

UCSF Orthopaedic Residency Information Packet 2019-2020



UCSF

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To Our Rotating Students:

Greetings and welcome to the University of California San Francisco, Department of Orthopaedic Surgery. We are delighted by your interest in our program and your commitment to spending this valuable time with us.

We hope to make your experience educational and rewarding. You will be rotating at one of our main teaching sites: UCSF Parnassus and the Orthopaedic Institute (OI), Mission Bay, Zuckerberg San Francisco General (ZSFG), or San Francisco Veterans' Medical Center (SFVA). If you are assigned to the Parnassus/OI campuses, you will spend two weeks each on two different services. This arrangement will allow continuity and familiarity with one hospital system, while exposing you to different subspecialties, faculty, and trainees.

The chief resident on your assigned rotation will organize your daily schedule and facilitate your participation in the operating room and clinic. If you are assigned to ZSFG, you will take call during the week. If you are assigned to UCSF/OI or the SFVA, you will take at least 1-2 weekend call days at ZSFG. You should work with the other sub-interns and with the chief residents at ZSFG to coordinate a schedule.

As part of your rotation, we have created a series of lectures specifically for our rotating students. These talks will be given by our faculty on Thursday mornings. On arrival, you will receive a zip drive with selected articles as well as some basic information about our residency program. We have also included a copy of our summer anatomy sessions (July/August) and a currently listing of all our educational offerings.

Towards the end of the rotation, you will present a case you have seen in the operating room or clinic. The presentations will occur on a Wednesday at the UCSF Parnassus campus. You should work with the attending and/or the resident(s) so that the talk can best demonstrate your knowledge base and educate all of us.

One of our chief residents will meet with you at 8am on the first day of your rotation. I will meet with you in person towards the end of your rotation to get your feedback on how things went. If you have any questions or concerns at any time, please email or call me.

We are looking forward to having you on our teams and showing you all that UCSF has to offer. Don't be shy—show us who you really are and let us know how we can best partner with you during your rotation.

Best Regards,



Hubert Kim, MD, PhD
Residency Program Director and Vice Chair
Department of Orthopaedic Surgery
University of California, San Francisco





UCSF Medical Center, Parnassus

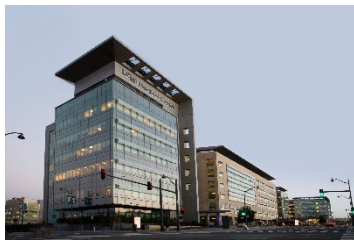
This is the center of UCSF Healthcare. The majority of administrative services are here, as are weekly conferences on Wednesday mornings. This is the primary inpatient surgical site at UCSF. All spine and arthroplasty cases are performed here, as are larger hand, foot & ankle, and sports cases.

Dress Code: clinic attire with white coat, scrubs for OR

Zuckerberg San Francisco General

As the only level 1 trauma center in San Francisco, ZSFG/ SFGH is the core of the ortho trauma experience at UCSF. We have a large resident service here, as well as a very busy inpatient service. The affiliated Orthopaedic Trauma Institute (OTI) houses our morning conferences and anatomy labs.

Dress Code: scrubs



Mission Bay Adult and Benioff Children's Hospitals

Across the street from the OI, Mission Bay houses our pediatric and oncology services.

Dress Code: clinic attire with white coat, scrubs for OR



UCSF Orthopaedic Institute

This is our ortho-only outpatient surgery center. The OI is high volume and efficient. The OI also houses the majority of our outpatient clinics, including arthro, hand, foot & ankle, and sports.

Dress Code: clinic attire with white coat, scrubs for OR



San Francisco VA

Located in the far northwest corner of San Francisco, the VA is a hidden gem. The VA ortho service has a high volume of "bread and butter" orthopaedic surgery.

Dress Code: clinic attire with white coat Mondays, scrubs Tues – Fri

California Pacific Medical Center*



*Not on Sub-I rotation

Shriners Hospitals for Children, Sacramento*



Benioff Children's Hospital Oakland*



Faculty

Arthritis & Joint Replacement

[Thomas Barber, MD](#)

Professor

[Jeff Barry, MD](#)

Assistant Professor

[Stefano Bini, MD](#)

Professor

[Erik Hansen, MD](#)

Assistant Professor,
Fellowship Program Director

[Hubert Kim, MD, PhD](#)

Professor, Vice Chair of Education,
Residency Program Director

[Alfred Kuo, MD, PhD](#)

Associate Professor

[Thomas Vail, MD](#)

James L. Young Professor & Chair,
Orthopaedic Surgery Dept.

[Derek Ward, MD](#)

Assistant Professor

Foot & Ankle

[Michael Coughlin, MD](#)

Professor

[Richard Coughlin, MD](#)

Professor

[Kirstina Olson, MD](#)

Associate Professor

[Roger Mann, MD](#)

Professor

[Daniel Thuillier, MD](#)

Assistant Professor

Hand, Elbow & Upper Extremity

[Igor Immerman, MD](#)

Assistant Professor

[Lisa Lattanza, MD](#)

Professor, Vice Chair of Diversity,
Chief of Service & Fellowship Program Director

[Nicolas Lee, MD](#)

Assistant Professor

[Mathias Masem, MD](#)

Assistant Clinical Professor

[Nicole Schroeder, MD](#)

Associate Professor,
Haile Debas Academy Chair,
Associate Residency Director

Orthopaedic Oncology

[Richard O'Donnell, MD](#)

Professor

[Rosanna Wustrack, MD](#)

Assistant Professor

[Melissa Zimel, MD](#)

Assistant Professor

Orthotics & Prosthetics

[Matthew Garibaldi, MS](#)

Associate Professor,
Director of the Orthotic and Prosthetic Centers

Pediatric Orthopaedics

[Ravinder Brar, MD, MPH](#)

Assistant Professor

[Eliana Delgado, MD, MPH](#)

Professor

[Mohammad Diab, MD](#)

Professor,
Chair of Education for
Pediatrics

[Jason Jagodzinski, MD](#)

Assistant Professor

[Kristin Livingston, MD](#)

Assistant Professor

[Nirav Pandya, MD](#)

Assistant Professor

[Coleen Sabatini, MD, MPH](#)

Associate Professor

[Sanjeev Sabharwal, MD](#)

Professor

Podiatry

[Monara Dini, DPM](#)

Associate Professor

[Charles Parks, DPM](#)

Assistant Professor

Rehabilitation

[Karina Del Rosario, MD](#)

Assistant Professor

[Masato Nagao, MD, PhD](#)

Associate Professor

[Lisa Pascual, MD](#)

Associate Professor

Skeletal Health

[Krishna Chaganti, MD](#)

Associate Professor

[Roger Long, MD](#)

Associate Professor

[Aenor Sawyer, MD](#)

Assistant Professor

[Elliot Schwartz, MD](#)

Associate Physician Diplomate

[Dolores Shoback, MD](#)

Professor

Spine

[Sigurd Berven, MD](#)

Professor, Chief of Service

[Shane Burch, MD](#)

Associate Professor

[Alan Dang, MD](#)

Assistant Professor

[Sibel Deviren, MD](#)

Professor

[Vedat Deviren, MD](#)

Professor

[Lionel Metz, MD](#)

Assistant Professor

[Conor O'Neill, MD](#)

Professor

[Bobby Tay, MD](#)

Professor,
Fellowship Program Director,
Vice Chair of Quality &
Safety

[Alekos Theologis, MD](#)

Assistant Professor

[Patricia Zheng, MD](#)

