



Internal Medicine Residency Program

Your future career in academic medicine



Welcome



Thank you for your interest in the Internal Medicine Residency Program at Northwestern University. Our goal is to provide residents with outstanding clinical training, a comprehensive educational program and opportunities to participate in research. During rotations at Northwestern Memorial Hospital and the Chicago VA, residents encounter and manage a broad spectrum of conditions. Residents teach medical students, lead conferences and form lasting

relationships with dedicated faculty members chosen for their excellence in clinical education. These experiences prepare our graduates well for future careers in academic medicine in either a medical subspecialty or in general internal medicine.

Strengths of our program include a diverse faculty who work closely with residents as teachers, advisers and mentors. The outstanding facilities and clinical experiences in both the inpatient and ambulatory settings are other assets. We offer an environment which fosters professional and intellectual development and provides an excellent clinical and didactic education. What further differentiates Northwestern is highlighted in our residency motto “Nice, Hard-Working, and Smart,” which reflects the supportive and congenial atmosphere found in our Department. We are truly proud of our graduates who excel as clinicians and teachers. Their outstanding performance in rigorous fellowships is a testament to the balanced clinical experiences and academic strength of our program.

— **BRUCE L. HENSCHEN JR., MD, MPH**

Associate Professor of Medicine

Top 10 Reasons to Pick Northwestern




Welcome to the Windy City!

1 PROGRAM SUPPORT




Dr. Henschen meets with all residents for individual professional development. Residents are also assigned faculty “coaches” to check in with them throughout their training. Additionally, the chief residents’ have an open door policy. We are ALWAYS here to help!

2 INTERDISCIPLINARY APPROACH TO PATIENT CARE



Our inpatient resident services are geographically localized allowing for incredibly efficient teamwork between residents, patients, and all staff.

3 TEACHING AND SIMULATION TRAINING




We set a high bar for daily rounds with dedicated teaching attendings, and our board review series has resulted in one of the highest pass rates in the country! We use simulations to teach: ACLS, Central Line Insertion, End of Life Discussions, Handoffs, Paracentesis, Thoracentesis, Mechanical Ventilation and Sepsis management. These simulations are published in leading education journals and have gained national acclaim.

4 EDUCATIONAL INNOVATIONS




Examples of system, tech and research innovation are all over Northwestern. We also have courses in social determinants of health and a women’s professional development course to address some of the major issues plaguing health care.

5 RESEARCH OPPORTUNITIES AND SUPPORT



Senior residents select two to three research blocks to work with incredible mentors. Resident Research Day is one example of our curriculum that teaches research presentation skills. We encourage residents to present nationally by paying for the trip if they get their work accepted! Over the last 5 years, the senior class has averaged presenting more than 50 abstracts at national meetings and well over 50 publications.

6 FELLOWSHIP MATCH




Each year, 80-90% of our residents match at their top fellowship choice, with an equal percentage matching at a top 25 academic medical center.

7 FACILITIES AND SUPPORT STAFF AT ALL SITES




The bulk of your training will take place downtown at Northwestern Memorial Hospital (NMH) and Jesse Brown VA (JBVA). In the last 5 years, Northwestern has opened an Outpatient Care Pavilion, the PM&R Ability Lab and an ultra-modern research tower. The growth of our ‘state of the art’ campus reflects the highest of quality services for patients and staff. NMH has received national magnet status, recognizing it in the top 10% in the country for nursing staff excellence, and was ranked 10th in the country for overall hospital quality!

8 COLLEGIALLY AND SOCIAL EVENTS



Our residency motto is ‘nice, hard-working and smart’ – and nice comes first! At the residency level, everyone is very smart; attitude makes the difference. This philosophy has created a robust and collaborative learning environment that is actually fun! Outside of work, we have beach volleyball parties, happy hours, museum visits, and art nights. Building a strong community to support residents is a top priority.

9 QUALITY OF LIFE



Residents are on night float for about 4 weeks out of the year, and there is no 24 hour call! Our full night float system provides better quality of life, improved learning on rounds, and increased continuity of patient care. Call rooms and lockers are available for all residents. Additionally, dining options around campus are second to none. Salaries allow most residents to rent apartments near the hospital in the neighborhood of Streeterville, which is downtown and right near beautiful Lake Michigan!

