

JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY

JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY IS WIDELY RECOGNIZED AS ONE OF THE PREMIER POSTGRADUATE TRAINING PROGRAMS IN THE UNITED STATES, KNOWN FOR ITS RIGOROUS CLINICAL EDUCATION, INNOVATIVE RESEARCH OPPORTUNITIES, AND DISTINGUISHED FACULTY. THIS RESIDENCY PROGRAM, BASED AT THE JOHNS HOPKINS HOSPITAL, OFFERS COMPREHENSIVE TRAINING ACROSS A DIVERSE SPECTRUM OF INTERNAL MEDICINE DISCIPLINES, PREPARING RESIDENTS TO BECOME SKILLED CLINICIANS, EDUCATORS, AND LEADERS IN THE FIELD. THE PROGRAM EMPHASIZES EVIDENCE-BASED MEDICINE, INTERDISCIPLINARY COLLABORATION, AND PERSONALIZED MENTORSHIP TO FOSTER PROFESSIONAL GROWTH. RESIDENTS GAIN EXPOSURE TO A BROAD PATIENT POPULATION AND COMPLEX MEDICAL CASES, ENHANCING THEIR DIAGNOSTIC AND THERAPEUTIC SKILLS. ADDITIONALLY, THE PROGRAM SUPPORTS NUMEROUS SCHOLARLY ACTIVITIES, INCLUDING CLINICAL RESEARCH, QUALITY IMPROVEMENT PROJECTS, AND GLOBAL HEALTH INITIATIVES. THIS ARTICLE DELVES INTO THE KEY ASPECTS OF THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY, INCLUDING ITS CURRICULUM, FACULTY, RESEARCH OPPORTUNITIES, APPLICATION PROCESS, AND RESIDENT LIFE, PROVIDING AN IN-DEPTH OVERVIEW FOR PROSPECTIVE APPLICANTS AND MEDICAL PROFESSIONALS ALIKE.

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PROGRAM OVERVIEW

THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY PROGRAM IS DESIGNED TO DELIVER COMPREHENSIVE EDUCATION AND CLINICAL EXPERIENCE TO RESIDENTS, FOSTERING THE DEVELOPMENT OF COMPETENT, COMPASSIONATE, AND KNOWLEDGEABLE INTERNISTS. ESTABLISHED WITHIN THE JOHNS HOPKINS HOSPITAL, A WORLD-RENOWNED ACADEMIC MEDICAL CENTER, THE PROGRAM LEVERAGES ITS RESOURCES TO PROVIDE A DYNAMIC LEARNING ENVIRONMENT. THE RESIDENCY INTEGRATES INPATIENT AND OUTPATIENT CARE, ENSURING RESIDENTS DEVELOP PROFICIENCY IN MANAGING A WIDE RANGE OF MEDICAL CONDITIONS. IT FOCUSES ON CULTIVATING CRITICAL THINKING, CLINICAL REASONING, AND EFFECTIVE COMMUNICATION SKILLS ESSENTIAL FOR PATIENT CARE AND INTERDISCIPLINARY TEAMWORK.

HISTORY AND REPUTATION

FOUNDED OVER A CENTURY AGO, THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY PROGRAM HAS A RICH HISTORY OF EXCELLENCE IN MEDICAL EDUCATION AND PATIENT CARE. THE PROGRAM HAS CONSISTENTLY RANKED AMONG THE TOP INTERNAL MEDICINE RESIDENCIES NATIONWIDE DUE TO ITS ROBUST CURRICULUM, DISTINGUISHED FACULTY, AND COMMITMENT TO INNOVATION. ITS GRADUATES OCCUPY LEADERSHIP ROLES IN ACADEMIC MEDICINE, RESEARCH, AND CLINICAL PRACTICE GLOBALLY.

PROGRAM STRUCTURE

THE RESIDENCY IS TYPICALLY A THREE-YEAR TRAINING PROGRAM, ENCOMPASSING A BALANCE OF CLINICAL ROTATIONS, DIDACTIC SESSIONS, AND RESEARCH ACTIVITIES. THE STRUCTURE INCLUDES CORE ROTATIONS IN GENERAL INTERNAL MEDICINE, SUBSPECIALTY SERVICES, AND ELECTIVE EXPERIENCES TAILORED TO RESIDENTS' CAREER GOALS. EMPHASIS IS PLACED ON PROGRESSIVE RESPONSIBILITY AND AUTONOMY UNDER EXPERT SUPERVISION TO PREPARE RESIDENTS FOR INDEPENDENT PRACTICE.