Assistant Professor

Sports Medicine

[Christina Allen, MD](#)

Professor

[Cindy Chang, MD](#)

Professor

[Nicholas Colyvas, MD](#)

Professor

[Alexis Dang, MD](#)

Assistant Professor

[Brian Feeley, MD](#)

Associate Professor,
Associate Residency Director

[Drew Lansdown, MD](#)

Assistant Professor

[Elly LaRogue, MD](#)

Assistant Professor

[Anthony Luke, MD](#)

Professor

[Benjamin Ma, MD](#)

Professor, Chief of
Service, Vice Chair of
Adult Clinical Operations

[Carlin Senter, MD](#)

Associate Professor

[Kristin Wingfield, MD](#)

Assistant Professor

[Alan Zhang, MD](#)

Assistant Professor,
Fellowship Program Director

Trauma & Problem Fractures

[Tony Ding, MD](#)

Assistant Clinical Professor

[Richard Gosselin, MD](#)

Assistant Clinical Professor

[Harry Jergesen, MD](#)

Emeritus Clinical Professor

[Utku Kandemir, MD](#)

Professor

[Meir Marmor, MD](#)

Assistant Professor

[Amir Matityahu, MD](#)

Professor

[Trigg McClellan, MD](#)

Professor

[Eric Meinberg, MD](#)

Associate Professor

[Theodore Miclau, MD](#)

Professor, Chief of Service,
Fellowship Program Director

[Saam Morshed, MD, MPH, PhD](#)

Associate Professor,
Director of Research

[David Shearer, MD](#)

Assistant Professor

[Paul Toogood, MD](#)

Assistant Professor

Current Residents

Post Graduate Year 5 – Class of 2019

- ❖ Ilya Bendich MD, MBA – Dartmouth College
- ❖ Erik Geiger MD, MHS – Yale University
- ❖ Trevor Grace MD – University of Hawaii
- ❖ Kevin Hwang MD – Baylor University
- ❖ Justin Krogue MD – Washington University in St. Louis
- ❖ Jeffrey Mulvihill MD – University of Southern California
- ❖ Caitlin Rugg MD – University of California, Los Angeles

Post Graduate Year 4 – Class of 2020

- ❖ Andrew Figoni MD – University of California, Davis
- ❖ Alex Gornitzky MD – University of Pennsylvania
- ❖ Gopal Lalchandani MD – Washington University in St. Louis
- ❖ Erik McDonald MD, MAS – University of California, San Francisco
- ❖ Laura Moore MD, PhD – Northwestern University
- ❖ Heather Roberts MD – Harvard Medical School
- ❖ Nicholas Satariano MD – Case Western Reserve University
- ❖ Musa Zaid MD – University of California, San Francisco

Post Graduate Year 3 – Class of 2021

- ❖ Sachin Allahabadi MD – Baylor University
- ❖ Monica Coughlan MD – Stanford University
- ❖ Michael Davies MD – University of California, San Francisco
- ❖ Arin Kim MD – Columbia University
- ❖ Erika Roddy MD – University of California, San Francisco
- ❖ William Rubenstein MD – Icahn School of Medicine at Mount Sinai
- ❖ Hao-Hua Wu MD – University of Pennsylvania

Post Graduate Year 2 – Class of 2022

- ❖ Charles Cogan MD – Northwestern University
- ❖ Leah Demetri MD – Harvard Medical School
- ❖ Marcus DiLallo MD – Duke University
- ❖ Ryan Freshman MD – Northwestern University
- ❖ Abhinav Janghala MD – University of California, San Francisco
- ❖ Tiffany Liu MD – University of Pennsylvania
- ❖ Steven Garcia MD – University of California, San Francisco

Post Graduate Year 1 – Class of 2023

- ❖ Avionna Baldwin, MD – University of Rochester
- ❖ Matthew Cherches, MD – Baylor University
- ❖ Jennifer O'Donnell, MD – Rutgers University
- ❖ Sarah Stroud, MD – State University of New York, Downstate
- ❖ Favian Su, MD – University of Pittsburgh
- ❖ Hunter Warwick, MD – Duke University
- ❖ Anthony Wiggins, MD – University of Virginia

Fellowships

Class of 2019

Jessica Bryant, MD – Hand & Upper Extremity, Brigham & Women's & Children's Hospital, Harvard University

Jonathan Cheah, MD – Sports Medicine, Duke University

Patrick Curran, MD – Pediatric Orthopedics, Boston Children's Hospital, Harvard University

Krishn Khanna, MD – Spine, Rush University

Joseph Patterson, MD – Trauma, Harborview Medical Center, University of Washington

Austin Pitcher, MD – Hand & Upper Extremity, Cleveland Clinic

Stephanie Wong, MD – Sports Medicine, Rush University

Class of 2018

Kevin Choo, MD – Adult Reconstruction, Rothman Institute, Thomas Jefferson University

Debbie Dang, MD, PhD – Foot & Ankle, Saint Alphonsus, Boise Idaho

Deeptee Jain, MD – Spine, New York University Langone Hospital for Joint Diseases

Brian Lau, MD – Sports Medicine, Duke University

Dominique Laron, MD – Pediatric Orthopedics at Cincinnati Children's Hospital

Dell McLaughlin, MD – Pediatric Orthopaedics, The Hospital for Sick Children, Toronto.

Oncology Fellowship, Sloan Kettering, New York

Jennifer Tangtiphaiboonatana, MD – Trauma, Harborview Medical Center, University of Washington

Class of 2017

Jeff Barry, MD – Arthroplasty, Hip and Knee Fellowship, OrthoCarolina

Chris Langhammer, MD – Hand & Upper Extremity, Massachusetts General Hospital

Micah Naimark, MD – Sports Medicine & Shoulder Surgery Fellowship, University of Michigan

Jeremy Shaw, MD – Spine Fellowship, University of Utah

Alexander Theologis, MD – Spine Fellowship, Washington University, St. Louis

Zachary Thielen, MD – Arthroplasty Fellowship, Hoag Orthopaedic Institute

Kurt Yusi, MD – Trauma Fellowship, Vanderbilt University

Class of 2016

Jonathan Berliner, MD – Arthroplasty, Hospital for Special Surgery

Neil Bharucha, MD – Arthroplasty, Reno Orthopaedic Clinic

Liz Inkellis, MD – Hand & Upper Extremity, Hospital for Special Surgery

Drew Lansdown, MD – Sports Medicine, Rush University

Lindsey Sheffler, MD – Hand & Upper Extremity, Brigham & Women's & Children's Hospital, Harvard University

