

The Family Medicine Residency

at



*Exploring the practice of
full spectrum family medicine
in the heart of Maine.*

Dear Applicant,

We are thrilled that you are considering the Family Medicine Residency at Central Maine Medical Center (CMMC) as the next step in your professional development. Our program has a 40+ year track record of preparing outstanding family physicians who go on to care for communities of all sizes in Maine and the world beyond. Our top priority is to create an intellectually stimulating and emotionally supportive environment designed to help you learn and develop your family medicine skills and formulate your own practice style.

WE ARE MISSION FOCUSED. We care for an underserved community that faces many challenges. We are committed to understanding and serving this community and we pledge to grow our understanding of health inequities. We strive to increase our services to the most vulnerable in our communities.

WE PUT YOUR INTERESTS FIRST. Every resident develops their own Personalized Education Plan (PEP). Your PEP is shaped by you and informed by your interests, your goals and feedback of others to ensure you have the skills and experiences to get you where you want to be. Whether you have specific interests in Integrative Medicine, Community health and leadership, Osteopathic medicine, Sports medicine, or something else, we will work with you, so you complete your residency prepared to continue your professional journey.

WE VALUE YOUR INPUT. Residents and faculty meet at regularly scheduled times to exchange feedback, share ideas and ensure that our educational opportunities are meeting the needs of the residents. You and your peers elect 3rd year chief residents who attend a weekly faculty meeting to make sure that the resident perspective is represented at all levels of decision making.

WE WORK WITH YOU. Our core faculty members teach while standing side by side with residents in the care of patients. You will work with and learn from faculty whose backgrounds and interests vary but who share a commitment to providing you with supportive and integrated educational experiences. This booklet will give you information about the breadth and depth of our program. Please contact me or any of our faculty members directly for answers to questions you might have.



Bethany Picker, MD
Program Director
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Our Mission and Vision

We foster a collaborative environment centered in our tradition of Family Medicine while anticipating the changing needs of our community in order to cultivate compassionate, socially responsible leaders who create the future of healthcare for all.

Residency Objectives

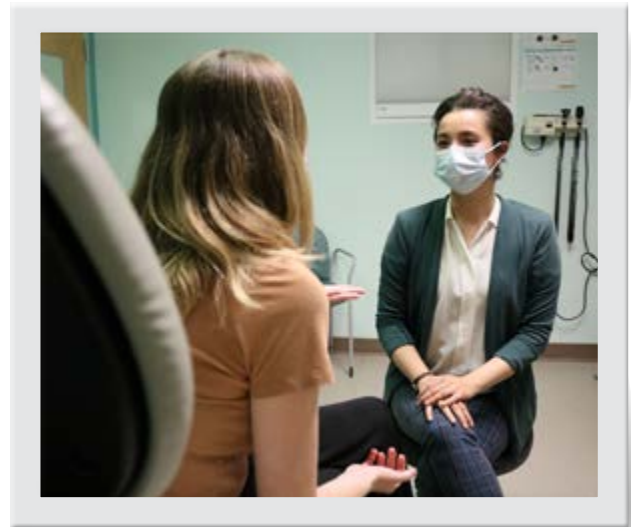
The Family Medicine Residency at Central Maine Medical Center will graduate residents who are:

- **Compassionate and caring** physicians with good listening skills and clinical acumen.
- **Actively involved** in their communities with a commitment toward social responsibility.
- **Holistic and collaborative** in their approach to patient care with a focus on health promotion and disease prevention.
- **Skilled** in the use of evidence-based methodology and dedicated to lifelong learning.
- **Able to communicate** effectively and think critically.
- **Aware and respectful** of family systems, patient diversity, and patient autonomy.
- **Well-trained** procedurally with a sound knowledge base.
- **Exemplary professionals.**

A Residency Program Designed to Meet Real-World Needs

Our program was established in 1978 in response to state and national needs to improve public access to primary care, and we have continued the tradition of serving the most vulnerable members of our community ever since. Over the years, the majority of CMMC Family Medicine Residency graduates have chosen to remain in this region, continuing the tradition of a strong relationship between family medicine physicians and their community in Maine.

We work closely with community partners to develop clinical services and educational programming that is responsive to the needs of the people we serve. In the past few years, for example, we have expanded



“It was the people that I met in the interview here. I’m a trained dancer so when we talked about how dance is interrelated with medicine, we immediately clicked.”

