

# The Internal Medicine Residency Program

## Naval Medical Readiness Training Command

### Portsmouth

#### From the Program Director



"I would let you take care of my family" is one of the most meaningful compliments one physician can say to another. Our program is dedicated to training skilled and compassionate physicians who truly meet this high standard. Furthermore, we are entrusted with the development of our next generation of military medical officers who will both take care of our troops and advise our leaders. My Associate Program Directors and I all have significant deployment experience, including missions to Iraq, Afghanistan, surface fleet, USNS Comfort and multiple humanitarian and COVID relief missions.

#### Academics

Experiential learning is complemented by a daily, often case-based, morning report. Additionally, there is a weekly subspecialty lecture on Monday, followed by a case-based reinforcement session on Wednesday to really "Make it Stick." Further moving away from the traditional lecture style, we have also developed a very robust medical simulation curriculum that emphasizes practice scenario-based sessions for the development of active decision-making in clinical

With our inception in 1951, our training program is one of the oldest in the country. However, our team also uses dynamic changes to ensure our program stays fresh and relevant. Our philosophy is simple: provide high quality care to our complex inpatient and outpatient populations and have outstanding academics. Regarding patient care, we are proud to offer a robust inpatient experience at Portsmouth with augmentations through partnerships with outside rotations at Sentara Norfolk General Hospital and Maryview Medical Center. Additionally, we emphasize the outpatient clinic experience by having a 3+1 model, which involves three-week rotations followed by one week dedicated to both outpatient clinical medicine and ambulatory didactics. The outpatient clinic curriculum culminates with our third-year residents' pre-graduation schedule mirroring a staff attending schedule regarding academics, our philosophy follows one of my favorite books "Make it Stick." Utilizing this principle, we minimize the passive learning of lectures and

focus more on case-based learning and simulation scenarios. Given the increased utilization of point of care ultrasound in medicine, we have also developed a robust ultrasound curriculum.

We are very fortunate to have the Atlantic Fleet here in the Hampton Roads area. This provides great opportunities for our military specific curriculum, including electives on ships and other operational platforms. The experiences are great here at Portsmouth, but our staff and residents are really what make me most proud. This is a group of talented, hardworking residents who are dedicated to learning the art and science of medicine, with supportive staff who serve as their guides and mentors on this journey. Please arrange a rotation and interview with us if you are interested in joining our program.

scenarios. In addition to a traditional Internal Medicine curriculum, the program also has major focus areas including **Point of Care Ultrasound, Military Operational Medicine, Social Determinants of Health, Evidence Based Medicine, and Quality Improvement**



#### Program Vision

*"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."*

#### IM Program Brochure

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## The Internal Medicine Residency Program

### Patient Care Experience

Top: Sentara Norfolk General Hospital  
Bottom: Maryview Medical Center



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Naval Medical Center 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. This offers our trainees a broad exposure to patients with common and uncommon illnesses alike. We regularly update our curriculum based on the recommendations of the Internal Medicine Education Committee, made up of faculty and PGY1-3 peer-selected representatives. In our continuity clinic experience, trainees enjoy a longitudinal doctoring and learning experience shared between the patient, trainee, and outpatient general Internal medicine faculty preceptor. The curriculum moves on a 3+1 schedule (3 weeks of an inpatient rotation or outpatient elective and 1 week continuity clinic). This allows the interns and residents dedicated time to focus on outpatient GIM in their conti-

nunity clinic for both clinical practice skills and clinic-based didactics. Our PGY2s and PGY3s are able to spend half a clinic day in a subspecialty clinic of their choice during their clinic weeks. For the general outpatient experience, we offer diverse training both from within and beyond the Military Health System. Our inpatient experience at Portsmouth includes very robust ward teams. Each ward team provides care for cardiology, neurology, oncology and general internal medicine patients. Interns and most residents will also rotate in the ICU each year at Portsmouth.

