

## 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: CAPT Thomas Douglas

Residency Coordinator:  
Ms. Monica Benison 757-953-1814 monica.l.benison.civ@health.mil

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

### Contact Us

Department of Surgery  
620 John Paul Jones Circle  
Naval Medical Center  
Portsmouth, Virginia 23708-2197

757-953-1814



# Naval Medical Center Portsmouth



## Residency Program

---

## ORTHOPAEDIC SURGERY PROGRAM

### *Philosophy - Who Are We?*

---

A high volume, hardworking, cohesive academic program with committed faculty and residents that have high expectations, that thoroughly prepares each resident to deliver safe and quality care in a successful active duty career as an orthopaedic surgeon.

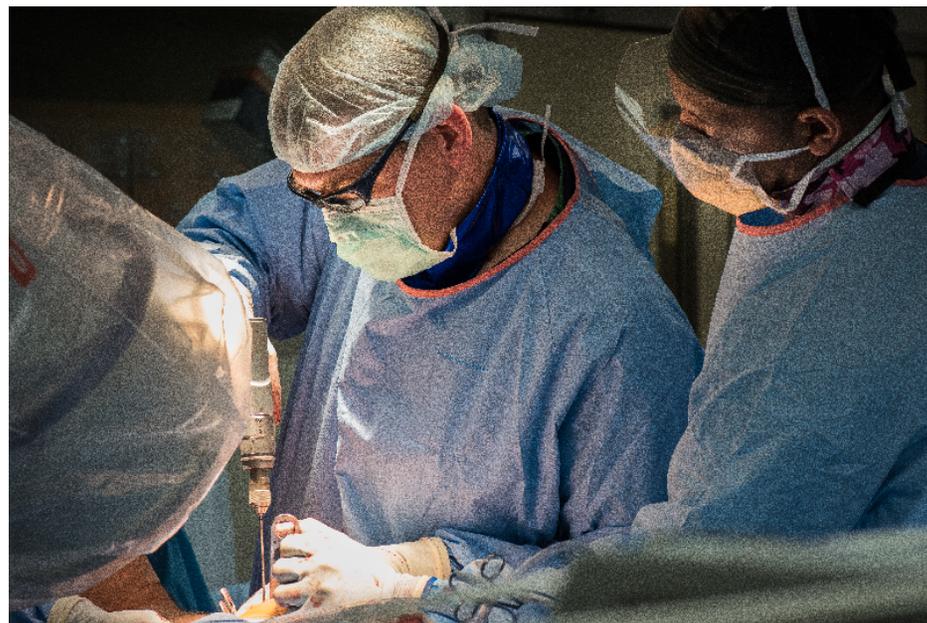
The Orthopaedic Surgery Program at the Naval Medical Center Portsmouth (NMCP) was established in 1958. It is a fully accredited, five-year program comprised of 20 residents with four residents at each year level of training and a dedicated orthopaedic internship. NMCP is a proven leader in academic and military medicine and the orthopaedic surgery department is no exception. The department is at the forefront of academic and clinical orthopaedics in both civilian and academic communities. The NMCP Orthopaedic Residency Program prepares its residents to be adept and knowledgeable, with a keen sense of clinical and technical skills. More importantly, the program stresses compassionate care conforming to the highest ethical standards of medical and surgical practice. Our graduates complete residency training technically proficient in all areas of orthopaedics, both operative and non-operative. Our program has one of the longest running 100% pass rate for Part I and Part II American Board of Orthopaedic Surgeons (ABOS) exams in the United States.

The Orthopaedic Department is located in the Charette Health Care Center at NMCP. The hospital is on a 112-acre site along the Elizabeth River in downtown Portsmouth, Virginia. The 1.02 million square foot Charette Health Care Center is one of the most modern in Navy Medicine. The center contains over 300 clinical exam rooms, 140 specialty exam rooms, and 17 operating rooms. NMCP has a biomedical research department with over 200 active protocols and a state-of-the-art medical library.

NMCP is a Level II Trauma facility with a wide catchment area - from facilities in Europe and the east coast of the U.S., all of which, provides a large variety of emergent and non-emergent orthopaedic cases. The local patient population is comprised of active duty and retired military members and their families. It also serves as a primary referral facility for casualties from conflicts throughout the world. The Orthopaedic Department performs approximately 6000 surgical procedure per year as well as minor operating room cases, fracture reductions, and urgent orthopaedic clinical care. Our residents perform a large number of fracture manipulations in the clinic and Emergency Department. Our Department of Defense population and expansive referral area ensure that there is no shortage on variety and amount of orthopedic cases.

