

## Synergy Medical Education Alliance - General Surgery Residency Program – Program Facts

### Program Facts

- We are a fully accredited five year surgical residency program with two graduating residents per year.
- We are currently under good standing with the RRC and were recently approved for 4 years - until 2011.
- Residents complete between 900 and 1200 major cases by the time of graduation.
- Fellowship training:
  - While the majority of our graduates choose to go into private practice after graduation, a significant number of graduates have completed fellowships in Critical Care and Trauma, Cardiothoracic, Vascular, Colorectal, and Plastic surgery.
- General Surgery Boards:
  - Our graduates have maintained an acceptable pass rate on the General Surgery Boards.
- As a chief resident you are given the opportunity to attend a week long “Specialty Review in General Surgery” course (Osler Course). Residents are not required to use vacation or conference time days to attend the course and Synergy pays for all travel, lodging, registration and meal expenses.
- Synergy Medical provides free ongoing training and certification to residents in ultrasound, ACLS, ATLS and FLS.
- We have a certified Level 2 Trauma Center and an active Bariatric Center.
- Residents and staff are actively involved in teaching medical students in their third and fourth years of training including:
  - Third year Michigan State University students
  - Fourth year Michigan State University students
  - Third year Ross students
  - Fourth year Ross students
- Synergy Medical has an active 7-10 day international medical experience available to residents which is funded by Synergy and accredited to helping underprivileged nations in:
  - Guatemala
  - Belize
  - Others

### Program Structure

- Preceptor based – The residency program is structured in a preceptor format. Each resident in years one through four is assigned to a specific attending physician during each rotation. During the rotation, residents are expected to spend their time working with their assigned attending in all aspects of their practice. Call is scheduled separately. We have found the preceptor based format to be very effective at allowing residents to gain experience in how a private practice functions as well as providing extensive operative experience.
- Our Surgery Office is a “chief run” service incorporating a chief resident plus junior resident, off-service residents and medical students.

### Resident Information

- There are two categorical positions available for each year of residency with two graduating residents per year. We do not currently offer any preliminary positions.
- There are no other surgical residencies or fellowship programs to compete with.

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**Rotations** – Rotations are offered in all the major specialties. All rotations are currently offered in Saginaw with the exception of Transplant Surgery which is offered at the University of Michigan in Ann Arbor. All rotations listed below are for the first four years. Additional information can be found in the [curriculum](#) section.

<b>Principle Components (42)</b>	<b>PGY1</b>	<b>PGY2</b>	<b>PGY3</b>	<b>PGY4</b>	<b>PGY5</b>	<b>Total</b>
General Surgery	8 6		8	6 40		39
CC/Trauma	2 1		1	1		5
Vascular	1			2	3	
Abdomen-Colorectal				1	1	
ENT	1			1		
<b>Total Category</b>						<b>50</b>
<b>Secondary Components</b>						
Anesthesiology	1			1		
Thoracic				2	2	
Gynecology	0.5			0.5		
Neurosurgery	1			1		
Pediatric Surgery				2		
Plastics			2	1		
Transplant	1		1	1		
Research	0.5			0.5		
<b>Total Category</b>						<b>9</b>
<b>Non Surgical Clinical Disciplines (6)</b>						
Internal Medicine						
Pediatrics						
Gastroenterology						
Anesthesiology (counted twice)	1					
Pathology	0.5			0.5		
Radiology	0.5			0.5		
<b>Total Category</b>	<b>12 12</b>		<b>12</b>	<b>12 12</b>		<b>1</b>
<b>Total Rotation Time</b>						<b>60</b>

### Call and Hours

- There is one resident on call at each of the two hospitals daily.
- Shifts are from 5 pm to 8 am on weekdays, and from 8 am to 8 am on weekends.
- Call shifts are distributed evenly by resident year with the average number of shifts being 8 per month for first year residents and 6 per month for fourth year residents.
- Call rooms are provided at each of the hospitals. Covenant provides a complete call room facility complete with community area, showers, and a private, secure, and spacious room for surgical residents with a computer, TV, new bed, and high speed internet access. Saint Mary's hospital also provides a secure, private call room with a TV and high speed internet access. SESAP-13 and Access Surgery (online curriculum) is readily accessible at both hospital call rooms.
- We are compliant with current RRC work hour standards. Residents are not to work more than 80 hours per work averaged over four weeks, no more than 30 hours in a row without a 10-hour break, and are expected to have four 24 hour periods off every four weeks. All residents are required to log their work hours on [GMEone.com](#), a web based tracking site.

