

## Where to Live:

### South Waterfront:

- Pros:
  - Close to campus (short commute)
  - Easy access to the aerial tram
  - Safe and quiet
  - Clean and modern
  - Streetcar comes right through the S. Waterfront (we ride for free with badge)
  - Walking distance to the Tilikum pedestrian bridge and short run/ride to hop on the Springwater trail
  - Close to March Wellness (fancy OHSU gym) and Orange theory plus many apartments have gyms
  - Many of the residents live here so lots of friends nearby
- Cons
  - No major grocery shop within walking distance
  - Not many great restaurants/ bars/etc in the area
  - Relatively difficult to access by car from most other parts of the city
  - Can be expensive
  - Usually you will be expected to pay for parking, is \$\$, street parking for guests
  - Aerial tram does not run on Sundays and only 9-3 on Saturdays (parking at the hospital is free on weekends)
- **Building Specific in the South Waterfront**
  - Osprey:
    - New, modern building, large windows for great lighting
    - Management is quite responsive to repair requests, complaints, etc.
    - Peloton bikes in the gym
    - Rent does increase yearly
  - Ella
    - Great courtyard area, rooftop social areas
    - Decent size gym
    - Coffee shop and Growler Guys on either side
    - On the pricey side – parking is 180 a month
    - Very responsive to concerns
  - Matisse
    - Management is excellent; quick repairs and very responsive
    - Rooms are carpeted => pro: good sound insulation and overall very quiet building; Con: it's carpet
    - Very decent counter space in the kitchens
    - There is a decent gym and a nice rooftop with a couple of grills you can use
    - Pricewise probably similar to the Ella

- Like all of the other buildings down here, washer/dryer in unit
- John Ross
  - Building of privately owned condos, but sometimes owners are renting
  - Benefits of an apartment building (security, concierge, protected parking) but you're renting directly from a landlord
- The Emery
  - 1 min walk from tram! Or 30 sec run if you're running late.
  - Excellent management, very responsive for repair requests, complaints, etc.
  - New modern energy efficient building, washer/dryer in each unit
  - Pet wash station behind lobby
  - Building is above Mexican restaurant and smoothie place so food options are nearby

### South East:

- Pros:
  - More of a neighborhood feel, less dense than west side, easier parking
  - Mix of vintage apartment buildings and 1920s bungalows with more modern, newer complexes; lots of mixed-use development with shops on the ground floor and apartments above
  - Filled with cafes, breweries, restaurants, and other entertainment (Hawthorne, Division/Clinton, Belmont) - some of the best nightlife in the city
  - Very accessible, only 10-15-minute bike ride to aerial tram or Downtown, or a ~5-10 minute drive
  - Plenty of grocery stores around
  - Easily bikeable with lots of bike lanes and corridors
- Cons:
  - Some houses/apartments are older and soundproofing can be an issue, especially if you share walls
  - Hard to find a 2-bedroom house for < 2k. Duplex unit is more affordable (\$1600-\$2000)
  - Sometimes the train can affect your bike commute!
  - Depending on your willingness to bike commute all year long, may need to drive and pay for parking on campus

### North East:

- Pros:
  - Great shops and restaurants close by
  - Easy access to grocery stores and stores like Fred Meyer
  - Family-friendly
  - Pretty neighborhoods full of craftsman-era homes
- Cons:
  - Car commute: fast is possible, but only if you're near a freeway onramp, and only if it's not rush hour (fortunately, you'll mostly miss rush hour except for clinic weeks)

- Bike commute: definitely doable, and the route is pretty along the river, but it can be a longer ride and may be unpleasant in the winter rains
- Can be expensive depending where you look
- Houses tend to be older

### **North West (Goose Hollow, Alphabet neighborhood)**

- Pros:
  - 23rd avenue is a very trendy district with lots of shopping and restaurants (like the original Salt and Straw)
  - Very walkable neighborhood, short bike ride to South Waterfront for tram
  - Good grocery stores
  - Close to downtown (has its own pros and cons), very short commute to work
- Cons:
  - Can also be expensive
  - Pretty hilly in places - can make for a challenging bike ride

### **South West:**

- Pros:
  - A lot of neighborhood-feel; some areas like Hillsdale are more affordable and family friendly
  - Still relatively close to campus
  - You're so close to Forest Park, The Zoo, the Japanese Garden
  - Also comprises most of central downtown Portland
- Cons:
  - The SW "west hills" contain some of the most expensive real estate
  - Kind of feels a little separated from Portland
  - Less nightlife/restuaruants/bars

