Stony Brook Medicine
SUNY Stony Brook Program
at
Mather Hospital
Internal Medicine
Residency Program
A Message from the Director

Thank you for your interest in the new SUNY at Stony Brook sponsored program at Mather Hospital Internal Medicine Residency Program. At Mather, we set the expectation that each graduate is a healthcare leader. Your voyage begins on day one of your residency when you become part of the Mather family, a family of caring. Mather is a place where staff members hold the door for a passerby, or take the time to walk visitors to their destination. You will benefit from our culture of caring and compassion and you will learn how this is central to the delivery of healthcare.

The residency at Mather Hospital was founded to train residents in the delivery of high quality healthcare and to provide them with the tools necessary for them to implement excellence systematically throughout their career. Traditionally, education of physicians has leaned heavily on the domains of medical knowledge and patient management. It has been recognized that excellence in healthcare, particularly regarding patient safety, requires mastery of other essential elements. Good patient outcomes are dependent on systems that promote uniformity, communication, collaboration and teamwork. Our residents are actively involved in the hospital functions to support the development of the skills required to assume a leadership role in the healthcare system of the 21st century. Mather is an ideal setting to attain these skills.

The transformation from medical student to internist is a developmental process. At the heart of this is the understanding that the provision of healthcare to a fellow human being is a privilege. Each individual is unique and carries a value system with which they frame their world. When we treat people, we are allowed to step into their world and see things as they see them. In this way we can truly collaborate with patients to help them incorporate lasting changes into their lives and achieve results that they can recognize as meaningful.

The Mather Hospital program prepares residents to keep pace with the changes that are rapidly occurring in healthcare. Healthcare, science and technology are changing at such an accelerated rate that physicians must commit themselves to regularly updating their knowledge and basing their decisions on scientific evidence. Because new information is available on a daily basis, physicians must be prepared to use every tool available to continuously improve their knowledge and skills.

The term "lifelong learning" captures the essence of these facts. Each physician must be prepared to search for new information that will help to inform him or her on unanswered healthcare questions. To this end, scholarly activity and research projects are guided by our Director of Resident Scholarly Activity. The availability of such an educator is a valuable and distinctive feature of our residency. Additionally, to ensure that the best resources are available, we have developed the residency under the sponsorship of the prestigious Stony Brook Medicine.

We want our residents to achieve a work/life balance and to avoid fatigue. The program has carefully designed the continuity clinic experience and the night float system. When the resident is assigned outpatient responsibilities there are no inpatient duties, and vice versa. While there is a limited number of night float experiences, there is no in-house on-call responsibility. This supportive environment provides the means to obtain sufficient rest and engage in recreational activities. By enabling a healthy work/life balance, our residents focus full creative energies in the pursuit of safe, high quality patient care and learning.

Each year we enroll a small number of select residents chosen based on their integrity, imagination, intelligence and caring. Our steadfast dedication to excellence creates a privileged environment for learning and for personal and professional growth.
About John T. Mather Memorial Hospital

A Culture of Excellence

Since it opened its doors in 1929 as the first general hospital in the Town of Brookhaven, John T. Mather Memorial Hospital’s legacy of excellence and innovation in healthcare has earned regional and national recognition. Some of the more recent recognitions are:

- Mather ranks first among Long Island hospitals on Overall Recommended Care, a weighted average of all of the clinical care processes or "core" measures as reported by the Centers for Medicare & Medicare Services.*

- Mather received an ‘A’ for patient safety in the latest survey from The Leapfrog Group, a national, independent group that advocates for safety, quality and affordability in healthcare. Mather is one of only two hospitals on Long Island to have earned the top rating for four consecutive periods (2012-2013).

- Mather ranked first in Suffolk County for Overall Patient Experience, 3 out of the last 4 rating periods based on the percentage of patients who rated their hospital 9 or 10 on a scale from 1-10 in Medicare’s Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey.*

- Mather also ranked first in Suffolk County on the average of all 10 HCAHPS patient experience questions, 3 out of the last 4 rating periods, above the national and state averages.*

- U.S. News & World Report has recognized Mather Hospital as one of the best hospitals in the region (2013). The magazine analyzed 4,793 hospitals nationwide and recognized 492 hospitals, including Mather, which meet national standards for strong performance and are located in the largest metropolitan regions. Mather’s Transitional Care Unit also received a 5-star rating for the second year in a row (2013).

