

# **Stony Brook Family Medicine Residency**



**Stony Brook** Southampton Hospital

# A Residency Like No Other — Family Medicine in the Heart of the Hamptons

Located on the eastern end of Long Island, our Family Medicine Residency Program stands out for its unique blend of clinical diversity, community engagement and academic excellence.

What was once a healthcare desert is now a growing network of care — and we are proud to be at the center of that transformation. In partnership with Stony Brook University Hospital and other organizations, we're bridging gaps in access and providing comprehensive care to all — from underserved, undocumented and homeless populations to the most affluent residents of the Hamptons.

Our program offers the full spectrum of family medicine, from birth to end-of-life care, and empowers residents to shape their own path. With unparalleled access to resources, mentorship and flexible training opportunities, our residents are not just learning — they are leading. We place a strong emphasis on social medicine, equipping our physicians to understand and address the social and environmental determinants of health that truly impact lives.

Join us where innovation meets compassion, and where your training can change a community.



## CONTENTS

Program Overview .....	2
Stony Brook Medicine's Mission, Vision and Values .....	4
Contact Information .....	4

A Message from the Residency Program Director .....	5
Stony Brook Medicine: Education, Research and Patient Care ..	7
Stony Brook Southampton Hospital At-a-Glance .....	9

Training Sites .....	10
Sample Block Rotations .....	11
Educational Opportunities .....	13
Life on Long Island's East End .....	14

The Stony Brook Southampton Hospital Family Medicine Residency Program is a three-year ACGME accredited training experience that combines comprehensive clinical education with specialized training in social and integrative medicine. Nestled in the heart of the Hamptons on Long Island's South Fork, our training program is based in a small community hospital where residents experience diverse patient populations from all walks of life. We stand apart by providing access to all Stony Brook Medicine sites while maintaining our commitment to community-based care, offering the rare combination of university hospital resources within a personalized community setting. Our program goes beyond ACGME requirements with distinctive focuses on social medicine, integrative medicine, neuromusculoskeletal medicine and palliative medicine education, creating what we believe is the optimal environment to develop exceptional family physicians.

Our program prepares residents for productive and fulfilling careers in family medicine, whether their path leads to clinical practice, research, academics, hospital medicine, or specialized fellowships. We emphasize evidence-based practice, community-centered healthcare delivery, leadership development and cultural competence while ensuring all graduates meet the standards of professional excellence adopted by the American Board of Family Medicine and are board eligible upon completion of our program. Through our collaborative approach with healthcare teams and the surrounding community, residents



develop the skills to provide high-quality care to all patients regardless of socioeconomic status or background because we believe excellence in medicine begins with service to our community.

While Stony Brook Southampton Hospital is the epicenter of our program, several important affiliates (Stony Brook University Hospital, Stony Brook Eastern Long Island Hospital and Good Samaritan Hospital) serve an invaluable role in training our residents. Residents gain a greater breadth of experience observing and learning the various institutional practices and career models available to family medicine graduates, furthering their preparation for a fulfilling and individualized career. •

## MISSION

We transform lives through scientific discovery, education and healthcare.

## VISION

We bring together innovative research, advanced education and extraordinary healthcare expertise to set the standard for how healthy communities thrive.



## VALUES

### INTEGRITY

We are honest and ethical in our interactions.

### COMPASSION

We are empathic and commit to understanding how to best serve individuals.

### ACCOUNTABILITY

We take responsibility for our actions, decisions and behaviors and their impact on the global community.

### RESPECT

We value equity, inclusion and diversity, treating all with dignity, courtesy and consideration.

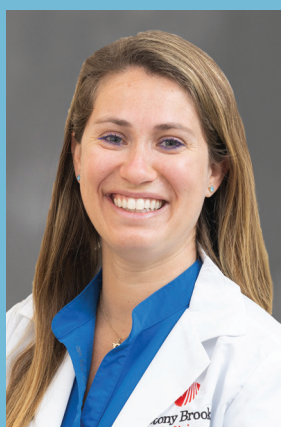
### EXCELLENCE

We achieve the highest standards in quality, safety and service.



