

The Internal Medicine Residency Program at Naval Medical Readiness & Training Command, Portsmouth



"Our program cultivates compassionate, patient-centered physicians dedicated to professional excellence. We develop outstanding officers and future leaders in Navy Medicine prepared for independent and operational practice."

From the Program Director



In 2013, we assembled a working group to chart a course for the future of our training program. The mission statement you've just read is a result of that collaborative process and reminds us of our guiding principles as we continue to lead Navy Internal Medicine through educational innovation. If these ideas resonate with you, perhaps you should join our team.

Personally, I believe great physicians are able to see patients as people. My goal is for our program to help you learn how to treat the whole patient, not just their disease, and we've built a comprehensive program with that goal in mind.

Our program invests in the personal and professional development of our trainees and is continually improving through feedback. I believe in appreciating and playing to people's strengths while also ensuring that everyone meets or exceeds a standard of competence before graduating from our program. Since 2013, our Clinical Competency Committee has evolved into a robust academic advising program providing each trainee with a single, dedicated and experienced faculty member to meet with on at least a semiannual basis to review training evaluations, provide advice for further development, and craft academic remediation plans, when needed. We provide a Clinical Orientation curriculum to support our trainees preparing to begin their clinical leadership positions as PGY-2s, whether they were coming directly from internship or returning to us from an operational medicine tour. In 2016-17, we implemented a formal mentoring program to match trainees with invested faculty members based on shared interests, and in 2018-19 we redesigned our program didactics to instead provide trainees with weekly half-day academic sessions using small group and interactive teaching strategies, while also keeping trainees free from clinical duties during that time. All of these initiatives have grown from ideas and suggestions made by our trainees!

Our program also invests in the development of our faculty and those who design and lead your educational experiences. I personally play a role in faculty development for all teachers at NMRTC Portsmouth, and we have reorganized our program's leadership structure to allow me to do this in a more focused way for our program faculty. Since 2015 we have operated in a 4+1 model (4 weeks of a rotation followed by 1 week dedicated to continuity clinic) to facilitate a more comprehensive experience from which to learn the practice of outpatient general internal medicine. In the years that followed, we built a group of academic general internists so you could learn general internal medicine from general internists! Rest assured, there is still plenty of additional opportunity to learn and develop scholarly projects with any of our general or subspecialty faculty.

Although our training program is one of the oldest in the country (1951), we are constantly growing to capitalize on new ideas and training opportunities. I'm incredibly proud of what our program and trainees have accomplished, and am confident that our program will provide you with the best training experience in the Navy. After completing my internship here in 2007, it's been incredibly rewarding for me to see where we've been and where we're going.

I invite you to join us!

Learning

NMRTC Portsmouth is located in the Hampton Roads region of southeastern Virginia. This area is home to the Navy's Atlantic Fleet, and Naval Station Norfolk is the largest Naval base in the world. We serve over 450,000 Tricare beneficiaries, which offers our trainees a broad exposure to patients with common and uncommon illnesses alike.



Our curriculum is based on recommendations made by the Internal Medicine Education Committee, a group of faculty and PGY1-3 representatives. We constantly improve the educational product that we deliver for you. Results of this process have yielded a hybrid inpatient/outpatient Cardiology Consult Service, novel opportunities for you to care for continuity patients in subspecialty clinics, three rotations in local civilian healthcare systems, and what we consider the crown jewel of our program, the Outpatient GIM continuity clinic

