Academic medical centers like UPMC are places of healing, diversity, and innovation. As residents at UPMC, you will play a central role in addressing the many generational challenges facing our nation. Similar to my experience as a resident at the very beginning of the HIV/AIDS epidemic, you will confront challenges that will affect people on both a small and large scale, such as: the health impact of addiction in all its forms; the disruptive repercussions of computation, big data, and precision medicine; and the as yet untold effects of climate change and emerging pathogens and antibiotic resistance on our planet.

At UPMC we have expansive clinical and research programs targeting these great challenges and look to our house staff to advance this mission. As one of the largest hospital systems in the top 10 list of NIH-funded institutions, we are committed to translational science and exposing our residents to protected research. A deep understanding of clinical medicine and cutting-edge science prepares our residents for the medicine of tomorrow and enhances their competitiveness for advanced fellowship training and academic careers.

Additionally, we are very proud that our hospital takes care of the most vulnerable patients, with 25 percent of inpatients on medical assistance and 50 percent insured by Medicare. Our programs combine traditional inpatient and outpatient care, fortified with leadership training and resident-run rounds, with expansive exposure to telehealth, clinical analytics, and team-based population health management.

We hope you will explore the rich and diverse programs we offer our residents, including opportunities to customize your training and access to the University of Pittsburgh, a word-class research university.

Wishing you the very best,

Mark T. Gladwin, MD
Chair, Department of Medicine

UPMC: Making Life Changing Medicine Happen

UPMC is a nationally and internationally recognized health care leader, known for transforming medicine to improve patients’ lives. As Pennsylvania’s largest nongovernmental employer, UPMC has more than 90,000 employees, 40 hospitals, 700 doctors’ offices and outpatient sites, and a 3.9 million-member Insurance Services Division. U.S. News & World Report consistently ranks UPMC Presbyterian Shadyside among the nation’s best hospitals in many specialties.

Innovations Today

UPMC and the University of Pittsburgh recently established the UPMC Immune Transplant and Therapy Center — part of a concerted effort to harness the power of the human immune system to treat and cure a wide range of diseases. The center’s work focuses on transplantation, cancer, and chronic diseases of aging.

On the Horizon

To ensure patient access to the most innovative treatments, UPMC is investing $2 billion to build three new specialty hospitals by 2023 that will offer next-generation treatments in patient-focused, technology-enhanced settings that blend research and treatment. These hospitals will provide cutting-edge care for cancer, heart disease, transplantation, diseases of aging, vision restoration, and rehabilitation.

We Welcome Bright Minds and Intellectual Curiosity

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Life Changing Residency:  
UPMC Internal Medicine Residency Program

Where you train as a resident will have a lasting impact throughout your career in medicine. The Internal Medicine Residency Program at UPMC has long served as the training ground for outstanding physician-leaders who have made their marks across the United States as primary care physicians, specialists, and subspecialists in everything from cardiology to transplant medicine; noted researchers; and influential educators. With an innovative curriculum that allows residents to customize their training while providing a strong foundation in internal medicine, our program provides boundless opportunities for you to shape your medical future. Program highlights include:

Strengths of Our Curriculum

Specialized Tracks: In addition to receiving thorough training in internal medicine, residents may also pursue one of six specialized tracks, with weekly conferences and additional mentoring and career guidance specific to the track. Tracks include relevant electives and didactic sessions that provide tailored training in their area of interest. Residents who choose not to join a track still benefit: all residents can attend track lunches, take track rotations as electives, and avail themselves of the dedicated mentorship within the tracks.

1. Generalist: Given the growing need for general internists, this track focuses on primary care and hospitalist medicine.

2. Women’s Health: Established in 1994, this was the first specialty program of its kind in the U.S. Outpatient clinical duties take place in two comprehensive women’s health centers.

3. Global Health and Underserved Populations: Participants gain experience at local and international sites, and address health policy, public health, and social factors in the global context.

4. Clinical-Scientist: This track prepares physicians for a career in academic medicine and clinical investigation through mentored research, a longitudinal seminar, and courses in clinical research methods.