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**We welcome you to the  
Stony Brook Family Medicine Residency Program  
at Southampton and are glad that you are  
interested in learning more about us.**

The mission of our program is to create medical leaders with a commitment to lifelong learning and the ideals of social medicine. We employ the principles of evidence-based medicine and translate this into providing excellent medical care to our patients. To that end, we offer training in integrative medicine, medical acupuncture, biopsychosocial medicine, hospice and palliative medicine, and addiction medicine. We emphasize the role of the physician as leader and put a premium on taking a comprehensive approach to the care of our patients in the office and hospital.

The program is located on the eastern end of Long Island, close to top-rated beaches and natural beauty with easy access to airports and the New York metropolitan area. Southampton is a paradise for those who love the outdoors and watersports, including boating, swimming, windsurfing, waterskiing and fishing.

We offer the best of both worlds with a world-renowned medical school and academic affiliation combined with real-world practical experience in a suburban setting.

All of our trainees also have a commitment to social medicine, which seeks to understand how social and economic conditions impact health, disease and the practice of medicine, and foster conditions in which this understanding can lead to a healthier society. This rotation exposes trainees to ideas that will challenge their beliefs and compel self-reflection. It will also help trainees broaden their understanding of entelechy processes as they relate to health and disease. •

**Lovedhi Aggarwal, MD**  
Residency Program Director







## **Stony Brook Medicine integrates and elevates all of Stony Brook University's health-related initiatives: education, research and patient care.**

This includes our Health Sciences schools — Medicine, Dental, Health Professions, Nursing and Social Welfare — a Program in Public Health, as well as Stony Brook University Hospital, Stony Brook Children's Hospital, Stony Brook Southampton Hospital, Stony Brook Eastern Long Island Hospital, Long Island State Veterans Home and more than 200 community-based healthcare settings throughout Suffolk County. With 95 staffed beds, Stony Brook Southampton Hospital (SBSH) is a Level 3 Adult Trauma Center and the sole provider of emergency care on the South Fork. SBSH is a designated primary stroke center, has interventional cardiac services and is a specialty center for endovascular surgery.

Stony Brook Medicine is Suffolk County's premier academic healthcare system. We are strongly rooted in:

### **Research, where ideas are explored, tested and brought to light.**

At Stony Brook Medicine, we develop lifesaving medicines, pioneer new treatments and make breakthroughs in understanding the disease process.

### **Clinical care, which is ideas in action.**

We ensure that the advances made by researchers in all major specialties and subspecialties are accessible to our patients.

### **Education, which ties it all together.**

Through our Health Sciences schools, we train the next generation of physicians and researchers.

We are an integrated healthcare system. In addition to Stony Brook Southampton Hospital, our clinically integrated network serves the residents of Long Island.

- **With 70 beds, Stony Brook Eastern Long Island Hospital (SBELIH)** provides access to advanced medical care for residents of the North Fork and Shelter Island. Its inpatient and outpatient behavioral health programs combine high-caliber medicine, psychology and behavioral therapy.
- **With 628 beds, Stony Brook University Hospital** serves as Suffolk County's only tertiary/quaternary care center and Level I Trauma Center for both adults and children, and is home to Stony Brook Heart Institute, Stony Brook Cancer Center, Stony Brook Children's Hospital and Stony Brook Neurosciences Institute.