Mia Smucny, MD – Sports Medicine, Cleveland Clinic

Department of Orthopaedic Surgery- Residents 2019-2020

5th Year Orthopaedic Surgery Residents



Ilya Bendich
Ilya.bendich@ucsf.edu
(415) 443-1567



Erik Geiger
Erik.geiger@ucsf.edu
(415) 443-1802



Trevor Grace*
Trevor.Grace@ucsf.edu
(415) 443-7960



Kevin Hwang
kevin.hwang@ucsf.edu
(415) 443-1982



Justin Krogue
justin.krogue@ucsf.edu
(415) 443-2696



Jeffrey Mulvihill
Jeffrey.mulvihill@ucsf.edu
(415) 443-2699



Caitlin Rugg
caitlin.rugg@ucsf.edu
4154432985

4th Year Orthopaedic Surgery Residents



Andrew Figoni
Andrew.Figoni@ucsf.edu
(415) 443-6810



Alex Gornitzky
Alex.Gornitzky@ucsf.edu
(415) 443-6816



Gopal Lalchandani
Gopal.Lalchandani@ucsf.edu
(415) 443-6817



Erik McDonald
Erik.Mcdonald@ucsf.edu
(415) 443-6830



Laura Moore
LMoore@ucsf.edu
(415) 443-6821



Heather Roberts*
Heather.Roberts@ucsf.edu
(415) 443-6826



Nicholas Satariano
Nicholas.Satariano@ucsf.edu
(415) 443-6829



Musa Zaid*
musa.zaid@ucsf.edu
(415) 443-3120

3rd Year Orthopaedic Surgery Residents



Sachin Allahabadi
Sachin.Allahabadi@ucsf.edu
(415) 443-7155



Monica Coughlan
Monica.Coughlan@ucsf.edu
(415) 443-7156



Michael Davies*
Michael.Davies@ucsf.edu
(415) 443-7163



Arin Kim
Arin.Kim@ucsf.edu
(415) 443-7157



Erika Roddy
Erika.Roddy@ucsf.edu
(415) 443-7159



William Rubenstein
William.Rubenstein@ucsf.edu
(415) 443-7160



Hao-Hua Wu
Hao-Hua.Wu@ucsf.edu
(415) 443-7161

2nd Year Orthopaedic Surgery Residents



Charles Cogan
Charles.Cogan@ucsf.edu
(415) 443-5645



Leah Demetri
Leah.Demetri@ucsf.edu
(415) 443-5650



Marcus DiLallo
Marcus.DiLallo@ucsf.edu
(415) 443-5659



Ryan Freshman
Ryan.Freshman@ucsf.edu
(415) 443-5660



Steven Garcia*
Steven.Garcia@ucsf.edu
(415) 443-5669



Abhinav Janghala
Abhinav.Janghala@ucsf.edu
(415) 443-5674



Tiffany Liu
Tiffany.Liu2@ucsf.edu
(415) 443-5688

1st Year Orthopaedic Surgery Residents



Avionna Baldwin
Avionna.Baldwin@ucsf.edu
415-443-8757



Matthew Cherches
Matthew.Cherches@ucsf.edu
415-443-8765



Jennifer O'Donnell
Jennifer.ODonnell@ucsf.edu
415-443-8772



Sarah Stroud
Sarah.Stroud@ucsf.edu
415-443-8778



Favian Su
Favian.Su@ucsf.edu
415-443-8783



Hunter Warwick
Hunter.Warwick@ucsf.edu
415-443-8784



Anthony Wiggins
Anthony.Wiggins@ucsf.edu
415-443-8786

* Denotes research resident

Ortho Intern (PGY1) Schedule 2019-2020

| Resident | 6/21-7/20 | 7/21-8/20 | 8/21-9/20 | 9/21-10/20 | 10/21-11/20 | 11/21-12/20 | 12/21-1/20 | 1/21-2/20 | 2/21-3/20 | 3/21-4/20 | 4/21-5/20 | 5/21-6/20 |
|---------------------|------------------|----------------|------------------|----------------|------------------|----------------|----------------|----------------|----------------|------------------|------------------|----------------|
| Cherches, Matthew | UC Ortho | UC Ortho | UC Radiology | ZSFG Ortho | ZSFG Ortho | ZSFG Trauma/GS | VA Plast-Hand | ZSFG Rehab Med | VA Hospitalist | VA CC | ZSFG Ortho | ZSFG Ortho |
| | | | (1 wk VAC) | | | | (1 wk VAC) | (1 wk VAC) | | | | |
| O'Donnell, Jennifer | ZSFG Ortho | ZSFG Ortho | VA CC | VA Hospitalist | ZSFG Rehab Med | ZSFG Trauma/GS | ZSFG Ortho | UC Radiology | VA Plast-Hand | ZSFG Ortho | UC Ortho | UC Ortho |
| | | | (1 wk VAC) | (1 wk VAC) | (1 wk ZSFG Anes) | | | (1 wk VAC) | (1 wk VAC) | | | |
| Stroud, Sarah | ZSFG Rehab Med | ZSFG Trauma/GS | UC Ortho | ZSFG Ortho | ZSFG Ortho | ZSFG Ortho | UC Radiology | UC Ortho | ZSFG Ortho | VA Plast-Hand | VA Hospitalist | VA CC |
| | (1 wk ZSFG Anes) | | | | | | (1 wk VAC) | | | (1 wk VAC) | (1 wk VAC) | |
| Su, Favian | ZSFG Ortho | ZSFG Ortho | VA Hospitalist | UC Ortho | VA CC | ZSFG Ortho | ZSFG Trauma/GS | ZSFG Ortho | ZSFG Rehab Med | UC Radiology | ZSFG Ortho | VA Plast-Hand |
| | | | (1 wk VAC) | | | | | | (1 wk VAC) | (1 wk ZSFG Anes) | | (1 wk VAC) |
| Warwick, Hunter | VA Plast-Hand | VA CC | ZSFG Ortho | ZSFG Ortho | UC Radiology | ZSFG Ortho | UC Ortho | ZSFG Trauma/GS | ZSFG Ortho | ZSFG Ortho | ZSFG Rehab Med | VA Hospitalist |
| | (1 wk VAC) | (1 wk VAC) | | | (1 wk VAC) | | | | | | (1 wk ZSFG Anes) | (1 wk VAC) |
| Wiggins, Anthony | ZSFG Ortho | ZSFG Ortho | ZSFG Rehab Med | ZSFG Trauma/GS | VA Hospitalist | VA CC | ZSFG Ortho | ZSFG Ortho | UC Ortho | UC Ortho | VA Plast-Hand | UC Radiology |
| | | | (1 wk ZSFG Anes) | | (1 wk VAC) | (1 wk VAC) | | | | | (1 wk VAC) | (1 wk VAC) |

Rotation Schedule 2019-2020

Block 1 Block 2 Block 3 Block 4 Block 5 Block 6 Block 7
July 1- Aug 18 Aug 19- Oct 6 Oct 7- Dec 1 Dec 2- Jan 26 Jan 27- Mar 22 Mar 23- May 10 May 11- Jun 30

