furthermore, as part of the process of informed consent, we would respectfully ask that you share this information with all prospective residents at the time of their recruitment and prior to the deadline for submitting their match lists to the National Residency Matching Program (NRMP).

We again congratulate you on your selection as a LOTP participant, and we wish you every success as you embark on this important experiment.

Sincerely,

James C. Puffer, M.D.  
President and Chief Executive Officer

## Our program

Our mission is to serve our patients and communities through excellence in clinical care, education, research and leadership in family medicine.

Our vision is to be a supportive and collaborative organization that transforms primary care and inspires future leaders by demonstrating the best in family medicine.

## Residency values and principles

### Residency mission statement

The mission of the OHSU Family Medicine Residency Program is to develop family physicians and foster leaders and stewards of health care.

### Program aims

To broadly train family medicine residents to enter comprehensive, full-scope family medicine practices.

To prepare graduates to become leaders in family medicine and approach their medical practice with academic rigor.

To prepare residents within an innovative curriculum that emphasizes continuity of care across settings, population health, health equity and advocacy for patients.

To be a leader in family medicine training by producing leaders within an innovative four-year curriculum and capstone program.

## Residency values and principles

**Education:** Training residents for clinical excellence in generalist full-spectrum care in a wide array of settings, and a commitment to quality health education for students, residents, faculty and patients.

**Quality care:** Provision of premier-quality, comprehensive, compassionate care for individuals and families throughout the life cycle.

**Care for the underserved:** Dedication to optimizing health and its socioeconomic determinants for underserved, disadvantaged and vulnerable populations, and the empowerment of marginalized individuals and groups, with special attention to urban poor, mentally ill and geographically isolated segments of society.

**Continuity of care:** A cornerstone of patient health and resident education.

**Resident wellbeing:** Support for the needs of residents and their families, and fostering of a mutually supportive environment within OHSU Family Medicine as well as between our department and the departments through which we rotate.

**Adaptability:** Flexibility in the training paradigm, allowing for a timely and dynamic response to the rapidly evolving face of health care.

**Community:** Responsibility to the well-being of the broader community through community partnership and advocacy.

**Diversity:** Commitment to the promotion and support of diversity within the residency, and among faculty, students, staff and patients.

**Leadership:** Embracing a leadership role within the university with regard to patient care, student and resident education, and policy planning and development. Training and supporting residents to become leaders in the field of family medicine at local, state, regional, national and international levels.

**Scholarship:** Advancing the field of family medicine through support of original research, writing, program planning and other scholarly endeavors.

## Residency Statement of Purpose and Commitment to Anti-Racism and Anti-Oppression

The OHSU Family Medicine Residency in Portland trains leaders in health care. Our specialty is tied historically to several social justice movements in the 1960s and our department and residency are all part of that legacy. Family Medicine is also part of a broader health system that has long perpetuated racism and other forms of oppression, and we acknowledge that these practices and impacts persist into today.

As a residency program, we will dedicate our energy to unlearning the oppressive practices of white supremacy culture, and in its place, learn how to practice health care in a way that promotes authentic relationships, healing and justice. In doing so, we hope to start addressing the public health crisis of racism by using our minds, voices and power, joining the movement which will create a world of equity and opportunity for all. We commit to these practices in how we build teams, care for patients, partner with communities, teach trainees, educate ourselves and radically re-imagine a just health care system that promotes health and equity.

We welcome all who seek to create a more just world.

For more information:  
[www.ohsu.edu/school-of-medicine/family-medicine/health-equity-ohsu-family-medicine-residency](http://www.ohsu.edu/school-of-medicine/family-medicine/health-equity-ohsu-family-medicine-residency)