10 CHICAGO IS QUITE POSSIBLY THE BEST CITY



Chicago is one of the most incredible cities in the world, and residents enjoy all aspects of it. Some favorites include the lakefront trail, the amazing restaurants in diverse neighborhoods, deep-dish pizza, Cubs/Sox games, concerts at venues large and small, rooftop cookouts during the Air & Water show, and boat cruises on the Chicago River.



Wellness Programs for Housestaff

Personal and professional growth



“As a program, our commitment extends beyond training exceptional internists. It’s about nurturing the well-being of our residents, so they can flourish both professionally and personally. We pride ourselves on our holistic approach to resident well-being built on a foundation of strong mentorship, self-reflection, and camaraderie in the shared experience of medical training. It is our hope that graduates of our program are equipped with the tools to sustain fulfilling and enduring careers in medicine.”

— **MARIA THEODOROU, MD, FACP, FHM**

Associate Program Director of Resident Wellbeing

Contact Dr. Theodorou: maria.theodorou@nm.org

PROGRAM HIGHLIGHTS

NEAR-PEER MENTORING: Interns are paired with a senior resident. Senior residents participate in a coaching curriculum to help them develop mentoring skills to help them navigate the ups and downs of intern year.

FACULTY COACHES: All residents are assigned a mentor during their intern year to meet periodically about their experiences and progress in the program over all three years. The mentor meetings are designed as a “check-in” opportunity and to serve and coach the residents.

INTERN & PGY2 RETREATS: Day-long events with emphasis on wellness, reflection, leadership, and teamwork.

RESIDENCY FIRMS: All residents are assigned to a firm with a chief resident and faculty mentors. Firms are groups of residents from all classes that provide opportunities for mentorship and social events.

PROGRAM-SPECIFIC WELLNESS COMMITTEE: A committee of residents, faculty, and staff meet to sponsor events and support policies and initiatives related to wellness.

CONFERENCES: Wellness Noon Conferences, Morbidity & Mortality Conferences, CCU and MICU Reflection Rounds, Root Cause Analyses, and Intern Reflection all promote collaborative problem-solving, peer support and improvements in care delivery.

SUPPORT FOR RESIDENT PARENTS: Postpartum elective to ease resident transition back to work after baby, dedicated resident lactation space, family events and program leadership mentors help residents navigate the unique journey of resident physician parents.



ANNUAL RESIDENCY PROFESSIONAL AND SOCIAL EVENTS:

- ▶ End of Block Social Events
- ▶ PGY1 Professional Development Day
- ▶ PGY2 Professional Development Day
- ▶ PGY2 and PGY3 Women’s Professional Development Half-day Retreat
- ▶ End of Year Intern Sign Out Weekend Social Events
- ▶ Intern Academic Half-day Social Events
- ▶ Resident Night Out

Advocacy and Equity



Valuing all Patients

Valuing all patients, particularly the underserved and marginalized, requires training and opportunities in health advocacy and equity. Our residency program is embedded in the Chicago community and has a philosophy to address community health.



WHAT IS THE CURRICULUM?

STRUCTURAL DETERMINANTS OF HEALTH (SDH)

WORKSHOPS: All PGY2s are exposed to dedicated workshops teaching concepts and skills in SDH. Residents with a particular interest in SDH can enroll in a certificate program called the Health Equity and Advocacy Scholars Program.

HEALTH ADVOCACY AND EQUITY CERTIFICATE PROGRAM:

The McGaw Health Equity and Advocacy Clinical Scholars Program is a two-year program that is open to all McGaw trainees (residents and fellows) and provides them with the knowledge and skills to identify and address health inequities among their patients and communities.

Conferences in the regular resident noon conference lecture series include topics such as implicit bias, manifestations of dermatological conditions on pigmented skin, and cardiovascular disparities by zipcode.

CLINICAL EXPERIENCES

Inpatient medicine at Northwestern Memorial Hospital (NMH) and at the Jesse Brown VA Medical Center is often focused on caring for underserved patients in Chicago. NMH has been the second largest provider of charity care in Illinois for over 10 years. Robust social work services help facilitate both efficient patient care and residents' education in how to advocate for their patients.