| | Block 1 | Block 2 | Block 3 | Block 4 | Block 5 | Block 6 | Block 7 |
|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | July 1- Aug 18 | Aug 19- Oct 6 | Oct 7- Dec 1 | Dec 2- Jan 26 | Jan 27- Mar 22 | Mar 23- May 10 | May 11- Jun 30 |
| PGY-5 | | | | | | | |
| Mulvihill | VA | Gold | Hand | Arthroplasty | University | Foot and Ankle | Blue |
| Geiger | Arthroplasty | VA | University | Blue | Hand | Gold | Foot and Ankle |
| Rugg | Hand | Arthroplasty | Foot and Ankle | University | Blue | VA | Gold |
| Bendich | Foot and Ankle | Blue | Gold | Hand | VA | University | Arthroplasty |
| Krogue | Gold | University | Blue | VA | Foot and Ankle | Arthroplasty | Hand |
| Hwang | Blue | Foot and Ankle | VA | Gold | Arthroplasty | Hand | University |
| Grace | University | Hand | Arthroplasty | Foot and Ankle | Gold | Blue | VA |
| PGY-4 | | | | | | | |
| Lalchandani | Shrine | Gold | Sports | Global/Research | Blue | Peds | CPMC |
| Figoni | Sports | CPMC | Peds | Shrine | Global/Research | Blue | Gold |
| Satariano | CPMC | Shrine | Global/research | Sports | Peds | Gold | Blue |
| Moore | Gold | Sports | Blue | CPMC | Shrine | Global/Research | Peds |
| Gornitzky | Peds | Global/Research | Shrine | Blue | Gold | CPMC | Sports |
| Zaid | Blue | Peds | CPMC | Gold | Sports | Shrine | Global/Research |
| McDonald | Global/Research | Blue | Gold | Peds | CPMC | Sports | Shrine |
| PGY-3 | | | | | | | |
| Allahabadi | Spine | Gold | Blue | VA Research | CHO | Oncology | VA |
| Coughlan | Blue | Spine | VA | CHO | Oncology | VA Research | Gold |
| Davies | VA | VA Research | Gold | Oncology | Spine | Blue | CHO |
| Kim | CHO | VA | Oncology | Gold | VA Research | Spine | Blue |
| Roddy | Gold | Oncology | CHO | Spine | Blue | VA | VA Research |
| Rubenstein | VA Research | Blue | Spine | VA | Gold | CHO | Oncology |
| Wu | Oncology | CHO | VA Research | Blue | VA | Gold | Spine |
| PGY-2 | | | | | | | |
| Cogan | Foot and ankle | Arthroplasty | Hand | Sports | Blue | Spine | Gold |
| Demetri | Arthroplasty | Foot and ankle | Gold | Spine | Hand | Sports | Blue |
| DiLallo | Spine | Hand | Blue | Arthroplasty | Gold | Foot and ankle | Sports |
| Freshman | Hand | Gold | Sports | Foot and ankle | Arthroplasty | Blue | Spine |
| Garcia | Sports | Blue | Foot and ankle | Hand | Spine | Gold | Arthroplasty |
| Janghala | Gold | Spine | Arthroplasty | Blue | Sports | Hand | Foot and ankle |
| Liu | Blue | Sports | Spine | Gold | Foot and ankle | Arthroplasty | Hand |

Summer Curriculum

Grand Rounds are held on Wednesdays from 7:30-8:30 am during the academic year. Residents, attendings, community surgeons, and esteemed visiting professors are invited to discuss topics at the forefront of orthopaedic surgery, including clinical advances, basic science research, and ethical, legal, and economic issues pertaining to orthopaedics. Recent visiting professors have included Drs. Lawrence Lenke, Ann Van Heest, Marybeth Ezaki, Andrew Schmidt, and Michael Parks, among others. Following the grand rounds, the visiting professors give additional lectures to the residents on a topic of their choice—often including topics such as how to start a practice, how to pass the boards, and/or time management.

Core Curriculum is held every Wednesday following Grand Rounds, for 2.5 hours. The curriculum is divided over 2 years and covers all 8 subspecialties. Lectures are based off the AAOS Comprehensive Review book topics. Basic science materials are covered in each subspecialty, and the conferences are taught by the faculty.

Summer Anatomy is during the months of July and August, Grand Rounds are replaced by the summer anatomy. Every Tuesday, the chief residents and Dr. Paul Toogood coordinate nightly anatomy review sessions on a selected anatomic region. Prosections and fresh-frozen specimens are available for dissection and a review of anatomy and surgical approaches. The following Wednesday, both residents and attendings instruct on basic physical exam skills and anatomy.

Journal club is part of the didactic schedule and covers specialty-specific articles on a monthly basis. The goal of journal club is to understand how to interpret new journal articles, discuss the clinical relevance of the findings, and discuss how the article may or may not change clinical practice. Journal Clubs are held either Tuesday evenings (with invited Grand Rounds lecturers) or select Wednesday Mornings prior to Grand Rounds.

Surgical Skills Lab: The first Wednesday of every month is protected time dedicated to a surgical skills lab at the OTI Surgical Training Facility. The labs are specialty-specific and are designed to teach core surgical skills across the orthopaedic disciplines. The labs are run by faculty leaders in their fields.

Sub-Internships in the Department of Orthopaedic Surgery

The 140.01 Orthopaedic Surgery Clerkship is a four-week clinical experience for advanced medical students with prior experience in orthopaedics. The objective of the rotations are as follows:

Educational Objectives

- Describe and identify surgically and clinically relevant anatomy of the musculoskeletal system
- Obtain an orthopaedic history, diagnose discipline-specific common musculoskeletal problems, and describe common surgical indications
- Perform an orthopaedic physical examination, including both a basic orthopedic post-operative examination and discipline-specific examination
- Identify the basic components of an orthopaedic post-operative plan and management strategies for common post-operative problems and emergencies

Functional Objectives

- Investigate and present a case-based orthopaedic question to the department with support of existing literature
- Take overnight trauma call and assist in preparation and execution of bedside procedures
- Understand the basic components of an orthopaedic consult and identify ways to effectively contribute to the work-up and treatment of orthopaedic patients
- Assist with patient-relevant data collection and clinical, perioperative, and surgical management Be a helpful and enthusiastic team member
- Obtain mid-rotation feedback from orthopaedic team

There are seven different month-long sub-internships available for medical student rotators in the Department of Orthopaedic Surgery, with preference given to UCSF students. Students will rotate at the Zuckerberg San Francisco General Hospital (ZSFG) for four weeks, the VA hospital for four weeks, or at the Parnassus/Mission Bay Campus for two, two-week rotations. The rotations at Parnassus campus include the U-Service, Arthroplasty, and Spine. Rotations at the Mission Bay campus include Foot and Ankle and Oncology. Students from all five rotations will have the opportunity to participate in a call pool with Zuckerberg San Francisco General Hospital Trauma (ZSFG) call pool (q4-7). ZSFG has a sub-specialty focus on trauma, but also provides exposure to arthroplasty, hand, foot and ankle and spine. Lastly, a broad-based, general orthopaedic surgery rotation may be completed at Veterans Hospital, a VA hospital located at Fort Miley.

As a student on the service, you will be required to complete a 10-minute case presentation at the end of your rotation. Details of the presentation will be distributed to you once your application has been approved and scheduled for your rotation.

Service Specific Details:

ZSFG Trauma Service

Faculty: Ted Miclau, MD, Richard Coughlin, MD, Saam Morshed, MD, PhD, Trigg McClellan, MD, Utku Kandemir, MD, Amir Matityahu, MD, Meir Marmor, MD, Eric Meinberg, MD, Nicole Schroeder, MD, Nico Lee, MD, Paul Toogood, MD, and Dave Shearer, MD

Number of students: 1-3

Location: Zuckerberg San Francisco General Hospital

The ZFGH rotation is primarily focused on orthopaedic trauma with additional exposure to sports, hand, spine, foot and ankle, and arthroplasty. As an integral member of the orthopaedic team, the student will actively participate all aspect of patient care in a various settings including the operating room, emergency room, clinics, and during rounds. Most of the time will be spent in the operating room, clinics, and the emergency room seeing new consults. Students will be exposed to fracture reduction techniques, application of casts and splints, and general care of orthopaedic patients.

The basic schedule begins with ward rounds starting between 5:45-6AM, followed by a fracture board review at 7:00 am where all consults from the prior day are reviewed. This is followed by teaching conferences on Monday through Friday. These conferences have a large didactic component as well as hand on learning in the Surgical Training Facility with “saw bone” labs and wet cadaveric labs. The student will be expected to take one 24 hour call shift per week with the overnight on call junior resident.

Spine

Faculty: Bobby Tay, MD; Vedat Deviren, MD; Shane Burch, MD; Sigurd Berven, MD, Lionel Metz, MD, Alekos Theologis, MD

Number of students: 1

Location: UCSF Medical Center (Parnassus)

The UCSF Orthopaedic Spine service treats a wide variety of spine disorders ranging from spinal stenosis through complex deformity correction. As a sub-I, you will be an integral part of the team and will have the opportunity to work closely with residents, fellows, and attendings in the OR, clinic, and wards. This is a busy service often with complicated patients, and you will get the chance to see and do a great deal. Active participation and initiative are highly encouraged.

