



MID-HUDSON FAMILY MEDICINE RESIDENCY

A Family Medicine Residency in New York's Hudson Valley



HealthAlliance

Westchester Medical Center Health Network

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Program Director's Welcome



Welcome to our family. We are pleased to offer 10 positions through the match each year to train residents in comprehensive family medicine with an emphasis on the particular needs of our diverse and multicultural patient population. We pride ourselves on our continued investment and involvement within the community where we work and live.

Our graduates receive exceptional training across the family medicine spectrum, including outpatient, inpatient and emergency department settings. We provide the tools, structure, and supervised patient care opportunities to maximize your learning and skill acquisition, while still providing enough autonomy within a supportive environment. Didactic opportunities abound, with a robust conference schedule and many local, regional and national opportunities to both learn and present current medical knowledge. Our program has a strong emphasis on Behavioral Health, and on high need competencies such as Medication Assisted Treatment for both opioid and alcohol addiction, Hepatitis C treatment, and LGBTQ affirming care. We are currently in the implementation year of our Primary Care Training Grant from HRSA enhancing education in the above areas, as well as expanding opportunities in junior faculty development and musculoskeletal medicine.

You will have the chance to enter a changing and thriving community hospital environment supported by our regional partner, WMC Health. Our residents and medical students are the focus of teaching—we are the only medical residency program based in Ulster County. Our hospital recently transitioned to a new state of the art campus with invasive cardiac catheterization, full ICU and expansive Emergency Room department with upgraded radiologic technology.

Our residents continue to amaze me as we learn alongside each other in the COVID-19 Pandemic. Our residents rose to every challenge during the first wave of the virus, and are poised to continue to move our health care system to the next level during any further challenges that may come our way. Our hospital partners continue to be responsive in promoting resident safety and well-being through this continued challenge.

As a faculty member of the program since 2005 and several years of leadership under my belt, I am committed to the service and teaching mission of the Mid-Hudson Program and its parent organization, the Institute for Family Health. I have enjoyed recruiting a robust faculty with a variety of clinical interests and value their contributions to your education. We seek to ensure that all patients receive high quality care regardless of their ability to pay or their marginalized status, and that our residents fully develop the skills expected of family physicians in the 21st century. We love what we do and invite you to join us.

Sincerely,

A handwritten signature in blue ink that reads "M. McMullan".

Megan McMullan, MD

About Our Organization

The Mid-Hudson Family Medicine Residency Program was established in 1979 to address the shortage of primary care physicians in the Mid-Hudson region. The Program has trained and graduated more than 200 family physicians, many of whom remain in our community serving as teachers and role models. Our program's training is clinically oriented with a strong emphasis on continuity care, hands-on learning and serving at-risk, underserved populations.

The Institute for Family Health is a non-profit organization founded in 1983 to increase access to high-quality primary care services for medically underserved populations. The Institute, a Federally Qualified Health Center (FQHC) network, serves as the primary care training site for residents, medical students and other health professionals. It meets national standards for affordable, accessible, and comprehensive health care services, with accreditation from the Joint Commission and designation as a Level 3 patient-centered medical home by the National Committee for Quality Assurance. It has also won numerous national awards for the innovative use of health information technology in the service of the underserved.

The Mid-Hudson Family Medicine Residency Program provides unopposed training opportunities in a community based hospital as well as three diverse primary care sites. Our current academic affiliations are with the Icahn School of Medicine at Mount Sinai and New York Institute of Technology College of Osteopathic Medicine.



Our Mission

The mission of the Mid-Hudson Family Medicine Residency Program is to train self-reliant, caring and competent family physicians. The family practice model of care is based on a holistic approach to health that integrates psychological, social, economic, and environmental determinants of health with biomedical factors.

Our residency program builds upon the comprehensive approach of family medicine with an emphasis on the particular needs of medically underserved communities.

In addition to learning how to effectively care for a diverse patient population, our residents are prepared to assume leadership positions within health care or to work in academic settings that address the needs of the underserved.

