Virginia Mason Medical Center - Seattle

- Community based program with an academic feel, located in the heart of Seattle-serves as a tertiary referral center for the Pacific Northwest
- Rigorous rotations where our resident gain mastery in leading multidisciplinary teams to manage complex care on the wards and ICU
- Dedicated Primary Care track, offering mentorship and continuity with underserved patients at Eastgate, a King County Public Health clinic
- About 25% of graduates go on to fellowship
- All residents participate in an advocacy curriculum
- Optional Leadership and Quality Improvement program to gain experience leading system-based change
- We promote a culture of respect and are invested in your path to independent practice as fulfilled individuals in a caring community, committed to growth in all areas of your person and professional journey

Contact Us:

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https://www.vmfh.org/residencies-fellowships-and-training/post-graduate-residency-programs/internal-medicine-residency

- Virginia Mason Internal Medicine Residency (VMIMR) is a community based program with an academic feel, located in the heart of Seattle.
- We are invested in your path to independent practice as fulfilled individuals in a caring community, committed to growth in all areas of your personal and professional journey.
- 10 spots per class for a total of 30 IM residents.
- Primary Care track: offers mentorship and continuity with underserved patients at Eastgate, a King County Public Health clinic. There are 4 spots per class to Match directly into. You can also move in or out of the track during residency if your career goals change during training.
- VMMC is a tertiary care center for the Pacific Northwest. Patients come from a wide referral base, resulting in a socioeconomic and medically diverse patient population.
- Rotations are rigorous and residents gain mastery in leading multidisciplinary teams, managing complex care on wards and in our closed ICU with attending support.
- Apart from continuity clinic, all rotations take place at our main campus in Seattle.
- Continuity clinic takes place either at Eastgate Public Health, Main Downtown campus, or at our Regional Clinics in either Federal Way or Lynnwood.

- Boards - 3 year rolling pass rate for ABIM: 90%
- About 25% of graduates go on to fellowship.
- Recent matches:
    - 2022
    - Rheum – UW
    - Gen Med and Primary Care – Brigham and Women's
    - Heme/Onc – UCSF Fresno
    - Endo - UW
    - 2023
    - Palliative Care – OHSU
    - Addiction Medicine - OHSU
    - Palliative Care – Anne Arbor, MI
    - Pulm/crit – University of West Virginia
    - 2024
    - Nephrology - UCSF
    - Rheumatology - Univ of Arizona, Tucson
    - 2025
    - Pulm/Crit – UW

INFO FOR THE MATCH

- While we commit to holistic review for all applicants, we will prioritize reviewing applications with any signal (gold or silver) first.
- Interviews are 100% virtual
- You can apply to either Categorical or Primary Care tracks or apply to BOTH and rank according to your goals.
- We do plan to participate in the Voluntary Rank Order List Lock pilot

TRAINING HIGHLIGHTS

- All residents participate in an advocacy curriculum.
- All residents participate in Vital Talks curriculum (training for tough conversations).
- Code Blue and bedside procedure simulation training.
- During training, residents can opt into our Leadership in Quality Improvement Program (LQIP) to gain experience leading system-based change.
- Wards - Unit based teams - geographic focus, keeps you close to the bedside.
- Rounds with Clinical Pharmacists
- Unique Electives: Hyperbaric Medicine, Advanced Heart Failure, System Based Practice
- NEW! GI and Rheumatology Fellowships at VMMC. Cardiology Fellows from VMFH St. Joseph also rotate at VMMC.
- Research is primarily clinical or QI. Lots of opportunity for projects and mentorship.
- Formal mentorship program
- Smaller program size allows schedules and training opportunities to be highly tailored to individual goals, especially in 2nd and 3rd year.
- Coaching program for residents who struggle with standardized test taking.
- No overnight call - Night Float system only.
- We host MS3s from UW and Morehouse School of Medicine year round

MORE INFO

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