

# Naval Medical Center Portsmouth Emergency Medicine Residency Program



## Program Director's Welcome Message



Our goal is to prepare Emergency Physicians to excel in any hospital or environment in the world, including the operational setting and under other austere conditions. A strong focus on officer and leadership development sets our program apart from our civilian counterparts. Our curriculum is challenging but incredibly rewarding. Upon completion, you will be the most well-rounded, self-reliant, and confident emergency physician possible. The academic tradition and core values of our program produce graduates who excel in leadership and academic positions, both in and out of the Navy. We encourage participation in a wide range of professional, scholarly, and leadership opportunities that prepare trainees for success and rapid promotion. Our curriculum blends clinical experiential learning with deliberate procedural practice in a variety of

educational models, simulation experience, flipped-classroom didactics, leadership seminars, and field exercises.

Since Emergency Medicine can be a demanding lifestyle for trainees and their families we also emphasize balance and well-being. Activities designed to enhance trainees' satisfaction with the profession of medicine have been integrated into our academic curriculum. These include community service, team-building, and social events scheduled throughout the year. We believe enthusiasm in training is directly proportional to working with fun, dedicated people. We strive to select self-starting, motivated residents and faculty that are enjoyable to work with.

Our staff and residents are capable of and committed to emergency care anywhere. Our graduates serve in large metropolitan academic centers, on international missions with US Naval Hospital ships, with Marine Expeditionary Units, in community ERs, on the battlefields of Afghanistan, Iraq, and Africa, and even inside the White House. Many ultimately volunteer and serve in high-tempo specialized operational billets. It is no coincidence that many of the emergency physicians invited to serve in Joint Special Operations Command are graduates of our program. In fact, the current Physician to the President and Chief of the Navy Medical Corps are NMCP Emergency Medicine Residency Program graduates. When you graduate from this program, you're ready to practice and lead anywhere.

As you experience our program, ask yourself: "Where do I want to be in 5 years? Which program is most likely to get me there?" If you have any questions or want to schedule an interview, contact me on email at [john.j.devlin10.mil@mail.mil](mailto:john.j.devlin10.mil@mail.mil) or our Program Coordinator Ms. Vanda Rich at [vanda.u.rich.civ@mail.mil](mailto:vanda.u.rich.civ@mail.mil). We are also available by phone at 757-953-1407. We look forward to meeting you and helping you get to wherever you want your career to go.

## Why Chose Military Emergency Medicine? The Uniqueness of Our Specialty

No job in clinical medicine today is more challenging than emergency medicine. The hallmark of our specialty is the ability to evaluate a patient in distress with an undifferentiated complaint and quickly identify, stabilize, treat, and disposition. Emergency Medicine is a specialty of breadth, with scope of practice touching every medical specialty. Every shift is unique as one manages a



variety of patients and problems in parallel inside a high tempo environment.

Military emergency physicians take this one step further. Not only are we required to know how to treat civilian emergent conditions but we must also have the capability manage high velocity rifle wounds, severe blast injuries, and other unique combat injuries that may occur in a host of extreme environments. Practicing good medicine even in unconventional environments is what attracts many of us to the specialty. Military Emergency Medicine

requires the ability to think on one's feet, improvise, adapt, and overcome. Emergency Medicine is a "Tip of the Spear" specialty.

When evaluating residency programs, ask yourself, "Will this program provide me with the tools to take care of combat casualties in a warzone, fly critical care air transport missions during disaster responses, and deliver humanitarian care in a rural village in Africa?" If the answer is "No," the residency may not give you everything you will need to be successful in Navy Emergency Medicine.



## Naval Medical Center Portsmouth Emergency Medicine... Why Choose Us?

Selecting a residency is much more difficult than simply choosing a specialty and location. Each Navy Residency program has its own allure and advantages, which far exceed the frequently discussed geographic placement, weather, and common attractions. Being accepted into a residency program is like joining a family. Through the highs and lows of your training, this family will support, nurture, and develop you. They will be your best friend and your toughest critic. Without a doubt, there is no other residency that places more importance of the ‘family first’ mentality, than the NMCP EM program. We are friends, colleagues, and battle buddies both on floor and outside the hospital. Here are quotes your future family (our residents) on why they chose NMCP. The remainder of this brochure will highlight the vast opportunities NMCP has to offer, but as you will see, no rotation, research project, or travel opportunity will develop you more than your own peers.