Leadership and Faculty



**Neil Calman, MD, President & CEO, The Institute for Family Health
Chair, Department of Family Medicine and Community Health, Icahn
School of Medicine at Mount Sinai**

*Rush Medical College
Montefiore Medical Center - Family Practice Residency in Social Medicine*



**Robert Schiller, MD, Designated Institutional Official & Chief Medical
Officer, The Institute for Family Health
Vice Chair, Department of Family Medicine and Community Health,
Icahn School of Medicine at Mount Sinai**

*New York University School of Medicine
Montefiore Medical Center - Family Practice Residency in Social Medicine
Fellowship in Faculty Development in Family Medicine, Montefiore Medical Center*



**Walter Woodley, MD
Regional Medical Director, Mid-Hudson Valley and Vice President for
Medical Services, The Institute for Family Health**

*University of the West Indies
Mid-Hudson Family Medicine Residency Program*



**Megan McMullan, MD
Residency Program Director**

*Albany Medical College
University of Pittsburgh (St. Margaret) Family Medicine Residency Program
Fellowship in Obstetrics at University of Rochester*



**Jincy Cherian, DO
Associate Residency Program Director, Director of Osteopathic Education**

*New York Institute of Technology College of Osteopathic Medicine
Mid-Hudson Family Medicine Residency Program*



**Mark Josefski, MD
Chair, Family Medicine Department, HealthAlliance of the Hudson Valley**

*SUNY Stony Brook School of Medicine
St. Mary's/University of Wisconsin Program Family Medicine Program*



**Wesley Ho, MD
Medical Director, Kingston Family Health Center**

*St. George's University School of Medicine
Mid-Hudson Family Medicine Residency Program*



**Janice Cyr, LCSW-R
Behavioral Health Faculty**

MSW, SUNY Albany



Ben McLaughlin, DO
Director of Inpatient Medicine
New York College of Osteopathic Medicine
Mid-Hudson Family Medicine Residency Program



Aimee Smith, DO
Clinical Director for Maternal Health, Clinically Certified EPIC Ambulatory Analyst
New York Institute of Technology College of Osteopathic Medicine
Mid-Hudson Family Medicine Residency Program



Marta Sanchez, MD
Assistant Medical Director, Kingston Family Health Center
Universidad Autonoma de Guadalajara
Mid-Hudson Family Medicine Residency Program



Kristina Ursitti, DO
Medical Director, Ellenville Family Health Center
New York Institute of Technology College of Osteopathic Medicine
Mid-Hudson Family Medicine Residency Program



Marek Balutowski, MD
Medical Director, New Paltz Family Health Center
Jagiellonian University School of Medicine - Crakow, Poland
Montgomery Family Practice Residency Program



Patricia Trippe, LMHC, CASAC
Director of Behavioral Science Education
MS, SUNY New Paltz



Marjorie Affel, MD, MPH
Residency Faculty
Drexel University College of Medicine
Lawrence Family Medicine Residency



Michael Ignat, DO, FAAP
Residency Faculty
New York College of Osteopathic Medicine
Maimonides Children's Hospital

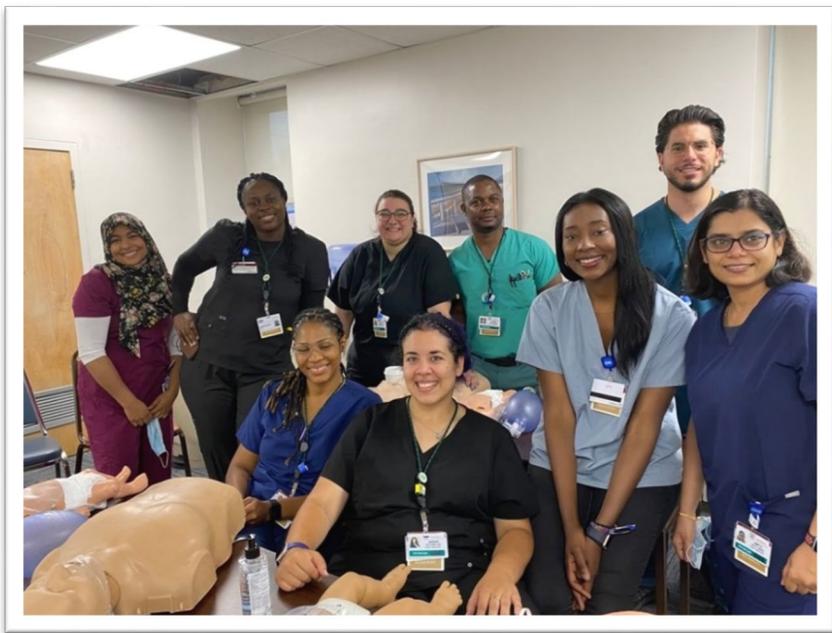


Joel Panthapattu, MD
Residency Faculty
Ross University School of Medicine
Mid-Hudson Family Medicine Residency Program



Jonas Telson, MD
Residency Faculty

Latin American School of Medicine
Mid-Hudson Family Medicine Residency Program
HEAL UCSF Global Health – Hospital Medicine
Ellis Medicine Obstetrical Fellowship



Clinical Training Sites

Residents receive their family medicine ambulatory training in one of three federally qualified health centers operated by the Institute for Family Health. These sites provide comprehensive primary and behavioral health to patients of all ages.



