

2020-2021

General Surgery Residency Program



Our mission:

to serve, to heal,
to educate.

 **Cooper**
University Health Care

 **Cooper Medical School**
of Rowan University

Welcome From Our Program Director



Steven E. Ross, MD

"We prepare our trainees to be capable, ethical, and inquisitive general surgeons."

Thank you for your interest in our General Surgery Residency at Cooper.

The mission of the General Surgery residency program is to educate and train knowledgeable, technically skilled, compassionate, inquisitive surgeons who are capable of the independent practice of surgery. We further aim to assure their education in academic pursuits and patient safety and quality improvement so that they are capable of practicing in the modern academic and clinical health care environment.

Our six-year program is an ACGME accredited General Surgery Residency sponsored by Cooper University Hospital and Cooper Medical School of Rowan University, with four categorical residents/year. We provide broad training in General Surgery on our main campus in Camden, New Jersey. We serve a socioeconomically diverse community, and provide tertiary care to a seven county region with a population in excess of two million people. Five clinical years are devoted to acquiring knowledge and skills in all of the principle components of General Surgery. Clinical research is a fundamental part of the curriculum throughout residency. The full time surgical faculty represent a broad range of surgical specialties, and many hold leadership positions in local, regional, and national organizations. The residency is supported by an ACS Level I Adult Trauma Center / Level II Pediatric Trauma Center, and the Cooper/MD Anderson Cancer Center. Surgical simulation is integral to the educational program, as are minimally invasive and robotic surgery. All trainees are involved in performance improvement and patient safety activities. Graduates achieve eligibility for certification by the American Board of Surgery, and are able to enter the independent practice of surgery or gain entry to fellowships in the subspecialty of their choice.

Between the second and third clinical years of this six-year program, the residents engage in a dedicated research fellowship under the guidance of the surgical faculty. The Division of Research provides opportunities in basic science and translational research. Residents also continue their involvement in clinical research in a broad range of surgical fields during this fellowship year. A few of the recent publications and podium presentations of recent residents are listed later in this document.

Our graduates have gone on to practice general surgery, and to fellowship training in a variety of specialties. A number have gone on to leadership roles in academic institutions and surgical societies. We encourage those who have the drive to become excellent clinical surgeons, and to understand and harness the science of surgery, to apply to our program. We welcome your interest and look forward to meeting you.

Steven E. Ross, MD

Program Director, General Surgery Residency

A Note From the Department Chief



Jeffrey P. Carpenter, MD

**“We provide a rich
and varied training
experience with a large
and growing surgical
volume.”**

We are southern New Jersey's only academic, tertiary care medical center. As such, we provide a rich and varied training experience with a large and growing surgical volume.

I became Chairman in 2008, after 23 years at the University of Pennsylvania. Since then, Cooper has seen the addition of its new Cooper Medical School of Rowan University, which graduated its first class in 2016. This has deepened our academic resources and enriched the training environment.

The campus has seen a number of expansions during this time, with the addition of 25 operating rooms for a total of 38, including two robotic rooms, a room equipped with a CT scanner, a room with an O-arm, three hybrid OR/angiographic suites, and state-of-the-art laparoscopy rooms.

The affiliation of Cooper with the world-renowned MD Anderson Cancer Center in Houston, Texas, to create MD Anderson Cancer Center at Cooper, has dramatically increased the volume of oncologic and reconstructive surgeries, providing many opportunities for participation in advanced treatment and research protocols.

Our Level 1 Trauma Center is the region's largest and busiest, offering surgical trainees a rich experience in management of traumatic injuries and reconstruction. Our faculty has more than doubled in size since 2008 and now numbers more than 70 surgeons. While they are clinically excellent and busy, they are also extremely academically productive and seek to collaborate with trainees to mentor them in research.

In 2018, the Department of Surgery at Cooper published more than 100 articles and book chapters. Our faculty serve on the editorial boards of many journals and are nationally and internationally recognized as leaders in their specialties. We have an active basic science research program, with emphases on regenerative medicine and epigenetics. The department maintains both a large animal and small animal vivarium with two large animal operating rooms. We are passionate about education of surgical trainees and welcome your interest in our programs.