*I chose NMCP ER because it is the **closest-knit, most inclusive and supportive residency** program I have ever encountered. Learning is fun, from Nerf gun fights after conference to beers and pizza with a journal article in hand, TCCC **paintball challenge** of residents vs staff and the women's group whacking golf balls with more gusto than finesse. Every **staff is invested** in teaching from the perspective of a soon-to-be-peer and every resident is eager to share the secrets of success. – Cassie Townsend*

*Great staff assistance and camaraderie ... we have lots of good cases/opportunities in our ER despite low acuity... felt like home and I enjoy east coast VA beach life... staff very willing to help you with anything from research to family issues to just life in general. - Eric Schmieler*

*Amazing opportunities... I'm doing an **international elective to Nairobi** with Dr. Ritchie 4th year... plus they don't have as much [vivarium] training in [other programs.] – Chris Perry*

*I chose Portsmouth because I felt the program was **stronger from an academic standpoint** and that the residents were closer than at [other programs.] – Adam Bloom*

*I chose Portsmouth for the people. When I rotated here it felt like a family.” Plus they have **unmatched international training opportunities** with a unique “Military Medical Humanitarian Assistance Course... with travel opportunities; I'm going to Vietnam this fall. – Katie Biggs*

*The residents I met while on rotation were very friendly and seemed **truly happy** with the program. The training is outstanding and the weekly academic conferences were very strong. Plus, Virginia Beach is just down the road! – Will Bianchi*

*The incredible opportunity [to train in a vivarium lab] **monthly**, combined with the **state of the art simulation center**, is unparalleled when comparing residency programs. I know I will graduate not only ready for the fleet and real world emergency medicine, but I will have had a phenomenal four years with my NMCP family along the way! – Taylor George*

## Get to Know Our Hospital

### Naval Medical Center Portsmouth

- One of the busiest EDs in the Navy
  - 70000 patients per year
    - 200-250 patients per day
    - 25% pediatric patients
- NMCP - Designated Chest Pain Center
  - 24-hour catheterization lab availability
- Ongoing efforts towards becoming a Stroke Center
- Department layout
  - 25 “Main Side” beds, five triage beds, two resuscitation bays, two observation unit beds, one forensic exam room, four dedicated psychiatric beds
  - Fast Track: 15 Physician Assistant Staffed rooms and three orthopedic beds
  - Dedicated ED Pharmacy
- ED Personnel
  - 40 nurse corps officers, over 50 corpsmen, and over 15 civilian workers are members of the department



### Emergency Medicine (EM) Residency Program

- Four-year (PGY 1-4) program
- The first Emergency Medicine residency to receive a 5-year accreditation on 1<sup>st</sup> review
  - Full accreditation has been awarded in every subsequent review
- Moving towards continuous training:
  - 2013: the residency accepted its first four categorical EM interns.
  - 2017: a full complement of ten EM categorical interns
- Diverse Training Environments
  - Multiple affiliated training sites
  - Comprehensive exposure to EM core curriculum
  - High acuity training in intensive care and trauma
    - Hands on learning of life-saving procedures
    - Independent care of critically ill patient populations



## What Makes Us Different?

### Academic Conference

Academic conference is a reverse classroom approach to traditional medical teaching. From the intern level, a passion in leadership and education is instilled with weekly staff and resident lead lectures. During “conference,” the emergency medicine core content and military unique curriculum is delivered via traditional lecture, small group discussions, demonstrations, practical applications, inter-department learning, and simulation. Hands on learning is frequently practiced at the NMCP Healthcare Bioskills and Simulation Center, a state-of-the-art facility utilizing several adult and pediatric computerized simulation manikins. Assigned readings from landmark EM texts (Tintinalli’s, Roberts and Hedges, etc) are combined with asynchronous materials to cater to each type of learner. Graduating residents will have read each of these definitive texts in emergency medicine in their entirety prior to graduation.



