

EPFM

East Pierce Family Medicine Residency

MultiCare Good Samaritan Hospital
Puyallup, Washington



VISION

Educate and empower family physicians as agents of change



MISSION

To train well-rounded, compassionate, resilient physicians, who advocate for wellness in their communities



VALUES

Adaptability, Camaraderie, Curiosity, Integrity, Resilience



Family Medicine Residency

- Comprehensive training in family medicine, including obstetrics and addiction medicine, utilizing an innovative longitudinal curriculum.
- Obstetrics training with FM / OB, Laborists, and Community Obstetricians.
- Clinic experience in a continuity-focused care model.
- Multidisciplinary out-patient training includes an active osteopathic curriculum available to both DO's and MD's.
- Unopposed residency training at a community hospital affiliated with University of Washington, Washington State University, and Pacific Northwest University of Health Sciences.
- Emphasis on physician wellness and work-life balance.
- Team-approach to patient care.
- All rotations are within the Good Samaritan campus footprint except for the Pediatric Inpatient rotation which is at Mary Bridge Children's Hospital in Tacoma and the ICU rotation which is at Deaconess Hospital in Spokane, Washington.

Our Facilities

- Out-patient clinic designed specifically for resident training.
- Clinic located on the hospital campus, an easy walk to all hospital facilities.
- 360 bed community medical center.
- Full range of specialists available for resident training and patient referral.
- Member of the Seattle Cancer Care Alliance.
- 24-hour hospitalists, including medicine, obstetrics, and anesthesia.
- An emergency department serving more than 70,000 patients per year.
- Level 2 Special Care Nursery.
- In-Patient residential addiction unit, serving chemically using pregnant women.
- Opportunities to teach and mentor Medical Students.
- Integrated mental health

About the Community

(Puyallup: pyoo-AL-up)

Puyallup is a rapidly growing city with easy access to both the Puget Sound and Mount Rainier. It is also home to the Washington State Fair, a fall tradition in Western Washington.

Puyallup is named after a tribe of Native Americans bearing the same name. Meaning “the generous people,” the tribe had a population of 2,000 before European settlers first arrived in the 1850’s.

The city is 5 miles east of Tacoma and 35 miles south of Seattle. With a population of 40,000 people, Puyallup has a small-town feel while being easily accessible to bigger cities. Numerous companies are moving into the community, bringing jobs and opportunities for local residents. Puyallup is linked to both Tacoma and Seattle by the Sounder train, which makes travel to the larger urban centers easy.

There are many outdoor activities located in and around Puyallup. Mount Rainier, a 14,411-foot volcano, dominates much of the landscape. The Puget Sound is a terrific area for boating, scuba diving, and fishing. Ski resorts are within easy distance for day and weekend trips. In addition to the annual Western Washington Fair, the city also hosts the Daffodil Festival, outdoor art gallery downtown, a vibrant farmers market, an antique district, and many “pick-your-own” farms.



3-Year Curriculum

R1

Rotation	Time Spent		Rotation	Time Spent
FM In-Patient	16 weeks		Emergency Med	4 weeks
OB	8 weeks		Surgery	2 weeks
<i>Peds In-Patient</i>	8 weeks		Sports Med / Ortho	2 weeks
Clinic Block	4 weeks		Comm Medicine	2 weeks
Elective / HSM	4 weeks		NICU	2 weeks

R2

Rotation	Time Spent		Rotation	Time Spent
FM In-Patient	9 to 10 weeks		Addiction Medicine	2 weeks
OB	8 to 10 weeks		ICU	2 weeks
NICU	2 weeks		Geriatrics	4 weeks
Clinic Block	4 to 6 weeks		HSM	1 week
Night Shift	4 to 5 weeks		Elective	9 to 11 weeks

R3

Rotation	Time Spent		Rotation	Time Spent
FM In-Patient	4 to 6 weeks		Emergency Med	4 weeks
OB	2 weeks		Gynecology	4 weeks
Outpatient Peds	8 weeks		Sports Med / Ortho	2 weeks
Clinic Block	4 to 6 weeks		HSM / Comm Med	2 weeks
Night Shift	4 weeks		Elective	10 to 14 weeks