### About the Program:

Naval Medical Center Portsmouth Residency Program is a comprehensive multi-center, multi-year experience. In addition to time spent in Portsmouth at the parent institution, residents travel to various other locations to enhance their broad orthopaedic experience. During the PGY-2 year, residents attend the AO Trauma Basic Principles Course. During the PGY-3 year, residents travel to Tampa for a rotation in orthopaedic trauma surgery and locally at Sentara Obici hospital in Suffolk, Virginia for orthopaedic spine surgery. During the PGY-4 year, residents travel to Boston to New England Baptist for Adult Reconstruction and locally at Childrens Hospital for the Kings Daughters, (CHKD) for pediatric orthopaedics. Also, during the PGY-4 year, the residents attend the Enneking Orthopaedic Tumor course, AO Trauma Advanced Principles course, and the Microvascular Hand course. During the PGY-5 year, residents travel locally to Sentara Norfolk General for orthopaedic trauma. Also, during the PGY-5 year, residents attend the Maine orthopaedic board review course.



# ORTHOPAEDIC RESIDENT/TPA FELLOW SCHEDULE

	JULY	AUG	OCT	NOV	JAN	FEB	MAR	APR	MAY	JUN
SITE	NAVAL MEDICAL CENTER PORTSMOUTH									
Rotation	TRAUMA	TRAUMA	PEDS	PEDS	HAND	HAND	SPORTS	SPORTS	SPINE	SPINE
Rotation	ADULT RECON	ADULT RECON	NIGHT FLOAT	NIGHT FLOAT	SPINE	SPINE	TRAUMA	TRAUMA	TRAUMA	TRAUMA
NAVAL MEDICAL CENTER PORTSMOUTH	New England Baptist, Boston, MA	CHKD	CHKD	CHKD	VBGH	VBGH				
Rotation	PEDS	ADULT RECON	PEDS	PEDS	TRAUMA	TRAUMA	TRAUMA	TRAUMA	HAND	HAND
SITE	NAVAL MEDICAL CENTER PORTSMOUTH									
Rotation	FOOT AND ANKLE TRAUMA	SPORTS	SPORTS	SPORTS	ADULT RECON	ADULT RECON	ADULT RECON	ADULT RECON	TRAUMA	TRAUMA
SITE	Sentara	NMCP	Sentara	Sentara	NAVAL MEDICAL CENTER PORTSMOUTH					
Rotation	Trauma	ORTHO Trauma	ORTHO Trauma	ORTHO Trauma	MSR/PMR	Neuro Surg	ORTHO Plastic	ORTHO Plastic	ORTHO Emerg Med	ORTHO Emerg Med

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

The current requirements for the PGY-1 year in Orthopaedic Surgery were defined by the American Board of Orthopaedic Surgery (ABOS) and ACGME. Below is a framework provided by the ABOS for rotations during the PGY-1 year that satisfies all requirements to start the PGY-2 year in Orthopaedic Surgery, yet provides a broad-based training experience if a GMO, Flight Surgery or Dive Medicine tour is selected. The PGY-1 Orthopaedic Surgery year at NMCP consists of the following rotations:

- 6 Orthopaedic
- 1 General Surgery
- 1 Neuro Surgery
- 1 Plastic Surgery
- 1 Emergency Medicine
- 2 Trauma at Norfolk Sentara
- 2 weeks Anaesthesiology
- 2 weeks Musculoskeletal Radiology



## NMCP ORTHO ROTATIONS

- 1. Adult Reconstruction/Orthopaedic Oncology Team:** A fellowship trained orthopaedic adult reconstruction joint surgeon, a fellowship trained orthopaedic oncology surgeon, a chief resident, and a PGY-3 resident comprise the Adult Reconstruction/Orthopaedic Oncology Team. Clinic is held two times per week and is focused on patients with major joint disease and/or complex hip and knee pathologic conditions and deformities. Operative cases occur three times per week. The PGY-3 and PGY-5 will assist the team with intraoperative and postoperative surgical care. A comprehensive experience in the treatment of musculoskeletal tumors is also included.
- 2. Tampa Trauma Rotation:** As a member of the USF Orthopaedic Trauma Team, the PGY-3 will assist with work-up, evaluation, and surgical management of acute trauma patients at a Level 2 trauma center.
- 3. Night Float:** The PGY-3 will be the senior resident in house at night Sunday through Thursday and will supervise a PGY-2 and an intern. The PGY-3 will manage all consults and inpatients. The PGY-3 will report to the chief resident on call. Residents rotate on this service for three months as a PGY-3.
- 4. Spine Team:** Two fellowship trained spine orthopaedic surgeons, a PGY-3, and a PGY-2 resident care for musculoskeletal problems in the spine patient. Clinics are two to three days per week, with two operative days per week. Additionally, half the time for the PGY-3 is spent in a local community spine practice.
- 5. Hand Team:** Three fellowship-trained hand surgeons lead the experience for one PGY-4 resident and one PGY-2 resident. The PGY-4 is responsible for cases in the Main OR (twice a week), and clinic (two days per week). The PGY-4 is responsible for discussion at hand journal club is every Tuesday morning.
- 6. Children's Hospital for the King's Daughters (CHKD):** The PGY-4 is part of the Pediatric Orthopaedic Team. You will work alongside our colleagues from the CHKD Pediatric Orthopaedic Surgery Service. This is a fantastic opportunity to work in a pediatric environment with our civilian pediatric orthopaedic surgeon colleagues.
- 7. New England Baptist Medical Center Adult Reconstruction, Boston, MA:** A PGY-4 is part of the Adult Reconstruction Team. Clinic is held two times per week and is focused on patients with major joint disease and/or complex hip and knee pathologic conditions and deformities. Operative cases occur three times per week. The PGY-4 will assist the team with

## NMCP ORTHO ROTATIONS CONTINUED

intraoperative and postoperative surgical care.

