



MCEP Residency Spotlight: Sparrow Health- Lansing/MSU

www.mcep.org

Quick Facts

Location

Lansing, MI

Length/Type

4 year

Training Site

Community

ED Volume

100,000

Shift Length

8-12 hours

Shifts per Month

16-18

Elective Weeks

12

Critical Care

24

Ask the Program Director: Dr. David Castle

What is your programs philosophy?

Sparrow-Michigan State University strives to train Emergency Physicians who:

- are top tier community physicians who will be leaders in their institutions.
- develop a broad skill set allowing them to staff any size emergency department
- will be comfortable caring for the full spectrum of patients, including pediatric, geriatric and the very sick emergency patient
- will practice compassionately and evidence-based
- will be able to manage multiple patients in parallel and provide appropriate oversight of pre-hospital providers.
- will competently perform the administrative responsibilities of emergency medicine
- develop effective charting skills, creating sound medical documents including attention to risk management
- will critically evaluate the medical literature, understanding research methodology and clinical trial design
- will successfully complete the American Board of Emergency Medicine and/or American Osteopathic Board of Emergency Medicine Qualifying and Oral examinations
- learn to balance a career in Emergency Medicine with a healthy lifestyle.

What sets your Emergency Medicine Residency program apart from others?

Sparrow is one of the oldest Emergency Medicine programs. We have been training EM physicians for over 35 years. Our program offers a two hospital clinical experience that gives residents exposure to a Tertiary/Academic center that is a level 1 trauma center as well as a Community Hospital setting. The two settings provide solid experience in an academic setting, a high acuity setting, readily available specialist services including pediatric intensivists, trauma service and stroke service. Our community hospital exposes residents to the everyday practice of emergency medicine outside of the tertiary care setting. Residents are able to gain experience in a setting that does not offer all of the specialist backup afforded in a bigger center. In addition, we offer a rural EM experience as well.

What type of population does your base hospital serve?

Sparrow and McLaren-Greater Lansing serve an urban population as well as a large suburban and rural population. We have a large catchment area in Mid-Michigan that serves to provide services to a full range of pathology and trauma. In addition, we are blessed to have the diversity of patient's that a Big Ten University brings to the community. We see patients from all over the world via the university. This international patient population affords opportunities to see patients with all varieties of disease processes not commonly encountered in the typical US population.

Does your program provide research opportunities? Is research required?

Our program provides a wide range of research opportunities and is a requirement. We give residents an exposure to case reports and presentations, retrospective and prospective research projects. The program is able to draw upon Michigan State University for research support. It is

our goal that all residents will complete research, present at a national level and publish should the work contribute to the body of scholarly work in emergency medicine.

Where are your graduates? Academic vs community hospitals, geographic areas?

Sparrow-MSU graduates practice all settings around the country. With nearly 40 years of graduates, the program has alumni in every area of the country. Our graduates staff Level 1 trauma centers, academic centers, serve as program directors, DMEs, Chief of Staffs as well as being active in the Michigan College of Emergency Physicians and the American College of Emergency Physicians. The ABEM executive director is an alum of this program. We have residents in all practice settings from Alaska, Hawaii, Florida and all states in between. Our graduates have had no trouble over the years going wherever they wanted to go. Many have gone on to do fellowships including, ultrasound, pediatric emergency medicine, toxicology and academic.

What is your advice for students who are considering Emergency Medicine?

Emergency Medicine is a unique specialty. It is important for you to have thought out your decision to pursue emergency medicine very well. It is important to rotate early and often in emergency medicine. Standard letters are equally important and it is very important for you to let your preceptors know you will be pursuing emergency medicine as a career.

What part of a medical students' application do you consider most important?

The entire application is important. However, the most beneficial aspect is your Standardized Letter of Evaluation (SLOE). This gives the program the most accurate emergency medicine focused candidate information.

What is something that sets a great applicant apart?

Clearly board scores and letters are important. However, what sets you apart is your personality and overall fit for the program. Our program seeks above all else, resident candidates who mesh well with our current residents and faculty. We focus on finding that candidate during our interview days and gatherings.

What do you look for when an applicant comes to interview?

Overall fit with the people here. Commitment to emergency medicine and the community is also important. We seek resident candidates who will strive to be the best emergency clinician they can be and to be leaders in emergency medicine when they go into practice.

Ask the Residents: Dr. Sarah Wolf

What made you choose Emergency Medicine?

Prior to medical school, I was an ER tech for a number of years. When I entered medical school, I started every rotation with an open mind, but my heart always fell back onto Emergency Medicine. I enjoy seeing a variety of different pathologies in a single shift. As a specialty in general, we are frequently (but often correctly) referred to as “adrenaline junkies”. There is an excitement that comes with not knowing what will come through the doors next. You have to make quick decisions and perform quick interventions on patients that are nearing extremis. It’s a humbling but great feeling when you leave every shift knowing that you’ve made a difference in the life of a patient. It’s an amazing feeling to look back and see how much you have progressed since starting training.

What is your ‘typical’ day like as a resident?

A typical day in Emergency Medicine is anything but typical! We work a range of 8 to 12 hour shifts that can vary from days, afternoons or midnights. After a shift or on the days off, we finish charts, study, and sometimes just relax. Generally, we work 2 weekends a month.

Why did you choose the program that you currently attend?

As interviewing season approached, I was looking for a program with a decent mixture of academic and community exposure that would prepare me to practice in any setting after I graduate. Between the academic trauma center and the community hospital, I feel like I have great exposure in all aspects of Emergency Medicine. We also spend a month in the rural ED department. We also have experienced clinical faculty that are dedicated to our education both in the department and in didactic sessions.

Do you live in the city your program is in? What do you like about the area?

Prior to the start of residency, I purchased a home in Lansing. There is a relatively low cost of living compared to my friends that are doing programs in other cities. Lansing has a variety of activities for residents. There are free summer concerts, local baseball games, Michigan State University sports events (Go green!) and numerous outdoor parks. We are also a short drive from the great lakes for a quick vacation.

What is your call/shift schedule like?

While in the ED, we work an average of 18 shifts per month. There is about a 60/40 split between the Level 1 Trauma Center and the busy community hospital. We also include a few pediatric ED shifts each month. On Thursday mornings, we have protected conference times that can vary from lectures to outdoor medicine training at the local fire department.

What activities are you involved in outside of the program?

Our residents frequently spend time together outside of the residency. We attend sports games, local breweries (there are plenty in Lansing) and have even done some escape rooms. Other than that, I’m an avid outdoors person.

What is your advice for students who are considering Emergency Medicine?

Regardless of which rotation you are completing, show up early, know your patients, and learn something new every day. Be sure to let your attending know early in the rotation that you are interested in Emergency Medicine because you need a special letter of recommendation for the Match. Be proactive and have fun!

How did you decide which programs to apply to?

I applied broadly, but concentrated my interested in the Midwest because I would like to practice

here when I'm done with residency. As stated before, I was interested in programs with a strong history of graduating residents that are ready to practice anywhere in the US.

What type of setting do you plan on practicing in the future?

At this point in residency, I'm considering community or rural medicine. MSU has residency prepared me appropriately for any type of practice.

What is something you wish you had known when applying to residencies?

I would have applied to fewer programs and concentrated more on the programs that I would have genuinely considered ranking. The interview process can quickly become expensive.

For more information on Sparrow Health Lansing/MSU Residency, please go to

<http://www.emlansing.org>

Program Information provided via the EMRA Match tool

<https://webapps.acep.org/match#/>

Thank you to Dr. Castle and Dr. Wolf for taking the time to complete our MCEP Spotlight!