Kingston Family Health Center

The Kingston Family Health Center is located in a culturally diverse hub in the Mid-Hudson Valley. As New York's first capital, Kingston mixes modern living with beautiful historical districts. The health center serves the urban areas of Kingston and is a hub site for surrounding area.

New Paltz Family Health Center

The New Paltz Family Health Center is located in the town center. There are numerous educational, recreational and social opportunities with the State University of New York at New Paltz in close proximity.



Ellenville Family Health Center

The Ellenville Family Health Center is located in a scenic rural community, sitting adjacent to a critical access rural hospital.

HealthAlliance of the Hudson Valley

The inpatient training site for the Mid-Hudson Family Medicine Residency Program is WMC Health - HealthAlliance of the Hudson Valley.



HealthAlliance is a secular, not-for-profit hospital serving the health care needs of the community. The new state of the art 150-bed acute-care hospital provides medical/surgical care, ambulatory surgery care, diagnostic imaging, emergency services, obstetrics, and acute and chronic renal dialysis services.

Community Collaboration

- Developmental pediatrics
- Diabetes education and management
- O+ festival to serve the underserved artist community
- Migrant health clinic
- Ulster County Department of Health
- Sideline medicine
- Transgender medicine
- Healthy Families program (home visiting program for families of young children)
- Golden Hill Health Care Center (nursing home and rehabilitation center)
- School collaborations (school physicals, shadowing opportunities)



Innovation

- Advanced use of electronic medical records
- Osteopathic manipulation treatment clinic
- Osteopathic manipulative medicine curriculum
- Cultural competency training
- Motivational interviewing training
- Health disparities teaching
- Health education
- Interactive conference schedule
- Behavioral health fellowship
- Hepatitis C treatment in primary care
- LGBTQ+ affirming care
- Medication-assisted treatment training for opioid addiction
- Trauma-informed care
- HIV treatment in primary care



The Primary Care Training Enhancement (PCTE) Initiative

Offering five specialty tracks to enhance residency training

The Mid-Hudson Family Medicine Residency Program pursues its mission to train family physicians to provide care in underserved communities by offering five specialty tracks with a variety of student learning opportunities that enhance our residency program. Our Primary Care Training Enhancement (PCTE) Initiative builds on the Institute's strengths and resources to develop specialized skill sets in key areas of needs in the communities we serve. We offer specialty tracks in **Addiction Medicine, Behavioral Medicine, Junior Faculty Development, LGBTQIA+ Affirming Medicine, and Musculoskeletal Medicine.**

The PCTE Initiative Overview:

- Residents receive orientation to tracks and track selection by the end of PGY1
- Enrollment and initiation of track curriculum starting with PGY2
- Each track involves a combination of the following
 - Consult clinic sessions
 - Precepting access/clinical supervision by a faculty track mentor
 - Monthly meetings and faculty development
 - Annual conference participation at the local, regional, or national level
 - Longitudinal scholarly activity/capstone project with dissemination prior to graduation
 - Certificate of completion upon graduation to support expanded delineation of privileges

Addiction Medicine Specialty Track

Family medicine physicians are taught full spectrum addiction, HIV and Hepatitis C care. They not only become competent practitioners, but more importantly develop into leaders in this area of care. In this three-year program, you will be trained to become effective providers and advocates in the variety of treatments that are available for treating substance use, HIV and Hepatitis C.

- Integration of Medications for Opiate Use Disorder (MOUD) with care for chronic illness due to related HIV and/or Hepatitis C infection
- Selection and use of medications for alcohol use disorder along with management of alcohol withdrawal in both inpatient and ambulatory settings
- Use of Motivational Interviewing along with collaboration with the mental health team at the Institute and community rehabilitation/harm reduction organizations
- Consult clinic sessions with direct supervision to develop assessment skills, differential diagnosis, and treatment planning and implementation with gradual folding of specialty care into the general patient panel
- Participation in annual regional or national conferences and both internal and external didactics
- Participation in monthly case-based QI meetings with the IFH addiction medicine team
- Dedicated precepting access for routine and complex cases
- Participation in related CQI or other scholarly activity project, and faculty development

Behavioral Medicine

Primary care physicians in the Behavioral Medicine track are prepared to be leaders in bio-psycho-social care, with in-depth knowledge and experience integrating this in the primary care setting. Participants in this three-year track will gain skills to assess, diagnose and develop effective treatment plans for behavioral health patients through direct patient care experience with behavioral science faculty and our psychiatric providers.