Continuity clinic opportunities in community health clinics: Residents with a particular interest in primary care or community health can elect to do their continuity clinic at the Erie Family Health Center in West Town. In addition to providing vital experiences in primary care and systems of care, as well as the opportunity to practice Spanish speaking skills in a diverse setting, this clinic reinforces the value of medicine as a service profession. In 2012, NMH formed that Transitional Care Clinic to guarantee underinsured patients received outpatient follow-up after being admitted to our inpatient hospital. The clinic is a fulfilling experience for the residents to assist patients of limited means, to build on patient educational skills, and collaborate with social workers to better understand how to navigate the complexities of the current healthcare system. All residents are exposed to this clinic as a core rotation in their PGY2 year, and many residents elect to work in this clinic as part of their longitudinal continuity clinic experience throughout residency.

VOLUNTEERISM

- ▶ A Saturday morning volunteer clinic at the Community Health Clinic (CHC) in Humboldt Park has been run by the residency since 2007. This experience has boosted the spirits of busy residents who volunteer on weekends. We strongly encourage volunteerism at NMH, and resident volunteers often report this well-run and unique clinical experience as the highlight of their busy work weeks.
- ▶ The residency regularly volunteers with Keep Your Heart Health, AHA Heart Walk and the Chicago Marathon.

Cultural Affairs Council

Students, Housestaff & Faculty



The Cultural Affairs Council (CAC) is an organization made up of residents, fellows, and faculty within the Department of Medicine that aims to provide a sense of community and inclusion as well as opportunities for mentorship and collaboration.

The CAC actively recruits for the medicine residency program at several venues each year, such as SNMA and LMSA regional and national meetings, and has visited campuses such as Howard University. CAC collaborates with other organizations across Northwestern's campus to promote an environment of inclusivity – SNMA, LMSA, NMURFF, NM Champion, STRIVE, and more!



As the largest residency within the McGaw Medical Center, as well as the State of Illinois, we look forward to welcoming visiting students from all over the United States.



“CAC is committed to recruiting and supporting residents, fellows, and faculty whose backgrounds and lived experiences reflect those of the communities we serve. Being part of CAC offers a meaningful opportunity to help

build a sense of community, promote an inclusive and supportive environment, and advance NM's 2035 goal of deepening relationships with local communities to improve health equity. One of my favorite events is the CAC Welcome Event – a special occasion to connect with residents, fellows, and faculty & begin developing new relationships.”

— ASANTEWAA TURE, MD

Co-Director, Cultural Affairs Council

Contact Dr. Ture: asantewaa.ture@northwestern.edu



“The Cultural Affairs Council (CAC) is an organization made up of residents, fellows, and faculty within the Department of Medicine that aims to provide a sense of community and inclusion, as well as opportunities

for mentorship and collaboration. CAC members gather throughout the year for social events as well as community engagement activities in the Chicago area. During my time at Northwestern, the CAC has served as a constant source of support and an opportunity to get to know trainees and faculty.”

— MICHELLE FLETCHER, MD

Co-Director, Cultural Affairs Council

Contact Dr. Fletcher: michelle.fletcher@nm.org

Residency Academic Pathways

Opportunities for Residents & Fellows

Clinical Scholars Certificate Programs are 1 to 2 year programs designed specifically for residents and fellows to develop additional academic skills. The programs include lectures, workshops, and mentored projects with classroom time during off hours, so trainees can attend while still on busy clinical services. The following programs have an application process in the spring/summer of each year to help advise applicants on the appropriate fit of the program to the trainee's career plans. These programs are available at no charge to trainees or their fellowship program.

- ▶ **Medical Education Program**
- ▶ **Health Equity and Advocacy**
- ▶ **Global Health Program**
- ▶ **Academy for Quality Safety and Improvement (AQSI)**

ADVANCED DEGREES

Northwestern offers a large array of advanced degrees in nationally recognized schools. These degrees include tuition typically covered by the student/trainee. All programs include a tuition discount for trainees with the exception of the MBA program. Many of these programs offer a certificate when 50% of credits are achieved. These specific degrees are designed for clinicians by offering evening and weekend classes and transferable credits.

- ▶ **Master of Science in Clinical Investigation**
- ▶ **Master of Science in Health Service Outcomes Research**



WOMEN'S HEALTH TRACK

The department, centered around the residency, has a women's health track in which residents join during their PGY1 year and rotate through several women's health focused electives based on their specific interest. In addition, the program hosts annual Women's Professional Development series where there are opportunities to mentor as well as find faculty mentors.



"The Women's Health Track provides an exciting opportunity for residents interested in women's health and gender-based medicine! Residents can choose to participate in the Women's

Health Track after matching in the categorical program. The Women's Health Track curriculum is integrated with the usual training in the categorical program. The track provides mentorship and enhanced clinical and research experiences for residents interested in pursuing academic careers in primary care or subspecialty women's health."

