Kaiser San Francisco Bay Area Foot & Ankle Residency Program

Student Externship Manual

### General Information

Our goal is for you to gain a comprehensive understanding of both the surgical and clinical aspects of podiatry. Your time will be divided among our three primary sites to ensure a well-rounded experience:

* **Kaiser East Bay** (Oakland/Richmond)
* **Kaiser San Francisco**
* **Kaiser Diablo Service Area** (Walnut Creek/Antioch/Dublin)

Each site typically has 2–3 of our residents, and we also host visiting residents from St. Mary’s Hospital in San Francisco and the Diablo Service Area. If you have any questions, please speak with the chief resident at each location.

Please note that student participation guidelines may vary by site. Check with your assigned resident regarding site-specific expectations and your role.

#### Site Locations

| Location | Address |
| --- | --- |
| Kaiser Oakland | 3600 Broadway, Suite #17, Oakland, CA 94611 |
| Kaiser Richmond | 901 Nevin Ave, Richmond, CA 94801 |
| Kaiser Walnut Creek | MOB 1st floor, 1425 S. Main St, Walnut Creek, CA 94596 |
| Kaiser Antioch | Sand Creek 1st floor MOB, 4501 Sand Creek Rd, Antioch, CA 94531 |
| Kaiser Dublin | 3100 Dublin Blvd, Dublin, CA 94568 |
| Kaiser San Francisco Hospital | 2425 Geary Blvd, San Francisco, CA 94115 |
| Kaiser SF - French Campus | 4141 Geary Blvd, San Francisco, CA 94118 |

### GME Coordinators

| Location | GME Coordinator Emails |
| --- | --- |
| Oakland | [Whenalyn.P.Espinosa@kp.org](mailto:Whenalyn.P.Espinosa@kp.org), [Esther.HN.Arjona@kp.org](mailto:Esther.HN.Arjona@kp.org) |
| Diablo Service Area | [Natasha.S.Taylor@kp.org](mailto:Natasha.S.Taylor@kp.org) |
| San Francisco | [lisa.qare@kp.org](mailto:lisa.qare@kp.org) |

### Presentations

* You are required to give an 8–10 minute PowerPoint presentation toward the end of your rotation at Kaiser Oakland.
* The goal is to assess your ability to conduct a literature review, organize your thoughts, and effectively present a topic to a group.
* Within the first two weeks, speak with Dr. Pollard (Oakland) or Dr. Castellucci-Garza (DSA) to select your topic.
* Review your presentation with a resident and attending prior to presenting.

### What to Wear

Wear business casual attire. Each facility will provide scrubs on surgical days.

### Transportation

The residency program spans multiple locations in the San Francisco Bay Area. Having access to a car is highly recommended.

### Site-Specific Information

#### Kaiser East Bay: Oakland/Richmond

**Locations**

* Kaiser Oakland: 3600 Broadway, Suite #17, Oakland, CA 94611
* Kaiser Richmond: 901 Nevin Ave, Richmond, CA 94801

**Your Role**

* **In Clinic**: Follow attendings or residents. Focus on clinical diagnosis and patient interaction.
* **In OR**: Help set up the room:
  + Name on OR board
  + Light positioning
  + Injectables (check attending preferences)
  + Tourniquet (ankle vs. thigh, pressure)
  + Hip bump (two rolled blankets)
  + Cloth and foam tape as needed
  + Gloves if scrubbing

**Surgical Attendings**

* Dr. Dickinson
* Dr. Ford
* Dr. King
* Dr. Krcal
* Dr. McCann
* Dr. Pollard

**Clinical Attendings**

* Dr. Foster
* Dr. Johnson
* Dr. Kailikole
* Dr. Reeves
* Dr. Choy
* Dr. Werner

#### Kaiser Diablo Service Area: Walnut Creek/Antioch/Dublin

**Locations**

* Kaiser Walnut Creek: MOB 1st Floor, 1425 S. Main St, Walnut Creek, CA 94596
* Kaiser Antioch: Sand Creek 1st Floor MOB, 4501 Sand Creek Rd, Antioch, CA 94531
* Kaiser Dublin: 3100 Dublin Blvd, Dublin, CA 94568

**Helpful Hints**

* OR setup is similar to the Oakland site.
* Schedules may be weekly or daily; clarify with the chief resident each day.
* Ask about supplies for rounds and prepare a bag while residents chart-check.
* In trauma clinic, be proactive but observe; assisting with dressing supplies is encouraged.