5. American Board of Internal Medicine (ABIM) Research Pathway: This track is intended for residents who seek academic careers in basic, translational, or clinical research.

6. Geriatrics: One of just a handful of geriatrics residency tracks in the U.S., this track provides clinical training across the full array of health care settings.

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Collaborative Environment:

“I knew UPMC was a welcoming and positive environment because I was a medical student at the University of Pittsburgh. My interview day simply sealed the deal — the residents really were that happy. A year later and my co-interns have quickly become my friends, and faculty remain dedicated to helping me learn and grow. I feel so supported and valued, which allows me to bring my absolute best to my patients. I’m thrilled to be on this team!”

Katherine Lane, MD, PGY-1  
Medical School: University of Pittsburgh  
Career Interest: Women’s health
Four + Four Schedule: Residents alternate call months (ICUs, Floors) with off-call months (Consult Electives, Ambulatory, Outpatient Electives). This provides more elective time during the first year while still completing a similar number of inpatient call months during residency as other major institutions. This innovative schedule allows interns to gain early additional exposure to different subspecialties that may interest them for fellowship and that augment all residents’ education. It also provides more time for self-directed learning during elective months and allows interns to pursue research much earlier in training than they otherwise would. Although our elective rotations do not have overnight call or weekend shifts, these rotations are still intensive with the depth and breadth of clinical cases, autonomy, and teaching necessary to help build the strong internal medicine foundation that our residency program provides.

Resident-Led Rounds: Second- and third-year residents lead walk rounds on all medicine floor inpatient rotations. Attendings are always immediately available but join walk rounds only once per week, at which time they provide feedback on medical decision-making and teaching skills. Interns and medical students present to the resident, who makes all medical decisions on rounds and leads bedside teaching. After rounds, the resident meets with the attending to discuss all patients. There is an ideal amount of time with attendings to balance education and autonomy, as attendings do dedicated afternoon rounds and also staff all new admissions. This rounding structure is both unique and invaluable in the development of residents’ autonomy and their expertise as educators.

Teaching Opportunities: In addition to resident-led rounds, residents are mentored to effectively share evidence-based teaching points when they present morning report, EBM journal club, and other elective journal clubs including health policy and addiction. Residents also have a wide variety of options for medical student teaching, in addition to the teaching they provide when they have students rotating with them on various services. The “Teaching to Teach” elective allows residents to gain additional training and experience in all aspects of clinical and didactic teaching, while receiving feedback from expert faculty educators. UPMC also offers a Medical Education Teaching Certificate for physicians who want to incorporate teaching throughout their careers. These residents gain additional training during the second and third year through completion of another teaching elective rotation, “Residents as Teachers.”

Bedside Multi-Disciplinary Rounds: Daily rounds occur in conjunction with case management and nursing staff to facilitate coordinated team-based care and discharge planning. The program has developed an efficient and effective rounding method that optimizes students’ and interns’ presentations skills, preserves efficiency of rounds (which are completed in two hours or less), and provides ample opportunity for the resident’s team leadership and education.

Jingxiao Jin, MD, PGY-2
Medical School: Baylor College of Medicine
Career Interests: Oncology, clinical research

Broad Research Opportunities: “One of the reasons I was drawn to UPMC’s residency program was for the variety of research opportunities, as well as the time to pursue them. The block schedule allows for engagement in research as early as intern year. The mentoring network is well-developed, and residents are supported in their research interests. Additionally, I joined the clinical-scientist track and was able to have time dedicated to taking classes on research methods, which I did not encounter with any other program.”
Train at World-Class Hospitals.

Our residents train at UPMC’s flagship hospitals as well as the Pittsburgh VA. UPMC Presbyterian Shadyside is consistently ranked as one of the nation’s best hospitals by U.S. News & World Report.

UPMC Presbyterian (Montefiore Building): Located in the Oakland neighborhood of Pittsburgh, UPMC Presbyterian is a major referral center and receives daily transfers from Pa., Ohio, W. Va., and Va., including a very diverse case mix and rare disease pathology. We are also a leading transplant center, which provides an outstanding opportunity for residents, as all of our services admit patients who are pursuing and who have received transplants.

