



Family Practice Residency Program

Mission Statement

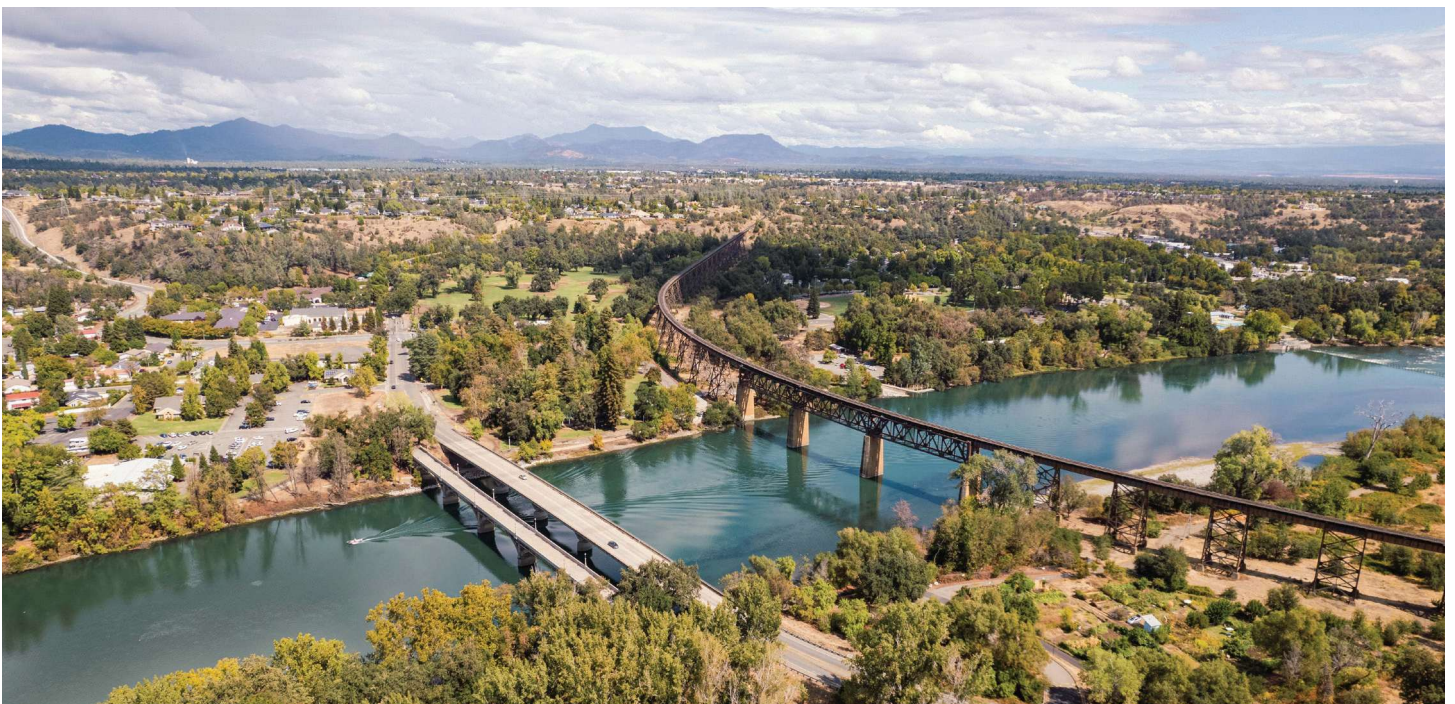
Mercy Redding Family Practice Residency Program's mission is to train family medicine physicians to safely and competently provide the highest quality of care for the community they serve in both the inpatient and outpatient settings. We share the mission of CommonSpirit Health to make the health presence of God known in our world by improving the health of people we serve, especially those who are vulnerable, while we advance social justice for all.