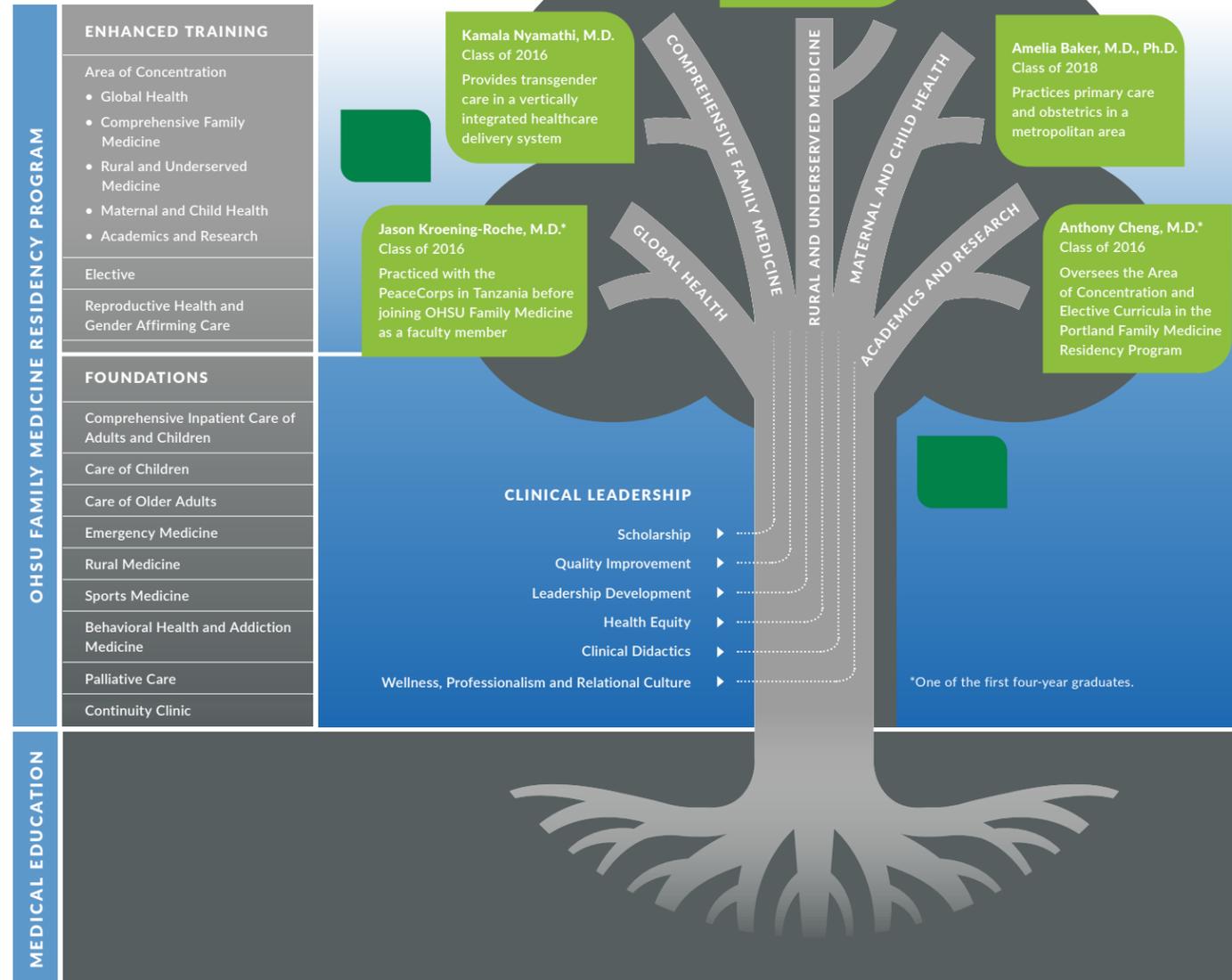


## Four-year residency curriculum

### Creating the future of family medicine

As a leader in family medicine, our four-year program is designed to prepare physicians for the rapidly changing health care landscape and growing complexity of patient care. We offer residents the personal, intimate small-team experience within our five clinics, plus all the opportunities of a large clinical system. We prepare residents for their future careers with increased training in population health,

## OHSU FAMILY MEDICINE RESIDENCY PROGRAM



team-based care, leadership, information management, behavioral medicine, maternity care and inpatient care. We offer our residents:

- Full-spectrum maternity care with an option for C-section privileges training.
- Numerous opportunities to partner with our influential research faculty within focus areas such as health policy and population health, dissemination and implementation science, innovation and transformation, and medical education.

- Significantly more elective time to explore interests in global health, care of women and children, comprehensive medicine, rural health, or academics and research.
- A balance of tertiary care training and educational experiences in both community and rural settings.
- A vibrant city rich in arts, environmental, recreational and culinary activities.

### Clinic First curriculum

Our Clinic First curriculum alternates between two weeks of an inpatient rotation and two weeks of an outpatient rotation. With this model, residents are exposed to the in-depth care provided in the hospital while maintaining patient access and continuity of care in their home clinic. The more frequent change of rotation provides residents with regular days off as well as exposure to an array of faculty mentors. This curriculum is aimed at minimizing transitions, creating full days of education and limiting stretches of inpatient schedule demands while providing residents regular access to their patient panels, and ultimately increasing resident and patient wellness.

### Four-year residency curriculum anticipated rotations

#### FIRST YEAR (PGY1)

- Orthopaedics/Sports Medicine, 4 weeks
- Emergency Medicine, 4 weeks
- Family Medicine Inpatient Service, 12 weeks
- Obstetrics, 4 weeks
- Rural Surgery in Ontario, Oregon, 2 weeks
- Newborn Intensive Care Unit, 4 weeks
- FM Maternity/Newborn Service, 4 weeks
- Inpatient Pediatrics, 4 weeks
- Clinic Weeks, 10 weeks
- Clinic Orientation, 4 weeks
- Longitudinal Curriculum: Top 15 Clinical Diagnoses
- Longitudinal Curriculum: Geriatrics

#### SECOND YEAR (PGY2)

- Family Medicine Inpatient Service, 4 weeks
- Geriatrics, 4 weeks
- FM Maternity/Newborn Service, 4 weeks
- Addiction Medicine, 2 weeks
- Emergency Medicine, 4 weeks
- Gynecology at Legacy Emanuel, 4 weeks
- Outpatient Pediatrics, 4 weeks
- Medical ICU at Veterans' Affairs, 4 weeks
- Elective (may be out of state), 4 weeks
- Night Team, 4 weeks
- Rural Family Medicine in Enterprise, Oregon, 6 weeks
- Clinic Weeks, 7 weeks

