

# Mercy Medical Center Redding

Family Practice Residency Program

# Residency Program

- University of California, Davis affiliated
  - Community Based
  - Highly qualified residents and graduates since 1975
  - Northern California referral center
  - Strong community involvement and support
  - Beautiful surroundings—Mt. Shasta, Lassen Peak, Sacramento River, Whiskeytown Lake and Shasta Lake
  - Great Balance:
    - City Living and Rural Exposure
    - Technology and Hands-on Care
    - Work and Recreation
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## Mission Statement:

Mercy Redding Family Practice Residency Program's mission is to train family medicine physicians to safely and competently provide the highest quality of care for the community they serve in both the inpatient and outpatient settings. We share the mission of CommonSpirit Health to make the health presence of God known in our world by improving the health of people we serve, especially those who are vulnerable, while we advance social justice for all.

## Aims (Goals and Objectives)

- Develop and maintain an excellent Family Medicine resident education curriculum incorporating the ACGME Milestone Competencies for Family Medicine including:

1. Patient Care
  2. Medical Knowledge
  3. Systems Based Practice
  4. Practice Based Learning and Improvement
  5. Professionalism
  6. Interpersonal and Communication Skills
- Recruit and train physicians to practice family medicine in any setting while caring for patients of all ages and backgrounds with an emphasis on meeting the primary care needs of Northern California
  - Promote Scholarly Activity to build medical knowledge and educate residents, faculty, students, and the general medical community
  - Maintain a highly competent faculty to educate family medicine residents and students while providing high quality care to the underserved

## Aims (Goals and Objectives Continued)

Statement of Inclusion: As a member Dignity Health and CommonSpirit, one of our core values is inclusion. This includes celebrating each person's gifts and voice, and respecting the dignity of all. This is reflected in how we interact with our patients, colleagues, community and employees. We recruit, hire, train, compensate, and promote persons without regard to race, color, religion, sex, sexual orientation, gender identity, marital status, national origin, protected Veteran status, or age, physical handicap, disability, or medical condition as provided by law.

Community Outreach: A major component of our mission is to provide care for the underserved in Northern California. This is accomplished by the ongoing work of our residents, faculty, and graduates. We recruit medical students who have shown a prior commitment to working with the underserved and provide them with further exposure to these activities once they join us.

Our continuity clinic at Mercy Family Health Center and our in-patient services at Mercy Medical Center predominately serve Medi-Cal and Medicare patients. Our residents also do rotations at Shasta Community Maternity Center (low-income and high-risk pregnant patients) and Shasta Community Health Center (our local Federally

Qualified Health Center). In addition, we have a required rural rotation when residents work with rural community physicians in one of several locations. The full-time faculty have been involved with many community outreach programs focused on the underserved. These activities have included medical directorship of a rural health clinic, medical directorship of Golden Umbrella (senior outreach), HIV care at our local community clinic, volunteer work at the homeless clinic, and collaboration with the Northern Sierra Rural Health Network on several rural technology projects.

Many of our residents have chosen to practice in California areas of unmet need.

# The Community of Redding

Nestled at the base of incredible mountain ranges that flank its western, northern and eastern borders, the city of Redding is home to over 93,000 people and is the largest population center in far Northern California. Mercy Medical Center, overlooking the Sacramento River Valley, serves as a local community hospital as well as a referral center for a vast region from the Oregon border two hours north, half way to Sacramento (two hours to the south), east to Nevada and west to the Pacific Ocean. Shasta County is predominantly rural with a population over 179,000. Our climate has warm summers, mild winters, seasonal rain, and occasional snow in the valley (and over 40' at Lassen Peak and Mt. Shasta each located just an hour away).

Culturally, the community regularly enjoys performances by local theater groups, the North State Symphony, the Shasta Symphony and Shasta Chorale. In addition to museums, art galleries, the Sundial Bridge and a planetarium, we also enjoy an annual Jazz Festival and the Redding Rodeo. Popular music and theater performances occur regularly at the Redding Convention Center and at the Cascade Theater. Ashland, Oregon, hosts the Oregon Shakespeare Festival from February through October, and is only two hours away. There are two colleges in the area: Shasta College is a two-year community college offering a wide variety of day and night classes, and Simpson University is a

Four-year private school. California State University, Chico, is 70 miles southeast of Redding.

