

SANTA BARBARA COTTAGE HOSPITAL

Internal Medicine Rotation Application Package

Dear Medical Student:

This is an application package for a four week Internal Medicine Sub-I rotation at Santa Barbara Cottage Hospital. You **must be in your fourth year of medical school** as of the rotation dates you request.

We do not accept any medical students from mid-June through the end of July.

To begin this process, complete the application form and email it with your current CV to imresidency@sbch.org as soon as possible. Our Program Director will review each application for approval. Please do not contact your medical school for documentation until you are informed that your application has been approved.

In choosing desired rotation dates, please note that our rotations may begin on any Monday (subject to availability) and end on Friday of the fourth week. You must indicate first, second and third choice rotation dates.

It is essential that you read **all** of the information provided in this application packet. Please pay special attention to the information regarding the housing we offer.

If you have any questions, please contact me via email at imresidency@sbch.org.

Sincerely,

Anabel Fernandez
Institutional Coordinator/IM Program Assistant
Internal Medicine
Santa Barbara Cottage Hospital



INTERNAL MEDICINE

Externship Application

Name _____ Date of Birth _____

Email _____ Cell Phone _____

Mailing Address _____

City/State/Zip Code _____

Citizenship/Visa Status _____

Premedical Education _____

Medical School _____

Expected Month and Year of Graduation _____

Name of hospital where third-year Internal Medicine clerkship was performed and dates of the clerkship

Medical School Coordinator's Name _____

Medical School Coordinator's Email _____

USMLE or COMLEX Part 1: Pass Fail USMLE or COMLEX Part 2: Pass Fail

Planned Career Specialty (Internal Medicine, Radiology, etc.) _____

Explain why you are interested in our Sub-Internship at Santa Barbara Cottage Hospital: _____

ROTATION DATES

August 3, 2026 -
August 28, 2026

September 8, 2026 -
October 2, 2026

October 5, 2026 -
October 30, 2026

November 2, 2026 -
November 27, 2026

November 30, 2026 -
December 25, 2026

January 4, 2027 -
January 29, 2027

February 1, 2027 -
February 26, 2027

March 1, 2027 -
March 26, 2027

March 29, 2027 -
April 23, 2027

April 26, 2027 -
May 21, 2027

Please submit a letter of evaluation from the Preceptor of your preliminary junior year rotation for Internal Medicine. A completed evaluation with narrative comments describing your performance is also acceptable. If you have not yet completed an internal medicine clerkship, an evaluation from another clerkship will be accepted.

Rotations are four weeks in length and may start on any Monday (subject to availability) and end on Friday of the fourth week. Please indicate your preference for rotations with first and second choice being ideal rotation, and third choice as alternate date.

First Choice Rotation Dates:* Start _____ Finish _____

Second Choice Rotation Dates:* Start _____ Finish _____

Third Choice Rotation Dates:* Start _____ Finish _____

***Rotations not available from mid-June through end of July.**

CONTINUED...

INTERNAL MEDICINE **Externship Application** CONTINUED...

Sub-intern must have finished three (3) full years of medical school or its equivalent (at least one year of clinical experience) and must be a fourth-year student during the actual rotation period.

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If it is available, will you like housing? Yes No

If yes, are you male or female? Male Female

If housing is not available, will you still accept this rotation? Yes No

Housing is not available May-August.

.....
How did you hear about our program? (optional) _____

Signature _____ Date _____
(Type your name if submitting application electronically)

EMAIL: imresidency@sbch.org



Course Description

Santa Barbara Cottage Hospital is a community hospital with an active Internal Medicine teaching program. Residents and fourth-year medical students care for both private and non-private patients under the direct supervision of attending physicians. A large, voluntary teaching staff attends the private patients; the non-private patients are seen by the teaching attending physicians. A multitude of consultants are available for either private or non-private patients.

There are four internal medicine on-call teams; these include two supervising senior residents (R-2 or R-3) and two R-1s. R-1s and students are responsible for dictated admission histories and physical exams on new patients and for daily progress notes and discharge planning thereafter. Each resident and medical student on the “wards” cares for a mixture of private and non-private patients as well as a mixture of general medicine and ICU/CCU patients. At all times, a senior resident supervises R-1s and students. The fourth-year students function as first-year residents except they are responsible for fewer patients and have more supervision. It is anticipated that the student will be responsible, with the immediate supervision of a senior resident, for the management of three to five patients at any given time. Students present their own patients at morning intake/teaching conference and at attending rounds. In addition, there are many weekly conferences and special lectures available at the hospital.