### Journal Club

One of the most anticipated events each month, journal club is a social gathering held at a faculty member’s home. Enjoy food and reconnect with the NMCP EM Family in this relaxed environment. Each month we reinforce how to read and critically appraise the literature, utilize evidence-based medicine in practice, and develop knowledge about how to design and implement clinical studies.

### Cadaver Lab

Cadaver lab occurs ten times a year and allows all residents discussion, practice, and refinement of emergency procedures on a human model. Emphasis is on resuscitative procedures, but nearly any procedure that is performed in the emergency department can be practiced during this event.

### Vivarium Lab

NMCP is the only military medical center to offer monthly trauma skills training in our unique model. Unfortunately, the most critically important procedures are often the most infrequently performed in clinical training in the US. Our lab fills this void! This opportunity allows residents to become proficient in a wide array of procedures, including: transvenous pacemaker insertion, emergency thoracotomy, pericardiocentesis, hemostatic agent use, trephination, DPL, cricothyrotomy, chest tubes, and central line placement. Develop muscle memory to life saving procedures at the intern level. This is an unmatched clinical opportunity that will set you apart from your peers.

## Preparing You for Success - Quarterly & Annual Activities

### Orientation

Instead of being thrown into ‘intern year chaos’, start your year by getting to know your classmates and fellow residents with a 4-week block dedicated to the introduction of military EM as a unique specialty. New residents are introduced to core EM topics through didactic lectures, simulation training, PALS/ACLS certification, ultrasound/airway/procedure courses, and clinical orientation shifts in the ED. Classmates bond together through organized team building activities, culminating in the program director's Summer Party. Orientation provides an opportunity for resident wellness, team bonding, and family introduction to the NMCP EM group.



### Mock Oral Boards

Mock oral boards are conducted biannually in lieu of conference. This provides familiarization with the oral board format, which must be mastered in order to pass the ABEM certification exam after graduation. This format can be quite different from day-to-day practice and conducting practice exams twice a year prepares the resident for confident success. The resident's management skills are evaluated in the format identical to the ABEM exam.

### REBIL (Research & Evidence-Based Introductory Learning)

This is a mid-PGY2 course designed to ensure our residents incorporate scientific inquiry into their practice of humanistic patient care. Broad evidence based medicine and basic research topics provide a foundation for residents to build upon in the following years of training. REBIL provides a relaxed, collegial format and social activities, permitting time for class bonding. The course finishes with the Resident as Educator Seminar to ensure all residents are prepared and feel comfortable moving to the next level as physician-educators!

### Operation CAPSTONE

Operation CAPSTONE is a progressive initiative preparing EM graduates for the myriad of professional, operational and tactical situations faced by our present and future military Emergency Physicians. This experience is the ultimate culmination to the 48 month EM residency training; tackling the broad themes of Operational/Tactical EM, HADR (Humanitarian Assistance and Disaster Relief), and Military Professionalism, by immersing the graduating EM resident class in challenging realistic operational scenarios. Past



experiences have included a White House visit with the White House Medical Staff, Joint En-Route Care training at MCAS Miramar, and the Joint Emergency Medicine Field Exercise at Camp Bullis in San Antonio.

## Your Next Four Years - Curriculum Overview

### PGY 1 Year

Rotation	Duration	Location
NMCP ED/Orientation	4 weeks	NMCP Emergency Department (ED)
NMCP ED	8 weeks	NMCP ED
Leigh ED*	4 weeks	Leigh Memorial Hospital ED
Maryview ED*	4 weeks	Bon Secours Maryview Medical Center ED
Adult ICU*	4 weeks	Norfolk General Hospital ICU
Cardiology	4 weeks	NMCP Progressive Care Unit
Trauma*	4 weeks	Norfolk General Burn/Trauma Unit
Anesthesiology / Airway Management	4 weeks	Bon Secours Maryview Medical Center ED
Inpatient Care	8 weeks	NMCP General Surgery and Internal Medicine Ward
Clinical Elective	4 weeks	NMCP clinical rotation that includes an outpatient experience
Operational Medicine*	4 weeks	Local command clinical rotation with an operational unit

