

Fellowship Training Division of Endocrinology and Metabolism University of Rochester School of Medicine and Dentistry

Program Director:
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Introduction

One of the most important missions of an academic institution is to teach and train the next generation of doctors and researchers. While many programs train doctors to take care of endocrinology patients, The Division of Endocrinology and Metabolism at the University of Rochester strives to train the next generation of academic Endocrinologists. Our three-year program consists of two equally important arms: a strong, broad-based clinical education, and an in-depth research experience -either clinical or basic. The first year is nearly 100% clinical. Fellows work in multiple outpatient clinics, and also see inpatients on the consultation service. In contrast, the second and third years of the program are primarily research-based, with fellows spending approximately 20% of their time seeing patients, and the remaining 80% performing state-of-the-art research with one of the many talented scientists at the University of Rochester.

Clinical Training

Clinical training in the Division of Endocrinology and Metabolism at the University of Rochester consists of a broad-based program covering all aspects of Endocrinology. Fellows gain experience by seeing their own cadre of patients, and teaching skills are honed by precepting medical students and residents who rotate through the clinic. We have an extremely active outpatient clinic, seeing more than 4,500 patients per year.

We are a tertiary referral center that sees the entire spectrum of endocrine disorders. We have an active thyroid fine needle aspiration (FNA) clinic where fellows are instructed in thyroid ultrasound and FNA techniques. This clinic, as well as our general endocrine clinic, is run in close collaboration with our endocrine surgeons, allowing for multi-disciplinary assessment and management of patients. Fellows continue to follow surgical patients when they are admitted to the hospital, as well as during outpatient follow-up. Thus, fellows and patients experience seamless care from diagnosis to treatment of their endocrine disorders.

Our outstanding and busy Diabetes program also consists of both an inpatient and outpatient arm. Our Diabetes education program includes two nurse-practitioners



and two nutritionists, all of whom are certified diabetes educators. We have one of the largest insulin pump programs in the United States, and have extensive experience in real-time continuous glucose monitoring.

In the Multidisciplinary Neuroendocrine Clinic, fellows see patients with a team of physicians and allied health care providers from the Division of Endocrinology and the Department of Neurosurgery. The clinic has over 200 patient visits per year from all of Western New York and Northern Pennsylvania. The multidisciplinary approach used in this clinic allows for more coordinated and efficient care of patients, and has enriched the training experience for residents and fellows in both Neurosurgery and Endocrinology.

Research Training

The Division of Endocrinology and Metabolism consists of several NIH-sponsored clinical and basic researchers. In addition, the Division is part of an exciting group of internationally recognized academic physicians and scientists that make up the University of Rochester Medical Center. During the first year of training, Endocrine fellows are introduced to the research interests of our



Divisional faculty and those of other University of Rochester faculty performing Endocrine-related research. Working with the Divisional faculty, fellows then chose their mentors from any of these qualified researchers, and spend their second and third years working on important endocrine research problems. Fellows are expected to complete a significant research project during this time, and are strongly encouraged to publish their results in high impact journals. We support sending the fellows to at least one National Conference per year, where they can present their work and interact with leaders in their respective fields. Research fellows are followed closely by the Endocrine faculty to ensure that their research continues to move forward and that they have opportunities to network with potential employers.

Conferences

Throughout the three-year program, fellows participate in a myriad of stimulating and informative conferences. One example is our clinical case-based conference, where members of the Division, as well as endocrinologists from the community and physicians from surgery, pathology, and radiology, come together to discuss interesting and recent cases with the fellows. In addition, fellows attend research-focused conferences where faculty from the University of Rochester, as well as academic leaders from all over the world, present their most recent and cutting-edge findings. Finally, the Division has a strong teaching conference taught by the highly respected academic physicians at the University of Rochester which serves as an in-depth survey of the most recent advances in Endocrinology.

Conclusions

In summary, the Endocrinology and Fellowship training program at the University of Rochester offers physicians interested in a career in academic medicine the opportunity to receive a strong, broad-based, and multidisciplinary education in both clinical and research aspects of Endocrinology. We encourage those interested in learning more about our program to contact:

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