— **JORDANA FRIEDMAN**

Director, Women's Health Track

Contact Dr. Friedman: j-friedman4@northwestern.edu

Simulation-Based Education

Modern approach to resident training

We are continuously improving the training curriculum of the residency program by creating opportunities to learn and practice clinical skills in a safe environment.

All PGY-1 residents participate in bootcamp before the start of clinical training. This innovative training program is two full days of training and assessment in paracentesis, EKGs, MICU patient management, handoffs, radiology, and goals of care communication skills. In addition to bootcamp, all PGY-1 residents participate in 5 academic half-days throughout the year, enhancing their skills in POCUS, Vascular Access, Code status, Mock RCAs, and Rapid Responses..

During the PGY-2 year, residents spend time with “Cosmo,” our high-fidelity simulator, in the Northwestern Simulation Center. Residents have the opportunity to practice ACLS protocols before serving as a code leader in the hospital. The simulation session gives residents the opportunity to learn procedural and team leadership skills in a safe environment. Northwestern residents are clear about the benefit they have gained from the curriculum and its impact on their ability to run effective codes.

Northwestern’s Internal Medicine residency has gained national acclaim for its simulation-based training, as evidenced by publications in journals such as Chest and Academic Medicine. Residency program leadership published a study of the five year impact of this training in the Journal of Graduate Medical Education showing skills are retained for at least two years after ACLS simulation-based training.

Northwestern’s simulation program has been expanded to include central venous catheter insertion and other ultrasound-based bedside procedures. This allows residents to practice the procedure prior to rotating in the MICU and other inpatient services. In addition to popularity with the housestaff, this program has shown dramatic benefit to patients in terms of improved quality of care and cost reduction. Northwestern faculty have been invited to many top US medical centers to disseminate these innovations.



“Simulation-based training is one of the major assets of our program. We teach essential skills like paracentesis, thoracentesis, lumbar puncture, goals of care discussions, patient hand-offs, ACLS, and central line placement from experts in a controlled environment so that when residents use these skills with patients they are prepared and confident!”

— **TIM ROWE, MD**

RESIDENTS ARE TRAINED THROUGH SIMULATION IN:

- ▶ Central Venous Catheter Insertion
- ▶ Lumbar Puncture
- ▶ Paracentesis
- ▶ Thoracentesis
- ▶ Mechanical Ventilation, Sepsis and Weaning
- ▶ Goals of Care Conversations
- ▶ Patient Handoffs
- ▶ US Guided Peripheral IV

Simulation-Based Education

Modern approach to resident training

RECENT SIMULATION PUBLICATIONS BY NORTHWESTERN FACULTY:

[Simulation-based training of internal medicine residents in advanced cardiac life support protocols: A randomized trial.](#) Wayne DB, Butter J, Siddall VJ, Fudala MJ, Lindquist LA, Feinglass J, Wade LD, McGaghie WC. *TEACHING AND LEARNING IN MEDICINE.* 17(3): 210-216. ISSN: 1040-1334

[Effect of Polypectomy Simulation-Based Mastery Learning on Skill Retention Among Practicing Endoscopists.](#) Barsuk JH, Cohen ER, Patel RV, Keswani RN, Aadam AA, Wayne DB, Cameron KA, Komanduri S, Acad Med. 2024 Mar; 99(3): 317-324. <https://doi.org/10.1097/ACM.0000000000005538> PMID: 37934830

[Performance of peripheral catheters inserted with ultrasound guidance versus landmark technique after a simulation-based mastery learning intervention.](#) Feinsmith SE, Amick AE, Feinglass JM, Sell J, Davis EM, Spencer TR, Koepke L, Pastoral J, Wayne DB, Barsuk JH, *J Vasc Access.* 2023 Jul; 24(4): 630-638. <https://doi.org/10.1177/11297298211044363> PMID: 34524038

[Necessity of Pretests in Central Venous Catheter Insertion Simulation-Based Mastery Learning: A Randomized Controlled Trial.](#) Barsuk JH, Mitra D, Cohen ER, Wayne DB, Acad Med. 2023 Jul; 98(7): 821-827. <https://doi.org/10.1097/ACM.0000000000005170> PMID: 36780693

