

Icahn  
School of  
Medicine at  
Mount  
Sinai

# Internal Medicine Residency Program at The Mount Sinai Hospital

The Samuel Bronfman Department of Medicine



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# *Introduction To Our Program*



## Dear Senior Medical Student:

The Internal Medicine Residency Program at the Icahn School of Medicine at Mount Sinai produces the highest quality physicians and physician-scientists by fostering a residency program that emphasizes intellectual curiosity, compassion and camaraderie. Our goal is to create doctors capable of both clinical excellence and academic leadership.

Upon completion of their training, our physicians will not only have a solid clinical foundation, but will also have the tools to thrive within the constantly evolving landscape of medicine. The days of one-size-fits-all education have passed. Divergent and wide-ranging career paths including outpatient primary care or specialty practice, hospital medicine, clinical and translational research, and global health, all require focused attention during training.

We have created numerous programs within our residency program to allow physicians-in-training to shape a learning experience tailored to their own individual career plans. In addition to our various tracks detailed in the Education Tracks of this brochure, there are many opportunities through research, elective selection and other activities for residents to pursue their interests.

The Internal Medicine Training Program, with its strong emphasis on clinical experience in diverse settings, includes three different primary hospitals. Approximately two-thirds of our residents' training is spent at The Mount Sinai Hospital. This facility provides tertiary care to patients referred for the diagnosis and treatment of uniquely complex medical problems as well as primary and secondary care for the people of the Upper East Side and East Harlem communities. One-third of the residency is spent off-campus at the James J. Peters Veterans' Affairs Medical Center in the Bronx and the Elmhurst Hospital Center in Queens. By rotating through these three facilities, our residents are exposed to both unique patient populations and complex cases that many trainees don't see until well into their post-graduate education. In addition, our residents will have the added benefit of being part of the newly formed Mount Sinai Health System, which provides them with increased opportunities for training at locations throughout New York City.

We expect our graduates to finish with a well-balanced, solidly grounded education in evidence-based medicine. In order to accomplish this, all residents develop and complete a research project during their training. We have multiple opportunities for basic, clinical research, education and quality-related research, along with policy and global health research for our residents and we have an outstanding mentoring program that provides continuity from one generation of physicians to the next.

Ultimately, this residency program is designed to create a foundation for excellence in patient-centered clinical care upon which lifelong learning may take place. We know that our trainees will become outstanding general internists regardless of their subsequent career plans.

If your personal and career goals include a desire to make a difference in the lives of a diverse patient population, and if you possess the passion to help your patients and your community, while contributing to the advancement of medicine, we hope you will consider joining us in our mission.

### **Salvatore Cilmi, MD**

*Program Director, Internal Medicine*

### **David C. Thomas, MD, MHPE**

*Vice Chair for Education, Department of Medicine*

### **Barbara Murphy, MD**

*Chair, Samuel Bronfman Department of Medicine  
Mount Sinai Health System*



# *Why Choose Mount Sinai*



Let's face it — trying to decide where to spend your residency can be complicated and numerous factors play a role in that decision. But here at Mount Sinai, we offer a potent combination of a top-notch medical education, the opportunity to work with some of the world's best clinicians and researchers, robust career development and mentoring, all while being based in the greatest, most intellectually and culturally vibrant city in the world.

We encourage you to read in-depth about each of the following areas: reputation, location, the variety of your training experience, distinguished faculty, career development, unique curriculum and diversity of our trainees.

### REPUTATION

The Internal Medicine Residency Program at the Icahn School of Medicine was ranked 15th in a nationwide survey of Department Chairs and Program Directors that was published in *U.S. News & World Report* in the last year. The Icahn School of Medicine also ranks in the top 20 of all accredited U.S. Medical Schools, according to the 2014-2015 *U.S. News & World Report* annual survey on "America's Best Graduate Schools." We are also in the top 20 in NIH funding nationwide, according to the Blue Ridge Institute for Medical Research.

In its "Best Hospitals" issue for 2014 -15, *U.S. News & World Report* included Mount Sinai Hospital on its honor roll of top hospitals, ranking it 16th best in the nation. Divisions in Medicine with top-20 rankings include: Geriatrics (#2), Gastroenterology (#9), Cardiology (#10) and Diabetes and Endocrinology (#17). These rankings exemplify our commitment to patient care and the education of our trainees.

### LOCATION, LOCATION, LOCATION

Mount Sinai is unique in that it is located at the crossroads of one of the richest areas in the United States and one of the poorest. This nexus allows for an amazingly diverse patient population that is both highly demanding and highly in need of medical services. And this affords you a unique opportunity for your training.

And of course, as a resident at Mount Sinai, you will live in New York City, one of the greatest, most diverse and exciting cities in the world. Physically, our main campus is right next to Central Park which provides a quick escape into natural beauty for runs, walks, bike rides or just relaxation. Students can participate in all the cultural and recreational activities that New York City can offer: theater, museums, music, restaurants, and sporting events.



## DIVERSITY OF EXPERIENCE

With three main training locations, you will be exposed to a wide array of patients that most trainees don't see until later in their careers.

**Mount Sinai Hospital:** Founded in 1852, the Mount Sinai Hospital is a 1,171-bed urban hospital known internationally for delivering the most sophisticated and advanced medical care available. The Mount Sinai Hospital provides primary and secondary care to local residents, as well as tertiary care to patients, referred from around the world. Located on the borders of East Harlem, one of the poorest communities in the nation, and the Upper East Side, one of the wealthiest, Mount Sinai attracts a highly diverse patient population.

**Elmhurst Hospital Center:** Elmhurst Hospital is a 618 bed municipal hospital located in Queens. It maintains a tight affiliation with the Icahn School of Medicine and many residents spend time at this facility. Elmhurst Hospital Center is located in the most ethnically diverse square mile in the world. There are over 100 translators on staff at Elmhurst for nearly 85 different languages. Because of this unique patient population, Elmhurst offers a very special opportunity to care for patients with diseases rarely seen in other hospitals in the United States. The hospital provides all levels of care to over one million residents of Western Queens. The emergency room and outpatient clinics are among the busiest in New York City.

**James J. Peters Veterans Administration Medical Center:** The VA Medical Center in the Bronx is the oldest VA facility in New York City, celebrating over 75 years of service to those who have served our country. Today the VAMC has 311 hospital beds and 120 nursing home beds and operates several regional referral points including a Spinal Cord Injury Unit. The rotation experience at the VAMC offers its unique patient population for teaching particularly in the fields of psychiatry, physical medicine and rehabilitation, neurology, oncology, geriatrics and palliative and extended care.

## OUR FACULTY

As a Medicine Resident at Mount Sinai, you will work with and be mentored by an amazing group of physicians. In the Department of Medicine, we have some of the leading clinicians, physician-scientists and researchers who will play an integral part in your development as a physician. The following is a sampling of our faculty:

### Allergy and Immunology



**Dr. Charlotte Cunningham-Rundles** is Professor and Interim Chief of the Division of Allergy and Immunology. She is best known for her research into human immunodeficiency diseases and immuno-reconstitution.