Jeffrey P. Carpenter, MD

Chairman and Chief, Department of Surgery

to serve

General Surgery Residency Program



**“Teaching residents
for over 25 years
has proved to be a
tremendously
enjoyable and rewarding
part of my career.”**

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Jeffrey P. Carpenter, MD
Chairman and Chief,
Department of Surgery

The General Surgery Residency Program is a categorical track for medical school graduates wishing to become excellent general surgeons and/or pursue further training in surgical subspecialties. The curriculum is designed to have each resident achieve eligibility for the American Board of Surgery examination in General Surgery. We accept four individuals into the first year of our six-year program. The first, second, fourth, fifth, and sixth are clinical years. The third year is a funded fellowship in laboratory and clinical surgical research with limited clinical responsibility. Our residency program centers upon the principal components of general surgery, with an established curriculum that challenges the resident academically and technically.

The faculty practices and our diverse population provide a broad exposure to general surgery including diseases of the head and neck, breast, skin and soft tissues, alimentary tract, abdomen, vascular system, endocrine system, as well as comprehensive management of trauma and emergency surgery, and surgical critical care. There is also broad exposure to thoracic, pediatric, and plastic surgery. All clinical rotations are at the main campus except for one month of solid organ transplantation in the third year. A Surgical Simulation Lab that encompasses open, minimally invasive, and endoscopic skills complements the clinical experience.

The goals of the research year are to instill the scientific approach to surgical disease into the thought processes of each resident, by allowing them to conduct scientific investigation into specific surgical problems. This educational experience allows the resident to develop a critical approach to the literature as it pertains to surgical practice. The surgical and basic science faculty mentor the residents in their research projects, in writing abstracts, and presentations, and ultimately, in preparing manuscripts for publication. The director of surgical research supervises the laboratory experience, helping faculty and residents develop research plans that focus on the areas of interest to the faculty and trainee. A variety of basic science research, including large and small animal surgery, is ongoing on our campus, and opportunities for collaborative work with Rowan’s bioengineering department are available.

The large number and broad interests of our full-time faculty allow a close relationship between attendings and residents. Each resident is assigned a faculty mentor during their intern year, who is able to assist them in their development as a physician and surgeon. Our program emphasizes the importance of graduated responsibility for the trainee, fostering development of surgical judgment. Ambulatory surgery and continuity of care clinics are an integral part of the resident experience.

to heal

General Surgery Residency Program continued



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Residency Graduates Fellowship Placement (2006-2018)

Although some of our graduates go directly into the practice of surgery, the majority have opted for further training in a discipline of general surgery. They have obtained fellowships throughout the U.S in premier programs in breast, cardiothoracic, colorectal, endocrine, advanced laparoscopic, plastic, vascular, and surgical critical care.

Breast Surgery

Jefferson University Hospital
Stanford University Med Center
University of Southern California

Colon & Rectal Surgery

Brown University
Cleveland Clinic
Ochsner Clinic

Endocrine Surgery

Cleveland Clinic

Minimally Invasive Surgery

Albany Medical Center
University of Washington
University of Arizona
Hackensack University Hospital
Ann Arundel Hospital
U.C. San Francisco
Alta Bates Medical Center,
Oakland, CA
Houston Northwest Medical Center

Surgical Oncology

Brown University
University of Louisville

Plastic Surgery

Cleveland Clinic
Duke University
University of Miami
Cooper Medical School

Trauma / Surgical Critical Care

Cooper Medical School
University of Connecticut
Johns Hopkins
UC San Diego

Vascular Surgery

Cooper Medical School
Methodist Hospital-Houston
Montefiore (NYC) Medical Center
NJ Medical School – UMDNJ
Boston Medical Center
University of Mississippi
U T Houston

International Surgery

Nepal

to educate

Department of Surgery Clinical Schedule



Residents are immersed in this rich environment, and have ample opportunity to interact with faculty and peers through formal and informal teaching sessions.