CURRICULUM AND CLINICAL TRAINING

THE CURRICULUM OF THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY IS METICULOUSLY CRAFTED TO COVER THE ESSENTIAL KNOWLEDGE AND SKILLS REQUIRED FOR INTERNAL MEDICINE SPECIALISTS. IT INCORPORATES EVIDENCE-BASED GUIDELINES, MULTIDISCIPLINARY APPROACHES, AND PATIENT-CENTERED CARE PRINCIPLES. CLINICAL TRAINING SPANS A VARIETY OF HOSPITAL SETTINGS, INCLUDING TERTIARY CARE, COMMUNITY HOSPITALS, AND OUTPATIENT CLINICS.

CORE ROTATIONS

RESIDENTS PARTICIPATE IN DIVERSE CORE ROTATIONS THAT ENCOMPASS:

- GENERAL MEDICINE WARDS
- INTENSIVE CARE UNITS (MEDICAL ICU, CARDIAC ICU)
- CARDIOLOGY
- GASTROENTEROLOGY
- ENDOCRINOLOGY
- INFECTIOUS DISEASES
- NEPHROLOGY
- HEMATOLOGY AND ONCOLOGY
- RHEUMATOLOGY

EACH ROTATION IS DESIGNED TO EXPOSE RESIDENTS TO COMPLEX PATHOLOGIES, DIAGNOSTIC CHALLENGES, AND MULTIDISCIPLINARY MANAGEMENT STRATEGIES.

OUTPATIENT EXPERIENCE

OUTPATIENT CONTINUITY CLINICS ARE A VITAL COMPONENT OF THE RESIDENCY, WHERE RESIDENTS MANAGE LONGITUDINAL CARE FOR A DIVERSE PATIENT POPULATION. THIS EXPERIENCE ENHANCES SKILLS IN PREVENTIVE MEDICINE, CHRONIC DISEASE MANAGEMENT, AND HEALTH MAINTENANCE. ADDITIONALLY, RESIDENTS PARTICIPATE IN SPECIALTY CLINICS AND COMMUNITY HEALTH INITIATIVES.

DIDACTIC EDUCATION

THE PROGRAM OFFERS STRUCTURED DIDACTICS INCLUDING MORNING REPORTS, CASE CONFERENCES, JOURNAL CLUBS, AND BOARD REVIEW SESSIONS. THESE EDUCATIONAL ACTIVITIES REINFORCE CLINICAL KNOWLEDGE, PROMOTE CRITICAL APPRAISAL OF MEDICAL LITERATURE, AND PREPARE RESIDENTS FOR CERTIFICATION EXAMINATIONS.

FACULTY AND MENTORSHIP

THE FACULTY AT JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY COMPRISES RENOWNED CLINICIANS, RESEARCHERS, AND EDUCATORS COMMITTED TO RESIDENT DEVELOPMENT. THE PROGRAM FOSTERS AN ENVIRONMENT OF MENTORSHIP, WHERE RESIDENTS RECEIVE PERSONALIZED GUIDANCE TO ADVANCE THEIR CLINICAL COMPETENCE AND CAREER ASPIRATIONS.

ROLE OF FACULTY

FACULTY MEMBERS SERVE AS CLINICAL PRECEPTORS, RESEARCH MENTORS, AND CAREER ADVISORS. THEIR EXPERTISE SPANS ALL SUBSPECIALTIES OF INTERNAL MEDICINE, ENABLING RESIDENTS TO EXPLORE DIVERSE INTERESTS AND ACQUIRE SPECIALIZED KNOWLEDGE. FACULTY ACCESSIBILITY AND SUPPORT ARE INTEGRAL TO THE RESIDENCY EXPERIENCE.

