

Ventura County Family Medicine



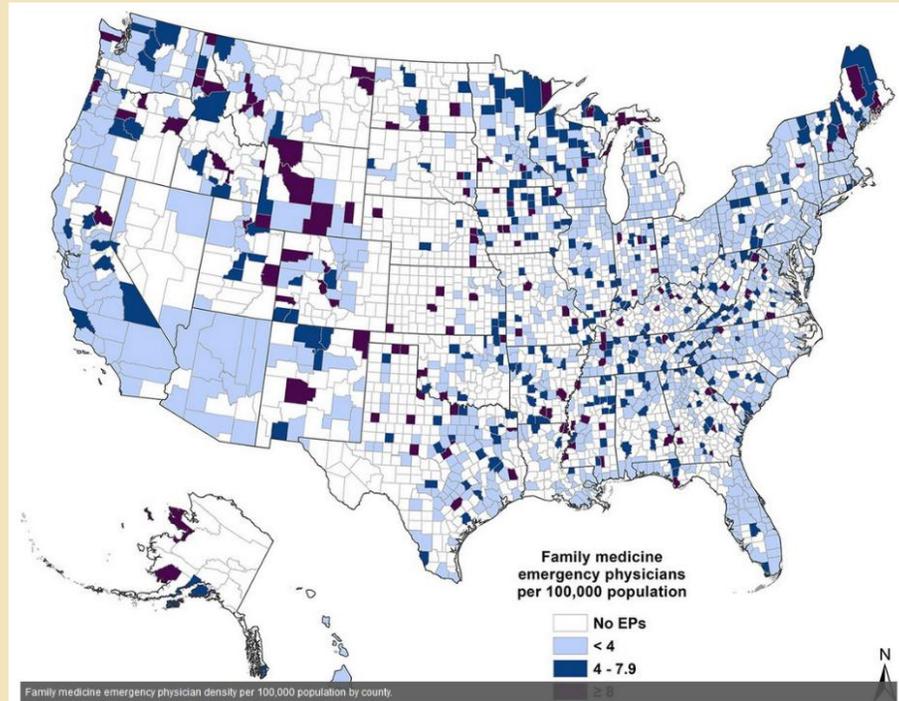
We are full spectrum Family Medicine.
Our graduates are empowered to serve with
continuity of care in all settings, valuing all peoples.

"The idea that some lives matter less is the root of all that is wrong with the world."



Family Doctors Create Access

EMERGENCY CARE



OBSTETRICS

67% of rural hospitals have FM deliver babies

27% of rural hospitals have *only* FM deliver

33% of rural counties have *only* FM to do C-sections

Here at Home: Ventura County

VC Public Health Top Priorities (2025)

1. Behavioral Health (alcohol, opioids, teen suicide)
2. Older Adults' Health (chronic diseases)
3. Women's Health (Breast cancer)

Family Doctors Improve Equity

Scope of
Practice

Care across
lifespan

Preventive
Care

Community
Involvement
and Advocacy

Continuity
Relationships

What makes VCMC Stand Out

Top-notch residents

Robust inpatient training

- As much hospital medicine as many IM programs
- ER time >4x required
- Critical care training
- FM residents run Traumas
- OB with high-risk and surgical training

Excellent specialist teaching

Complex continuity practice

55 Years of Alumni Impact



Leadership



Academics



Rural



Global



Local
Workforce

Grads put skills to use where they're needed most

FQHCs: 4x national average

Deliver babies: 5x national average

100% prepared for inpt procedures

- LP, intubation, vent management, CVC, thoracentesis

Income >\$300k: 2x national avg

Far above national average in comfort with:

Newborn hospital care	Adult inpatient medicine	ICU
End of life care	EMBs	IUDs & LARCs
OB US	Joint aspiration/injection	POCUS
Circumcision	Buprenorphine	Hep C treatment