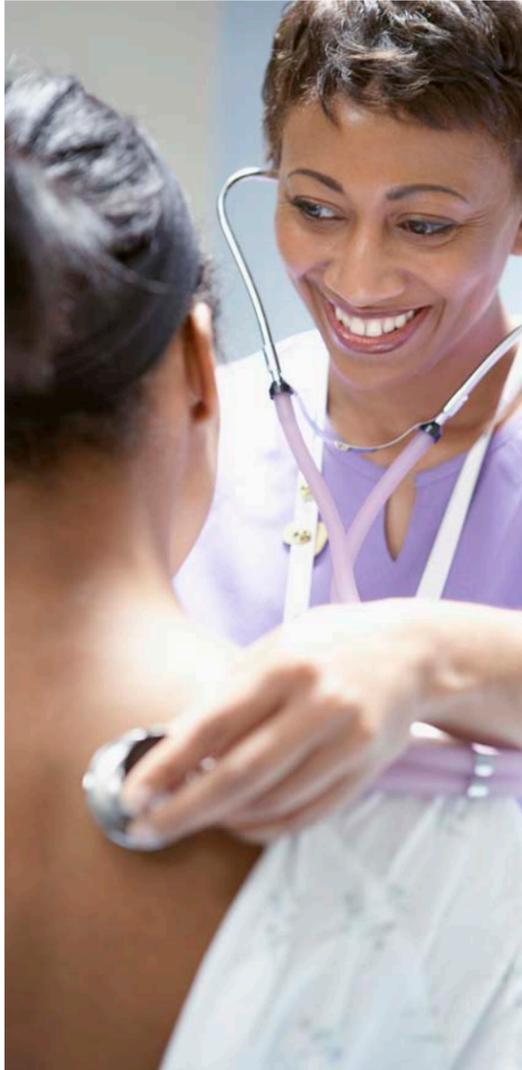
#### THIRD YEAR (PGY3)

- Family Medicine Inpatient Service, 4 weeks
- Night Team, 4 weeks
- Orthopaedics/Sports Medicine, 4 weeks
- Surgery/Vasectomy Training, 4 weeks
- Elective (may be out of state), 4 weeks
- Inpatient Selective, 2 weeks
- Obstetrics at Legacy Emanuel, 4 weeks
- Pediatrics Emergency Medicine, 4 weeks
- Palliative Care, 2 weeks
- Dermatology/Subspecialties, 4 weeks
- Area of Concentration, 10 weeks
- Clinic Weeks, 6 weeks
- Longitudinal Curriculum: Family Systems

#### FOURTH YEAR (PGY4)

- Family Medicine Inpatient Service, 10 weeks
- Night Team, 6 weeks
- Adolescent Medicine, 4 weeks
- Elective (may be out of state), 4 weeks
- Developmental Pediatrics, 4 weeks
- Areas of Concentration, 28 weeks

**NOTE:** A primary care transformation curriculum spans all four years of your training and covers leadership, information mastery, health equity, improvement science and population health.



### Areas of Concentration

Areas of Concentration (AoC) are longitudinal experiences chosen by residents based on their personal areas of interest in medicine. Faculty and advisors assist residents in designing these experiences to match their personal and educational goals. Residents may be asked to present about their Areas of Concentration at conferences and other events. Residents often choose their AoC to coordinate with their capstone project.

AoC experiences may be local (at OHSU or sites our program is connected with), off campus (at a location in the Portland area) or away (at a location outside the Portland area).

#### Our Areas of Concentration include:

- Comprehensive Family Medicine
- Rural Health
- Women and Child Health
- Academic Family Medicine
- Global Health

### Family planning training

OHSU Family Medicine seeks to provide robust training experiences in family planning services. As part of this, our program offers “opt-out” training in family planning, including abortion care, early pregnancy ultrasound, management of early pregnancy loss, and LARC.

Family planning experiences will be built into your schedule throughout the four-year curriculum. However, residents who wish to train to competency in abortion procedures will need to use additional training time outside the scheduled curriculum to develop these skills. Due to limited opportunities, we encourage residents to take a proactive role in planning these additional outside trainings.

If you have questions or would like more information about our Family Planning Program, please contact the RHEDI director, Emily Waterman, at [watermae@ohsu.edu](mailto:watermae@ohsu.edu).

### Capstone projects

As part of a fully integrated four-year residency, our residents complete an individual, longitudinal capstone project which requires sustained effort over the four years of residency. These projects provide residents with the opportunity to integrate and demonstrate their knowledge of a subject that interests them.

Upon completion, residents will have produced one of the following learning outcomes:

- Development of a postgraduate medical education curriculum that is testable and can be implemented by our residency or in other educational settings.
- A quality improvement intervention that can be reported in a publication that reflects the Standards for Quality Improvement Reporting Excellence (SQUIRE) publication guidelines.
- A clinical or community-based research project that results in a peer-reviewed, publication-ready article.