## STONY BROOK SOUTHAMPTON HOSPITAL



### Stony Brook Southampton Hospital At-a-Glance

Stony Brook Southampton Hospital is a 124-bed campus of Stony Brook Medicine, serving as the largest employer in the South Fork with more than 1,200 employees. It is the East End's only Level 3 Provisional Trauma Center. Premier healthcare services include:

#### **The Phillips Family Cancer Center**

Integrated cancer care with world-class specialists

#### **Ellen Hermanson Breast Center**

The East End's only comprehensive breast health facility

#### **Jenny and John Paulson Emergency Department**

24/7 hospital-based emergency care and trauma center

#### **Audrey and Martin Gruss Heart & Stroke Center**

New York State-designated Stroke Center

#### **Ed & Phyllis Davis Wellness Institute**

The East End's only hospital-based integrative medicine center

#### **Kathleen D. Allen Maternity Center**

Welcoming nearly 900 babies annually

#### **Center for Advanced Wound Healing**

Featuring hyperbaric oxygen chambers

#### **Edie Windsor Healthcare Center**

Comprehensive LGBTQ+ healthcare in Hampton Bays

#### **Regional Tick-Borne Disease Resource Center**

Long Island's only specialized center

Serving  
Long Island's  
East End  
Since 1909.

### Continuity Clinic Sites:

#### **The Christiane and Richard Hiegel Healthcare Center**

##### **Westhampton Primary Care**

**147 Beach Road Suite A, Westhampton Beach, NY 11978**

Westhampton Primary Care is one of our two continuity clinic sites. This is a primary care site where our residents take on a patient load of their own and see them through all three years of their residency. This site prepares residents to see patients who are insured by all major health insurance carriers and allows residents to employ techniques in neuromusculoskeletal medicine/osteopathic medicine, integrative medicine and medical acupuncture.

#### **The Sunriver Health Kraus Family Community Health Center**

**330 Meeting House Lane, Southampton, NY 11968**

The Sunriver Health Kraus Family Community Health Center is one of our two continuity clinic sites. This center is a federally qualified healthcare center (FQHC) in Southampton, New York, that provides primary and preventative healthcare to underserved and underinsured individuals that is both cost-aware and comprehensive.

### Clinical Rotation Sites:

#### **Stony Brook Southampton Hospital**

**240 Meeting House Lane, Southampton, NY 11968**

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#### **Stony Brook Eastern Long Island Hospital**

**201 Manor Place, Greenport, NY 11944**

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#### **Stony Brook University Hospital**

**101 Nicolls Road, Stony Brook, NY 11794**

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#### **Catholic Health: Good Samaritan Hospital**

**1000 Montauk Highway, West Islip, NY 11795**

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#### **Peconic Landing**

**1500 Brecknock Road, Greenport, NY 11944**

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## Sample Schedules:

- Our program functions on a July 1-June 30 academic year, consisting of 13 blocks, split into parts A and B, 26 sections altogether.
- The largest portion of our schedule is our continuity clinic, where PGY-1 residents spend 10% of their time, PGY-2 residents spend 30% and PGY-3 residents spend 40%.

## Procedural Training:

The family medicine trainee will be able to perform procedures that include:

- Insertion/Removal of contraceptives
- Point-of-care ultrasound (POCUS)
- Joint and trigger point injections
- Pap smears
- Central line placement
- EKG interpretation
- Infant deliveries
- Nail removal
- Skin biopsies
- Suturing and removal

## Sample Schedule by PGY Level:

### PGY-1

- One Block of Social Medicine
- Two Blocks of Inpatient Medicine
- One Block of Night Float
- One Block of ICU
- Two Blocks of OB
- One Block of Surgery
- One Block of Ambulatory
- Half a Block of Nursery
- Half a Block of Inpatient Psychiatry
- One Block of Pediatrics Emergency Room
- One Block of Inpatient Pediatrics
- One Block of Vacation