—CATHERINE LOK, CLASS OF 2023

our Integrated Behavioral Health and Substance Use treatment services in alignment with the Community Health Needs Assessment to include a Low Barrier Bridge Clinic.

We want our residents to graduate feeling confident they can be leaders in any community or system they serve, so we have created layers of opportunity for leadership growth over the course of training. Residents lead both inpatient and outpatient teams of junior residents and interprofessional staff. They set team priorities, mentor newer learners, and work closely with faculty to set and achieve their own leadership goals.

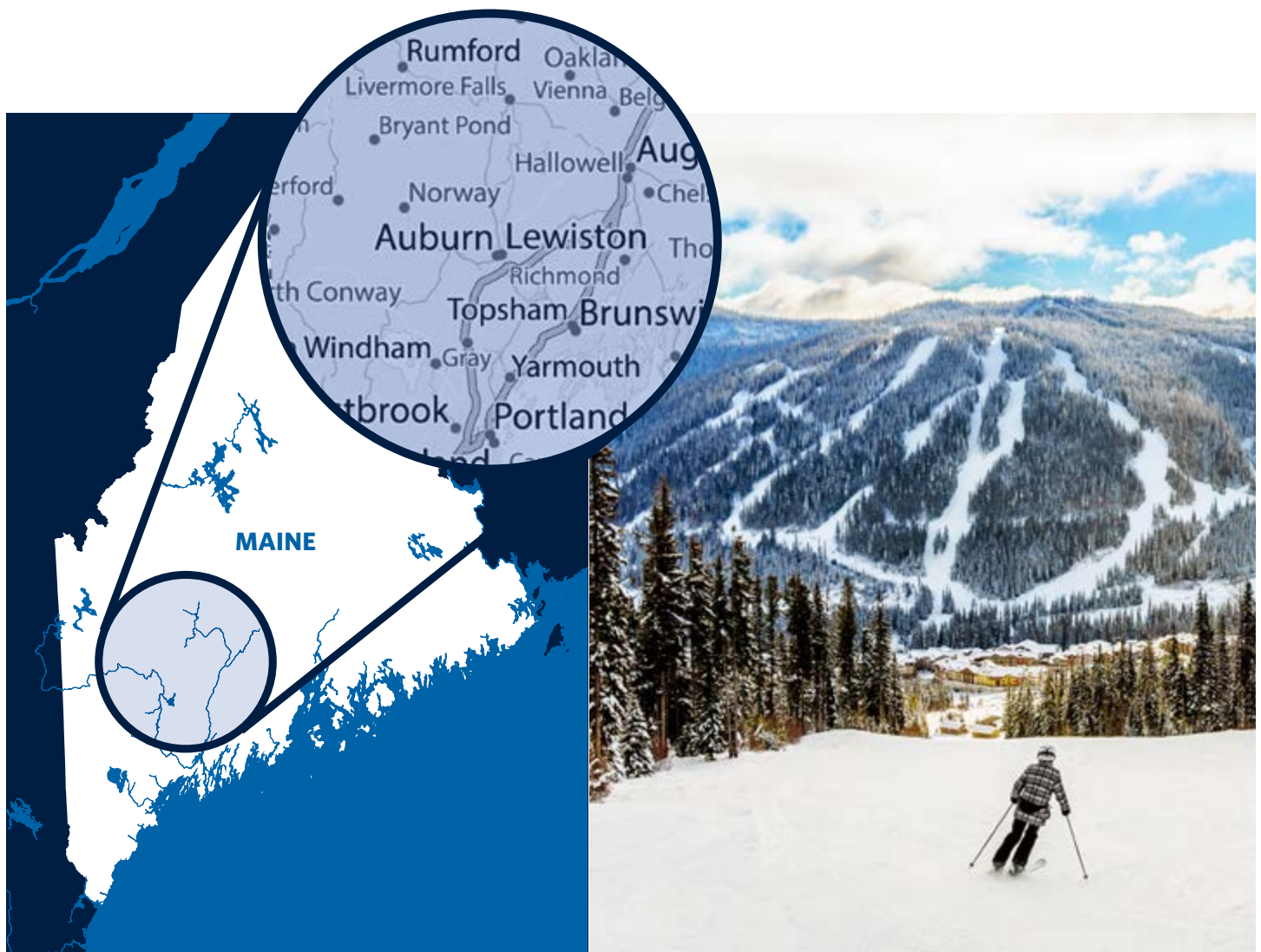
Sites for the Family Medicine Residency

The primary training site of the FMR is the Oscar Treat Turner Center for Primary Care in Lewiston, which is the second largest city in Maine. The FMR is located at Central Maine Medical Center, which is a Level III Trauma Center. As the only residency located at CMMC, our learners form strong relationships with attendings from all specialties and have an opportunity to create any elective experience of interest.