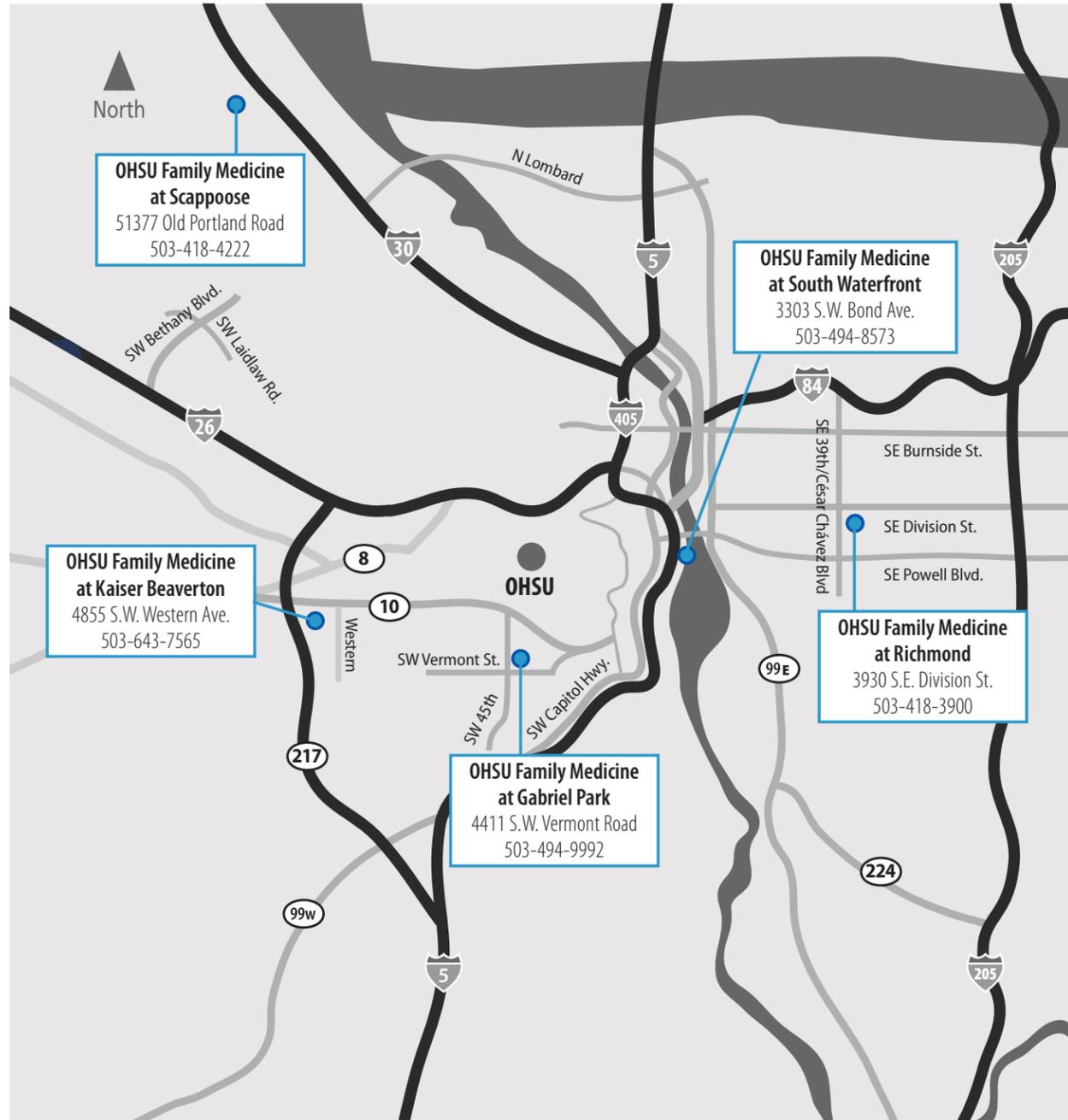
Developing one of these three learning outcomes provides our residents another avenue for professional development and a means to contribute to the knowledge base of the medical profession.

### Examples of past capstone projects

- “Feasibility of a Telemedicine Model for Inpatient Palliative Care Consults”
- “Transgender Health Curriculum”
- “The Effects of Psychosocial Adversity, Adult Attachment and Resilience on Health”
- “Reproductive Health Services at School-Based Health Centers in Oregon”
- “Predictors and Barriers of Transfers of HIV Care Between Rural Health Centers in Kenya”
- “A Pilot Study to Investigate the Feasibility and Efficacy of Primary Care Physician-Led Shared Medical Appointments for the Treatment of Co-Morbid Major Depressive Disorder and Diabetes”



## About our clinics



### OHSU Family Medicine at Gabriel Park

4411 S.W. Vermont St., Portland, Oregon | [www.ohsu.edu/gabrielpark](http://www.ohsu.edu/gabrielpark)

Gabriel Park is situated on the border of five ZIP codes in southwest Portland. We serve the residents of these communities in a setting of single-family and multifamily dwellings, across from Gabriel Park — a pleasant retreat in a community setting.

Time from OHSU main campus: 4 miles, a 10-minute drive.

#### Patient demographics

- About 39,000 patient visits per year.
- We serve a broad range from lower to upper income and a mixture of private pay, Medicare and Medicaid populations.
- The ethnic diversity of our patient mix includes Russian, Middle Eastern, Jewish, Chinese, Somali and a growing Spanish-speaking patient base.

#### Clinical resources

- Our clinic performs many procedures such as acupuncture, vasectomies, colposcopy, circumcision, and mole and cyst removal.
- Sports medicine specialty clinic.
- Travel medicine clinic.

#### Faculty mix

- 16 M.D. and 1 D.O. faculty
- 2 sports medicine fellows
- 5 advanced practice providers (N.P., P.A.)
- 3 behavioral health providers (2 L.C.S.W., 1 resource specialist)



## OHSU Family Medicine at Richmond

3930 S.E. Division St., Portland, Oregon | [www.ohsu.edu/richmond](http://www.ohsu.edu/richmond)

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Across the Willamette River from “The Hill” or main OHSU campus, the Richmond Clinic sits in southeast Portland, surrounded by an economically diverse neighborhood, lively business districts and the expansive wooded parks of nearby Mt. Tabor.