Inpatient rounds typically begin around 5:30-6AM followed by fracture conference at 6:30 or 6:45 (depending on the day of the week), afterwards we have subspecialty conferences from 7-8 with the other orthopaedic teams at the medical center. The service consists of a PGY-3 and PGY-2. Mondays and Fridays are primarily clinic days where you will be presenting directly to attendings; Tuesdays and Thursdays are OR days where you will generally be scrubbed in with an attending +/- a fellow/resident. Every effort will be made to maximize your time in the OR and clinic. On Friday mornings before clinic there will be a short teaching session during which an attending will usually present a brief overview on a common spinal condition. You will be expected to know basic surgical spine anatomy and the neurologic exam as well as clinical signs and symptoms of common conditions.

Arthroplasty

Faculty: Thomas Vail, MD, Erik Hansen, MD, Stefano Bini, MD, Derek Ward, MD, Thomas Barber, MD, Jeff Barry, MD

Number of students: 1

Location: UCSF Medical Center (Parnassus), Orthopaedic Institute

This rotation provides a comprehensive experience in the care and treatment arthroplasty patients. The rotation provides a mix of cases: primary and complex revision arthroplasties of the knee and hip, as well as hip arthroscopy. You will be exposed to and participate in all facets of care including morning rounds (start between 5:30 to 6:00AM), OR, clinic examination and treatment, and taking care of patients on the floor. The service consists of a chief resident and a PGY-2.

There are no overnight call expectations at Parnassus however students may elect to take trauma call at the Zuckerberg San Francisco General Hospital on a limited basis. (to be worked out with other sub-interns at SFGH and Parnassus).

Sports Rotation

Faculty: Benjamin Ma, MD, Christy Allen, MD, Nicholas Colyvas, MD, Brian Feeley, MD, Drew Lansdown, MD, Alan Zhang, MD, Elly LaRoque, MD

Number of students: 1

Location: UCSF Medical Center (Parnassus), Orthopaedic Institute

This rotation provides a comprehensive experience in the care and treatment of sports patients. The rotation provides a mix of cases: shoulder and knee arthroscopies, ligament reconstructions, total shoulder arthroplasty, and hip arthroscopy. You will be exposed to and participate in all facets of care including morning rounds, OR, clinic examination, and outpatient treatments. The service consists of a PGY-4 and PGY-2. There is a weekly indications conference on Monday evenings. Students may have the opportunity to assist residents and/or faculty in a local outreach program providing on field coverage of San Francisco Unified School District football games. There are no overnight call expectations at Parnassus however students may elect to take trauma call at the Zuckerberg San Francisco General Hospital on a limited basis. (to be worked out with other sub-interns at SFGH and Parnassus).

VA Rotation

Faculty: Hubert Kim, MD, PhD, Alfred Kuo, MD, Alexis Dang, MD, and Alan Dang, MD

Adjunct Faculty: Elly LaRoque, MD, Nicole Schroeder, MD, Andrew Haskell, MD, Jeff Barry, MD, Derek Ward, MD, Tom Sampson, MD, Dan Thuillier, MD, Sarah Edwards, MD. Number of students: 1-2

Location: SF VA Hospital

This rotation provides a comprehensive experience in the care and treatment of general orthopaedic patients in the VA population. The rotation provides a mix of cases which include shoulder and knee arthroscopy, primary and revision arthroplasty, foot and ankle, hand, spine, and trauma cases. You will be exposed to and participate in all facets of care including morning rounds, OR (3-4 days a week), clinic examination, outpatient treatments, and taking care of patients on the floor. The service consists of a chief resident and a PGY-3. There is a weekly indications conference on Mondays. There are no overnight call expectations at the VA however students may elect to take trauma call at the Zuckerberg San Francisco General Hospital on a limited basis. (to be worked out with other sub-interns at SFGH and Parnassus).

University Service Rotation

Faculty: Saam Morshed, MD, PhD, Utku Kandemir, MD, David Shearer, MD, Paul Toogood, MD

Number of students: 1

Location: UCSF Medical Center (Parnassus), Orthopaedic Institute

This rotation provides a comprehensive experience in acute and cold trauma and orthopaedic consults. The rotation provides a mix of cases including acute fractures, infected nonunions, malunions, and other general orthopaedic consults. The student will be exposed to and participate in all facets of care including morning rounds, OR, and consult management. The service consists of a chief resident and intern. When not in the operating room, the student will spend time with the residents seeing consults. There is a weekly pre and postoperative conference on Friday morning. There are no overnight call expectations at Parnassus however students may elect to take trauma call at the Zuckerberg San Francisco General Hospital on a limited basis. (to be worked out with other sub-interns at SFGH and Parnassus).

Foot and Ankle Rotation

Faculty: Kirstina Olson, MD, Daniel Thuillier, MD

Number of students: 1

Location: UCSF Medical Center (Parnassus), Orthopaedic Institute

This rotation provides a comprehensive experience in the care and treatment of foot and ankle disorders including both surgical and non-surgical care. The rotation provides a mix of cases both inpatient and outpatient including acute fracture repair, ligament repair and reconstruction, ankle arthroscopy and cartilage repair, ankle arthroplasty, reconstruction for complex deformity as well as forefoot procedures such as bunions and hammertoes. The student will be exposed to and participate in all facets of care including morning rounds, teaching sessions, OR, and clinic. The service consists of a chief resident and a PGY-2. There is a weekly preoperative conference on Tuesday mornings and didactics on Thursday mornings. There are no overnight call expectations at Parnassus however students may elect to take trauma call at the Zuckerberg San Francisco General Hospital on a limited basis (to be worked out with other sub-interns at SFGH and Parnassus).

Oncology Rotation

Faculty: Richard O'Donnell, MD, Rosanna Wustrack, MD, Melissa Zimel, MD

Number of students: 1

Location: Mission Bay, Parnassus

This rotation provides a comprehensive experience in the care and treatment of patients with benign and malignant tumors of the musculoskeletal system. The rotation provides a mix of cases: bone and soft tissue biopsies, wide resections of large soft tissue sarcomas, limb salvage procedures, palliative procedures for metastatic disease to bone such as prophylactic nailing and complex total hip replacements. You will be exposed to and participate in all facets of care including morning rounds, OR, clinic examination, outpatient treatments, and taking care of patients on the floor. In addition there is a weekly multidisciplinary tumor board conference. No call at Parnassus or Mission Bay Hospital, but can take Trauma call at San Francisco General on a limited basis (to be worked out with the other sub-interns at SFGH and Parnassus).

Research at UCSF

The Orthopaedic Surgery Department at UCSF is ranked #1 in the nation in National Institutes of Health (NIH) funding for Orthopaedic research according to data released by [Blue Ridge Institute for Medical Research](#). The Department received \$7,852,165 in peer-reviewed research grants in 2017. The research group is comprised of leaders in the fields of biomechanics, tissue biology, tissue engineering, stem cell biology, and clinical research. Many of the [faculty](#) are recognized as national and international leaders in their fields of research.

The goals of performing research during residency is to establish an understanding of the scientific method and process, learn how to collaborate across disciplines, and prepare for the potential to continue to do innovative research during their careers, whether in academic or private practice models. There are opportunities to perform clinical, biomechanical, international, and basic science research, with ample faculty mentorship and guidance to complete projects. Over the last 5 years, residents have performed research across all specialties and disciplines, with studies that have included leading randomized controlled trials in the US and Africa, large dataset mining, prospective clinical trials, and basic science research.

