

Further requests for information about the program, including the application process and interview days and medical student experiences, should be directed to:  
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# Swedish First Hill Family Medicine Residency Seattle, WA



## Swedish Family Medicine Residency at First Hill Seattle, Washington

**S**wedish Family Medicine Residency at First Hill is dedicated to creating an environment in which residents can reach their full potential as family physicians. We value outstanding resident education, quality patient care, teamwork, diversity, outreach and professional growth.

Our mission is to train family physicians to serve local and global communities through exceptional patient care, leadership, and advocacy for health and social justice. Led by our communities, we train Family Medicine physicians to provide adaptable, equitable and full-spectrum care across all environments.

The objectives of the program are to:

- Prepare family physicians from diverse backgrounds to provide equitable care for their communities including competency in addiction medicine, gender-affirming care, outpatient and inpatient procedural skills, advocacy, and the skills to identify and counter racism in health care.
- Offer robust experiences in obstetrics, emergency care, reproductive care, and HIV treatment to meet the special needs of practice in communities.
- Train family physicians to work in the context of a collaborative team of consultants and allied health workers while developing skills in population health, continuous quality improvement and evidence-based medicine.
- Demonstrate a model of practice providing optimal care to the patients of our Family Medicine clinics while honing the leadership and teaching skills necessary to implement systematic change on behalf of those patients.

### Geriatric Medicine Fellowship

This accredited one year post-graduate fellowship in geriatrics culminates in the certificate of added qualifications in geriatrics sponsored by the American Board of Family Medicine. The mission of this fellowship is to provide clinical training across the continuum of care in geriatric medicine and to foster leadership skills for academic careers teaching family medicine and geriatrics. Geriatric fellows teach residents and attend on the inpatient family medicine service.

### Advanced Obstetrics Fellowship

This one-year post-graduate fellowship is a collaborative effort between the residency program and the perinatologists on the Swedish First Hill campus. Training emphasizes care in higher risk situations, including operative OB and newborn resuscitation. The primary goal of the fellowship is to prepare family physicians for practice in underserved areas where operative and high-risk OB skills are necessary. Fellows work with residents on labor and delivery as well as precepting in resident clinics.

### Areas of Concentration

There are multiple avenues for residents to pursue areas of interest within family medicine. The program offers Areas of Concentration (AOCs) in Addiction Medicine, Geriatrics, Global Health, HIV, LGBTQI+ Health, Lifestyle & Integrated Medicine, Obstetrics, Reproductive Health and Sports Medicine.

### SWEDISH FAMILY MEDICINE RESIDENCY AT FIRST HILL

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711)

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### Swedish Family Medicine Clinic – First Hill

- **Location:** The First Hill Clinic is located on Swedish First Hill campus where the residency's inpatient medicine, labor and delivery, surgery and inpatient pediatrics rotations occur. The clinic is also home to the residency's administrative team and meeting rooms for didactic sessions.

**Address:** 1401 Madison St., Suite 100, Seattle, WA 98104

- **Population:** The First Hill Clinic provides over 15,000 patient visits per year. These visits encompass the full spectrum of primary care, including chronic disease management, preventive medicine, pediatrics, obstetrics and geriatrics. Our patient population is diverse in age, socioeconomic status, ethnicity, gender and sexuality. Many patients are from Seattle's East African, Asian and Latinx communities and we conduct about 15% of our visits using video, in-person and phone interpreters.
- **Staff:** The clinic utilizes a team-based approach to provide patient-centered care. Our team includes faculty physicians, 18 residents (6 per year), 2 behavioral health doctoral students, 1 PhD Psychologist, 2 patient care navigators trained in social work, nurses, medical assistants and pharmacists.
- **Payment model:** Approximately 60% of patients are insured by Medicare or Medicaid, 30% by private insurance and 10% are uninsured.
- **Specialty clinics:** The First Hill Clinic offers numerous specialty clinics that are staffed by residents and supervising faculty. These include geriatric consults, gynecologic procedures (colposcopy, LEEP, IUD, Nexplanon), neonatal circumcision, sports medicine, OB ultrasound, adolescent gender clinic and a general procedure clinic.  
The procedure clinic offers a variety of office procedures including excision and biopsy of skin lesions, removal of cysts and lipomas, paracentesis, thoracentesis and joint injections.

#### • Other clinic highlights:

- Behavioral and mental health care are vital to our team approach. The clinic offers free behavioral health counseling for our patients through graduate psychology interns who are supervised by our psychology faculty
- In-house lab including many back-office tests, on-site EKGs and NSTs
- Referral site for uninsured patients to receive specialty procedure care through a partnership with Project Access Northwest
- Medication assisted treatment for addiction
- Gender affirming care including hormone therapy and referrals for gender affirming procedures

### Swedish Family Medicine Clinic – Ballard

- **Location:** The Ballard clinic is located at the Swedish Ballard campus in the neighborhood of Ballard.