Time from OHSU main campus: 4 miles, 15 minutes by car; some residents bike from or live in nearby neighborhoods.

### Patient demographics

- Richmond patients reflect the economic diversity of the surrounding neighborhoods.
- Richmond is a Community Health Center/Federally Qualified Health Center, allowing it to care for a larger number of uninsured, Medicaid and Medicare patients from its service area, which comprises a population of 75,000.
- The population is especially culturally diverse, from southeast Portland’s Russian, Latino, Chinese and Southeast Asian immigrant populations.

### Clinical resources

- Four-star Patient Centered Primary Care Home (PCPCH).
- Tier 3 Patient-Centered Primary Care Medical Home, which includes an integrated behavioral health team.
- Specialty clinics include ENT, pain, orthopaedics, podiatry, sports medicine, integrative medicine consult, integrated movement therapy and acupuncture.
- Medication-assisted treatment team.
- Richmond FQHC also includes a school-based health center at Benson High School and a walk-in clinic, co-located in Cascadia Behavioral Health nearby.

### Faculty mix

- 13 M.D. faculty
- 12 advanced practice providers (F.N.P., P.A., Psy.N.P.)
- 10 behavioral health providers (L.C.S.W., Psy.D.)
- 8 clinical pharmacists

## OHSU Family Medicine at South Waterfront

3303 S.W. Bond Ave., Portland, Oregon | [www.ohsu.edu/waterfront](http://www.ohsu.edu/waterfront)

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Located on the OHSU campus on the waterfront, the South Waterfront clinic is on the 9th floor of the OHSU Center for Health & Healing, Building 1. The facility has been recognized as the largest environmentally friendly building to receive the Leadership in Energy and Environmental Design (LEED) Platinum rating.

Time from OHSU main campus: three minutes by aerial tram, at the bottom of the hill.

### Patient demographics

- About 38,000 patient visits per year.
- A significant number of non-English-speaking patients may require the use of an interpreter (Japanese, Arabic, Vietnamese, Cambodian, Chinese, Laotian, Latino, Russian).
- Fifty-three percent of patients are female, 47 percent are male.
- Many OHSU employees choose us for their primary care needs.
- Patients come from diverse neighborhoods and we serve many individuals from the immigrant community in Portland.

### Clinical resources

- Specialty clinics that are held on-site include podiatry, sports medicine, aviation medicine, travel medicine, a women’s health clinic, a LEEP clinic and a reproductive health clinic.
- First-trimester abortions can be done in the clinic — open to all residents including those based at our other clinical sites.
- Psychiatry consultation on-site.
- Integrative medicine services, including acupuncture and OMT.
- Group visits, including chronic pain group, are offered at the clinic.

### Faculty mix

- 24 M.D. faculty
- 5 advanced practice providers (F.N.P., P.A.-C.)
- 2 behavioral health providers (L.C.S.W.)
- 1 acupuncturist
- 1 podiatrist

**OHSU Family Medicine at Scappoose**  
51377 Old Portland Road, Scappoose, Oregon  
[www.ohsu.edu/scappoose](http://www.ohsu.edu/scappoose)

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Our Scappoose clinic is located about 25 miles northwest of Portland, in the medically underserved area of Columbia County, population 48,000. In addition to being a Tier 3 Oregon Primary Care Medical Home, this clinic is a federally designated Rural Health Clinic.

Time from OHSU main campus: 21 miles, a 30-minute drive.

#### Patient demographics

- About 35,000 patient visits per year.
- Medicaid/Medicare: 55 percent; private insurance: 40 percent; private pay/other: 5 percent.
- Pediatric (newborn to 18): 20 percent.  
Adult (19–64): 61 percent.  
Senior (65 and older): 19 percent.
- Ethnic makeup is predominately Caucasian. Hispanic/Latino, American Indian/Alaska Native and Asian represent 4.1 percent, 1.4 percent and 1 percent, respectively.

#### Clinical resources

- Full-spectrum preventive care.
- Sports medicine service.
- Podiatry service.
- Aviation medicine services.
- Transgender care.
- Medication-assisted treatment.
- Full-spectrum family-centered maternity care including cesarean section, pre-pregnancy counseling, prenatal care, delivery and newborn care.

#### Faculty mix

- 10 M.D. and 1 D.O. faculty
- 7 advanced practice providers (F.N.P., P.A.)
- 1 podiatrist
- 1 sports medicine provider
- 3 behavioral health providers (S.W., behaviorist, M.D.)

**OHSU Family Medicine at Kaiser Permanente, Beaverton**  
4855 S.W. Western Ave., Beaverton, Oregon

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Kaiser Permanente's Beaverton Medical Office is located in a suburban setting among family dwellings and a diverse business district. There is a food cart pod across the street and two parks within walking distance from the clinic.

Time from OHSU main campus: 8 miles, a 15-minute drive.

#### Patient demographics

- About 70,000 patient visits per year.
- We serve a broad range of socioeconomic classes with a mixture of Kaiser insured, deductible plans, Medicare and Medicaid. Approximately 30 percent of our patients have Medicare/Medicaid.
- Our patients come from diverse ethnicities, including Hispanic, Middle Eastern, Asian and Eastern European.
- Languages spoken in our community other than English include Spanish, Russian, Vietnamese, Mandarin and Arabic.