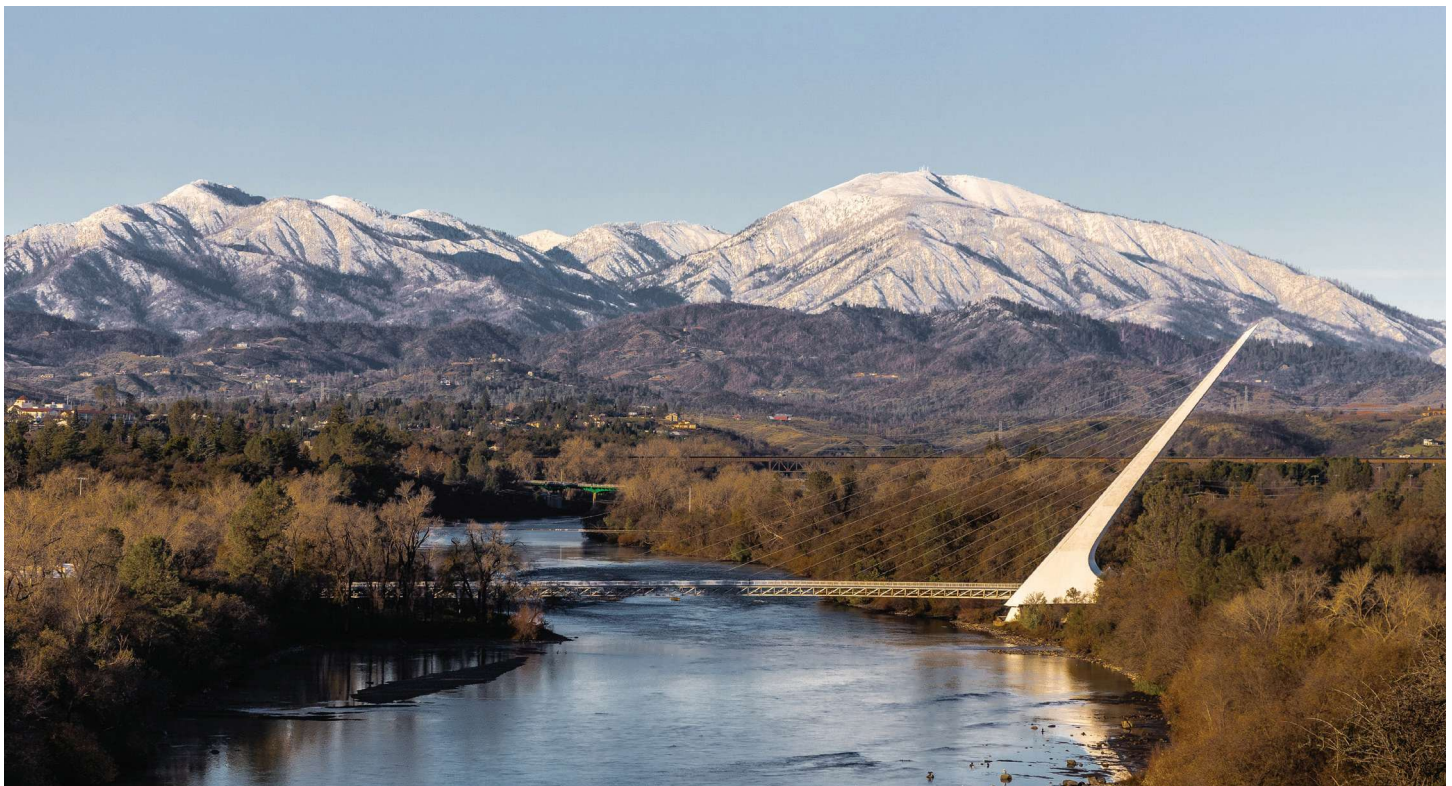
THE PROGRAM

The Mercy Medical Center sponsored and University of California, Davis, affiliated program boasts a rich history of producing highly qualified residents and graduates since 1975. Located in Northern California, it serves as a prominent referral center for the region, showcasing its strong community involvement and support. Surrounded by stunning natural beauty, including the majestic Mt. Shasta, Lassen Peak, the scenic Sacramento River, and the serene Whiskeytown Lake and Shasta Lake, residents here enjoy a unique blend of city living and rural exposure. This program offers a great balance between technology and hands-on care, allowing residents to experience the best of both worlds in terms of work and recreation.

GOALS AND OBJECTIVES

- Develop and maintain an excellent Family Medicine resident education curriculum incorporating the ACGME Milestone Competencies for Family Medicine.
- Recruit and train physicians to practice family medicine in any setting while caring for patients of all ages and backgrounds with an emphasis on meeting the primary care needs of Northern California
- Promote Scholarly Activity to build medical knowledge and educate residents, faculty, students, and the general medical community
- Maintain a highly competent faculty to educate family medicine residents and students while providing high-quality care to the underserved.