### **Suburbs:**

- Lake Oswego and West Linn (south on i5)
  - Fancy: this is where a lot of attendings live
  - Think "expensive cul de sacs"
- Beaverton and Hillsboro (west of the city)
  - Less expensive, lots of middle-class families out here
  - Traffic on highway 26 is somehow constant at all hours
- Gresham (east of the city)
  - Also less expensive
  - Depending on where you are, some of the neighborhoods here can be more rough

## Where to Eat:

- **NW & Downtown:**
  - **Jakes famous crawfish** – the BEST seafood
  - **Lechon** – fancy South American
  - **Andina** - peruvian tapas; very high quality food
  - **Grassa** (multiple locations) - amazing pasta
  - **Elephant's delicatessen** - great deli and has lots of fun gifts too
  - **Cheryl's on 12th**- yummy brunch and lunch spot
  - **Thai bloom**- super good thai (think LOBSTER pad thai)
  - **Salt and straw**- only the best ice cream joint known to man
  - **HunnyMilk** - excellent brunch. You get one savory and one sweet dish
  - **Luc Lac** - quite good vietnamese and historically open very late (like 2AM late)
  - Lots of fun breweries and pubs
- **SW:**
  - South Waterfront:
    - Little Big Burger - great truffle fries
    - Bambuza - sub par vietnamese
    - Sweet Heart pizza
    - Blue Star donuts
    - Old Spaghetti factory - the original;
    - Al Hawr - expensive middle eastern
    - The Growler guys - beer garden
    - Weekdays for lunch: a nice little food truck pod with thai food, burritos and japanese food
- **NE:**
  - **Prost!** - Best German pub with great food carts near the outdoor dining area
  - **Ox** – Argentinian food
  - **Tin Shed** – awesome brunch spot
  - **Pine State Biscuits** - breakfast/brunch
  - **Toro Bravo** - spanish
  - **Screen Door** - southern, brunch
  - **Life of Pie** - every day special from 11AM to 6PM \$7 for brick oven personal sized margherita pizza, \$5 draft beer (the pizza used to be \$5)
  - **Expatriate** - bar with excellent cocktails and bar food. Arguably the best nachos you'll ever eat... but it's only offered at weird times like 5PM to 6PM and then after 10 PM
  - **Pambiche** - cuban food
  - **Gado Gado** - indonesian fusion restaurant: very good authentic flavors
- **SE:**
  - **Lauretta Jean's** - Pie shop that can't be missed. Amazing biscuits/baked goods, brunch stuff and pies!

- **Apizza Scholls**- Pizza to die for - (new yorker chiming in... it's okay)
- **Ken's Artisan Pizza** - famous portland pizza
- **Baby Doll Pizza**- Also incredible
- **Tasty & Daughters** - american bistro
- **PDX Sliders** – gourmet burgers
- **Riyadh's** - amazing Lebanese for cheap
- **Shalom Y'all** - Great ambiance, amazing mediterannean food
- **Tusk**- apparently we love middle eastern food here
- **Ava Gene's** - upscale Italian with a gorgeous dining room
- **Paadee** - upscale inventive food, relaxed atmosphere
- **Rose VL** - mom & pop vietnamese soup restaurant that has been a Beard award finalist multiple times
- **Richmond Bar**: great bar with nice fire pits in the back
- **Reel Em Inn**: a genuinely divey dive bar with portland-famous fried chicken
- **Jacqueline's**: really delicious seafood with a great oyster happy hour
- **Night Light**: diner/bar with a very fun Drag Queen Brunch on weekends
- **Kati thai**: some of the best thai food in Portland. Vegan/vegetarian
- **Lardo sandwiches**: one of Portland's more famous restaurants. Unbelievably good sandwiches.
- There is constant debate about where to get the best ramen in town is, but **Afuri** is certainly up there
- **Salt & Straw** - fancy unique ice cream everyone must try!
- **Donut advice** - don't VooDoo. Try Blue Star (the salt and straw of the donut world), but not a lot of variety. CoCo donuts are pretty good classic donuts. NOLA donuts.