During the residency, residents are required to submit an OREF grant to begin to learn the grant writing process. There is protected time during the R3 year to perform research, and there is time on many other services to continue to complete projects. Many of the residents have won awards over the last 5 years for their research, including best paper awards at the Western Orthopaedic Society, the Frank Stitchfield Award at the Hip Society, James Rand Award, and best poster awards at the AAOS and ORS.

One resident in each class is selected through the match to do an additional year of research under the guidance of a faculty mentor. This is a tailored, highly productive year designed to prepare the applicant for a career in academic orthopaedic surgery. A majority of the residents completing the year continue to practice in academic environments.

[A sample of recent research performed by residents is provided below:](#)

Chokotho L, Mkandawire N, Conway D, Wu HH, Shearer DD, Hallan G, Gjertsen JE, Young S, Lau BC. Validation and reliability of the Chichewa translation of the EQ-5D quality of life questionnaire in adults with orthopaedic injuries in Malawi. *Malawi Med J*. 2017 Jun;29(2):84-88. PubMed PMID: 28955412.

Barry JJ, Sing DC, Vail TP, Hansen EN. Early Outcomes of Primary Total Hip Arthroplasty After Prior Lumbar Spinal Fusion. *J Arthroplasty*. 2017 Feb;32(2):470-474. doi: 10.1016/j.arth.2016.07.019. Epub 2016 Aug 8. PubMed PMID:27578537.

Sing DC, Barry JJ, Cheah JW, Vail TP, Hansen EN. Long-Acting Opioid Use Independently Predicts Perioperative Complication in Total Joint Arthroplasty. *J Arthroplasty*. 2016 Sep;31(9 Suppl):170-174.e1. doi: 10.1016/j.arth.2016.02.068. Epub 2016 Mar 16. PubMed PMID: 27451080.

Wong SE, Feeley BT, Pandya NK. Complications After Pediatric ACL Reconstruction: A Meta-Analysis. *J Pediatr Orthop*. 2017 Sep 22. doi: 10.1097/BPO.0000000000001075. [Epub ahead of print] PubMed PMID: 28945689.

Sing DC, Barry JJ, Aguilar TU, Theologis AA, Patterson JT, Tay BK, Vail TP, Hansen EN. Prior Lumbar Spinal Arthrodesis Increases Risk of Prosthetic-Related Complication in Total Hip Arthroplasty. *J Arthroplasty*. 2016 Sep;31(9 Suppl):227-232.e1. doi: 10.1016/j.arth.2016.02.069. Epub 2016 Mar 15. PubMed PMID: 27444852.

Lansdown DA, Lee S, Sam C, Krug R, Feeley BT, Ma CB. A Prospective, Quantitative Evaluation of Fatty Infiltration Before and After Rotator Cuff Repair. *Orthop J Sports Med*. 2017 Jul 14;5(7):2325967117718537. doi: 10.1177/2325967117718537. eCollection 2017 Jul. PubMed PMID: 28781978; PubMed Central PMCID: PMC5521346.

Patterson JT, Sing D, Hansen EN, Tay B, Zhang AL. The James A. Rand Young Investigator's Award: Administrative Claims vs Surgical Registry: Capturing Outcomes in Total Joint Arthroplasty. *J Arthroplasty*. 2017 Sep;32(9S):S11-S17. doi: 10.1016/j.arth.2016.08.041. Epub 2017 Feb 6. PubMed PMID: 28185755.

Patterson JT, Bohl DD, Basques BA, Arzeno AH, Grauer JN. Does Preoperative Pneumonia Affect Complications of Geriatric Hip Fracture Surgery? *Am J Orthop (Belle Mead NJ)*. 2017 May/Jun;46(3):E177-E185. PubMed PMID: 28666049.

Lansdown DA, Pedoia V, Zaid M, Amano K, Souza RB, Li X, Ma CB. Variations in Knee Kinematics After ACL Injury and After Reconstruction Are Correlated With Bone Shape Differences. *Clin Orthop Relat Res*. 2017 Apr 27. doi: 10.1007/s11999-017-5368-8. [Epub ahead of print] PubMed PMID: 28451863.

Theologis AA, Deviren V, Tay B. Temporary fusionless posterior occipitocervical fixation for a proximal junctional type II odontoid fracture after previous C2-pelvis fusion: case report, description of a new surgical technique, and review of the literature. *Eur Spine J*. 2017 May;26(Suppl 1):243-248. doi: 10.1007/s00586-017-5093-8. Epub 2017 Apr 13. PubMed PMID: 28409288.

Theologis AA, Jain D, Ames CP, Pekmezci M. Circumferential fusion for degenerative lumbar spondylolisthesis complicated by distal junctional grade 4 spondylolisthesis in the sub-acute post-operative setting. *Eur Spine J*. 2017 Feb 15. doi: 10.1007/s00586-017-4976-z. [Epub ahead of print] PubMed PMID: 28204925.

Bozic KJ, Ward DT, Lau EC, Chan V, Wetters NG, Naziri Q, Odum S, Fehring TK, Mont MA, Gioe TJ, Della Valle CJ. Risk factors for periprosthetic joint infection following primary total hip arthroplasty: a case control study. *J Arthroplasty*. 2014 Jan;29(1):154-6. doi: 10.1016/j.arth.2013.04.015. Epub 2013 May 20. PubMed PMID: 23702271.

Keefe MK, Zygourakis CC, Theologis AA, Canepa E, Shaw JD, Goldman LH, Burch S, Berven S, Chou D, Tay B, Mummaneni P, Deviren V, Ames CP. Sexual function after cervical spine surgery: Independent predictors of functional impairment. *J Clin Neurosci*. 2017 Feb;36:94-101. doi: 10.1016/j.jocn.2016.10.017. Epub 2016 Nov 4. PubMed PMID: 27825608.

Lansdown DA, Whitaker A, Wustrack R, Sawyer A, Hansen EN. A Resident-led Initiative Improves Screening and Treatment for Vitamin D Deficiency in Patients with Hip Fractures. *Clin Orthop Relat Res*. 2017 Jan;475(1):264-270. doi: 10.1007/s11999-016-5036-4. Epub 2016 Aug 22. PubMed PMID: 27549989; PubMed Central PMCID: PMC5174045.

Davies MR, Lee L, Feeley BT, Kim HT, Liu X. Lysophosphatidic acid-induced RhoA signaling and prolonged macrophage infiltration worsens fibrosis and fatty infiltration following rotator cuff tears. *J Orthop Res*. 2017 Jul;35(7):1539-1547. doi: 10.1002/jor.23384. Epub 2016 Aug 19. PubMed PMID: 27505847; PubMed Central PMCID: PMC5502767.

Davies MR, Garcia S, Tamaki S, Liu X, Lee S, Jose A, Pomerantz JH, Feeley BT. Muscle Stem Cell Activation in a Mouse Model of Rotator Cuff Injury. *J Orthop Res*. 2017 Aug 8. doi: 10.1002/jor.23679. [Epub ahead of print] PubMed PMID: 28786534.

Davies MR, Liu X, Lee L, Laron D, Ning AY, Kim HT, Feeley BT. TGF- β Small Molecule Inhibitor SB431542 Reduces Rotator Cuff Muscle Fibrosis and Fatty Infiltration By Promoting Fibro/Adipogenic Progenitor Apoptosis. *PLoS One*. 2016 May 17;11(5):e0155486. doi: 10.1371/journal.pone.0155486. eCollection 2016. PubMed PMID: 27186977; PubMed Central PMCID: PMC4871364.