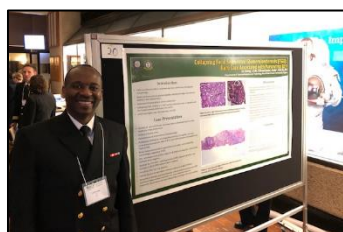
NMRTCP IM PGY1 AY20-21	(wks)
Inpatient GIM/Oncology	20
ICU	4
Cardiology Consult Service	4
Inpatient %	0.56
Outpatient GIM	10
Psych	2
Emergency Medicine	4
Ortho	2
Elective	4
Outpatient %	0.44
Leave	2
NMRTCP IM PGY2-3 AY20-21	(wks)
Inpatient GIM	27
Night Medicine	12
Cardiology Consult Service	4
ICU	16
Inpatient %	0.6
Outpatient GIM	20
Neurology	4
Geriatrics, Hospice & Palliative	4
Operational Medicine	2
Elective	9
Outpatient %	0.4
Leave	6

experience, where you will enjoy a longitudinal learning experience shared with your patients and outpatient clinic preceptor.

You will move through the curriculum on a 4+1 schedule. This allows you to learn outpatient GIM in your clinic for a week at a time every 5th week (the +1), followed by 4 weeks of an inpatient rotation or outpatient electives. Experiential learning is complemented by a daily case-based morning report, and a once-weekly half-day academic session. This provides you with protected time for didactics and small group learning activities with your peers. You will also participate in twice-monthly activities in our nationally-accredited Simulation Center.

We deliver a diverse training experience both within, and beyond the Military Health System. Believing that diversity in your training will build resilience and adaptability for your unique future experiences in military medicine, we are constantly balancing these learning environments. All PGY2-3 trainees spend two months rotating through the ICU at Norfolk General, a month long hospitalist experience at a second civilian partner institution and a month-long geriatric, hospice & palliative medicine rotation

hosted by Eastern Virginia Medical School. In 2020, our PGY2-3 trainees began two-week operational medicine rotations, and beginning in 2020-21, our PGY1s will participate in month-long experiences in ward medicine at Norfolk General. We also support those interested in research electives, specific off-service electives and opportunities available in international health and tropical medicine.



NMRTC Portsmouth Department of Internal Medicine: Scholarship
Lafreniere JP , et al. Burned Out at the Bedside: Patient Perceptions of Physician Burnout in an Internal Medicine Resident Continuity Clinic. <i>J Gen Intern Med</i> . 2016. PMID 26340808
Hooper AB, Cole J , Gao S , Lafreniere JP . Technology & Innovation: How to Create an Online Educational Platform. Alliance for Academic Internal Medicine, Skills Development Conference. 2016.
Lin A , Chin J , Sicignano N, Evans A. Repeat Hospitalizations Predict Mortality in Patients With Heart Failure. <i>Mil Med</i> . 2017. PMID 28885958
Sheikh F, Gathecha E, Bellantoni M, Christmas C, Lafreniere J , Arbaje AI. A Call to Bridge Silos during Care Transitions. <i>Jt Comm J Qual Patient Saf</i> . 2018. PMID 29759260
Servy J, Lafreniere J , Robbins R, Hartzell JD. Developing leadership skills for academic faculty: What I wish I had known when I took this position. The International Conference on Residency Education; Royal College of Physicians and Surgeons of Canada. October 2018.
Teneng I , Simerman C , Oliver D , Barelski A, Shimeall W, Pepper P, Lafreniere JP , Vipler B. Predictive Value of the In-Service Training Examination on Performance on the ABIM Certification Examination. American College of Physicians, U.S. Navy Chapter Meeting, December 2018.
Chin J , Seidensticker D , Lin A , Williams E. Limited Use of Outpatient Stress Testing in Young Patients With Atypical Chest Pain. <i>Fed Pract</i> . 2018. PMID 30766410
Udell J, Yuan Z, Rush T, Sicignano N, Galtz M , Rosenthal N. Cardiovascular Outcomes and Risks After Initiation of a Sodium Glucose Cotransporter 2 Inhibitor: Results from the EASEL Population-Based Cohort Study. <i>Circulation</i> . 2018. PMID 29133607
Vipler B, Nissan D, Darling N, Dean D , Pettebone A , Hicks T, Sikorski C, Landaker E , Linz N , Kronmann K , Gutierrez R, Elliott K. Disaster Response to Puerto Rico: An Internal Medicine Humanitarian Response Aboard the USNS COMFORT. <i>Mil Med</i> . 2018. PMID 30085223
Middendorf M , Busaileh A, Babakhani A , Marik P. Stevens-Johnson Syndrome/Toxic Epidermal Necrolysis: Treatment with Low-Dose Corticosteroids, Vitamin C and Thiamine. 2019. PMID 31678920
Nguyen H , Gao S , Dean D . IGG4 Related Renal Disease in the Setting of Smoldering Myeloma. American College of Physicians, Navy Chapter Meeting, January 2020.
Hartzell J, Lafreniere J , Weber L, Servy J. Mentoring and Sponsoring in the #HeForShe #MeTooEra. Alliance for Academic Internal Medicine, Academic Internal Medicine Week, April 2019.
Geis R , Croft J , Speicher M, Kyle A, Palma J, Kavanaugh M . Novel Internal Medicine Ultrasound Curriculum Led By Critical Care and Emergency Medicine Staff. Society of Critical Care Medicine, 49th Critical Care Congress, February 2020.