UPMC Shadyside: Located just three miles away in the Shadyside neighborhood, this tertiary care hospital provides world-class oncology exposure and training, including the opportunity to care for patients undergoing CAR T-cell therapy.

VA Pittsburgh Healthcare System (University Drive): This acute care hospital is adjacent to the UPMC Presbyterian/Montefiore campus. The experience at the VA traditionally offers more “bread and butter” internal medicine, which complements the exposure to the rare and complex case variety more often seen at the university hospital.

Experience With Complex Cases:

“At UPMC you have the unique opportunity to care for not only some of the highest acuity patients in the area, but also the most complex, as UPMC is a large transplant center. This complex care often requires a multidisciplinary approach, which creates a rich learning environment while also delivering expert care to our patients. No matter in what setting you practice after training at UPMC, you will be ready to provide outstanding care to your future patients, regardless of complexity.”

Jacob Deberry, MD, PGY-2
Medical School:
University of Washington
Career Interests:
Pulmonary and critical care medicine, medical education
The Department of Medicine (DOM) at the University of Pittsburgh has long been recognized for quality and innovation in clinical care. Four divisions at UPMC are ranked among the top 25 by U.S. News & World Report: Cancer, Gastroenterology, Geriatrics, and Rheumatology.

An early adopter of telemedicine, the DOM offers telemedicine consultations in endocrinology, infectious diseases, pulmonary and critical care medicine, rheumatology, and nephrology (both inpatient and outpatient) to meet the complex needs of patients throughout western and central Pa. In addition, our faculty members include nationally recognized thought leaders and researchers in aging, opioid and substance abuse, diabetes, antibody therapeutics, and emerging infectious pathogens, among others.

Cardiology: Many of our cardiologists sub specialize in areas such as congestive heart failure, interventional cardiology, preventive cardiology, electrophysiology, and heart transplantation and rehabilitation. UPMC has been at the forefront in the use of ventricular assist devices (VADs), and has performed more than 1,500 adult heart transplants. A leader in complex aortic valve repair, our team also has performed more than 1,100 transcatheter aortic valve replacements (TAVRs) to date.

Endocrinology and Metabolism: UPMC is a national leader in treating patients with endocrine disorders, including diabetes, obesity, osteoporosis, and hormonal disorders. Research includes arterial smooth muscle; insulin resistance; obesity; pancreatic beta cells; thyroid cancer molecular diagnosis and management; and both type 1 and type 2 diabetes.

Gastroenterology: UPMC offers comprehensive care for patients suffering from liver diseases, IBD, GI cancers, functional disorders, and pancreatic diseases. Specialty services include women’s digestive health, an integrative approach to visceral pain, and the nation’s largest living-donor liver transplant program. Featured research includes understanding and developing new treatments for hepatitis C.

General Internal Medicine: Faculty members of the Division of General Internal Medicine are the single largest group to admit patients to the general medicine service at UPMC. Many of our cardiologists subspecialize in areas such as adult cystic fibrosis, asthma, emphysema, interstitial lung disease, and lung transplant.

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Geriatric Medicine: UPMC offers comprehensive outpatient care for older adults and provides geriatric specialist care in the inpatient and long-term care settings. Researchers at UPMC are exploring chronic diseases of aging, the biology of longevity, chronic pain, and osteoporosis, among other areas related to the aging population.

Hematology/Oncology: The region’s only NCI-designated Comprehensive Cancer Center, UPMC Hillman Cancer Center treats more than 100,000 patients each year through a network of more than 60 locations. UPMC is a pioneer in surgical innovations, like HIPEC for abdominal cancer and the minimally invasive robotic Whipple for pancreatic cancer.

Infectious Diseases: UPMC offers specialized programs for preventing and treating HIV and AIDS; preventing and treating transplant infectious diseases; providing outpatient parental antibiotic therapy; and immunizations and treatment for travel-related infectious diseases.

