



WELCOME TO UCSF ORTHOPAEDICS!

Dear upcoming sub-interns,

We are so excited that you have chosen to join us here at UCSF for a sub-I rotation in orthopaedics! We hope that your month-long experience here is educational, fruitful for your residency-related decisions and applications, and most of all, fun. All of our residents and faculty are eager to work alongside you.

We were all in your shoes not that long ago and remember the unique challenges and excitements of being a visiting student. All of us had a fantastic experience during our rotations, and hope and expect that you all will as well. Please don't hesitate to reach out to any of us personally with any questions or concerns. We're looking forward to meeting all of you and showing you why we all love this department and specialty!

You should have received your rotation assignments; if you have not or if there any logistical considerations, please email our medical student and residency coordinator, Dan Peterson (daniel.peterson2@ucsf.edu).

To facilitate and make sure everyone is on the same page with expectations, please find some logistical details below.

Sincerely,

The Chiefs

DRESS / ATTIRE

We recommend bringing a few sets of dress clothes and your white coat for clinical activities. Specific clinic dress varies by rotation; please touch base with your residents for more details. You will get access to scrubs during your time here.

DAILY SCHEDULE

The daily schedule will vary by service. We expect you to round in the morning with the team at the hospital you are assigned. Please contact your chief regarding when rounds start and what their expectations of you are for rounds. At SFGH, you will be in charge of making the patient lists that are used to round. The junior residents on service will orient you on how to update and manage the list, and what needs to be done each day. At all locations, every patient needs to have numbers on the list including breakdown of I/Os, vitals, notable labs, etc, unless otherwise specified by your chief.

We do not expect nor do we want you to pre-round on inpatients. Rather, simply be prepared to help the team round efficiently. This typically includes having quick access to scissors, tape, dressings, and other common supplies. Following rounds, you will either go to clinic or the OR. In clinic you will have some autonomy to see patients independently. We believe this gives you an opportunity to begin to think like an orthopaedic surgeon. You should work on honing your physical exam, and begin to develop a diagnosis and treatment plan that will then become part of your presentation to the attendings or senior residents in clinic.

In the OR, we expect you to read for cases. You should read through the patient's charts to understand the pathology and surgical indications. You can ask the residents on your team for reading suggestions for specific cases. When in doubt, review the relevant anatomy as this is what you're expected to know.

ZSFGH CALL

The general rule of thumb is that nobody will be post-call Monday-Friday in order to maximize your continuity with attendings and the team during the daytime. We are aware that many of you come here to not just meet residents, but also to work with our attendings to understand if you will learn well here and get letters of recommendation. Below is the system we have in place:

ZSFGH Sub-Is:

'Late stay' call Monday-Thursday – whoever is on call will stay until 10-11pm on their call day, and then go home so that you can work the next day. These shifts will be evenly divided among the SFGH sub-Is throughout the block.

UC / Other site Sub-Is:

These sub-Is can take call in the following shifts at ZSFGH:

Friday nighttime 7pm-7am

Saturday daytime 7am-7pm

Saturday nighttime 7pm-7am

Sunday daytime 7am-7pm

Again, these shifts will be evenly divided among the students rotating at sites other than ZSFGH.

Your primary responsibility is to your assigned service. So for example, if you are in a case that is going past 7pm on Friday evening on the arthroplasty service, you should stay until that case ends and then go to ZSFGH for an assigned call shift thereafter. The residents are all understanding that particularly the Friday PM shift students may be late from other services.

SUB-I PRESENTATION

Each sub-I is expected to give a presentation during their rotation. These presentations are typically case-based on a topic of interest to the sub-I. Presentations should be ~10 minutes each (approximately 8 minutes, allowing 2 minutes for questions). You should dress in a suit or clinic clothes with a white coat for your presentation.

The benefit of the presentation is it helps you consolidate information, learn more about a topic, and show off to the team what you have learned. The residents on your services will be actively helping you with this! One big tip is to identify a case in the first 1-1.5 weeks to present on so that you can have plenty of time to work on it and have the residents and attendings review your slides before the day of the presentation. All presentations are given during the fourth week of the rotation.