MENTORSHIP PROGRAMS

THE RESIDENCY INCORPORATES FORMAL MENTORSHIP PROGRAMS THAT PAIR RESIDENTS WITH FACULTY MENTORS BASED ON MUTUAL INTERESTS. THESE RELATIONSHIPS FACILITATE PROFESSIONAL GROWTH, RESEARCH COLLABORATION, AND NETWORKING OPPORTUNITIES WITHIN THE MEDICAL COMMUNITY.

RESEARCH AND SCHOLARLY OPPORTUNITIES

JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY ENCOURAGES ACTIVE PARTICIPATION IN RESEARCH AND SCHOLARLY ACTIVITIES, RECOGNIZING THEIR IMPORTANCE IN ADVANCING MEDICAL KNOWLEDGE AND IMPROVING PATIENT CARE. RESIDENTS HAVE ACCESS TO EXTENSIVE RESOURCES AND MENTORSHIP TO PURSUE INVESTIGATIVE PROJECTS.

RESEARCH TRACKS

THE PROGRAM OFFERS SPECIALIZED RESEARCH TRACKS ALLOWING RESIDENTS TO FOCUS ON CLINICAL, TRANSLATIONAL, OR BASIC SCIENCE RESEARCH. THESE TRACKS PROVIDE STRUCTURED TIME AND SUPPORT FOR CONDUCTING STUDIES, PRESENTING FINDINGS, AND PUBLISHING MANUSCRIPTS.

QUALITY IMPROVEMENT AND GLOBAL HEALTH

IN ADDITION TO TRADITIONAL RESEARCH, RESIDENTS ENGAGE IN QUALITY IMPROVEMENT INITIATIVES AIMED AT ENHANCING HEALTHCARE DELIVERY AND PATIENT OUTCOMES. THE RESIDENCY ALSO SUPPORTS GLOBAL HEALTH ELECTIVES, PROVIDING OPPORTUNITIES TO WORK IN DIVERSE INTERNATIONAL SETTINGS AND ADDRESS GLOBAL DISEASE BURDENS.

ACADEMIC CONFERENCES AND PUBLICATIONS

RESIDENTS ARE ENCOURAGED TO PRESENT THEIR WORK AT REGIONAL, NATIONAL, AND INTERNATIONAL CONFERENCES. THE PROGRAM PROMOTES SCHOLARLY DISSEMINATION THROUGH PEER-REVIEWED PUBLICATIONS, FOSTERING ACADEMIC EXCELLENCE AND PROFESSIONAL RECOGNITION.

APPLICATION PROCESS AND SELECTION CRITERIA

THE APPLICATION PROCESS FOR THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY IS HIGHLY COMPETITIVE, ATTRACTING TOP MEDICAL GRADUATES WORLDWIDE. THE PROGRAM SEEKS CANDIDATES DEMONSTRATING ACADEMIC EXCELLENCE, STRONG CLINICAL SKILLS, AND A COMMITMENT TO INTERNAL MEDICINE.

ELIGIBILITY AND REQUIREMENTS

APPLICANTS MUST HAVE GRADUATED FROM AN ACCREDITED MEDICAL SCHOOL AND MEET UNITED STATES MEDICAL LICENSING EXAMINATION (USMLE) OR COMPREHENSIVE OSTEOPATHIC MEDICAL LICENSING EXAMINATION (COMLEX) SCORE THRESHOLDS. CLINICAL EXPERIENCE, LETTERS OF RECOMMENDATION, AND A PERSONAL STATEMENT ARE CRITICAL COMPONENTS OF THE APPLICATION.

INTERVIEW AND SELECTION

SELECTED APPLICANTS ARE INVITED FOR COMPREHENSIVE INTERVIEWS, WHICH ASSESS CLINICAL KNOWLEDGE, COMMUNICATION SKILLS, PROFESSIONALISM, AND ALIGNMENT WITH THE PROGRAM'S VALUES. THE SELECTION COMMITTEE EVALUATES CANDIDATES HOLISTICALLY TO IDENTIFY THOSE BEST SUITED FOR THE PROGRAM'S DEMANDS.