### Cardiology



**Dr. Valentin Fuster** is Professor and Chief of the Division of Cardiology, and Director of Mount Sinai Heart. He is an internationally renowned clinician and researcher. He is former president of the American Heart Association and the only cardiologist to receive all four major research awards from the four major cardiovascular organizations. He is the lead editor of two major cardiovascular text books, Hurst's *The Heart* and *Atherothrombosis and Coronary Artery Disease*.



**Dr. Jonathan Halperin** is Professor of Medicine and Director of Clinical Cardiology Services. He was a principal researcher on the Stroke Prevention in Atrial Fibrillation (SPAF) clinical trials. He sits on national panels that issue clinical guidelines for management of patients with various cardiovascular diseases including atrial fibrillation and peripheral arterial disease.



**Dr. Vivek Reddy** is Professor of Medicine and Director of the Cardiac Arrhythmia Service. He is one of the nation's leading cardioelectrophysiologists. He has performed cutting-edge research on treatment of arrhythmias including the seminal SMASH-VT trial and the first use of balloon cryoablation in atrial fibrillation.

## Endocrinology, Diabetes and Bone Disease



**Dr. Yaron Tomer** is Professor and Chief of the Division of Endocrinology, Diabetes, and Bone Disease. He is an internationally known researcher who investigates the etiology of autoimmune thyroiditis and diabetes.



**Dr. Ronald Tamler** is Associate Professor of Endocrinology, Diabetes and Bone Disease and Director of the Mount Sinai Diabetes Center. He is an expert in diabetes and develops case-based educational modules for residents on management of hyperglycemia.



**Dr. Richard Haber** is Professor of Endocrinology, Diabetes, and Bone Disease. Dr. Haber is an expert in thyroid nodules and thyroid cancer. He conducts research investigating accuracy of fine needle aspiration and utility of neck ultrasound for pre-operative localization of parathyroid glands.

## Gastroenterology



**Dr. Bruce Sands** is Professor and Chief of the Dr. Henry D. Janowitz Division of Gastroenterology. He is an expert in inflammatory bowel disease who was among the first to report the efficacy of infliximab in treating Crohn's disease and ulcerative colitis.



**Dr. Jean-Frédéric Colombel** is Professor of Medicine and Director of the Leona M. and Harry B. Helmsley Charitable Trust Inflammatory Bowel Disease Center. He is an internationally renowned researcher best known for his identification of the NOD2 as a susceptibility gene for Crohn's disease.



**Dr. Judy Cho** is Professor of Medicine, Professor of Genetics and Genomic Sciences and Asst. Chief of Research in the GI Division. She most recently led a team of researchers that confirmed 92 genome regions and identified 71 new regions associated with increased risk of IBD.

## General Internal Medicine



**Dr. Theresa Soriano** is Associate Professor of Medicine and Geriatrics and Palliative Medicine and Interim Chief of the Division of General Internal Medicine. Her work focuses on high-quality academic primary care for medically complex adults, through programs such as the nationally recognized Mount Sinai Visiting Doctors Program.



**Dr. David C. Thomas** is Professor of Medicine, Medical Education and Rehabilitation Medicine along with Vice Chair of Education for the Department of Medicine. Dr. Thomas is an expert in musculoskeletal medicine. He presents internationally on medical education topics as they relate to residency training.

## Geriatrics/Palliative Medicine



**Dr. Albert Siu** is Professor and Chair of the Department of Geriatrics and Palliative Medicine. Dr. Siu conducts research on functional status and disability in aging. He also serves on the United States Preventive Services Task Force (USPSTF) and is a director of the Visiting Nurse Service of New York.



**Dr. Rosanne Leipzig** is Professor of Geriatrics and Palliative Medicine. She is a national leader in geriatric education and evidence-based medicine. She serves on the United States Preventive Services Task Force (USPSTF) and the National Board of Medical Examiners.



**Dr. Diane Meier** is Professor of Geriatrics and Palliative Medicine and one of the leaders in the field of Palliative Care. She is Director of the Center to Advance Palliative Care (CAPC), a national organization dedicated to increasing quality of palliative care services. She has received numerous awards including a MacArthur Fellowship and Alexander Richman Commemorative Award for Humanism in Medicine.

## Hematology/Oncology



**Dr. William Oh** is Professor and Chief of Division of Hematology and Medical Oncology. He is a leader in prostate cancer research, serving as principal investigator on multiple clinical trials and developing more accurate methods of screening for prostate cancer.



**Dr. Janice Gabrilove** is Professor of Medicine and has conducted pioneering research in hematopoietic growth factors that initially isolated and characterized granulocyte colony stimulating factor (G-CSF).



**Dr. Robert Maki** is Professor of Hematology and Medical Oncology. He is a renowned sarcoma researcher who is developing novel targeted therapies for this diverse group of cancers.

## Hepatology



**Dr. Scott Friedman** is Professor and Chief of the Division of Liver Diseases (one of the few free-standing hepatology divisions in the nation), as well as Dean for Therapeutic Discovery. Dr. Friedman performed pioneering research that first isolated hepatic stellate cells which are key for scar production in liver. He is former president of the American Association for the Study of Liver Diseases (AASLD).



**Dr. Douglas Dieterich** is Professor of Medicine and Liver Diseases and is a major investigator of new antiviral treatments for chronic hepatitis.

## Infectious Diseases



**Dr. Judith Aberg** is Professor of Medicine and Chief of the Division of Infectious Diseases. Her research focus is HIV-associated co-morbidities and coinfections. She has been actively involved in the development of national, state and local guidelines regarding HIV prevention and treatment.



**Dr. Michael Mullen** is Professor of Medicine and Director of the Institute for Advanced Medicine for the Mount Sinai Health System. Dr. Mullen is an expert in the treatment and prevention of HIV/AIDS as well as other infectious diseases.



**Dr. Shirish Huprikar** is Associate Professor of Medicine and an expert in transplant infectious diseases, serving as Director of Mount Sinai's Transplant Infectious Disease Program.

## Nephrology



**Dr. Barbara Murphy** is Professor of Medicine and Chair of the Department of Medicine. She is internationally known for her work in transplant immunology. Her research has focused on the role of genomics in determining outcomes in transplantation. She is a former president of the American Society of Transplantation and was named Nephrologist of the Year by the American Kidney Fund in 2011.



**Dr. Cijang He** is Professor and Chief of the Division of Nephrology. His major research areas include podocyte biology and pathology, signaling networks in kidney cells, systems biology of kidney disease, and kidney fibrosis. His major clinical interest includes diabetic kidney disease, viral-induced kidney disease, and primary glomerular disease.



**Dr. Michael Ross** is Associate Professor of Medicine who conducts research into the pathophysiology of HIV-associated nephropathy.