Salaries

| PGY Level | Salary Scale 2017-2018 | | |
|-----------|------------------------|-------------|-------------------|
| | Monthly Rate | Annual Rate | Housing Allowance |
| I | \$4,630.50 | \$55,566.00 | \$1,008.33 |
| II | \$4,784.00 | \$57,408.00 | \$1,008.33 |
| III | \$4,971.92 | \$59,663.00 | \$1,008.33 |
| IV | \$5,168.17 | \$62,018.00 | \$1,008.33 |
| V | \$5,379.67 | \$64,556.00 | \$1,008.33 |

Benefits

Housestaff are eligible for health; dental; life; accidental death and dismemberment; long-term disability; and vision plans offered through the School of Medicine. Housestaff insurance is bundled; therefore, if a trainee opts out of health insurance than he/she is not eligible for any of the other insurance types. When a trainee is enrolled in a health insurance plan, he/she is also enrolled in dental, vision, life, accidental death and dismemberment, and long-term disability. These benefits, options, and annual premiums are re-negotiated annually by UCSF Human Resources on behalf of UCSF GME and the Associate Dean for

GME. These plans for housestaff are different from the various plans offered to faculty and staff employees.

Health Insurance: Each resident and clinical fellow must submit to his/her program coordinator the health insurance enrollment form within 30 days of the appointment date. Each year, the months of June and July are Open Enrollment. New enrollment and/or changes in coverage must be made during this period of time; elective changes are not allowed at any other time during the academic year. Upon initial selection of coverage and enrollment, the effective date of coverage will be retroactive to the date of employment. The trainee and eligible dependents or a domestic partner must be registered. To add a domestic partner, the Declaration of Domestic Partnership form must be completed with an enrollment form. If dependents are acquired during the year, they may be added within 30 days of a marriage, birth, or adoption. Deletions of dependents can be done at any time of the year. Adding or deleting domestic partners can be done any time of the year. At the time of separation from UCSF, continued insurance coverage under the terms of COBRA may be elected.

Financial Aid Resources

Many trainees can defer their student loans incurred during medical school or post-graduate training. Federal Stafford, Direct and Perkins loans may be deferred under specific circumstances. Loans made through the Department of Health and Human Services, such as Primary Care Loans, Loans for Disadvantaged Students or Health Professions Student Loans, can generally be deferred throughout internship/residency training. Interest on subsidized loans does not accrue during deferment periods. Trainees who do not qualify for a loan deferment can request loan forbearance. Interest accrues during periods of forbearance, but payment is not expected.

The most common residency deferment is the economic hardship deferment, however the criteria changed in July 1, 2009 and most resident salaries now exceed the maximum income allowed to qualify. To determine eligibility and learn more about potential financial aid please visit:

<https://finaid.ucsf.edu/>.

Needs-Based Relocation Reimbursement Program

The GME office offers up to \$1800 for needs-based relocation expense reimbursements. Please follow this [link](#) for more information regarding the program. Note that, “Participation in this program is optional and eligibility will be determined through verification of program and PGY through MedHub and proof of eligible expenses. ... If a trainee is eligible, he/she must submit applicable receipts to his/her program coordinator **15 days** after notification of eligibility”.

Department Reimbursement Info

Education Fund

Each resident is granted a [\\$2500](#) Education Fund to be used for approved educational expenses during his/her residency (PGY1-5). The Education Fund may be used for expenses to attend one AAOS meeting, typically during PGY5. Other acceptable expenses include textbooks, subscriptions to journals, and travel expenses for approved domestic meetings and/or educational courses. Equipment (e.g. loupes or lead aprons) are not reimbursable. Acceptable travel expenses for meetings and courses are registration fees, economy class travel, lodging (standard room rate, shared room whenever possible) and meal expenses (subject to UCSF per diem rates). In addition, each resident is eligible for \$600 of education and training expenses from the Patient Care fund from Zuckerberg SFGH, because all of our interns/residents spend at least 3 months at the hospital/year.

Research Travel Reimbursement

Residents who present a paper or poster at an approved national or regional meeting may request reimbursement for travel expenses. Residents who are co-authors but not the presenting author are not eligible for travel reimbursement. Each resident’s travel budget is capped at [\\$2500](#) for his/her entire residency. Residents in the 6-yr research track may be allocated additional funds up to \$1000 with approval of the Program Director if the number of presentations warrants additional funds. Acceptable expenses are registration fees, economy class travel, lodging (standard room rate, shared room whenever possible) and meal expenses (subject to UCSF per diem rates). Approval will be limited to one presentation for each research paper that is mentored by a full-time UCSF, VA, or SFGH faculty member. Residents must submit original receipts and supporting documentation (such as the meeting program) to the Residency Coordinator. No reimbursements will be processed without original receipts, and all requests for reimbursement must be submitted within 45 days. Expenses for the presentation of papers mentored by faculty based at other campuses (Shriners Hospital, California Pacific Medical Center, etc.) are not reimbursed through this mechanism.

Meals

Residents on duty have access to food services 24 hours/day at all institutions.

UCSF Medical Center and Benioff Children's Hospital: Residents and clinical fellows have a debit meal card system that utilizes a rolling account for each trainee according to their rotation schedule. Program coordinators manage the meal cards for the trainees in each of their respective programs. Cards may be used at the hospital cafeteria and at the private vendor food services on campus. After hours there are vending machines available.

Veterans' Affairs Medical Center, San Francisco: Meal cards are issued for cafeteria use for residents according to their overnight on-call schedule. Because the cafeteria is open only for breakfast and lunch and it closes at 4:30 in the afternoon, accounts are open with local restaurants that allow for delivery of dinner to residents on-call overnight. Additionally, refrigerators in the residents call areas are well stocked each day with sandwiches, fruit and other food for after hour's snacks. There are both hot and cold food available from vendor machines.

San Francisco General Hospital: All residents assigned to a rotation at SFGH receive a card with a daily amount of money to spend in the cafeteria. There are vending machines available 24-hours a day and microwave ovens located near the cafeteria. The resident's break room is stocked with sandwiches and drinks after 11:00pm each night.

Transportation and Parking

All UCSF campuses suffer from traffic and parking congestion. To facilitate travel among campus locations, frequent free shuttle bus service is available throughout the day (Monday through Friday) between Moffitt/Long Hospitals, SFGH, SFVA, Mt. Zion, Laurel Heights, and Mission Bay. Schedules may be obtained via the Parking and Transportation website: <http://www.parking.ucsf.edu> (link is external)

UCSF: Residents and clinical fellows are eligible to purchase parking permits that will be reimbursed by the department, at the Parnassus, Mission Bay, Laurel Heights, and Mission Center campuses. Monthly and scratch off permits may be purchased from Parking and Transportation located in Millberry Union, 500 Parnassus Ave, Level P7, room 26.

Trainees may also park in the UCSF public garages at Parnassus and Mission for free on weekdays from 4:45pm to 9:00am with a current UCSF ID badge and the appropriate academic year sticker provided to each trainee by his/her program coordinator annually.

San Francisco General Hospital: Housestaff may purchase monthly parking permits with a request form signed by the SFGH Dean's Office. Garage swipe cards are available from each trainee's program coordinator for limited on-call parking for use only when a resident is called back to the hospital. Due to construction of the new hospital, off-site, free parking is available (if interested, call 206-6728). A shuttle runs every 20 minutes during the week to this parking lot.