### Education

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- Books provided:
  - *Surgery, Scientific Principles and Practice, Greenfield et al.*
  - *Principles of Surgery, Schwartz*

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- Access Surgery:
  - This is a web based program broken up into 13 four week blocks which includes identified reading assignments, videos detailing operative procedures and questions for each block. We also have access to journal articles via Pub Med and OVID as well as covering an assortment of on line based textbooks. The curriculum topics are organized into 28 organ system-based categories divided over 13 blocks to complete a one year course of study. The numerous educational topics have been categorized by the SCORE-patient care curriculum classification systems.
  - Access Surgery includes the following on-line books:
    - CURRENT Surgical Diagnosis and Treatment, 12th Edition
    - Schwartz's Principles of Surgery, 8th Edition
    - Trauma, 6th Edition
    - Maingot's Abdominal Operations, 11th Edition
    - Obesity Surgery: Principles and Practice
    - Principles of Critical Care, 3rd Edition
    - Zollinger's Atlas of Surgical Operations, 8th Edition
    - Skandalakis' Surgical Anatomy
    - CURRENT Diagnosis & Treatment in Otolaryngology - Head & Neck Surgery, 2nd Edition
    - Smith's General Urology, 17th Edition
    - CURRENT Consult Surgery
- Conferences and Lectures:
  - Surgical Grand Rounds
  - Trauma Rounds
  - Morbidity and Mortality
  - Basic Sciences lectures
  - Mock oral lectures – Grand Rapids & Saginaw
  - Tumor Boards
  - Journal Club
  - Surgical Conferences
  - Tuesday morning textbook review & questions from SESAP/Access Surgery
- ABSITE:
  - Synergy Medical participates in the American Board of Surgery In-Service Training Examination
- Board Review
  - The Osler Institute 'Specialty Review in General Surgery' - Every year, the chief residents attend this conference with all expenses paid.
- We have been chosen by SAGES as a beta test site for the implementation of a new five year curriculum sponsored by the ACS called SCORE.
- We have been given a grant for the new FLS (fundamentals of laparoscopic surgery) simulation for which all of our residents will be certified.
- Bariatric and trauma centers
- International medical experience

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- Medical students
- ATLS, ACLS, FLS certifications

### Research

- Saginaw has outstanding research and publication opportunities. Synergy Medical has a supportive Research Department dedicated to helping residents and faculty in their research endeavors.
- Residents are expected to conduct one research project each academic year. The research project is to be presented at the annual J.E. Manning research day. Many residents are able to have their research published or presented at additional conferences with all expenses paid for up to 3 days.
- The Knowledge Services Department provides extensive support for resident research including free access to OVID/PubMed and other medical data bases, free photocopying, inter-library loans and state of the art audiovisual equipment for presentations.
- The Knowledge Services Department is available to residents 24 hours a day.
- Residents are encouraged to present at national conferences. If chosen to present at a conference all conference, registration, travel and meal expenses are paid for by Synergy for up to three days.
- Residents have actively participated in “Surgical Jeopardy” at the American College of Surgeons annual conference and, if chosen, all expenses are paid for this conference.

### Hospital System

- Covenant Health Care and Saint Mary’s Hospital are the two principle hospitals in Saginaw that have affiliations with the residency program.
- Combined 968 beds.
- Large patient referral base of over 800,000 which comes from the 14 surrounding counties which include much of the northern and central parts of the southern peninsula of Michigan.
- Dedicated regional Burn and Trauma Unit.
- Pediatric Intensive Care Unit.
- Neonatal Intensive Care Unit.
- State of the art Neurosurgical Intensive Care Unit.
- Advanced cardiac and cardio thoracic services.
- Advanced neurosurgical services.
- New, state of the art surgical theaters.
- Advanced imaging and diagnostics capabilities.

### Affiliations

- **Michigan State University**  
Synergy Medical is an affiliate campus of Michigan State University College of Human Medicine (MSU/CHM). Benefits include: resources of a major university, resident academic appointments, opportunity to teach 3rd & 4th year MSU/CHM students.
- **University of Michigan**  
Synergy Medical also shares close ties with the University of Michigan. Our residents spend one month in Ann Arbor for Transplant Surgery. In addition, University of Michigan faculty provided several guest lectures through out the year.
- **Bay Medical**

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Synergy Medical does not have direct affiliations with Bay Medical Regional Hospital in Bay City, however, surgical residents are given privilege at these hospitals for select rotations.

