FREQUENTLY ASKED QUESTIONS

What are the clinical responsibilities?

In the outpatient clinics, fellows are responsible for the care of new and follow-up patients with confirmed and unknown diagnoses. Supervision is provided by teaching faculty and fellows are encouraged to take ownership of evaluations, counseling, and ongoing care.

Fellows also maintain a weekly neuromuscular continuity clinic where they establish long-term relationships with patients and learn the practical aspects of daily practice.

There are four full days of adult and pediatric multidisciplinary clinics with support from the MDA, ALSA, PT, OT, RT, SLP, dietician, social worker, genetic counselor, and neuromuscular pulmonologist. This includes Family Clinics, where related adults and children are seen together. Fellows learn how to navigate the multidisciplinary setting and coordinate care across specialties.

Three to four half-days per week are devoted to outpatient EMG/NCS studies, with rotations in ultrasound. The balance of clinical and electrodiagnostic training 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 Stanford Hospital and Lucile Packard Children's Hospital. Fellows evaluate patients, provide clinical guidance, and perform EMG/NCS studies with attending support.

How do the Adult and Pediatric tracks differ?

Both tracks provide comprehensive training in adult and pediatric neuromuscular conditions and EMG/NCS. Pediatric fellows will spend a larger proportion of their time working in the pediatric MDA clinics and EMG/NCS lab. Ample didactic time is devoted to discussion of topics in pediatric neuromuscular disease.

Who leads the educational conferences?

The robust didactic program focuses on cutting-edge and challenging topics. Many didactic sessions are faculty-led, while fellows take the lead on journal clubs and debate clubs. Fellows and faculty present complex cases and provide input during case conference. The educational environment is supportive and fellows are encouraged to ask questions, poll the audience, and seek advice.

Additionally, there is a monthly neuropathology conference for review of muscle and nerve biopsies from Stanford and outside institutions. Fellows review these cases in advance.

The weekly Clinical Neurophysiology conference is held on Friday afternoons and is delivered by CNP 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 basic and clinical neuroscience, ethics, and health care policy.

How often am I on call?

Neuromuscular and Clinical Neurophysiology/EMG fellows share responsibilities for inpatient consultations and EMG/NCS at Stanford Hospital and Lucile Packard Children's Hospital. There is no in-house call overnight or on weekends (barring rare scenarios where EMG/NCS is urgently needed for suspected botulinum toxin poisoning).

Who are the faculty?

The Neuromuscular Disorders Program features a large number of adult and pediatric clinicians with diverse clinical and research interests. All faculty are devoted to fellow, resident, and student education. They play active roles in numerous national and international scientific organizations.

Read more here: https://med.stanford.edu/neurology/divisions/neuromuscular/ourteam.html

What are the fellows' teaching responsibilities?

Neuromuscular fellows often lead the didactic sessions, journal clubs, and neuropathology conferences described above. In addition, they teach Neurology residents rotating through the clinics and EMG lab. Fellows are expected to assist the residents in discussing cases, formulating differential diagnoses, and designing and interpreting EMGs. The Neurology residents are energetic, motivated, and engaged, and spend at least a month on Neuromuscular/EMG during their training.

What are the benefits and logistics?

The salary and benefits for Stanford trainees is competitive when compared to other programs in metropolitan areas. Medical, dental, vision, and long-term disability insurance are provided. There are additional stipends for moving, educational funds, cell phone, housing, medical and DEA licensing. Visit http://med.stanford.edu/gme/housestaff/all-topics/stipends.html for additional information.

Fellows are encouraged to attend regional and national neuromuscular conferences, and will receive support for travel and registration.

How does the medical license work?

Visit the Stanford GME site to learn about the California medical licensing process.
http://med.stanford.edu/gme/housestaff/all-topics/ca_md_license.html

Can international medical graduates apply for fellowship?

See the Stanford GME guidelines:

https://med.stanford.edu/gme/housestaff/img.html.

https://med.stanford.edu/gme/housestaff/all-topics/ca_md_license.html

Note there are different guidelines for Canadians versus other international medical trainees.

Tell me more about the hospitals and clinics.

Stanford Medical Center and Lucille Packard Children's Hospital adjoin each other on the Stanford University campus. Stanford Medical Center is consistently ranked amongst the top U.S. hospitals. 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. Neurology patient volumes are high.

Stanford Healthcare entered an exciting phase with the construction of the new Stanford Hospital, which opened in 2019, and the expansion of the Children's Hospital, which opened in 2017. These centers will offer state-of-the art facilities in a patient-oriented setting.

Read more here:
http://www.sumcrenewal.org/projects/project-overview/stanford-hospital/
http://www.sumcrenewal.org/projects/project-overview/packard-childrens/

The new Stanford Neuroscience Health Center integrates adult neurological and neurosurgical care with imaging, electrodiagnostics, and outpatient therapies in a state-of-the art facility. Read more here:
https://stanfordhealthcare.org/medical-clinics/stanford-neuroscience-health-center.html

The outpatient pediatric neurology clinics are found in the Mary L. Johnson Specialty Services building, a clinic designed to make children feel comfortable while consolidating their care. Read more here:
http://www.stanfordchildrens.org/en/service/neuromuscular-disorders

The Forbes Norris ALS/MDA Research Center (San Francisco) provides the opportunity for additional breadth and depth of training with outstanding clinicians researchers. Read more here:
https://www.sutterhealth.org/cpmc/services/neuroscience/forbes-norris-mda-als-center-cpni

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 affordable studios and apartments within 20 minutes of the medical center. A limited number of subsidized, Stanford-owned housing units are available in a complex directly across the street from the hospitals.

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 bicycle-friendly. The Stanford Commute Club offers employees a financial incentive for taking public transportation.

What's 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 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."

Trainees 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, film series, etc.

San Francisco is a cultural juggernaut, with incredible food, a variety of museums and venues, and vibrant neighborhoods, and is easily accessible by train or car. Overall, 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, Sequoia and Kings Canyon National Parks, Lake Tahoe, and many other attractions of the Sierra mountains are approximately 3 to 5 hours away. There's a great deal to explore!