- Mather has a reputation in the community for its caring nursing staff. In 2013, Mather was designated a Magnet™ Recognized hospital by the American Nurses Credentialing Center, a prestigious recognition of quality, patient and staff satisfaction, and outcomes earned by only five hospitals on Long Island and 7 percent of hospitals nationwide.

Mather Hospital’s goal is to be the best community hospital in New York State and we hold four pillars as our core values: People, Service, Quality & Safety, and Innovation & Growth. As such, we strive to provide an ethical and professional environment in which the educational curricular requirements can be fully achieved and assessed. At Mather, diversity of background and thought is both respected and encouraged, and is considered a valued resource for development of original ideas.

* Source: IPRO data and HCAHPS survey results for the period 1/1/2011 – 9/30/2012 from The Commonwealth Fund at www.whynotthebest.org
About our Program

Mather’s Internal Medicine Program provides strong training in inpatient and outpatient medicine. In order to provide the best inpatient and ambulatory care education, Mather utilizes an innovative 4+2 rotation model (4 weeks of inpatient/elective rotations followed by 2 weeks of dedicated ambulatory time). During the ambulatory blocks, there are no inpatient responsibilities, and likewise, during inpatient rotations, there are no ambulatory sessions. The 4+2 model allows residents to focus on the patients being cared for at the moment and improves patient outcomes by reducing the number of handoffs. The model also enhances the continuity experience by providing greater flexibility for patient scheduling. Residents are afforded ample time to work on quality improvement and research projects during protected time on ambulatory blocks.

Based at a thriving community hospital with an 84-year history on Long Island, the residency program offers a range of services to address a broad spectrum of patient illnesses, as well as all of the resources of its sponsor, Stony Brook Medicine, including the use of Stony Brook’s state-of-the-art simulation center for code review, ACLS simulation, and palliative care counseling/review.

Primary rotations include the following areas:

- Ambulatory
- Cardiology
- Emergency Medicine
- Endocrinology
- Gastroenterology
- General Medicine
- Geriatrics
- Hematology/Oncology
- Infectious Disease
- MICU/CCU
- Nephrology
- Neurology
- Palliative Care
- Pulmonary
- Rheumatology

Didactics

The year-long noon core conference series covers the breadth of internal medicine and related specialties. These lectures are presented locally by program faculty. Some specialized topics (such as transplant) may be presented by other experts live or via teleconference. Program faculty attends all conferences. When residents are on their +2 ambulatory block weeks, they participate in a special ambulatory didactic program conducted at the continuity clinic.

The core conference curriculum includes, but is not limited to, the following topics:

- Adolescent Medicine
- Ambulatory
- Cardiovascular
- Endocrine
- Evidence-based Medicine
- Fatigue Mitigation
- General Medicine
- Geriatrics
- Gastroenterology
- Health Systems
- Hematology-Oncology
- Infectious Diseases
- Nephrology
- Personal Finance: Financial Planning
- Pulmonary/Critical Care
- Quality and Safety
- Radiology
- Research Methodology
- Rheumatology
**Electives**

Residents have the opportunity to participate in 12 weeks of elective rotations during their three years of training: one inpatient elective block in their second year and three outpatient elective blocks in their second and third years.

Elective options include the following areas:

- Inpatient
  - Nephrology
  - Neurology
  - Palliative Care
  - Pulmonary
  - Radiology
  - Outpatient

- Outpatient
  - Allergy
  - Cardiology
  - Dermatology
  - Gynecology
  - Neurology
  - Ophthalmology
  - Orthopedics
  - Otolaryngology
  - Physical Medicine/Rehabilitation
  - Psychiatry
  - Pulmonary
  - Sleep Medicine

**Research**

Residents are required to complete a scholarly project during their training. This scholarly project may be original research, a quality improvement project, a scholarly case report, or an educational curriculum. Upon completion, residents present their findings to their peers during the program’s annual resident research fair each spring. Winners from the fair will present their research during a Grand Rounds presentation. Their project is then added to their portfolios so it can be assessed as part of their semi-annual review.

Residents have protected time for research during their ambulatory blocks. The program sets guidelines and due dates throughout the three years of training to ensure the projects are advancing at an appropriate rate. The faculty also has protected time to participate in and oversee research. Residents are paired with a mentor that matches their interests. Several residents participate as members of the Institutional Review Board.