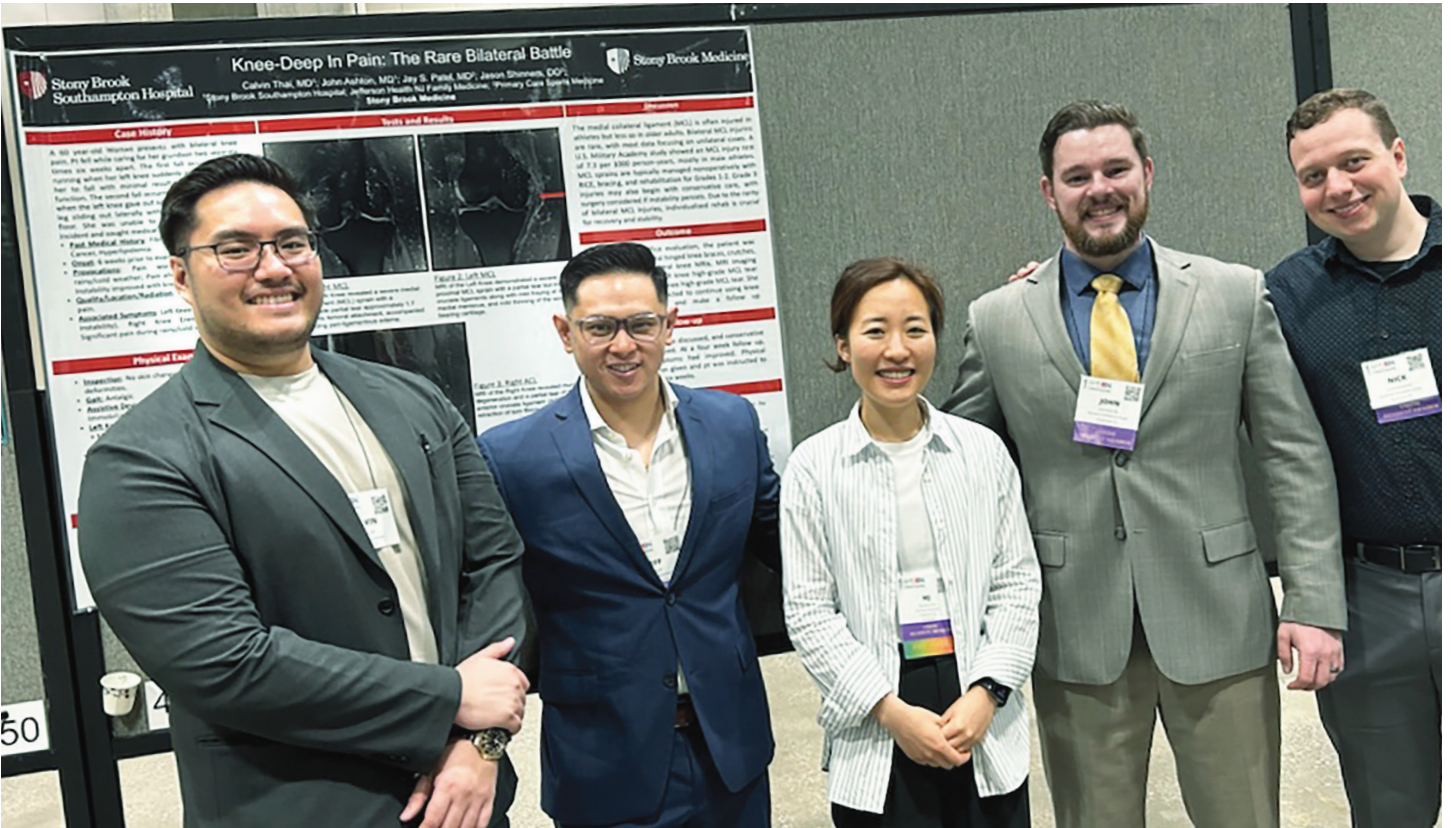
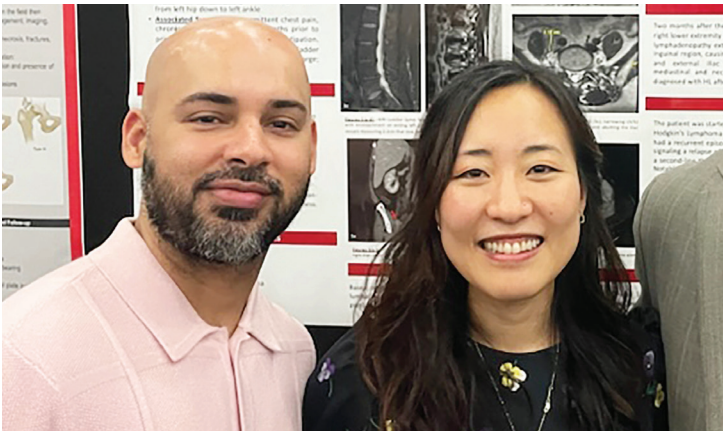
### PGY-2

