Welcome from the UCSD Internal Medicine Residency Program!

On behalf of our Program Director, Dr. Simerjot Jassal, our Associate Program Directors, Chief Medical Residents and all of our residents, we would like to extend a warm welcome from UCSD! We are excited to have you rotate with us, and want to ensure that you feel connected and supported during your time here. The goal of this document is to provide answers to basic logistical questions that you may have during your rotation. We also wish to provide general information about our program and offer ways for you to get in touch with our most important assets: OUR RESIDENTS!

Program Introduction

Our residency program is based at 3 major clinical training sites: The San Diego VA Medical Center, UCSD Hillcrest Medical Center and UCSD Jacobs Medical Center/Sulpizio Cardiovascular Center. Residents benefit from exposure to an extremely diverse patient population, with each of our sites offering very different complementary experiences. Our program prepares residents for careers spanning all of Internal Medicine – from advanced subspecialties to primary care and global health. We also enable our residents to take advantage of the expansive research opportunities that come with being associated with a world-renowned research institution. As a result, our graduates regularly earn slots in top fellowship programs and competitive jobs across the nation. Please visit our residency website for additional information including resident profiles, fellowship match results and curricular elements. (https://medschool.ucsd.edu/som/medicine/education/residency/internal-medicine/pages/default.aspx).

Curricular Highlights

There are many things that make our residency program truly outstanding, and several are listed here.

Training Pathways:

Our program is proud to feature multiple different training pathways that residents can apply into after matching into our program. Each pathway intends to prepare pathway members for careers in their respective fields by integrating longitudinal educational elements throughout residency. Our available pathways and their associated pathway directors are:

**Primary Care Pathway** – Dr. Stacy Charat (scharat@ucsd.edu)

**Hospital Medicine Pathway** – Dr. Ali Farkhondehpour (mfarkhondehpour@ucsd.edu)

**RACE (Residents As Clinician Educators) Track** – Dr. Supraja Thota (sthota@ucsd.edu)

Friday School:

Friday School provides protected educational time for our residents. Interns on inpatient wards and residents on outpatient or consult rotations are relieved of clinical duties on Friday afternoon to focus on learning! The teaching that occurs promotes active engagement and uses
multiple learning modalities (e.g. simulations, group problem solving, site visits, lecture, etc.). The topics presented cover the full breadth of internal medicine, including our point of care ultrasound training program.

**Teaching Conferences:**
Case-based morning report style conferences are held at each site most days of the week, led by our senior and Chief Medical Residents. We also have regular Grand Rounds, didactic noon conferences, Morbidity & Mortality presentations, and Master Clinician sessions where one of our faculty members is tasked with solving an unknown case! Multiple small group teaching sessions also occur weekly including senior resident “hot case” sign-out rounds, weekly intern-specific teaching and radiology teaching rounds led by our colleagues in Radiology. In the spirit of introducing you to our program and prioritizing your education, we encourage you to attend all morning reports and noon conferences as your clinical responsibilities allow. You are welcome to attend any of our teaching conferences, but please make sure you get permission from your clerkship director to ensure you are not interrupting clinical duties.

**Morning Teaching Conferences:**
- **UCSD Hillcrest MC** – Mondays & Thursdays (7:45am in room 833)
- **UCSD Hillcrest MC** – Tuesdays (7:45 am in room 3-310)
- **VA SD MC** – Mondays, Tuesdays, Thursdays (7:30am in 3rd floor main conference room 3004)

**Department of Medicine Grand Rounds:**
- Wednesdays – (7:30am in Liebow Auditorium, UCSD SOM Campus)
  **gives on hiatus during summer**

**Noon Conferences:**
- **UCSD Hillcrest MC** – Wednesdays (12pm in room 833)
- **VA SD MC** – Thursdays (12pm in 3rd floor conference room 3004)

**Afternoon Conferences:**
- **UCSD Jacobs Medical Center** – Wednesdays & Thursdays at 1:15pm
  (rooms vary, email chiefucsd@gmail.com for daily location)

**Cardiology Didactics:**
- **UCSD Sulpizio Cardiovascular Center** – Tuesdays & Thursdays (12pm in 3rd floor CVC workroom)

**Wellness Initiatives:**
Resident wellness is a major priority for our residency program, and we have implemented many steps to combat burnout and promote mindfulness and personal growth among our residents. A few examples of these activities include: Intern “switch-day” parties, the “Golden-Weekend Warrior” competition which encourages residents to engage in outdoor or social activities in exchange for prizes, and Friday School yoga and mindfulness sessions. “Wellness Half Days off” are built into selected outpatient rotations to allow for residents to make doctor’s appointments, etc. Check out our Instagram (@ucsd_medicine) to get a glimpse of what residency at UCSD is like!
Advancing Women in Medicine:
On a quarterly basis, we have all-inclusive sessions focused on promoting Women in Medicine! These sessions are very popular and usually draw large crowds of women and men alike from across the health system. A few past topics have included: balancing an academic career and family life, maintaining resilience in medicine, overcoming gender bias, and “Earning what you’re worth” – negotiation strategies seminar.

