



HARBOR-UCLA FAMILY MEDICINE RESIDENCY PROGRAM

Program Welcome

Greetings from the Family Medicine Residency Program at Harbor-UCLA.

We are a program that stands united in the belief that health care is a right, not a privilege. As such, our residents and faculty are committed to not only our primary care clinic patients, but also meeting the health needs of our community, and addressing the barriers that impact their quality of life in order to promote an equitable society.

Our curriculum is forged so that residents work with and empower our most marginalized patients, whose major impediments to primary care not only lack of financial resources and insurance, but the social and structural determinants of health. Our training sites are a living classroom, where our residents learn the skills needed to become excellent clinicians while working in medically underserved multicultural communities. Here, you will receive training in chronic care delivery, treatment of acute exacerbation of chronic conditions, procedural training, as well as community based participatory curriculum in order to meet the needs of the community.

Our goal is to recruit trainees who have a passion for primary care and health equity and provide them the skills and tools needed to be excellent physicians, as well as community advocates and partners.

Sincerely,

Karen Olmos, MD, MPH (she/her/ella)
Program Director

Bernadette Pendergraph, MD (she/her/hers)
Associate Program Director

Sarah Nazarkhan, MD (she/her/ella)
Associate Program Director

Jyoti Puvvula, MD, MPH (she/her/hers)
Associate Program Director

Our Mission

Our mission is to train dedicated, resourceful family physicians, to foster their ability to advocate and partner with disenfranchised populations, and to create healthy communities and eliminate health disparities.

Our Patients

The patient population is predominately low-income and underinsured/ uninsured: the working poor. Our patients represent a diverse set of ethnic groups and immigrants from around the world. Harbor-UCLA is truly an international medicine experience right here in Southern California.

Harbor-UCLA Family Medicine Residency Program

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<http://www.harbor-ucla.org/family-medicine/>

HARBOR-UCLA FAMILY MEDICINE RESIDENCY PROGRAM

Harbor-UCLA Medical Center

Located in the southern portion of one of the most populated and socio-economically diverse counties in the United States, Harbor-UCLA Medical Center is the second largest of four public hospitals operated by the County of Los Angeles Department of Health Services. Mandated to provide care to all who seek it regardless of ability to pay, the institution is an important link in the healthcare “safety net” of Los Angeles County. Patients who are not funded are financially screened and pay for health care on a sliding scale. Los Angeles County leads the nation in its percentage of nearly two million uninsured individuals.

As the “southern campus” of the David Geffen School of Medicine at UCLA, education is blended with the institution’s service mission. As a result, Harbor-UCLA is a unique academic public hospital, with the opportunity for rigorous and diverse training:

- 553 Licensed beds
- 271,000 Ambulatory visits/year
- 88,719 ER visits/year
- 19,742 Inpatient discharges/year

The hospital is home to several accredited residency and fellowship programs typical of a modern academic medical center, including internal medicine, medicine subspecialties, pediatrics, pediatric subspecialties, OB/Gyn, psychiatry, general surgery and surgical subspecialties including kidney transplant. Harbor-UCLA is a Level 1 Trauma Center and NICU. The hospital is affiliated with the non-profit Lundquist Institute, which brings in approximately \$50 million in research and grant dollars each year.



The hospital is located in the South Bay region of Los Angeles County approximately 20 miles south of the Westwood campus of UCLA and 15 miles south of Downtown Los Angeles. Southern California provides a wonderful environment with year-round sunshine, relaxing breezes, beaches, nearby mountains and deserts. The cultural and ethnic diversity of L.A. also provides an array of delicious food and cultural events. Whatever you are looking for, L.A. has it for you!

WHAT OUR RESIDENTS SAY ABOUT HARBOR-UCLA FAMILY MEDICINE

MISSION DRIVEN

“Dedicated to social justice, health care transformation, learning and service opportunities centered around equality in medicine.”

“Los Angeles County Department of Health Services offers us this unique privilege by providing health care to patients who cannot afford their own.”