## Pulmonology



**Dr. Charles A. Powell** is Professor and Chief of the Pulmonary, Critical Care, and Sleep Medicine Division. He is a leader in translational research in lung cancer, investigating the effect of molecular and genetic profiles on cancer development and prognosis.



**Dr. Maria Padilla** is Professor of Pulmonary, Critical Care, and Sleep Medicine. She is an expert in Interstitial Lung Disease (ILD) serving on multiple national committees including the ILD

Network of the American College of Chest Physicians. Her research investigates fibrogenesis and new treatment strategies for ILD.



**Dr. Juan Wisnivesky** is Professor of Medicine and a pulmonologist whose research in asthma, COPD and cancer outcomes has been featured in journals such as *Archives of Internal Medicine*,

*BMJ* and *Lancet*.

## Rheumatology



**Dr. Percio Gulko** is Professor and Division Chief of Rheumatology. He is an expert in rheumatoid arthritis and focuses his work on the identification and characterization of new genes

implicated in the regulation of the disease's severity.



**Dr. Yousaf Ali** is Associate Professor of Rheumatology and Vice Chair of Faculty Affairs for the Department of Medicine. He has received numerous teaching awards including the prestigious Beckwith

Family Award. He conducts clinical research in Rheumatoid Arthritis.



**Dr. Leslie Kerr** is Associate Professor of Rheumatology. She is an expert in geriatric rheumatology and has conducted research of tumor necrosis factor inhibitors in the treatment of psoriatic arthritis.

## CAREER DEVELOPMENT

At Mount Sinai, we provide a well-rounded and comprehensive training program that encompasses all aspects of academic medicine. We consider it a point of pride that so many of our residents have not only published major papers by the time they leave us, but also end up in prestigious fellowship programs throughout the country and around the world.

**Career Mentoring:** Upon arrival, each intern is assigned an advisor within the program to provide semi-annual feedback including review of evaluations and career goals. This person serves as a mentor for your professional development throughout your three years at Mount Sinai. Seminars for residents regarding fellowship applications as well as future career planning are held regularly.

**Research Opportunities:** Under the direction of clinical and basic science research directors, research opportunities abound at Mount Sinai. Residents are required to participate in scholarly activity with a faculty member during the course of their training. The Department of Medicine ranks in the top 20 of NIH-funded academic medicine departments.

A state-of-the-art core facility in genomic and proteomic medicine has facilitated the development of a broad Personalized Medicine Program that crosses all subspecialties and is centered in the Department of Medicine.

Starting in internship, your clinical mentor will connect you to a research mentor who shares your particular interests. A directory of research opportunities is published annually by the Icahn School of Medicine with specific references to the research projects that welcome housestaff as participants. Research opportunities are also available in areas closely linked to primary care such as outcomes and quality of care research. Housestaff research efforts culminate in a Department of Medicine Research Day each spring. The day allows for presentation of residents' research in poster and oral presentation in clinical medicine formats. A guest speaker is chosen each year to demonstrate the evolving role of translational science.

**Clinical Electives:** The elective months are an important part of the resident's training. Not only can they help enrich the general medical training, but they can help residents gain insight into possible future careers. The Department of Medicine offers electives in Cardiology, Clinical Immunology, Endocrinology, Gastroenterology, General Internal Medicine, Geriatrics and Palliative Care Medicine, Hematology/

Oncology, Hospital Medicine, Infectious Diseases, Liver Diseases, Nephrology, Pulmonary Medicine/ Critical Care and Rheumatology. Residents can choose either inpatient consult electives or outpatient electives.

**Fellowship and Beyond:** A large majority of our residents successfully compete for the most prestigious fellowship positions. During fellowship applications, each resident is also assigned to a faculty mentor in their specialty of choice to help them with the challenges of applying to competitive fellowships. For the residents choosing to remain in primary care, we make special efforts to find general medicine fellowships for those wishing to gain further expertise or pursue careers in academic medicine. Additionally, the Department of Medicine continues to work with its residents beyond their period of training, assisting them with career decisions after residency.

### UNIQUE CURRICULUM

As a member of Mount Sinai's Internal Medicine Residency Program, you will have the chance to take part in unique medical curricula which will further enhance your education. We have three main programs that are woven into your day-to-day training: Advancing Idealism in Medicine, Quality Improvement and Evidence-Based Medicine.





**Advancing Idealism in Medicine:** The Advancing Idealism in Medicine (AIM) program was initiated several years ago by the internal medicine housestaff. The program seeks to support and advance idealism in medicine during the demanding years of residency training. AIM enables residents to reframe how they perceive their patients, their profession and themselves. The goals of the program are accomplished through the following activities:

- An AIM Lecture Series incorporated into Medical Grand Rounds at which invited leaders in health care inspire and educate residents on issues such as health policy, advocacy, human rights and global health care;
- A monthly AIM luncheon discussion which exposes resident physicians to issues directly related to the humanistic aspects of the care they provide. Issues covered include death and dying, religion and medicine, global health, job burnout, work-life balance, environmental health and the physician's role as advocate for health as a human right;
- Advocacy opportunities in which residents are encouraged to use their voice to promote humanism in medicine both within the hospital and outside for other communities in need;

- Local community projects in which residents have the opportunity to provide health education to underserved communities in New York City in close collaboration with community organizations.

**Quality Improvement:** The ever-changing landscape in American health care requires that we train future leaders who have a firm foundation in the concepts of quality improvement and patient safety. Housestaff officers are exposed to the following throughout their training:

- A monthly conference to highlight medical errors and discuss them openly and without blame while performing a root cause analysis;
- Quality improvement and patient safety projects that are actively encouraged and mentored in the housestaff quality committee. Grant funding is available for quality-related research projects;
- Housestaff officers are provided with the same objective outcome and operational metrics as our attending staff each month, such as mortality, length of stay or readmission rates.



### **Evidence-Based Medicine:**

Our training program emphasizes evidence-based medicine (EBM). The multiple components of our EBM curriculum are woven into the overall residency to optimize learning and retention. The EBM curriculum emphasizes skills in critical appraisal, filtered resource utilization and evidence summary. It includes small group journal clubs for interns and residents during outpatient rotations, EBM seminars for residents, small seminars in cost-effectiveness analysis and incorporation of EBM skills into inpatient morning report with daily presentation and critique of relevant articles.

### **DIVERSITY**

The Mount Sinai Medical Center is located on the border of East Harlem, a community that has historically drawn new immigrants to New York City, thereby creating a highly diverse population. The majority of East Harlem residents today belong to ethnic or racial groups that have traditionally been underrepresented in medicine. We want our physicians who provide exceptional care to that community to also reflect its diversity.

Training future leaders to address racial and ethnic disparities within medicine expands Mount Sinai's and the department's talent pool and helps improve health care access, quality of care, and health policy for underserved communities.

To accomplish our goals, and acknowledging the fundamental right to equal opportunity, we need to attract those who historically have had difficulty entering the medical professions.