Pulmonary Medicine: UPMC’s pulmonologists offer specialized clinical and research programs for complex conditions such as adult cystic fibrosis, asthma, emphysema, interstitial lung disease, and lung transplant.

Renal Electrolyte: Our team of nephrologists provides comprehensive care for patients with all stages of kidney disease, including complications from CKD, severe hypertension, lupus, and high-risk pregnancy. Special expertise includes kidney transplant evaluation and pre- and post-transplant management.

Rheumatology: In addition to caring for patients with the full array of rheumatic and autoimmune diseases, UPMC has developed specialized treatment and research centers for myositis, rheumatoid arthritis, scleroderma, systemic lupus, and vasculitis.

Stephanie Gambino, MD, PGY-2
Medical School: Zucker School of Medicine at Hofstra/Northwell
Career Interests: Geriatrics and rheumatology

Becoming a Mentor: “The internal medicine residency at UPMC is a community that fosters learning and mentorship. As an intern, I remember being incredibly impressed with the knowledge and professionalism the senior residents had as they led the team on the floors. Through intern year, they each taught me how to grow as a person and were role models on how to practice medicine. Now that I am a senior resident, one of the most gratifying aspects of my day is being able to pass on that knowledge and provide a support system to interns and medical students.”
The University of Pittsburgh Department of Medicine is ranked 8th in the nation in NIH finding based on analysis from the Blue Ridge Institute for Medical Research (BRIMR). As a major research institution, UPMC offers residents abundant opportunities to pursue any interest and be productive in any scholarly endeavor.

UPMC residents participate in the Leadership and Discovery Program, which offers a full spectrum of research opportunities in all departments. Areas of research span basic science, translational, clinical, epidemiological, QI, and medical education. The program includes:

• **Personal Guides:** Assigned faculty members with in-depth knowledge of their department’s research guide residents in finding mentors with similar research interests.

• **Shovel-Ready Projects:** Mentors have research projects already prepared and waiting for interested residents.

• **Presentation and Publication Opportunities:** Residents can get coverage to present at national conferences during all three years of residency. They also receive funding to help with travel and lodging expenses.

The Internal Medicine Residency also offers two research-focused tracks — ABIM Research Pathway and Clinical-Scientist Track — that provide additional focused training needed for a successful career as a physician-scientist.

Research Opportunities and Scholarly Activities

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Commitment to Education:

“UPMC’s focus on education drew me to the residency program. Residents have a lot of clinical duties and it’s easy to forget that we’re learners, too. I was so impressed by the program because it clearly demonstrated that learning was a resident’s primary job. As it turns out, noon conference nears 100 percent attendance, specialty electives include daily teaching sessions, and consultants routinely stop by the team rooms to explain their recommendations. There’s a thorough commitment to teaching that’s ingrained in the culture here.”
Career Interest- Focused Activities

Addiction Medicine Training
- Specialized addiction consult service
- Monthly addiction journal club and grand rounds
- Research opportunities related to diagnosis, treatment, and prevention

Global Health and Underserved Populations
- Intern rotation in Chinle, Arizona, with the Indian Health Service
- Introduction to Global Health rotation, which includes tropical medicine, global health policy, and ultrasonography training
- Global Health electives in Mozambique, Malawi, Guyana, and Ghana
- Birmingham Free Clinic as continuity clinic
- Social Determinants of Health curriculum
- Home visit program
- Weekly global health conferences
- Monthly hands-on training in ultrasound

Point-of-Care Ultrasound Training in Internal Medicine
- Intern introduction to point-of-care ultrasound
- Ultrasound interest group
- Central line training

Women’s Health
- Women’s health track offers specialized training in issues unique to women, comprehensive contraception education including placement of Nexplanon®/IUDs, and rotations in a tertiary hospital focused on obstetric and gynecological care.
- Mentorship with a focus on career planning and promoting leadership
- Weekly lunch lectures reviewing the latest management of women’s health issues
- VA Center of Excellence for Women’s Health, delivering specialized care and readjustment counseling to women veterans. The Healthy Women’s Center serves as a one-stop shop, meeting veterans’ complete health care needs.