- Two Blocks of Inpatient Medicine
- One Block of Night Float
- One Block of Cardiology
- One Block of Ambulatory
- One Block of GYN
- One Block of Emergency Medicine
- One Block of Sports Medicine
- One Block of Geriatrics
- Two Blocks of Electives
- One Block of Vacation

### PGY-3

- Half a Block of Dermatology
- Half a Block of Addiction Medicine
- Two Blocks of Inpatient Medicine
- One Block of Community Medicine
- One Block of Ambulatory
- One Block of Orthopedics
- One Block of Management of Health Systems
- One Block of Outpatient Pediatrics
- One Block of Emergency Medicine
- Three Blocks of Electives
- One Block of Vacation







### Research Opportunities

The Family Medicine Residency Program is committed to excellence in research, in keeping with the mission of Stony Brook Medicine. The training model we use is interdepartmental, leveraging mentors within the Department of Family, Population and Preventive Medicine as well as collaborators within Stony Brook Medicine and Stony Brook University.

Residents are required to conduct at least one research project a year and are encouraged to develop scholarly output for local, regional or national presentations and publication. Residents present their work and case studies annually at Stony Brook Southampton Hospital's Annual Research Day.

### Wednesday Morning Didactics

Core curriculum- and simulation-based education.

### Journal Clubs

Once a month, residents and faculty discuss and critically appraise recent articles in medical journals, with the goal of improving their knowledge, critical thinking and evidence-based medicine skills.

### Conferences

Maurice Goldenhar Annual Family Medicine Update, LGBTQ\* Health Symposium, Family & Community Medicine Grand Rounds, Department of Medicine Grand Rounds, AAFP's FUTURE conference and NYSAFP Downstate Regional Family Medicine Conference.

### Grand Rounds

Our residents participate in Stony Brook University Hospital's Family Medicine & Community Medicine Grand Rounds series. Grand Rounds occur on Wednesday mornings, inviting local, regional and nationally recognized physicians and researchers to provide perspectives and insights on the past, present and future of family medicine.

Our residents also participate in Stony Brook Southampton Hospital's Social Medicine Grand Rounds in person once a month. The Social Medicine Grand Rounds series organizers invite local, regional and nationally recognized community leaders, hospital staff, physicians and researchers to provide perspectives and insights on the social, cultural and political factors that influence health and disease. Social Medicine Grand Rounds hope to aid residents' understanding of how those factors contribute to health inequities and help inspire them to develop strategies to improve health outcomes for all populations.

## LIFE ON LONG ISLAND'S EAST END



### Community and Lifestyle

Long Island is considered a haven for residents and visitors alike. The longest and largest island in the contiguous United States, Long Island stretches more than 100 miles from New York City to Montauk Point, offering pristine Atlantic Ocean beaches on its famous South Shore and quaint towns on its North Shore.

Though a well-known summer destination for celebrities, as well as singles, couples and families, Long Island is also home to several million residents who enjoy the island's unique beauty and a myriad of recreational opportunities. Whether you enjoy fabulous art galleries and museums, exceptional fishing spots, pristine golf courses, great restaurants, amazing wineries, beautiful bike trails or spectacular white-sand beaches, there's virtually something for everyone.

Living on Long Island's East End provides residents with a unique opportunity to enjoy professional fulfillment while experiencing the exceptional quality of life that comes from living in one of America's most beautiful coastal regions. The combination of natural beauty, cultural richness and recreational opportunities creates an environment where work-life balance isn't just possible — it's inherent to the lifestyle.