STATEMENT OF INCLUSION

As a member of Dignity Health and CommonSpirit, one of our core values is inclusion. This includes celebrating each person's gifts and voice, and respecting the dignity of all. This is reflected in how we interact with our patients, colleagues, community and employees. We recruit, hire, train, compensate, and promote persons without regard to race, color, religion, sex, sexual orientation, gender identity, marital status, national origin, protected Veteran status, age, physical handicap, disability, or medical condition as provided by law.

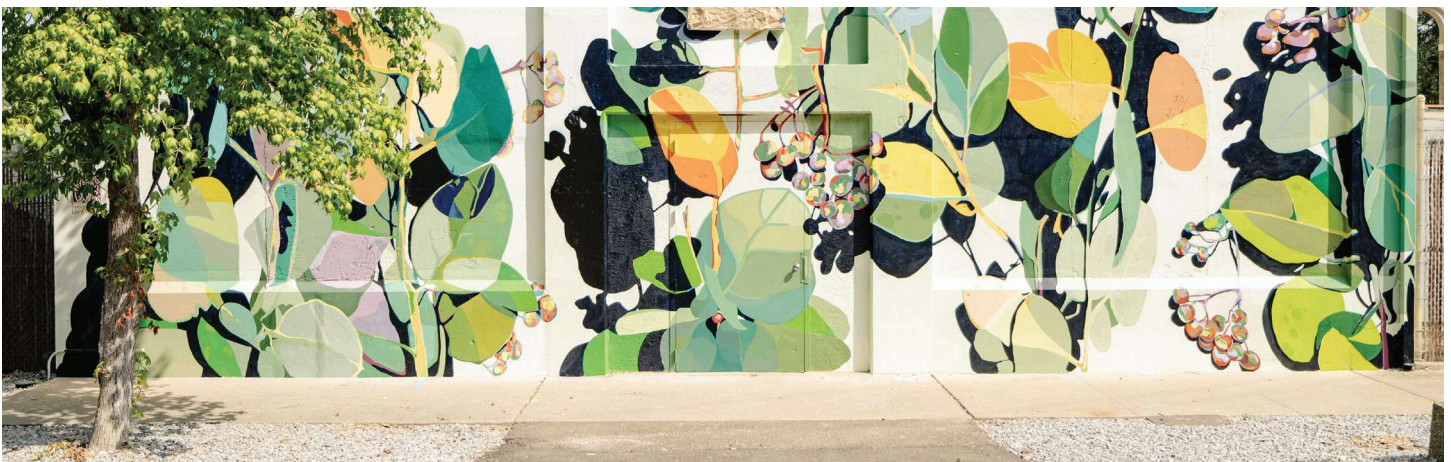
A major component of our mission is to provide care for the underserved in Northern California. This is accomplished by the ongoing work of our residents, faculty, and graduates. We recruit medical students who have shown a prior commitment to working with the underserved and provide them with further exposure to these activities once they join us.

PROGRAM EXPERIENCES

- Shasta Community Maternity Center
 - Low-income and high-risk pregnant patients
- Shasta Community Health Center
 - FQHC
- Hill Country Community Clinic
- Redding Rancheria Tribal Health Center
- Redding VA outpatient clinic
- Dignity Health Connected Living
 - Senior Care
- Rural rotation in several locations
- Medical Safe Haven Program in our clinic
 - Primary medical care for victims and survivors of human trafficking
- Resident and faculty involvement in outreach focused on the underserved

THE COMMUNITY

Nestled at the base of incredible mountain ranges that flank its western, northern, and eastern borders, the city of Redding is home to over 93,000 people and is the largest population center in far Northern California. Mercy Medical Center, overlooking the Sacramento River Valley, serves as a local community hospital and a referral center for a vast region from the Oregon border two hours north, halfway to Sacramento (two hours to the south), east to Nevada and west to the Pacific Ocean. Shasta County is predominantly rural with a population over 179,000.