Clinical Reasoning Committee
- Residents complete specific training curriculum on Clinical Reasoning
- Opportunities to be involved in developing new and innovative ways to teach Clinical Reasoning
- Structured reinforcement of Clinical Reasoning skills in Morning Reports
- Ability to present Clinical Reasoning cases at local and national conferences
- Significant research opportunities for projects related to academic education

Women’s Health

Global Health and Underserved Populations:
“At UPMC, applicants match directly into the Global Health and Underserved Populations track. I was attracted to the longitudinal, clinical- and education-based Global Health model that spans all three years and was built out of close personal relationships forged between track leadership and the communities we work alongside. I am frequently inspired during weekly lunch discussions on topics specific to providers caring for underserved populations, ranging from the ins and outs of working at Federally Qualified Health Centers to the challenges of delivering high-quality health care in Native American reservations. I particularly enjoy the opportunity to learn primary care from wonderful medical educators while serving Pittsburgh’s underinsured community at the Birmingham Free Clinic in Pittsburgh’s South Side. I look forward to rotations where I will be working with the Indian Health Service in Arizona and at a teaching hospital in Malawi.”

Emily Evans, MD, PGY-1
Medical School: Emory University
Career Interests: Clinical care of underserved populations, global health research, advocacy, infectious diseases

Global Health and Underserved Populations:
ACTION — Health Policy Group

- This resident-directed health policy and advocacy group is composed of residents of all levels.
- The group holds monthly current event discussions with a focus on health care.
- Residents have the opportunity to participate in health care debates throughout the year.
- Members participate in advocacy through rallies, op-eds, and contacting local and state representatives.
- Members have attended the Society for General Internal Medicine Hill Day.

Clinical Skills Enhancement/
Moonlighting Opportunities

- Intensive Care Units
- Medicine Teaching Service

Success of Our Recent Graduates

Our 2020 graduates’ Fellowship Match was highly successful, with 38% of residents who applied for fellowship matching at UPMC. Those who went elsewhere matched at premier institutions including: Baylor, Beth Israel Deaconess, Cleveland Clinic, Emory, New York-Presbyterian Weill Cornell, NIH, Ohio State, Tulane, UCLA, UCSF, University of Alabama Birmingham, University of Chicago, University of Rochester, University of Washington, and UT Southwestern.

Resident Autonomy:

“Among the many things that attracted me to UPMC was the opportunity for senior residents to run floors. That’s right! As a senior, you essentially act like a junior attending. You not only run rounds, but also help guide patient care with your team and are the point person for the support staff (nurses, social workers, care managers, etc.). You have an attending physician on the team that you can reach out to for support, but at the end of the day, you’re given the autonomy and responsibility to lead your service. This experience has helped me to become a better resident by allowing me to take on this role early in my training within a safe and constructive environment.”
Life in Pittsburgh

• **It’s Vibrant:** With expansive public parks, a “youth-driven food boom,” world-class museums and performing arts groups, edgy galleries, three professional sports teams, sparkling rivers, and more bridges than anywhere in the world (including Venice), Travel + Leisure, Huffington Post, National Geographic, Money, CNBC, New York Times, Zagat, Vogue and other media outlets have called Pittsburgh hip, cool, and among the best cities for young people.

• **It’s Livable:** With a cost of living lower than most other major cities and a median house price of just $125,000, it’s no wonder that Pittsburgh frequently ranks among the most affordable and livable cities in the U.S.

Impressed by Peers:

“At UPMC, research opportunities abound for the budding international academic physician. The International Scholars Track is one of a kind in the United States, attracting smart and devoted problem solvers across the globe, with a shared goal of finding new ways to address existing problems in medicine. While I’m always blown away by their research work, it’s the unique stories and journeys of my colleagues that continue to move me. The program really does feel like home, and our mentors and faculty couldn’t be more supportive.”
Affiliated with the University of Pittsburgh School of Medicine, UPMC Presbyterian Shadyside is ranked among the Best Hospitals by U.S. News & World Report.

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Pittsburgh, PA 15213-2582