Welcome
Community Memorial Health System
Orthopedic Surgery Residency Program
Ventura, California

Sunset Magazine “Top 4 Best Beach Town” (2016) & “20 Best Value Towns in the West” (2017) named Ventura as the Southern California winner as the best city to live in.
VENTURA COUNTY FACTS  *as of 2020*

- Population – 843,843
- Hispanic – 43.2%
- Veterans – 39,781
- 22.6% under the age of 18
- 16.2% over the age of 65
- 30.4% of the overall population are native Spanish speakers
COMMUNITY MEMORIAL HEALTH SYSTEM

- 5 Residency Programs
  - Orthopedic Surgery, General Surgery, Internal Medicine, Family Medicine, Psychiatry

- 2 Hospitals
  - Community Memorial
    - *Ocean Tower and Mountain Tower*
  - Ojai Valley Community

- Clinic
  - Midtown Medical Group

*True community hospital with a medical staff committed to teaching!*
ORTHOPAEDIC SURGERY RESIDENCY PROGRAM OVERVIEW

- Started as an AOA program in 2013
- ACGME Continued Accreditation without Outcomes
  - Effective date: 1/21/2022
- Graduated 11 residents
- Approved for 4 positions per year
- 100% fellowship match rate
- 100% board pass rate
- Currently 20 Residents
PROGRAM LEADERSHIP

- Samuel Small DO – DIO
- Thomas Golden MD – PD
- Dennis Horvath DO – Associate PD
- Emily Benson MD – Associate PD
- Michelle Azimov MD – Director of Medical Education
- Chelsea Dunlap – Program Coordinator
Our Program:

- Our goal is to educate competent orthopedic surgeons who are able to practice with sound judgement and skill, with a strong emphasis on treating coworkers and patients with dignity and respect.
- We have a diverse faculty across a broad range of subspecialties who love to teach. Through faculty mentorship and supervision, simulation, and progressive clinical experience, residents move towards this goal.
Our Program:

- Has vision and strong core values
- Emphasizes diversity, equity and inclusion
- Is centered on a collaborative culture

We look for prospective residents who want to learn, bring ideas, strive for best practices, and share our core values.
The Orthopaedic Surgery Department at Community Memorial Health System (CMHS) is committed to supporting the professional development of underrepresented minorities,* women, and LGBTQ+ applicants in the field of orthopaedic surgery. We invite interested underrepresented fourth year medical students with financial need to apply for our CMHS Orthopaedic Surgery Diversity Scholarship program. Through the program, we offer an elective four-week rotation with the CMHS Orthopaedic Surgery Department during which the scholarship student will be paired with both a faculty and resident mentor.

Scholarship includes:

- $3000 stipend to assist with documented housing/travel expenses
- Meals while on hospital campus
- Faculty & senior resident mentorship

This scholarship program is designed to increase diversity amongst our visiting orthopaedic students and residents by helping a talented underrepresented medical student with financial need gain access to our outstanding program.

Medical students eligible for and interested in our Orthopaedic Diversity Scholarship can apply to our 4th year audition rotation through the VSLO website: https://gme.cmhshealth.org/medical-students/application/

*For the purposes of this program, we define minorities underrepresented in medicine as Black, African-American or African, Hispanics or Latinx, American Indians, Native American or Alaskan natives, Native Hawaiians or other Pacific Islanders, and Asians (not including Chinese, Filipinos, Japanese, Koreans, Malaysians, Pakistanis, Asian Indian, and Thai)
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 Los Angeles (Orthopedic Oncology)
- Santa Barbara Cottage Hospital (Orthopedic Trauma)
ROTATIONS

- Adult Reconstruction
- Sports Medicine
- Orthopedic Trauma
- Pediatric Orthopedics
- Hand
- Orthopedic Oncology
- Spine
- Foot and Ankle
- Mentorship
**SAMPLE ROTATION SCHEDULE**

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CLINIC EXPERIENCES

- MMG Resident 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 Conference
- Monthly M&M and Specialty Conferences
- 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 & LAB COURSES