- Weekly behavioral medicine seminar
- Weekly access to participation in consult clinic sessions
- Weekly dedicated psychiatric precepting support
- Participation in development and implementation of monthly didactic content for lecture series
- Access to attend specialty conferences and behavioral medicine trainings, as well as supporting literature and materials.
- Participation in behavioral medicine rounds with the medicine team
- Dedicated clinical supervision
- Participation in related CQI or other scholarly activity project

Junior Faculty Development

Family physicians in this track will be trained to be competent in bridging direct clinical care and teaching practice. Enhanced preparatory training is provided to primary care providers seeking to serve as faculty in training programs like ours.

- Participation in weekly core faculty meetings
- Participation in development and implementation of bimonthly faculty development sessions
- Participation in monthly PEC and organization-wide educational committee meetings, curriculum development, and implementation activities
- Participation in CCC planning and implementation activities
- Participation in the annual ACGME educational conference and STFM annual conference
- Ongoing QI/scholarly activity

LGBTQIA+ Affirming Medicine

Family medicine residents are taught LGBTQIA+ affirming care and cutting edge treatments aimed at addressing the health issues affecting this diverse patient population. In this three-year track you will build skills through supervised clinical practice and continuing education.

- WPATH Foundations course & Advanced Medical Course
- Weekly participation in gender wellness clinic sessions with direct supervision and dedicated precepting support
- Monthly participation in gender-affirming care consult sessions
- Monthly participation and representation of residency in LGBTQ+ Health Task Force meetings
- Participation in related CQI or other scholarly activity project

Musculoskeletal Medicine

Family physicians in our residency program are trained to provide assessments and treatment through clinical participation in our Osteopathic manipulative medicine clinic. In this three-year track, you will develop skills through structured, supervised clinical practice and continuing education, including treating pain without the use of opioids.

- Weekly osteopathic didactic sessions and priority rotation through weekly OMM clinic sessions with direct supervision and dedicated precepting support
- Priority participation in sports medicine including:
 - Pre-sports exams & sideline medicine
 - Joint injection/aspiration
 - Fracture management, casting/splinting
- Orthopedic experiences in the older adult and general population in:
 - Assessment of gait
 - Injury prevention in the athlete and work place
 - Rehab planning



The PCTE Initiative receives funding through a grant from the Health and Human Services Administration (HRSA).

Sample Residency Rotation Schedule

<i>First Year</i>	<i>4-Week Blocks</i>
Ambulatory Orientation/Behavioral Health	1
Emergency Medicine	1
General Surgery	1
Internal Medicine	4
Night Float	1
Obstetrics/Gynecology	2
Pediatric Ambulatory	1
Pediatrics Inpatient (WMC)	1
Vacation	1
Office (Longitudinal) – 1-2 half days per week at family health center	
<i>Second Year</i>	<i>4-Week Blocks</i>
Ambulatory Medicine	1
Behavioral Health/Community Medicine	1
Cardiology/ Neurology/ Radiology	1.5
Developmental Pediatrics	0.5
Emergency Medicine	1
Geriatrics/ Elective	1
Intensive Care Unit	2
Internal Medicine	0.5
NICU/Pediatric ER (WMC)	1
Night Float	0.5
Obstetrics/Gynecology	2
Vacation	1
Office (Longitudinal) – 2-3 half days per week at family health center	
<i>Third Year</i>	<i>4-Week Blocks</i>
Ambulatory	1
Behavioral Health	0.5
Dermatology	1
Electives	2
Gynecology	2
Internal Medicine	2
Night Float	1
Ophthalmology/Otolaryngology/Urology	2
Orthopedics	2
Vacation	1
Office (Longitudinal) – 3-4 half days per week at family health center	

Resident Community Outreach



O+ Festival, where underinsured artists and musicians create and perform in exchange for a variety of services donated by multiple providers, including primary care



Providing “sideline medicine” care at high school athletic games for acute injuries



“Red Alert” national day of advocacy for health care funding



College physicals done at Bard College for student athletes

The American Heart Association’s “Go Red For Women” event



Alumni

Outpatient Care Settings (Local):

Roschel Williams, MD, 2022 – The Institute for Family Health (Kingston, NY)
Brittany Furrow, MD, 2021 – Group Practice (Kingston, NY)
Sadia Hussain, MD, 2021 – Group practice (Lake Katrine, NY)
Anna Samedova, DO, 2020 – Group Practice (Saugerties, NY)
Rachel Drummond, MD, 2019 - Group Practice (Kingston, NY)
Joel Panthappattu, MD, 2018 - The Institute for Family Health (New Paltz, NY)
Jonas Telson, MD, 2017 – The Institute for Family Health (Kingston, NY)
Daniel Fitzgerald, MD, 2016 - Group Practice (Catskill, NY)
Jincy Cherian, DO, 2015 – The Institute for Family Health (Hyde Park, NY)
Susruth Pinnamaneni, DO, 2014 – The Institute for Family Health (New Paltz, NY)
Marta Sanchez, MD, 2014 – The Institute for Family Health (Kingston, NY)
Kristina Ursitti, DO, 2014 – The Institute for Family Health (Ellenville, NY)
Benjamin McLaughlin, DO, 2014 - The Institute for Family Health (Kingston, NY)