### PGY2 Year

Rotation	Duration	Location
NMCP ED	12 weeks	NMCP ED
Leigh ED*	4 weeks	Leigh Memorial Hospital ED
Maryview ED*	4 weeks	Bon Secours Maryview Medical Center ED
Pediatric ED*	4 weeks	Children's Hospital of the Kings Daughter
Community Military ED	4 weeks	Camp Lejeune ED
Trauma*	4 weeks	Norfolk General Burn/Trauma Unit
Anesthesiology*	4 weeks	Riverside Regional Medical Center
NMCP ICU	4 weeks	NMCP ICU
NMCP ED Ultrasound	4 weeks	NMCP ED
Obstetrics/EMS & En-Route Care	4 weeks	NMCP Labor & Delivery, EMS
Research & Evidence-Based Introductory Learning (REBIL)	4 weeks	NMCP

\* indicates offsite rotation



**PGY3 Year**

Rotation	Duration	Location
NMCP ED	16 weeks	NMCP ED
NMCP EM Teaching & Research Service	4 weeks	NMCP ED
ED/Trauma*	4 weeks	Riverside Regional Medical Center
Leigh ED*	4 weeks	Leigh Memorial Hospital ED
Chesapeake ED*	4 weeks	Chesapeake Regional Medical Center
Trauma*	4 weeks	OSF St. Anthony's Medical Center, Rockford, IL
Pediatric ICU*	4 weeks	Children's Hospital of Richmond
Adult ICU*	4 weeks	Norfolk General Hospital ICU
Operational Leadership	4 weeks	NMCP
Electives	4 weeks	Variable

**PGY4 Year**

Rotation	Duration	Location
NMCP ED	24 weeks	NMCP ED
NMCP EM Teaching & Research Service	4 weeks	NMCP ED
VB ED*	4 weeks	Virginia Beach General Hospital
ED/Trauma*	4 weeks	Riverside Regional Medical Center
Chesapeake ED*	4 weeks	Chesapeake Regional Medical Center
Toxicology*	4 weeks	New York City Poison Center
Elective	4 weeks	NMCP
Patient Safety/QI	4 weeks	NMCP ED

\* indicates offsite rotation

**Leave:** In accordance with ACGME regulations, residents may take annual leave in the following maximum amounts: PGY-1: 14 days (two weeks, intern wide hospital policy), PGY-2: 21 days (three weeks), PGY-3 & PGY-4: 28 days (four weeks)



## **Diversity in Clinical Experience - Affiliated Program Training Sites**

### **Sentara Norfolk General Hospital**

Trauma and ICU rotations are completed here, at the only area's Level I Trauma Center. Residents receive in-depth and hands-on experience in performing and directing resuscitations in multi-trauma and medical ICU patients, as well as how to effectively manage a trauma/ICU team. Proficiency is also gained in the performance of central and arterial line placement, tube thoracostomy, FAST exams, and all other procedures necessary for the resuscitation and stabilization of the trauma/critical care patient.

### **Sentara Virginia Beach General**

A 274-bed acute care hospital provides residents with valuable experience working in the Emergency Department of a busy community hospital. A Level II Trauma Center, there is ample opportunity for residents to evaluate and manage critically ill and injured patients. Being only a few miles from the oceanfront, residents have the opportunity to gain expertise in evaluating environmental injuries, including dysbaric injury, marine envenomation and poisoning, submersion injury, hyperthermia, and hypothermia.

### **Sentara Leigh General Hospital**

A 250-bed acute care facility serving Norfolk, Virginia Beach, and Chesapeake. The hospital is surrounded by various nursing homes and provides care to the elderly with multiple medical problems of moderate to high acuity. The hospital also houses a hyperbaric oxygen therapy chamber to help speed the recovery of patients with major wounds, decompression sickness, and carbon monoxide poisoning.