Four-week rotation presentations (ie, ZSFGH, VA)

Delivered on the fourth week of the rotation on their respective service teaching / conference time.

Two two-week rotation presentations (eg, sports/arthroplasty)

Delivered on the fourth week of the rotation.

The will be delivered to the faculty/team of the first two-week rotation, but during the fourth week of their rotating month. What this means is that during the fourth week, you will go back to attend the first two-week rotation's conference during the last week to deliver the talk.

Example: Student on Sports two weeks, then Arthroplasty two weeks.

During fourth week of block while on arthroplasty, you are excused on Monday early evening to make sure you can attend the Monday 5:30pm Sports Conference to deliver your talk to the sports faculty/residents.

SCRUB ACCESS

Please follow this [link](#) for scrub access. This is applicable for UC sites. If you are at ZSFGH, you will work with Whitney Milyard (whitney.milyard@ucsf.edu) for your scrub access.

PARKING

You are eligible for a parking discount at UCSF. Follow this [link](#) for information and scroll down to "Student Parking Information".

SHUTTLE SERVICE INFORMATION

UCSF has a shuttle system that you can use to travel between sites. Information on this [link](#). There is an app you can download to your phone, times and maps.

EDUCATIONAL ACTIVITIES

One of the big strengths of our program at UCSF is our education. We hope you finish your rotation here knowing far more about orthopaedics in the subspecialties you rotate in!

Rotation-specific

Each of your rotations will have service-specific conferences and teaching sessions. The residents on your rotation can give you a heads up on the days of these conferences/teaching sessions and the topics so you can read ahead of time.

Anatomy

During the summer (July-August), every Tuesday evening (typically 530pm-730pm) we all meet in the Anatomy Lab at the Orthopaedic Trauma Institute (OTI) located at ZSFGH. During these sessions we walk through various approaches that were dissected on Monday evenings. These sessions are highly interactive. If you have time on Monday, you're always welcome to join the dissections if you coordinate with the dissecting team. Your resident will let you know what approaches and topics to read so that you can maximize your anatomy learning.

Residency-wide core teaching, journal clubs, grand rounds

Every Wednesday morning in our program is protected for and dedicated to teaching. During the summer, the teaching topics are the same as those which were discussed in anatomy that week. After the summer (beginning September), we begin rotating through various subspecialties core teaching topics. All of this teaching is delivered by our faculty members.

Grand Rounds is every Wednesday morning 730-830am beginning in September as well, and we often have other sessions like Journal Clubs and Diversity, Equity, and Inclusion sessions led by our department's Diversity Committee. You are expected to attend all of these teaching sessions.

Sub-I specific teaching

You will have the opportunity to have teaching sessions dedicated just to you! On Thursday mornings one of our faculty will teach on a topic to just the sub-Is with no residents there. This is a great chance for you to learn and ask any questions you might have! You are protected from clinical duties during the time of sub-I teaching.

SOCIAL STUFF

We are lucky and live in such an awesome city and area of the country! San Francisco is smaller than many might realize, being only approximately 7 miles in diameter. Despite this, there is so much to see and do within the city and nearby outside of it.

We really hope you get to take advantage of some exploring while you are here! Any of the residents or faculty can provide suggestions on activities, places to eat, etc.

You will certainly be invited to any resident gatherings/events! We understand that not everyone can make all of these, so don't worry if you are unable.

YOUR EVALUATION / HOW TO SUCCEED

Sub-Is are hard. You are away from home, in a hospital system you are not used to, spending a ton of money, and trying to impress a bunch of strangers who are simultaneously judging you. We get it! But we think you'll be pleasantly surprised to find that all of the residents at this program truly enjoy teaching, learning, and making new friends. Sub-Is make things exciting and inject new energy into our program. We also recognize that you are evaluating us as a program. We do expect you to be professional, work hard, and show us that you are prepared. We recognize some people have more orthopaedic experience than others, and while we don't base too much of our evaluation on your sutures or your answers to pimp questions, we do anticipate effort and a good attitude. We expect you to work hard, show up on time/early, prepare for teaching and educational activities, and to ask lots of questions both about orthopaedic material and about life as a resident in San Francisco. Most of all, we look for someone who we can trust, can have fun with, and who would be a good fit for our UCSF family!