PGY-1	
Rotation	Months
Acute Care Surgery	3
General & Bariatric Surgery	1
Surgical Oncology	2
Thoracic Surgery	1
Surgical Subspecialty	1
Surgical Critical Care	2
Night Float	2

PGY-2	
Rotation	Months
Acute Care Surgery	1
Colorectal Surgery	1
Endoscopy	1
Pediatric Surgery	2
Surgical Oncology	1
Thoracic Surgery	1
Vascular Surgery	2
Surgical Critical Care	2
Night Float	1

Research Year	
Rotation	Months
Research Fellowship	12

PGY-3	
Rotation	Months
General & Bariatric Surgery	1
Colorectal Surgery	1
Surgical Oncology	1
Surgical Critical Care	1
Thoracic Surgery	2
Transplant Surgery – Jefferson Hospital	1
Trauma	2
Vascular Surgery	1
Night Float	2

PGY-4	
Rotation	Months
Acute Care Surgery	2
Colorectal Surgery	2
General & Bariatric Surgery	3
Surgical Oncology	2
Vascular Surgery	1
Trauma	1
Night Float	1

PGY-5	
Rotation	Months
Acute Care Surgery	4
Colorectal Surgery	4
General & Bariatric Surgery	4
Surgical Oncology	4

Subspecialty rotations include thoracic surgery, plastic surgery, and pediatric surgery.

Essential Job Functions and Requirements

Observation:

- Accurately observe a patient, including obtaining a complete history and performing a thorough physical examination
- Assimilate information from medical records, both written and electronic
- Visualize images from all media (paper, film, slides, video, etc.)
- Visualize surgical fields accurately, including using loupes, microscopes, video monitors, and flouroscopy

Communication:

- Communicate effectively, efficiently, and with sensitivity with patients, their families, as well as with all members of the health care team using spoken, written, and non-verbal means
- Perform documentation tasks, including written, typed, and dictated H&Ps, consults, progress notes, operative notes, and discharge summaries in a timely fashion
- Perform follow-up on patient care issues, such as laboratory results and patient phone calls in a timely, consistent, and reliable fashion
- Present well-organized case presentations orally both in person and on the phone
- Interpret radiologic and other graphic images and digital or analog representations of physiologic phenomenon (such as EKGs)

Motor:

- Perform maneuvers necessary for thorough physical examination
- Administer injections and obtain blood samples
- Perform tasks reasonably required to provide general and emergency medical care such as airway management, placement of intravenous catheters, cardiopulmonary resuscitation, and suturing of wounds
- Perform cardiopulmonary resuscitation
- Move throughout the hospital and clinics to address routine and emergent patient care needs
- Provide services in remote locations assigned
- Maintain the strength, stamina, focus, and bimanual dexterity to perform surgical operations, including those that exceed six hours duration
- Wear protective equipment mandated by regulation or hospital policy
- Must be able to immerse hands in water and scrub for surgical preparation

Intellectual-Conceptual, Integrative, and Quantitative Abilities:

- Measure, calculate, reason, analyze, and synthesize
- Comprehend three-dimensional relationships and understand spatial relationships of structure
- Manage multiple patient care duties at the same time
- Make judgments and decisions regarding complicated, undifferentiated disease presentations in a timely fashion in emergency, ambulatory, and hospital settings
- Demonstrate organizational skills required to care for 10 or more outpatient cases per half day

Essential Job Functions and Requirements continued

Behavioral and Social Attributes:

- Demonstrate organizational skills required to evaluate and care for at least three ED patients per hour
 - Organize and communicate appropriate sign out
 - Design, perform, and present annual research projects
 - Access limits of knowledge and determine areas of need for further inquiry and/or study
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- Demonstrate emotional health required for full utilization of their intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the diagnosis and care of patients and the development of mature, sensitive, and effective relationships with patients and co-workers
 - Tolerate physically taxing work loads and function effectively under emotional and psychologic stress
 - Adapt to changing environments, display flexibility and function effectively in the face of uncertainties, inherent in the clinical problems of patients
 - Teach peers and subordinates
 - Complete all required documentation including medical records, enter statistics and patient logs, and duty hours for bookkeeping
 - Function as a member and, when appropriate, as a leader of the health care team
 - Demonstrate effective time-management skills
 - Demonstrate professional work habits including arrival at assignments on time, properly attired, and remain at the assigned location for the assigned period

Miscellaneous:

