

## How to Apply:

Interested applicants must apply for U.S. Navy Graduate Medical Education training on active duty and meet all eligibility requirements for service in the U.S. Armed Forces. Interested USUHS, HPSP and HSCP students are encouraged to spend time on our service and should coordinate a rotation by contacting our Student Coordinators.

USUHS Student Coordinator:

Rachel Darling 757-953-3677

rachel.k.darling.civ@mail.mil

rachel.darling@USUHS.edu

Student Affairs Coordinator:

757-953-0672

Program Director: LCDR Dan Sanford

Residency Coordinator:

Ms. Tiffany Carpenter 757-953-2518 [tiffany.m.carpenter9.civ@mail.mil](mailto:tiffany.m.carpenter9.civ@mail.mil)

<https://portsmouth.tricare.mil/Research-Education/Graduate-Medical-Education-Dental-Programs>

## Contact Us

Department of Surgery (Code 04GS)

620 John Paul Jones Circle

Naval Medical Center

Portsmouth, Virginia 23708-2197

757-953-2518



# Naval Medical Center Portsmouth



## Residency Program

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## Program History:

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The General Surgery Residency Program at NMCP was established in 1950. The program finished between three and four residents per year from about 1956 until 1989, when the program became permanently approved for two categorical positions each year. In 2005 the program once again grew to accommodate 3 residents per year. The department has enjoyed a rich heritage through the years. Four of our former residents went on to become flag officers. Two of them, Vice Admiral Hagan and Vice Admiral Robinson, eventually became Surgeon General of the Navy. A total of nine graduates over the years have gone on to assume department head or program director positions at university and military hospitals throughout the United States.



The General Surgery Program at NMCP boasts a faculty of experienced surgeons who are able to provide comprehensive care to our patients and high quality training for our residents. In addition to our general surgery faculty, our staff includes surgeons who are specialty trained in: colon and rectal surgery, minimally invasive/ robotic surgery, surgical oncology, vascular surgery, pediatric surgery, trauma/ critical care, endocrine surgery, and cardiothoracic surgery.

## Living in the area. Quality of life.

Naval Medical Center Portsmouth is located on the banks of the Elizabeth River in the historic and diverse community of Hampton Roads. Portsmouth is centrally located between the resort city of Virginia Beach, the vibrant downtown of Norfolk, suburban life in Chesapeake, the more rural Suffolk, and the peninsula communities of Hampton and Newport News. All are located no more than 20-30 minutes from Portsmouth!

This region is one of the most popular vacation sites on the East Coast. Miles of beautiful beaches are minutes away in Virginia Beach. Outdoor and environmental enthusiasts will love the ecologically diverse Chesapeake Bay and its inland waterways that transect the entire region. The historic triangle of Williamsburg, Jamestown, and Yorktown boast some of the most significant historical attractions in the country. Busch Gardens and Water Country USA are only 45 minutes away. The watersport paradise of North Carolina's Outer Banks is just an hour away. The eastern shore and its famous islands of Chincoteague and Assateague are only 90 minutes north. Skiing and mountain activities are only 3 hours away, as is Washington D.C. and all it has to offer.

The Hampton Roads area boasts world-class theater, opera, Broadway shows, concerts, and a symphony. Museum enthusiasts will love Nauticus in downtown Norfolk, the Battleship Wisconsin, the Virginia Air and Space museum (adjacent to the Langley NASA research center), the Chrysler Museum of Art, the Norfolk Botanical Gardens, the Norfolk Zoo, as well as the Virginia Aquarium, one of the largest and top rated Aquariums on the east coast. Sports are well represented by Triple-A baseball's Norfolk Tides (who play in Harbor Park, voted the best minor league baseball stadium in the country) and AHL Hockey's Norfolk Admirals. Runners and triathletes will enjoy the multitude of world class races in the area, including the Rock 'n Roll Half Marathon (held at the Oceanfront during the American Music Festival, which is the largest outdoor music festival on the east coast), as well as the St. Patrick's Day Shamrock Sportsfest. These events, along with multiple Division-I university athletic programs, give sports enthusiasts plenty to do.



## About the Program:

The residency consists of a 12 month comprehensive basic surgery internship, followed by a 48 month residency. Our program boasts a full five-year accreditation by the Residency Review Committee of the Accreditation Council for Graduate Medical Education. We train twelve interns and three residents per year.

The didactic portion of our program is based upon a comprehensive curriculum and benefits from a structured, protected academic day each week. With this, residents are excused from all clinical duties to participate in academic sessions consisting of basic science and clinical surgery small group review sessions, morbidity and mortality conferences, in-depth pre-operative conferences, as well as grand rounds, subspecialty presentations, and journal clubs. Our curriculum is augmented by an on-site simulation center with basic and advanced laparoscopic trainers and an endoscopic simulator, with an organized program of instruction and self-study. We also perform monthly on-site cadaver dissection lab, oriented to surgical approaches and operative procedures.

The clinical experience includes comprehensive preoperative and postoperative care of the surgical patient and emphasis is placed on operative experience starting at the intern level. Interns in our institution average between 75 and 100 cases as primary surgeon or first assistant. Chief residents average between nine and twelve hundred cases in their five year experience, with broad experience in all defined categories. The program recently integrated with Riverside Regional Medical Center as an integral part of training where the trainees rotate on the Trauma and General Surgery services. Additional away rotations include Reading Hospital in PA, Sentara Norfolk General (Burn/Trauma and Transplant), Sentara Leigh (General and Thoracic), and University of Virginia Surgical Critical Care and Transplant Surgery.