### **Riverside Regional Medical Center**

A level II trauma center located in Newport News which serves as a primary referral center for STEMIs and Strokes as well as for higher acuity patients from the "peninsula" area of the Tidewater/Hampton Roads area of Virginia. The emergency department sees 38,000 patients per year with a 25% admission rate. Residents are the first physician responder and team leader for all trauma patients.

### **Children's Hospital of the King's Daughters**

The Pediatric Emergency Department consists of 40 beds with an annual census of 35,000 patients. Residents work alongside pediatric emergency medicine fellows and pediatric residents during shifts that are supervised by board certified pediatric emergency medicine attendings. Residents gain additional pediatric critical care experience as members of the 18-bed PICU team in the region's largest and most sophisticated critical care unit for children.

### **Chesapeake Regional Medical Center**

A 310 bed comprehensive care hospital serving the southern Hampton Roads area, as well as, serving as the catchment hospital for parts of rural North Carolina and the Outer Banks. The 50 bed emergency department is extremely busy with more than 70,000 visits annually. All consultant specialties are represented and available on-call 24/7. Residents work alongside board

certified emergency physicians caring for critically ill and injured patients. Residents gain key experience in ED observation, utilizing the 16-bed ED observation area, and take a leading role caring for STEMI and stroke patients benefiting from the hospital's certification as a chest pain center and primary stroke center.

### **New York City Poison Control Center**

Located in Manhattan, NY and affiliated with New York University Medical Center. This is a fully funded one-month rotation with didactic teaching by nationally known toxicologists.

### **VCU PICU**

Being a part of a major metropolitan medical center, the VCU pediatric ICU sees a great deal of critically ill pediatric patients with multiple medical comorbidities. Rotating here exposes residents to high-quality resuscitative training, critical pediatric procedures and interventions, and outstanding education from multiple peds-trained PICU staff. An emphasis is also placed on autonomy to allow the resident to gain familiarity with things such as adjusting pediatric ventilator settings and responding to crashing patients on the medical floor.

### **Rockford Trauma Rotation at St. Anthony's**

This rotation features direct immersion into a large, academic surgical department where residents work directly with staff surgeons to foster a better knowledge and practice of trauma resuscitation. This area is known for high volumes of trauma, both penetrating and blunt injuries, that result in great learning opportunities for residents especially in the setting of working one-on-one with attending surgeons.

### **Bon Secours Maryview Medical Center**

Bon Secours Maryview is a 346 bed community hospital in Portsmouth, VA. Maryview is a Joint Commission Accredited Primary Stroke Center and Chest Pain Center. There are active Cardiothoracic, Spine, Vascular, and Colorectal surgery programs. Maryview is a part of a comprehensive tele-neurology and neuroscience system that rapidly transfers stroke patients to DePaul Medical Center for neuro-interventional care. The emergency department serves a highly acute patient population with higher than average cardiovascular and renal disease with approximately 45,000 patient visits a year. Maryview offers EM residents an experience in a busy community emergency department to manage complex patients that require multiple interventions.

### **Camp Lejeune**

Naval Medical Center Camp Lejeune is a 107 Bed academic community medical center located in Coastal Northeastern North Carolina. It is the fastest-growing MTF in the Department of the Navy. Home to the II Marine Expeditionary Force, NMCCCL provides primary and secondary care to >55,000 Service Members and more than 141,000 beneficiaries annually. In 2017, NMCCCL began the process of seeking accreditation and designation as a Level III Trauma Center, with the goal of eventual accreditation as a Level II Trauma Center. It is the only trauma center in the United States Navy. Residents gain valuable experience in medical and trauma resuscitation, environmental emergencies, and intentional overdoses/toxicology in a community hospital setting. Multiple procedures and interventions are practiced routinely inside NMCCCL

such as acute thrombolysis of STEMI and Massive PE, major trauma resuscitation, and orthopedic fracture/dislocation reduction.