You will complete two scholarly projects and participate in a quality improvement initiative during your three years. Depending on your level of interest and initiative, the results of these projects range from clinical vignettes presented at local meetings to peer-reviewed publications and national presentations. Our department also hosts 10-15 students each month from USUHS, Eastern Virginia Medical School, and various HPSP-affiliated schools; there is plenty of opportunity to teach!



Living



Dedication to professional excellence includes a commitment to your personal well-being and using time in training to develop a balance that works for you. To this end, we like to celebrate what Hampton Roads has to offer.

Trainees live in Portsmouth and the surrounding areas of Norfolk, Chesapeake and Virginia Beach. Some spend 5 minutes walking to work each day, and no one has a commute of more than 30-40 minutes. With the lowest cost of living of any of the Navy's three largest MTFs, many

trainees opt to purchase a home. We have designed our rotation schedule to maximize the amount of call-free weekends trainees can use to take advantage of all that is available in the local Hampton Roads area.



We support a weekly social gathering, organized and advertised by the residents rotating on their +1 week. All trainees, family members, rotating students and faculty are invited to attend. We begin each academic year with a traditional Hail & Farewell hosted by the program leadership, allowing trainees to mingle with faculty and the newest members of the training program in an informal social setting. We close the year with a departmental Dining Out & Graduation Dinner.



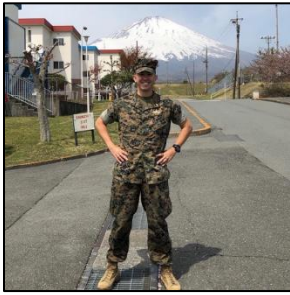
A sample of activities & destinations within 1hr of NMRTC Portsmouth

- Virginia Beach Oceanfront (beaches, boardwalk, art & music festivals)
- First Landing State Park (beach, hiking, camping)
- >30 local festivals and >50 local road races
- Eclectic dining options and >10 craft breweries
- Botanical Gardens
- Multiple museums (air, space, art, aquarium, science & children's)
- Multiple music venues
- Town Point Park (waterside art & music festivals)
- Local zoo
- Outer Banks, North Carolina
- Historic Triangle (Williamsburg, Jamestown and Yorktown) history tours, shopping)
- Local sports (including baseball & hockey)
- Great Dismal Swamp Wildlife Refuge (hiking and biking trails)
- Multiple theme & water parks



In accordance with the ACGME, the program provides formal curricular elements focused on physician well-being. Trainees learn about burnout in academic medicine, and well-being is formally assessed by program leadership on a semi-annual basis. Our institution also provides support to faculty and trainees through a provider wellness program.