LIVING IN REDDING

Living in Redding offers a diverse and vibrant lifestyle. The city enjoys warm summers, mild winters, seasonal rain, and occasional snow in the valley, making it a year-round outdoor playground. Outdoor enthusiasts can indulge in downhill and cross-country skiing within an hour's drive at Lassen Peak and Mt. Shasta. Water sports thrive on the Sacramento River, Shasta, and Whiskeytown Lakes, while hiking, biking, and backpacking opportunities abound in nearby state and national parks. For those with a passion for sports, Redding offers tennis, golf, fitness facilities, and well-organized city leagues for team sports. The Sacramento River Trail System has gained acclaim, with the San Francisco Chronicle hailing it as “becoming a trail capital for California and possibly the United States.” Additionally, in 2023 the Sacramento River and Rail Trails was inducted into the National Rails-to-Trails Conservancy’s Hall of Fame.

In terms of shopping, Redding has you covered, featuring the Mt. Shasta Mall with stores like Macy’s, Home Goods, and Old Navy. You’ll also find major retailers like Costco, Walmart, Target, Sportsman’s Warehouse, Dick’s Sporting Goods, and grocery stores like Sprouts and Trader Joe’s.

When it comes to dining, Redding offers a delightful mix of popular chain restaurants and local gems. From Chinese and Indian to Japanese, Thai, Mexican, and Italian cuisines, along with local breweries, there’s something to satisfy every palate.

Education is readily accessible, with institutions like Shasta Community College, Simpson University, and California State University, Chico, located just 70 miles southeast of Redding.

Cultural experiences abound in Redding, with a thriving music scene that includes local theater groups, the North State Symphony, the Shasta Symphony, the Shasta Chorale, and the Jazz Festival. For art enthusiasts, museums and galleries provide ample opportunities for exploration, while iconic landmarks like the Sundial Bridge, the planetarium, and the annual Redding Rodeo add to the city’s vibrant cultural tapestry. Living in Redding truly offers a blend of outdoor adventure, shopping, dining, educational opportunities, and cultural enrichment for residents to savor.

MERCY FAMILY HEALTH CENTER

As our continuity clinic, Mercy Family Health Clinic (MFHC) houses the residency program's model family practice center, where residents work alongside Faculty in a group practice setting.

At Mercy Family Health Center, the payer distribution comprises approximately 1/3 private insurance and 2/3 Medicare/Medi-Cal patients. Each resident's panel includes a broad spectrum of ages, backgrounds, and clinical issues.

First-year residents spend one to two half-days per week in clinic, second years, two to four half-days, and third-year residents, two to five. Resident caseloads increase through the three years of training as proficiency increases, and they prepare to go into practice.

MFHC patients are cared for on the Family Practice Service at Mercy Medical Center, where residents participate in their patients' hospital care, supervised by a Family Medicine preceptor.

Medical students frequently rotate through our center for educational experiences in primary care. Accessing knowledge at the point of care is a critical component of being a successful practitioner. A well-established, up to date library along with Internet access is readily available.



CORE VALUES

Compassion • Inclusion • Integrity • Excellence • Collaboration

MERCY MEDICAL CENTER REDDING

Mercy Medical Center is a center of medical excellence, located in a relatively small city in rural far Northern California, serving a much larger area of Northern California

A member of Dignity Health, Mercy Medical Center began serving patients in 1944, when the Sisters of Mercy, Burlingame, bought Saint Caroline's Hospital. The current facility was dedicated in 1953, and the hospital has grown and developed into a state-of-the-art referral hospital for all of Northern California. In 2019, Dignity Health and Catholic Health Initiatives, came together as CommonSpirit Health creating a new nonprofit Catholic Health System serving communities across the U.S.

HIGHLIGHTS

- Accredited by both JCAHO and the California Medical Association.
- Licensed for 266 total beds, Regional Level II Trauma Center
- Active Cardiac, Medical, Oncology, Orthopedics, Pediatric, Obstetrical and Surgical services.
- Critical care units with 45 beds with additional telemetry unit beds.
- Emergency department with 58,000 visits per year.
- Medical staff with 673 members in most medical specialties
- Dedicated workstations for use by the residents, including EHR (Cerner) and educational resources (UpToDate, Online Library, etc.)
- Hospital-wide Wi-Fi available for physicians, patients, and visitors