The Department of Medicine's aggressive agenda for diversity goes beyond recruitment. Programmatic innovations focus on enhancing professional experiences and growth for our faculty and housestaff members from under-represented minorities.

Research opportunities are available to address health care disparities, public policy, and issues in cultural competencies. Mount Sinai's Center for Multicultural and Community Affairs provides extensive resources to help underrepresented minorities take the next steps in career development after their residencies are completed.

***For more information regarding diversity issues or questions, please email the following people:***

**Diversity Coordinators:**

**Kirk Campbell, MD:** [kirk.campbell@mssm.edu](mailto:kirk.campbell@mssm.edu)

**Cardinale Smith, MD:** [cardinale.smith@mssm.edu](mailto:cardinale.smith@mssm.edu)

**Women in Medicine:**

**Alessia Carluccio, MD:** [alessia.carluccio@mountsinai.org](mailto:alessia.carluccio@mountsinai.org)

**LGBT in Medicine:**

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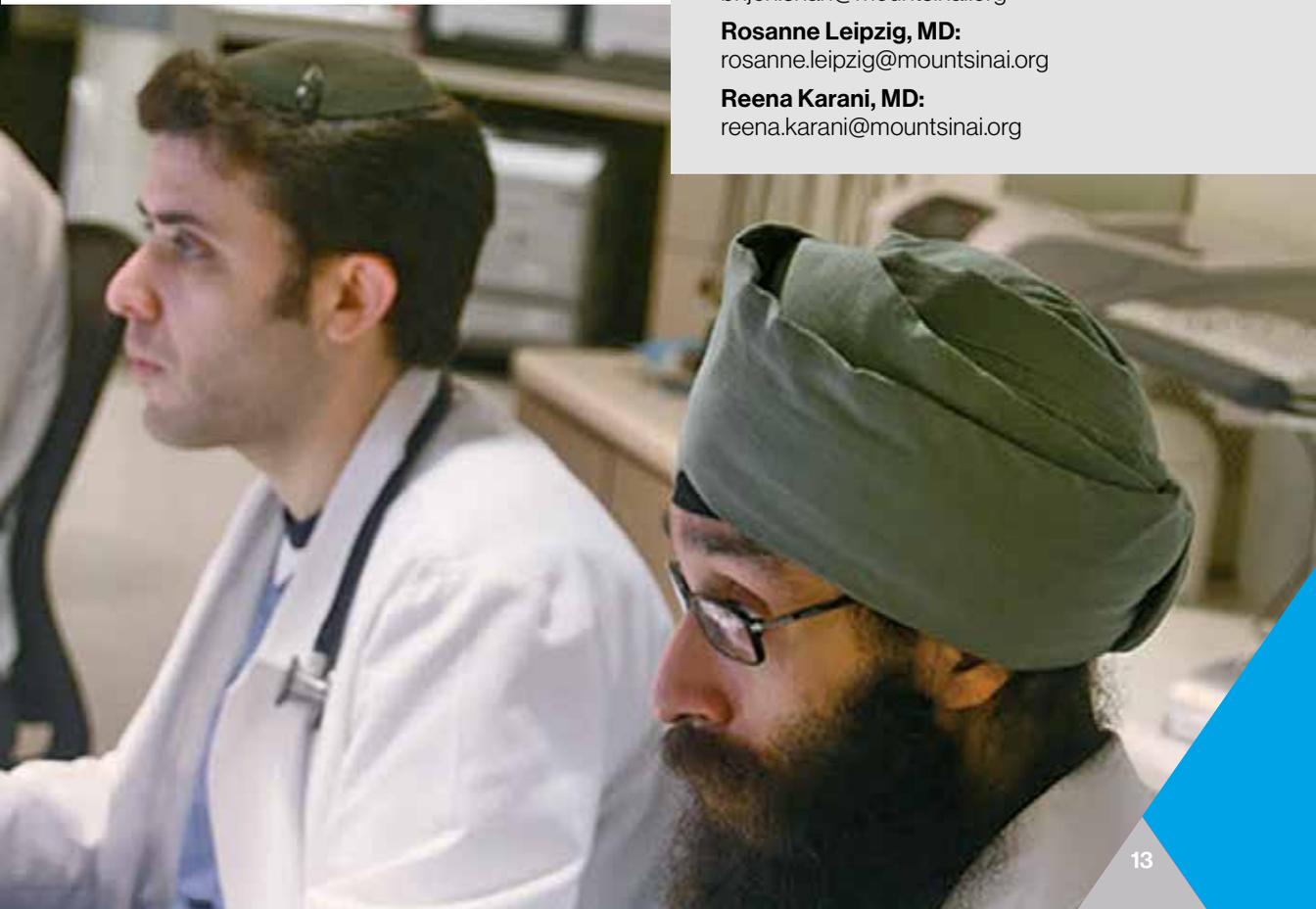
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# *Education Tracks*



The Samuel Bronfman Department of Medicine's residency training program focuses on the clinical skills, knowledge, leadership and humanistic qualities of the internist.

There is an abundant amount of formal instruction throughout our training program. This includes an emphasis on developing each resident's teaching and leadership skills. All inpatient and outpatient rotations have daily educational activities in various formats. We have created a residency curriculum based on a weekly interactive seminar series, one for interns and one for residents. Morning report takes place on a daily basis with the program director and is a venue where residents discuss general case management and the evidence that supports their clinical decisions making. Medical Grand Rounds is a weekly conference that addresses major current issues in translational science, current medical practices, ethics, or education. Speakers are selected from the Sinai faculty as well as external visiting professorships.

A weekly Intern Report allows interns to hone their presentation and differential diagnosis skills and review the literature on selected topics. Resident Report focuses on subspecialty case presentations to faculty selected by the residents. Several additional conferences add to the educational environment. Peripheral blood smear rounds with Dr. Barry Coller, former chairman of medicine and Vice President of Medical Affairs at Rockefeller University and cardiac bedside rounds with Dr. Valentin Fuster, chairman of Mount Sinai Heart, are conducted every two weeks.

Mount Sinai housestaff spend a significant part of their training in the outpatient setting at Internal Medicine Associates (IMA), a diverse, high-volume outpatient primary care clinic that draws its patients from Harlem, the Upper East Side and throughout New York City. Each resident has a panel of patients that he or she follows throughout residency with an assigned faculty preceptor to allow for continuity of care. During outpatient rotations, residents are exposed to multiple facets of outpatient internal medicine care through participation in specialty clinics including gynecology, musculoskeletal, psychiatric evaluation, diabetes, and pre-operative assessment.

Additionally, residents rotate through Mount Sinai's Visiting Doctors program, one of the largest in the country, conducting home visits throughout Manhattan. While on outpatient blocks, residents have ambulatory noon conferences that focus on core outpatient topics.

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## CATEGORICAL RESIDENCY

The Categorical Residency is a three-year program dedicated to producing the finest clinicians and future leaders in internal medicine. The program focuses on the clinical skills, knowledge and humanistic qualities of the internist.