Outside Naval Medical Center Portsmouth, all of our PGY2-3 trainees spend two months rotating through the ICU at Sentara Norfolk General, regional tertiary care center, and have a month-long experience in geriatric medicine/hospice and palliative care hosted by Eastern Virginia Medi-

cal School. We also support trainees interested in completing dedicated research electives, specialized off-service electives, and other opportunities, such as international health and occupational medicine courses.

Trainees are required to complete a minimum of two scholarly projects and participate in a quality improvement initiative during their three years with our program. Depending on each trainee’s 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.

PGY1	Weeks	PGY2 & 3	Weeks
Inpatient Wards	15	Inpatient Wards	9
Oncology Consults	2	Geriatrics	4
Cardiology Consults	3	Cardiology	3
Intensive Care Unit	3	Portsmouth ICU	3
Sentara Norfolk General Wards	3	Sentara Norfolk General ICU	3
Emergency Department	4	Night float (admissions and cross cover)	6
Orthopedics	2	Outpatient GIM	12
Outpatient GIM	12	Military Specific Clinic	1
Military Specific Clinic	1	Elective	8
Elective	4	Leave	3
Leave	3		



LT Christa Kerbow somewhere above the Atlantic Ocean

### To the Fleet and Beyond

Our PGY1 graduates are well prepared to continue GME training in Internal Medicine or other specialties, such as anesthesia, emergency medicine, radiology and dermatology. We encourage all trainees to use their PGY1 elective time to help them meet their specific career goals. Many of our trainees serve the fleet in an operational medicine setting prior to returning to complete their residency training with us. We ensure that our PGY3 gradu-

ates 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 their longitudinal relationships with 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.



## Living in Hampton Roads

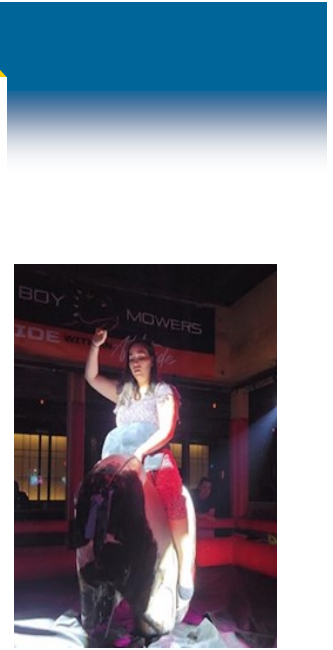
Our dedication to professional excellence includes a commitment to helping you develop a healthy work-life balance. To this end, we like to celebrate all that Hampton Roads has to offer.

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 homes during their time in our program. We have designed our rotation schedule to

maximize the amount of call-free weekends that trainees can use to take advantage of all that is available in the local Hampton Roads area.

The program supports a weekly social gathering, which is organized and advertised by the residents rotating on their +1 week. All trainees, family members, rotating students and faculty are invited to attend these events. At the end of each academic year, trainees look forward to our departmental resident graduation ceremony, where we honor our graduates and teachers.

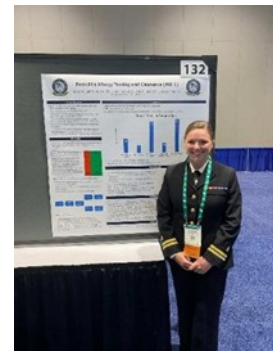
In keeping with the recently updated ACGME requirements, the program also provides formal curricular elements focused on physician well-being. Trainees receive yearly lectures on burn-out in academic medicine, and trainee well-being is formally assessed by program leadership on a semi-annual basis. Our institution provides faculty and trainee support through a provider wellness program. We also hope to expand our wellness curriculum to include a broader range of activities for both trainees and faculty in the coming years.