The patients admitted to the Internal Medicine service exhibit a wide range of disease entities. Students and residents are encouraged to pursue independently the understanding of these entities; in addition, they are the beneficiaries of the guidance and supervision of more than 100 internists/subspecialists on the teaching staff. The American Board of Internal Medicine certifies all of the members of the teaching staff, and approximately 80% are certified in a subspecialty area. The members of both the voluntary and full-time teaching staffs are dedicated, responsible and skilled physicians whose enthusiasm is vital to the ongoing success of our teaching program.

Upon completion of the clerkship, evaluations for the student’s performance are completed by the attending physician. We will gladly complete the required form from the student’s own medical school.

Externships

Externships for fourth year medical students are offered in the following areas:

1. Internal Medicine
2. Diagnostic Radiology
3. General Surgery
4. Pediatrics

There are no sub-specialty rotations offered. The rotations are four weeks in length. A rotation may start on any Monday and end on Friday of the fourth week. Externships are available at any time of the year and applications should be made at least four months in advance. Please note, however, that there are no Internal Medicine rotations offered starting mid-June through the end of July. Due to the individualized attention afforded each and every student, we accept only a limited number of fourth year students at any one time.

REQUIREMENTS

1. Completion of three years of medical school education, including at least one year of clinical experience prior to the time of appointment.
2. A letter of recommendation or an evaluation with narrative comments from your Internal Medicine clerkship preceptor, a letter of evaluation from another clerkship will also be accepted.
3. Completed application

RESPONSIBILITIES

1. The extern doing an Internal Medicine or General Surgery rotation will be assigned to a ward team and function as an integral part of that team. The extern will have the opportunity to evaluate patients, dictate history and physicals, write progress notes, participate in procedures, and have clinical responsibility for patient management under the guidance of a senior resident and attending physician. Orders may be written by the extern, but must be co-signed by the supervising resident or attending physician.
2. Externs in Diagnostic Radiology will participate in the usual teaching activities and clinical care offered by the Radiology Department. Radiology externs are required to wear their white lab coats during the rotation. In order to achieve Honors as an overall/final grade, the extern is required to complete one oral presentation on a topic of interest. Further information on the report and presentation will be provided by the Radiology Residency Coordinator at the beginning of the rotation.

HOUSING

Complimentary housing is provided to medical students, but availability is limited and is given on a first-come, first-served basis. Please be aware that housing apartment is usually shared with another extern of the same sex. **Accordingly, no family, friends or pets are permitted to stay in extern housing. Also, there is a strict no smoking policy enforced in the student apartments.**

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We expect you to live quietly in the housing as there are permanent tenants in the building and you must be considerate of the neighbors. Housing can only be guaranteed once all paperwork is received from the student's medical school **AND** the student has signed and returned the Externship Agreement.

RESOURCES

There is an excellent Medical Library with free copying and computer privileges for residents and students. Wi-Fi is available throughout the hospital.

EVALUATION

Performance reports will be submitted to the Dean of the extern's medical school following completion of the externship.

ADDITIONAL INFORMATION

For additional information please contact:

Anabel Fernandez, Institutional Coordinator/IM Program Assistant
Santa Barbara Cottage Hospital | imresidency@sbch.org

INTERNAL MEDICINE SUBINTERNSHIP

Curriculum Guidelines

The goal of the Internal Medicine Residency at Santa Barbara Cottage Hospital is to make your Subinternship the best educational and clinical experience possible. Subinternship is a preparation for actual Internship. There are four areas of concentration: clinical experience and responsibility, feedback and coaching, directed and self-directed learning, and evidence-based medicine. You will be doing a great deal of hard work and learning. After your rotation is complete, you should feel a great sense of pride in what you have learned and accomplished.

CLINICAL EXPERIENCE AND RESPONSIBILITY

Subinterns are maximally involved in patient care!

ON CALL

- As a Subintern your goal is to do two complete H&Ps and assume responsibility for the ongoing care of these two new patients during call.
- You will play an active part in all treatment decisions related to your patients. Be aware and take part in the rationale for every order written.
- Be prepared to present your cases post call during either intake rounds or morning report.
- When "on call," stay by the side of your Intern or Resident; be their shadow. If possible, observe the evaluation of all patients they may see during a call day.