Opportunities for outdoor sports abound in Shasta County with a national forest surrounding the city. Shasta and Whiskeytown Lakes are both within 20 minutes of town and offer the entire spectrum of water sports year round. Stream and river sports, hiking, biking, and backpacking opportunities close by. Mt. Shasta and Lassen National Park are especially attractive in this regard. Downhill and cross country skiing is popular at Shasta, Lassen and north into Oregon.

On a more suburban note, there are the usual tennis courts, golf courses, fitness clubs, and well-organized city leagues for team sports. With its Sacramento River Trail System, Redding has been written up in the San Francisco Chronicle as "becoming a trail capital for California and possibly the United States."

Shopping opportunities include the Mt Shasta Mall (Macys, Home Goods, Old Navy, etc.), Costco, Walmart, Target, Sportsman's Warehouse, Dick's Sporting Goods, Sprouts and Trader Joe's. A factory outlet center lies within a 20-minute drive of downtown Redding. Dining opportunities include main chain restaurants, local cuisines, ethnic restaurants (Chinese, Indian, Japanese, Thai, Mexican, Italian) and local breweries.

# Mercy Family Health Center

Mercy Family Health Center houses the residency program's model family practice center where residents work alongside Faculty in a group practice setting.

At Mercy Family Health Center, the payer distribution is comprised of approximately 25% private insurance and 75% Medicare/Medi-Cal patients. A broad spectrum of ages, ethnicity, and clinical problems, from prenatal care to geriatrics, is included in each resident's panel.

First-year residents spend one to two half-days per week in clinic, second years, two to four half-days, and third-year residents, three to five. Resident caseloads increase through the three years of training as proficiency increases and residents prepare to go into practice.

Mercy Family Health Center patients are cared for on The Family Practice Service at Mercy Medical Center. Residents participate fully in their patients' hospital care, supervised by a Family Medicine preceptor.

Medical students frequently rotate through our center for educational experiences in primary care. Accessing knowledge at the point of care is a critical component of being a successful practitioner. A well-established, up to date library along with Internet access is readily available.

Core Values:  
Compassion  
Inclusion  
Integrity  
Excellence  
Collaboration

# Mercy Medical Center Redding

Mercy Medical Center, a member of Dignity Health, began serving patients in 1944, when the Sisters of Mercy, Burlingame bought Saint Caroline's Hospital. The current facility was dedicated in 1953 and the hospital has grown and developed into a state-of-the art referral hospital for all of Northern California while retaining its community flavor and reputation for personal care. In 1975 Mercy Hospital became Mercy Medical Center, Redding, and in 1986 the Sisters of Mercy, Burlingame merged with the Sisters of Mercy of Auburn to form Catholic Healthcare West. In 2012 the name of the corporation was changed to Dignity Health. In 2019, Dignity Health and Catholic Health Initiatives, came together as CommonSpirit Health creating a new nonprofit Catholic Health System serving communities across 21 states. Mercy Medical Center is accredited by both JCAHO and the California Medical Association. Licensed for 283 total beds, it is a designated Regional Level II Trauma Center, maintains a Level III ICN, and supports active Cardiac, Medical, Oncology, Orthopedics, Pediatric, Obstetrical and Surgical sections. The critical care units have 44 beds with additional telemetry unit beds. Our emergency department sees approximately 46,560 visits per year, and the Mercy Regional Cancer Center provides chemotherapy and radiation therapy.

Mercy Medical Center is active in our community with a variety of services. The medical staff has over 467 active members in almost all medical specialties, almost half participate in our Residency Program.

Our library is an excellent resource for reading and audio materials, literature searches, and teaching materials preparation. Our library staff has been a leader in promoting evidence based medicine and in developing a state-of-the-art teleconferencing network linking Mercy to our rural and remote sites.

There are computer workstations dedicated for use by the residents, which include software for tracking medical inpatients and accessing computer and web based resources. Inpatient and outpatient services utilize Cerner HER for tracking and documenting patient care. There is hospital-wide Wi-Fi available as well.

Mercy Medical Center Redding is in a relatively small city located in rural far Northern California; it is truly a center of medical excellence, innovation, and integrated medical education.

