

Northwest Washington Family Medicine Residency

Frequently Asked Questions

Virginia Mason Franciscan Health Program
(formerly Harrison program)
ACGME NRMP #1205400721



We are an ACGME-accredited, unopposed, 8/8/8 residency program located in a state-of-the-art ambulatory care center in Bremerton, Washington and affiliated with a new, full-service regional medical center in Silverdale. You'll find us on the stunning Kitsap Peninsula in the extraordinary Pacific Northwest.



What unique training opportunities are available through your program?

We offer an academically strong, full-spectrum training with obstetrics, with emphasis on resident teaching/training and medical student education:

- Community hospital environment with support from local care centers for Inpatient Pediatrics and Pediatric Emergency Medicine
- Many electives in the hospital and through our association with the University of Washington, and local hospitals
- Longitudinal continuity clinic
- Exposure and training in outpatient procedures: Colposcopy,/LEEP, Obstetrical Ultrasound, Gynecological Procedures, Skin Procedures, Osteopathic Manipulative Treatment

- Numerous opportunities for research and scholarly inquiry
- Faculty with specific training in Sports Medicine, Advanced Obstetrics and Osteopathic Manipulation.
- Global Health and Integrative Health rotations available

What is the resident to faculty training ratio?

Our resident to faculty training ratio is 2:1.

How does your program address resident wellness?

We have a robust wellness curriculum that is managed by two family medicine faculty members.

How is the residency involved in the community?

Our residency actively meets both the community's medical needs and

our residents' education needs. We have partnered with the following community resources to achieve these goals: Kitsap Mental Health, Kitsap Recovery Center, Kitsap Public Health, Harborview HIV Clinic, Franciscan Diabetes and Nutrition Center, and Kitsap County Drug Court.

Residents are also exposed to Alcoholics Anonymous (AA), Cascadia Treatment Center, Coffee Oasis, Headstart, Helpline House, Hollyridge, Housing Solutions Center and crisis team, Kitsap Food Bank, Kitsap Immigration Center, Kitsap Rescue Mission, Kitsap Sexual Assault Center, Kitsap Women's Shelter, La Leche League, Marvin Williams Center, Meals on Wheels, Narcotics Anonymous, Nurse Family Partnership Visits, Overeaters Anonymous, Planned Parenthood, Salvation Army, West Sound Treatment Centers, WIC, Worksource, YMCA Diabetes Prevention Program and YMCA Domestic Violence Services.

What are the hospital capabilities?

St. Michael Medical Center in Silverdale is the busiest medical center on the Olympic Peninsula. The medical center is part of Virginia Mason Franciscan Health, one of the largest non-profit health care systems in the Puget Sound and part of a large national network. We offer award-winning care with a full range of advanced health care services that includes:

- Comprehensive stroke and heart care, including open-heart surgery, at the Heart and Vascular Center
- Level III Trauma Center with staff certified in emergency medicine and advanced cardiac life support for 24/7 emergency services
- Comprehensive cancer center with an expansive navigator program, in addition to research and clinical trials
- Diagnostic imaging and radiology services at five locations
- Leading-edge inpatient care and surgical services, including minimally invasive and robotic surgery



At St. Michael Medical Center, we're dedicated to providing excellent health care services for all ages. We've been recognized for our quality measures in heart attack, heart failure, pneumonia and surgical care.

Are you an unopposed residency program?

Yes, we are an unopposed residency program.

What specialty training do the faculty have?

We have one resident faculty with specialty training in Sports Medicine and three resident faculty with specialty training in Advanced Obstetrics and resident faculty with specialty training in Osteopathic Manipulative Treatment.

What are your patient demographics?

Our residency is located in Kitsap County, Washington. According to county data from 2015, residents age 65 or older made up 16.1 percent of the county's population, while nearly 21 percent of residents are 18 years of age or younger. Over 94 percent of residents age 25 and older were high school graduates (above the state average). Those with a bachelor's degree or higher made up 30 percent of county residents age 25 or older.



Our new Family Medicine Clinic opened in Bremerton July 2020.

What underserved populations do you care for?

We regularly care for underserved communities. Approximately 40 to 50 percent of our local population is on state-assisted Medicaid insurance plans.

How do I apply for this residency?

Northwest Washington Family Medicine Residency under Virginia Mason Franciscan Health Program (1205400721) participates in the National Resident Matching Program (NRMP). Only applicants who are registered with the NRMP and have submitted their application via the Electronic Residency Application Service (ERAS) will be considered for a personal interview.



What local recreational activities are available?

The Pacific Northwest offers exceptional opportunities for relaxation and enjoyment, from sophisticated city culture to off-trail adventures. Located on one of the beautiful, protected harbors of Puget Sound and only a one-hour scenic ferry ride from downtown



Seattle, Bremerton has one of the most picturesque settings in the Northwest. It is the gateway to the Olympic Peninsula which offers beautiful ocean coastlines, rain forests, waterfalls, lakes and rivers, featuring Olympic National Park. Few other places in the U.S. can match its diverse terrain in such a compact geographic area. Kitsap County offers a climate that encourages outdoor exploration, with summers in the low 70s to the rare 100; winters are usually wet and mildly cold, with temperatures ranging from the rare low teens to the mid 50s.

Dedicated paths and trails around the Pacific Northwest allow everyone with any level of experience to enjoy hiking, biking, running, swimming, kayaking, paddle boarding, fishing, downhill and cross country skiing, and snowshoeing.

With Seattle just an hour away, you can immerse yourself in the arts with

museums, live theater, music and fine dining in addition to exploring Pike Place Market, the Great Wheel, the Space Needle, Pacific Science Center, Museum of Flight, Seattle Aquarium and Woodland Park Zoo. With ample parks, great coffee and professional sports (football, baseball and soccer), Seattle has a lot to offer.

What opportunities does the community offer my family?

Nearly unrivaled in the Puget Sound, Bremerton homes carry a median price half that of homes on the Seattle side of the water. The area offers excellent public and private schools with many extras including early childhood care and an education partnership with area preschools, free all-day kindergarten, special education, Spanish immersion and free Montessori programs. U.S. News & World Report and The Washington Post have ranked some of our local high schools among the top in the nation.

Add convenient public transportation, a strong business community and nationally ranked colleges and universities to the mix, and we know you'll love living, working and raising a family here.

We'd be happy to share more about our program and our beautiful and unique setting in the Pacific Northwest. Please give us a call at (360) 782-7701.

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