**Left:** Residents enjoying the beach during our Annual Retreat **Right:** Enjoying Thanksgiving

## Scholarly Activity

<p><b>Publications</b></p> <ol style="list-style-type: none"> <li>Shields, D; Dore, M, Plasse, R. <i>Treatment of FSGS and HPS with Tocilizumab.</i> J Am Soc Nephrol 32, 2021: 142.</li> <li>LaMorte, D and Dore, M. <i>Antacids and Antibodies: A Case of PPI Induced Systemic Lupus.</i> The American Journal Of Gastroenterology. 2021. S925.</li> <li>Lee, M Montell, D, Spooner, M. <i>Peripartum Management of Patient with Long QT3 After Successful Implantable Cardioverter Defibrillator Device Discharge Resulting in Device Failure: A Case Report.</i> European Heart Journal. 2021; 5(12):1-6. PMID: 34926986</li> <li>Ford B, Dore M, Moullet P. <i>Diagnostic Imaging: Appropriate and Safe Use.</i> Am Fam Physician. 2021;103(1):42-50. PMID: 33382559</li> <li>Ford B, Hedge V, Dore M. <i>What imaging can disclose about suspected stroke and its Treatment.</i> J Fam Pract. 2020;69(9):438-446. PMID: 33176339</li> <li>Burns M, Robben P, Venkataraman R. <i>Lyme Carditis with Complete Heart Block Successfully Treated with Oral Doxycycline.</i> 2021 Oct 6. Epub ahead of print.</li> <li>Babawale, Abiola; Ford, Brian; Peters, Melissa; Dore, Michael. <i>Effect of COVID 19 Pandemic on Military Readiness.</i> Manuscript submitted to Mil Med. Under review.</li> <li>Freeman, Emily; Steward, Ian; Dore; Michael; An, Joseph. <i>GBM and TBI: A Case Series.</i> Manuscript is complete. Submitted to Cancer. Under review.</li> <li>King, Tyler; Day, Grant; Dore, Michael; An, Joseph. <i>Primary Cardiac Angiosarcoma: A Case Report.</i> Abstract and manuscript Submitted to Annals of Internal Medicine. Under review.</li> </ol>	<p><b>Quality Improvement</b></p> <p>Currently over 20 QI initiatives</p> <p>Examples:</p> <p>2022 Defense Health Agency Ready Reliable Care High Reliability Organization Award for Patient Centeredness for establishing a Penicillin Allergy Testing and Clearance Clinic managed by Non-Allergy services: Over 250 patients effectively evaluated and 117 patients no longer labeled as having a penicillin allergy. Estimate savings of over \$800,000.</p> <p>Discharge Times-Major ongoing-Multidisciplinary QI project on Discharge is ongoing affecting over 3600 discharges/yr</p> <p>New Smoking Cessation Clinic initiative</p> <p>New Joint Injection Clinic within the IM clinic</p>
<p><b>Presentations</b></p> <p>36 podium and poster presentations including:</p> <ul style="list-style-type: none"> <li>National and Virginia American College of Physicians</li> <li>Society of Hospital Medicine</li> <li>American Thoracic Society</li> <li>American College of Gastroenterology</li> <li>CHEST</li> <li>Alliance for Academic Internal Medicine</li> <li>American Academy of Allergy, Asthma &amp; Immunology</li> <li>American of Military Osteopathic Physicians and Surgeons</li> <li>Tri-service ACP</li> </ul>	<p><b>Innovative Educational Activities</b></p> <ul style="list-style-type: none"> <li>Created an innovative 20+ hour GMO to GME lecture series - fleet returnee bridge</li> <li>Development of New Military Specific Curriculum</li> <li>Development of a new Diversity/Inclusion and Social Determinants of Health Curriculum</li> <li>Continuous Updates on Journal Club format</li> <li>Monthly Medical Simulation Scenarios</li> <li>New and improved Ultrasound Curriculum</li> </ul>