- Make rounds and provide patient care in the hospital or outpatient settings for up to 24 consecutive hours, plus additional 4 hours for continuity of care, if necessary
- Take in-hospital call which requires inpatient work stretches of up to 24 hours, plus additional 4 hours for continuity of care, if necessary
- Participate in and satisfactorily complete all assigned rotations in the curriculum
- Get from home to hospital within 30 minutes when taking at-home call
- Tolerate increased heat and humidity for up to 12 hours/day in operating room
- Wear appropriate eye protection as required
- Wear surgical masks as required
- Wear gloves, gowns, boots as required
- Lead group education sessions

How to Apply



Contact Information

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Cooper University Hospital
Office of Surgical Education
Three Cooper Plaza, Suite 411
Camden, NJ 08103

The General Surgery Residency Program at Cooper University Hospital participates in the Electronic Residency Application Service (ERAS), and all information is processed through this system without exception. Information regarding the ERAS application process and timeline is available on the websites listed below. All positions will be offered through the National Residency Matching Program (NRMP); participation with NRMP is required.

Association of American Medical Colleges

www.aamc.org/eras

ERAS applications must contain the following information in order for your application to be considered:

- Common application form
- Curriculum vitae
- Medical school transcript
- Two original letters of recommendation
- Dean's letter
- Personal statement describing your training goals and future career plans
- USMLE reports (1, 2ck + 2cs)
- ECFMG certification (IMG only)

The program director and additional faculty members will review applicant files. Invitation for interview will be based upon their recommendations.

Program Eligibility

Eligibility for the General Surgery Residency Program requires graduation from an accredited medical school. Individuals accepted for a position in the program must be U.S. citizen, classified as a resident alien, or hold a J-1 visa.

The application deadline for the academic year is November 15, 2019.

The Cooper Campus and Surrounding Area



The expansion project at Cooper is a direct reflection of the growth in services that Cooper has experienced over the past several years.



Cooper University Health Care is the leading academic health system in South Jersey. Since 1887, Cooper has been providing quality health care to the people of Camden County and South Jersey. When it comes to care, Cooper's experts treat minor problems, critical illnesses, and major traumas with the same level of excellence. These experts will train you – the medical professionals of the future – while together as colleagues providing our patients with comprehensive, compassionate care today. It's more than just medicine, it's our mission.

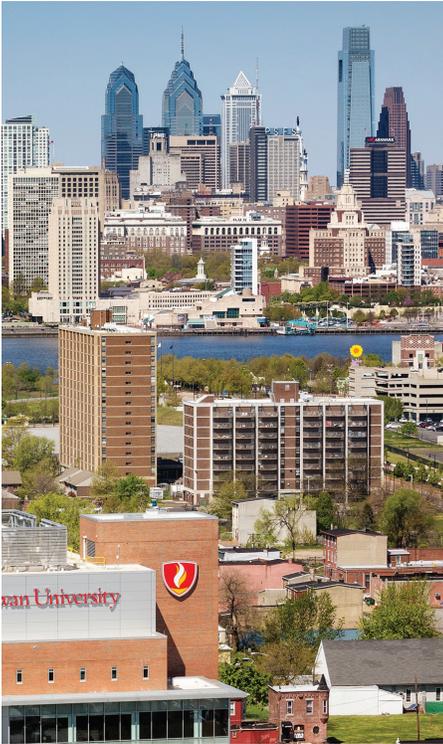
Located across the Delaware River from Philadelphia, Cooper University Health Care has more than 7,500 employees, including more than 1,250 nurses and 630 physicians in more than 75 specialties. As one of the most trusted health systems in the region, Cooper offers patients quality health care from primary care to specialty care in one or more of its premier Institutes and Centers of Excellence. In 2018, Cooper received 28,716 hospital admissions, 80,802 Emergency Department visits, 46,511 visits to our Urgent Care Centers, and more than 1.6 million outpatient visits. Our teams saw 23,110 surgical cases, 3,766 trauma cases, and more than 123,000 combined inpatient and outpatient cancer visits.

Cooper University Hospital is the center of a growing Camden Health Sciences Campus that includes MD Anderson Cancer Center at Cooper, Sheridan Pavilion at Three Cooper Plaza medical offices, Cooper Medical School of Rowan University (CMSRU), internationally acclaimed Coriell Institute for Medical Research, and the Ronald McDonald House of Southern New Jersey. Cooper is proud to be a catalyst working to transform our community for the better.

