

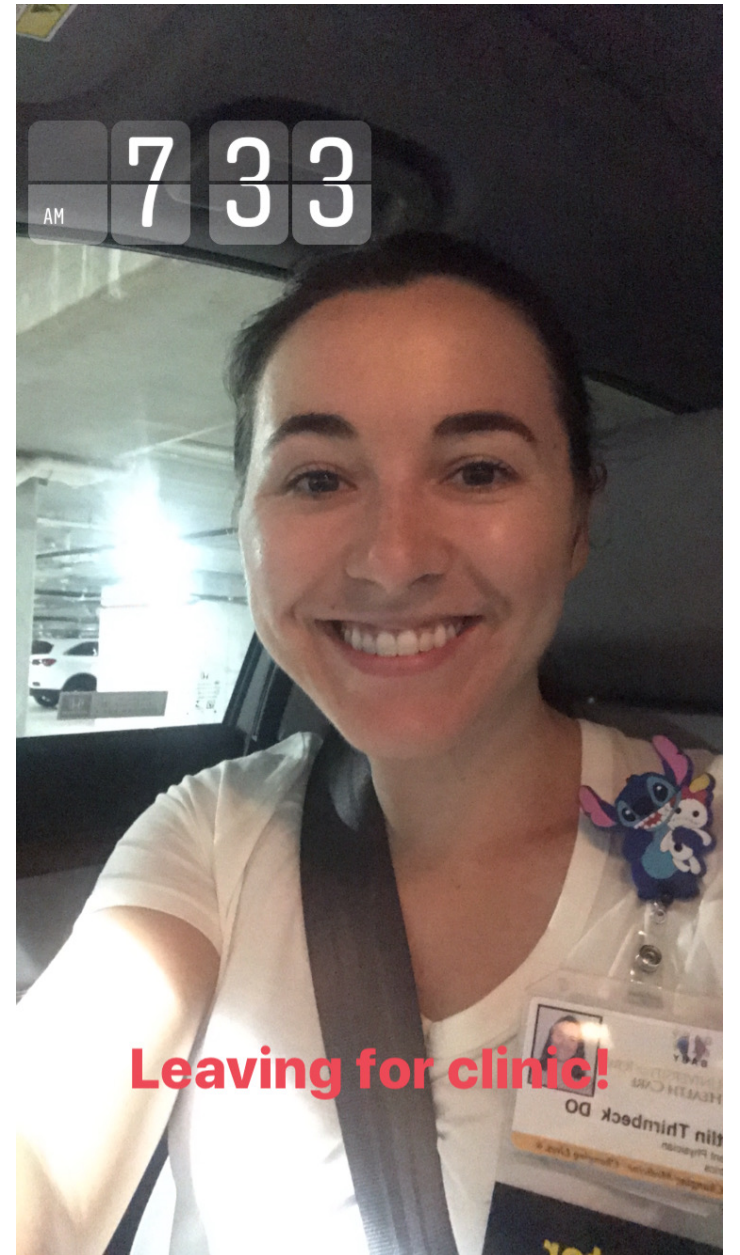
A Day in the Life...

Resident Dr. Thirnbeck's Continuity Clinic



Our residents are always thankful for the “late” start time of 0800 for clinic! This leaves time for a luxurious coffee fueled filled morning, a walk with the dog, a morning yoga class, or even an extra hour or two of sleep!

Something we are all thankful for is our short commute times! Not only is rush hour traffic virtually non-existent, nearly everything in the Iowa City area is 15 minutes or less away.