Why a 4th year? Need to evolve

Decreased Training Time

More To Teach

Burnout is Real

Shifting Medical Landscape

Personalization



FM-AIRE

FAMILY MEDICINE - ADVANCING INNOVATION IN RESIDENCY EDUCATION

4-Year Block Diagram

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
VCMC Block Diagram	R1	Inpatient Medicine (9 wks)									Surgery (3 wks)	ICU (3 wks)	OB & Women's Health (6 wks)			ER Nights (3 wks)	Pediatrics (3 wks)	Sports Medicine (3 wks)	Med/Peds Nights (3 wks)	Community Health (2 wks)	Anesthesia & Palliative Care (3 wks)	Repeat Core Rotations x2 (7 wks)							Backup/Selective (3 wks)	Vacation (4 wks)																						
	R2	Inpatient Medicine (9 wks)									Surgery Nights (3 wks)	ICU/OB Nights (3 wks)	OB & Women's Health (6 wks)			ER (3 wks)	Pediatrics (6 wks)		Geriatrics (3 wks)	Community Health (2 wks)	Elective (3 wks)	Repeat Core Rotations x2 (7 wks)							Backup/Selective (3 wks)	Vacation (4 wks)																						
	R3	Med/Peds Nights (3 wks)	ICU/OB (3 wks)	Pediatrics (6 wks)			ER Nights (3 wks)	Sports Medicine (3 wks)	Backup/Selective (6 wks)			Integrated Fellowship <i>Residents will have half of each of their PGY-3 and PGY-4 year dedicated to their integrated fellowship. Integrated fellowship blocks and the standard PGY-3 & -4 blocks listed below will alternate throughout the year.</i>																Vacation (4 wks)																								
	R4	Med/Peds Nights (3 wks)	ICU (3 wks)	Pediatrics (6 wks)			Surgery (3 wks)	OB & Women's Health (3 wks)	Backup/Selective (6 wks)																			Vacation (4 wks)																								

Integrated Fellowships

Addiction Medicine

- ACGME-Accredited
- ADM Clinic
- Backpack Medicine
- Detox Unit
- SUD in Pregnancy
- Behavioral Health

OB

- C-Sections & Surg Assist
- L&D 'Chief'
- High Risk OB & Women's Clinics
- Planned Parenthood

Global/Rural

- Supplemental Core (OB, Medicine, Surgery, ER)
- Tropical Medicine
- ID/HIV/TB
- 3x 2-month away blocks

Hospital Medicine

- Hospital medicine at VCMC and SPH
- Procedures
- Teaching
- Subspecialty Elective

Expert Generalist

- Integrative Medicine
- Faculty Development
- Reproductive Justice
- Pediatrics
- ER/Crit Care
- *(your vision here)*

What our 4 year grads will earn

Personalized, full spectrum training

- Work in hospital/ER/ICU settings
- Deliver babies, including HROB/C-sections
- Procedural skill
- Continuity practice

Well-Being

Burnout by Specialty

Specialty	1+ burnout symptom
Emergency Medicine	57%
Internal Medicine	51%
Obstetrics and Gynecology	51%
Family Medicine	51%
Pediatrics	50%
Hospital Medicine	44%

