Residency Training in Neurology
Neurology has had a long tradition at Jefferson Medical College, going back to at least 1831. Student lectures on nervous diseases were provided by a number of individuals over the years; these included Drs. John K. Mitchell, James A. Meigs, and Robert Bartholow; the latter was elected President of the American Neurological Association in 1881. In 1892 Dr. Francis X. Dercum was appointed Clinical Professor of Nervous Diseases and, in 1900, Professor of Nervous and Mental Diseases. Dercum, elected President of the American Neurological Association in 1886, worked closely with pioneer neurosurgeons of the day, personified by Dr. W. W. Keen, a close associate of Dr. S. Weir Mitchell, himself an 1852 graduate of Jefferson and widely regarded as the father of American neurology. Dr. Dercum was followed as Chair by Dr. Edward Strecker, and ultimately in 1938 by Dr. Bernard Alpers, a leading clinician, educator and neuro-pathologist of international renown during the middle years of the 20th century. Among faculty members at that time was Dr. Francis M. Forster, one of the founders of the American Academy of Neurology (1949). In 1940, neurology at Jefferson was split off from psychiatry as an independent department, and has continued to flourish since under a series of leaders, culminating with the appointment of Dr. A. M. Rostami as Chair in 2003.
Message from the Chairman

Dear Residency Candidate,

Welcome! It is a pleasure to provide information devoted to neurology residency training at Thomas Jefferson University Hospital. Neurology at TJUH has a long tradition of excellence in clinical training and care. Additionally, we are committed to providing an active and exciting research program, exemplified by the Farber Institute for the Neurosciences, established in the Spring of 2002. Consolidation of our academic and research base with the neurology ambulatory care facility at the new Jefferson Hospital for the Neurosciences underscores the continuing evolution of the Neurology Department, and of its many functions, including, our fully approved residency program.

Dr. Christopher Skidmore, residency program director, provides important details about the many aspects of this TJUH training program.

The entire Neurology faculty joins me in expressing appreciation for your interest in our program. Feel free to contact us with any specific questions.

Sincerely,

A. M. Rostami, MD, PhD
Letter from the Program Director

Welcome and thank you for your interest in the residency training program in the Department of Neurology at Jefferson Medical College. The chairman, faculty, staff and I are uniformly committed to excellence in education, research, and patient care.

Neurology at Jefferson has a long and esteemed history. Founded in 1824, Jefferson is proud to have the first division of Neurology established in the United States. The Department provides a broad educational experience that promotes clinical and research strengths in many sub specialty areas. In the past 10 years the Department has experienced unprecedented growth, resulting in enhanced educational opportunities for both residents and fellows. Jefferson is proud of its Centers of Excellence in Epilepsy, Headache, Stroke, and Multiple Sclerosis.

Residents receive a thorough experience in inpatient and outpatient Neurology during their residency training. We are fortunate to have subspecialty exposure to cognitive neurology, epilepsy, headache, movement disorders, multiple sclerosis, neuro-critical care, neuro-oncology, neuromuscular, neuro-ophthalmology, neuropsychology, pediatric neurology, and stroke. Research opportunities, both clinical and basic science, are tailored to the individual resident and enhanced by ongoing relationships with faculty mentors.

Jefferson graduates become expert clinicians with a strong foundation in research. They become life-long participants in the tradition of excellence that Jefferson promotes.

We look forward to seeing you.

Christopher T. Skidmore, MD
Assistant Professor of Neurology
Director, Neurology Residency
Nine (9) positions for adult neurology residency training are offered each year. The two available options are:

1. The standard three-year program. Open to individuals who have completed an ACGME approved internship before their neurology training begins.

2. A four-year program. This option includes one year in the department of Internal Medicine at Thomas Jefferson University Hospital followed by the standard three-year residency program. There are seven positions available.

Appointments to all positions will be made through the Electronic Residency Application Service (ERAS). Applicants may register online, www.aamc.org/eras, or by calling ERAS at 202-828-0413. Applicants may begin applying to programs as of September 1.

Interviews are by invitation only and will be scheduled during November, December, and January. Interviews will be scheduled with members of the Residency Selection Committee as well as other faculty members and several residents. Applicants will receive a tour of the facilities during their visit.
Clinical Facilities

Hospitals in the Jefferson Health System utilized in the residency program include Thomas Jefferson University Hospital, Jefferson Hospital for Neuroscience, Methodist Hospital, and the A.I. duPont Hospital. Neurology residents participate actively in both inpatient and outpatient activities within this University campus setting.