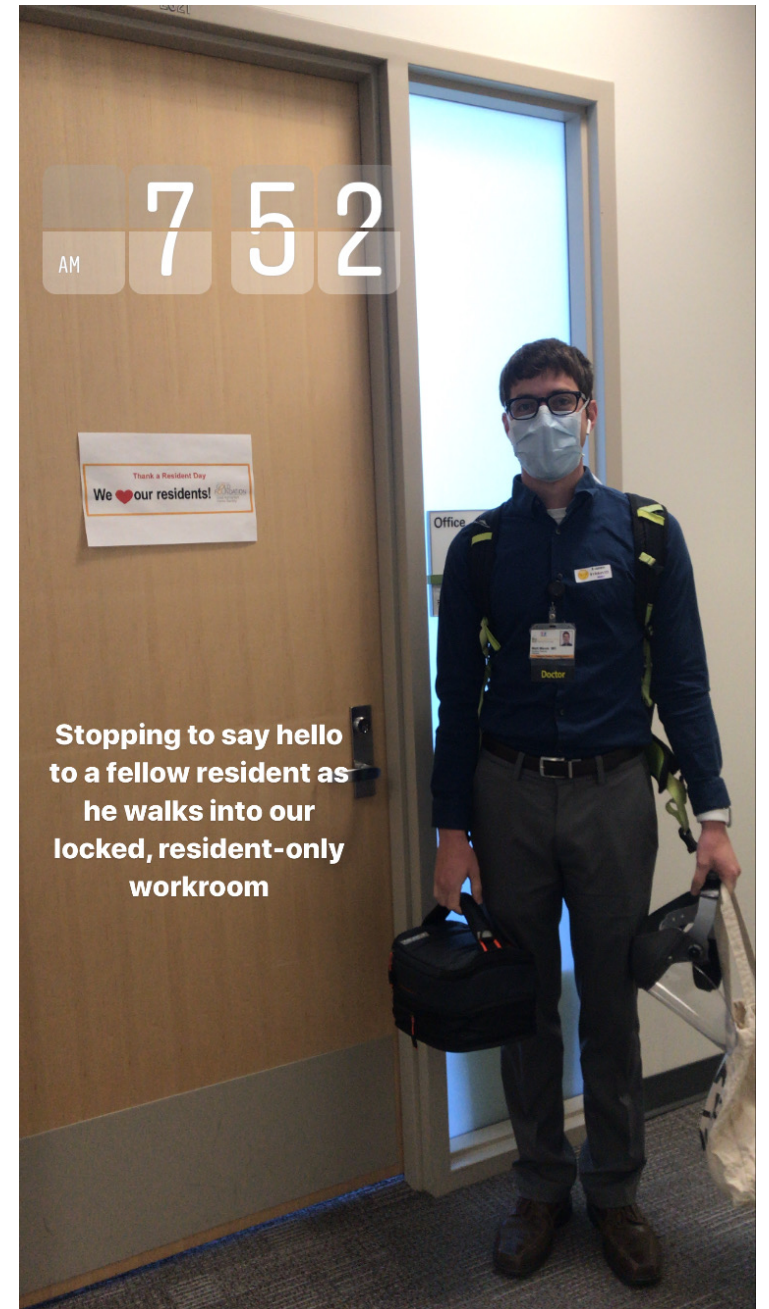


Leaving for clinic!



Today, we are traveling to our Iowa River Landing (IRL) clinic location. This is the home to our general pediatrics and adolescent medicine clinics. And who doesn't love on-site parking!

Here at IRL, we have our own pediatric resident workroom. This is locked and only accessible to our residents! Not only is this a great spot to store your gear, but we have additional computers in here to work on notes before and after clinic.