4y: decompress and customize

Spread out core rotations

Backup system

Adjustable pace of learning

Agency: choice of concentration

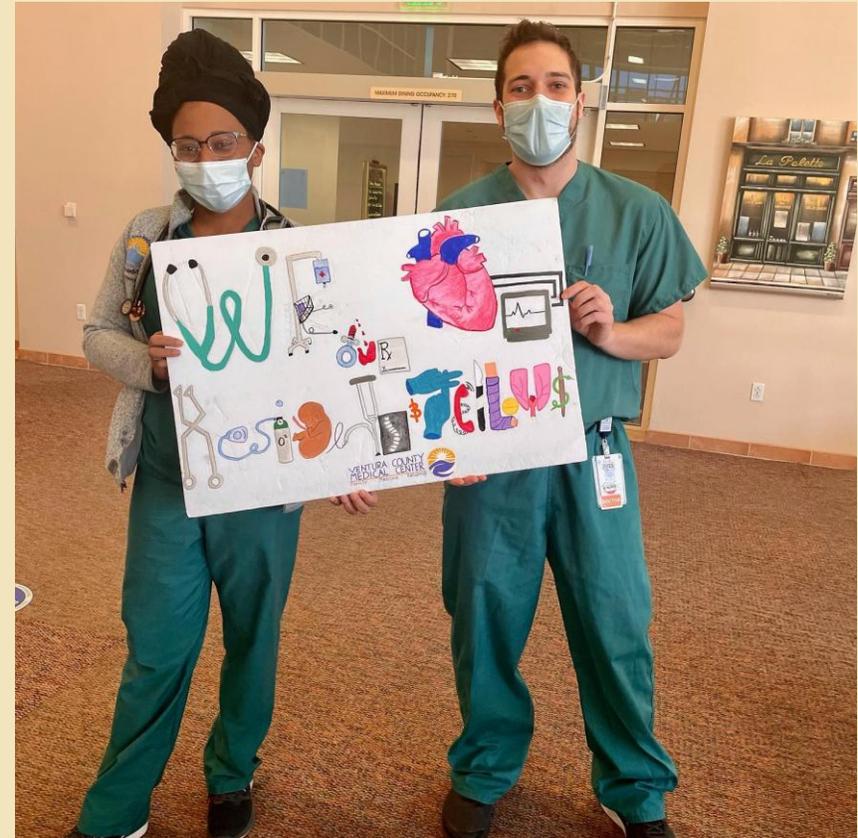
Faculty advisor and fellowship director

DEI Commitment

The Ventura County Medical Center Family Medicine Residency Program recognizes the value of diversity, inclusion and equity.

We believe in fostering an environment that empowers residents of all races, ethnicities, gender identities, sexual orientations, religions, socioeconomic statuses, ages and life experiences to thrive.

We commit ourselves to addressing systemic racism, individual biases and other barriers in order to promote a safe and supportive environment in which all residents may realize their full potential as Family Physicians.