After Graduation



Our PGY1 graduates are well suited to complete their categorical training in Internal Medicine, or use the critical thinking skills they learned during internship as a preliminary year prior to training in anesthesia, emergency medicine, radiology or dermatology. We encourage all trainees to use elective time to help them meet their specific career goals. Many opt to serve the fleet in an operational medicine setting prior to completing their residency training with us; we support fleet-based opportunities for you to explore this option during your internship.

We ensure that our PGY3 graduates are successful wherever they land, and we take an active role in mentoring

them through the process of negotiating their next duty station as a general internist. By facilitating longitudinal relationships between our trainees and faculty mentors who share similar

scholarly and clinical interests, we also ensure our graduates are highly sought after during the fellowship selection process, should they opt to pursue that path.



NMRTC Portsmouth Internal Medicine Graduates				
2017	2018	2019	2020	PGY1 Duty Assignments
6	6	3	2	GMO, United States Marine Corps
3	2	2	5	GMO, Shipboard/Clinic
1	1	0	1	Dive Medical Officer/Undersea
5	6	5	6	Flight Surgeon
6	4	8	5	Further GME training
2017	2018	2019	2020	PGY3 Duty Assignments
6	5	6	6	Internist, CONUS
0	1	0	1	Internist, OCONUS
0	0	1	4	Internist, Operational
1	3	1	1	Further GME training

Our leadership team

Our Department Chair, **CAPT Karl Kronmann**, is board certified in Internal Medicine and Infectious Disease. His interests include tropical medicine and he regularly teaches residents, staff physicians and allied healthcare professionals. His operational experiences include a deployment aboard the USNS COMFORT, and he was the officer in charge of a research detachment in Accra, Ghana, where he conducted research on a malaria vaccine, influenza in tropical countries and Lassa virus.

Our Program Director, **CDR Justin Lafreniere**, is a board certified General Internist who graduated from Tulane University School of Medicine and Portsmouth's residency program before pursuing a fellowship in General Internal Medicine at Johns Hopkins University School of Medicine. There, he developed an expertise in medical education and faculty development and scholarly interests in burnout in medical education, patient-centered care & humanism in medicine. His operational experience includes a deployment to Joint Task Force, Guantanamo Bay, Cuba. He assumed the role of Program Director in 2016.

CDR Peter McIntyre is the Associate Program Director for Curricular and Faculty Affairs and is board certified in Internal Medicine and Endocrinology. His operational experience includes a deployment to Joint Task Force, Guantanamo Bay, Cuba and multiple humanitarian missions aboard the USNS Comfort. Prior to his current role, CDR McIntyre served as the APD for Intern trainees and the department's HPSP medical student clerkship director. His scholarly interests include general endocrinology.

LCDR Ashley Fang is the Associate Program Director for Resident Trainees and is a board certified General Internist. She completed her internal medicine training at Portsmouth in 2017, before serving for a year as the Chief of Residents and completing a combat deployment to Iraq with MARSOC as the Task Force Surgeon. Her scholarly interests include feedback and mentorship in medical education.

LCDR David Oliver is the Associate Program Director for Intern Trainees and is board certified in General Internal Medicine. After graduating from Portsmouth in 2018, he served for a year as the Chief of Residents before being selected as the Internal Medicine subject matter expert for the Navy's HELM (Health Evaluation and Lifestyle Management) clinic serving the consultative medicine needs of Navy and Marine Corps flag officers. His scholarly interests include benign hematology and evidence-based medicine.

How to join us

We hope you'll stop by to say 'hi' if you are in or around NMRTC Portsmouth at any time of the year. Dr. Lafreniere and the Chief of Residents both have offices located with the Internal Medicine Clinic on the second floor of Building 2. Our interim **Program Coordinator, Ms. Michelle Dyer**, also has an office located within the Internal Medicine Clinic.

The residency application and selection process is equally important to trainees and program leadership. We invest a lot of time and energy to give you the best 'look' at your future training program and allow us a chance to get to know you. Traditionally, we host PGY1 and PGY2 applicants on formal interview days throughout the application season, which include morning report, information session about the program and the GMESB process, and a tour and informal lunch with current trainees.