The practice of clinical excellence, while utilizing a scientific thought process, is the central theme of our categorical curriculum. An evidence-based approach is emphasized both in the inpatient and the outpatient settings.

Through research projects, mentorship and extra-curricular activities related to two elective tracks, Global Health and Health Care Leadership, participants in the Categorical Residency have numerous opportunities to pursue interests directly related to their specific career plans. The program challenges each resident with progressively increasing responsibility in a setting characterized by close faculty mentoring.

### As a PGY1

Each PGY1 spends several rotations on the inpatient wards at The Mount Sinai Hospital. The inpatient services encompass patients with gastrointestinal, cardiac, pulmonary, and oncologic diseases, as well as patients with HIV and advanced liver disease. Thus, in addition to learning general medicine, each inpatient rotation has specialized themes that present more intensive learning opportunities.

PGY1s spend one block in the CCU at The Mount Sinai Hospital where they care for the most critically ill cardiac patients under the supervision of an attending physician. They also spend one block in the Emergency Department where they work one-on-one with an attending physician in both the walk-in area and the main area of the



*“It’s the people at Mount Sinai Hospital that makes our program so special, from our program and assistant program directors, our attendings, fellow residents to even the nursing staff, that all make the Internal Medicine Residency Program a welcoming place.”*

— Jeff Thiboutot, MD, Chief Resident

**A typical PGY1 schedule is as follows:**

PGY1	BLOCKS
Ward Blocks	6-7
Outpatient	2.5
Night Med	1-1.5
CCU	1
ER	1
Elective	1
Vacation	1

**As a PGY2**

The PGY2 year represents a major transition for the house officer. During ward blocks, the PGY2 serves as team leader in a supportive setting. As PGY2s, residents take greater responsibility for patient care and team leadership. They rotate through the Medical Intensive Care Unit, the inpatient floors of the Mount Sinai Hospital and inpatient ward time at Elmhurst and the Bronx VA.

Trainees also have two elective blocks, five two-week outpatient blocks and four weeks of vacation. One of the outpatient blocks is spent going on home visits as part of the popular and rewarding Mount Sinai Visiting Doctors Programs, the nation’s largest academic home visit program.

ED. Many of the patients seen during this time are referred back to the PGY1s own clinic for continuity of care, allowing the trainee to build a practice rapidly.

Each PGY1 also rotates through the City Hospital at Elmhurst and the Bronx VA Medical Center. At Elmhurst, interns are assigned to one of the General Medicine floors. At the Bronx VA, PGY1s are assigned to the inpatient General Medicine Service and the CCU.

All PGY1s have five, two-week blocks of outpatient medicine based in the continuity of care practice in the Center for Advanced Medicine at The Mount Sinai Hospital. In addition, all PGY1s are assigned one block of elective time and four weeks of vacation. The rotations are designed to provide exposure to a remarkably diverse patient population.



### A typical PGY2 schedule is as follows:

PGY2	BLOCKS
Ward Blocks	4-5
MICU	2-3
Outpatient	2.5
Elective	2
Night Medicine	1
Vacation	1

### As a PGY3

The PGY3 year is intended to further develop leadership skills and extend the resident's knowledge base, complete research projects, and focus on future career transitions. Residents spend one or two rotations on the inpatient wards at The Mount Sinai Hospital. In addition, they have a block each in the CCU, as the Medical Consult Resident and as the Medical Admitting Resident. They spend time at the Elmhurst Hospital Center and the Bronx VA as senior resident supervisors. They have five two-week outpatient care rotations, three elective rotations and four weeks of vacation.

### A typical PGY3 schedule is as follows:

PGY3	BLOCKS
Ward Blocks	3
Elective	3
Outpatient	2.5
ICU	1
Medical Consult	1
Senior Medical Resident	1
Vacation	1

### CATEGORICAL RESIDENCY – HEALTH CARE LEADERSHIP TRACK

The Health Care Leadership Track is designed for residents interested in becoming leaders in inpatient medicine as critical care attendings, hospitalists, cardiologists, ID/HIV attendings, geriatricians, or other subspecialists.

Due to increasing clinical distinctions and financial pressures, hospitals require physician leaders who have both clinical expertise and skills in improving hospital systems and processes. In response to these demands, many internists are now focusing their careers on inpatient activities.

This is one of the few programs in the country that offers internal medicine residents the opportunity to gain the skills and experience in:

- Quality Improvement and Patient Safety
- Hospital Leadership
- The Business of Medicine
- Hospital Efficiency and Utilization Management.

The curriculum is integrated into the elective blocks of the 2nd and 3rd year of the Internal Medicine Residency and consists of a mix of didactics, clinical experiences, and direct involvement in hospital processes. All residents will develop and complete a longitudinal, mentored hospital leadership research project.

Applicants interested in the Health Care Leadership Track should apply to the Categorical Residency program. Once enrolled at Mount Sinai, residents are encouraged to speak with **Brian Markoff, MD**, Director of the Health Care Leadership Track, about entering this program. Interested applicants should make note of their interest on the application, so appropriate interviews can be arranged.

### CATEGORICAL RESIDENCY – GLOBAL HEALTH TRACK

As part of our commitment to expanding access to health care, investing in medical training and partnering in research worldwide, Mount Sinai offers a Global Health Track. Our three most popular sites that we are sending trainees to are Cameroon, Bangladesh, and Kenya, although other training areas are available.

The program allows for Mount Sinai medicine residents with resources to pursue global health work during their PGY2 and PGY 3 years. The curriculum focuses on the delivery of medical services, participation in medical education and research in resource-limited settings.

### Program requirements are as follows:

- Must be a PGY1 at the time of application;
- Must spend a minimum of six weeks at a resource-limited site;
- Prior global health experience is not required although preference is given to those who have demonstrated a commitment to this area of medicine.

Applicants interested in the Global Health Track should apply to the Categorical Residency. Once enrolled at Mount Sinai, residents are encouraged to speak with **Jennifer Jao, MD**, Director of the Global Health Track about entering this program. Interested applicants should make note of their interest on the application, so appropriate interviews can be arranged.

### PRELIMINARY RESIDENCY

Our Preliminary Residency Program offers a variety of inpatient and outpatient experiences in general medicine and specialty services at The Mount Sinai Hospital, Elmhurst Hospital Center, and The Bronx Veterans Affairs Medical Center.

The preliminary residency provides a strong foundation in internal medicine that graduates can draw upon in their subsequent specialty

training. Most of our preliminary residents complete their post-graduate training in the following areas: Anesthesiology, Dermatology, Neurology, Ophthalmology, Radiation Oncology, and Radiology. In addition, we have a special Preliminary Neurology Track for those who want to come to Mount Sinai for their neurology training.

### A typical Prelim schedule is as follows:

PRELIM	BLOCKS
Ward Blocks	7-8
Night Med	2
ER	1-1.5
Elective	1
Vacation	1

ICU, ED, and outpatient blocks are available for preliminary interns who require them for their subspecialty residency. Those applicants interested in the Preliminary Residency Program should indicate such on their application, and use the appropriate NRMP number.