The hospital's 312,000-square-foot, 10-story Roberts Pavilion features technologically advanced operating room suites with hybrid imaging capabilities, an advanced laboratory automation facility, and the 25,000-square-foot Dr. Edward D. Viner Intensive Care Unit—featuring 30 private patient rooms equipped with the latest in advanced technology, and allowing 360-degree patient access. Five patient rooms are capable of negative pressure isolation, and five rooms have chambered isolation alcoves. In addition, an enlarged room with operating room-caliber lighting is outfitted to perform bedside exploratory laparotomy in patients considered too medically unstable for transport to the operating room. We are proud to be the first in the nation to provide advanced surgical trauma training to the United States Army Elite Forward Resuscitation Surgical Team.

As South Jersey's only Level 1 Trauma Center and Level II Pediatric Trauma Center, Cooper provides critically ill patients with life-saving care. Cooper's two medical transport helicopters have 24/7 access to a helipad with the latest lighting, snow-melting capabilities, and automatic drainage to prevent icing. Our recently-expanded Emergency Department includes state-of-the-art exam rooms and an iTrack system to improve the flow of patients through the ED, reducing patient wait times. Additionally, designated floors within the hospital serve specific patient populations, including those needing advanced surgical and heart care, along with South Jersey's only dedicated 30-bed inpatient cancer unit.

The Cooper Campus and Surrounding Area, *continued*



Cooper University Health Care and MD Anderson Cancer Center in Houston, Texas, partnered in 2013 to create MD Anderson Cancer Center at Cooper. Our partnership is a full clinical integration between the two programs. MD Anderson at Cooper physicians adhere to the same philosophy, protocols, and guidelines set by MD Anderson in Houston, and patients receive the same proven practice standards and treatment plans provided at MD Anderson. Today at MD Anderson at Cooper, patients have access to more clinical trials for more types of cancer than ever before, as well as a full range of supportive care services. Additionally, Cooper's Center for Special Diagnostics, located in our Education and Research Building, includes molecular pathology, flow cytometry, and cytogenetics, enhancing Cooper's ability to provide genomic testing for cancer patients at Cooper.

CMSRU's Medical Education Building is located on the Cooper Health Sciences Campus on South Broadway, between Benson and Washington Streets. The medical school, which opened in July 2012, was designed to support an innovative curriculum that integrates knowledge of basic science concepts, early clinical experience and patient care, self-directed learning, teamwork, and medical and non-medical activities for the greater community's benefit. It was featured in U.S. News and World Report's ranking of the 10 U.S. medical schools with the lowest acceptance rates in fall 2018. It received 6,708 applications and admitted only 203 students, for an acceptance rate of 3%. In 2019, 100% of medical students matched with a residency program.

The Cooper Health Sciences Campus is located in the heart of Camden's business district. The academic medical center campus is easily accessible by car or public transportation via the PATCO and bus terminal adjacent to the hospital. Public transportation options offer convenient access to Philadelphia's cultural, culinary, and historic venues, as well as a range of living and entertainment options in South Jersey, including walkable communities such as Haddonfield and Collingswood.

Cooper is a short walk or drive from the exciting Camden waterfront, which includes a magnificent waterfront park and marina; the Adventure Aquarium; and the BB&T Pavilion, which hosts nationally renowned entertainment throughout the year. Nearby are the 76ers Training Complex, L3 Communications complex, Rutgers University Camden Campus, Rowan University, and Camden County College. There are expected to be \$350M in transportation and infrastructure improvements within the next four to five years to handle the influx of thousands of new employees to the area and students at nearby growing academic campuses.

Cooper is proud to be part of the transformation of our community. Employment in the city of Camden has increased 24.7% in the past few years, with 55.4% of those jobs in the health care and education sectors. And our neighborhoods are safer: the crime rate is at a 50-year low, thanks to an aggressive community policing program.

Cooper University Health Care is growing and changing lives. We invite you to be part of our mission: To serve. To heal. To educate.

Cooper Camden Campus Map



The most up-to-date directions to Cooper University Hospital are available at:
CooperHealth.org/Locations



One Cooper Plaza · Camden, NJ 08103-1489 · CooperHealth.edu

Hospital Main Number: **856.342.2000**

Graduate Medical Education: **856.342.2922**