TIPS FOR APPLICANTS

- HIGHLIGHT CLINICAL AND RESEARCH EXPERIENCES RELEVANT TO INTERNAL MEDICINE.
- OBTAIN STRONG LETTERS OF RECOMMENDATION FROM FACULTY FAMILIAR WITH YOUR SKILLS.
- DEMONSTRATE COMMITMENT TO LIFELONG LEARNING AND PATIENT-CENTERED CARE.
- PREPARE THOROUGHLY FOR INTERVIEWS WITH AN UNDERSTANDING OF THE PROGRAM'S MISSION.
- SHOWCASE LEADERSHIP, TEAMWORK, AND ADAPTABILITY THROUGH EXAMPLES.

RESIDENT LIFE AND SUPPORT

THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY PROGRAM PRIORITIZES RESIDENT WELL-BEING AND PROFESSIONAL DEVELOPMENT. THE PROGRAM OFFERS A SUPPORTIVE ENVIRONMENT WITH RESOURCES AIMED AT BALANCING RIGOROUS TRAINING WITH PERSONAL HEALTH AND GROWTH.

WORK-LIFE BALANCE

RESIDENTS BENEFIT FROM STRUCTURED SCHEDULES THAT INCLUDE PROTECTED TIME OFF, WELLNESS PROGRAMS, AND ACCESS TO MENTAL HEALTH SERVICES. THE PROGRAM ENCOURAGES A CULTURE OF COLLEGIALLY AND MUTUAL SUPPORT AMONG RESIDENTS AND FACULTY.

EDUCATIONAL AND CAREER DEVELOPMENT RESOURCES

COMPREHENSIVE CAREER COUNSELING, FELLOWSHIP ADVISING, AND LEADERSHIP TRAINING ARE INTEGRAL COMPONENTS OF RESIDENT LIFE. WORKSHOPS ON TEACHING SKILLS, HEALTHCARE POLICY, AND MEDICAL ETHICS FURTHER ENRICH THE EDUCATIONAL EXPERIENCE.

COMMUNITY AND DIVERSITY

THE RESIDENCY FOSTERS AN INCLUSIVE COMMUNITY THAT VALUES DIVERSITY AND CULTURAL COMPETENCE. VARIOUS RESIDENT-LED GROUPS AND INITIATIVES PROMOTE ENGAGEMENT, SOCIAL CONNECTIONS, AND ADVOCACY WITHIN AND BEYOND THE INSTITUTION.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE DURATION OF THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY PROGRAM?

THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY PROGRAM TYPICALLY LASTS FOR THREE YEARS, PROVIDING COMPREHENSIVE TRAINING IN INTERNAL MEDICINE.

WHAT ARE THE KEY STRENGTHS OF THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY?

KEY STRENGTHS INCLUDE EXPOSURE TO DIVERSE PATIENT POPULATIONS, ACCESS TO LEADING RESEARCH AND FACULTY, STRONG MENTORSHIP, AND OPPORTUNITIES FOR SPECIALIZED TRACKS AND GLOBAL HEALTH EXPERIENCES.

HOW COMPETITIVE IS THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY PROGRAM?

IT IS HIGHLY COMPETITIVE, ATTRACTING TOP MEDICAL GRADUATES FROM AROUND THE WORLD DUE TO ITS REPUTATION FOR EXCELLENCE AND RIGOROUS TRAINING ENVIRONMENT.

WHAT TYPE OF CLINICAL EXPERIENCE CAN RESIDENTS EXPECT AT JOHNS HOPKINS?

RESIDENTS GAIN EXTENSIVE CLINICAL EXPERIENCE ACROSS VARIOUS SETTINGS INCLUDING INPATIENT WARDS, OUTPATIENT CLINICS, INTENSIVE CARE UNITS, AND SUBSPECIALTY ROTATIONS AT THE JOHNS HOPKINS HOSPITAL AND AFFILIATED SITES.

DOES JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY OFFER RESEARCH OPPORTUNITIES?

YES, RESIDENTS HAVE ABUNDANT RESEARCH OPPORTUNITIES WITH ACCESS TO WORLD-CLASS FACULTY, LABS, AND RESOURCES TO PURSUE CLINICAL, TRANSLATIONAL, OR BASIC SCIENCE RESEARCH.

WHAT IS THE CALL SCHEDULE LIKE FOR RESIDENTS IN THIS PROGRAM?

