

Pediatric Core Clerkship

Offered by: Michael R. Carr, LCDR, MC USN
Medical Student Coordinator
Department of Pediatrics
Naval Medical Center
Portsmouth, VA 23708
(757) 953-2958

Location: Charette Health Care Center
Periods Offered: Year around
Duration: Negotiable
Student Level: 3rd year
Prerequisite: Basic sciences completed
Text: Nelson's Essential's of Pediatrics

Objectives: The student will learn to perform a complete pediatric and newborn history and physical examination. He/she will learn about well childcare as well as understand pathophysiologic concepts unique to infants and children. He/she will also learn and demonstrate the evaluation of children in the general and subspecialty outpatient clinics.

Description: The student will rotate through the pediatric inpatient and out patient services as well as the newborn nursery to acquire a core knowledge in clinical pediatrics. On the pediatric ward, the student will assume the responsibility, under supervision, of directly following patients admitted to the inpatient service. Students are required to attend all pediatric department conferences, and overnight call will be taken during the inpatient and nursery portion of the rotation. THIS ROTATION IS LIMITED TO STUDENTS AT THE UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES.

Pediatric Acting Internship

Offered by: Colette Grabill, CDR, MC, USN
Medical Student Coordinator
Department of Pediatrics
Naval Medical Center
Portsmouth, VA 23708
(757) 953-2958

Location: Charette Health Care Center
Periods Offered: Year around
Duration: Negotiable
Student Level: 4th year
Prerequisite: 3rd year core pediatric clerkship
Text: Optional

Objectives: The student will further enhance his/her factual knowledge and diagnostic skills by assuming primary responsibility, under supervision, for the evaluation and management of patients hospitalized on the pediatric inpatient unit, neonatal intensive care unit or pediatric intensive care unit.

Description: The student will be primarily responsible for the admission, evaluation, and management of pediatric inpatients on the inpatient ward, neonatal intensive care unit or pediatric intensive care unit. The student will be an integral part of the pediatric team, and will attend pediatric conferences and stand night and weekend watches.

Pediatric Elective:

Offered by: Colette Grabill, CDR, MC, USN
Medical Student Coordinator
Department of Pediatrics
Naval Medical Center
Portsmouth, VA 23708
(757) 953-2958

Location: Charette Health Care Center
Periods Offered: Year around
Duration: Negotiable
Student Level: 3rd or 4th year
Prerequisite: Pediatric core clerkship
Text: Optional

Objectives: The student will enhance his/her factual knowledge and diagnostic skills in pediatrics.

Description: The student will work with various general pediatricians and/or pediatric subspecialists to further enhance he/her knowledge and skills in pediatrics. Specific experiences will be tailored to the needs and interests of the student by the student coordinator. The rotation may involve attendance at a variety of outpatient clinics

and/or inpatient responsibilities. The student may elect to concentrate on general pediatric or on one or more subspecialties. Students are required to attend all pediatric department conferences. Overnight call is not generally required, but may be arranged if the student desires. Availability of a specific specialty is subject to the availability of the appropriate attending specialist or general pediatric clinic availability.

Subspecialties available include:

- General Pediatrics
- Adolescent Medicine
- Pediatric Cardiology
- Developmental Pediatrics
- Pediatric Endocrinology
- Pediatric Gastroenterology
- Pediatric Hematology/Oncology
- Pediatric Infectious Disease
- Pediatric Neurology
- Pediatric Pulmonology

Welcome to Pediatrics at
Naval Medical Center, Portsmouth
“First and Finest”



Thank you for expressing an interest in the Pediatric program at NMCP. We have prepared this informational package to help you get acquainted with the department prior to your arrival for your rotation. We hope this answers some of the questions you have and will help to make your time with us both educational and enjoyable. We look forward to working with you and think you will agree with the hospital's "First and Finest" motto after your time with us.

