FREQUENTLY ASKED QUESTIONS

The following answers some common questions and provides a glimpse of our Neuromuscular Fellowship.

What are the clinical responsibilities?
Neuromuscular fellows spend time in the outpatient and inpatient settings at Stanford University Hospital (SUH) and Lucille Packard Children's Hospital (LPCH).

The outpatient clinic experience is based in the Adult and Pediatric Muscular Dystrophy Association (MDA) clinics. Fellows are responsible for the care of new and follow-up patients with confirmed and unknown diagnoses. Supervision is provided by teaching faculty. The patients are additionally seen by physical, occupational, speech, and respiratory therapists, pulmonologists, genetics counselors, and social workers.

Fellows also maintain a weekly neuromuscular continuity clinic, where they establish long-term relationships with patients, and may attend other general neuromuscular clinics.

Lastly, one to three half-days per week are devoted to outpatient EMG/NCS studies. The balance of clinical and electrodiagnostic training time can adjusted to meet the needs of the individual fellow depending on their previous level of experience and career goals.

Inpatient consultations and EMG/NCS are frequently requested at SUH and LPCH. Fellows see patients, provide clinical guidance, and perform electrodiagnostic studies as needed with the support of an attending.

How do the Adult and Pediatric Neuromuscular Fellowships differ?
Pediatric fellows spend the majority of their time working with children in the Pediatric MDA and general neuromuscular clinics at LPCH. Their schedules also include dedicated time each week for outpatient pediatric EMG/NCS. Ample didactic time is devoted to discussion of topics in pediatric neuromuscular disease.

Both tracks provide comprehensive training in the diagnosis and management of adult and pediatric neuromuscular conditions and the use of electrodiagnostic testing.

How about electives?
With three months of elective time, fellows have the flexibility to customize their educational experience. Focused training can be arranged in neuropathology, autonomic testing, EMG/NCS, and neurotoxin injection. Clinical and basic science research projects are strongly encouraged, and elective time can be used for this purpose.
What are the educational conferences?
The weekly Neuromuscular Clinical Conference is held on Tuesday afternoons from 4:30 to 6:30 PM. It is attended by the Neuromuscular and EMG/Clinical Neurophysiology fellow and adult and pediatric neuromuscular faculty, as well as our neuropathologist, genetics counselor, and advanced care providers. It includes a weekly didactic session as well as discussion of difficult and challenging cases. Topics include the diagnosis and management of congenital, early-onset, and adulthood neuromuscular diseases.

There is also a monthly journal club during which fellows present studies and discuss their design and clinical application. Lastly, there is a monthly neuropathology conference offering hands-on review of muscle and nerve biopsies from SUH, LPCH, and outside institutions. Fellows are expected to review neuropathology cases in advance.

The weekly Clinical Neurophysiology conference is held on Friday afternoons and is delivered by Neurophysiology fellows and faculty. Topics include the basics of EMG and NCS, single-fiber EMG, EEG, intraoperative monitoring, and neurotoxin injections.

Neurology and Neurosurgery Grand Rounds are held on Friday mornings. The Stanford campus is frequently visited by distinguished scholars and scientists from around the country and abroad. Topics include neuroscience, ethics, and health care policy.

How often am I on call?
There is no overnight or weekend call. Neuromuscular and EMG/Clinical Neurophysiology fellows share responsibilities for inpatient neuromuscular consultations and EMGs.

What are the teaching responsibilities?
The Neuromuscular fellows participate in the weekly Neuromuscular Clinical Conference as described above. In addition, they teach Neurology residents rotating through the clinics and electrodiagnostic lab. Fellows are expected to assist the residents in discussing cases, formulating differential diagnoses, and designing and interpreting EMGs.

Tell me more about the two hospitals.
Stanford University Hospital (613 beds) and Lucille Packard Children's Hospital (311 beds) adjoin each other and are located on the western part of the Stanford University campus. Stanford University Hospital is consistently ranked amongst the top U.S. hospitals. In addition to serving the populations of Santa Clara and San Mateo counties, both hospitals serve as major tertiary referral centers in the region. Many patients travel from Alaska, Hawaii, across the United States, and around the world.
**Can I afford to live in Silicon Valley?**
The exciting job market, culture, weather, geography, and quality public schools in Silicon Valley have attracted many young professionals and families to the area. Housing and rental prices have moved higher, but with some searching, one can find studios and apartments within 20 minutes of the medical center ranging from $1000 to $2000 per month. A limited number of subsidized, Stanford-owned housing units are available in a complex directly across the street from the hospitals. Lower-priced units can be found in townships in a wider radius. Housing in San Francisco tends to be more expensive, though not prohibitively so.

The fellowship schedule and convenient public transportation allow for commute from San Francisco, the Peninsula, and the East Bay by car, train, or bus. Fellows and other Stanford employees enjoy complimentary 24/7 use of Caltrain, the Dumbarton Express, and the VTA bus system. The Bay Area roads and train systems are also extremely bicycle-friendly. The Stanford Commute Club offers employees a financial incentive for taking public transportation.

**What is it like to live near Palo Alto?**
Palo Alto is located approximately 35 miles south of San Francisco in the heart of Silicon Valley. The unique geography of the San Francisco peninsula results in warm, dry summers and moist, temperate winters. Sunny days with highs between 60 and 80° F are the norm. In winter, the temperature seldom falls below 40° F. Snowfall is extremely rare. The region gets about 20 inches of rain, almost exclusively from November through February.

The two hospitals, their clinics, and the School of Medicine are located on the main campus of Stanford University. A large portion of its 8000-plus acres are undeveloped and are home to popular hiking and jogging trails, including “The Dish.” Neurology fellows also have access to the remarkable intellectual, cultural and recreational resources of the Stanford campus. These include the graduate and undergraduate libraries, athletic facilities, Pac-10 sports, concerts, theaters, and film series.

The Bay Area is a haven for cyclists, joggers and hikers. A variety of outdoor activities can be found close to home or enjoyed during a weekend trip. The beaches of Half Moon Bay and Pacifica, coastal mountains, San Francisco, and San Jose are within an hour of campus. Yosemite and Sequoia and Kings Canyon National Parks, Lake Tahoe, and many other attractions of the Sierra mountains are approximately 3 to 5 hours away.