There is also an option for immersive rural training at the Swift River Family Medicine Center at Rumford Hospital. All residents rotate through this site, and if they desire, they can choose to have additional rural training, where they will have the opportunity to be involved in interesting and challenging cases, exposure to methods, and procedures unique to the practice of rural medicine, exposure to emergency stabilization and opportunities for community involvement. CMMC FMR is a member of the Maine Rural Graduate Medical

Education (MERGE) Collaborative which hosts rural training sites across the State in a variety of specialties such as: Psychiatry, Addiction Medicine, and OB. All these opportunities are available to our residents as a member of MERGE. At our rural training sites, residents learn to address common real-world challenges of community-based family medicine. These include living in a rural area, commuting between locations when necessary and being flexible enough to adjust to changes in curricular elements as they are designed and implemented to meet your needs.

Whether working in our innovative Family Medicine Center, in our busy tertiary care hospital or our rural outreach hospitals, residents have the opportunity to collaborate and learn from dedicated and talented interprofessional team members, finding creative solutions to complex challenges.





Central Maine Medical Center

Lewiston Our integrated healthcare delivery system serves about 400,000 people living in central, western, and mid-coast Maine. Central Maine Health's hospital facilities include Central Maine Medical Center in Lewiston, and two small Critical Access Hospitals: Bridgton Hospital and Rumford Hospital. CMMC also supports the Central Maine Medical Group, a primary and specialty care practice organization with a presence throughout the region. The Central Maine Medical Center's array of services includes the Central Maine Heart and Vascular Institute, a regional trauma program, Life Flight of Maine's Southern Maine base, the Central Maine Comprehensive Cancer Center, along with other high-quality clinical services. Learn more about the Central Maine Medical Family by visiting the CMMC website at www.cmhc.org/health-professionals/residency-program/



Central Maine Medical Center, Lewiston, ME

Rumford Hospital

Rumford This critical access hospital provides comprehensive primary care and sophisticated diagnostic services (CT scanning, ultrasound and nuclear medicine) to patients along with specialty clinics in orthopedics, oncology, pulmonology, cardiology, gastroenterology, rheumatology, neurology, nephrology, podiatry, and urgent care. The hospital offers medical surgical nursing services, women's health services, and ambulatory surgery. Rumford Hospital also maintains a 24-hour emergency department, staffs an Intensive Care Unit, provides care for patients who need skilled nursing services, and offers prevention services with education & wellness.



Rumford Hospital, Rumford, ME



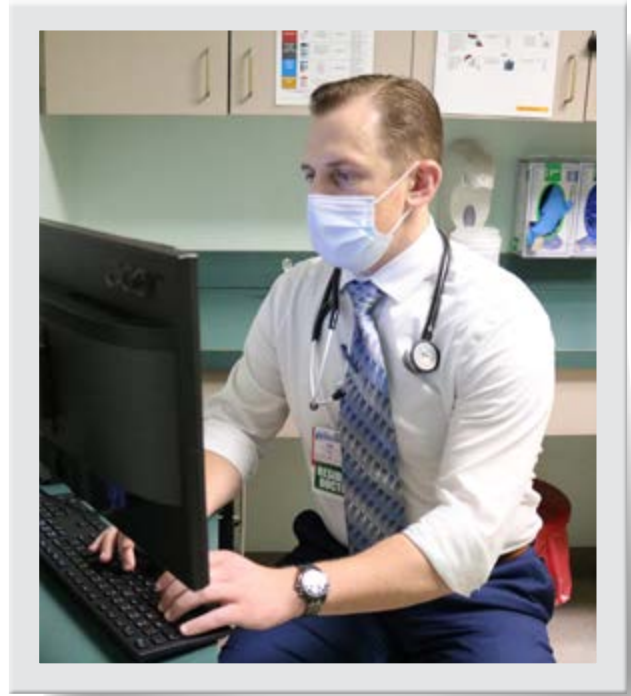
Oscar Treat Turner Family Medicine Center, Lewiston, ME

Oscar Treat Turner Family Medicine Center

Lewiston Our outpatient health center is adjacent to the medical center complex and offers fully integrated behavioral health that includes a psychologist, behavioral health care manager/substance use counselor, LCSW, and peer recovery coach. This team works closely with residents to support some of the most vulnerable members of our community, such as our Safely Home Clinic—a Transitions of Care appointment for all patients discharged from our teaching service over the previous week. The resident running the service, the attending, a behavioral health provider, and clinical pharmacist meet with the patient to provide a comprehensive review of their discharge plan and identify potential barriers to care. We also offer several specialty clinics such as: OMM, procedures, RHEDI, Sports Medicine, Acupuncture, COVID Recovery, and a Low Barrier Bridge Clinic.