ACADEMICS

“Broad and intensive educational experience”

“Work with specialists who are experts in their field, while maintaining a primary care focus”

“Want to feel like you could treat ANYONE after residency? Then Harbor-UCLA is right for you”.

COMMUNITY-BASED

“Socially Conscious”

“Community-based clinical experience, great patient diversity, responsive and dedicated to the well being of patients, families and their communities”

“Strong, well-rounded residents who are truly passionate about underserved medicine”

HARBOR-UCLA FAMILY MEDICINE RESIDENCY PROGRAM

Our Ambulatory Health Care Centers

The residents rotate at three ambulatory care training sites that serve an ethnically diverse and medically underserved population:

The Harbor-UCLA Family Health Center is the primary continuity clinic site for our resident physicians. Located three miles southwest of the medical center in Harbor City, a community of 36,000 people. We provide 21,000 patient visits each year. An estimated 44% of the population is Latinx, and 25% of the community lives below federal poverty level. In addition, the FHC accepts patients from Harbor's catchment area and referrals from subspecialty clinics. The clinic is located on the second floor of a medical office building and consists of 26 exam rooms, an on-site pharmacy and procedure suites. This is the primary teaching site for our residents in clinical education and didactics.



The Wilmington Family Health Center is a community-based clinic located in one of the lowest income zip codes of L.A. County, approximately 4½ miles from Harbor-UCLA Medical Center. The patient population is primarily Latinx. Residents in their 2nd and 3rd year spend one half-day session per month seeing patients at this site. The clinic provides 15,000 patient visits annually and has an on-site pharmacy.



The Gardena High School Adolescent Clinic opened as a training site in 2000 and serves 2,500 high school students. The clinic is operated primarily by Family Medicine faculty, residents and medical students and offers on-site pharmacy, laboratory and mental health services.

FELLOWSHIP OPPORTUNITIES

SPORTS MEDICINE FELLOWSHIP

As one of five ACGME-accredited programs in Los Angeles, this fellowship provides excellent clinical experience in the evaluation and management of medical and orthopedic conditions in athletes of all ages, skill levels, and levels of participation. The fellows and faculty serve as team physicians for the Dew Tour Extreme Sports, Southwest College, Los Angeles Rugby Club, Los Angeles Harbor City College, and Cal State Dominguez (Division II College). The fellows are also the primary physicians for the Team to Win Program, a community based non-profit organization that provides medical care for 24 high schools including on-the-field coverage, surgical, and post-season care. This fellowship offers a unique blend of experiences at Kaiser-Permanente, several private orthopedic practices and the Los Angeles County community health care system.

For additional information, please contact Dr. Pendergraph, Program Director of the Sports Medicine Fellowship, at: BPendergraph@dhs.lacounty.gov

COMMUNITY HEALTH FELLOWSHIP

The Harbor-UCLA Department of Family Medicine Community Health Fellowship aims to prepare the next generation of physicians for a career in service and advocacy work in partnership with underserved communities. This non-accredited fellowship offers the tools to not only care for the most vulnerable and disenfranchised in our communities, but also to accompany them in their quest for health equity. The fellowship is founded on the values of Accompaniment, Humility, Health Equity and Health as a Human Right among others.

For additional information, please contact Dr. Puvvula, Community Health Fellowship Director, at: JPuvvula@dhs.lacounty.gov

FACULTY DEVELOPMENT FELLOWSHIP

The Faculty Development Fellowship (also called a Chief Resident year) is for residents who have successfully completed a 3 year FM residency. Faculty Development Fellows receive training in curriculum development, leadership, scholarship, project management, and academic medicine. Residents who complete the fellowship will be well prepared to move into clinic leadership or residency program faculty positions.

HARBOR-UCLA FAMILY MEDICINE RESIDENCY PROGRAM

Resident Wellness

Residency is an intense period of incredible growth, learning, and inspiration. As we work hard to be healers in the community, we also emphasize our own wellness. Residents and faculty lead our Wellness Committee, and have organized a "Book Club" series to promote our core values of social justice and community health. Residents also meet regularly outside of work for various social events. The institution supports Helping Healers Heal program, which "increases awareness of second victim syndrome, destigmatize suffering and seeking help, and provide support to staff through 1:1 peer support, group debriefs, and mental health specialists".