Thomas Jefferson University Hospital (TJUH)
Thomas Jefferson University Hospital is a 757 bed hospital in central Philadelphia. The Neurology service averages 140-160 neurology inpatient admissions per month. Neuroscience beds include a 14 bed Neuro-intensive Care Unit, 18 bed Intermediate Neuro-intensive Care Unit, and 8 bed Video Epilepsy Unit.

Jefferson Hospital for Neurosciences
Jefferson Hospital for Neurosciences is dedicated to neurological, neurosurgical care and research. This facility supports a 26 bed Neuro-intensive Care Unit, 20 bed Intermediate Neuro-intensive Care Unit, and a 15 bed Stroke Unit. Neurology residents participate in the care of these patients. The Neurology departmental offices and outpatient clinic are also at this location.

Methodist Hospital
Dedicated 15 bed in-patient HA unit for the multidisciplinary care of complex headache patients.

A.I. duPont Hospital for Children
A.I. duPont is Thomas Jefferson University Hospital’s primary pediatric site and is located in Wilmington, Delaware. It houses active inpatient and consultative services in neurology, as well as active outpatient subspecialty clinics including Epilepsy, Neuromuscular Disease, and Headache.
The residency training program in Neurology at Thomas Jefferson University Hospital is a fully accredited three-year program, designed to provide comprehensive training in all contemporary aspects of clinical neurology. Completion of an ACGME-approved post graduate year of Internal Medicine or a transitional year is a prerequisite for entering the residency. Progressive responsibilities in patient care and teaching are inherent in the program. Residents are actively encouraged to participate in departmental research activities in areas such as cerebrovascular disease, epilepsy, headache, neuro-genetics, neuro-immunology, dementia and neuro-muscular and peripheral nerve disease. Residents at all levels also play an important role in medical student education.

In addition to general adult clinical neurology, areas covered during training include child neurology, EEG and evoked responses, neuromuscular disorders and EMG, neuro-radiology, neuro-ophthalmology, and neuro-pathology, among others. Intensive exposure to the basic neurosciences is provided, and there is ample opportunity to participate in either clinical or basic research programs.

All residents are provided with junior membership in the American Academy of Neurology, and individual subscriptions to CONTINUUM, the AAN’s comprehensive continuing education program. Residents are encouraged to attend local and major national neurology meetings whenever possible, and are encouraged to present their own research to national audiences.

Additional information about our program may be accessed through our website at www.jefferson.edu/neurology

### Typical Clinical Rotations

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<th>1st Year PGY-2</th>
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<tr>
<td>University In-patient Service (Ward) Jefferson</td>
<td>Stroke (In-patient) TJUH</td>
<td>Headache (In-patient) TJUH</td>
<td>Multi-specialty (Out-patient)</td>
<td>Night Float</td>
<td>Critical Care TJUH</td>
<td>Elective Neuro-radiology</td>
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<tr>
<td>Consults TJUH</td>
<td>Child Neurology A.I. duPont</td>
<td>Epilepsy/EEG</td>
<td>Night Float</td>
<td>Elective EMG</td>
<td>Critical Care JHN</td>
<td>Neuro-ophthalmology</td>
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<th>3rd Year PGY-4</th>
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<tr>
<td>Senior Floor Resident at TJUH</td>
<td>Critical Care JHN</td>
<td>Elective</td>
<td>Child Neurology A.I. duPont</td>
<td>Psychiatry</td>
<td>Night Float</td>
<td>Elective</td>
<td>Elective Movement Disorder Clinic</td>
<td>Neuro-pathology</td>
<td>Elective</td>
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Teaching Conferences

Teaching conferences at TJUH include morning report; weekly Professor’s rounds, bedside teaching rounds, monthly Journal Club, and weekly Neurology Grand Rounds. Weekly subspecialty conferences are provided in Stroke, EMG, Epilepsy, Neuro-ophthalmology, Cognitive Neurology, Neuro-pathology, and Neuro-radiology. A basic neuro-anatomy seminar series is offered throughout the year.

Faculty Mentor Program

All residents will be paired with a faculty mentor who will serve as such for the three years of residency. The mentor’s role is to provide support, educational guidance, and encouragement for the resident. It is expected that residents will meet with their mentors at least once every six months. Faculty mentors will discuss career planning and other concerns as might arise.

Resident Salary and Benefits

Salaries are competitive and increase with each post graduate year of training. Benefits available to housestaff include medical/prescription, dental, and vision services, and life and disability insurance.