## Unmatched Rotation Opportunities

### Emergency Ultrasonography

Emergency ultrasound is a great strength of the NMCP EM Residency. We offer the latest equipment access to faculty credentialed in the full range of emergency ultrasound applications, and graduate residents who competently integrate these applications into their daily practice. Graduating residents are comfortable utilizing bedside ultrasound in all core emergency applications as defined in the 2008 American College of Emergency Physicians Emergency Ultrasound Guidelines including: trauma, intrauterine pregnancy, abdominal aortic aneurysm, cardiac, biliary, urinary tract, deep venous thrombosis, soft tissue/musculoskeletal, thoracic, ocular, and procedural guidance. In addition, motivated residents can gain experience in advanced ultrasound applications: advanced echocardiography, bowel/appendix ultrasound, adnexal pathology, regional anesthesia, and testicular pathology.

Our program recognizes that emergency ultrasound has extremely important tactical military applications and is committed to ensuring that every emergency medicine resident graduates with these proficiencies.

The department currently has three of the latest Sonosite M-Turbo ultrasound machines, with two additional machines available for use as well. We remain committed to ensuring that the quality of machine we use is always up-to-date. Collectively, our residents perform more than 6,000 scans/year and that number increases annually. Our attending physicians are credentialed, and a quality assurance program audits every ultrasound that is performed in the department. In 2012, the department developed an Emergency Ultrasound Faculty Development Program which trains one faculty member per year and mirrors the training and experience which normally accompanies a civilian Emergency Ultrasound Fellowship.

### International Medicine

Home of the only Navy Global Health Engagement and Disaster Response Fellowship, NMCP EM offers the most robust international medicine program in the Navy Graduate Medical Education. This program provides an excellent opportunity for residents to assist in broadening

the scope of both military and emergency medicine and the international face of Navy Medicine. NMCP EM International Emergency Medicine is a 2-4 week elective that can be pursued in the PGY3 or PGY4 years. The rotation is self-paced with lectures, current literature, web resources, travel health, and Navy pre-deployment standards to review prior to leaving for an international rotation site. The elective can be tailored according to resident interest and expertise. Recent location sites include Belize, Guatemala, the Dominican Republic, Panama, Bhutan, Ghana, as well as evolving SOUTHCOM, AFRICOM, and PACOM sites. International Medicine includes systems development (EMS, EM program development, training programs), humanitarian and disaster assistance (assessing needs and providing care in complex disasters, displaced populations, etc.) and integration with civilian organizations (NGOs, Red Cross, UNHCR). This program is rapidly maturing and all NMCP EM residents are required to complete the Military Medical Humanitarian Assistance Course as part our Operational Leadership rotation.

### **Emergency Medicine Medical Student Clerkship**

The Emergency Medicine residency is affiliated with the Uniformed Services University of Health Sciences in Bethesda MD and provides an Emergency Medicine Clerkship as well as teaching at USUHS's EM procedure and Ultrasound sessions. The EM clerkship is designed to provide medical students exposure to the practice of military emergency medicine via clinical shifts alongside teaching faculty and senior residents. Students also attend Wednesday academic conferences and are invited to attend our monthly journal clubs. While on clerkship, students receive small group instruction and hands-on training in emergency procedures at NMCP's simulation center and at our monthly emergency procedures lab. Rotators routinely cite NMCP EM as the best opportunity to gain experience with procedures and learn important skills in emergent and acute first contact medicine.

### **Ease of Access to the NMCP Network, Web Resources and Library Services**

The Management Information Department offers the ability to log into the network from any computer with a web browser 24hrs a day, 365 days a year. This allows you to access any and all resources available at NMCP from the comfort of your home. This includes Outlook email, all Library resources, Radiology Department files, AHLTA, CHCS, T-Systems where EM documentation occurs, and all your own personal hard drive applications and files. The NMCP Health Sciences Library is available for use every day of the year, 24hrs a day. There are numerous computer terminals and wireless internet available for personal use and academic research. Literature search services are available free of charge. Outstanding resources such as UpToDate, eMedicine, MDConsult and over 400 electronic journals are accessible 24hrs a day.

### **Research / Scholarly Activity**

The national Accreditation Council of Graduate Medical Education (ACGME) requires every EM resident to complete some form of scholarly activity. Our residency's operational research program is the most robust in all of Navy GME!