Vacation-ineligible weeks are Bolded

Additional Curriculum Incorporated throughout Residency

Osteopathic Manipulative Medicine (OMM/OMT)
Office Procedures

Addiction Medicine
Palliative Medicine

Longitudinal Curriculum at EPFM

The Longitudinal Curriculum (LC) is designed to meet several goals. These include:

1. Provide excellent clinical training across the breadth of Family Medicine
2. Provide a focus on ambulatory clinic experience, prioritizing continuity of care
3. Protect residents' wellness and work-life balance
4. Provide an emphasis on developing professionalism and physician leadership skills
5. We offer tracks including Sports Medicine, Addiction Medicine, and Palliative Care.

To accomplish these goals, we've designed the LC with the following features:

1. Block rotations have been replaced by four 13-week Quarters. Each Quarter contains a variety of 1-2 week "rotations." There are a couple of exceptions to this:
 - a. R1 Mary Bridge pediatrics is a 4-week rotation
 - b. R2 and R3's have a 4-week Elective block, which allows for away rotations, if desired
2. Each resident sees patients in out-patient clinic on a daily basis, following a "Clinic First" philosophy. There are a couple of exceptions to this:
 - a. Family Medicine in-patient team sees clinic patients every other day
 - b. Residents on OB see a full day of clinic patients when not scheduled on L&D
 - c. R1's on Mary Bridge Peds see clinic patient's weekly
 - d. Night Shift resident doesn't have clinic for the week of Night Shift
 - e. Thursdays are Didactics Day and are not scheduled for afternoon resident clinics
3. EPFM covers its in-patient Family Medicine service 24/7, 365 days per year.
4. Residents work in shifts, rather than taking call. Shifts are scheduled to be 12 hours long, and should never extend beyond 14 hours in length. (One exception to this would be if a resident were following a continuity OB patient.)

Longitudinal Curriculum: R1 Year

R1 Year Long Curriculum Track - Sample				
Quarter 1	Week 1	Orientation	Week 27	Mary Bridge
	Week 2	Orientation	Week 28	Mary Bridge
	Week 3	Orientation	Week 29	Sports Ortho
	Week 4	Orientation	Week 30	Sports Ortho
	Week 5	Community Medicine	Week 31	Family Medicine Inpatient
	Week 6	Community Medicine	Week 32	Family Medicine Inpatient
	Week 7	Family Medicine Inpatient	Week 33	Emergency Department
	Week 8	Family Medicine Inpatient	Week 34	Emergency Department
	Week 9	NICU	Week 35	Family Medicine Inpatient
	Week 10	NICU	Week 36	Family Medicine Inpatient
	Week 11	Family Medicine Inpatient	Week 37	OB Inpatient
	Week 12	Family Medicine Inpatient	Week 38	OB Inpatient
	Week 13	OB Inpatient	Week 39	Elective
Quarter 2	Week 14	OB Inpatient	Week 40	Elective
	Week 15	Surgery	Week 41	Family Medicine Inpatient
	Week 16	Surgery	Week 42	Family Medicine Inpatient
	Week 17	Family Medicine Inpatient	Week 43	Emergency Department
	Week 18	Family Medicine Inpatient	Week 44	Emergency Department
	Week 19	Clinic	Week 45	Family Medicine Inpatient
	Week 20	Health System Management	Week 46	Family Medicine Inpatient
	Week 21	Family Medicine Inpatient	Week 47	OB Inpatient
	Week 22	Family Medicine Inpatient	Week 48	OB Inpatient
	Week 23	OB Inpatient	Week 49	Mary Bridge
	Week 24	OB Inpatient	Week 50	Mary Bridge
	Week 25	Mary Bridge	Week 51	Mary Bridge
	Week 26	Mary Bridge	Week 52	Mary Bridge
Quarter 3				
Quarter 4				

Pay and Benefits

EPFM Residents sign a three-year contract (accepting a 3-year categorical Family Medicine position).

This contract includes pay and benefits provided by MultiCare Health System.

Current salaries, per PGY year are:

R1 = \$69,584

R2 = \$71,990

R3 = \$74,637

When can we take vacation?