#### Where to Study:

- Maybe just focus on intern year
- But we'll let you study for Step 3, so you can do that at one of the millions of local Portland coffee shops that will hopefully be opening for dine in very soon

#### Where to Coffee:

- Coava coffee
- Case study coffee roasters- easy location downtown right off the streetcar stop
- Caffe Umbria (they have a few locations throughout town)
- Eastside Coffee (great space to work/read in SE)
- Stumptown on campus (can use your meal \$\$ here and you can use your money to buy beans (if they come back - covid took them 😞))
- There's a Starbucks in Doernbecher (the OHSU children's hospital in the main lobby)
- VA coffee is kinda bad but will do in a rush
- Sterling coffee roasters in alphabet district
- Ovation coffee in south waterfront is pretty good

### Where to watch sports:

- For soccer: Gol pub is phenomenal and open again; If the toffee club opens up again it's nice too

### Nightlife, for whenever that is a thing again:

- **Dives:** Paymaster Lounge, Low Brow lounge, Florida room, The Alibi (karaoke + tiki vibes), Sandy Hut, Dots, Beluhlaland, Kays, Reel Em Inn
- **Themed/Eccentric:** Creepys (spooky), Roadside Attraction, The Lovecraft (goth), Psychic, Space Room, Kennedy School, Rimsky's
- **Breweries:** NE – Stormbreaker, Ecliptic, Occidental (st john), Great Notion, Upright; SE – Mikkeler, Wayfinder, Modern Times, Little Beast, Basecamp, Ruse and Gigantic (deeper SE)
- **Cocktails:** Rum Club, Angel Face, Aalto (best happy hour), Bible Club, Pepe Le Moko, Hale Pele (tiki), Deadshot, Whiskey Library
- **Dance party:** (If these open up again) Holocene, white owl (\$2 tequila, tacata, and tacos on tuesdays), digapony

### Where to Outdoor:

- **Forest Park Trails:** 15 min drive to trailheads within the city, easy to moderate hikes, easy access
  - Lower Macleay Park to Pittock Mansion – must do at least once
- Willamette River Bike Trail
- **Marquam park** – right at OHSU, can take a short hike up to Council Crest with a nice view on a clear day
- **Powell butte** – another one for a clear day, mountain view point with all the surrounding mountains
- **Mt. Tabor:** amazing park that is an old volcano, basically a big hill. Great dog-park. Scenic views of Mt. Hood, trails/roads that are both paved and gravel. Even have concerts/plays in amphitheater up top (pre-COVID).
- **Columbia River Gorge:** Tons of great hikes on both sides (OR and WA) of the Columbia River
- **Springwater corridor** bike/run trail
- **Mt. Hood Meadows** – great for skiing/snowboarding
  - Ski Bowl and Timberline
- Some of the best hikes –
  - More than a walk in the park - Dog Mountain, Saddle Mountain, Hamilton Mountain, Cooper's spur, Angel's Rest (just a ~30 min drive to the trail head), Cape horn loop trail, ape canyon trail, Ape caves
  - Waterfalls – Tamanawas falls (the bomb.com), trail of ten falls, Multnomah falls (lots of ppl usually), Wakeenah falls, falls creek falls hike (stop by panther creek falls on the way there)
  - Further away – God's Thumb
  - If you just drive down the Gorge (specifically on Washington side) some awesome hikes

### Personal tips from prior interns:

- “You will be great! Enjoy your patients, your fellow residents, your attendings, and the ancillary staff. You will work hard and you will be tired by March, but you will learn a ton and have fun.”
- “Don’t be afraid to ask questions, but start with bouncing your idea/plan off your resident, instead of asking what to do without thinking about it first. You can always change your plan, but if you are on the right track on your own it helps develop confidence and clinical judgment.”
- “Every off day do something fun, do something productive and do nothing.”
- “Organization and conscientiousness are far more important than your medical knowledge when you are an intern!”
- “When at the VA, just call or message the person you need to get stuff done. This will save you plenty of time and a headache in the future.”
- “Ask a senior resident to help you program speed dials into your phone to turn your pager on and off. It will save you 10000000 hours on the phone with the operators.”
- “Meet the nurses, social workers, HUCs, pharmacists, RTs- learn names if possible.”
- “Pay attention to your own wellness. Exercise. Eat well. Spend time with friends and family. Do whatever you need to do to stay healthy.”
- “The question isn’t if you will gain weight, but how much?”
- “Get up out of the team room often. Circulate, talk to nurses, be seen in the hall. Be quick to pick up the phone if you have questions. Do not hesitate to call the lab or radiology with questions.”
- “Get out of the team room and go get dinner with your team or go for a walk to look at the sunset.”
- “Don't get bogged down in the chart (especially at the VA); while it's great to know every aspect of your patients, you will lose vital and necessary sleep reading their entire charts! Know key studies (echos for CHF, PFTs for COPD, etc), and outlines of relevant clinic visits and hospitalizations.”
- “Random acts of kindness go a long way. Nurses and staff who feel heard and appreciated by you will be much more likely to make your job easier. Use names as often as possible.”
- “When at the VA ensure you are on teams and let nurses know you’re available there. This will save you from many pages for non-urgent matters.”
- “Learn which studies require a phone call in order to get them done (i.e. MRIs, many studies on a weekend)”
- “A hungry vet is an angry vet – Always order a patient’s dinner first (if not NPO). Food is often what they care about most!”
- “You can do anything for three weeks at a time.”
- “This is a very hard job to master. Do not get discouraged. Keep at it.”
- “You are not in this alone. There are so many people who are here to help you. This includes fellow interns, upper-level residents, chief residents, fellows, attendings, and program directors. This is an extremely supportive program!”