#### Clinical resources

- Brand-new clinic building with enhanced technology.
- Full-spectrum family medicine including prenatal care and pediatrics.
- Medication-assisted recovery with Suboxone clinic.
- In addition to routine procedures such as skin biopsies, joint injections and IUDs, we also do vasectomies, newborn circumcisions and colposcopies.
- Our clinic is a multispecialty primary care clinic with family medicine, internal medicine and pediatrics.
- Urgent care, optometry, dental, pharmacy, radiology and lab on-site.
- Behavior health consultation on-site.

#### Faculty mix

- 3 M.D. and 1 D.O. faculty
- 5 FM and 4 pediatric clinic preceptors
- 7 community preceptors

## Employment and benefits

### Benefits summary

OHSU Family Medicine residents are provided various plans from which to choose for medical, dental, vision, prescription and life insurances, with optional coverages including disability, AD&D and family. Basic coverage begins for residents on their first day, with changes/family members added the first day of the month following their enrollment. OHSU pays for most of the costs of the monthly premium for employees and part of the costs of the monthly premium for spouses and children.

### Benefit funds

Residents have funds from OHSU added to their pay to cover the cost of insurance coverage sponsored by the university. OHSU's benefit package is referred to as UniversityFlex and allows each resident the freedom to choose from a variety of medical, dental, disability and life insurance options. The package also includes a dependent care flexible spending account and health care flexible spending account. Residents are required to have medical and dental insurance, whether they are provided by OHSU or through a separate group plan. In addition, all residents are provided with \$25,000 in life insurance coverage at no cost to them.

The GME Office staff will assist each incoming resident with their benefits selections, and all OHSU employees can change their benefits annually during the open enrollment period in October. Announcements, benefits summaries and instructions for changing benefits are made by the Benefits Office in September. Changes in benefits made by October 31 will go into effect January 1 of the following year. Please note: If an employee wishes to continue a health care or dependent flexible spending account for the following calendar year, they must renew them annually. If an employee doesn't have any changes to make, all other benefits will continue without interruption.

Outside the open enrollment period, changes can be made to your benefits only if you have a qualified family status change, including birth, marriage, divorce, benefits changes for working spouse, etc.

### Vacation

Residents are eligible for four weeks of annual paid vacation. This vacation is not cumulative from year to year.

### Parking

Parking is limited on the university grounds. A space, however, is always assured for every resident/fellow who purchases parking. Parking is available at a reduced cost for residents/fellows and can be automatically deducted from paychecks before taxes are applied. Alternatively, TriMet passes for bus and light-rail services are provided at substantially reduced prices for residents/fellows.

### Sick leave

All residents are entitled to three weeks with pay annually for absence from service due to illness, bodily injury, necessity for medical or dental care, or because of illness or death in the immediate family of the resident or the resident's spouse. Sick leave is cumulative throughout the term of service of the resident.

*\*The American Board of Family Medicine has a leave policy for residents that outlines the impact of leave on a resident's training status.*

### Housing resources

OHSU does not provide living accommodations for residents/fellows or their families, although the Office of Graduate Medical Education, as well as individual departments, may be able to provide helpful information regarding relocation and housing.

### Relocation

OHSU does not provide living accommodations or a relocation stipend for residents or their families, although the current family medicine residents and residency staff may be able to provide helpful information regarding relocation and housing.

### Salary

The salary levels for residents/fellows for the 2020–2021 academic year are listed below. The annual salary depends on the level of postgraduate training the resident/fellow has completed within the United States.

TRAINING LEVEL	SALARY
PGY1	\$58,600
PGY2	\$61,400
PGY3	\$64,300
PGY4	\$67,500

### Other professional items

The Office of Graduate Medical Education will provide lab coats, business cards, pagers and long-distance authorization codes for the use of residents during their training. The University Hospital also provides on-call rooms and meal money for certain rotations at OHSU, as well as laundry services for scrubs.

### FMLA and OLFA

The federal Family and Medical Leave Act (FMLA) and Oregon Family Leave Act (OFLA) are laws that protect your employment status while time is taken for maternity/paternity responsibilities or to care for a family member. FMLA provides 12 weeks of protected leave with benefits after 12 months of employment. OFLA provides 12 weeks of protected leave after six months of employment; however, benefits are only covered until paid leave is exhausted.

### Paid parental leave

Residents are eligible for three weeks of paid leave due to the birth or adoption of a child. Residents are eligible for paid parental leave after they have completed one year of employment. If either FMLA or OFLA is taken, sick time must be used before vacation time, and time taken without pay is also an option. Residents accrue three weeks of sick time annually.

### Pre-employment drug screening & background check

All OHSU employees with patient contact are required to pass a pre-employment drug screening, and all OHSU employees are required to pass a background check. The GME Office provides instruction about these screenings for all new residents.

*\*Because OHSU receives federal funding, institutional policy refers to an unlawful drug as "any drug that is illegal under federal, state or local law." While marijuana is legal in the state of Oregon, it is included in this definition of unlawful drugs and is included in the drug screening process.*



### Continuing medical education funds

Residents are allowed five days of annual paid CME time. Residents receive CME funds to use on approved CME activities and materials. Year of training determines the amount each resident receives. Unused funds and time do not carry over from year to year.