# Mercy Redding Family Practice

## Residency Program - Curriculum 2020-2021

Rotation PGY1	Wks.	Rotation PGY2	Wks.	Rotation PGY3	Wks.
Behavioral Science	2	ABFM/RAD/LAB	2	Clinic Doctor 1 - Specialty clinics	4
Community Medicine	2	Clinic Doctor 1-Specialty clinics	4	Elective (Includes 4wks away)	10
Emergency Department	4	ClinicDoctor2-Emphasis on GYN	6	Emergency Department	4
Intensive Care Unit	2	Elective (Includes 2wks away)	6	EUOC - ENT, Urology, Ophthalmology, Cardiology	6
Medicine	12	ICU	2	Family Practice Service	5
Night Float Medicine	4	Medicine	6	Flexible	4
Night Float Peds/OB	2	Night Float Peds/OB	4	Intensive Care Unit	2
Obstetrics	6	Obstetrics	4	Night Float Medicine	1
Orthopedics	4	Orthopedics	2	Night Float Super Senior	2
Pediatrics	6	Out Pt Pediatrics	4	Obstetrics	1
Surgery	4	Pediatrics	4	Orthopedics	2
Vacation	4	Rural Location	4	Outpatient Pediatrics	2
		Vacation	4	Pediatrics	1
				Pediatric ED	2
				Psychiatry	2
				Urgent Care	2
				Vacation	4
Total Weeks	52	Total Weeks	52	Total Weeks	52

## PGY 3 - Residents

Jason Cheung, DO	Touro University College of Osteopathic Medicine - Nevada
Jason Lubbe, DO	Western University of Health Sciences/College of Osteopathic Medicine
Chisom Ofodire, MD	Ross University School of Medicine
Emily Patterson, DO	Kansas City University Health Science College of Osteopathic Medicine
Cameron Sprowles, MD	Frank H. Netter MD School of Medicine at Quinnipiac University
Erik VanHouten, MD	University of California, Davis School of Medicine

## PGY 2 - Residents

Brett Hulbert, DO	Pacific Northwest University of Health Sciences - College of Osteopathic Medicine
Cristina Mackey, DO	Midwestern University Arizona College of Osteopathic Medicine
Matthew McDowell, DO	Philadelphia College of Osteopathic Medicine
Nathaniel Parker, DO	Touro University College of Osteopathic Medicine - California
Chad Pitcher, DO	Liberty University College of Osteopathic Medicine
Calista Vinyard, DO	Western University of Health Sciences/College of Osteopathic Medicine of the Pacific

## PGY 1 - Residents

Andrew Crooks, DO	Touro University College of Osteopathic Medicine - Henderson
Jeremy Feck, DO	Lake Erie College of Osteopathic Medicine
Kristi Kwan, DO	Lake Erie College of Osteopathic Medicine
Jacki Lui, DO	Western University of Health Sciences/College of Osteopathic Medicine of the Pacific
Therese Santos, DO	Western University of Health Sciences/College of Osteopathic Medicine of the Pacific
Mohammad Waris, MD	University of California, Davis School of Medicine

## Where are they now?

### 2013-2020 Graduates

Anaheim Hills Med Group	Anaheim Hills, CA
Atlantic Medical Group	Branchburgh, NJ
Brentwood Health Center	Brentwood, CA
Correctional Health Care Svcs.	Elk Grove, CA
Dignity Health Foundation	Red Bluff, CA
East Alabama Medical Group	Auburn, AL
Idaho Ortho & Sports Clinic	Pocatello, ID
Infinite Health	Redding, CA
Kaiser Permanente	Stockton, CA
Kaiser Permanente	Santa Clarita, CA
Kaiser Permanente	Sacramento, CA
Kaiser San Francisco	San Francisco, CA
Kaiser Victorville	Victorville, CA
Mayer's Memorial Hospital	Fall River Mills, CA
Mercy Medical Center	Merced, CA
Mercy Medical Center	Redding, CA
Optum Urgent Care	Pasadena, CA
Optum Primary Care	San Gabriel, CA
Palo Alto Med Foundation	Burlingame, CA
Pinnacle Med Group, INC.	Rialto, CA
Plumas District Hospital	Quincy, CA
Raymond Clinic	Boise, ID
Redding Family Medicine	Redding, CA
Redding Outpatient VA Clinic	Redding, CA
Redding Rancheria	Redding, CA
Redland Community Hospital	Redlands, CA
San Diego VA Medical Center	San Diego, CA
Shasta Community Health	Redding, CA
South Sacramento Kaiser	Sacramento, CA
St. Elizabeth Hospital	Red Bluff, CA
St. Josephs Med Center	Tacoma, WA
Sutter Pacific Med Found.	Santa Rosa, CA
Sutter Medical	Elk Grove, CA
Tahoe Forest Health Syst.	Truckee, CA
Temecula Valley Hospital	Temecula, CA
UC Davis Medical	Folsom, CA
UC San Diego	San Diego, CA
UCLA Health	Porter Ranch, CA
UCLA Health	Thousand Oaks, CA
United HealthCare	Kerman, CA
Urgent Care Plus	Long Beach, CA
UW Medicine Valley Med.	Renton, WA
Veterans Affair	Santa Barbara, CA