Research Opportunities:
At UCSD, we are proud to support resident involvement in research. Every resident is offered up to 2 months of dedicated time to conduct research. The majority of our residents present at regional, national and international conferences, and among them have numerous first-author publications and text-book chapters each year. We are fortunate to be nestled within a large research institution with each of our divisions routinely ranking among the top for NIH-funded research projects.

Diversity in Medicine:
Our UCSD medical centers offer a rich environment where medical students and residents can provide medical care for diverse patient populations. We have large Hispanic, African-American, Asian and LGBTQ communities that we are proud to serve. For more information about our diversity events, visit our Diversity in Medicine website.
https://medschool.ucsd.edu/som/medicine/education/residency/internal-medicine/Program/Pages/Diversity.aspx

Our Residents!
We are MOST proud of our outstanding residents who regularly demonstrate their humanism and dedication while caring for patients and supporting one another throughout the course of training. They come from extremely diverse educational and cultural backgrounds, each adding something unique to our UCSD family. Please keep reading for more information about getting in touch with our residents below.

Visiting Rotation Logistics
Where is my clinical site?
As mentioned above, there are 3 clinical training sites at UCSD. The San Diego VA and UCSD Jacobs Medical Center/Sulpizio Cardiovascular Center are both located in La Jolla (north), while the UCSD Hillcrest Medical Center is located in the Hillcrest neighborhood (south). The two sites are about 12 miles apart from each other (15-30 minute drive depending on traffic). Please see the map below for a visual. Your specific rotation should provide details about which clinical site you will be at.
Typical Traffic Patterns:
In the mornings, traffic is much worse going from Hillcrest (south) to La Jolla (north, located adjacent to the UCSD main campus). In the afternoons, traffic is worse going from La Jolla to Hillcrest. Typical drive time around 8am on weekday mornings from Hillcrest to La Jolla is about 30 minutes. The return trip from La Jolla to Hillcrest in the afternoons is about 30-45 minutes (expect variability).

UCSD Shuttle Information:
There is a UCSD Health System shuttle that runs multiple times throughout the day between the UCSD Hillcrest Medical Center (Hillcrest), the Gilman Transit Center (outside of the VA in La Jolla) and the UCSD Jacobs Medical Center/Sulpizio Cardiovascular Center (also in La Jolla). This shuttle runs about every half hour. You can see the scheduled departure/arrival times for this shuttle at: https://transportation.ucsd.edu/shuttles/hillcrest.html#Southbound-to-UC-San-Diego-Heal

Where should I live?
You can reference the map above to see the relative positions of various San Diego neighborhoods to the clinical sites. Many visiting students utilize services such as “AirBNB” or “Rotating Room,” to locate a place to stay. We have heard that Craigslist has become less useful as of late and may lead to more dead-ends than the other resources listed.

Is there financial assistance available for my rotation?
The Department of Medicine along with the office of the Director of Diversity in Medicine Dr. Luis R. Castellanos, MD, MPH is proud to sponsor the Visiting Elective Scholarship Program. This scholarship provides support for visiting 4th year medical students who are from backgrounds that are underrepresented in medicine or are from economically disadvantaged backgrounds. Interested students should first apply for a visiting elective through VSAS, and once approved
submit the separate application. Full details can be found at:  
https://medschool.ucsd.edu/som/medicine/education/residency/internal-medicine/Program/Pages/Visiting-Elective-Scholarship-Program.aspx

How can I get connected with a UCSD Internal Medicine resident?  
As described above, our goal is to provide visiting students with an opportunity to connect with current residents to assist with logistics and help make the most of your time in San Diego. We also want to ensure that students who are considering UCSD for their residency training have someone to talk with and ask pertinent questions. If you are interested in being paired up with a resident, please send an email to chiefucsd@gmail.com, and one of our Chief Residents will make the arrangements. We appreciate flexibility and advanced notice in making these requests, as our residents (as you will soon) have full-time jobs!

Our Program Leadership:
Dr. Simerjot Jassal, MD – Program Director (sjassal@ucsd.edu)
Dr. Charlie Goldberg, MD – Associate Program Director (cggoldberg@ucsd.edu)
Dr. Rebecca Sell, MD – Associate Program Director (rsell@ucsd.edu)
Dr. Tricia Santos, MD – Associate Program Director (tksantos@ucsd.edu)
Dr. Emily (EB) Sladek, MD – Associate Program Director (esladek@ucsd.edu)
Dr. Luis Castellanos, MD – Director, Diversity in Medicine (lrcastellanos@ucsd.edu)
UCSD Chief Residents: chiefucsd@gmail.com

Best of luck on your rotation! We look forward to working with you.