The command structure at NMCP is very supportive of both clinical and operational research. Recent EM resident research projects have enjoyed publication in multiple peer-reviewed journals (over 10 publications in the last year alone!) and our program has won the McDade award for excellence in resident research presented by the Virginia College of Emergency Physicians in three of the last five years. Additionally, our department has won the command's Departmental Research Award every year since its inception. As an example of our rigorous ED driven research at NMCP, the Combat Trauma Research Group (CTRG) is a research arm of the Department of Emergency Medicine that is primarily run by EM residents and faculty interested in combat trauma. CTRG performs prospective research to test emergent care devices and pharmaceuticals for use in pre-hospital, en-route, and in-hospital military medicine. In the several years, CTRG has won 14 regional and national research awards, drafted and submitted five manuscripts, and continues to work on nine research protocols. The group's findings have directly changed Tactical Combat Casualty Care's guidelines, saving countless lives on the battlefield.

## Recent Research and Academic Awards/Recognition



- ACEP Resident Research Award, 1<sup>st</sup> Place – 2019
- ACEP Resident Research Finalist (Top 4 in nation) - 2020
- Navy Resident Research Competition, 1<sup>st</sup> Place –2019, 2018, 2017
- VACEP John P McDade Award – 2018, 2016, 2015
- MHSRS Research Award (Large Research Group) – 2017
- AAEM Resident Research Award, 2<sup>nd</sup> Place - 2017
- ACEP Outstanding Trainee of the Year – 2016
- AAEM Mitchell Goldman Distinguished Service Award – 2012
- GSACEP Rising Star Award - 2012
- CORD Junior Faculty Teaching Award 2012
- CORD Faculty Development Scholarship - 2011
- EMRA Robert J Doherty Scholarship - 2011
- GSACEP Excellence in Military Medicine Award - 2011
- GSACEP Leadership and Advocacy Scholarship winner - 2011, 2010
- SAEM Clinicopathologic Competition Semi Final Winner – 2014, 2011, 2010
- SAEM Clinicopathologic Competition Final Winner - 2010
- SAEM Young Investigator Award - 2011
- NMCP Medical Corps Officer of the Year – 2011
- AAEM Young Educator Award - 2011

**CORD Resident Academic Achievement Award**

2016 - Michael Gottlieb, MD, Cook County Emergency Medicine  
 2015 - Andrew Phillips, MD, Stanford University Kaiser Permanente  
 2014 - John Ashurst, DO, Lehigh Valley Health Network  
 2013 - Nikita Joshi, MD, SUNY Brooklyn  
 2012 - Breena Taira, MD, Stony Brook University  
 2011 - Ayan Sen, MD, Henry Ford Hospital  
 2010 - Jason D. Heiner, MD, Madigan Army Medical Center  
 2009 - Lanny F. Littlejohn, MD, Naval Medical Center Portsmouth  
 2008 - John J. Devlin, MD, Naval Medical Center Portsmouth  
 2007 - Tim Platts-Mills, MD, University of North Carolina  
 2006 - Joel Schofer, MD, Naval Medical Center - San Diego  
 2005 - Michael Donnino, MD, Henry Ford Hospital and Erik Hess, MD, Mayo Clinic  
 2004 - Benjamin Abella, MD, University of Chicago  
 2003 - H. Bryant Nguyen, MD, MS, Henry Ford Hospital  
 2002 - Debra Houry, MD, MPH, Denver Health Medical Center  
 2001 - Andra Blomkalns, MD, University of Cincinnati and Kevin Merrell, MD, Denver Health Medical Center  
 2000 - Abhinav Chandra, MD, Wayne State University  
 1999 - Daniel Davis, MD, University of California, San Diego  
 1998 - Stephen W. Burgher, MD, Portsmouth Naval Medical Center  
 1997 - James Jones, MD, PhD, Geisinger Medical Center  
 1996 - Gary Vilke, MD and Theodore Chan, MD, University of California, San Diego  
 1995 - Adam Singer, MD, State University of New York Stony Brook



**Council of  
Emergency Medicine  
Residency Directors**



**Tied with Henry Ford for the US residency program with the most recipients in the award's history!!!**

## Quality of Life

Naval Medical Center Portsmouth is located on the banks of the Elizabeth River in the historic and diverse community of Hampton Roads. Portsmouth is centrally located between the resort city of Virginia Beach, 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!