Residents are provided with 17 days (not including weekends) of vacation annually. Vacation is taken for up to 5 days per rotation. Vacations can usually be taken during vacation-eligible weeks, which are specified on the Curriculum page.



Benefits Include:

- Medical Insurance, including dental and vision for Residents and their Families.
- 403(b) Retirement Account
- CME Leave and Allowance
 - R1 - 3 days leave and \$900.00
 - R2 - 5 days leave and \$1,150.00
 - R3 - 5 days and \$1,400.00
- 17 days of Vacation per year
- 12 days of Sick Leave per year
- Fees paid for Licensing Fees, DEA, and Board Certification Exam.
- Tuition and Time-off for Life Safety courses including, BLS, ACLS, PALS, NRP, and ALSO.
- Meal Allowance
- Free Parking

FAQ's

Can I do an international rotation?

Each Resident will have the opportunity to arrange an “away” rotation during their third year.

The expectations for this rotation are:

1. The experience is not one that can be gained locally.
2. Malpractice is provided throughout (EPFM provides malpractice insurance for all rotations in the US.) Residents are responsible for providing insurance during international rotations.
3. The rotation must have both educational and service components.
4. Attending physicians must have verification of training and experience, in order to provide for a good experience for the Resident.

Is there an expectation for a scholarly project?

Yes, all residents will complete scholarly work as a requirement for graduation. Dedicated time is provided for this work.

This scholarly work may be accomplished in a variety of ways, including:

1. Write an evidence-based response to a question (Clinical Inquiry or Help Desk Answer) and submit it for publication to the Family Physician Inquiry Network.
2. Participate in a clinical trial at MultiCare, demonstrating a substantial contribution to the effort.
3. Plan, conduct, and analyze a community intervention. An example of this includes conducting nutrition education for elders and evaluating their weight pre-and post-intervention. Another option would be to perform an analysis of medical care provided at the state fair as a way to predict future staffing and equipment needs. This work does not need to be published, but results have to be documented in order to have a lasting effect on the community.

Residents will also be involved in educational presentations, including Journal Club, Mortality and Morbidity Rounds, and Grand Rounds.

NRMP's Match Participation Agreement Conditions

4.0 TERMS AND CONDITIONS FOR PARTICIPATION IN THE MATCH

7. The program must disclose to applicants all eligibility requirements for training set forth by the sponsoring institution and the program during the recruitment period and before the Rank Order List Certification Deadline. These requirements may include pre-employment testing (e.g., illicit drug screening), background checks (e.g., criminal, financial, etc.), visa sponsorship, and any other requirement(s). Programs must be able to demonstrate that eligibility requirements are made available to each applicant during recruitment and before the Rank Order List Certification Deadline, either electronically or in writing;

EPFM Requirements

Expected or required academic, educational, or prior training credentials;

Applicants with one of the following qualifications are eligible for appointment to an accredited residency program at East Pierce Family Medicine.

- Graduates of medical schools in the United States and Canada accredited by the Liaison Committee on Medical Education (LCME).
- Graduates of medical schools in the United States and Canada accredited by the American Osteopathic Association (AOA).
- Graduates of medical schools outside of the United States and Canada who have current valid certificates from the Educational Commission for Foreign Medical Graduates (ECFMG). Schools located outside the U.S. and Canada must:
 - Be officially recognized in good standing in the country where they are located
 - Be registered as a medical school, college, or university in the International Medical Education Directory
 - Possess a basic course of clinical and classroom medical instruction that is not less than 42 months in length; and under the educational institution's direct authority.

NRMP's Match Participation Agreement Conditions

Drug and Nicotine Screenings

MultiCare is a smoke-free, drug-free workplace. All employment offers are conditioned upon acceptable pre-employment drug tests which include testing for the use of marijuana and nicotine. As part of our commitment to a healthy workplace, we require employees to obtain an annual flu immunization.

Background Screenings

MultiCare conducts a background check including a search of Washington State Patrol records and a third-party background investigation.

Information relevant to licensure status or visa status.

Applicants who are not citizens of the United States must possess one of the following:

- Valid Employment Authorization Document / Valid Permanent Resident Card

The following are screened out of our process for residency training:

- J1 Clinical Visa / J1 Research Visa /J2 Dependent Visa /H1B Visa

In addition to the above, candidates must have graduated from an accredited medical school within two years of starting the residency. The only exception to this is if the applicant has had significant clinical experience in the last two years.