- “Remember that your family and friends are important to you, and to make time for them as they’ve made for you.”
- “OHSU Operators know everything! Extension 4-9000. Store your cell-phone number with them – they’ll call you if a colleague is trying to get a hold of you. Call and tell them your long-distance code, so they can connect you to long distance numbers. If you ever need to contact a patient but you aren’t at the hospital – call the OHSU operator from your cell phone. They will connect you, but block your number.”
- “Logistics and follow-up are key to actually having your orders carried out. Be sure to check in frequently with nurses, particularly if you’re wanting anything done that is time-sensitive.”
- “They say that it takes 10,000 hours to become an expert. For us, it’s 10,000 patients - which you’ll never get. The point is, when you first come in, it is natural to feel incompetent and that you don’t know anything. You build your knowledge base by seeing patients. Even by the end of first year, the second year resident has seen 2x as many patients as you have and the third year resident 3x and the attendings x times as many patients. If it seems like they know so much more than you it’s because they have seen so much more than you and even if you know something, you don’t gain comfort until you’ve seen it for yourself, either first hand or peripherally. Like literally every job, you don’t become good at it until you’ve done it for some time. It’s just that with our job it takes a significant amount of time.”

### **Intern Responsibilities:**

*Know YOUR ROLE and prioritize your time accordingly*

- Respond to pages and patient issues
- Ensure that either you or your resident verify patient clinical status immediately upon arrival to floor (“eye-ball” patient) – Stable for floor? Vital signs? Immediate needs?
- Order entry (admissions, discharge, medications, nursing, and daily labs)
  - Don’t spend forever trying to get your initial “holding orders” perfect – you can always circle back and order something you forgot – but it’s helpful to do this quickly so patient care can proceed.
- Patient interviews, physical exams
- Daily Progress Notes, H&Ps
- Presentations on rounds
- Updating sign-out and signing out to the night team
- Discharge Summaries (primarily resident responsibility, they may delegate to you)
- Calling families to update them (residents help with this as well)
- Your resident is primarily going to assist/teach medical students, but you can too!

**\*\*\*If you are falling behind, let your resident know immediately!** Residents can help enter holding orders, check on patients, etc. Your team goal is excellent patient care. Asking for help and constantly communicating with your resident shows your commitment to patient care. It is not an indication of weakness!



## Getting Organized:

- **Have a system** – Different residents use many methods to track patient information and to do items: some use notecards, scrap paper, or the printable EHR sign out sheet.
  - Ask other residents/interns what they do
  - Find a system that works for you
  - This will be your safety net for ensuring details are attended to when you are doing many things at once (getting new admits, getting pages, writing notes, etc)
- **TO DO LISTS** are a must! Things you will always include:

Daily Progress Note

Order AM labs

Update sign-out

- **Patient info** – Things to know for each patient:
  - One liner: age, sex, important past medical history, reason for admit
  - Recent vitals, recent labs, FOCUSING ON TRENDS
  - Current medications
  - Important imaging (past or present)
  - Active problem list
- **Numbers and codes** - Keep the cards you get in orientation at hand which include helpful phone numbers, room punch codes, etc. Other things to consider jotting in a notebook, or adding to phone, or on an index card are:
  - Logins to EPIC, CPRS, VA desktop, E-value, Sakai
  - Long-distance code
  - License # and expiration date
  - DEA number
  - NPI # (also you can just google this)
  - Codes to team rooms and call rooms
- **Procedures** – Keep track of these (you will need this list when you apply for jobs)!! Ideally, log them right away on MedHub.
  - If you don't have time, come up with a method for tracking them – email yourself, make a note in your phone, keep a special list in EPIC – you'll need the date and the med record number in order to log it!
- **Interesting patients** - Consider keeping a list of your interesting patients – you can draw upon these when you get asked to do a case for intern report. You can do this in EPIC and CPRS.