[Clinical Experience Is Not a Proxy for Competence: Comparing Fellow and Medical Student Performance in a Breaking Bad News Simulation-Based Mastery Learning Curriculum.](#) Smith MM, Secunda KE, Cohen ER, Wayne DB, Vermeylen JH, Wood GJ. *Am J Hosp Palliat Care.* 2023 Apr; 40(4): 423-430. <https://doi.org/10.1177/10499091221106176> PMID: 35641315

[Effect of Ventricular Assist Device Self-care Simulation-Based Mastery Learning on Driveline Exit Site Infections: A Pilot Study.](#) Wilcox JE, Harap RS, Stosor V, Cohen ER, Grady KL, Cameron KA, Scholtens DM, Wayne DB, Shanklin KB, Nonog GP, Schulze LE, Jirak AM, Magliola GC, Barsuk JH, *J Cardiovasc Nurs.* 2022 May; 37(3): 289-295. <https://doi.org/10.1097/JCN.0000000000000824> PMID: 34091567

[Development and evaluation of a simulation-based mastery learning maintenance of certification course.](#) Bradley S, Lindquist LA, Jones EM, Rowe TA, O'Brien KT, Dobschuetz D, Argento AC, Mitra DL, Leonard C, Cohen ER, Wayne DB, Barsuk JH, *Gerontol Geriatr Educ.* 2022; 43(3): 397-406. <https://doi.org/10.1080/02701960.2021.1891417> PMID: 33629646

Amick AE, Feinsmith SE, Davis EM, Sell J, Macdonald V, Trinquero P, Moore AG, Gappmeier V, Colton K, Cunningham A et al. [Simulation-Based Mastery Learning Improves Ultrasound-Guided Peripheral Intravenous Catheter Insertion Skills of Practicing Nurses.](#) *Simul Healthc* 2021 Jan 08; Publish Ahead of Print. doi:10.1097/SH.0000000000000545

Schroedl CJ, Frogameni A, Barsuk JH, Cohen ER, Sivarajan L, Wayne DB [Impact of Simulation-based Mastery Learning on Resident Skill Managing Mechanical Ventilators.](#) *ATS Sch* 2020 Dec 23;2(1):34-48. doi:10.34197/ats-scholar.2020-0023OC

Davis EM, Feinsmith S, Amick AE, Sell J, McDonald V, Trinquero P, Moore A, Gappmeier V, Colton K, Cunningham A, Ford W, Feinglass J, Barsuk JH [Difficult intravenous access in the emergency department: Performance and impact of ultrasound-guided IV insertion performed by nurses.](#) *Am J Emerg Med* 2020 Nov 07;. pii:S0735-6757(20)31022-6

McGaghie WC, Adams WH, Cohen ER, Wayne DB, Barsuk JH [Psychometric Validation of Central Venous Catheter Insertion Mastery Learning Checklist Data and Decisions.](#) *Simul Healthc* 2020 Nov 04;. doi:10.1097/SH.0000000000000516

Chan MW, Eppich WJ [The Keyword Effect: A Grounded Theory Study Exploring the Role of Keywords in Clinical Communication.](#) *AEM Educ Train* 2020 Oct;4(4):403-410. doi:10.1002/aet2.10424

Wayne DB, Green M, Neilson EG [Medical education in the time of COVID-19.](#) *Sci Adv* 2020 07;6(31):eabc7110. doi:10.1126/sciadv.abc7110

Wani S, Han S, Kushnir V, Early D, Mullady D, Hammad H, Brauer B, Thaker A, Simon V, Ezekwe E, Hollander T, Wood M, Rastogi A, Edmundowicz S, Muthusamy VR, Komanduri S [Recurrence Is Rare Following Complete Eradication of Intestinal Metaplasia in Patients With Barrett's Esophagus and Peaks at 18 Months.](#) *Clin Gastroenterol Hepatol* 2020 Oct;18(11):2609-2617.e2. pii:S1542-3565(20)30098-7

Barsuk JH, Cohen ER, Harap RS, Grady KL, Wilcox JE, Shanklin KB, Wayne DB, Cameron KA [Patient, Caregiver, and Clinician Perceptions of Ventricular Assist Device Self-care Education Inform the Development of a Simulation-based Mastery Learning Curriculum.](#) *J Cardiovasc Nurs*;35(1):54-65. doi:10.1097/JCN.0000000000000621

