

Riverside Regional Medical Center

VCOM EASTERN VIRGINIA SITE – NEWPORT NEWS, VA

HOSPITAL INFORMATION

The hospital now known as Riverside Regional Medical Center began serving the Virginia Peninsula community in 1916. In 1963, Riverside moved to the present 72-acre site. As a 450-bed facility, Riverside Regional is the Virginia Peninsula's most comprehensive medical facility, combining the most recent computerized medical technology with a healing environment. In 2016, the Commission on Cancer nationally recognized the hospital's cancer program with an Outstanding Achievement Award after it earned seven of seven commendation standards. Riverside provides progressive birthing options for parents in its renovated Labor & Delivery that opened in May 2016; 3000 babies are born there each year, and it boasts a 21-bed neonatal intensive care unit. The Emergency Department—a Level II trauma center—responds to more than 67,000 emergencies annually and has 42 private rooms. The hospital has a welcoming culture of medical education and integrates the students into all levels of patient care.



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Students at this site may also complete rotations within the Sentara, TPMG, and Bon Secours healthcare systems, as well as smaller and independent practices. Preceptors outside of Riverside are chosen for their eagerness to work with students and dedication to instruction.

AVAILABLE THIRD-YEAR ROTATIONS

We offer all the specialties for the required core curriculum: family medicine, underserved primary care, internal medicine, OB/GYN, pediatrics, psychiatry, and surgery. The choice of a student's medical or surgical selective depends on availability and, while fourth-year students are given priority, there are still plenty of options. Most rotations are in Hampton Roads, but others are available throughout the region, including in Gloucester, West Point, and the Eastern Shore.

AVAILABLE FOURTH-YEAR ROTATIONS

We offer the following rotations to fourth years (as of the 2023/2024 academic year): allergy/immunology, anesthesiology, cardiology, dermatology, emergency medicine, endocrinology, family medicine, gastroenterology, general surgery, gynecology/oncology, hematology/oncology, hospitalist medicine, internal medicine, neonatology/NICU, nephrology, neurology, neurosurgery, ophthalmology, orthopedics, otolaryngology, pharmacology, radiation/oncology, radiology, rheumatology, sports medicine, urology, and wound care. Audition rotations are also available with Riverside's emergency medicine, family medicine, and OBGYN residencies. Former Eastern Virginia core students are not permitted to audition with the family medicine residency, though they are welcome to interview. Rotations can be requested through a [form on the VCOM website](#). Students generally begin to submit requests for the following academic year in January; placements begin in March and continue into June.



DSME – Joy Elliott, DO (right)
Site Coordinator – Kimberly Wilson (left)

*Please note: Only **four** Emergency Medicine core rotations are available at Riverside Regional each year. Other EM rotation requests are fulfilled at Riverside Doctor's Hospital (in Williamsburg) and Riverside Walter Reed Hospital (in Gloucester). EM rotations at Riverside Shore Memorial are available upon request.*

RESIDENCY PROGRAMS

Riverside has family medicine, internal medicine, OB/GYN, emergency medicine, and transitional-year residencies.



Riverside **Family Medicine Residency**—accredited on January 23, 1971—is one of the oldest family medicine programs in the country. Its emphasis on information technology allows it to provide the highest quality care for its patients, and the greatest access to evidence-based knowledge for its residents. A high faculty-to-resident ratio allows residents independence to manage their own patients and creates a great teaching environment to learn patient care. Its strong collegial atmosphere is a trademark of the Riverside Family Medicine Residency Program. It was approved for 14 incoming positions beginning with the 2018/2019 year. It has 11 family medicine faculty members, with four holding CAQs in OB, sports medicine, or hospice and palliative care. One is the Director of Medical Informatics for the health system. There is also an onsite behaviorist. It is a Level III, Patient-Centered Medical Home certified practice. It benefits from a diverse patient population—including active OB and pediatrics. The residency also has Sports Medicine affiliations with The College of William & Mary and Christopher Newport University.



The **OB/GYN Residency** is a traditional, community-hospital based, four-year program. The hospital has 39, all-private, post-partum and ante-partum rooms, and 12 labor and delivery rooms. There are two dedicated obstetric OR rooms in the L&D suite. The neonatal intensive care nursery is currently licensed for 24 beds. The residency is currently structured with three residents at each of the four years. It also has residents on service from the family medicine program. In addition to VCOM, there are VCU medical students who rotate there on a six-week basis. It has five approved, full-time generalist faculty positions, and an actively involved private practice faculty. There is also an active maternal-fetal medicine practice that manages the high-risk clinic and are contracted full time to provide teaching and supervision for the residents. It has in-house rotations for formal training in gynecologic oncology.

There are also full-time neonatologists and/or neonatal nurse practitioners in house at all times.



The **Emergency Medicine Residency** at Riverside Regional Medical Center is a three-year program and is affiliated with Virginia Commonwealth University. There are over 40 private rooms in the Emergency and Trauma Center for ill or injured emergency patients and two state-of-the-art trauma bays. The residency is ACGME accredited and accepts applications through ERAS. The program welcomed its inaugural class of residents in July 2023. Residents will rotate primarily through the hospital's main campus, with additional opportunities and rotations at community hospitals, the Children's Hospital of Richmond at VCU Health, and the Children's Hospital of the King's Daughters in Norfolk, Virginia.



The **Transitional Year Residency** is sponsored by the family medicine residency and Eastern Virginia Medical School's pediatric residency. It is fully accredited by the ACGME for thirteen positions and has filled every year. The core requirements consist of seven months of fundamental clinical skill rotations in internal medicine, emergency medicine, family medicine, and pediatric emergency medicine. The remaining five rotations can be set up in elective rotations that will satisfy the incoming TY resident's educational needs and eventual residency/board certification requirements. During the rotations on all services, the TY resident is treated the same as a categorical resident on that service. They actively participate in the evaluation and treatment decisions for all patients on the service.



