Welcome
Community Memorial Health System
Orthopedic Surgery Residency Program
Ventura, California
Ventura County Facts  (as of 2018)

- Population- 851,000
- Hispanic- 43%
- Veterans- 42,000
- 29% under the age of 18
- 15 % over the age of 65

- Over 60% of my patient practice is Spanish Speaking only!
Community Memorial Health System

- 5 Residency Programs (IM, FM, Ortho, General Surgery, Psych)
- 2 Hospitals
  - Community Memorial Hospital
    Ocean Tower (opened 2018) and Mountain Tower
  - Ojai Valley Community Hospital
- Clinics
  - Midtown Medical Group
  - Centers for Family Health
ORTHOPEDIC SURGERY RESIDENCY

- Started as an AOA program in 2013
- ACGME Initial Accreditation 1/18/18
- Graduated 7 residents
- Approved for 4 positions per year
- 100% fellowship match rate
- 2019 OITE results 86th percentile in nation (36/237 programs)

Graduate Medical Education

Community Memorial Health System
Program Leadership

- Thomas Golden, MD
  - Program Director

- Dennis Horvath, DO
  - Co-Program Director

- Emily Benson, MD
  - Associate Program Director

- Jeannene Gutierrez
  - Orthopedic Coordinator
ORTHOPEDIC SURGERY SITES

- Community Memorial Hospital
- Ojai Valley Community Hospital
- Ventura County Medical Center (Orthopedic Trauma)
- Children’s Hospital of Orange County (Peds Ortho)
- Cedars Sinai (Orthopedic Oncology)
- Santa Barbara Cottage Hospital (Orthopedic Trauma)
Rotations

- Adult Reconstruction
- Sports Medicine
- Orthopedic Trauma
- Pediatric Orthopedics
- Hand
- Orthopedic Oncology
- Spine
- Foot and Ankle
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Clinic Experiences

- MMG Resident’s Clinic
  2 half days per week

- Sub-specialty Clinics
  - Spine Clinic
  - Fracture Clinic
  - Hand Clinic
  - Sports Medicine Clinic
  - Joint Reconstruction Clinic
  - Foot and Ankle Clinic
Didactics

- Morning report & OITE Prep
- Weekly Fracture/Specialty Conference
- Monthly M&M
- Yearly 9-week Cadaver Anatomy Course
- Weekly 3-hour didactics—protected time
- Bimonthly Journal Club
- Bimonthly Skills/Wet labs
- Multidisciplinary Grand Rounds
- Quarterly half day didactics with all specialties
  (QI & Patient Safety, Life after Residency, Financial Planning, etc.)
SIMULATION

- VirtaMed Arthroscopy Simulator
- Cadaver Lab
- UCLA Acute Care Simulations
- ATLS Course
- AANA Residents Arthroscopy Lab Course (Chicago)
Research

- Required project
- Case Reports, Studies, QI projects
- Bimonthly Research Update
- Research forums twice per year
- Dedicated Librarian: Janet Hobbs
- Research support team
  - Drs. Diaz, Frugoli, Garrett, and Azimov
## Orthopaedic Surgery Minimum
**Community Memorial Health System Program - 2600500221**

### Primary Procedures
**All Residents**
**As of 8/7/2020**

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<tr>
<th>Category</th>
<th>KARTHRO</th>
<th>SARTHRO</th>
<th>ACL</th>
<th>THA</th>
<th>TKA</th>
<th>HIP</th>
<th>CARP</th>
<th>SPINE</th>
<th>ANKFRAC</th>
<th>FOR/WR</th>
<th>ANKARTH</th>
<th>HUM</th>
<th>FEM/TIB</th>
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<td>10</td>
<td>30</td>
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<td>20</td>
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<td>25</td>
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### Year 2
- **Debeis, Ammer**
  - KARTHRO: 11
  - SARTHRO: 16
  - ACL: 5
  - THA: 28
  - TKA: 47
  - HIP: 20
  - CARP: 5
  - SPINE: 0
  - ANKFRAC: 6
  - FOR/WR: 17
  - ANKARTH: 0
  - HUM: 1
  - FEM/TIB: 4
  - PED: 13
  - ONC: 1

### Year 3
- **Allen, Michael**
  - KARTHRO: 43
  - SARTHRO: 53
  - ACL: 28
  - THA: 69
  - TKA: 89
  - HIP: 63
  - CARP: 5
  - SPINE: 7
  - ANKFRAC: 23
  - FOR/WR: 59
  - ANKARTH: 3
  - HUM: 15
  - FEM/TIB: 23
  - PED: 148
  - ONC: 10

### Year 4
- **Levy, Ezra**
  - KARTHRO: 54
  - SARTHRO: 40
  - ACL: 32
  - THA: 86
  - TKA: 120
  - HIP: 59
  - CARP: 13
  - SPINE: 28
  - ANKFRAC: 29
  - FOR/WR: 56
  - ANKARTH: 3
  - HUM: 22
  - FEM/TIB: 21
  - PED: 137
  - ONC: 38