Cost of Living Indexes	Washington, DC	Portsmouth, VA	Difference
<a href="#">Overall Index</a> : Homeowner, No Child care, Taxes Not Considered	152.1	89.6	41.1% less
<a href="#">Food &amp; Groceries</a>	114.1	95.8	16.0% less
<a href="#">Housing</a> (Homeowner)	240.8	66.3	72.5% less
<a href="#">Median Home Cost</a>	<a href="#">\$556,700</a>	<a href="#">\$153,200</a>	\$403,500 (72.5% less)
<a href="#">Utilities</a>	106	97.4	8.1% less
<a href="#">Transportation</a>	135.3	99	26.8% less
<a href="#">Health</a>	88.6	106.5	20.2% more
<a href="#">Miscellaneous</a>	105.7	100.7	4.7% less

Cost of Living Indexes	San Diego, CA	Portsmouth, VA	Difference
<a href="#">Overall Index</a> : Homeowner, No Child care, Taxes Not Considered	160.1	89.6	44.0% less
<a href="#">Food &amp; Groceries</a>	109.7	95.8	12.7% less
<a href="#">Housing</a> (Homeowner)	279.1	66.3	76.2% less
<a href="#">Median Home Cost</a>	<a href="#">\$645,300</a>	<a href="#">\$153,200</a>	\$492,100 (76.3% less)
<a href="#">Utilities</a>	102.8	97.4	5.3% less
<a href="#">Transportation</a>	120.2	99	17.6% less
<a href="#">Health</a>	89	106.5	19.7% more
<a href="#">Miscellaneous</a>	105.6	100.7	4.6% less

100 = US Average. (Below 100 means cheaper than the US average. Above 100 means more expensive.)

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### *The Hospital: NMCP*

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Naval Medical Center, Portsmouth occupies a 112-acre site along the Elizabeth River in downtown Portsmouth, Virginia. It is located on the original site of Fort Nelson which was built in 1776 to provide harbor defense for Norfolk and Portsmouth. In 1827 construction began on the Naval Hospital, and by July 1830 a portion of Building One was occupied. Naval Medical Center, Portsmouth has provided continuous care since that time and remains the oldest hospital in the U.S. Navy.

In 1960 Building 215 was constructed to accommodate the ever-increasing demands of the Naval Medical Center. As the military establishment grew, Naval Medical Center, Portsmouth became the major military medical facility serving active duty Navy, Marine Corps, Army, Air Force, and Coast Guard, their families, retired personnel, their dependents and other beneficiaries authorized treatment in uniformed services clinics and hospitals.

In June 1990, the Naval Medical Center broke ground on a major construction project designed to build a modern replacement hospital with extensive support structures and services. The project was completed in 1998 and began operations in 1999. The Charette Health Care center is a 1.02 million square foot facility and the most modern available in the Navy inventory. The center contains over 300 clinical exam rooms, 140 specialty exam rooms and 17 operating rooms. In addition, the base features a research facility equipped for animal research projects, a mini mall with a Navy Exchange, banking services, galley and fast food operations, Olympic size pool, state-of-the-art gyms, MWR services and library.

## *What to expect during your first year of training.*

The General Surgery internship at the Naval Medical Center Portsmouth is designed to provide a challenging and diverse clinical experience. Our internship prepares medical officers for operational tours as well as provides them a solid foundation for continuation in surgical residency. The clinical experience includes comprehensive preoperative and postoperative care of the surgical patient and great emphasis is placed on operative experience.

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*The intern year is comprised of thirteen four week rotations.: six rotations on the General Surgery services, two of which are at Riverside Regional Medical Center and one rotation on: Surgical Subspecialty of their choice (i.e. Plastics, ENT, Ophthalmology, Anesthesia), Neurosurgery, Cardiothoracic and Vascular Surgery, Burn/Trauma. Orthopedic Surgery, Pediatric Surgery, Emergency Medicine, and Urology/OBGYN.*

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During each of their six months on the General Surgery services, interns spend the majority of their time as part of the day team - during which time they provide continuing care for all of the patients on their team, take admissions, and operate on acute cases. Night shift is supervised by a senior resident with interns taking a 24 hour call 2-3 times per month with a post-call day off afterwards. This arrangement not only provides optimal continuity for our patients, it maximizes the learning experience for the intern. The interns take full advantage of high-value daytime clinic and operative experience while maintaining <80 hour work week and at least one day off per week. This set up also helps each intern have 1-2 "golden weekends" with no clinical requirements and personal time off.

There are opportunities for clinical research within the department, and each intern is challenged to submit at least a case report or poster presentation during the year. The General Surgery intern experience at Naval Medical Center Portsmouth is rigorous, exciting, and challenging. The rewards are an extensive exposure to acute surgical maladies and a solid foundation in surgery which more than prepares the intern for a career in the surgical specialties. This foundation is also an outstanding preparation for those who will perform a GMO, Flight Surgery, or Undersea Medical Officer tour.