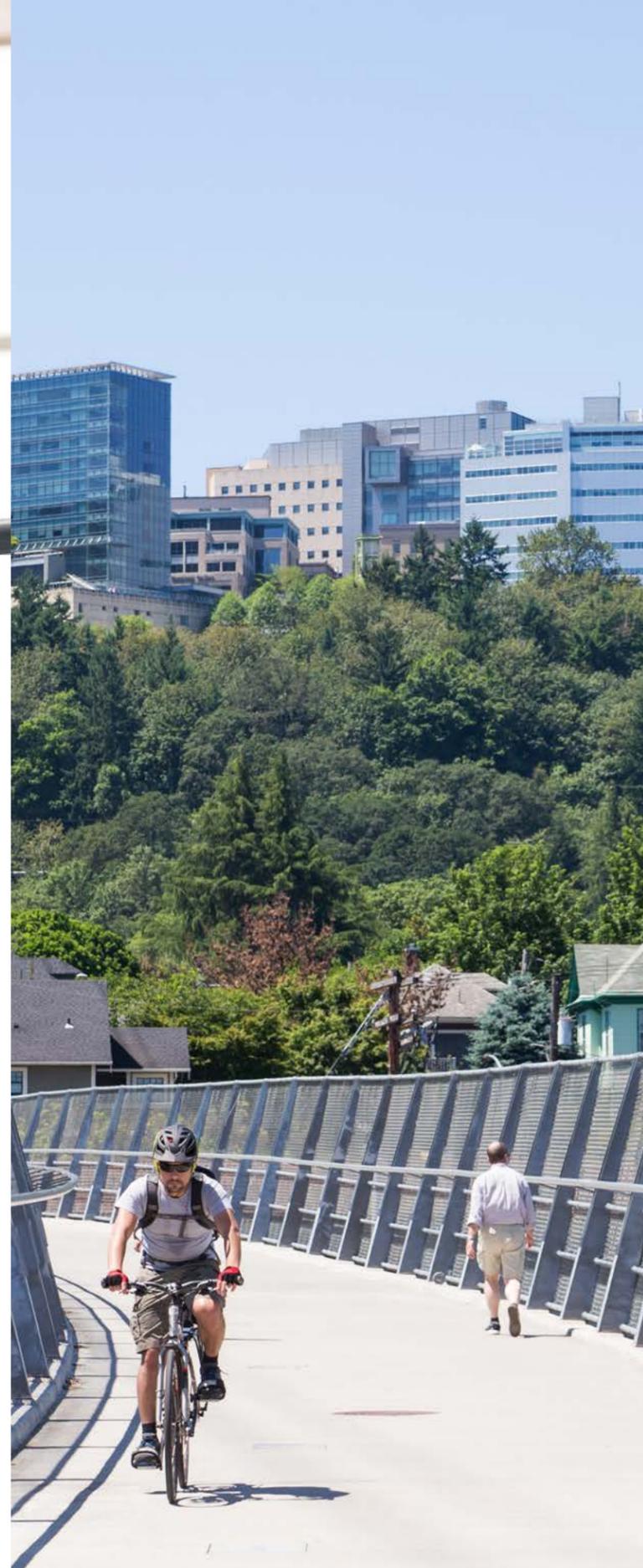
### Other funding opportunities

The Peter A. Goodwin, MD Fund supports OHSU Family Medicine resident teaching (educational activities not supported by grant or departmental funds), travel costs associated with presenting academic presentations (to state and national family medicine meetings) and scholarships (such as seed money for resident research projects).

### CME activities

CME funds may be used to support:

- Travel to continuing medical education meetings. Residents are free to use their yearly travel allowance toward the costs incurred in travel, lodging, meals or meeting registration. Travel to medical meetings is restricted by the availability of educational leave days from the program. Each resident has five CME days per year. CME days must be taken from CME-eligible rotations (see Vacation Policy).
- Travel and expenses for elective rotations, with approval.
- Books. This money may be used for the purchase of medical books and journals.
- Applications and software. Residents may use CME funds to purchase educational and medical applications and software, including subscriptions.
- Professional memberships and journal subscriptions. Membership in the AAFP is provided to all residents by the Department of Family Medicine. Other professional memberships and journal subscriptions may be reimbursed using CME funds at the discretion of the residency director.



### Resident wellness

Wellness is a major priority for our program. In addition to the four “wellness” half days given to our residents per year, we also have wellness conferences, a resident wellness retreat, mentorship programs and our wellness resident committee.

Resident wellness is also programmed into our rotation schedules. Certain rotations include unscheduled time during business hours on weekdays. This time can be used for personal wellness or administrative time.

OHSU also offers access to the Resident and Faculty Wellness Center. Here OHSU provides an array of services to increase clinician wellness and reduce burnout and distress. These services include confidential counseling and coaching services for both professional and personal struggles. The Wellness Center offers early morning and evening hours to accommodate resident schedules. In addition, there is a wellness help line that is available 24 hours a day.

### Bike Incentive Program

OHSU’s Bike Incentive Program is a web-based system that allows users to quickly log bike trips to OHSU campuses. Bicyclists are reimbursed for their commute; each day you travel by bike on an inbound trip you receive \$1.50.