Outpatient Care Settings (Regional):

Rachelle Grad, MD, 2022 – Group Practice (Plattsburgh, NY)
Shivangi Patel, MD, 2022 – Group Practice (Troy, NY)
Raynata Ramkhelawan, MD, 2022 – Group Practice (Albany, NY)
Nathalie Abisoror, MD, 2021 – Group Practice (Ticonderoga, NY)
Yashuda Gurung, MD, 2021 – Group Practice (Albany, NY)
Salam Hawa, MD, 2021 – Group Practice (Ticonderoga, NY)
Nabeel Ali, MD, 2020 – Group Practice (Purchase, NY)
Christina Yohannan, DO, 2020 – Group Practice (New Windsor, NY)
Joel Lichman, MD, 2020 – Group Practice (Middletown, NY)
Shahrukh Mustafa, MD, 2019 - Group Practice (Binghamton, NY)
Maliha Suleman, MD, 2019 - Group Practice (Binghamton, NY)
Yuliana de los Santos, DO, 2019 - Group Practice (NY)

Outpatient Care Settings (National):

Joe Debrah, MD, 2022 – Group Practice (Springfield, MO)
O. Anita Igbowke, MD, 2022 – Group Practice (Española, NM)
Kyla Pinnock, MD, 2022 – Group Practice (DE)
Harkiran Gill, DO, 2021 – Group Practice (San Jose, CA)
Farnaz Jafari, MD, 2021 – Group Practice (CA)
Himanshu Parikh, MD, 2021 – Group Practice (NM)
Alison Philip, MD, 2021 – Group Practice (Houston, TX)
Vivek Desai, MD, 2020 – Group Practice (Henderson, NV)
Kunal Gupta, MD, 2020 – Group Practice (Marietta, GA)
Muhammad Ahsan Iqbal, MD, 2020 – Group Practice (Hartford, CT)
Uroje Mirza, MD, 2020 – Group Practice (Dallas, TX)
Sharanya Visakan, MD, 2020 – Emergency Medicine (Sherman, TX)
KC West, MD, 2020 – Group Practice (Floresville, TX)
Stanislav Grinberg, MD, 2019 – Group Practice (Chicago, IL)
Matthew Seiffert, MD, 2019 – Indian Health Services (Albuquerque, NM)
Megumi Tamaki-Seiffert, MD, 2019 – Indian Health Services (Albuquerque, NM)
Krishna Patel, MD, 2019 – Group Practice (San Francisco, CA)
Nosheen Nazakat, MD, 2019 - Veterans Affairs Outpatient (Dallas, TX)

Outpatient Care Settings (International):

Rajvir Laura, MD, 2021 – Group Practice (Canada)

Hospital Settings:

Sharon Avgush, MD, 2019 – Hospitalist Medicine (Margaretville, NY)

Khurram Farooq, MD, 2018 – Hospitalist Medicine (Margaretville, NY)

Barbara Oppong, MD, 2018 – Hospitalist Medicine (VA)

Urgent Care/Emergency Settings:

Sharanya Visakan, MD, 2020 – Emergency Medicine (Sherman, TX)

Fellowships:

Jennifer Eaton, DO, 2018 - Behavioral Science Fellowship, The Institute for Family Health (NY)

Quynh Chu, MD, 2017 - Faculty Development Fellowship, University of Pittsburgh (PA)

Jonas Telson, MD, 2017 - HEAL Global Health Fellowship, Navajo Indian Health Service (NM/Mexico)





Find out more about the Mid-Hudson Family Medicine Residency:

institute.org/midhudsonresidency

www.facebook.com/MidHudsonFamilyMedicineResidency

Phone: (845) 802-7600

All applications must be submitted via the Electronic Residency Application Service (ERAS™).

We accept applications for ten PGY1 positions from September 1st through November 30th.

The Residency Program Director and a selection committee review all applications. Invitations for interviews are extended as applications are reviewed.

Of particular interest to our program are demonstration of an understanding of the principles of family medicine and commitment to working with underserved communities.

For more information, please contact midhudres@institute.org