CURRICULUM 2025-2026

Rotation PGY1	Weeks	Rotation PGY2	Weeks	Rotation PGY3	Weeks
ABFM/RAD/LAB	1	ABFM/RAD/LAB	1	Clinic Doctor 1 - Specialty clinics	2
Behavioral Science	2	Clinic Doctor 1 - Specialty clinics	6	Elective (Includes 4wks away)	14
Community Medicine	2	Clinic Doctor 2- Emphasis on GYN	4	Emergency Department	2
Emergency Department	4	Elective (Includes 2wks away)	10	Specialty Clinics (V.A.)	4
Intensive Care Unit	2	Medicine	5	Family Practice Service	5
Medicine	10	Night Float Medicine	2	Flexible *	3
Night Float Medicine	3	Night Float Peds/OB	2	Geriatrics / SNF	4
Night Float Peds/OB	3	Obstetrics	4	Night Float Super Senior	3
Obstetrics	6	Orthopedics	2	Obstetrics	1
Orthopedics	4	Pediatrics Outpt.	4	Pediatrics Outpt.	4
Pediatrics Inpt.	6	Pediatrics Inpt.	4	Pediatrics Inpt.	1
Surgery	4	Rural Location	4	Pediatric ED	2
Vacation	4	Vacation	4	Psych	2
Family Practice Service Orientation	1			Urgent Care	1
				Vacation	4
Total Weeks	52	Total Weeks	52	Total Weeks	52

*Includes additional weeks in MED, Night Float Med, Night Float PEDs/OB, Obstetrics, Pediatrics, Clinic Doctor 1, Family Practice Service, or Elective

PGY 3 RESIDENTS

Thomas Gordon, DO	Rocky Vista University College of Osteopathic Medicine
Sierra Hausman, MD	Trinity School of Medicine
Kimberley Mayes, MD	American University of the Caribbean School of Medicine
Sandra Nagib, DO	Arizona College of Osteopathic Medicine of Midwestern University
Lee Raunig, DO	Western University of Health Sciences College of Osteopathic Medicine of the Pacific
Alec Oliva, DO	Arizona College of Osteopathic Medicine of Midwestern University

PGY 2 RESIDENTS

Paola Arteaga, DO	Touro College of Osteopathic Medicine
Yanet Fanos, DO	California Health Sciences University - COM
Nada Farag, MD	MISR University for Science and Technology
Priyanka, Kalan, MD	St. George's University School of Medicine
Bianca Opara, MD	St. George's University School of Medicine
Karina Wang, DO	Nova Southeastern University

PGY 1 RESIDENTS

Hardeep Dhillon, DO	Marian University College of Osteopathic Medicine
Yinan Liu, DO	Touro College of Osteopathic Medicine
Zachary Schmidt, DO	Arizona College of Osteopathic Medicine of Midwestern University
QuinnSeau, MD	Georgetown University School of Medicine
Vivek Singh, MD	St. George's University School of Medicine
Ntsaum Vang, MD	Ross University School of Medicine

WHERE DID THEY GO?

Anaheim Hills Med Group - Anaheim Hills, CA	Redding Family Medicine - Redding, CA
Atlantic Medical Group - Branchburgh, NJ	Redding Rancheria - Redding, CA
Brentwood Health Center - Brentwood, CA	Redding VA Clinic X2 - Redding, CA
Carson Tahoe Regional Medical - Carson City, NV	Redland Community Hospital - Redlands, CA
Community Health Centers - Nipomo, CA	San Diego VA Medical Center - San Diego, CA
Correctional Health Care Svs. X3 - Elk Grove, CA	Sentra Medical Group - Norfolk, VA
Desert Oasis Healthcare - Palm Springs, CA	Shasta Community Health X3 - Redding, CA
Dignity Health Foundation - Elk Grove, CA	South Sacramento Kaiser - Sacramento, CA
Dignity Health Foundation - Red Bluff, CA	St. Elizabeth Hospital - Red Bluff, CA
East Alabama Medical - Auburn, AL	St. Joseph Medical Group - Orange, CA
Hill Country Clinic - Redding, CA	St. Josephs Med Center - Tacoma, WA
Infinite Health - Redding, CA	Sutter Medical - Elk Grove, CA
Kaiser Berkeley - Berkeley, CA	Sutter Memorial - Palo Alto, CA
Kaiser Permanente - Sacramento, CA	Sutter Pacific Med Found. - Santa Rosa, CA
Kaiser Permanente - Santa Clarita, CA	Swedish Medical Fellowship - Seattle, WA
Kaiser Permanente - Stockton, CA	Syringa Hospital & Clinics - Grangeville, ID
Kaiser Victorville - Victorville, CA	Tahoe Forest Health Syst. - Truckee, CA
Mayer's Memorial Hospital - Fall River Mills, CA	Temecula Valley Hospital - Temecula, CA
Mercy Medical Center - Merced, CA	UC Davis Medical - Folsom, CA
Mercy Medical Center - Redding, CA	UC San Diego - San Diego, CA
Optum Primary Care - San Gabriel, CA	UCLA Health - Thousand Oaks CA
Optum Urgent Care - Pasadena, CA	UCLA Health - Porter Ranch, CA
Ortho & Sports Clinic - Pocatello, ID	United HealthCare - Kerman, CA
Palo Alto Med Foundation - Burlingame, CA	Urgent Care Plus - Long Beach, CA
Pinnacle Med Group, INC. - Rialto, CA	UW Medicine Valley Med. - Renton, WA
Plumas District Hospital - Quincy, CA	Valley Mt Health Centers - Mt. Shasta, CA
Providence X2 - Yorba Linda, CA	Veterans Admin - Santa Barbara, CA
Raymond Clinic - Boise, ID	