### Eligibility

- Be an authorized OHSU badge holder.
- Commute by bike on an inbound trip that is a minimum of 2 miles from OHSU.
- Bike the day you log a trip.
- Abide with the OHSU Code of Conduct.

Using public transit, including the tram, has no bearing on eligibility providing at least 2 miles of your trip were solely by bike. Accurately reporting your trip helps us improve the biking and transit experience.

For more information, visit [www.ohsu.edu/bike](http://www.ohsu.edu/bike).

## About Portland

On behalf of the faculty and staff in the Family Medicine Residency Program, welcome to Portland! We hope your visit with our program is informative and inspiring and your stay in Portland enjoyable. This guide will point you and your family in the right direction as you explore the city.

For easy reference, Portland is organized into four quadrants: Northeast, Southeast, Southwest and Northwest. The Willamette River runs through the city and separates the east side from the west side. Burnside Street crosses the river and separates north from south. Downtown is located in the southwest and many of the neighborhoods that give Portland much of its charm are located in the northeast, southeast and northwest.

So what makes Portland a great place to live and work? In short, everything! No matter your interests, the city and region have you covered.

### Food and drink

Portland is renowned for its restaurant, beer and spirits scene. Some of the nation's top restaurants are only a short walk, drive, bike or streetcar trip away. With 65 breweries and counting, Portland is also the epicenter for craft beer in the United States. Furthermore, there are farmers markets located throughout the city where you can pick up everything from seasonal fruits and vegetables to craft cheeses and baked goods. It's food heaven! If you'd like to explore the food scene, here are a few places to consider:

*Note: Restaurants and coffee shops current as of November 2020. Please check before you make plans.*

#### **Pine Street Market**

126 S.W. 2nd Ave.

*An upscale food hall and marketplace with options from ramen to Latin American street food all located within a single building.*

#### **Food Carts**

[www.foodcartsportland.com](http://www.foodcartsportland.com)

#### **Andina**

1314 N.W. Glisan St.

#### **Shalom Y'all**

1128 S.W. Alder St.

#### **Podnah's**

1625 N.E. Killingsworth St.

#### **Ken's Artisan Pizza**

304 S.E. 28th Ave.

#### **Ava Genes**

3377 S.E. Division St.

#### **Grassa & Lardo**

1205 S.W. Washington St.

#### **Loyal Legion Beer Hall**

710 S.E. 6th Ave.

#### **Ox**

2225 N.E. Martin Luther King Jr Blvd.

#### **Deschutes Brewery**

210 N.W. 11th Ave.

#### **Ecliptic Brewing**

825 N. Cook St.



### Outings with the kids

**The Portland Zoo:** 4001 S.W. Canyon Road

**Portland Children's Museum:** 4015 S.W. Canyon Road

**OMSI (Oregon Museum of Science and Industry):** 1945 S.E. Water Ave.

**Oaks Amusement Park:** 7805 S.E. Oaks Park Way. Seasonal, though roller skating is available year-round. One of the oldest operating amusement parks in the country!

### Outdoors

Portland is 80 miles from the ocean, 50 miles from the mountains, contains the largest urban park (Forest Park) in the United States, and is near more rivers and state parks than you can shake a stick at. In addition, the city is one of the top places to bike! If you're interested in a walk, consider visiting Laurelhurst Park, Washington Park or Forest Park.

### Coffee

Portland has a coffee culture like no other city. Local coffee roasters abound and it seems there is a coffee shop on every corner. So no matter where you are, rest assured you are close to a warm, buzzy coffee. Looking for a suggestion? Check out one of the following:

#### **Stumptown Coffee**

3356 S.E. Belmont St.,  
1026 S.W. Harvey Milk St. or  
128 S.W. 3rd Avenue

#### **The Albina Press**

4637 N. Albina Ave. or  
5012 S.E. Hawthorne Blvd.

#### **Barista**

823 N.W. 23rd Ave.,  
539 N.W. 13th Ave. or  
1725 N.E. Alberta St.

#### **Nossa Familia Coffee**

1350 N.W. Lovejoy St. or  
2007 S.E. Division St.

#### **Spella Café**

520 S.W. 5th Ave.

#### **Heart Coffee Roasters**

2211 E. Burnside St.,  
1123 S.W. Washington St. or  
5181 S.E. Woodstock Blvd.

### For more things to do in Portland

Visit [www.travelportland.com](http://www.travelportland.com).



## Contact us

We hope that you found your visit with us to be informative and enjoyable! We enjoyed meeting you. Please do not hesitate to contact us.

If you would like to contact our residents directly, please see our Contact List handout.

Written correspondence to anyone you met during your time here can be mailed to:

Oregon Health & Science University  
Mail Code: FM  
3181 S.W. Sam Jackson Park Road  
Portland, OR 97239

Family Medicine Residency Program General Contact Information:

Phone: **503-494-6600**

Email: **fmres@ohsu.edu**

Fax: **503-494-7659**

Website: **[www.ohsu.edu/fmresidency](http://www.ohsu.edu/fmresidency)**

OHSU Family Medicine Residency Program

Mail Code: FM

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Portland, OR 97239

**[www.ohsu.edu/fmresidency](http://www.ohsu.edu/fmresidency)**



OHSU accepts most health plans.

*OHSU is an equal opportunity, affirmative action institution.*