Bates Health Center and Bates Sports Medicine

Lewiston Bates College is a 4-year Liberal Arts college in Lewiston. The Bates Health Center is operated by CMMC FMR, and residents provide most of the health care services for students including general medical services, sexual and reproductive health including PrEP and emergency contraception, and opportunities to practice OMM and Integrative Medicine. CMMC FMR also operates Bates Sports Medicine, which provides full-spectrum support and intervention for student athletes year-round and offers residents opportunities to participate in clearance evaluations, concussion exams, and game coverage.



“The more challenging the patient population, presenting with more overall health issues, gave me more continuity in working with patients. For me, it has always been about being in the best place to learn to become the best doctor I can be.”

—JACK RITZO, CLASS OF 2025



Bates Health Center and Bates Sports Medicine, Lewiston, ME



Curriculum

The Family Medicine Residency curriculum provides extensive training in ambulatory and inpatient care. Residents can also create personalized elective experiences based on their interests and future goals such as rural health, OB, sports medicine, geriatrics, international health, gender-affirming care, health advocacy, ultrasound, and many more.

Ambulatory Care

Residents will receive exceptional training in outpatient care for patients of all ages with a wide variety of acute and chronic conditions. Residents will also have dedicated time embedded in their outpatient curriculum for population health training, quality improvement, practice management and community engagement. Residents rotate through procedure clinics regularly and have multiple opportunities to practice office-based procedures in their own clinic schedules such as Nexplanon insertion, IUD placement and removal, and joint injections. These are opt-out educational experiences for residents.



Family Medicine Inpatient Service

We approach hospital-based medicine from a developmental training model. Senior residents mentor and teach interns directly, which allows them to develop as leaders. All residents independently lead a busy and medically diverse Family Medicine Teaching Service during training. The resident is responsible for the service, under the supervision of the faculty, and it is a rich learning experience. On Night Float rotations, residents will be called for first-assists on C-sections and have an open invitation to join the pediatric hospitalists for admissions when available. Other specialty services also love teaching residents and welcome any opportunity to do so.

CMMC CURRICULUM OUTLINE

Residents rotate through our curriculum on a 2x2 Rotation Schedule, meaning you are in clinic for 2 weeks, then on rotation for 2 weeks for most all rotations. This design emerged from our Clinic First model, which prioritizes patient continuity. The added benefit of this schedule is that you would have immersive learning opportunities. You do not split your time between rotation and clinic and can really focus on what you are doing in the moment!

PGY - 1

As an Intern you would begin residency with 4 weeks of Family and Community Medicine (Orientation). Most blocks are 2x2 – 2 weeks of your continuity clinic and 2 weeks of rotation.

PGY-1 Rotations

Adult Medicine	4 blocks
Inpatient Night Float with a senior	2 blocks
Rural Health	1 block
OB	1 block
Pediatrics: Inpatient	2 blocks
Pediatrics: Outpatient	1 block
Emergency Medicine	1 block

PGY - 2

In your 2nd year, senior residents run the Family Medicine Teaching Service (FMTS) completely independently with the oversight and support of faculty attendings. This will prepare you for your role as the senior overseeing the IMTS in your 3rd year.

PGY-2 Rotations

Family Medicine Teaching Service (Solo)	3 blocks
Night Float (Solo and with an Intern)	2 blocks
OB	1 block
Pediatrics: Inpatient	1 block
Sports Medicine	1 block
Elective - 1 4 week block, can be away	3 blocks
Electives	6 Weeks

PGY - 3

In your 3rd year, **you'll** oversee Interns on their inpatient medicine rotations.