Barsuk JH, Wilcox JE, Cohen ER, Harap RS, Shanklin KB, Grady KL, Kim JS, Nonog GP, Schulze LE, Jirak AM, Wayne DB, Cameron KA [Simulation-Based Mastery Learning Improves Patient and Caregiver Ventricular Assist Device Self-Care Skills: A Randomized Pilot Trial.](#) *Circ Cardiovasc Qual Outcomes* 2019 10;12(10):e005794. doi:10.1161/CIRCOUTCOMES.119.005794

Bradley SM, Heiman HL, Bierman JA, O'Brien K, Cohen ER, Wayne DB [A mastery learning approach to education about fall risk and gait assessment.](#) *Gerontol Geriatr Educ* 2019 Aug 03;1-8. doi:10.1080/02701960.2019.1651725

Wilcox JE, Cameron KA, Harap RS, Shanklin KB, Grady KL, Cohen ER, Abicht TO, Adler ED, Alexy T, Alonso W, Beckman J, Bjelkengren J, Cagliostro B, Cogswell R, Colombo PC, Cotts W, Haglund NA, Haverstick S, Kiernan MS, Lambert B, LeMond LM, Lee S, Lerg G, Lindenfeld J, Mahr C, Meehan K, Pagani FD, Pan S, Pavone J, Um J, Yancy CW, Thinh D, Barsuk JH [Ventricular Assist Device Driveline Dressing-Change Protocols: A Need for Standardization. A Report from the SimVAD Investigators.](#) *J Card Fail* 2019 Aug;25(8):695-697. pii:S1071-9164(19)30413-0

Eppich WJ, Schmutz JB [From 'them' to 'us': bridging group boundaries through team inclusiveness.](#) *Med Educ* 2019 08;53(8):756-758. doi:10.1111/medu.13918

Eppich WJ, Dornan T, Reithans JJ, Teunissen PW ["Learning the Lingo": A Grounded Theory Study of Telephone Talk in Clinical Education.](#) *Acad Med* 2019 07;94(7):1033-1039. doi:10.1097/ACM.0000000000002713

Northwestern Internal Medicine has been a national leader in teaching residents using Simulation Based Medical Education (SBME) since 2006. See our full bibliography of simulation based curriculum on our residency website under 'curriculum' at medicine.northwestern.edu.

Living in Chicago



Enjoying the city

WHAT TO DO IN CHICAGO?

The Northwestern campus is located in downtown Chicago. This area is known as “Streeterville” and is known for its restaurants and close proximity to both the Michigan Avenue shopping district and the Museum of Contemporary Art across the street from the hospital campus. The Art Institute of Chicago, the River Walk, Millennium Park, Grant Park, and the Museum Campus are a walk or short cab ride away. The Museum Campus includes the Shedd Aquarium and Oceanarium, Adler Planetarium, and Field Museum. Chicago hosts seven professional sports teams, Broadway shows, and a wide-range of world famous musicians from classical at the Chicago Symphony Orchestra to leading hip-hop and alternative rock groups.

WHERE TO LIVE?

Approximately half of current residents live in the Streeterville area in high-rise apartments on or near the Northwestern campus. This enables them to walk to work as well as to public beaches on Lake Michigan. About one-third live in the Lincoln Park and Lakeview neighborhoods, which are comprised of lovely tree-lined streets, great restaurants, parks, and shops. Lincoln Park and Lakeview are a quick commute to the hospital and easily accessible by public transportation. The remainder of current residents live in other neighborhoods, including the South Loop, West Loop, River North, Wicker Park, and Bucktown.



The medical center is in the heart of downtown, a short distance from many eclectic neighborhoods including Bucktown, Andersonville, and Lincoln Park, all with their own unique restaurants, shops, and nightlife.



Our residents love to be social; with the incredible arts scene and restaurants, beautiful parks and lakefront, and many opportunities for nights at the ballpark or United Center, there’s always something to do with co-residents!

Campus Map

Find your way



Landsberg Society Member Graduate Perspective



Rachel Issaka, MD

- ▶ Born in Chicago, IL, grew up in Chicago, IL, Minneapolis, MN, and Ghana
- ▶ 2013 Alumnus, 2013-2014 Chief Medical Resident
- ▶ University of Michigan Medical School, Gastroenterology fellowship at UCSF, started as faculty at the University of Washington in Seattle, WA in 2018
- ▶ 2013 Marco Ellis Legacy Award Winner

WHAT DO YOU MISS MOST ABOUT NORTHWESTERN?