- 8. Fracture/Trauma Team:** Under the guidance of three fellowship trained staff orthopaedic trauma surgeons, the PGY-5 will supervise the PGY-2 and will coordinate a dynamic team with comprehensive orthopaedic problems. The PGY-4 is expected to run the Orthopaedic Trauma Service. The PGY-4 will also supervise the PGY-2 who carries the call pager and will supervise consults during this rotation. Here, basics of fracture care, trauma evaluation, and operative management will be taught. Clinic is two days per week coupled with two or more operative days. The PGY-4 will be responsible for supervising the PGY-2 in presenting trauma preoperative conference and journal club every Tuesday.
- 9. Pediatrics Team:** Two fellowship trained staff pediatric orthopaedic surgeons, a PGY-4, and a PGY-2 care for musculoskeletal problems in the pediatric patient. Clinics are two to three days per week, with two operative days per week.
- 10. Sentara Norfolk General Trauma:** As a member of the Sentara Norfolk General Orthopaedic Trauma Team, the PGY-5 will assist with work-up, evaluation, and surgical management of acute trauma patients at this Level 1 trauma center.
- 11. Sports Team:** Three fellowship trained sports surgeons specializing in orthopaedic problems of the shoulder and knee and one fellowship trained shoulder and elbow surgeon will work closely with the PGY-5 and PGY-2. Clinics are twice per week and operating room time is twice per week.
- 12. Foot and Ankle Team:** Two fellowship trained foot and ankle surgeons will work closely with the PGY-5. Attention is focused to the non-operative and operative care of mid and hind foot conditions and fracture care for the foot and ankle. Clinics are twice per week and operating room time is twice per week.



## NMCP Healthcare Simulation Bioskills Training Center (HSBTC)

The center has 2318 square feet of contiguous space and can accommodate training/research on several cadaver and anatomical specimens at any given time due to the layout of the space. Four dry stations accommodate anatomical specimen use and two wet stations can accommodate full cadavers. Storage for up to four cadavers is currently available and in the process of being expanded. Freezers for fresh frozen anatomical specimens are also available. Specialties utilizing the center for surgical anatomy teaching, research and surgical simulation include General Surgery, Otolaryngology, Orthopaedic Surgery, Emergency Medicine, Oral-Maxillofacial Surgery, Urology, and Obstetrics/Gynecology. An administrative support space is provided within the center, which allows access to support staff at all times during training/research activities.

An Orthopaedic Surgery Bioengineering Research Lab is also housed in the Bioskills Lab, which is staffed by a Bioengineer. An MTS machine is implemented with cadaveric and sawbones specimens for biomechanic testing research protocols.

## NMCP fellowship placement

### fellowships attended:

- ◆ Duke sports
- ◆ Rush sports
- ◆ Harvard foot
- ◆ Cleveland Clinic joints
- ◆ Norton Leatherman spine institute
- ◆ Harborview spine
- ◆ Denver children's Peds
- ◆ Tampa trauma
- ◆ Shelbourne sports
- ◆ Steadmann Hawkins sports
- ◆ Rush joints
- ◆ Miami tumor
- ◆ Minnesota sports
- ◆ HSS joints
- ◆ New England Baptist joints
- ◆ New England Baptist Sports
- ◆ Rady Children's Hospital Peds
- ◆ Wake Forest Hand
- ◆ UC Davis Trauma

## RESEARCH TRAINING

Research at NMCP in the Department of Orthopaedic Surgery is considered an integral part of the residency training. During the beginning of the PGY-2 year, the resident should identify a research project. It is expected that at the completion of residency, the resident should have at least one completed project that is of publishable quality and has been submitted to an appropriate journal and/or presented at an orthopaedic meeting. Each year, the resident is expected to submit an abstract for consideration for presentation at the NMCP Department of Orthopaedic Surgery Spring Research Day.

Most of the orthopaedic staff have extensive research and publication experience. The resident should know there is ample guidance and mentorship available for projects from the staff. Various lectures and teachings throughout the year are provided by the Department of Orthopaedic Surgery as well as the clinical Investigation Department which focus on research skills and experimental setup in order to hone research techniques.

An Orthopaedic Surgery Bioengineering Research Lab is located in the Bioskills Lab, which is staffed by a Bioengineer. An MTS machine is implemented with cadaveric and sawbones specimens for biomechanic testing research protocols.



The NMCP Orthopaedic Department has a comprehensive group of fellowship trained and general orthopaedic staff surgeons, approximately 20 in number with all orthopaedic specialties represented.

---

## *The Hospital: NMCP*

---



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.

## 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.