Tim Porea
CDR, MC, USN
Pediatric Assistant Program Director

Hospital History

NMCP is the longest serving hospital in the Navy. It stands on the site of the Revolutionary-Era Fort Nelson. The cornerstone for the navy's first hospital was laid in 1827 and the first patients were admitted in 1830. Since that time NMCP has been the primary site for the health care of Navy, Marine Corps, Army, Air Force, and Coast Guard personnel and their families in the Mid-Atlantic Region. In 1999 the Medical Center moved into the new one million square foot Charette Health Care Center, the Navy's newest, most advanced facility in the world.

Current Hospital Facts

NMCP has a total of 420,000 persons in its catchment area, the largest population base in the Navy. The hospital has 360 beds with an average daily census of 268. We are staffed by over 200 staff physicians and dentists, 500 nurses, and 3200 allied health personnel in the main hospital alone. Graduate medical education is extensive with residencies in 13 medical and surgical specialties. Each year approximately 75 officers complete internships at NMCP.

Pediatrics at NMCP

The Pediatric Department at NMCP is a vital component of the success of the command overall. We have approximately 30 staff physicians and nurse practitioners seeing, in conjunction with our resident staff and branch clinics, children and young adults from among the 135,000 strong pediatric dependent population in the Tidewater area. Our pediatric inpatient Ward accommodates 18 beds and the level III Nursery averages a census of 18-20. There are 10 maternal birthing rooms and a 31 bed maternal-infant unit where newborns room in with their mothers. Our Pediatric Intensive Care Unit is staffed for 6 patients plus runs a sedation service for outpatient procedures. The department as a whole sees over 50,000 outpatients and 1,500 inpatient admissions annually. Among our staff physicians are general pediatricians and pediatric trained subspecialists in the fields of adolescent medicine, anesthesia, cardiology, critical care, developmental pediatrics, endocrinology, emergency medicine, general surgery, hematology/oncology, infectious diseases, neonatology, neurology, orthopedics, psychiatry, and physical, occupational, and speech therapy.

Pediatric Residency at NMCP

The pediatric residency training program at NMCP was started in 1949, and has graduated 231 residents as of July 2006. The residency is fully accredited by the Pediatric Residency Review Committee (RRC) of the Accreditation Council for Graduate Medical Education. The goal of the program is to prepare residents for a career in military pediatrics. This goal includes development of the knowledge and skills necessary for a competent general pediatrician as well as instruction and experience in clinical and non-clinical skills unique to the military community. Over the past 19 years, 98% of Portsmouth graduates have been board certified by the American Board of Pediatrics, and 94% have passed board certification exams on their first attempt. This compares very favorably to the national average of 91% board certification and 80% passing on the first attempt.

Pediatric residency training takes place predominantly at the Naval Medical Center. Electives and subspecialty rotations that are not available on-site are generally available at the Children's Hospital of the King's Daughters through our affiliation with the Eastern Virginia Medical School. Some PL-3 residents also arrange to do an away elective at a distant military or civilian site. Additionally our PL- 2 and 3 residents do a month of general pediatrics in a community hospital setting at Langley Air Force Base, about 30 minutes from NMCP. We currently are authorized for ten residents per year group.

In 2005 we began working with the Air Force to train residents and have had new interns placed with us each year since then. If you are in the Air Force we'd love to have you rotate with us as a student and apply for an internship as well.

Clerkships in Pediatrics

In addition to our residency program, our department hosts clerkships for third and fourth year medical students from the Uniformed Services University of the Health Sciences (USUHS) as well as the Armed Forces Health Professions Scholarship program. Students doing their USUHS general pediatric rotation will be assigned to time in both the outpatient and inpatient settings. Core clerkship requirements of USUHS will be met and the core pediatric examination will be administered while in Portsmouth. Fourth year students may perform electives with any of the subspecialists in the department as listed above. Subinternships on the inpatient ward, NICU and PICU are also available. A combination of rotations may also be scheduled during your time with us. We will work with you to accommodate your schedule based your needs and the needs of your school. Evaluation forms will be forwarded to the student's medical school upon completion of the rotation. Interaction between the residents and students will be encouraged throughout the rotation and interviews for internship positions, if applicable, will take place with the residency program director, and the chief resident.