The **Internal Medicine Residency** is currently recruiting students for their first class, which begins in 2024. It is a fully ACGME accredited, categorical residency and accepts applications through ERAS. Residents will be exposed to a wide variety of complex patient pathology, both on their inpatient and outpatient rotations. The residency operates on a 6+2 block schedule with exposure to inpatient medicine on the wards, ICU, and inpatient consultation services, as well as outpatient rotations in continuity and subspecialty clinics. Each resident will be assigned patients in their continuity clinic for whom they are the primary care physician over the course of their residency. Residents will also have protected didactic time, where their attendings hold the pagers. Didactics will include attending and resident-led lectures, M&M, Journal Club, Grand Rounds, wellness, use of our state-of-the-art Simulation

Center, and online learning modules. First-year residents are also provided the most recent electronic version of MKSAP for their board preparation study during their three-year residency.



LECTURES AND SEMINARS

Riverside holds multiple lunchtime didactic sessions for the residents every day, both at the hospital and at Brentwood Medical Center. Any VCOM students in the area are invited to attend those lectures as their schedules permit.

Students on their internal medicine rotations attend a mandatory weekly lecture with a local hospitalist. The residency lectures for students on family medicine and OB/GYN are also mandatory. We hold OMM workshops each month, and third-year students must attend at least nine to be promoted to fourth year. Additionally, some preceptors provide didactics.

ROOM AND BOARD

Limited housing is available for visiting VCOM students at the VCOM's standard rate. Priority is given to third years on away rotations. In the case that housing is unavailable, local VCOM students and alum may make their homes available for a fee.

A meal allowance is provided for all students completing rotations at Riverside Regional Medical Center. It may be used in the hospital cafeteria, coffee shop, or bistro. Students should identify themselves as medical students and have the cashier debit the total from their account. Lunch is also provided for students who complete rotations at Brentwood Medical Center or at Shore Memorial Hospital.



Riverside Brentwood Medical Center, which houses the Family Medicine and OB residencies

SITE ORIENTATION

An orientation for the incoming third-year students will occur in July. In the morning, they will attend an orientation at the Riverside Behavioral Health Center where the psychiatry rotation takes place. The afternoon session will begin with lunch at Riverside Regional Medical Center, followed by a tour of the hospital with a resident. The students will then go to Riverside Brentwood Medical Center, where they will review the academic expectations for the year.

Fourth years will receive orientation at the facilities where they complete their rotations.

COMMUNITY INFORMATION

Newport News is named after Christopher Newport, a sea captain and the commander of the three ships that first brought English settlers to pre-colonial Virginia—the Susan Constant, the Godspeed, and the Discovery. Newport News is named after Christopher Newport—a sea captain and the commander of the three ships that first brought English settlers to pre-colonial Virginia—the Susan Constant, the Godspeed, and the Discovery. Those who landed founded Jamestown, the first permanent British settlement in the Americas. Hampton Roads (which includes Newport News) is generally considered to be a great place to live. Main attractions include the various beaches (including Virginia Beach), a variety of museums (often centered around Virginian and American history), living museums (including Yorktown, Jamestown, and Colonial Williamsburg), as well as the amusement parks Busch Gardens and Water Country USA. There are many cultural venues for music, theater, and the like—including the Virginia Beach Amphitheater, the Ferguson Center for the Arts, and the Ted Constant Convocation Center. All five branches of the military operate here, and there are many families from around the nation stationed in the area. Hampton Roads has a moderate cost of living, and there are several housing options in the Central Peninsula, which would make for a comfortable commute to the hospital. The area also benefits from religious diversity, and persons of any faith will likely be able to find a house of worship. Local cuisine tends to be traditionally Southern, with emphasis on Chesapeake Bay seafood and Smithfield pork.



HELPFUL LINKS

- Riverside Regional Medical Center: <http://www.riversideonline.com/rmc/>
- Riverside Brentwood Medical Center: <http://www.riversideonline.com/rmg/pcp/brentwood/>
- Riverside Family Medicine Residency: https://www.riversidemd.net/residency/family_medicine/
- Riverside OB/GYN Residency: <https://www.riversidemd.net/residency/obgyn/>
- Riverside Emergency Residency: <https://www.riversideonline.com/rmg/residency/EmergencyMedicine>
- Riverside Transitional Year Residency: <https://www.riversidemd.net/residency/transitional/>
- Riverside Internal Medicine Residency: <https://www.riversideonline.com/IMResidency/>
- City of Newport News: <https://www.nngov.com/>
- Hampton Roads: Virginia.org



Interactive Map of Practices
in Eastern VA

QUOTES FROM FORMER STUDENTS

"I really enjoyed the site and the ample opportunities for OMM workshops, and the OMM day while on family medicine."

"I loved my time at Riverside! Overall a great experience with great physicians!"

"The Riverside site as a whole was wonderful. They provided free hospital food whenever your rotation was in the hospital. Most students lived in apartments 5 minutes from the hospital. I know they have VCOM housing for 4th years rotating through. There are lots of great running trails in Newport News. One trail is within walking distance from the hospital. Lots of places to grab food quickly during lunch. The faculty and staff are all really friendly and there to help. I would recommend this site to everyone!"

"Perfect site. Excellent leadership. Dr. assets to VCOM. Newport News is an live."



*Elliott and Kim are
excellent place to*

Third-year medical students volunteering at the Career Day at a local middle school.