You can find more information at [Information to Know - MultiCare](#)

NRMP's Match Participation Agreement Conditions

6.2 Interview Period

The recruitment phase for the Main Residency Match must be transparent, grounded in equitable practices, reflect mutual respect for the needs of applicants and programs, and minimize unnecessary pressure. To that end, applicants and programs are bound by the terms of the applicable Match Participation Agreement to demonstrate ethical behavior when engaging in interview offers and acceptances.

During the recruitment phase, programs shall:

1. Extend interview offers that equal, not exceed, the total number of available interview slots;
2. Provide applicants no less than 48 hours to accept or reject an interview invitation; and
3. Apply reasonable measures of notification (e.g., one-to-two weeks' notice) when needing to cancel or reschedule an interview.

During recruitment, programs may expect applicants to make judicious assessment of and decisions about interview offers, accepting only those they intended to fulfill and apply reasonable measures of notification (e.g., one-to-two weeks' notice) when needing to cancel or request rescheduling of an interview.

EPFM Requirements

We do not offer interviews to more people than we have interview slots. If we need to move towards a deadline to accept interview invitations, we will send a follow-up email with a minimum of 48 hour's notice to schedule an interview.

NRMP's Match Participation Agreement Conditions

6.3 Completeness, Timeliness, and Accuracy of Information

6.3.1 Between the Program and Applicants

2. For the Main Residency Match and SOAP, programs must disclose to applicants, at the start of recruitment, the application service or process they will require.

EPFM Requirements. We use ERAS / Thalamus for all interview processes.

3. The omission of information pertinent to an applicant's decision to rank a program may be deemed a violation of this Agreement. Before the Rank Order List Certification Deadline, or the offering of a position through SOAP, the program shall:
- a. Provide a copy of the appointment agreement that matched applicants will be expected to sign if such an agreement is available, or a copy of the agreement currently in use;
 - i. Once provided, applicants must be notified of any material change to the appointment agreement.
4. Provide all institutional and program policies regarding eligibility for appointment to a residency training position including but not limited to:
- a. Expected or required academic, educational, or prior training credentials;
 - b. Pre-employment drug testing and background check;
 - c. Information relevant to licensure status or visa status.

Programs shall obtain a signed acknowledgement of such communication from each applicant interviewed or be able to demonstrate that eligibility requirements were made available to each applicant interviewed in accordance with Section 4.0 of this Agreement. The timely disclosure by the program of the official policies of the appointing institution and/or program does not imply that the applicant interviewed will be ranked, will receive a matched position, or have an offer of a position extended during SOAP.

NRMP's Match Participation Agreement Conditions

EPFM Requirements

The contract and other required documents can be found on our website at [Information to Know - MultiCare](#).

Before Rank Night each applicant will be required to fill out a Microsoft Form confirming they received all the documents listed.

6.4 Confidentiality

Before the Rank Order List Certification Deadline and/or the start of SOAP Offer Rounds:

1. A program may voluntarily communicate to an applicant that they are viewed favorably and will be ranked by the program; however, programs may not solicit verbal or written statements from an applicant implying a commitment to rank the program.
2. Applicants may voluntarily communicate their interest to a program(s); however, applicants may not solicit verbal or written statements from a program(s) implying a commitment to rank the applicant.

EPFM Requirements

Our Program Director will not have substantial contact with applicants after interview day. All communication will go through the Program Coordinator. Email thank you notes are welcome, but mail correspondence is not required.

EPFM Demographics

73% of our graduates practice in the State of Washington



What are our graduates doing?

Family Medicine Faculty

Outpatient Family Medicine

Direct Primary Care

Hospitalist

Fellowship

Locums

Urgent Care

Graduate Locations

California

Minnesota

Florida

Nevada

Hawaii

Oregon

Idaho

S Carolina

Maine

Texas

Utah

Washington

Current Residents

18 Female / 10 Male

14 DO's and 4 MD's

Graduate Data

63% Female and
37% Male

57% work within
MultiCare
Treatment Area

MultiCare

East Pierce Family Medicine

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