Summer Urban Health Fellowship

Since 1991, residents have worked alongside medical students and local undergraduate and high school students in a six-week community-based project. They learn the fundamentals of community-based research, health policy and advocacy, provide health education talks to the community, and coordinate two community health fairs. This multi-tiered mentorship program provides students with insight into health professional careers. The project culminates with a health summit where a health status report is presented to the community. Students interested in this experience should contact Dr. Gilberto Granados or Dr. Jyoti Puvvula.



Street Medicine

Harbor UCLA Family Medicine residents have the privileged opportunity to care for the unhoused population of Los Angeles with two separate teams. During their first and second years, they join the Department of Health Services Street Medicine team, in partnership with Housing for Health, to outreach the unhoused community members in various SPAs across Los Angeles County--connecting them with needed resources as well as offering COVID testing and vaccination. Additionally, residents can gain hands on experience with the street medicine team at Venice Family Clinic, and are able to learn about wound care, infection management and mental health care outside of the clinic. Residents can gain additional exposure through electives at either of these sites. The experiences with these sites are continuously evolving and the Harbor family is always eager to engage with these endeavors to allow for resident learning and honor our mission of serving the underserved.

Community Medicine Longitudinal Curriculum

Using the Community Oriented Primary Care (COPC) Model, residents learn about community health analysis and intervention, cultural sensitivity, epidemiology, clinical and social research, community advocacy, and social change over a three-year didactic and experiential longitudinal curriculum. Residents are exposed to a variety of specialized clinics including care for the unhoused, needle exchange and harm reduction, adolescent health, correctional health and refugee health.

Correctional Health

As a senior resident on the Community Medicine rotation, residents rotate in a county women's jail facility to help care for women. At the LA County jails, residents do not work as part of the custodial care team, but instead are there to help heal those who are incarcerated, to help provide access to care for acute and chronic medical issues, mental health, pregnancy care, and MAT services.

Clinic Transformation

We are transitioning the Family Health Center to a team-based model, informed by experience gained through our chronic care and quality improvement curriculum. Quality improvement projects are implemented in three multidisciplinary care teams made up of physicians, nursing, and clerical staff. Residents gain QI, leadership, and team skills under the guidance of faculty. Family Medicine has won several poster and grant prizes through CIR-SEIU and LAC-DHS Quality Improvement and Patient Safety initiatives for its interdisciplinary QI work.

HARBOR-UCLA FAMILY MEDICINE RESIDENCY PROGRAM

2023-2024 CURRICULUM AND CALL SCHEDULE

Residency Year 1	Months
Family Medicine Intern Orientation	2 weeks
Family Medicine Inpatient Wards	2 blocks
Internal Medicine Wards	1 block
Medicine ICU	1 block
POCUS/FM Clinic	2 weeks
Pediatric Nursery	2 weeks
Pediatric Wards	1 block
Obstetrics, California Hospital	1 block
Outpatient Surgery	2 weeks
Labor and Delivery, Harbor-UCLA	2 weeks
Community Medicine	2 weeks
Pediatric Specialty Clinic	1 block
Family Medicine Clinic	1 block
Peds Primary Care Clinic/ FM Clinic	2 weeks
Cardiology CORE	2 weeks
FM Continuity Clinic	1 half-day per week
Vacation	4 weeks

Residency Year 2	Months
Family Medicine Inpatient Wards	6 weeks
Family Medicine Night Float	2 weeks
Obstetrics, California Hospital	1 block
Neurology and Orthopedics	1 block
Pediatric Emergency Medicine	1 block
Women's Health/Gynecology	1 block
Population Health/ Peds Primary Care Clinic	2 weeks
Community Oriented Primary Care/Geriatrics/ Research	1 block
Outpatient Procedures, Rheumatology	1 block
Inpatient Geriatrics	2 weeks
Palliative Care	2 weeks
Elective	4 weeks
FM Continuity Clinic	3 half-days per week
MAT	2 weeks
Community Medicine	2 weeks
FM Inpatient Cross-Cover Calls	Approx. 12 calls/year
Vacation	4 weeks