Many of our graduates have chosen to practice in California's areas of unmet need



FACULTY

In addition to our core faculty listed below, we have 138 volunteer community faculty with UC Davis clinical faculty appointments including family medicine and multiple specialties.

Duane D. Bland, MD Program Director, Family Medicine MD, University of Washington School of Medicine BS, University of Washington	Daniel Rubanowitz, PhD Director of Behavioral Sciences PhD, University of North Dakota BS, UCLA
Steven Namihas, MD Associate Director, Family Medicine Medical Director of Mercy Family Health Center MD, UC Irvine University BS, Loma Linda	Christine Woroniecki, MA Behavioral Science Coordinator MA, Bowling Green State University BS, University of North Dakota
Jill Shaw, MD Faculty, Family Medicine MD, Penn State College of Medicine BS, UC Davis	Sharon Joo, DO, M.P.H. Faculty, Pediatric Hospitalist DO, Western University of Osteopathic Medicine MPH, Loma Linda University
Laura DiPaolo, MD Faculty, Family Medicine MD, American University of the Caribbean BS, UC Davis	Donna Dai Le, MD, FAAP Faculty, Pediatric Hospitalist MD, McGovern Medical School at Houston BS, University of Dallas
Jennifer Moranda, MD Faculty, Family Medicine MD, UC Davis BS, Saint Mary's College of California	Stephanie Slagle, MD, MPH, MS, FAAP Faculty, Pediatric Hospitalist MD, East Tennessee State, College of Medicine MPH, University of South Florida MS, University of Memphis BA, DePauw University

COMPENSATION AND BENEFITS

Resident Salaries (2026-2027)

PYG-1 \$78,000.00 per year

PYG-2 \$81,889.60 per year

PYG-3 \$85,987.20 per year

- Health, Dental, Vision, and EAP plans
- Meals at Mercy Medical Center during work days and call
- Lab coats provided
- Sick leave and Family Leave
- Relocation allowance
- Four weeks' vacation per year
- Book allowance
- Free parking
- AAFP membership paid
- DEA licensure paid
- Medical licensure paid
- Board exam paid
- Registration and travel for UC Davis Network Conference
- Excellent benefits as hospital employees
- UpToDate Online
- ACLS, PALS, NRMP, BLS & ALSO Certification



PROGRAM STRENGTHS

1. Background

Established in 1975 in far Northern California, our fully accredited community-based residency program enjoys an affiliation with the University Of California Davis School Of Medicine.

2. Hospital support

Mercy Medical Center sponsors the residency; with 266 total beds, it is a designated Regional Level II Trauma Center, maintains a Level III ICN, and supports active Cardiac, Medical, Oncology, Orthopedics, Pediatric, Obstetrical, and Surgical services.

3. Medical staff support

The program employs ten core clinical faculty members, with the assistance of more than 130 volunteer clinical faculty physicians. Residents learn directly from highly trained and respected board-certified family physicians and specialists.