Local Attractions

Hampton Roads is one of the most popular vacation spots on the East Coast. The area offers something for everyone. The history buff can enjoy Williamsburg, Yorktown, and Jamestown, all within an hour drive. For sports fans, Hampton Roads boasts minor league baseball and hockey teams, horse racing at Colonial Downs, as well as excellent college-level sports. The fine arts are well represented with a symphony, an opera company, multiple theater groups, and a multitude of museums. The area offers a wide variety of outdoor activities for all seasons. In the summer, enjoy world famous beaches, sail on the Chesapeake Bay, or spend at day at Busch Gardens. In the fall, make a short drive to the Shenandoah Valley to view the changing foliage. In the winter, snow skiing is only 3 hours away by car. In the spring, visit Norfolk Botanical Gardens or the zoo. Despite all Hampton Roads has to offer, it is surprisingly affordable. Housing prices are very low, and there is easy access to a number of military bases with excellent shopping and recreational facilities.

The weather in the Tidewater area runs the gamut of all four seasons. Summers can be hot and dry and winter varies. We may have a couple light snows during a winter but they always get a great deal of press because folks here aren't too geared up for much snow. The best is the fall leaves. A trip toward the Blue Ridge Mountains if you're here in the fall would be well worth your while.

Important Phone Numbers (Area Code 757)

- Department Head, Anthony Delgado, CDR, MC, USN
- Secretary, Teresa Fly: Ph: 757-953-2960
- 3rd Year Medical Student Coordinator, Michael Carr, LCDR, MC, USN Ph: 757-953-0211
- 4th Year Medical Student Coordinator, Colette Grabill, CDR, USN Ph: 757-953-4690
- Residency Program Director, Tim Shope, CDR, MC, USN
- Assistant Program Directors, Tim Porea, CDR, MC, USN and Blaine Tuft LCOL, USAF, MC
- Pediatric Residency Coordinator, Carolyn Famiglietti: Ph: 757- 953-2958 Fax: 757-953-6909

Hospital GME Office: Ph: 757-953-5109

OOD's desk (24-hour information line): 953-5008

Where to Stay

This is a good question. The hospital has no BOQ. There are several Q's in the area where you can stay but you will need a car if you do that. The closest one is about a 10-min. drive away from here. The others are probably about a 30-45 min. drive to the hospital. There are several hotels within walking distance. The Holiday Inn, Harbor Towers, Best Western, and Comfort Inn are in walking distance of the hospital. You need to get nonavailability from the BOQ before funding for a hotel will be approved.

Numbers:

BOQ NNSY (the Ship Yards), (757) 398-8500, 10 min. drive

BOQ NOB (Main Navy Base), (757) 444-4151, 30 min. drive on a good day

BOQ NAS (Naval Air Station), (757) 444-7466, 30 min. drive on a good day

BOQ Little Creek (Amphib Base), (757) 318-7996, 30 min. drive also on a good day. USUHS third years stay here per USUHS. Check in is under "Medical Student" not your own name as they have a year 'round arrangement for you all.

BOQ Oceana, (757) 433-3293, 30-45 min. drive

Harbor Towers, (757) 393-1600

Holiday Inn, (757) 393-2573

Best Western, (800) 528-1234

Comfort Inn, (757) 397-7788

Parking

You can get a visitor's pass at the main gate when you come in--just tell the gate guard that you need one. Pay close attention to signs to avoid parking in spaces reserved for patients.

It is a bad idea to park in the patient spaces. As soon as security figures out you aren't really a patient, they will boot your car. It will cost about \$35 and a lot of aggravation to get your car back. Security also watches closely for speeders. The speed limit on the road is 20mph and in the garage is 5mph (yes, I know your car idles faster than that). They are out with the radar guns frequently so be careful. You can park on level 3, 4, or 5. The cross over on level 2 on the right side will bring you into Bldg 3.