Residency Year 3	Months
Family Medicine Inpatient Wards	2 weeks
Family Medicine Night Float	3 weeks
Resident Clinic Director	1 block
Ambulatory Surgery	1 block
ENT/Urology	2 weeks
Emergency Medicine	1 block
Community Medicine	3 weeks
Population Health	2 weeks
Dermatology	1 block
HIV/Nutrition	1 week each
Sports Medicine	1 block
Senior Supervising Resident	2 weeks
Psychiatry ED and Consults	2 weeks each
Elective	8 weeks
FM Continuity Clinic	4 half-days per week
FM Inpatient Cross-Cover Calls	Approx. 14 calls/year
Vacation	4 weeks

1 BLOCK = 28 DAYS

DIDACTIC AND LECTURE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	AM Report AM Report	Inpatient Interdisciplinary Rounds Grand Rounds Core Curriculum Morbidity and Mortality Conference AM Report NICU Rounds	WAM (Wednesday Clinic Report) AM Report AM Report Pediatric ER Report	AM Report AM Report Grand Rounds	AM Report AM Report
Noon	Intern Conference Conference	Conference	Intern Lecture Series Health Equity Lecture Series (q8 weeks) Conference	Conference	Conference
PM		PCMH Meetings Sports Medicine Rounds Family Medicine Lecture Series (3 hr block: Journal Club, M&M, Adult Medicine, Pediatrics, Geriatrics, OB, Gynecology, Board Review, Simulations)			

Family Medicine

Internal Medicine Lecture Series
Pediatrics Lecture Series

Additional Lectures:

Neurology Grand Rounds
Surgical Case Conferences

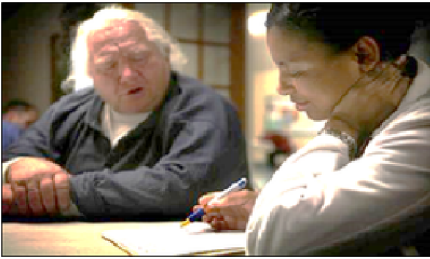
Radiology Grand Rounds

HARBOR-UCLA FAMILY MEDICINE RESIDENCY PROGRAM

WHAT DO RESIDENTS DO IN THEIR FREE TIME?

Free Clinic

Established in 1992, this resident-run monthly medical clinic has provided continuity of care to the unhoused and uninsured who may be unconnected to the health care system. Services include: preventative care including vaccinations, free toiletries and socks, chronic medical care, psychiatric referrals, and on-site optometry, dental and pharmacy services. Barriers to access are addressed by meeting the patients where they reside and helping them obtain care within the safety net hospital system.



Advocacy Opportunities

Residents have opportunities to get involved in advocacy on the local, state, and national level through participation in Summer Urban Health Fellowship, Community Medicine rotations, and involvement with the resident union, Committee of Interns and Residents – SEIU Healthcare. Our residents have advocated for our safety net hospitals and Medi-Cal protection and expansion. They have been involved in resident education of Affordable Care Act, health disparities in LGBTQIA+ communities, tobacco tax, and issues affecting women in medicine and leadership.



Tecate, Mexico Health Fairs

Residents join a UCLA undergraduate prehealth club (Latino Student Health Project) to provide crucially needed primary and urgent care to residents of the border city of Tecate, Mexico on a quarterly basis. In the last few years, residents have partnered with local promotoras and members of the community to implement a community needs assessment. This is another opportunity for residents to “think globally, and act locally”.

Border Health

Residents utilize their advocacy and activism backgrounds to respond in real-time to health crises around the world. In 2018 our residents and faculty were instrumental in the creation of the Refugee Health Alliance (RHA), a response to asylum-seeking families and individuals from Central America needing care at the US-Mexico Border. Through meaningful collaboration with local community-based organizations, RHA is now a not-for-profit organization providing holistic care in multiple shelters throughout Tijuana and operates two clinics- “Resistencia en Salud” and “Justicia en Salud”.