4. Supportive teaching and abundant patient care opportunities

With only family medicine residents in our hospital, residents have direct hands-on experiences in all aspects of their training. Residents enjoy patient diversity and hands-on experience in a charity teaching hospital, with a private community hospital's facilities, amenities, and support. Residents are provided with ample backup and can take on significant levels of responsibility when ready.



5. Rural and Underserved Training

During the rural rotation, residents work with community physicians in one of several rural and/or community settings. Residents provide continuity care for underserved patients at Mercy Family Health Center. The residency program also works with Shasta Community Maternity Center and specialty clinics to provide comprehensive obstetrical care to low-income and high-risk patients. Many of our graduates have chosen to practice in areas of unmet need, the north state, and across the nation.

6. Outpatient training

In addition to continuity care at Mercy Family Health Center, well-developed outpatient rotations occur in private practices, community health centers, and the Redding VA clinic.

7. Collaboration with Shasta Community Health Center

Shasta Community Health Center (SCHC), our local Federally Qualified Health Center, started their family medicine residency program in 2013. We work closely with their program, sharing resources, including inpatient and outpatient rotation experiences. This exciting collaboration allows for additional clinical experiences for both programs' residents. We aim to provide outstanding education for residents who may choose to settle in Northern California and provide much-needed primary care to our underserved communities.

PROGRAM STRENGTHS CONT.

8. Electronic Health Records

Mercy Medical Center and Mercy Family Health Center utilize Cerner EHR.

9. Reasonable Call Schedule

Hybrid night float/traditional call system (Approximate numbers)

- 1st year: 20-24 calls/year 24hr shifts
- 2nd year: 16-20 calls/year 24hr shifts
- 3rd year: 6-8 calls/year 24hr shifts

10. Excellent Family Practice Center

At Mercy Family Health Center, the residents work alongside faculty in a group practice setting. Resident panels include a broad spectrum of ages, backgrounds, and clinical issues. Extensive online resources are readily available at the Family Practice Center.

11. Family Practice Clinic Rotation provides well-rounded training

During the 12 weeks of C1 and C2 rotations, residents see a higher volume of specialty and continuity care patients. They participate in various specialty clinics, including colposcopy, minor surgery, HIV, orthopedics, dermatology, psychiatry, pediatrics, pulmonology, gastroenterology and cardiology. The opportunity to develop strong outpatient skills and work one-on-one with a wide array of specialists make this rotation particularly valuable, preparing many of our graduates to go on to practice in rural areas and other settings where a specialist may not be readily available.

12. Inpatient training

Our Family Practice residents do not compete with residents of other specialties, thus enhancing the variety of training. All residents receive certification in Advanced Cardiac Life Support, Pediatric Advanced Life Support, Neonatal Resuscitation, and Advanced Life Support in Obstetrics, with the option for certification in Advanced Trauma Life Support. We utilize an online database called New Innovations to keep track of resident procedures.

13. Obstetrical training

Obstetrical training remains a strength of the program, including ample deliveries and experience in the care of complex obstetrical patients

14. Wellness/Chief

Residents, faculty physicians, and staff participate in many social and recreational interactions outside of the hospital.

Residents elect a chief resident each year. Their responsibilities include planning wellness events, peer support, and liaison with residents and administration.

15. Quality Didactics

Enthusiastic community faculty, core faculty, and residents provide lectures on topics important to family medicine.



PROGRAM STRENGTHS CONT.

16. Well-developed medical

Community relative to the size of Redding

Redding has the largest population of any city north of Sacramento; Mercy Medical Center's extensive referral base results in a well-developed medical community providing excellent care. Over 90,000 people live in Redding, but approximately 180,000 people are living in Shasta County, many whom choose Mercy Medical Center to provide their medical care.

17. Significant involvement of residents in the decision-making and leadership

This is accomplished through regular resident-faculty meetings and direct involvement of chief residents in faculty meetings. Residents can voice concerns and strategize with the Chief Residents, Faculty Advisors, and the Program Director. Residents are very involved in providing feedback and implementing new ideas.

18. Excellent compensation and benefits

Annual resident salaries range from \$74,880 – \$82,555, with four weeks of vacation and 40 hours of sick leave per year. Residents also receive payment for yearly membership in the AAFP, along with coverage of their California Medical License and DEA Certification. Other benefits include excellent health, dental, and vision plans, meals while on duty, lab coats, free parking, and a book allowance.