Definitely the people! The program leaders care deeply about cultivating excellent physicians and citizens, and impressively select and nurture the best people (program directors, administrators, attending physicians, chief medical residents, residents, staff, I could go on...), to ensure that this goal is met!



HOW WOULD YOU DESCRIBE NORTHWESTERN?

In a word – Exceptional! There are a few places that intentionally and thoughtfully integrate trainees into the fabric of the surrounding city. In doing so, I believe Northwestern trains exceptional clinicians who also become leaders and change agents passionate about improving health outcomes locally, nationally and globally.

HOW HAS NORTHWESTERN RESIDENCY PREPARED YOU FOR YOUR CAREER?

My residency training inspired my desire to build a career that aligned my personal passions with professional pursuits. As a first-generation African-American, first-generation college graduate, a gastroenterologist and health services researcher, I'm excited to bring these unique experiences to providing clinical care, conducting research that decreases colorectal cancer mortality disparities, and mentoring the next generation of great thinkers and problem solvers.

Faculty Perspective

Clyde W. Yancy, MD

- ▶ **Magerstadt Professor of Medicine**
- ▶ **Vice Dean, Health Equity**
- ▶ **Chief, Division of Cardiology**
- ▶ **President, American Heart Association, 2009-2010**
- ▶ **Deputy Editor, JAMA Cardiology**
- ▶ **Winner of Excellence in Teaching Award from junior medical students**

WHY DID YOU CHOOSE CARDIOLOGY?



Cardiology is a remarkable discipline; I consider it the high-touch high-tech field of medicine. A cardiologist must be comfortable at the bedside, attentive to a patient's concerns and then knowledgeable not only about the disease but also about the myriad

of today's treatment options. I personally love the mix of traditional medicine with the infusion of cutting edge science and contemporary technology.

I view medicine as the most engaging of professions and over the years have become a student of people. I learn most from listening to the experiences of others and working to address the needs of those at risk for or those affected by heart disease. Heart failure is especially attractive as it invokes a major burden on those affected but also leads to significant relief when appropriately treated. We have learned much from clinical trials in heart failure and I am eager to explore new directions in care. I have been in medicine long enough to realize that we have not yet fully achieved health equity, regardless of improving access to care. Arbitrary decisions are made daily that make it clear – as a function of age, gender, race, ethnicity and social circumstances that care patterns differ. We all need to work together to eliminate health care inequalities. These inequalities incur a cost, and if eliminated, would benefit everyone.




"I enjoy my work but when not working, I enjoy great food, good wines and live music. I exercise regularly, enjoy golf, cycling and have recently participated in a triathlon. Swimming is the big hurdle and swimming in Lake Michigan one day invokes a healthy amount of fear and respect!"



WHAT IS THE SINGLE MOST IMPORTANT DISCOVERY IN THE FIELD OF CARDIOLOGY FROM THE LAST FEW YEARS?

Over the last ten years, heart failure has gone from being a dismal diagnosis for which there was little that could be done to a disease where the expectation now is of improvement. It hasn't been one advance but the aggregate of all of the new drugs, devices and systems of care that has made the difference for this condition. We still have quite a ways to go but I am very optimistic that we are on the verge of fundamentally changing the heart failure experience.



We hope that the information in this brochure is helpful to you as you begin the interviewing process. Please feel free to contact us directly if you have any questions about our program. We look forward to virtually meeting and learning more about you!

Contact Us:

BRUCE L. HENSCHEN, JR., MD, MPH

Associate Professor, Medicine (General Internal Medicine)
and Medical Education
b-henschen@northwestern.edu

SAAD HUSSAIN

Residency Program Manager
Graduate Education
saad.hussain1@nm.org

BEVERLY BASIT

Education Coordinator
Graduate Education
beverly.basit@nm.org

KIMBERLY DOW

Education Coordinator
Graduate Education
kdow@nm.org

SOCORRO ESPARZA

Administrative Assistant II
Graduate Education
soesparz@nm.org

For more information please visit
medicine.northwestern.edu/education/residents

Northwestern Medicine® is the shared vision that joins Northwestern Memorial HealthCare and Northwestern University Feinberg School of Medicine in a collaborative effort to transform medicine through quality healthcare, academic excellence, and scientific discovery.

 **Northwestern**
Medicine®