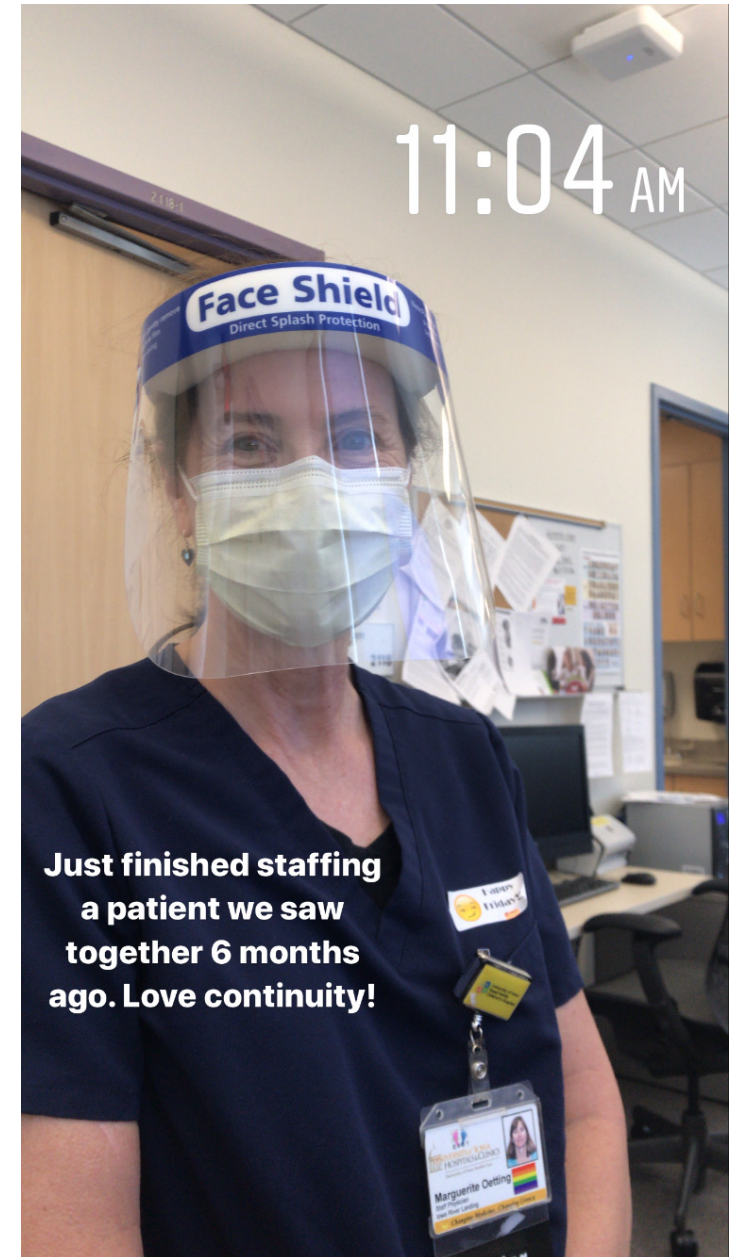


Stopping to say hello to a fellow resident as he walks into our locked, resident-only workroom



Not only do we have the best EMR around (yay Epic!) but we also have the option of using Dragon dictation software to help with note writing. It works great even with a mask on.

Each of our residents has one half day of continuity clinic each week. As an intern, you are assigned to a day of the week for your clinic that you will keep all three years of residency. Typically, you will have morning clinic when on an outpatient rotation and afternoon clinic when on an inpatient rotation. We LOVE this because you never have to miss rounds for your clinic! Not only do your patients know what day of the week you have clinic, but we also have continuity with our staffing attendings. Win win!





On site cafeteria in the basement of IRL clinic. There is always time to grab lunch before noon academic conference. Typically, there is a special general pediatrics themed conference each day at noon although, occasionally, the conference from the children's hospital is streamed.

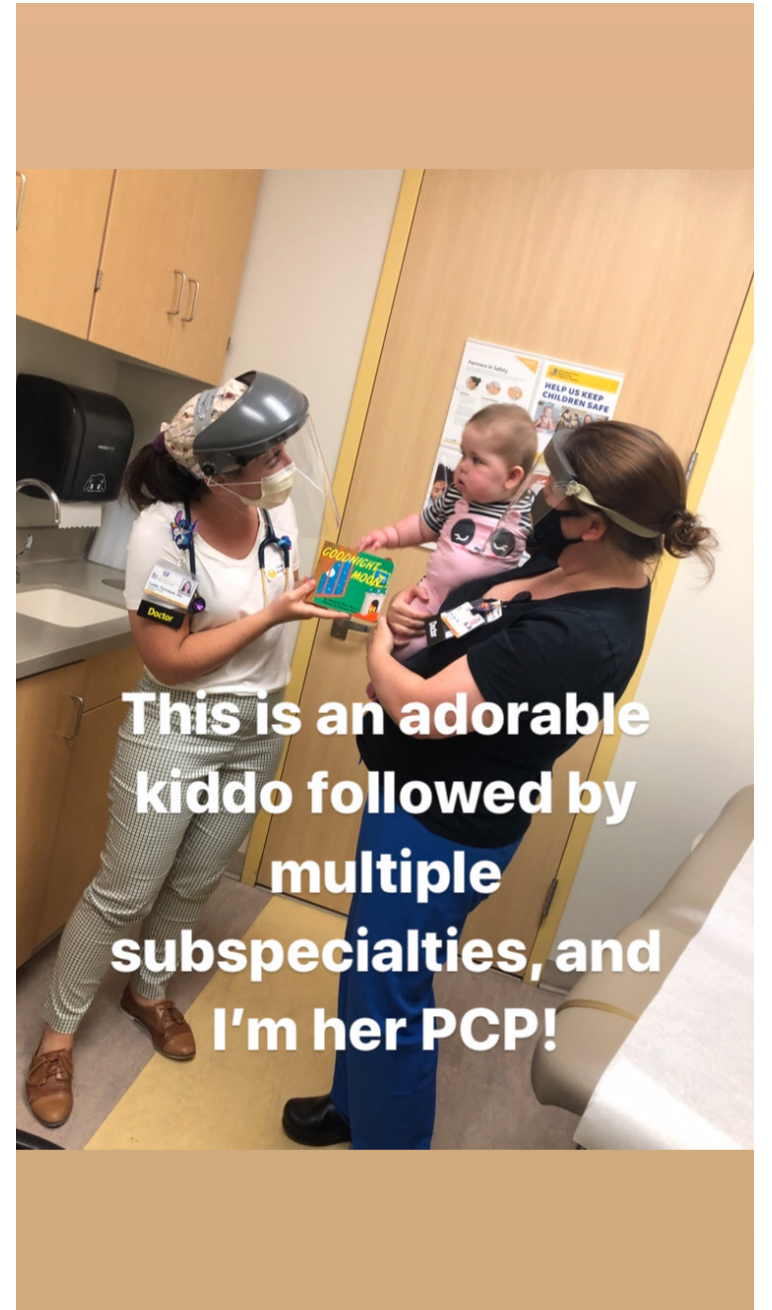
Conference ends a little early? No problem! Plenty of time to scoot over to Scratch Cupcakes next door for an afternoon pick-me-up!