### PRIMARY CARE RESIDENCY

With the changes in the health care system as a result of federal reform, primary care physicians are on the front lines and must provide compassionate, patient-centered, high-quality, cost-effective care. With complex treatment delivered more frequently in outpatient settings, increased specialization within medical fields, and the changing landscape of health care, the fulfillment of this mission requires a new generation of physicians dedicated solely to primary care. As such, Mount Sinai's Internal Medicine Primary Care Residency Program's goal is to create physicians who are:

- Well-rounded and effective clinicians, capable of providing high quality patient-centered, evidence-based clinical care in both inpatient and outpatient settings ;
- Educators of both patients and fellow professionals;
- Advocates for patients and populations for improved health care;
- Leaders in all areas of primary care from the community to national level;



- Researchers, examining primary care clinical research, medical education and health systems/policy.

One of the distinct advantages of our Primary Care Residency Program is the variety of locations and practices at which our residents are able to train. While all residents maintain a practice at Mount Sinai's Internal Medicine Associates, which is hospital based and the largest primary care provider in the East Harlem community, Primary Care residents have the opportunity to develop other practices. One such practice may be at a community health center or in a subspecialty clinic such as geriatrics or HIV. Others include the Visiting Doctors Program and Health Care For the Homeless.

### As a PGY1

The intern year in the PCRCP focuses on developing core basic skills in primary care. The clinical rotations focus on providing continuity of care at our ambulatory care sites along with specialty clinics that focus on geriatrics, visiting doctors, homeless medicine and HIV care. The curriculum introduces the resident to topics such as health policy, advocacy, scholarship and integrative medicine.

PGY1s complete six additional weeks of ambulatory primary care, complementing the 10-week program required of all Internal Medicine Residents. This year, PGY1s begin to identify a mentor and an associated research project based upon mutual interests.

### As a PGY2

In the PGY2 year, residents hone their primary care skills by rotating through other specialty care clinics in addition to their general practice. The curriculum further delves into health policy, advocacy and quality improvement.

PGY2s have eight additional weeks of ambulatory primary care, complementing the 10-week program required of all Internal Medicine Residents. Early in the year, residents select their research mentor and begin work on their major research project.

### As a PGY3

In the PGY3 year, residents begin to take on leadership roles in the outpatient setting. The curriculum focuses on medical education, teaching and leadership.



*“Being part of the Primary Care Track... we have been exposed to multiple venues of primary care, including HIV clinic, home visits, geriatrics and health care for homeless.”*

— Katie Wang, MD, Geriatrics-Palliative Care Fellow

PGY3 residents have 12 additional weeks of ambulatory primary care complementing the 10-week program required of all Internal Medicine Residents. During their extra outpatient blocks, Primary Care Residents have the opportunity to repeat any of our specialty clinics and have protected time to complete their major research project. Residents also have expanded teaching responsibilities at this time. PGY3s ultimately present their research projects both at the Division of General Internal Medicine Grand Rounds as well as at regional and national meetings of the Society of General Internal Medicine.

Applicants interested in the Primary Care Residency should make sure to use the appropriate NMRP number and to contact **Linda DeCherrie, MD**, Director of the Primary Care Residency Program, or **Lauren Peccorale, MD**, Associate Director of the Primary Care Residency Program, with any questions.



*“What ultimately most attracted me to Sinai, is the sense of community in our program. From the faculty to the residents, there is a pervasive attitude of mutual support and camaraderie that I found unique among the medicine programs.”*

— Brian Sworder, MD, PGY2

## RESEARCH RESIDENCY

To meet the special needs of physician-scientists, the Mount Sinai Medical Center has established the Research Residency Program. This comprehensive, flexible and integrated program is designed for physicians who are committed to a basic or translational research-based academic career and allows the resident to complete a two-year, fast-track clinical program. Faculty guidance is provided immediately upon entry into the program and continued throughout. We are committed to training and nurturing physician-scientists by providing them with all the necessary tools for launching successful careers in academic medicine.

Academic physician-scientists must take the lead in the integration of advances in research into compassionate patient care. To complement their formal education, developing academic physician-scientists need postgraduate training, both in the clinic and the laboratory. The result is a personally tailored, integrated training program

that takes advantage of the strong clinical tradition in the Department of Medicine and the strength of the basic science programs in this department and throughout the Icahn School of Medicine at Mount Sinai. Residents are encouraged to continue their training in one of Mount Sinai's premier fellowship programs, but are given flexibility to apply to fellowships outside of Mount Sinai if desired.

Candidates with exceptionally strong basic science research credentials, or graduates of MD/PhD and MD/MPH programs, are encouraged to apply to this program. Note that the Research Residency has a separate NRMP number from the Categorical Residency Program in Internal Medicine. Please contact **Alice C. Levine, MD**, Director of the Research Residency, with any questions about the program.

## INTERNAL MEDICINE/MEDICAL GENETICS COMBINED RESIDENCY

The Departments of Medicine and Genetics and Genomic Sciences offer an innovative five-year residency program approved by the American Board of Internal Medicine and the American Board of Medical Genetics that integrates traditional Internal Medicine training with comprehensive training in Medical Genetics and Genomics.

The combined track is designed for two distinct categories of candidates:

- Those interested in becoming clinical leaders in medical genetics and genomics who want to translate the rapid advances in this field into real-life therapies for patients with complex genetic disorders.
- MD/PhD students who wish to develop translational or clinical research programs in fields affected by the rapid pace of genetic innovation and discovery.

Following completion of this program, candidates will be board-eligible for both Internal Medicine and Medical Genetics. Note that the Internal Medicine/ Medical Genetics Combined Residency has a separate NRMP number from regular residency program in Internal Medicine. Please contact **Salvatore Cilmi, MD**, or **George Diaz, MD**, Co-Directors of the Medicine Genetics Program with any questions.