PGY-3 Rotations

Inpatient Medicine (IMTS & FMTS)	2 blocks
Community Engaged Learning	Longitudinal
Inpatient Night Float (Solo and with an Intern)	2 blocks
ICU	1 block
Pediatrics: Outpatient	1 block
Sports Medicine	1 block
Elective - 1 4 week block, can be away	3 blocks

Other Curricular Activities:

- 5th Tuesday Wellness Activities
- Behavioral Health
- Grand Rounds
- Home Visits
- Journal Club
- M&M
- Monthly Teamlet Meetings
- MOUD
- Nursing Home and Long-Term Care
- Practice Management and Population Health
- Resident Lectures
- Scholarly Activity
- Weekly Didactics

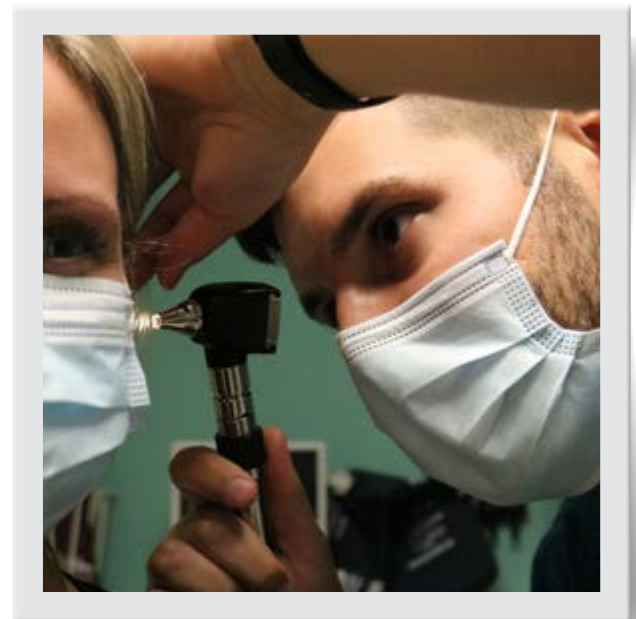


Personalized Education

CMMC's Family Medicine Residency supports residents in personalizing their residency experience by finding ways for them to meet residency requirements while exploring individual areas of passion and interest. All residents create a roadmap for their education called a Personalized Education Plan (PEP) that is updated routinely as interests evolve. The PEP outlines the resident's short- and long-term education and career goals, so they are prepared for whatever is next after graduation. The following represent some pathways residents have created in the past. Future residents can follow these trails or create new ones

Osteopathic Recognition Track (ORT)

All residents, regardless of degree (DO or MD) receive training in Osteopathic Theory and Practice and have the option to enroll in the ORT, which will provide additional, specialized training in Osteopathic Manipulative Medicine.



“One of the most important factors to me in choosing this program was what a collaborative environment there is. Everyone, from all of the attendings and faculty, to the medical assistants and even the housekeeping staff, is united in a common goal of trying to provide exceptional patient care.”

—LUKE OLLILA, CLASS OF 2024

Integrative Medicine

Integrative Medicine combines evidenced-based traditional western or allopathic and osteopathic medicine with other healing traditions, to create an individualized approach for the patient and to support the wellness of the health care provider and team. The resident will gain exposure to a variety of alternative health care providers via an experiential approach and learn to design a holistic method of practice for you and your patients.

Each resident will also have the opportunity to participate with residents around the nation in the web-based Integrative Medicine in Residency (IMR) program designed by the University of Arizona. IMR is an in-depth competency-based curriculum in integrative medicine to be completed during the second two years of your residency. The IMR incorporates program and topic-specific exercises that residents can incorporate into their day-to-day family medicine experience.

Public Health/Health Advocacy

These activities will provide the resident with a fuller appreciation of the varied aspects of public health and how physicians can impact the health of communities. You will develop the skills and knowledge needed to protect, promote and maintain the health of populations, resulting in the prevention of disease, disability and death. You will have the opportunity to experience the work of public health agencies in meeting the needs of their at-risk populations and area outreach centers. You will complete a quality improvement project or research project with the opportunity to publish or present at a regional or national conference.

Sports Medicine

Residents can choose to have additional training in sports medicine, including opportunities for sideline game coverage, sports medicine research, and increased time in the sports medicine clinic, which allows for increased training in diagnosis and management of musculoskeletal issues. Residents have the opportunity to improve their skills with various procedures including musculoskeletal ultrasound, casting and splinting, joint injections and aspirations, and musculoskeletal x-ray interpretation.



Wilderness and International Medicine Program (WIMP)

WIMP prepares residents to practice medicine in resource-limited environments.

Please note this program is under redevelopment. Stay tuned!