THE CALL SCHEDULE VARIES BY YEAR BUT IS DESIGNED TO BALANCE CLINICAL EXPOSURE WITH RESIDENT WELL-BEING, INCLUDING NIGHT FLOAT SYSTEMS AND PROTECTED TIME OFF TO MANAGE WORKLOAD.

ARE THERE FELLOWSHIP OPPORTUNITIES AFTER COMPLETING THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY?

YES, MANY GRADUATES GO ON TO PRESTIGIOUS FELLOWSHIPS IN VARIOUS SUBSPECIALTIES, BOTH AT JOHNS HOPKINS AND OTHER LEADING INSTITUTIONS GLOBALLY.

WHAT SUPPORT SYSTEMS ARE IN PLACE FOR RESIDENTS AT JOHNS HOPKINS?

SUPPORT INCLUDES MENTORSHIP PROGRAMS, WELLNESS RESOURCES, MENTAL HEALTH SERVICES, CAREER ADVISING, AND A COLLABORATIVE RESIDENT COMMUNITY TO FOSTER PROFESSIONAL AND PERSONAL GROWTH.

HOW DOES JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY PREPARE RESIDENTS FOR BOARD CERTIFICATION?

THE PROGRAM OFFERS A RIGOROUS CURRICULUM, REGULAR EVALUATIONS, BOARD REVIEW SESSIONS, AND CLINICAL EXPERIENCE ALIGNED WITH THE REQUIREMENTS FOR SUCCESSFUL CERTIFICATION IN INTERNAL MEDICINE.

WHAT IS THE APPLICATION PROCESS FOR THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY?

APPLICANTS MUST APPLY THROUGH THE ELECTRONIC RESIDENCY APPLICATION SERVICE (ERAS), SUBMIT LETTERS OF RECOMMENDATION, USMLE SCORES, A PERSONAL STATEMENT, AND PARTICIPATE IN THE NRMP MATCH INTERVIEW PROCESS.

ADDITIONAL RESOURCES

1. *JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY GUIDE*

THIS COMPREHENSIVE GUIDE OFFERS AN OVERVIEW OF THE RESIDENCY PROGRAM AT JOHNS HOPKINS, DETAILING ITS CURRICULUM, EXPECTATIONS, AND UNIQUE OPPORTUNITIES. IT SERVES AS AN ESSENTIAL RESOURCE FOR PROSPECTIVE AND CURRENT RESIDENTS, PROVIDING INSIGHTS INTO CLINICAL ROTATIONS, RESEARCH PROJECTS, AND MENTORSHIP. THE BOOK ALSO INCLUDES TIPS FOR SUCCESS AND ADVICE FROM ALUMNI.

2. *CLINICAL CASES IN INTERNAL MEDICINE: INSIGHTS FROM JOHNS HOPKINS*

FEATURING A COLLECTION OF CHALLENGING CLINICAL CASES ENCOUNTERED DURING THE JOHNS HOPKINS RESIDENCY, THIS BOOK HELPS RESIDENTS APPLY THEORETICAL KNOWLEDGE TO REAL-WORLD SCENARIOS. EACH CASE IS ACCOMPANIED BY DETAILED DISCUSSIONS, DIAGNOSTIC APPROACHES, AND TREATMENT STRATEGIES. IT'S AN IDEAL RESOURCE FOR HONING CLINICAL REASONING AND DECISION-MAKING SKILLS.

3. *FOUNDATIONS OF INTERNAL MEDICINE: A JOHNS HOPKINS RESIDENT'S HANDBOOK*

THIS HANDBOOK COVERS THE FUNDAMENTAL PRINCIPLES OF INTERNAL MEDICINE WITH A FOCUS ON EVIDENCE-BASED PRACTICE AS TAUGHT AT JOHNS HOPKINS. IT INCLUDES CONCISE SUMMARIES OF PATHOPHYSIOLOGY, DIAGNOSTIC METHODS, AND MANAGEMENT GUIDELINES FOR COMMON CONDITIONS. THE FORMAT IS DESIGNED FOR QUICK REFERENCE DURING BUSY CLINICAL DUTIES.

