

Transitional Internship



Naval
Medical
Center
Portsmouth,
Virginia

The Transitional Year (TY) Internship is designed to provide outstanding preparation for a variety of medical specialties or tours in operational medicine. Common residencies pursued by our graduates are Anesthesiology, Radiology, Dermatology, Ophthalmology, Emergency Medicine, Family Practice, PM&R, and Occupational and Preventative medicine. Transitional interns going on to tours in operational medicine may serve with the U.S. Marine Corps, as Medical Officers on ships, as Flight Surgeons, or Undersea Medical Officers. The training flexibility of the TY program lays a solid foundation for success as a Naval Medical Officer. The TY internship at Naval Medical Center Portsmouth is unique in several ways:

- From a facility standpoint, ours is second to none.
- The military population we serve is the largest in the world so there is excellent opportunity for training.
- Our location is top notch and lifestyle is great for a variety of needs and tastes.
- We have a dedicated GME workspace with desks, lockers, and computers for our interns.
- There is a weekly educational series for the TY interns.
- Exposure to operational medicine built in to the curriculum with additional elective if desired.
- Opportunity for family medicine continuity clinic
- Bi-annual retreats for Transitional Interns
- State-of-the-art Simulation Center
- Web-based curriculum using Sakai, allowing access from any internet connected device



Curriculum

The transitional PGY-1 resident rotations are in four-week blocks for a total of 13 rotations. The breakdown is as follows:

- Internal Medicine Wards (8 weeks)
- CCU (4 weeks)
- General Surgery (4 weeks)
- ICU (4 weeks)
- Emergency Department (4 weeks)
- Orthopedics (4 weeks)
- Psych/GYN (2+2 weeks)
- Family Practice (4 weeks)
- Operational Medicine/Fleet Acute Care(2+2 weeks)
- Electives (12 weeks) - popular examples include radiology, PM&R, anesthesiology, EM , trauma, adolescent medicine, derm, operational medicine, and many more.

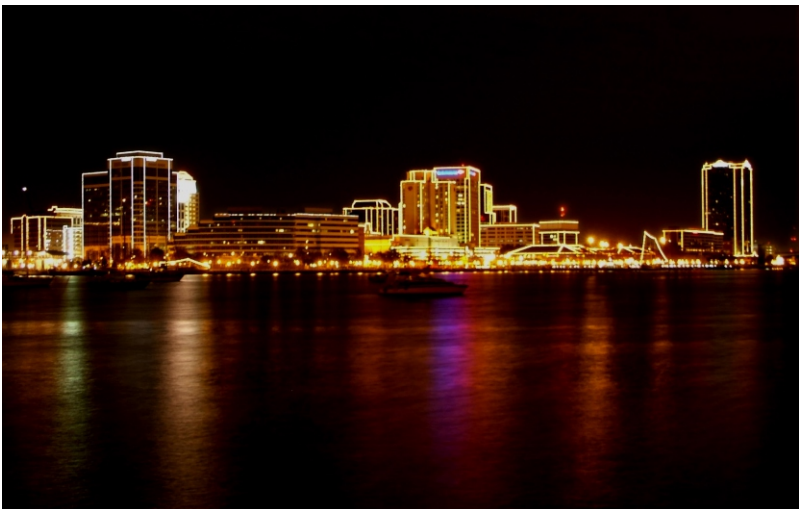


Demographics

- Largest eligible Department of Defense (DoD) active duty and dependent population in the world
- Approximately 70% Navy, 20% Air Force, and 10% Army

Newest, largest and most historic major medical center in the DoD:

- Building 1 - Original building constructed in 1830 was renovated (2004) and serves as a national historic landmark.
- Building 2 - One million square-foot state-of-the-art clinical center opened in 1999. The most modern available in the Naval inventory, containing over 300 clinical exam rooms, 140 specialty exam rooms and 17 operating rooms.
- Building 3 - Renovated (2005) previous clinical center now home to clinical and administrative spaces with state-of-the-art educational classrooms and computer learning centers, gym, Navy Exchange, banking, MWR services, barber and food court.
- There are also dedicated trainee workspaces, locker rooms, computers and Graduate Medical Education Center in Building 3.
- A research facility equipped for animal research projects
- Olympic size pool and state-of-the-art gym on base
- Simulation center (2005)
- Federal Small Library of the Year (2003)
- Easy access to parking



Quality of Life:

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 (renovated to Building 3) 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. Construction of Building Two began in 1990 and was it was in use by 1999 and remains the newest Naval Medical Facility. Naval Medical Center Portsmouth is located in the historic and diverse community of Hampton Roads. Portsmouth is centrally located between the resort city of Virginia Beach,



Quality of Life Continued:

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.

Cost of Living Information with Comparisons

While Hampton Roads has an amazing array of things to do, the cost of living remains near the national average, and far below that of the other Naval Medical Centers. See the chart below for cost of living comparisons, and you will see that there is no other Naval Medical Center in the country where you can get so much for so little!

| Index | National Average | Hampton Roads-SE Virginia , VA | San Diego , CA | Washington D.C |
|---|-------------------------|---------------------------------------|----------------------|-----------------------|
| Overall (A score of 100 is the national average, lower is better!) | 100.0 | 107.3 | 140.3 | 137.2 |
| Housing (28% of total) | 100.0 | 127.8 | 220.5 | 213.0 |
| Food/Grocery (13%) | 100.0 | 101.0 | 111.9 | 106.6 |
| Utilities (10%) | 100.0 | 106.3 | 105.1 | 111.8 |
| Transportation (10%) | 100.0 | 103.5 | 111.3 | 109.9 |
| Health (4%) | 100.0 | 98.4 | 116.3 | 110.0 |
| Miscellaneous (35%) | 100.0 | 95.7 | 107.7 | 106.1 |
| Owning/Renting | National Average | Hampton Roads-SE Virginia , VA | San Diego, CA | Washington D.C |
| Average Home Prices | \$308,108 | \$408,238 | \$692,277 | \$650,190 |
| Average Rent | \$779 | \$846 | \$1569 | \$1773 |

Bottom Line:

World class activities, short commutes, newest and busiest Naval medical center, dedicated workspace, and a low cost of living make the NMC Portsmouth Transitional Internship the easy choice!

**Please feel free to contact us
with questions if you need
more information:**

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