Veterans' Administration Medical Center, San Francisco: Housestaff may park on campus but must register their car with the VA police, located on the ground floor at the entrance of building 203. Once registered, housestaff may buy a monthly pass at the cashier's desk located in building 2, room 63 or housestaff may pay for parking on a daily basis. The machine to purchase the daily pass is located in the employee parking lot towards the northwest side.

Police and Security

Parnassus Campus (UCSF): Most corridors and hallways on the Parnassus campus have campus telephones to provide easy communication to the UCSF Police Department. There is a walking night escort service available. To use this service call UCSF Medical Center Security at 885-7890.

The Parnassus night security shuttles that pick-up and drop off employees within a one-mile radius of the campus are available through Parking and Transportation. Please call 415-476-1414 to use the shuttle.

The UCSF garage has police emergency alarms located on poles painted a bright yellow and marked POLICE EMERGENCY ALARM. There are also security mirrors in the stairwell for the Millberry Union Garage. There are emergency phones and police panic buttons in the elevators. When activated, they will immediately alert the UCSF police of a potential problem.

Contact information:

Police Department: Emergency 9-911, Non-emergency 476-1414

Medical Center Security Escort (Parnassus and Mt Zion): 885-7890

Parking and Transportation Night Shuttle Service: 476-1414

Mt Zion Medical Center Security: 885-7890

San Francisco General Hospital: The SFGH Campus has emergency alarms/call boxes located in all parking lots and in the basement of the main hospital. When activated they will immediately alert SFGH institutional police of a potential problem. The SFGH institutional police offer a walking Night Escort Service from 5pm to midnight. Contact 206-8063 for this service.

All sleep rooms at SFGH have key locking mechanisms. Doors to sleep room areas and the individual rooms located within those areas utilize an electronic card key access system. For sleep rooms that have windows, the windows have been fitted with devices that restrict how far they can be opened.

Contact Information:

SFGH Institutional Police, 1st Floor (near Emergency Department)

Emergency: x4911 (from outside line 206-4911)

Non-emergency: x8063 (from outside line 206-8063)

Hospital Security Escort: x8063 (from outside line 206-8063)

Veterans' Administration Medical Center, San Francisco: VA Police are on duty and available 24 hours/day, 7 days a week. They are available for night escort to parked cars on campus if needed.

San Francisco Bay Area & Beyond

San Francisco, the 'central hub' of the Bay Area and even Northern California, has been home to diverse communities who collaborate to create a broad spectrum of entertainment, art and food, amongst other things. Great activities riddle Northern California, which boasts regions like Napa Valley, Lake Tahoe, Monterey Bay, and the San Francisco Bay Area.

The Bay Area itself is best visualized with San Francisco being the center/western edge. East Bay includes cities like Oakland, Berkeley and Fremont; South Bay/Peninsula includes Palo Alto, Mountain View and San Jose; and North Bay includes Marin, Sausalito and Petaluma. Food in the area emulates the close proximity to a strong agricultural presence in the Central Valley and diverse ethnic backgrounds.

Ranging from Michelin star restaurants to food trucks, with gastronomical ingenuities on display from cultures all over the world, the Bay Area offers the culinary tastes and adventures for everyone. Accompanying the cuisine are wineries, old and newer, with higher concentrations in the famous Napa Valley area just north of SF. A rising brewing scene continues to expand on their ingredients, flavors and the brewing spaces. The large Asian and Latino populations offer some of the more 'authentic' and delicious options in the area. There are endless great options and cultures with styles for everyone.



Figure 1: Bay Area Map

Many bridges help keep Bay Areans connected, with the most iconic being the Golden Gate Bridge, which connects San Francisco to the North Bay. The Bay Bridge, which is older than the Golden Gate by 6 months, links Oakland and San Francisco together. While compatible for cars and bikes, BART (Bay Area Rapid Transit), SF Muni, Caltrain offer affordable and convenient public subways & trains, as well as many bus services, which help make maneuvering the Bay Area more efficient.



Figure 2: SF-Oakland Bay Bridge

Public transit can be especially useful for attending large events such as professional sports games and concerts. The current most popular sports team are the Golden State Warriors, who currently reside in Oakland at Oracle Arena, but will be moving to the Chase Center that is under construction across the street from our own facilities at the UCSF Mission Bay campus before the 2019-2020 season.

Also nearby is AT&T Park, the home of the San Francisco Giants, one of our local baseball teams, which boasts beautiful views of the water. Other Nor-Cal professional teams include; Oakland Athletics (MLB), Oakland Raiders (NFL- Moving to Las Vegas), San Francisco 49ers (NFL moved to Santa Clara), San Jose Earthquakes (MLS), San Jose Sharks (NHL) and the Sacramento Kings (NBA).



Figure 3: AT&T Park

Great music/entertainment venues litter the area. From the aforementioned sports arenas to more 'historic' ones such as the Greek Theater on Cal Berkeley's campus to a litany of smaller venues in just about all the major cities around. Finding ample entertainment opportunities can sometimes be a search, but the diversity and number of activities should make it easier for those with the most obscure tastes.

There are many varieties of outdoor activities within the city and within driving distance. In SF you can take in views at Twin Peaks, have a bonfire/BBQ at Ocean Beach, attend events at Golden Gate Park or Picnic in the Presidio, kayak/boat in the bay, to name a few. A few popular places of interest in Nor-Cal include Muir Woods, Yosemite, Lake Tahoe, & Monterey Bay. In addition, being centrally located on the US west coast comes in handy should one ever wish to explore the coast and area. Whether it

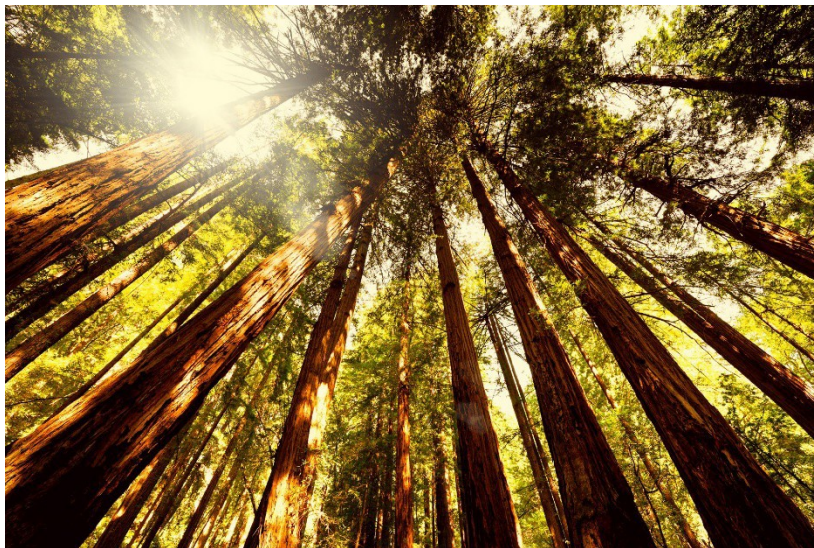


Figure 4: Muir Woods

be a scenic drive on Highway 1, or a short plane ride to cities like Los Angeles, Las Vegas, Seattle & Portland to name a few; San Francisco sits well in the middle.

We hope you can take some time to appreciate the beauty of San Francisco and the Bay Area, especially while in the warmer less foggy months! If you are looking to find a certain activity, food spot, or just general suggestions, please feel free to reach out to your residents, faculty or come by our office and chat with anyone on our education staff!