## The Class of 2014: Where are they now?

NAME	FIELD	INSTITUTION
Auguste, Uschi	Cardiology	Beth Israel
Barsa, Jonathan	Hospitalist	Mount Sinai Queen
Basman, Craig	Hospitalist	Hospital Special Surgery
Baweja, Mukta	Nephrology	Mount Sinai
Benson, Ariel	Gastroenterology	Hadassah Medical Center
Brown, Nicole	Hospital Medicine	Northwestern Memorial
Calenda, Brandon	Cardiology	Mount Sinai
Carluccio, Alessia	Chief Resident	Mount Sinai
Cheesman, Khadeen	Endocrinology	Mount Sinai
Choi, Sharon	Cardiology	UTSW
Collazo, Tyson	Gastroenterology	Westchester Medical Center
Coyle, Andrew	Chief Resident	Mount Sinai
Enemchukwu, Chibuzo	Infectious Diseases	Albert Einstein
Fukui, Jami	Hematology-Oncology	Mount Sinai
Giebel, Georgia	Faculty-IMA	Mount Sinai
Gospin, Rebekah	Endocrinology	Albert Einstein
Handelsman, Cory	Nephrology	Cornell
Homberger, Caitlin	GI and Nutrition	Memorial Sloan Kettering
Hopkins, Sarah	Endocrinology	Oregon Health
Knecht, Daniel	Consulting Firm	Life Science
Kulina, Robert	Cardiology	Mount Sinai
Kwah, Jason	Primary Care	Chicago
Lee (Kim), Jacklyn	Hospitalist	Columbia
Liss, Yaakov	Nephrology	U Penn
Liverant, Mitchell	Gastroenterology	UC Irvine
Looser, Patrick	Cardiology	Cornell
Mathew, Matthen	Chief Resident	Mount Sinai
Mitton (Flam), Arielle	Geriatrics-Oncology	UCLA
Neimat, Mark (Matt)	Hospitalist	Salinas Valley Hospital
Rakhlin, Luba	Endocrinology	Cornell
Reiff-Pasarew, Faye	Hospitalist	Mount Sinai
Thiboutot, Jeffrey	Chief Resident	Mount Sinai
Udler, Miriam	Endocrinology	Mass General
Varela, Benigno	Gastroenterology	Albert Einstein
Wagner, Michael	Cancer Medicine	MD Anderson Cancer Center
Wang, Katherine	Geriatrics-Palliative	Mount Sinai
Weintraub, Jennifer	General Internal Medicine	Mount Sinai
Whipple, Clare	General Internal Medicine	Mount Sinai
Woodrell, Christopher	Geriatrics-Palliative	Mount Sinai
Zimmerman, Andrew	Hospitalist	Long Island Jewish

### RESEARCH

Jacob, Noam	Gastroenterology	UCLA
Marron, Thomas	Hematology-Oncology	Mount Sinai
Michelis, Katherine	Cardiology	Mount Sinai

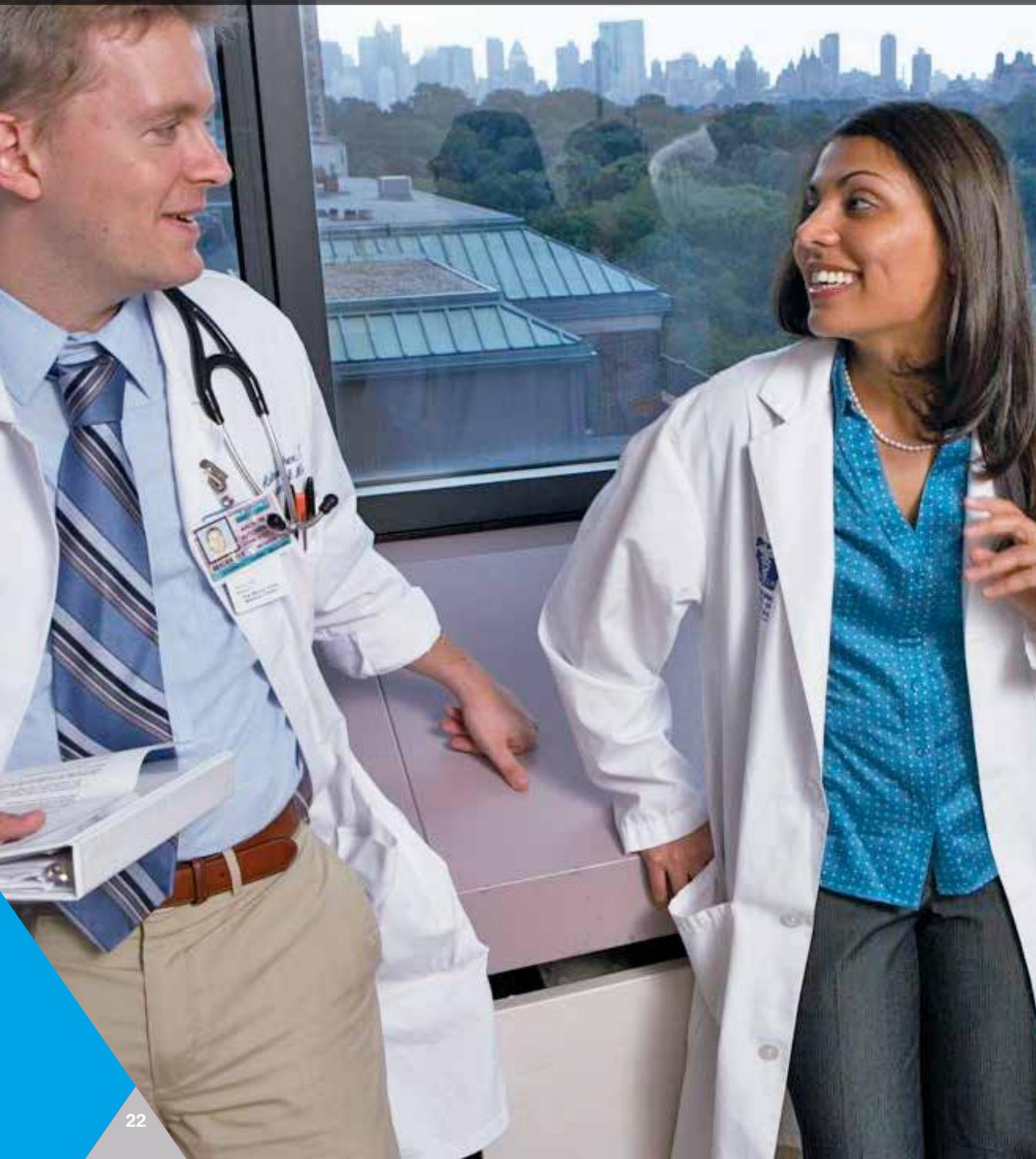
### MEDS-PEDS

Kanjilal, Sanjat	Infectious Diseases	Mass General
Sandler (Nagel), Courtney	Endocrinology	Brigham
O'Brien, Caitlin	Pediatric Critical Care	Johns Hopkins

### CHIEF RESIDENTS

Crismale, James	Gastroenterology	Mount Sinai
Rauch, Judah	Cardiology	Mount Sinai
Ross, Anna	Endocrinology	Brigham
Savino, John	Cardiology	Mount Sinai

# *Our Residents*



The residents of the Mount Sinai Internal Medicine Program are truly what make our program shine. Our trainees come from all over representing many of the best medical schools throughout the United States and the world. Prior to residency, many already are leaders in biotechnology, translational research, genomics, primary care and public health.

The Internal Medicine Residency Program at Mount Sinai Hospital is designed to foster a team approach to patient care and learning. An essential component of that is creating an environment of friendship, camaraderie and well-being among residents and between residents and faculty.

