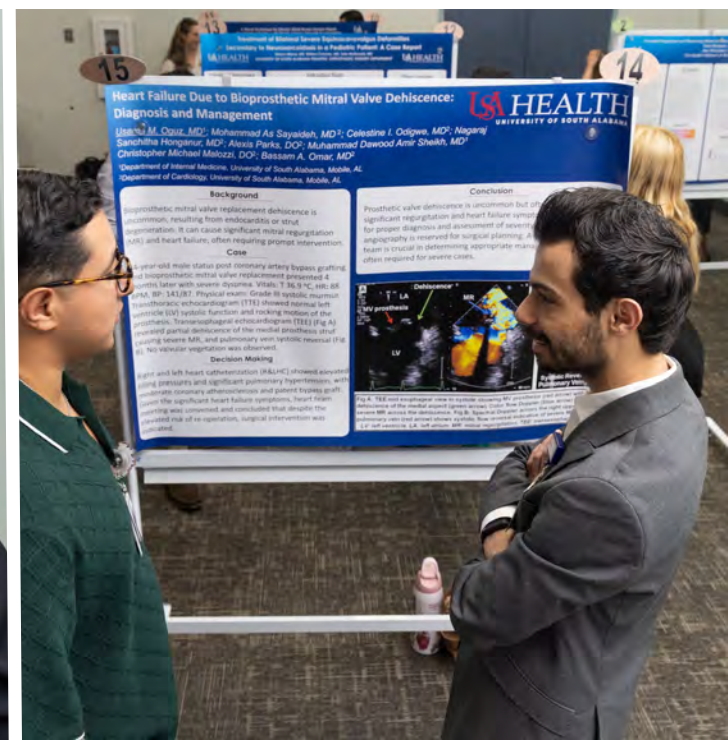




Internal Medicine Residency Program

Program Education & Wellness



The Educational Experience

Monday

No conference

Tuesday

Intern Academic Half Day (12pm-3pm)

Wednesday

Upper Level Academic Half Day (12pm-3pm)

Thursday

Grand Rounds (8am-9am)

Ambulatory Half Day (9:15am-11:15am) - *When on Ambulatory rotation*

Noon Report (12pm-1pm) - *Can be Housestaff Meeting, Tumor Board, Journal Club, M&M, etc.*

Friday

No conference

Academic Half Day

Our Academic Half Day is protected education time, 3 hours each week. Its design is based on the ABIM Blueprint and ITE/ABIM results from our residents. Combined, the Academic Half Day is designed for board passage and practical patient care.

Format

First Hour – Faculty Presentation

Second Hour – Resident Case-Based Small Group & Presentation

Third Hour – Review, Case Conference, Wellness, QI/PS, etc.

Academic Half Day

Resident Hour

- Problem-based learning
- Prepare a guide to walk peers through learning cases ahead of time with assigned faculty mentor
- Lead a small group discussion during Half Day
- Lead a short wrap talk with clinically relevant and board relevant high points

Ambulatory Half Day

The Ambulatory Half Day occurs every Thursday morning for residents on a 2 week Ambulatory block. It focuses on ambulatory-specific topics.

Format

First Hour – Faculty Presentation/Small Group

Second Hour – Faculty Presentation/Small Group

Education Opportunities

We offer a variety of educational opportunities:

Education

Support for scholarly activity including publications, posters, and conference presentations

Access to the Biomedical Library

Robust simulation curriculum

ACP Membership

MKSAP

U-World

Annual In-training examinations

Board prep course or focused study week during PGY 3 year

Annual retreats for residents by PGY level

Mentorship Structure

As a resident, you will be assigned (with the option to change) a **peer** mentor, **program** mentor, and **faculty** mentor throughout your training.

The Wellness Experience

At an Organizational Level

At USA Health, we provide services that support resident wellbeing:

- Employee Assistance Program
- Employee Clinic
- Gym facilities and membership
- Lactation facilities
- Lounge space with free snacks
- Provision of support services
- Daily meal card for the cafeteria

The Wellness Experience

At an Individual Level

In the Internal Medicine Residency Program, we support individual wellness through:

- Flexible time during Ambulatory block to attend to personal needs
- Resiliency training
- Burnout prevention techniques
- Community service
- Peer group involvement and mentoring
- Wellness hours
- Individual wellness check-ins
- Program wellbeing curriculum

Resident Retreats

Our resident retreats are some of the most anticipated events of residency. Each is tailored to the PGY level.

Retreat Topics by PGY Level

First Year – Leadership skills and readiness for upper level responsibilities

Second Year – The eight aspects of wellness

Third Year – ABIM board preparation, career planning, and life after training

Other Benefits

- Comprehensive health insurance
- Reimbursements (i.e., licensure, travel, etc.)
- USA Employee discounts
- Access to University of South Alabama Campus facilities
- White coats and scrubs