# Faculty

In addition to our core faculty listed below, we have 112 volunteer community faculty with UC Davis clinical faculty appointments including the specialties of allergy/immunology, cardiology, psychiatry, dermatology, emergency medicine, ENT, internal medicine, neurology, OB/GYN, ophthalmology, orthopedic surgery, pediatrics, plastic surgery, general surgery, and urology.

## **Duane D. Bland, MD**

Program Director

MD, University of Washington School of Medicine  
BS, University of Washington

## **Steven Namihas, MD**

Associate Director

Medical Director of Mercy Family Health Center  
MD, UC Irvine University  
BS, Loma Linda

## **John Coe, MD**

Director of Inpatient Family Practice  
MD, UC San Francisco  
BS, UC Davis

## **Clinton Evans, DO**

Part-time Faculty

DO, Kirksville College of Osteopathic Medicine  
BS, California Polytechnic State University

## **Nena L. Perry, MD**

Director of Geriatrics and Internal Medicine  
MD, University of Alabama School of Medicine  
BA, Duke University

## **Daniel Rubanowitz, PhD**

Director of Behavioral Sciences

PhD, University of North Dakota  
BS, UCLA

## **Christine Woroniecki, MA**

Behavioral Science Coordinator

MA, Bowling Green State University  
BS, University of North Dakota

## **Sharon Joo, DO, M.P.H.**

Pediatric Hospitalist DO,

Western University of Osteopathic Medicine  
MPH, Loma Linda University

## **Bill Foo, MD**

Pediatric Hospitalist

MD, Tufts University  
BS, Tufts University

## **David Holt, MD**

Part-time Faculty

MD, Loma Linda University  
BS, Westmont College

## Compensation and Benefits

### House Staff Salaries (2019-2020)

PYG-1 \$54,230.00 per year

PYG-2 \$59,874.00 per year

PYG-3 \$64,705.00 per year

### Other Benefits

- Health/Dental/Vision plans
- Meals at Mercy Medical Center during work days and call
- Lab Coats provided
- Sick leave
- Relocation allowance
- Four weeks' vacation leave per year
- Book allowance
- Free parking
- AAFP membership
- DEA licensure
- Medical licensure
- Registration/travel for UC Davis Network Conference
- Standard benefits as hospital employees
- Up To Date

## Program Strengths

### 1. Background

Established in 1975 in far Northern California, our fully accredited residency program enjoys an affiliation with the University Of California Davis School Of Medicine in a community setting.

### 2. Hospital support

The residency is sponsored by Mercy Medical Center, with 283 total beds, level II trauma center, regional cancer center, active cardiac surgery, and over 467 active medical staff members. Mercy provides beautiful facilities with excellent staff and ancillary services.

### 3. Medical staff support

The program involves six core clinical faculty members, with the assistance of over 112 volunteer clinical faculty physicians, comprising almost half of all hospital medical staff members. Our residents benefit from direct teaching by a combination of core faculty and community faculty. Residents learn directly from highly trained and respected board certified family physicians, internists, obstetrician gynecologists, emergency physicians, pediatricians, neonatologists, surgeons, orthopedists, intensivists, psychiatrists, psychologists, and multiple other specialists.

### 4. Effective teaching with good support, and abundant patient care opportunities

With only family medicine residents in our community, residents have direct hands-on experiences in all aspects of their training. Residents enjoy the patient diversity and hands-on experience of a charity teaching hospital, with the facilities, amenities and support of a private community hospital. Residents are provided with ample backup from preceptors and senior residents and can take on significant levels of responsibility when ready.

### 5. Rural and Underserved Training

During the rural rotation, residents work with rural community physicians in one of several rural settings. In addition to rural training, residents provide

Continuity care for mostly low-income patients at Mercy Family Health Center. The residency program also works with Shasta Community Maternity Center to provide comprehensive obstetrical care to low income and high risk patients. Residents also attend specialty and procedural clinics at Shasta Community Health Center. Many of our graduates have chosen to practice in areas of unmet need, mostly in the north state, but also across the nation and some internationally.