**Surgical Attendings**

* Dr. Castellucci-Garza
* Dr. Dionisopoulos
* Dr. Kane
* Dr. Nielsen
* Dr. Patel

**Clinical Attendings**

* Dr. Anders
* Dr. Dhonata
* Dr. Pham
* Dr. Grether
* Dr. Prasad

#### Kaiser San Francisco

**Main Hospital (Surgery & Rounds)**

* 2425 Geary Blvd, San Francisco, CA 94115
* Visitor parking on O’Farrell St
* Rounds: 8:00 AM (6th Floor Conference Room)
* OR: Starts at 8:45 AM (4th Floor)

**French Campus (Clinic)**

* 450 6th Ave, San Francisco, CA 94118
* Ortho/Podiatry: 5th Floor, Clinic starts at 9:00 AM

**Important Instructions for SF Rotation**

* Arrive at 7:45 AM to begin the badge process at 2425 Geary Blvd
* Visit GME Office (Room M-115) on Mezzanine Level “M”
* Badge Office: 350 St. Joseph’s St (opens at 8:00 AM)
* After obtaining your badge, text the resident and wait in the cafeteria (1st Floor)
* Resident will notify you when to come to the OR for scrubs

**Your Role**

* Observation only in OR and clinic
* Do not touch/interact with patients unless instructed
* Bring immunization records
* Wear full OR attire including a long-sleeved jacket, bouffant, hood, and shoe covers
* Do not enter/exit OR during a case

**Surgical Attendings**

* Dr. Chen
* Dr. Collman
* Dr. Deng
* Dr. Gentile
* Dr. Sundstrom

### Important Contact Information

| Name | Role | Phone | Email |
| --- | --- | --- | --- |
| Dr. King | Residency Director | 510-813-3831 | [Christy.m.king@kp.org](mailto:Christy.m.king@kp.org) |
| Dr. Pollard | Externship Director | 510-301-2155 | [Jason.pollard@kp.org](mailto:Jason.pollard@kp.org) |
| Dr. Castellucci-Garza | DSA Site Director | 650-302-6573 | [Francesca.m.castellucci-garza@kp.org](mailto:Francesca.m.castellucci-garza@kp.org) |
| Dr. Dionisopoulos | DSA Asst. Site Director | 408-209-2053 | [Shontal.a.behan@kp.org](mailto:Shontal.a.behan@kp.org) |
| Dr. Collman | SF Site Director | 415-516-6415 | [David.Collman@kp.org](mailto:David.Collman@kp.org) |
| Whenalyn Espinosa | Student Extern Supervisor | 510-752-7555 | [Whenalyn.P.Espinosa@kp.org](mailto:Whenalyn.P.Espinosa@kp.org) |
| Esther Arjona | Residency Program Supervisor | 510-752-1373 | [Esther.HN.Arjona@kp.org](mailto:Esther.HN.Arjona@kp.org) |

### How to Be a Great Extern

1. Ask questions. We are all here to teach. Know the right time to ask, and consider starting with residents before approaching attendings.
2. It’s always better to say, “I don’t know, but I’ll look it up,” than to guess or fabricate an answer. Humility is a key trait of great clinicians.
3. Be helpful. Try to anticipate what the resident or attending may need in rounds, clinic, or the OR.
   * Be proactive in the OR, but avoid being overly eager or disruptive.
4. **Do not be late**.
5. Communication is key. If something arises, inform the resident. We’ve all been in your shoes and understand the pressures of externships.
6. A great extern makes the resident’s day easier. Be attentive, enthusiastic, and reliable.

### Supervision Guidelines

Kaiser Permanente has specific guidelines outlining what externs may do clinically and surgically. Due to KP policy, student hands-on experiences may be more limited than other externships. Evaluate the program based on the clinical acumen and surgical proficiency of the residents and attendings to obtain an accurate assessment of the value of our residency training program.

### Recommended Reading

Each site should have copies of the following foundational articles. Ask a resident to review them with you:

* Christensen: Biomechanics of the 1st Ray
* Hansen: Functional Anatomy of the Foot