Post-Residency Training Opportunities

Hospitalist Fellowship

There is a one-year hospitalist fellowship through the hospitalist group at Central Maine Medical Center. The field of hospital medicine is now well-established and continues to grow, with demand for hospitalists far out-weighting supply. However, less than four percent of U.S. hospitalists are family medicine graduates, with the vast majority being BC/BE in internal medicine. In fact, there are many hospitalist positions that limit

their recruitment to internal medicine graduates. With the additional, concentrated inpatient training this fellowship provides our graduate will be well-prepared to effectively practice hospital medicine in a variety of hospital settings. Enhanced skills and experience will allow the fellow to command more interest from hospital programs unaware of the potential for excellent hospital care by family medicine trained hospitalists.



Committees

Our program has several committees that shape the curriculum and culture at the residency. Residents are actively involved in all committees and play an important role in determining the priorities of the program. Two of our most active committees are Thrive and HEDI.

Thrive

Thrive is our **Wellness Committee**. This group of residents, faculty, staff, and administrators are constantly looking for opportunities to decrease stress in our shared work environment and increase opportunities for us to connect with one another. Relationships form the foundation for the wellbeing of our program, and through nurturing relationships with one another, we support individual wellness. Thrive takes on small projects such as purchasing and painting a picnic table to create a gathering place outside for lunch, to larger initiatives like organizing monthly off-site events for everyone to spend time with one another.

HEDI

Our **Health Equity, Diversity, and Inclusion** Committee is another group of residents, faculty, staff, and administrators, who have come together with a shared passion for social justice and advocacy. HEDI conducts a Diversity Climate survey in the program to help identify strategic priorities for ensuring that everyone can learn, practice, and receive care in an environment that is free of harassment and promotes anti-racism. HEDI has worked to establish a rotating art gallery in our waiting room that features BIPOC and LGBTQIA+ artists in our community to increase visibility and create a welcoming and inclusive environment for all patients. HEDI also drafted the Anti-Racism and Non-Discrimination Policy for the residency and provides recommendations to the program for expanding and incorporating DEI into all aspects of resident education.



Lewiston, Maine - Opportunity lives here

Lewiston is Maine's second-largest city and is located on the banks of the Androscoggin River across from the neighboring city of Auburn. Lewiston/Auburn are often referred to as one community "L/A" if you are local. Lewiston is ideally located halfway between the capital city of Augusta and the largest city, Portland, approximately a 40-minute drive to each. Lewiston is a diverse community that includes the largest French-speaking population in the United States, New Mainers (refugees) from around the world, and people from "away," who came for one reason or another and decided to stay when they fell in love with the community.



Josh Kuckens photo

Lewiston is home to Bates College, University of Southern Maine Lewiston-Auburn College, and The Maine College of Health Professions, which is affiliated with the Central Maine Healthcare system. There are a variety of fine arts and cultural venues such as LA Arts, the Public Theatre, Schaeffer Theatre, Olin Arts Center, Museum LA, Maine Music Society, Midcoast Symphony Orchestra, Franco-American Collection at USM L-A, The Gendron Franco Center of Heritage & Performing Arts, and the world-acclaimed Bates

Dance Festival. Every August, the skies are populated with hot air balloons during the Balloon Festival, and in September, we all put on our walking shoes or get on our bikes to support the Dempsey Challenge.



There is a strong spirit of community-building in Lewiston, and many organizations that are contributing to raise public awareness, promoting health, eliminating discrimination and marginalization, and empowering the voiceless, including Healthy Androscoggin, New Beginnings, YWCA Central Maine, Tree Street Youth, Maine's People's Alliance, Maine Immigrant and Refugee Services, Somali Bantu Community of Lewiston Maine, Center for Wisdom's Women, Djiboutian American Community Empowerment Project, New Mainer's Alliance, Zambian Community of Maine, and Kaydenz Kitchen Food Pantry, to name just a few.

[Visitors | Lewiston, ME - Official Website](#)

[Balloon Festival](#)

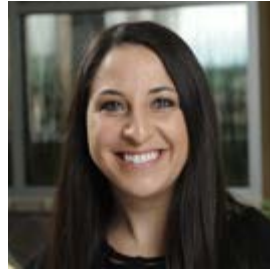
[Dempsey Challenge](#)

[Tree Street Youth](#)

CMMC Family Medical Residency Faculty



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Margo Goodman, D.O.
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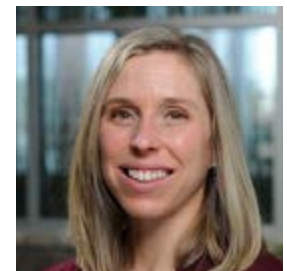
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