### 6. Outpatient training

In addition to the three-year continuity component of patient care at our Family Practice Center, we've developed outpatient rotations in the curriculum include cardiology, orthopedics, pediatrics, community medicine, gynecology, behavioral science, emergency medicine, ENT, ophthalmology, and urology.

### 7. Collaboration with Shasta Community Health Center Family Medicine Residency Program

Shasta Community Health Center (SCHC), our local Federally Qualified Health Center, started a new family medicine residency program in 2013. We work closely with their program, sharing resources including inpatient and outpatient rotation experiences. This is an exciting collaboration which allows for additional clinical experiences for both programs' residents. This is also an opportunity to train additional family physicians who we hope will settle permanently in Northern California and provide much needed primary care to our communities.

### 8. Electronic Health Records

Mercy Medical Center utilizes Cerner EHR for clinical documentation. Implementation of Cerner Outpatient HER began in June 2015.

### 9. Reasonable call schedule

Hybrid night float/traditional call system.

*1st year: 20-24 calls/year 24hr shifts*

*2nd year: 16-20 calls/year 24hr shifts*

*3rd year: 6-8 calls/year 24hr shifts*

#### **10. Excellent Family Practice Center**

At Mercy Family Health Center, the residents work alongside faculty in a group practice setting. Resident panels include a broad spectrum of ages, and clinical problems, from prenatal care to geriatrics. Residents are encouraged to recruit patients from the hospital into their clinic practice to enhance their learning experience. A current reference library with both hard copy and internet access is readily available at the Family Practice Center.

#### **11. Family Practice Clinic Rotation provides well-rounded training**

During the four 1-month long Clinic rotations (C1 & C2), residents see a higher volume of work-in and continuity care patients. They also participate in a variety of specialty clinics including colposcopy, minor surgery, HIV consultation, orthopedics, renal, dermatology, psychiatry, pediatric cardiology, and allergy. During these specialty clinics, residents render the appropriate care under direct supervision of the preceptor, thus maximizing the learning experience. The opportunity to develop strong outpatient skills and work one-on-one with such a wide array of specialists make this rotation particularly attractive, preparing many of our graduates to go on to practice in rural areas and other settings where a specialist may not be readily available.

#### **12. Inpatient training**

Our Family Practice residents do not compete with residents of other specialties, thus enhancing their training and the number of procedures they are able to perform. All residents receive certification in Advanced Cardiac Life Support, Pediatric Advanced Life Support, Neonatal Resuscitation, and Advanced Life Support in Obstetrics, with opportunities for certification in Advanced Trauma Life Support. We utilize an on-line database called New Innovations to keep track of resident procedures.

#### **13. Obstetrical training**

Obstetrical training remains a strength of the program, with ample deliveries available during a resident's training, including care of complex obstetrical patients. In addition, the program benefits from the support of the UC Davis Medical Center Perinatology Group, who come to Redding regularly. Perinatologists consult on high-risk OB patients and lecture during the residency

noon conferences.

#### **14. Relaxed, collegial interactions between residents and faculty**

Residents, faculty physicians, and staff participate in many social and recreational interactions outside of the hospital, including the Annual Resident Retreat at Whiskeytown Lake. Residents and Faculty physicians share the Mercy Family Health Center facilities and patient care responsibilities.

#### **15. Quality noon conferences**

The curriculum features varied topics representing all major specialties on a rotating basis. Lectures are provided by enthusiastic community and core faculty. Hospital grand rounds are scheduled each Friday. Selected case presentations occur at "Morning Report" on Wednesday mornings.

#### **16. Well-developed medical community relative to the size of Redding**

Although only 93,000 people live in Redding, there are approximately 179,000 people living in Shasta County. Redding has the largest population of any city north of Sacramento; the referral base for Mercy Medical Center is quite extensive, resulting in a well-developed medical community with high levels of care and expertise.

#### **17. High involvement of residents in the decision making and leadership**

This is accomplished through regular resident-faculty meeting, and other administrative meetings which include the Chief Residents. Residents have the opportunity to voice concerns and strategize with the Chief Residents, their Faculty Advisors, and directly with the Program Director. Residents are involved in creating and implementing new ideas and programs.

#### **18. Excellent compensation and benefits**

Annual resident salaries range from \$54,230.00 - 64,705.00 with 40 hours of sick leave per year, and 4 weeks of vacation per year. Residents also receive payment for yearly membership in the AAFP, and coverage for their California Medical License and DEA Certification. Other benefits include health, dental, and vision plans, meals while on duty, lab coats, and a book allowance.