4. *JOHNS HOPKINS MANUAL OF INTERNAL MEDICINE*

A PRACTICAL MANUAL TAILORED FOR INTERNAL MEDICINE RESIDENTS, THIS BOOK OFFERS PROTOCOLS, ALGORITHMS, AND PROCEDURAL INSTRUCTIONS USED AT JOHNS HOPKINS. IT EMPHASIZES EFFICIENT PATIENT CARE AND INCLUDES SECTIONS ON CRITICAL CARE, OUTPATIENT MANAGEMENT, AND INTERDISCIPLINARY COLLABORATION. THE MANUAL IS A VALUABLE BEDSIDE COMPANION.

5. *RESEARCH AND SCHOLARLY ACTIVITY IN INTERNAL MEDICINE RESIDENCY AT JOHNS HOPKINS*

THIS BOOK EXPLORES THE ROLE OF RESEARCH WITHIN THE INTERNAL MEDICINE RESIDENCY, HIGHLIGHTING OPPORTUNITIES AND RESOURCES AVAILABLE AT JOHNS HOPKINS. IT GUIDES RESIDENTS THROUGH DESIGNING STUDIES, SECURING FUNDING, AND PUBLISHING FINDINGS. THE TEXT ENCOURAGES INTEGRATING SCHOLARLY WORK WITH CLINICAL TRAINING.

6. *ADVANCED CARDIOVASCULAR MEDICINE: JOHNS HOPKINS RESIDENCY PERSPECTIVES*

FOCUSED ON CARDIOVASCULAR DISEASES, THIS BOOK PROVIDES AN IN-DEPTH REVIEW OF DIAGNOSIS AND TREATMENT STRATEGIES EMPHASIZED IN THE JOHNS HOPKINS INTERNAL MEDICINE RESIDENCY. IT COVERS TOPICS FROM HEART FAILURE TO ARRHYTHMIAS, SUPPORTED BY CASE STUDIES AND RECENT RESEARCH. THE CONTENT IS TAILORED TO PREPARE RESIDENTS FOR SUBSPECIALTY FELLOWSHIPS.

7. *ETHICS AND PROFESSIONALISM IN INTERNAL MEDICINE: LESSONS FROM JOHNS HOPKINS*

ADDRESSING THE ETHICAL CHALLENGES FACED BY INTERNAL MEDICINE RESIDENTS, THIS BOOK DISCUSSES PRINCIPLES OF PROFESSIONALISM, PATIENT COMMUNICATION, AND DECISION-MAKING FRAMEWORKS. IT INCLUDES REAL-WORLD EXAMPLES ENCOUNTERED DURING RESIDENCY AT JOHNS HOPKINS AND STRATEGIES FOR MAINTAINING INTEGRITY AND EMPATHY IN CLINICAL PRACTICE.

8. *TEACHING AND LEARNING IN INTERNAL MEDICINE RESIDENCY: THE JOHNS HOPKINS APPROACH*

THIS RESOURCE FOCUSES ON EDUCATIONAL METHODS AND FACULTY DEVELOPMENT WITHIN THE RESIDENCY PROGRAM. IT HIGHLIGHTS EFFECTIVE TEACHING STRATEGIES, FEEDBACK MECHANISMS, AND ASSESSMENT TOOLS USED AT JOHNS HOPKINS. THE BOOK IS USEFUL FOR RESIDENTS INTERESTED IN ACADEMIC MEDICINE AND IMPROVING THEIR TEACHING SKILLS.

9. *WELLNESS AND RESILIENCE IN INTERNAL MEDICINE RESIDENCY: JOHNS HOPKINS STRATEGIES*

RECOGNIZING THE STRESSES OF RESIDENCY TRAINING, THIS BOOK OFFERS GUIDANCE ON MAINTAINING WELLNESS AND BUILDING RESILIENCE. IT DETAILS PROGRAMS AND SUPPORT SYSTEMS IMPLEMENTED AT JOHNS HOPKINS TO PROMOTE MENTAL HEALTH, WORK-LIFE BALANCE, AND PROFESSIONAL FULFILLMENT. PRACTICAL ADVICE AND PERSONAL STORIES MAKE IT A SUPPORTIVE COMPANION FOR RESIDENTS.

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