These cupcakes have our whole hearts.
And tummies.

Our continuity clinic weekly really sets us up to be our patient's primary care physicians (PCPs). Nothing is better than seeing a newborn you saw in the nursery return for their 9 month check-ups! Except maybe seeing our names listed on their charts as their PCP...

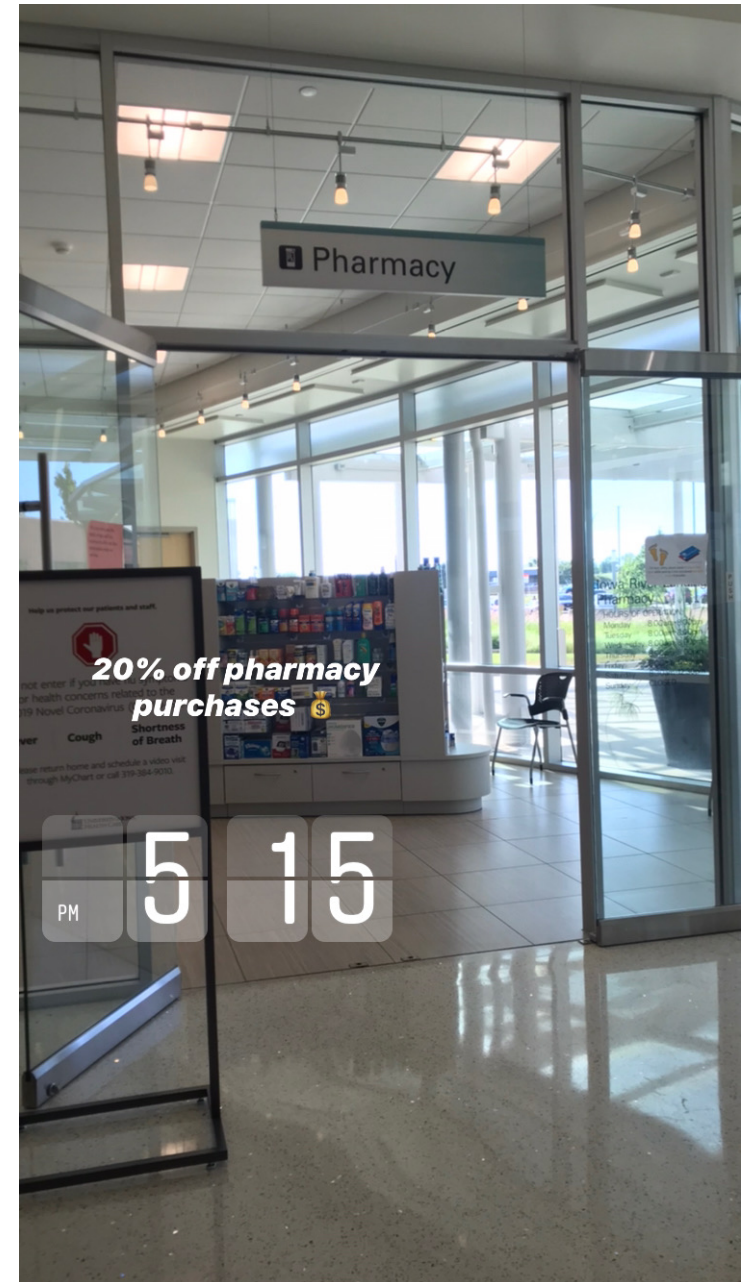


This is an adorable kiddo followed by multiple subspecialties, and I'm her PCP!

