Welcome to Omaha!
We're Glad You're Here!
Activities!

- Zoo/Aquarium
- Restaurants/bars
- Sports
- Olympic Trials
- Old Market
- Lauritzen Gardens
Outdoor Areas for Hiking/Biking/Paddling

- Hitchcock
- Platt River State Park
- Wehrspann Lake
- Standing Bear Lake
- Zorinsky Lake
- Fontanelle Forest
- Elmwood Park
- Memorial Park
Good Eats!

- Mula
- Coneflower
- Plank
- Yoshitomo Sushi
- Salween Thai
- Modern Love
- The Blackstone Meatball
- Early Bird
- Block 16
- Saddle Creek Breakfast Club
- Butterfish
- Kathmandu Momo Station
- AND MANY MORE
Children’s Hospital and Bellevue Medical Center
Rural Rotations

- Scottsbluff
- Fremont
- North Platte
Our Residency Family...
Faculty Expertise

- Education
- Simulation
- Ultrasound
- EMS
- Disaster Medicine
- Wilderness Medicine
- Event Medicine
- Tactical Medicine
- Critical Care
- Palliative Care
- DEI
- Sports Medicine

- Toxicology
- Addiction Medicine
- Pediatric EM
- Healthcare Policy
- Administration
- Patient Safety
- Innovation
- Biocontainment/Quarantine
- Health Security
- Hyperbaric Medicine
- Research
- Design thinking
Fellowship Opportunities

At UNMC
• Medical Education and Technology
• EMS
• Ultrasound
• Sports Medicine
• Critical Care (Anesthesia)
• Addiction Medicine
• Palliative Medicine
• Pain Management
• PEM
• Coming soon! -Health Security

Recent grads
• Medical Education
• Simulation
• EMS
• Wilderness Medicine
• Critical Care
• Pain Management
• Sports Med
• Healthcare Policy
• Ultrasound

Active faculty training
• Palliative Care
• Addiction Medicine
PGY-1 Rotations

- EMS/EYE/ENT (4 weeks)
- Labor and Delivery (4 weeks)
- Pediatric ED (4 weeks)
- Anesthesia (4 weeks)
- Orthopaedics/Ultrasound (4 weeks)
- Trauma (4 weeks)
- Emergency Department (20 weeks)
- Orientation (4 weeks)
- MICU (4 weeks)
PGY-2 Rotations

- Pediatric Anesthesia (2 weeks)
- Toxicology (2 weeks)
- Elective (4 weeks)
- PICU (4 weeks)
- MICU (4 weeks)
- Rural ED (4 weeks)
- Community ED (4 weeks)
- Emergency Department (28 weeks)
PGY-3 Rotations

- Elective (4 weeks)
- SICU/Trauma (4 weeks)
- Pediatric ED (4 weeks)
- Rural ED (4 weeks)
- Emergency Department (36 weeks)
Our Home: The ED
The Department

- 9 hour shifts with 1 hour overlap
- Max shifts per block:
  - 1st years: 20 shifts/28 day block (16 on vacation months) *(No true night shifts)*
  - 2nd years: 20 shifts/28 day block (15 on vacation months)
  - 3rd years: 19 shifts/28 day block (15 on vacation months)
- Shift types: Main ED, Swing, RAU, Scan (HO2,) Education (admin day,) Teaching, PEM
- Annual visits: 64,329
- Acuity: 32.4% admitted
Food on Campus

• $8/day on ID badge + call money
• Nebraska Café
• Clarkson Café - Subway
• C-store
• Buffet Center Café
• "The Restaurant"
• Storz Café
• Starbucks
Wellness

• Resident Wellness Committee
  • Monthly events
  • Mentorship program with our scribes, techs, and sitters in the ED
  • Networking/fellowship opportunities
  • Volunteering in the community
• House Officer Assistance Program (HOAP)
  • Free, confidential program committed to the health and wellbeing of all UNMC residents and their partners.
House Officer Wellness Lounge

- Food and drinks
- Computers
- Conference room
- Treadmills
- Yoga room
- Lactation room
- Meditation room
- Showers
Gym(s) on Campus

- Free small gyms available in Hospital & Lied Transplant Building
- UNMC's Center for Healthy Living (CFHL)
- $19-$30/month depending on length of commitment
- Intramural sports
- Fitness classes
Simulation and Procedures
EMS Day
Outdoor Sim Day
What Good Looking Classes!
Resident Retreat at Platte River State Park
Journal Club
Research and Travel (and Traveling Research!)
Friends, Fun, and Family
DEPARTMENT OF EMERGENCY MEDICINE RESIDENCY PROGRAM