Our newest intern class, for example, has distinguished themselves in many impressive ways:

- An MD/PhD currently working as a postdoctoral fellow at Memorial Sloan Kettering Cancer Center on stem cell transplantation, who has published 13 peer-reviewed articles in leading hematology journals, two as first author, with two more first author publications submitted this year alone;
- An MD from the Sackler School of Medicine who has conducted significant cardiovascular research at the Leviev Heart Center at Sheba Medical Center in Tel Aviv, Israel;

- An MD from Stanford who received a Medical Scholars Fellowship to study unique healing traditions in rural communities in Arizona and Utah;
- An MD from the University of Michigan who completed a two-year fellowship at the National Institutes of Health in Bethesda, Maryland in bioethics, health policy, and health care reform;
- An MD/PhD from Yale whose graduate work focused on how the innate immune system is stimulated by cysteine protease allergens;
- One of our own MD/PhDs from Mount Sinai who investigated molecular mechanisms of hepatic fibrosis in Scott Friedman's laboratory.

Four residents are chosen annually to stay an additional year as chief residents. On a rotational basis, two of the chiefs are always present at The Mount Sinai Hospital, one at the Bronx VA Medical Center, and one at Elmhurst Hospital. These chief residents work closely with the chair and the vice chairs of the Department of Medicine and provide leadership throughout the Residency Training Program. They are the liaison between the day-to-day workings of the house officers, the administration of the department, and the various hospitals. They have significant teaching responsibilities and are expected to be future leaders in medicine.



## RESIDENT LIFE

While the demands of residency can be intense at times, residents are always pleasantly surprised to discover that life does not need to stop during their training. Throughout the year there are numerous social activities for housestaff, as well as their spouses, family and friends. These include attending New York Yankees games, Knicks games, karaoke and bowling nights, "Switch" Parties at the end of each block and the Annual Housestaff Follies.

**Housestaff Council:** The Department of Medicine Housestaff Council is a peer elected body composed of house officers that serve as advocates for the residents. The council meets on a monthly basis to discuss resident related issues regarding work environment, education and morale. The Housestaff Council collaborates with the program director, the administration and the chief residents on numerous projects throughout the year. In addition, the Housestaff Council assists and organizes social events including happy hours and orientation events for incoming residents. The Department of Medicine Housestaff Council sends representatives to the inter-departmental housestaff council to discuss hospital-wide concerns.

**Housing:** Mount Sinai owns several apartment buildings in the vicinity of the Medical Center, which are used for professional housing. Household size is a factor in determining housing assignments. Accommodations include furnished bedrooms in shared suites in the Residence Hall, as well as studios and one-and two-bedroom apartments. All are located in proximity to the Medical Center.

Incoming residents are eligible to apply for Mount Sinai housing. Housing offers are based on a lottery system in which applications are divided into three (3) categories: Incoming Families, Incoming Couples and Incoming Singles. Each applicant will receive a housing offer based on their randomly assigned lottery number and top ten choices.

**Living in New York City:** As one of the most influential and iconic cities in the world, New York offers nearly anything that you can possibly imagine. Whether you are interested in the post-modern collections at the Museum of Modern Art, the newest Broadway hit, the latest fashion trend or the independent film industry, NYC boasts an array of culture every night. And for the inner foodie or indie rocker, the city bursts with a new crop of restaurants and musical acts on nearly a weekly basis. Each neighborhood offers a different flavor and feel and if you grow tired of Manhattan, the outer boroughs can provide a year's worth of activities. Mount Sinai's Recreation Office provides discounts and other special offers to residents.

**Benefits:** Mount Sinai provides health coverage for house officers through Mount Sinai United Healthcare Plus, and we make available choices of alternative health coverage through several other HMOs. Cost sharing is available if you desire family coverage. Additional benefits offered at Mount Sinai include:

- Basic dental coverage, a prescription drug plan, and a vision plan at no cost to the house officer;
- Enhanced dental plans and family coverage available with a cost-sharing deductible;
- Short- and long-term disability, workers' compensation, life insurance, and accidental death and dismemberment insurance for our house officers;
- Dependent care and tax sheltered annuity plans;
- Residents are covered by Mount Sinai for malpractice at no cost to them.

### SALARIES BY YEAR

PGY1 .....	\$59,237
PGY2 .....	\$62,449
PGY3 .....	\$65,804



**Vacations:** In recognition of the heavy clinical demands on residents, vacations are considered an essential component of the schedule. Residents receive four weeks of vacation per year. While every effort is made to provide vacations that accommodate individual needs and preferences, time for vacation is scheduled based on the clinical needs of the department.

**Travel Stipends:** The department also supports resident travel to clinical and research meetings for the presentation of papers and research results carried out in conjunction with faculty. Stipend includes domestic coach air travel, meeting registration and per diem expenses.

**HOW TO APPLY**

All applications are accepted only through ERAS and the Department of Medicine offers all of its internal medicine residency positions through the NRMP.

<b>POSITION</b>	<b>NRMP #</b>
Categorical Three-Year Program . . .	1490140CO
Preliminary One-Year Program . . . .	1490140PO
Research Residency Program . . . . .	1490140C1
Internal Medicine/ Medical Genetics Combined Residency Program . . . . .	1490766CO
Primary Care Residency Program . . . . .	1490140C2
Preliminary Neurology One-Year Program . . . . .	1490140P1

The Icahn School of Medicine at Mount Sinai sponsors other internal medicine programs that are primarily based at hospitals other than The Mount Sinai Hospital. These programs should be applied to directly. You may apply to more than one program sponsored by the Icahn School of Medicine at Mount Sinai and this will not prejudice consideration of your application. The review of your application and the scheduling of interviews requires, at the minimum, your ERAS application, transcript, and Dean's letter. Additionally, we require a letter of recommendation from the Department of Medicine and letters from two faculty members. Please include a personal statement and curriculum vitae, in addition to the above, all through ERAS.

**MANDATORY DRUG TESTING**

Consistent with Mount Sinai's commitment to a safe and drug-free environment for our patients and staff, all new employees, including housestaff, are required to pass a drug-screening test prior to beginning employment. Accommodation will be made for those taking prescription drugs.

**APPLICATION CHECKLIST**

- All applications through ERAS
- Transcripts
- Dean's letter
- Letters of Recommendation (2)
- Department of Medicine Letter of Recommendation
- Personal statement
- Curriculum Vitae
- USMLE scores

**CONTACT INFORMATION:**

If you have any questions regarding the application or interview process, please do not hesitate to contact us.

Email: **residency@mssm.edu**

Tel: **212-241-6609**

**Address:**

**Internal Medicine Residency Program**

One Gustave L. Levy Place  
Box 1118  
New York, NY 10029

You may also email the Program Director or Chief Residents with questions or more information.

**Salvatore Cilmi, MD**

Director, Internal Medicine Residency Program  
salvatore.cilmi@mssm.edu

**Chief Residents:**

**Alessia Carluccio, MD**

alessia.carluccio@mountsinai.org

**Andrew Coyle, MD**

andrew.coyle@mountsinai.org

**Matthen Mathew, MD**

matthen.mathew@mountsinai.org

**Jeffrey Thiboutot, MD**

jeffrey.thiboutot@mountsinai.org



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