**Address:** 1801 NW Market St., Suite 403, Seattle, WA 98107

- **Population:** Ballard is a close-knit community historically tied to Seattle's boatbuilding and fishing industry. While Ballard still boasts SeafoodFest and many deep-sea fishers featured in TV's *Deadliest Catch*, we welcome the community's rapid growth and diversification.

Swedish Family Medicine – Ballard was designed to meet the unique health access challenges in our community. We offer full spectrum primary care with a focus on vulnerable populations. Uninsured or undocumented people have the opportunity to participate in a unique Direct Primary Care self-pay program. A small monthly fee covers all the services the clinic provides. The clinic's patient population is economically diverse and aged from a few days to 97.

- **Staff:** Our small team consists of 4 faculty, 6 residents (2 per year), 2 medical assistants, 3 nurses, 1 nurse practitioner and 1 social worker. Medical team and office spaces are designed to maximize collaboration in complex patient care and chronic disease management.

- **Payment model:** Patients can receive comprehensive primary care services for a monthly fee, either paid by the patient directly to the clinic or through select insurers. This payment model allows for an innovative care delivery system focused on improved clinical outcomes rather than volume of office visits. Residents are supported in caring for a panel of patients: R1s typically caring for 50-100 patients while R2s and R3s care for 350-450 patients. The population served includes 50% Medicaid patients, 15% Medicare patients and 10% uninsured.

- **Specialty clinics:** There are weekly specialty resident training clinics in sports medicine, Osteopathic Manipulative Therapy (OMT) and dermoscopy. Graduate psychology interns provide free behavioral health counseling in collaboration with the PCP. The clinic also provides a high volume of in-office procedures, including colposcopy, arthrocentesis, joint and soft tissue injections, IUD and subdermal implant placement/removal, skin excision/biopsy/ I&D, nail removal, paracentesis, circumcision and hemorrhoid banding.

#### • Other clinic highlights:

- In-office labs and studies including U/A, lipid panel, blood glucose, HgbA1c, hematocrit, urine toxicology, EKG, NST, ultrasound
- Medical Home Model allowing for scheduled phone visits, video visits, home visits and active management of chronic disease through registries
- Group visits for people living with diabetes
- Suboxone program (including direct referral from the ED)
- Community partnerships with the Ballard Food Bank and Edible Hope Kitchen
- Gender affirming care such as hormone therapy

### Downtown Family Medicine Clinic (DFM)

- **Location:** DFM is located in Belltown (1.4 miles from Swedish First Hill) and is housed within the King County Public Health's Downtown Public Health Center.  
**Address:** 2124 Fourth Ave., Seattle, WA 98121
- **Population:** DFM serves a diverse population of urban, underserved patients of all ages. The clinic cares for a large immigrant and refugee population as well as many families and individuals experiencing homelessness, unemployment or low wage jobs.

- **Staff:** 3 residents per year divided into 2 medical teams made up of residents, faculty physicians, dedicated nurses, MAs and front desk staff. Other providers at DFM include a full-time family physician and a social worker providing behavioral health services.
- **Payment model:** DFM serves patients regardless of their ability to pay. For uninsured patients, payment operates on a sliding scale. DFM also serves patients with Medicaid and Medicare but cannot accept private insurance.
- **Specialty clinics:** A procedure and colposcopy clinic. Procedures provided include arthrocentesis, joint and soft tissue injections, LARC placement/removals, EMB, dermatologic procedures (excision, biopsy, I&D), nail removal, cryotherapy and circumcision.
- **Other clinic highlights:**
  - Joint partnership between Swedish Family Medicine Residency-First Hill and King County Public Health
  - DFM Patients needing hospitalization are admitted to the Swedish Family Medicine Green Team
  - Federally Qualified Health Center (FQHC)
  - In-house lab, pharmacy, EKG, spirometry, NST, ultrasound and wound care
  - Colposcopy and OB referral center for King County Public Health
  - Suboxone program
  - Hepatitis C treatment program
  - On-site interpreters for Spanish; phone and video interpreters for many other languages
  - The Downtown Public Health Center has other resources the help provide collaborative, patient-centered care:
    - Dental clinic
    - OB services – Public Health Nurses through Nurse Family Partnership, Kids Plus and WIC
    - Robert C. Lewis Center Needle Exchange and Education Center
    - Pathways low barrier suboxone program
    - Refugee Intake Clinic
    - WIC
    - Transportation support services