## Our Leadership

Our Program Director, **CAPT Michael Kavanaugh**, is board-certified in internal medicine, infectious diseases and critical care medicine. He graduated from Loyola Stritch University School of Medicine, completed his residency training at Walter Reed and fellowship at the Naval Medical Center San Diego. His operational experience includes serving as a Flight Surgeon, earning a Fleet Marine Force qualification. He has deployed to Iraq, Afghanistan, two COVID defense support of civil authorities (DSCA) missions and served with the Marine element on the USS Wasp (LHD-1). He has also served as an intensivist for Combat Receiving Trauma Ship (CRTS5). He previously served as an Associate Program Director both at Portsmouth and Walter Reed and was faculty at USUHS as the course director of the Military Tropical Medicine course prior to assuming the role of Program Director in 2021. Our Department Chair, **CDR Rolf Graning**, is board-certified in general and interventional cardiology. He graduated from USUHS, completed internal medicine residency at Naval Medical Center Portsmouth, general cardiology fellowship at Walter Reed National Military Medical Center and interventional cardiology fellowship at

William Beaumont in Detroit, MI. His operational experience includes a shipboard deployment on the USS Tripoli (LHA 7).

**LCDR Jeannette Collins** is the Associate Program Director for Resident Trainees and is board-certified in pulmonary and critical care as well as internal medicine. She is a graduate of Touro College of Osteopathic Medicine in New York. She completed her residency and fellowship at Walter Reed. Her operational medicine experience includes a shipboard deployment on the USS America (LHA-6) as well as two DSCA COVID support missions. In addition to Associate Program Director, she serves as the director of the ultrasound curriculum.

**LCDR Allison Bush** is the Associate Program Director for Faculty and Operational Development. She is board-certified in internal medicine and gastroenterology. She attended medical school at George Washington, then went to Walter Reed for both internal medicine residency and gastroenterology fellowship. Her operational experience including serving as a flight surgeon with VMFA-115 in Beaufort, SC, and at Naval Air Technical Training Center, Pensacola.

**LCDR Michael Roth** is the Associate Program Director for Intern Trainees and is a board-certified internist. He is a graduate of the University of Minnesota and completed his internal medicine training at Walter Reed. His operational experience includes two DSCA COVID deployments. He has previously served at the Director of the Outpatient Medicine and Quality Improvement Curriculum for the residency program.

**LT Michael Burns** is the Uniformed Services University Medical internal medicine medical student clerkship director. He is a graduate of the University of New England. He performed his residency at Walter Reed and is a board-certified internist. His operational experience includes working with Afghanistan nationals at Ft Pickett through Operation Allies Welcome and also served on the USNS Comfort for a humanitarian assistance mission.

## How to Apply

Thank you for your interest in our program. We look forward to having you visit for a rotation or interview. The program hosts PGY1 and PGY2 applicants on formal interview days throughout the July-October application season. Interviews begin with morning report, followed by a brief introduction and group information session with the PD, APDs and Chief of Residents, a tour of the facility and the internal medicine spaces by the Chiefs, and an informal lunch with current trainees. This is followed by the formal interview opportunity with a member of the program leadership

team. The residency application and selection process are equally important to both the trainee and the residency program. **To that end, we strongly encourage applicants to make every effort to attend one of these days complete their interview.** Requests for virtual interviews are also available upon request. Please reserve your spot by contacting us at the following email: [usn.hampton-roads.navhospporsva.list.nmcp-dmsgmeinterview@health.mil](mailto:usn.hampton-roads.navhospporsva.list.nmcp-dmsgmeinterview@health.mil). At that time, we ask you to also forward a copy of your CV and personal statement (and any additional application

materials you would like to send) so that we may review them in advance of your visit with us. We are all very much looking forward to meeting and working with you!

If you are in the Norfolk/Portsmouth area, please come visit us at any time of the year. Dr. Kavanaugh and the Chiefs of Residents both have offices located within the Internal Medicine Clinic on the second floor of Building 2.

## Interview Dates 2023

Friday July 14

Friday August 11

Friday August 25

Friday September 15

Friday September 29

## Residents receiving a DHA High Reliability Award