That said, the recruitment activities for JUL-OCT 2020 have been modified in light of COVID-19. All formal interviews will be performed virtually and we understand that applicants will be limited in their ability to complete 'audition' rotations- don't fret, we get it!

If you are interested in the program at NMRTC Portsmouth, please call our Program Coordinator (see below) to reserve your virtual interview date and time. You will then receive access to an online, prerecorded group information session with the Program Director, covering the material we normally discuss during our in-person visit days. It is designed to answer FAQs in advance so we can make the best use of our virtual interview time. Additionally, you will receive more information about three three, livestreamed Q+A sessions on 29 JUL, 12 AUG and 2 SEP, hosted by our trainees and available (but optional) to all interested applicants. We are all very much looking forward to meeting and working with you!



NMRTC Portsmouth Department of Internal Medicine: Honors	
Leadership	
2017-2020 Naval Medical Center Portsmouth, Director of Medical Services (Bowes)	
2018-2020 Naval Medical Center Portsmouth, Executive Officer (Rice)	
2018-2020 USNS COMFORT, Director of Medical Services (Morris)	
2018- Specialty Consultant to the Chief, Navy Bureau of Medicine & Surgery for Rheumatology (O'Sullivan)	
2018- Specialty Consultant to the Chief, Navy Bureau of Medicine & Surgery for Endocrinology (Galitz)	
2019- Navy Readiness and Training Command Portsmouth, Public Health Emergency Officer (Warkentein)	
2019- Navy Readiness and Training Command Portsmouth, Fleet Liaison (Hicks)	
2020- Navy Readiness and Training Command Portsmouth, Associate Director of Medical Services (Daley)	
2020- Specialty Consultant to the Chief, Navy Bureau of Medicine & Surgery for Internal Medicine (Lin)	
2020- Specialty Consultant to the Chief, Navy Bureau of Medicine & Surgery for Infectious Diseases (Kronmann)	
Deployment Experience	
2014-2017 Joint Task Force-Guantanamo, Guantanamo Bay, Cuba	
2016 Navy Expeditionary Medical Facility: Operation Inherent Resolve, Iraq	
2017 USNS COMFORT: Hurricane Maria disaster response, Puerto Rico	
2017 NATO Role 3 Multinational Medical Unit, Kandahar, Afghanistan	
2018 USNS COMFORT: Operation Enduring Promise	
2018 Special Operations Task Force North, Iraq	
2019 USNS COMFORT: Operation Enduring Promise	
2020 USNS COMFORT: COVID-19 disaster response, New York City	
Recognition	
2016 Naval Medical Center Portsmouth, Command Intern of the Year (Oliver)	
2017-2018 Navy Chapter, American College of Physicians, Vice Admiral Nathan Young Leader Award (Vipler)	
2018 Military Health System Advancement Toward High Reliability in Healthcare Award (Linz, Geis, Trentacosta)	
2019-2020 Navy Chapter, American College of Physicians, Laureate Award (Seidensticker)	
2020 Navy Readiness and Training Command Portsmouth, Command Intern of the Year (Day)	

Virtual Interview Days 2020	
	FRI JUL 10
	FRI JUL 31
	FRI AUG 14
	FRI AUG 28
	FRI SEP 4
	FRI SEP 18
	FRI SEP 25
	FRI OCT 9
Virtual Resident Meet & Greets 2020	
	WED JUL 29
	WED 12 AUG
	WED 2 SEP

Quick facts about NMRTC Portsmouth IM 2020	
15 PGY1 trainees selected for training/yr	
~10 PGY2 trainees selected for training/yr	
Program Coordinator:	
Ms. Michelle Dyer	
757-953-2104	
susan.m.dyer2.civ@mail.mil	
Program Director:	
Dr. Justin P. Lafreniere	
757-953-5695	
justin.p.lafreniere.mil@mail.mil	