

Academic Affairs

Graduate Medical Education

Transitional Internship

The transitional internship at the Naval Medical Center Portsmouth offers a flexible, exciting, and broad-based clinical experience. Twenty-five interns are selected by the Program Director, an otolaryngologist and former general medical officer, from a large, very competitive group of applicants. Naval Medical Center Portsmouth is the largest, newest, and busiest Naval hospital so you'll get great training here! It's also a great place to live with close proximity to plenty of water activities, mountains, beaches, sports, opera, Broadway shows, parks, festivals, and restaurants and shopping galore! The transitional internship is designed to fulfill the educational goals of medical school graduates with the following needs:

- A. Medical school graduates who are planning to serve an operational tour as a general medical officer, undersea medical officer, or flight surgeon with the Navy or Marine Corps prior to completing a residency. The transitional internship at Portsmouth is specifically designed to meet the needs of an operational medicine physician by emphasizing rotations in specialties that are critical for a Fleet physician.
- B. Medical school graduates who have chosen a career specialty which requires one year of broad-based education prior to entering a residency program in fields such as anesthesiology; emergency medicine; radiology; psychiatry; pathology; dermatology; certain internal medicine subspecialties such as radiation oncology; preventive, aerospace, or occupational medicine; and others.
- C. Medical school graduates who have not yet made a specialty selection and desire a balanced year to assist them in making that decision.

The Curriculum

The curriculum of the transitional internship at Portsmouth is flexible, well-balanced, and oriented towards the operational and outpatient settings. By choosing the appropriate electives and organizing a proper array of required rotations (in consultation with the program director), the transitional year can mimic many other internships. Furthermore, recent changes in federal funding for GME programs have made transitional internships attractive to certain civilian residencies.

The transitional year at Portsmouth offers 13 four-week blocks as follows:

coronary care unit 1 block
emergency medicine 1 block
general surgery 1 block

intensive care unit 1 block
internal medicine wards 2 blocks
obstetrics and gynecology 1 block
orthopedics 1 block
outpatient pediatric clinic OR outpatient family practice clinic 1 block
operational medicine 1 block
electives 3 blocks

Electives are determined by the individual intern. The most common electives are dermatology, surgical subspecialties (otolaryngology, ophthalmology, plastic surgery, urology, etc.), anesthesiology, radiology, pathology, family practice, neurology, operational medicine, aviation medicine, undersea medicine, physiatry, preventive medicine, and trauma surgery (at Norfolk General Hospital). There is also an optional continuity clinic run by the Family Practice Department which allows the intern to follow his or her own patients all year and which occurs one afternoon per week. This has been very well received and uniquely prepares the transitional intern for an ensuing operational tour.

The educational opportunities provided to the transitional interns are identical to those provided to the categorical interns. They attend all relevant departmental conferences and lectures. The transitional interns pride themselves on their independence. They have their own desks in the GME spaces which also has locker rooms, call rooms, a conference rooms, and a kitchen. The transitional interns meet weekly over lunch with the program director who arranges lectures on various subjects including topics relevant to operational medicine. They also meet for journal clubs as part of the lecture series. Multiple occasions to interact with the Fleet enhance the education of the transitional intern and offers a unique perspective.

All Portsmouth interns attend a 10 day "Combat Casualty Care" course in San Antonio during their internship year. The program director strongly believes in optimizing the interns' quality of life while maintaining a premiere educational program. Several rotations have no call or weekend duties, particularly on electives. Equitable call schedules are enforced as are the standard work hour rules set by the ACGME. Most transitional interns have time to accomplish extracurricular projects which are both encouraged and rewarded. In the past, the transitional interns have organized social events like the Command Intern Hail and Farewell, football and softball games, evenings at local hockey and baseball games, community service projects, parties at area restaurants, and more. The transitional interns revel in their camaraderie. In the past few years, several transitional interns have received Navy Achievement medals for their work at Portsmouth. All of the recent transitional interns have passed NBME Part III or COMLEX step III. Please consider doing a fourth year rotation at Portsmouth and visit our program.

For more information, call (757) 953-0669 [\(or click here to send an email\)](#).