- **Mid-Michigan Hospitals**

Synergy Medical has an affiliation with Mid-Michigan Hospital in Midland, Michigan, where 4th year residents do a two month thoracic rotation.

### Salaries and Benefits

Post Grad Year	Salary	Educational Expenses	Vacation
PGY-1	\$44,572	\$1,000	3 weeks
PGY-2	\$46,148	\$1,250	4 weeks
PGY-3	\$47,690	\$1,450	4 weeks
PGY-4	\$49,216	\$1,750	4 weeks
PGY-5	\$50,547	\$1,750	4 weeks

- **Health Insurance**

- Blue Shield/Blue Cross of Michigan, \$40 co-pay, prescription coverage

- **Dental Insurance**

- Includes annual care and orthodontia

- **Life Insurance**

- 2x annual salary, free to employee

- **Long-Term Disability**

- \$2000 to \$2500 monthly benefit, no-cost

- **Vision Insurance**

- Covers frames/lenses/contacts every 24 months

- **Malpractice Insurance**

- Synergy Medical funded, \$100K/occurrence, \$300K aggregate

- **Membership Dues**

- Provided to appropriate specialty associations & American College of Surgeons

- **Sick Leave**

- 12 days per year, maximum accrual of 60 days

- **Vacation Leave**

- 1st year - 3 weeks, 2nd & up - 4 weeks.

## **Synergy Medical Education Alliance - General Surgery Residency Program – Program Facts**

- **Travel & Conference Reimbursement**
  - Provided for educational and research related conferences
- **Educational License**
  - Expense reimbursed for all years of residency
- **Moving Allowance**
  - \$1000 moving allowance for first year of training (no receipts required). Taxable income for year paid.
- **Employee Assistance Plan**
  - Counseling for staff and family provided at no cost
- **House Staff Computers**
  - Provided at no cost with free LAN and Internet access
- **Flexible Benefits Plan**
  - Pre-tax deduction for dependent or medical care
- **PDA Reimbursement**
  - Residents receive funds to purchase a PDA
- **Free unlimited Internet access & e-mail**

### **Additional Perks**

- As a chief resident you are given the opportunity to attend a week-long "Specialty Review in General Surgery" (Osler course). Residents are not required to use vacation or conference time days to attend the course and Synergy pays for all travel, lodging, registration and meal expenses.
- Residents receive a stipend at the beginning of each academic year which covers meal allowance as well as lab coats.
- Resident assistance is available with a home mortgage down payment. (the housing market is so affordable in Saginaw that many residents choose to buy their homes instead of renting).
- Synergy Medical provides free training to residents in ultrasound, ACLS, ATLS, & FLS.
- Traveling in and out of the area is facilitated by a very convenient Midland/Bay City/Saginaw (MBS) International Airport.
- Saginaw is a one and one-half hour drive or less to most metropolitan areas in Michigan (Lansing, Detroit, Ann Arbor, Flint). Lansing and Ann Arbor are home to Michigan State University and the University of Michigan respectively.
- Saginaw is a safe, family-oriented community with good schools and lots of local activities for the family.
- Mid-Michigan provides tremendous opportunities for outdoor activities, including hunting, fishing, boating, skiing, mountain biking, and golf.
- Birch Run, one of the largest outlet malls in the country is just a thirty minute drive from the hospitals.

## **Synergy Medical Education Alliance - General Surgery Residency Program – Program Facts**

- Saginaw has over two dozen affordable private/public golf courses. Michigan has been rated in the top five of states for golf courses per capita.
- Synergy Medical has an active 7-10 day international medical experience which is funded by Synergy and accredited to helping underprivileged nations in Guatemala, Belize, and other places.
- Residents who present at national or local conferences have all expenses paid for by Synergy for up to three days.
- Residents are given an opportunity to participate in “Surgical Jeopardy” at the American College of Surgeons annual conference with all expenses paid for by Synergy Medical.
- Residents are provided ongoing training and certification in ACLS, ATLS and FLS which is paid for by Synergy Medical.

### **How to Apply**

- Synergy Medical Education Alliance participates with the Electronic Residency Application Service ([ERAS](#)) and the National Resident Matching Program ([NRMP](#)).
- Synergy Medical is also a proud participant in the NRMP [Couples Match](#).