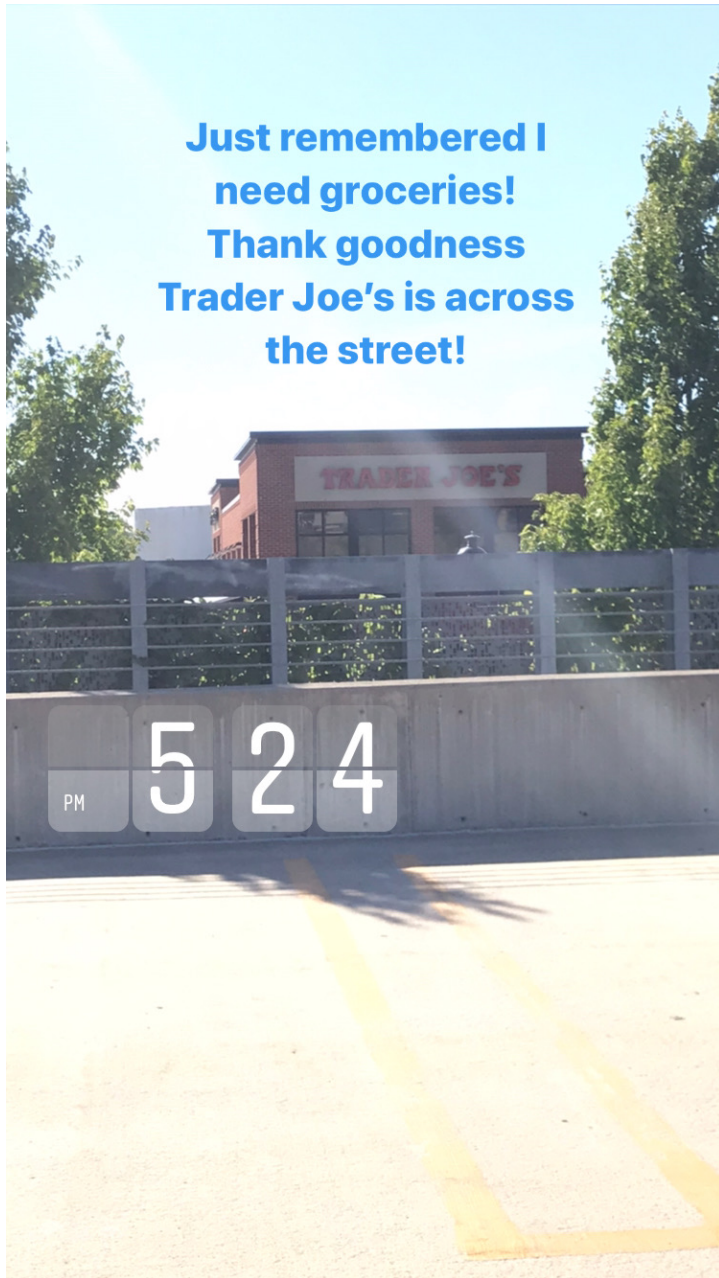


The IRL clinic is not only home to our general pediatrics clinic, but also many other sub-specialties including adult medicine. One of the great things about working in such a large clinic is the resources. We have radiology, laboratory, and pharmacy right on site!

Having a pharmacy at clinic is not only great for our patients, but also for us! We receive 20% off all pharmacy purchases and can even have our own medications sent here for pick-up.



**Just remembered I
need groceries!
Thank goodness
Trader Joe's is across
the street!**



Run out of eggs? Need a salad for tomorrow? Never fear! Trader Joe's is located right across the street. Many of our residents do their weekly shop right after clinic.

Iowa River Landing, home to our clinic, is also the site of many restaurants, shops, and salons. 30 Hop, featured here, is a resident favorite for after clinic happy hour!