**Preliminary Year**

Included in our Internal Medicine Residency are four Preliminary spots. The one-year Preliminary Internal Medicine Residency Program provides a solid foundation for further training in internal medicine or non-internal medicine specialties such as dermatology, radiology, anesthesiology, neurology, ophthalmology, radiation oncology and physical medicine. Specialty specific rotation requirements are accommodated.

Although schedules vary slightly, preliminary medicine residents enjoy the same benefits and responsibilities as categorical residents, and are given the same importance in the hierarchy of the department. Preliminary residents do not have continuity clinic or a research/scholarly activity requirement.
About our Faculty

As a resident of Mather Hospital, you have the distinction of working with, and being mentored by, a remarkable group of board-certified physicians. Our faculty includes nationally recognized clinicians and researchers, with vast levels of experience teaching and guiding students in their journey to becoming licensed physicians. Many of our faculty hold board certifications in multiple specialties, bringing a well-rounded knowledge to each rotation they supervise.

Lucien Cardinal, MD, FACP serves as the Program Director of the Internal Medicine Residency Program. He has been teaching residents in Internal Medicine for more than 15 years and has held clinical titles such as Director of Ambulatory Care and Emergency Medicine and Interim Medical Director at various hospitals in the Northeast. Dr. Cardinal has garnered numerous honors throughout his career. He currently serves on the Graduate Medical Education Committee for the American College of Physicians in the State of New York and is a reviewer for the British Medical Journal.

Our program also consists of 14 Subspecialty Education Coordinators, who have oversight for a specific educational content area. Each of these coordinators is ABIM certified and works to develop and implement the subspecialty curriculum and subspecialty educational experience(s). Subspecialty areas include:

- Cardiology
- Critical Care
- Emergency Medicine
- Endocrinology
- Gastroenterology
- Geriatrics
- Hematology
- Infectious Disease
- Nephrology
- Neurology
- Oncology
- Palliative Care
- Pulmonary
- Rheumatology

Alan Kaell, MD serves as the Hospital’s Director of Resident Scholarly Activity and Faculty Development. Board certified in Internal Medicine, Rheumatology and Geriatrics, Dr. Kaell has been an active investigator for more than 30 years, focusing on rheumatology and immunology, resulting in numerous published research articles and chapters. He has lectured on his findings internationally, has had privileges at four major hospitals in Suffolk County and has been a reviewer and editor of various national journals for more than 30 years. Dr. Kaell has conducted more than 20 Phase II, III and IV clinical trials for anti-rheumatic therapies and has been the recipient of NIH and Fetzer research grants.
**Resident Quality of Life**

We have designed the Mather program to provide not only a satisfying professional experience, but a good overall personal quality of life. Resident rotations are carefully designed to avoid fatigue, and night duty is confined to night float, without overnight call when on day duty. Our program provides ample opportunity to balance work and play, and Port Jefferson’s locale allows convenient access to everything exciting Long Island has to offer.

Located approximately 60 miles east from New York City, Port Jefferson is a historical harbor village on the North Shore of Long Island. Originally a whaling port and shipbuilding community, the village was renamed after President Thomas Jefferson in 1836. Today, the village is largely known for its arts and cultural events held year round, from the Charles Dickens Festival to the Village Cup Regatta. Located on the waterfront, Port Jefferson Village is home to restaurants, theater and shopping.

The Long Island Railroad is conveniently located 10 minutes walking distance from the hospital and provides easy access to New York City. The Bridgeport & Port Jefferson Steamboat Company, offers hourly ferry service to Connecticut. From vineyards to amusement parks, world famous beaches to spectacular sporting events, outlet shopping to great restaurants, Long Island’s many offerings are all just a short drive away.

Mather Hospital has contracted with multiple rental management companies to reserve a limited number of subsidized, non-furnished studios, one- and two-bedroom apartments, many within walking distance to the hospital. We will also work with each resident on a case by case basis, as needed, to ensure that they have adequate housing to fulfill their residential needs.

As residents of a State University of New York sponsored program, Mather/SUNY residents have access to a full complement of benefits, including vacation time, liability coverage, health insurance, dental coverage, conference stipends, sick leave, SUNY library access and on-campus activity discounts. They also have the opportunity to participate in both Mather and Stony Brook social activities exclusively for Housestaff, and serve as representatives on both Mather and Stony Brook councils.
How to Apply

All applications will be accepted through ERAS and the NRMP.

ERAS Accreditation ID: 1403500922

NRMP Program Code:
- Categorical three-year program: 2919140C1
- Preliminary one-year program: 2919140P2

Contact Information

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