Part of our Summer Urban Health Fellowship (SUHF) curriculum has involved visiting the US-Mexico border with the organization Border Angels. These experiences help our health fellows and residents better understand the geopolitical forces that impact the lives of some of the patients and communities we serve at Harbor-UCLA.



HARBOR-UCLA FAMILY MEDICINE RESIDENCY PROGRAM

SALARY AND BENEFITS

Salary	As of 10/1/2023
Resident Year 1	\$ 70,025.34/year
Resident Year 2	\$71,873.37 /year
Resident Year 3	\$75,607.62/year

Vacation- 24 days/year	Parking
Sick/Personal Leave- 10 days/year	Laundry
Health and Dental Insurance	Disability Insurance
Professional Liability Insurance	Union Representation
Meals	Bilingual Bonus
Pension-savings plan with matching funds	Primary Care Bonus
One-Time Educational Bonus	\$10,000 Annual Housing Bonus

RESIDENCY APPLICATION

All applications to our program and supporting documents must be submitted via the Electronic Residency Application System (ERAS). First year Family Medicine trainees are selected through the National Resident Matching Program (NRMP).

Requirements:

A minimum of 3 letters of recommendation, at least one from a primary care physician.
 USMLE or COMLEX transcripts
 Personal Statement
 Dean's Letter
 Medical School Transcript
 ECFMG Certificate (Foreign graduates)

Application Deadline for ERAS: November 10, 2023

COVID-19 VACCINATION UPDATE

The Los Angeles County Department of Health Services has required all healthcare workers to be fully vaccinated with the SARS-CoV-2 (COVID-19) vaccine. As part of the Conditions of Employment, all prospective trainees are required to have the SARS-CoV-2 (COVID-19) vaccine in order to be hired by the County of Los Angeles and train in one of Harbor-UCLA's training programs.

The goal is to protect our patients and staff. DHS strongly believes that the evidence and science related to SARS-CoV-2 vaccination is an effective strategy to reduce the risk SARS-CoV-2 infection and its complications in both patients and staff.

You may read more regarding LA County's COVID-19 Vaccination Policy at:
<https://employee.hr.lacounty.gov/vaccinationsmandate/>

PROGRAM CONTACT INFORMATION

Resident Contacts	
Camila Alvarado, MD Chief Resident	Please email HUCLAFamMedChiefs@dhs.lacounty.gov if you have questions after reviewing our website
Olisemeka Okafor, DO Chief Resident	
Kathleen Lo, MD, PGY-3	
Tina Tung, MD, PGY-3	
Faculty Contacts	
Karen Olmos, MD MPH Program Director	Please email HUCLAFamMedChiefs@dhs.lacounty.gov if you have questions after reviewing our website
Sarah Nazarkhan, MD Associate Program Director	
Bernadette Pendergraph, MD Director, Sports Medicine Fellowship Associate Program Director	
Jyoti Puvvula, MD MPH Director, Community Health Fellowship Associate Program Director	
Gilberto Granados, MD MPH Director, Medical Student Education	
Theresa Nevarez, MD, MBA Faculty	

FOURTH-YEAR CLERKSHIPS

A senior elective is offered by the Department of Family Medicine at Harbor-UCLA Medical Center in conjunction with the David Geffen School of Medicine at UCLA.

Course Name/Number: Family Medicine Sub-Internship/
 FP350.04

Clerkship application for the 2023-2024 academic year will be accepted through the AAMC Visiting Student Learning Opportunities (VSLO).

Clerkship is a minimum of 3 weeks in duration and applications must be received at least 2 months prior to the start of the rotation.

The following documents must accompany your clerkship application:

- AAMC Standard Immunization Form
- CV
- Official copy of medical school transcripts (must show completion of 3rd year Internal Medicine and Pediatric clerkships)
- Letter of Recommendation from clinical faculty
- Proof of personal health insurance coverage during your clerkship
- UCLA HIPAA Certification:
www.uclahealth.org/hr/OCRPolicyTraining
- Photo ID application form
- UCLA MITS Confidentiality Statement
- USMLE Step 1 or COMLEX-1 score report
- COVID-19 vaccine information