Checking In

When you get here, get your visitor pass if you are driving and park in the garage as above. Then go to the GME/Academic Affairs office in Bldg. 3, 3rd Floor. This building is a 15 story tower that you will notice on the right side as you enter the base. You'll be instructed in the rest of the check-in process by the folks in this office.

Lectures

We have an Academic Morning on Thursdays from 0800-1200, and morning case conferences from 0730 to 0800 on Monday, Tuesday, Wednesday, and Friday. All trainees are expected to attend these conferences. Both are held in the GME/Academic Affairs Conference Room in Bldg 3, 3rd Floor, Rm 3.1-148.

Routines

Your daily routine will vary depending on which rotation you are doing, as you can imagine. Here is the day for most of the rotations:

Ward, NICU, PICU:

0630-0700 Arrive, check on patients, pick up new patients

0730-0800 Morning report

0900-??:?? Rounds

1300-1600 Write notes, finish work, etc.

1600 Check out to call team then go home if not on call

Nursery:

0700 Arrive

0730-0800 Morning report

1300-1600 Finish work, follow-ups, etc.

1600 Check out to call team

Clinics:

0730-0800 Morning report

0800 Clinic starts

1300-1630 PM clinic

Call

Your call schedule will vary depending on which rotation you are on. If you are doing an inpatient rotation, you will be expected to take call. You will generally be on call about every fourth night. There is usually no call for outpatient rotations, although we would be happy to arrange it. If you are interested in residency training taking a night or two of call will give you some time to talk with the residents and get a better feel for the program. You will have a locker in which to store things for the length of your rotation- just bring a lock with you.

A word about food on call. The galley or cafeteria has breakfast, lunch and dinner. It closes for lunch at 1300 and for dinner at 1800. The food there is cheap and pretty good.

There are also a coffee stand with sandwiches, a food court with Subway, Taco Bell, KFC, Pizza Hut and a Smoothie place. Residents often order out and get food delivered as well.

Uniforms

In the summer season (usually the end of April to the end of October), the uniform is summer whites or khaki's. In the winter, the uniform is khakis, winter blues or dress blues. If you are coming in April or October, call us before you come so we can tell you when the change day will be. The bottom line is that you can wear khakis all year. Army and Air Force can wear their normal duty uniforms--no BDU's, no tie or jacket required.

The exchange in the hospital does have many Navy uniform items if you need something. What you can't find there, you should be able to find at the exchanges at the shipyards or at the main Navy base. The latter two will require a car. Make sure you get a haircut if you need one before you come.

Internship

If you are considering coming here for internship, the best thing you can do is come for a rotation (of course--you already knew that!). This will give you a good feel for the place and the program as well as a chance to meet and talk with the interns, residents and staff. It will also give us a chance to get to know you.

Make sure to contact the program director if you are even slightly considering coming here, so we can arrange for you to get your interviews done. You will usually have 2 interviews—one with Dr. Shope, the program director and one with our chief resident. Don't let the fancy titles make you nervous. They are both very friendly and approachable. If one of them is unavailable, your second interview will be with another member of the department.

If you need to interview at Bethesda but are not doing a rotation there, let us know that too. We can arrange for you to have a day or two to make the trip while you're here, since it's only a 3 or 4 hour drive. You will need to have your own transportation though.

Stuff to Do

This list was given to me by former residents. If you find something is incorrect, please let us know.

For Lunch

High Street, Portsmouth

Soto Voce--coffee shop, great unique sandwiches, fresh squeezed lemonade

Roger Brown's- sports-themed sandwiches

Brutti's--coffee shop, excellent sandwiches--on the expensive side

Barron's pub--great burgers

Lobscouser--mostly seafood, lunch specials are a great deal

China House--good Chinese, recommend menu items over lunch

Other, Portsmouth

Portside--open in the summer--a collection of vendors/fast food outdoors. On Crawford St. next to Harbor Towers

New York Deli--good deli sandwiches. Off High street to the right

Pizza Hut--same everywhere. On the corner of Effingham and London.