- VirtaMed Arthroscopy Simulator
- Cadaver Lab
- UCLA Acute Care Simulations
- ATLS Course
- Basic AO Trauma Course (PGY2)
- AANA Foundations in Arthroscopy Course (PGY3)
RESEARCH

- Required projects
- Clinical Series, Case Reports
- Poster and Podium Presentations
- QI Projects
- Bimonthly Research Update
- Research forums twice per year
- New Annual Research Day with visiting professor
- Dedicated Librarian: Janet Hobbs
- Research support team:
  - Michelle Azimov, MD
  - Graal Diaz, PhD
  - Cameryn Garrett, PhD
  - Amanda Frugoli, DO
IN-TRAINING EXAM (OITE)

● 37th / 257 Orthopedic Residency Programs in the US
● 87th Residency Program Percentile
QUALITY IMPROVEMENT & PATIENT SAFETY

- IHI Open School courses
- Patient Experience
- Infection Control
- Health Literacy
- QI
- RCA Lab
- QIPS Curriculum
  - 420 points over 5 years:
    - Patient Safety Fair and activities
    - Presentations
    - RCAs
    - Medical Staff Committees
    - QI project

Research Presentation
FELLOWSHIP MATCH 100%

2022 – 2023
- Atul Saini, D.O. - Grand Rapids Adult Reconstruction Fellowship
- Brent Sanderson, D.O. - University of Rochester – Sports Fellowship
- Ezra Levy, D.O. - Center for Spine and Orthopedics Spine Fellowship, Denver, CO

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 Trauma & Arthroplasty, Hennepin Healthcare
- 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 Medical Center
- Ross Burge, D.O. - University of Southern California (USC)

2018 – 2019
- Petros Frousiakis, D.O. - Southern California Orthopedic Institute (SCOI)
BOARD PASS RATE:

100%
COMMUNITY SERVICE

- Sports Medicine High School Physicals
- Global Health - Vietnam Medical Trip
- Spanish learning opportunities:
  - CMH online class
- Medical Tent - Mountain to Beach Marathon
WELLNESS

- Dedicated Director of Behavioral Health and Resident Wellbeing - Rhonda Doonan, PsyD
- Resident only breakfasts
- Individual resident sessions
- Quarterly wellness ½ days
- Annual resident retreat
  - Ortho Golf Tournament
- Social events hosted by chiefs
- Resident wellness committee
COMPENSATION & BENEFITS

Compensation
● PGY1: $62,400
● PGY2: $65,520
● PGY3: $68,796
● PGY4: $72,236
● PGY5: $75,848

● 20 days of paid time off each year (including vacation and sick time)

Benefits
● Medical/Vision Insurance
  ● Cost for resident paid by CMHS
  ● Spouse and dependents at minimal cost
  ● Vision benefits offered through EyeMed at no cost

● Dental
  ● Cost for resident paid by CMHS
  ● Spouse and dependents at minimal cost
MORE BENEFITS

Educational Allowance
● Institution-wide access to:
  ● UpToDate
  ● Medical Library
  ● Multiple medical journals
● $1,500 yearly educational allowance
● Program covers board exams, licensures, certifications, select memberships, travel for approved research presentations & mandatory conferences
  ● Including AOAO Fall Meeting and Board Review Course for PGY5

Financial Benefit
● Basic Life Insurance and AD&D (addtl. Insurance available)
● State Disability Insurance
● Credit Union Membership
● Elective 403(b) Retirement Plan
● Flexible Spending and Dependent Care Accounts available
● Individualized financial counseling and financial planning services for graduating residents
AND MORE BENEFITS

- Cafeteria Prepared Meals Provided at CMHS
- Scrubs Provided
- Two Personalized Lab Coats
  - With dry cleaning services
- Laptop with Remote Access
- Monthly Cell Phone Allowance
- Hospital Gym Access
- Hospital On-Site Parking
- Up to $2,000 for relocation expenses (subject to tax)
Thank You!

You can learn more about our program and how to audition & apply on our website at:

https://gme.cmhshealth.org/

Graduate Medical Education
Community Memorial Health System