It is a phenomenal time to be moving to Hampton Roads. Within the last few years, massive investment has occurred in the region, with huge changes to include the opening of The Main and the Waterside District in Norfolk. Both of these locations contain a multitude of restaurants, outdoor and rooftop bars, shopping, and a stunning view of the water. The area has over a dozen new breweries and distilleries as





well. Don't forget the numerous other breweries, outdoor activities, boating, hikes, beaches, shopping locals, and remarkable Chesapeake fisheries on your way to Virginia Beach!



This region is one of the more popular vacation sites on the East Coast, with miles of beautiful beaches just 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 Europe and Water Country USA are only 45 minutes away. The water sport paradise of North Carolina's Outer Banks is just an hour away, as well! The Eastern Shore and its famous islands of Chincoteague and Assateague are 90 minutes north, and skiing and mountain activities are only 3 hours away, as is Washington D.C and all it has to offer. You simply cannot ask for more in one location!



The Hampton Roads area includes theater, opera, Broadway shows, and a symphony. Museum enthusiasts will love Nauticus in downtown Norfolk with the Battleship Wisconsin alongside, the Virginia Air and Space museum (adjacent to the Langley NASA research center), the Chrysler Museum of Art, the Norfolk Botanical Gardens, the Virginia Zoo, as well as the Virginia Aquarium, one of the largest and top-rated Aquariums on the east coast. Our residents have joined glass blowing classes, torch metal sessions, and created works of art outside of the hospital. 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.



While Hampton Roads has an amazing array of things to do, the cost of living remains very reasonably near the national average, and far below that of the other Military 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!

## Cost of Living Information with Comparisons

Index	National Average	Norfolk/Virginia Beach, VA	San Diego, CA	Washington, DC
<b>Overall (lower is better!)</b>	100	<b>106</b> (6% > US mean)	160 (60% > US mean)	152 (52% > US mean)
<b>Food/Grocery</b>	100	<b>98/100</b>	110	114
<b>Utilities</b>	100	<b>97</b>	103	106
<b>Housing</b>	100	<b>80/116</b>	279	241
<b>Transportation</b>	100	<b>82/98</b>	103	135
<b>Home Ownership</b>		<b>Norfolk/Va Beach, VA</b>	<b>San Diego, CA</b>	<b>Wash. DC</b>
<b>Median Home Cost</b>		<b>\$186K/268K</b>	\$645K	\$557K
<b>Traffic</b>				
<b>Average Commute Time</b>		<b>23.7 min</b>	24.0 min	30.0 min
<b>Public Schools</b>		<b>Norfolk/Va Beach, VA</b>	<b>San Diego, CA</b>	<b>Wash. DC</b>
<b>Pupil/Teacher Ratio</b>		<b>16.4/17.5</b>	23.9	13.3

From Sperling's Best Places, [www.bestplaces.net](http://www.bestplaces.net) Data: Last accessed 04 Nov 2019

Bottom Line: World class residency education, exciting recreational activities, short commutes, and a low cost of living make Portsmouth's Emergency Medicine Residency the easy choice!

## Future Directions



The NMCP EM Residency Program aggressively pursues improved learning opportunities for present and future residents. We utilize annual resident, graduate and employer surveys to highlight areas for improvement. Residents are intimately involved in the inspiration, planning and execution of these advancements. Changes are made on a yearly basis to improve quality of rotations, value of education, and work-life balance.

## Web Links and How to Apply

Naval Medical Center Portsmouth EM Residency website:

<https://emresportsmouth.org/>

\*some content here is password protected, will be given during rotation/residency

Naval Medical Center Portsmouth GME website:

<https://nmcp.med.navy.mil/sites/Edu/GME/SitePages/Home.aspx>

Follow the link [BUMED \(GME\) 1524-1b](#) to view the GME Instruction

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