

for all the charts you couldn't do while you are seeing the patients. Stay over to help the next guy at the expense of your family because there are so many patients in the ED or waiting to be seen. Nurses are working at capacity or frequently beyond capacity and people are bedded and languish inside, waiting hours. Patients die in the waiting room? How could that be? This was supposed to be a good life, but now it is more nights and weekends than any other medical provider. How did that happen?

We need to address the issue of provider exploitation. We need guidelines to define our capacity and prevent the constant pressure to exceed that capacity with no regard for the consequences that are inflicted on providers. If the public outcry over the scandalous, one-in-a-million waiting room deaths is intended to address this problem, then we must act in concert. We must define and advance guidelines

that protect us from the subtle and insidious effects of being overburdened and stretched beyond our capacity while we are working because it doesn't end when the shift ends. The recovery time increases as the burden does. Our younger colleagues working 15-18 shifts a month are getting ready to work, working, or recovering from work. They're tired and also affected by the tsunami-like onslaught of problems and criticisms that seems to be enveloping our specialty. Genuine recovery time is very limited and the impact is felt with mental strain, family problems, efforts to navigate away from clinical care, early retirement or complete separation from EM for some. Leaving the ED at the end of a shift is a relief, but the fatigue and stress on home life carries over and then there is the next shift and the next night and the next weekend. Let's start a dialogue and bring this issue to the fore.

RESIDENT'S REVIEW

UCSF-SFGH Emergency Medicine Residency Opens its Doors

Eric F. Silman, MD

CAL/AAEM Resident Representative

A new EM residency program in California?! Yes, that's right. This summer the UCSF-San Francisco General Hospital Emergency Medicine Residency Program welcomed its first class of 12 residents. The inaugural year of the program marks the culmination of years of hard work and anticipation on the part of UCSF and SFGH's faculty and staff. As the first new program in California in three years, the UCSF-SFGH residency will train 12 residents per class in a four-year format. Among the innovative strategies featured in the program are Areas of Distinction, which allow each resident to select a niche within the specialty on which to focus their elective and research time. Thus far the program has opened two fellowships, Emergency Ultrasound and EMS/Disaster Medicine, with more on the way.

Besides food, outdoors and culture, San Francisco offers top-notch training sites. The UCSF Moffitt-Long Emergency Department serves a world-famous tertiary care facility and has an annual census of 45,000 with a 22% admission rate. San Francisco General Hospital is San Francisco's only Level I trauma center, and with an annual census of more than 50,000 it provides care to a wide variety of patients with an endless array of pathologies. Rounding out the training sites are the San Francisco VA

Medical Center, Kaiser San Francisco Medical Center, and Children's Hospital and Research Center of Oakland.

The UCSF-SFGH faculty is made up of some of the most well-respected physicians in EM today, including multiple leaders in ACEP, SAEM, and AAEM, nationally-recognized educators, and world-class EM researchers. Not to be outdone, the interns are already making waves: Several have won national academic awards, published in major journals, and are serving as resident representatives for Cal/AAEM and Cal/ACEP.

As match season approaches, the program is seeking its next class and will conduct interviews all winter. Under the leadership of Program Director Susan Promes, Associate Program Director Michelle Lin, and Assistant Program Director Barbara Kilian, the UCSF-SFGH EM residency aims to train its residents to be top-notch clinicians and ambitious leaders in our great specialty. As Michelle Lin writes on the program website, "Look out, world!"

Selected Links:

Residency Website: <http://www.emresidency.ucsf.edu/>

"MOODLE," a revolutionary online educational environment: <http://www.emresidency.ucsf.edu/moodle>.