### Year 5
- **Friedman, Alexander**
  - KARTHRO: 121
  - SARTHRO: 109
  - ACL: 47
  - THA: 81
  - TKA: 117
  - HIP: 109
  - CARP: 43
  - SPINE: 26
  - ANKFRAC: 44
  - FOR/WR: 61
  - ANKARTH: 6
  - HUM: 23
  - FEM/TIB: 39
  - PED: 240
  - ONC: 64

- **Kubes, Kyle**
  - KARTHRO: 82
  - SARTHRO: 72
  - ACL: 39
  - THA: 86
  - TKA: 114
  - HIP: 53
  - CARP: 33
  - SPINE: 22
  - ANKFRAC: 54
  - FOR/WR: 72
  - ANKARTH: 3
  - HUM: 41
  - FEM/TIB: 38
  - PED: 274
  - ONC: 51

- **Lamb, Ashley**
  - KARTHRO: 111
  - SARTHRO: 81
  - ACL: 33
  - THA: 96
  - TKA: 150
  - HIP: 90
  - CARP: 60
  - SPINE: 32
  - ANKFRAC: 72
  - FOR/WR: 65
  - ANKARTH: 6
  - HUM: 36
  - FEM/TIB: 31
  - PED: 261
  - ONC: 50

- **Vohra, Sahil**
  - KARTHRO: 107
  - SARTHRO: 81
  - ACL: 39
  - THA: 86
  - TKA: 162
  - HIP: 61
  - CARP: 58
  - SPINE: 26
  - ANKFRAC: 54
  - FOR/WR: 41
  - ANKARTH: 6
  - HUM: 19
  - FEM/TIB: 30
  - PED: 203
  - ONC: 41
2019 IN-TRAINING EXAM (OITE)

- 37th / 257 Orthopedic Residency Programs in the US
- 86th percentile
FELLOWSHIP MATCH 100%

- **2021 - 2022**
  - Alex Friedman, D.O. – San Diego Arthroscopy and Sports Medicine Fellowship
  - Ashley Lamb, D.O. – University of Southern California (USC)
  - Kyle Kubes, D.O. – Twin Cities Orthopaedic Adult Reconstruction and Trauma, Hennepin County Medical Center – Minneapolis, MN
  - Sahil Vohra, D.O. – Virginia Tech Carilion Clinic Hand and Upper Extremity Fellowship

- **2020 – 2021**
  - Beren Tomooka, D.O. – Virginia Tech Carilion Clinic Hand and Upper Extremity Fellowship

- **2019 – 2020**
  - Casey Pyle, D.O. – Harbor - UCLA
  - Ross Burge, D.O. – University of Southern California (USC)

- **2018 – 2019**
  - Petros Frousiakis, D.O. – Southern California Orthopedic Institute (SCOI)
Community Service

- Sports Medicine Physicals
- Global Health—Vietnam Medical Trip
- Spanish learning opportunities: Canopy or CMH online class
- Medical Tent—Mountain to Beach Marathon
Quality Improvement & Patient Safety

- IHI Open School courses
- Patient Experience
- Infection Control
- Health Literacy
- QI
- RCA Lab
- QIPS Curriculum

420 points over 5 yrs:
- Patient Safety Fair and activities
- Presentations
- RCAs
- Medical Staff Committees
- QI project
Wellness

- Rhonda Doonan, PhD
  - Resident only breakfasts
  - Resident Wellness Committee

Activities
- Quarterly wellness ½ days
- Resident Retreat
- Social events hosted by the Chief
Compensation and Benefits

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<tr>
<th>Compensation</th>
<th>Benefits</th>
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<tr>
<td>PGY1: $55,000</td>
<td>Medical/Vision Insurance</td>
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<tr>
<td>PGY2: $60,000</td>
<td>• Cost for resident paid by CMHS</td>
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<td>PGY3: $65,000</td>
<td>• Spouse and dependents at minimal cost</td>
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<tr>
<td>PGY4: $70,000</td>
<td>• Vision benefits offered through EyeMed at no cost</td>
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<tr>
<td>PGY5: $75,000</td>
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<tr>
<td>20 days of paid time off each year (includes vacation and sick)</td>
<td><strong>Dental</strong></td>
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<td></td>
<td>• Cost for resident paid by CMHS</td>
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<td>• Spouse and dependents at minimal cost</td>
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Benefits (cont’d)

**Educational Allowance**
- Institution-wide access to
  - UpToDate
  - Medical Library
  - Multiple medical journals
- $1500 yearly education allowance
- Program covers board exams, licensures, certifications, mandatory conferences, MKSAP, NEJM Knowledge +, ACP/ACOI membership

**Financial Benefit**
- Basic Life Insurance and AD&D (additional insurance available)
- State Disability Insurance
- Credit Union Membership
- Elective 403(b) Retirement Plan
- Flexible Spending and Dependent Care Accounts available
Benefits (cont’d)

- Cafeteria Prepared Meals Provided at CMHS
- Scrubs Provided at CMHS
- Three New Personalized Lab Coats Each Year (with dry cleaning services)
- Laptop with Remote Access
- Monthly Cell Phone Allowance
- Hospital Gym Access
- Hospital On-Site Parking
- Up to $2000.00 for relocation expenses (subject to tax)
Thank You and Welcome!