

# Northwest Washington Family Medicine Residency

**A community-based residency  
serving, and training to serve,  
the primary care needs of  
Northwest Washington**

Virginia Mason Franciscan Health Program  
ACGME NRMP #1205400721





## Our Mission

We train Family Physicians to be compassionate leaders of multidisciplinary teams providing full-spectrum, evidence-based care in remote settings and areas with varied levels of resources.

## Our Vision

To be recognized nationally as a program with commitment to patient-centered, evidence-based, service-oriented family medicine using innovative training methods for patient care and physician leadership training.

## Clinical Program

Resident to faculty ratio: 2:1

### Clinical rotations

#### PGY-1

- 8 weeks Ambulatory Medicine
- 4 weeks Ambulatory Pediatrics
- 4 weeks Emergency Medicine
- 4 weeks Radiology/Palliative Care  
(2 weeks each)
- 8 weeks Family Birth Center
- 4 weeks General Surgery
- 12 weeks Hospital Medicine
- 4 weeks Orthopedics / Rheumatology  
(2 weeks each)
- 4 weeks (1 week intro each) Longitudinal Experiences completed over the 3 years of residency
  - Behavioral Medicine
  - Community Medicine
  - Geriatric Medicine
  - Sports Medicine

#### PGY-2

- 4 weeks Addiction Medicine/Pain Clinic  
(2 weeks each)
- 7 weeks Ambulatory Family Medicine
- 2 weeks Ambulatory Pediatrics
- 4 weeks Cardiology (split into 2, 2-week blocks)
- 4 weeks Family Birth Center
- 12 weeks Elective
- 4 weeks Hospital Medicine  
(split into 2, 2-week blocks)
- 4 weeks Inpatient Pediatrics  
(Seattle Children's Hospital)

4 weeks Medical ICU

3 weeks Night Float

### **PGY-3**

11 weeks Ambulatory Medicine

4 weeks Ambulatory Pediatrics / Ophthalmology  
(2 weeks each)

12 weeks Electives

2 weeks Family Birth Center

4 weeks Gynecology

4 weeks Hospital Medicine  
(split into 2, 2-week blocks)

4 weeks Neurology / Emergency Medicine  
(2 weeks each)

3 weeks Night Float

4 weeks Pediatric Emergency Medicine  
(Seattle Children's Hospital)

4 weeks ENT / Urology (2 weeks each)

### **Educational goals**

*We train Family Physicians to:*

- I. Provide comprehensive care for patients with a broad range of medical conditions across the spectrum of acute illness, chronic illness and preventive health planning
- II. Provide individualized, compassionate care for underserved populations within the Pacific Northwest
- III. Lead multidisciplinary teams within the Patient Centered Medical Home in rural and underserved areas of the Pacific Northwest
- IV. Communicate efficiently and compassionately during patient, family and community encounters
- V. Use leading-edge technology for the benefit of their patients and their communities
- VI. Be effective and efficient lifelong learners

VII. Assume medical leadership and community services roles in local communities, in the Pacific Northwest and in the nation

*Affiliated with St. Michael Medical Center, a part of Virginia Mason Franciscan Health*

- Providing care to Kitsap, Mason, Clallam and Jefferson counties since 1918
- The busiest hospital on the Kitsap and Olympic Peninsulas
- Level III trauma center
- Part of a large, national nonprofit health system
- Comprehensive, recognized stroke and cardiac care, including open heart surgery
- Collaborative, team-based cancer care
- State-of-the-art sleep disorders center
- Traditional, minimally invasive and robotic surgical services
- Serving culturally and economically diverse populations







## Stipend and benefits

We offer four weeks of paid personal time off per year, to use as vacation, sick days with additional Continuing Education Days and Funds available. Medical, dental, group life and disability insurance is provided for residents and dependents. Primary medical professional liability insurance coverage, including “tail” coverage, is provided to all residents through Virginia Mason Franciscan Health. We offer competitive salaries, including chief resident bonuses. For more details on salaries and benefits, visit [www.nwfammed.org](http://www.nwfammed.org).

## How to apply

Find NWFMR as Virginia Mason Franciscan Health Program (1205400721) in the National Resident Matching Program (NRMP). Only applicants who are registered with the NRMP will be considered for a personal interview.

## Life on the Kitsap Peninsula

Our **mild climate** offers comfortable, warm summers with low humidity and cool, wet winters.

**Top-notch public and private schools** with additional offerings including early childhood care and an education partnership with area preschools, free all-day kindergarten, special education, Spanish immersion, free Montessori programs and more. *U.S. News & World Report* and *The Washington Post* have ranked some of our local high schools among the best in the nation.

**Exceptional natural beauty** abounds, from the harbors of Puget Sound to Pacific Ocean coastal beaches, to rain forests and the rugged Olympic Mountains. The Pacific Northwest is a recreational paradise for year-round enjoyment, from hiking and kayaking in summer to downhill and cross-country skiing in winter.

All with **plentiful, affordable housing** and **just an hour's scenic ferry ride to Seattle**.



## Northwest Washington Family Medicine Residency

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*Virginia Mason Franciscan Health is an equal opportunity employer.*

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### Visit us online!



[nwfammed.org](http://nwfammed.org)



[facebook.com/NWFMR](https://facebook.com/NWFMR)

Northwest Washington Family Medicine Residency is approved by the Accreditation Council for Graduate Medical Education and sponsored by St. Michael Medical Center in collaboration with the University of Washington Family Medicine Residency Network comprised of numerous family medicine residency programs across Washington, Wyoming, Alaska, Montana and Idaho. St. Michael Medical Center is a member of the Association of American Medical College's Council of Teaching Hospitals.

Learn more at [wwaminetwork.org](http://wwaminetwork.org)



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