CONTINUED...

ONGOING PATIENT CARE

- Write daily progress notes on your patients and present the clinical updates to your Attending on daily “rounds.”
- You are expected to be curious about and aware of the presentation, diagnosis and management of all of the patients on your team. Read the charts for all the patients on your team. Ask intelligent questions on Rounds to show your interest and involvement.
- With the help of your Resident, take the lead in discussions with your patients and their families. This will enable you to gain experience in educating about diagnoses, breaking bad news or having end-of-life goal discussions.
- With your Intern, give verbal sign out to the on-call Resident.
- Be sure to observe any Resident procedures on your patients (i.e. lumbar puncture, paracentesis, central line, etc.). Be aware of proper technique, indications and risks of all procedures. Before any procedure, watch the NEJM procedures videos available at nejm.org.
- If possible, you should attend and observe any specialized procedures (i.e., cardiac catheterization, endoscopy, bronchoscopy, etc.) being done on your patients. Be the first to report results back to your team.

SCHEDULE

- As a Subintern you are expected to be present in the hospital when “on call.” The exception to this is if you have previously completed your two H&Ps and there seems to be no further clinical activity to learn from that evening. You are expected to stay as late as necessary in order to finish evaluations and to participate in any necessary care of your patient. Written H&Ps must be in the chart before going home for the evening.
- Like Interns, Subinterns will have one day off per week. The Attending must approve any exceptions to this rule.
- Be sure to go over the schedule with your Resident on the first day of your rotation to clarify call days and days off.

FEEDBACK AND COACHING - ASK FOR IT!

- For each H&P and Progress Note written by you should be reviewed with the Resident. Ask them to critique your note and give feedback for improvement. Focus especially on writing an intelligent and accurate Assessment and Plan of Care.
- Our verbal case presentations limit the focus to only pertinent positive and negatives from your H&P. Be sure to ask your Resident for coaching tips on presenting at both Intake Rounds and Morning Report.
- During the first week of rotation, each Subintern should have a Resident observe the performance of a complete History and Physical on a patient in the ER. Ask for verbal feedback.
- If you have any problems let your Resident and/or your Attending know about it as soon as possible.
- Ask both your Resident and Attending to sit down with you at the end of your rotation so you may receive formal feedback and reflection on your experiences.

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MAXIMIZE YOUR DIRECTED AND SELF-DIRECTED LEARNING!

- To prepare for post-call presentations, read in detail about each patient you admit.
- For each patient you admit, do a literature search and present the findings to your team. For particularly relevant articles you find, share a copy with the team. Ask your Resident for guidance if needed.
- With the help of your Resident or Attending, find appropriate patient-driven topics to read about. You can then present what you have learned to the team on "Rounds."
- Attend Morning Report. Come to all Noon Conferences and Grand Rounds.
- Attend weekly Faculty or Chief Resident-run medical student didactic sessions. These are often spontaneous, but there may be scheduled talks that the program coordinator will inform you of.

EVIDENCE BASED MEDICINE - BUILD YOUR SKILLS!

- All Subinterns should become familiar with the SAGE Medical Library. Feel free to ask library staff for help with searches and/or article requests.
- Work with your Resident and Attendings to generate and answer a relevant EBM based clinical question related to the patients you admit. Demonstrate your research and findings to your team.
- Force yourself to go beyond "UpToDate" as your sole research tool.
- Become familiar with the popular medical journals in the field of medicine you plan to enter. Talk to Residents and Attendings about the merits of the different journals. Order a subscription at the reduced student price and begin building the habit of lifelong learning.
- Attend and participate in the monthly Journal Club noon conference. Be sure to obtain articles ahead of time from the Medical Education Office.
- Locate, read and discuss National Specialty Society Clinical Guidelines with your Resident in relation to your patients' medical problems. Review with your team.
- Organize a student medical jeopardy team. Study the assigned pages and then beat the Residents in the monthly noon conference jeopardy competition – ask program coordinator for details.

These rigorous guidelines should make your month at Santa Barbara Cottage Hospital both a challenge and a positive learning experience. It is our hope that through your hard work you will not only feel a sense of accomplishment but will also build a passion and excitement for the learning and practice of Internal Medicine.

Should you have any questions regarding these guidelines, please contact Thaddeus Bordofsky, MD, Associate Program Director, at 805-569-7315 or tbordofsky@sbch.org.