Program Improvements Since '24



Core Conference: new time, better protected



Workload: caps, cross-cover support



Inpatient Surgery Redesign

Ventura, California

Channel Islands
National Park offshore

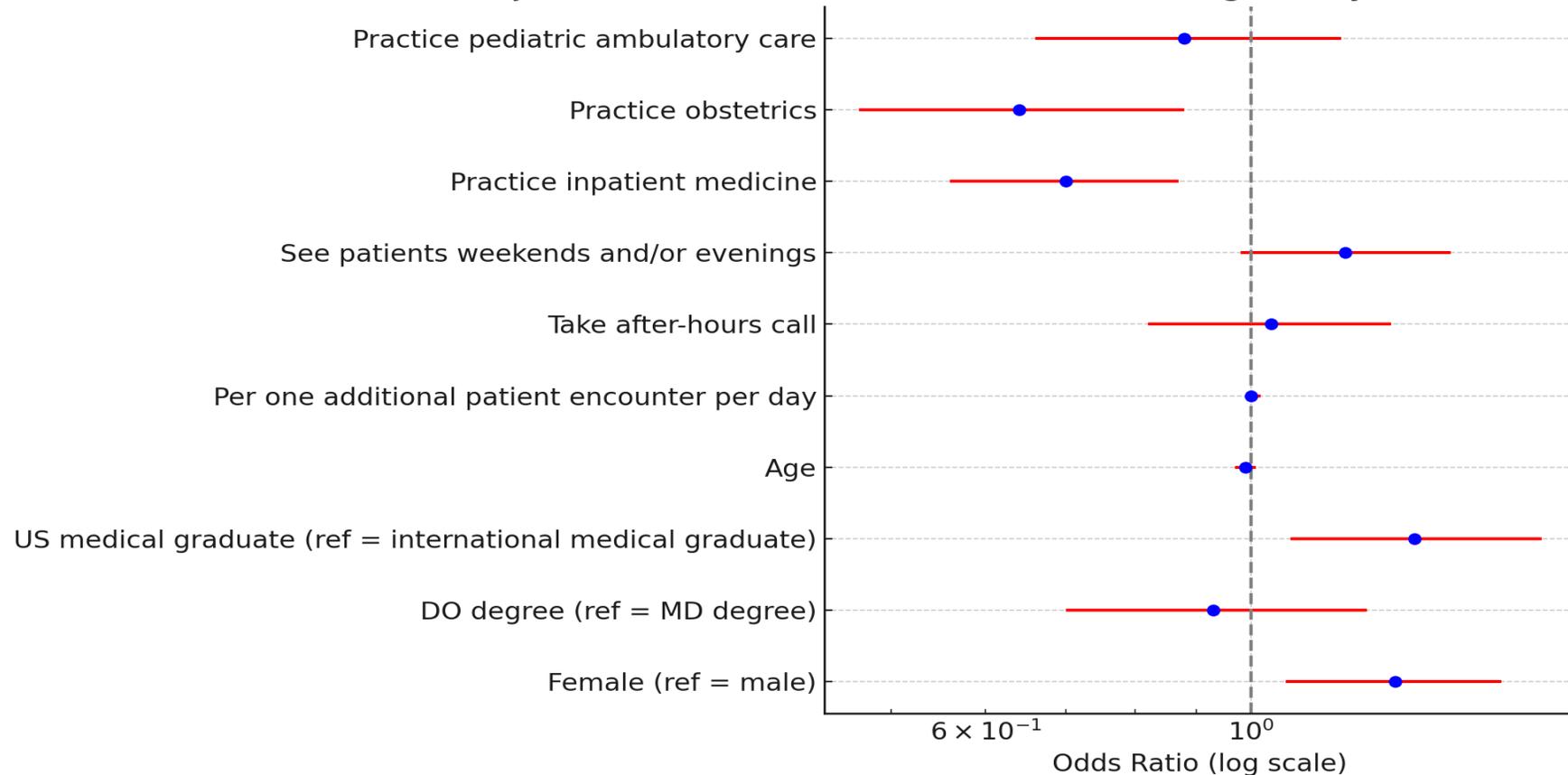
Hospital -> Beach:
10min

California's Largest
National Forest: 30
min

Santa Barbar: 30 min
Los Angeles: 1 hour

Scope of Practice and Burnout

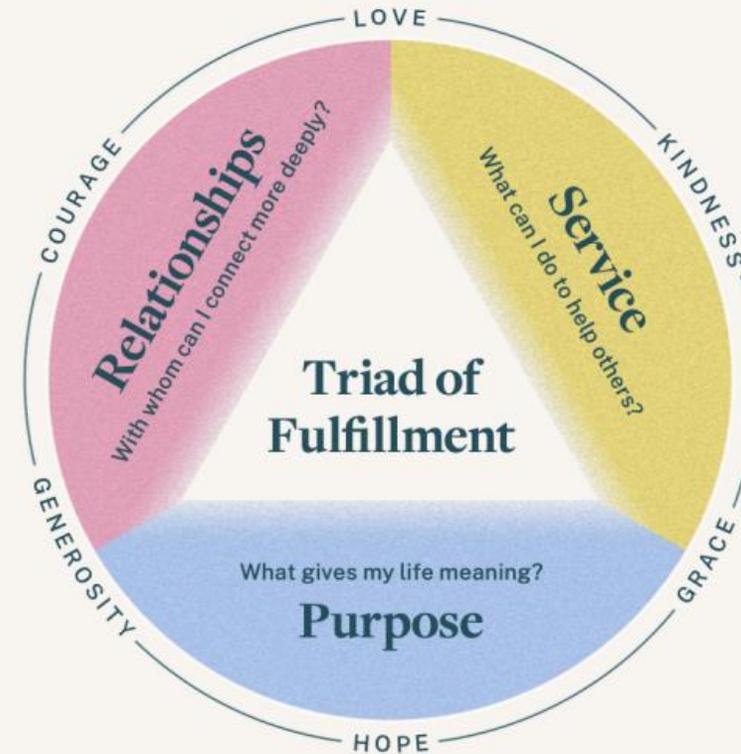
Adjusted Associations With Burnout Among Family Medicine Residency Graduates



Being Well

The Triad of Fulfillment

*The core elements of **community**—relationships, service, and purpose—also define the triad of fulfillment. When combined with the core virtue of love, they create an ecosystem for meaning and belonging.*



Is VCMC for you?

Rigorous, full spectrum training to prepare you for any setting

A personalized, sustainable path through training

Supportive, mission-driven community