The Max--expensive. If you go there it's usually with attendings

Norfolk/Ghent

Brewbakers--coffee shop, great salads, sandwiches and desserts. Off of Colley Ave

Peter's Tent Top--unique sandwiches, salads, vegetarian stuff. Also off of Colley Ave

First Colony--coffee shop plus great sandwiches and desserts. On 21st St.

Kelly's Tavern--great burgers, outside porch. On Colley Ave

San Antonio Sam's--Tex/Mex food, outside porch. On Colley Ave

Baker's Crust--great sandwiches and baked goods

Fellini's--great Italian food and novelty pizzas. On Colley (farther north)

Oropax--Greek food, especially good for delivery

Waterside--many restaurants that cater to Norfolk business lunch crowds and tourists

For Dinner

Local Restaurants

Expensive \$\$\$

Midpriced \$\$

Inexpensive \$

Portsmouth

Cafe Europa \$\$\$--intimate, romantic dining in Olde Towne Portsmouth. French chef/owner, wonderful sauces and cuisine. Good anniversary place. On High Street.

Roger Brown's \$- sports bar, American food. On High Street

Lobscouser \$\$--great seafood and chicken lunch meals. Full meals served with bread and salad.

Baron's Pub \$--see Local Bars but also good reasonably priced burgers and local food

La Tolteca \$--one of the region's better Mexican restaurants. In Churchland on High St. Sometimes has a mariachi band.

Amory's Wharf \$\$--great seafood, 2 locations. One downtown Portsmouth on the water, the other in Churchland on High St.

Fortune House \$\$--great Chinese food, delivers. In Churchland

Norfolk

Nawab \$\$--Indian food. Military Circle

The Grate Steak \$\$--great beef, grill your own

Fellini's \$\$--great gourmet pizza, Caesar salad and Italian food. On Colley, north of Ghent

Antiquities \$\$\$--on the ground floor of the Norfolk Marriott, superior meals, continental/seafood, expensive but good anniversary place

Ship's Cabin \$\$\$--seafood, nice view, good anniversary place

Downtown Norfolk

La Galleria \$\$\$--Italian, more upscale cuisine

Bistro 210 \$\$\$--eclectic menu but all is very tasty

Norfolk--Ghent

Bienville Grill \$\$--Cajun, jazz on weekends. On 21st St.

Cafe 21 \$\$/\$\$\$--bistro type foods, good desserts, poor service

Maude's \$\$--cozy, good food, excellent soup (esp. spinach)

Cafe Rosa's \$\$--great bruchetta and soups

Anthony's \$\$--seafood/Mediterranean

Wild Monkey \$\$--everything from meatloaf to fancy pastas, good wine list, never had a bad meal

No Frill Grill \$- excellent, large portions, sandwiches, salads, etc. On Colley Ave.

Chesapeake

Lock's Point \$\$/\$\$\$--great for Sunday brunch, excellent dinner entrees, probably nicest restaurant in southern Chesapeake.

Fellini's--see Norfolk. In Great Bridge.

Chesapeake--Greenbrier

Pargo's \$\$--same everywhere

Olive Garden \$--Also same everywhere

Ruby Tuesday's \$\$--Ditto

Kyoto House \$\$--Japanese, fun Beni Hana type tables, sushi available

Don Pablo's \$\$--yuppie Mexican although the music is loud enough that you can't hear the baby cry anyway

Kelly's Tavern \$\$--good burgers, other sandwiches

Cheer's \$\$--steaks mainly. Pretty good

Mozzarella's \$\$--in the Greenbrier Mall.