Please ask us any questions you may have during your time here. We are all ready to be candid about the program and mostly just want to make sure we are all good fits for one another!

Once again, we are so excited to meet every single one of you! We hope that you strongly consider joining the UCSF Ortho family for residency!

Sincerely,

The UCSF Ortho Chief Residents, 2022-2023

Charlie Cogan: charles.cogan@ucsf.edu 630-212-0324

Michael Davies: michael.davies@ucsf.edu 619-315-3130

Leah Demetri: leah.demetri@ucsf.edu 617-834-0947

Marcus Dilallo: marcus.dilallo@ucsf.edu 561-202-4235

Ryan Freshman: ryan.freshma@ucsf.edu 925-640-6157

Abhinav Janghala: abhinav.janghala@ucsf.edu 510-456-8537

Tiffany Liu: tiffany.liu2@ucsf.edu 949-903-6880

Current residents:

<https://orthosurgery.ucsf.edu/education/residency/Current-Residents.html>

Chairman: Thomas Vail, MD

Program Director: Hubert Kim, MD, PhD

Assistant Program Directors: Nicole Schroeder, MD; Brian Feeley, MD

CLINICAL SITES

Zuckerberg San Francisco General – 1001 Potrero Ave. San Francisco, CA 94110

As only level 1 trauma center in San Francisco, ZSFG/SFGH is the core of the ortho trauma experience at UCSF. We have a large resident service here as well as a very busy inpatient service. The affiliated Orthopaedic Trauma Institute (OTI) houses our morning conferences and anatomy labs.



UCSF Medical Center, Parnassus – 505 Parnassus Ave. San Francisco, CA 94143

This is the center of UCSF Healthcare. The majority of administrative services are here, as are weekly conferences on Wednesday mornings. This is the primary complex inpatient surgical site at UCSF, including all of our spine inpatients and many of the oncology inpatients. This is also the site of our level 2 trauma center with an emergency room for trauma.



UCSF Medical Center, Mt. Zion – 1600 Divisadero St. San Francisco, CA 94115

This is a recent new addition to our program. Mt. Zion is now the primary orthopaedic inpatient hospital where the majority of our inpatient orthopaedic procedures are performed (except those in patients who have high medical complexity or are spine/oncology patients). Services that will do inpatient surgeries here and have inpatients here include arthroplasty, foot & ankle, hand, sports, and trauma. Some outpatient surgeries are also performed here, though the majority are performed at the OI.



UCSF Orthopaedic Institute (OI) – 1500 Owens St. San Francisco, CA 94158

This is our ortho-only outpatient surgery center. The OI is high volume and efficient. The OI also houses the majority of our outpatient clinics, including arthroplasty, hand, foot & ankle, and sports medicine.



UCSF Medical Center at Mission Bay / Mission Bay Adult and Benioff Children’s Hospitals – 1975 4th St. San Francisco, CA 94158

Across the street from the OI, Mission Bay houses our San Francisco-based pediatric service and the majority of our oncology service. On the pediatrics service here, you will take part in many hip and spine deformity procedures, in addition to general orthopaedic pediatrics care.



San Francisco VA – 4150 Clement St. San Francisco, CA 94121

Located in the far northwest corner of San Francisco, the VA is a hidden gem. The VA ortho service has a high volume of “bread and butter” orthopaedic surgery, including a high volume of joint replacements and sports medicine.



Benioff Children’s Hospital Oakland – 747 52nd Street, Oakland, CA 94609

Benioff Children’s Hospital Oakland is a level I trauma center for pediatrics care. Here you will see a variety of cases from low and high energy trauma to general pediatrics. The residents spend one rotation (~2 months) of their residency here.



Some helpful links –

UCSF IGOT Portal (can sign up and find anatomy educational curriculum to help prepare for anatomy sessions):

<https://igotportal.org/dashboard>

UCSF Ortho Diversity website:

<https://orthosurgery.ucsf.edu/about/diversity/>

UCSF Shuttle Routes:

<https://campuslifeservices.ucsf.edu/transportation/services/shuttles/>