Virginia Beach

Pasta e Pani \$\$/\$\$\$--good Italian food, Laskin Road

Bangkok Garden \$\$--excellent Thai food. On Va Bch Blvd--Loehman's plaza

Steinhilbers Thalia Acres Inn \$\$\$--continental/seafood, fine wines, fine dining, anniversary type restaurant

Aldo's \$\$\$--Italian (more modern Italian). In La Promenade shopping plaza

Peking Duck Inn \$\$--probably the best Chinese restaurant in area. Kempsville and Providence

Mi Casita--Mexican food, good entrees

Golden China--dim sum

Kyushu--best sushi in area

La Chambord \$\$\$--French food, great for special anniversary

Beach/Bay

Lynnhaven Fish House \$\$\$--great seafood

Il Giardino \$\$\$--tasty Italian food, bread baked in wood stove

Rudee's \$\$--casual, good beer list, seafood. Nice view on Rudee Inlet

Rockefeller's \$\$--also on Rudee Inlet, seafood and a few other things

Orion's \$\$\$--great ocean view, fine dining, atop Cavalier Hotel

Chick's Beach Cafe \$\$--casual dining, seafood, beer, boats dock at restaurant

Duck Inn \$\$--decent food, great view. Mostly seafood

Worth the drive

Smithfield Inn \$\$/\$\$\$--in Smithfield, American cuisine

The Trellis \$\$\$--in Colonial Williamsburg. Continental, EXCELLENT desserts--especially if you like chocolate

Bars

The Tap House--lots of different beers on tap, good food, looks like a "dive" inside. In Ghent

Reggie's Pub--great imported beers, tasty food, in Waterside

O'Sullivan's--in Va Bch near Lynnhaven Mall, fun place

Jewish Mother--at the beach. Good music and desserts

Smokey Joe's--at the beach

Duck Inn--Local's choice for beach party, on Wed and Fri during summer
Hot Tuna--noisy but exciting atmosphere, at the beach
Thumpers--off of High street, popular place for resident get together's
Baron's Pub--on High street in Portsmouth

Shopping

MacArthur Center Mall - the nicest mall in the area, upscale stores, theater.
Lynnhaven Mall--lots of nicer stores, regular mall stores, mall theater
Greenbrier Mall--lots of mall stores, a few nicer stores, mall theater
Chesapeake Square Mall--similar to Greenbrier only smaller, does have a
Gymboree.
Waterside Mall--unusual stores and tourist type things, several restaurants
Outlets--Williamsburg is known for its many outlets

Commissaries/Exchanges

Norfolk Navy Shipyards (in Portsmouth)--off of Elm street, closest to hospital but
small
NOB--largest, largest selection, located in the northern part of Norfolk at Main
Base
Little Creek--in northeastern Norfolk
Oceana--closest to beach

Recreation

Beaches--crowded with tourists in the summer, esp. where Highway 44 ends.
Quieter beaches are south of Rudee Inlet and north (67th St.). Also, beaches on
the bases are less crowded--at Dam Neck, Little Creek, and Fort Story. These do
have enlisted and officer beaches--make sure you go to the right one.
Busch Gardens--fun theme park
Water Country USA
King's Dominion--Great roller coasters

Theaters

The Naro--large variety of films from popular to foreign. In Ghent on Colley.
The Commodore--restored old theater, can go for dinner or just to see the movie.
Sandwiches, dessert, beer, wine. In Old Town Portsmouth.

Weekend Getaways

Wineries--Williamsburg and Charlottesville
Shenandoah Valley
DC--nice to visit, wouldn't want to live there

Williamsburg--outlets, Colonial Williamsburg, Busch Gardens, Water Country
Outer Banks, NC--beach, getaways

For More Information

Suggested web sites:

Hospital: www-nmcp@mar.med.navy.mil

Play around with this to see many more specifics about the hospital and the department. To get to the clerkship and residency specific information click on the “Academic affairs/GME” tab from the home page.

Local information: www.hamptonroads.com