- Meal coupons are provided for residents when required to be on-call in-house
- Residents receive an annual stipend for books or meetings
- Paid membership to the American Academy of Neurology is provided
- University recreational facilities are open to housestaff
- One month paid vacation for all residents

Clinical Rotations/Electives

During the PGY-2 year, residents rotate at TJUH University Ward Service, NICU, and Night Float. One month will be devoted to Neuro-radiology and 10 – 12 weeks to our multi-specialty rotation. In addition residents rotate at our Methodist Hospital on the Headache Service, and on the Stroke Service at Jefferson Hospital for Neuroscience.

During the PGY-3 and PGY-4 years patient care responsibilities and electives are generally divided as follows: 3 months of in-patient consultations; 3 months of Pediatric Neurology at duPont; 6 – 8 weeks of Neuro-intensive Care Unit, and 10 weeks on Epilepsy/EEG. Rotations are also provided in EMG/Neuromuscular, Neuropathology, Neuro-radiology, Neuro-ophthalmology, Movement Disorders, Cognitive Neurology or in specific electives as arranged by the individual resident. Additionally, all PGY-4 residents will be assigned two months of senior floor resident responsibility.

All residents are scheduled for Outpatient Continuity Clinic one-half day each week for the three years of the residency.
Cerebrovascular Disease and Neurocritical Care Center

The Thomas Jefferson University Hospital Cerebrovascular Disease Center strives to improve the outcomes for all stroke patients. The Center offers an integrated approach to the evaluation and management of patients with an acute stroke, utilizing a designated 15 bed Stroke Unit with specially trained nurses and ancillary personnel. Interventional therapeutic techniques are utilized as required. Numerous investigational clinical trials are on-going. The Center sponsors community outreach programs for stroke awareness and risk factor modification. The Jefferson Neuroscience Network currently operates over 30 stroke telemedicine robots at community hospitals in the region.

Thomas Jefferson University Hospital and Jefferson Hospital for Neurosciences has one of the largest Neurocritical Care programs in the country. Through a multidisciplinary approach including neurology, neurosurgery and neuro-radiology, Thomas Jefferson University Hospital’s Neurocritical Care program treats the highest volume of patients with intracranial aneurysms, AVMs, and occlusive carotid disease in the nation. In this environment, residents and NICU fellows learn to become leaders in the academic field of stroke and neurocritical care. NICU fellows supervise both neurology and neurosurgery residents in the unit and lead the team in daily patient care. Pulmonary Critical Care fellows also rotate on this service providing a interdisciplinary approach to critically ill patients. This is a comprehensive approach to caring for the critical patient whose neurological diseases may include intracranial vascular disease, intracranial tumor, spinal cord injury, CNS vasculitis, acute inflammatory demyelinating polyneuropathy, status epilepticus, myasthenia gravis, brain abscess, and encephalitis.

Jefferson Headache Center

The Jefferson Headache Center is a tertiary referral facility that utilizes a comprehensive approach to the diagnosis and treatment of patients with severe, refractory headache. The Center is actively involved in many clinical and pre-clinical research programs, involving both conventional and investigational pharmaceuticals used for the treatment and prevention of various headache disorders. The Center is a teaching facility that offers trainees high-quality educational programs in all aspects of the field of headache medicine.
Jefferson Comprehensive Epilepsy Center

The Jefferson Comprehensive Epilepsy Center is a tertiary care referral center that provides routine care for children and adults and specialty care for refractory patients with Epilepsy. The Epilepsy Center staff includes four faculty neurologists, two neuro-psychologists, two neurosurgeons, one neuro-radiologist, three neurology fellows, one nurse practitioner, and many research and support staff. It houses one of the country’s largest epilepsy surgical programs, outpatient treatment facility, and inpatient epilepsy services. Genetic counseling, treatment for pregnant women, investigational drug therapy, neuro-psychological evaluation, cognitive remediation, ketogenic diet therapy, vagal nerve stimulation, and diagnosis and care of patients with pseudoseizures are all encompassed within the Center’s programs. Supporting the Center’s activities are an advanced neuro-physiology laboratory and a dedicated 8 bed in-patient Video-EEG-monitoring Unit. The Center is responsible for intraoperative monitoring during neurosurgical, neuro-vascular and orthopedic procedures as well as mapping of brain function with electrical stimulation. Residents and fellows participate in all the Center’s epilepsy and clinical neuro-physiology basic and clinical research programs.

Neuro-oncology

The Jefferson Brain Tumor Program comprises a large cooperative group of specialists in neurology, neurosurgery, neuro-radiology, radiation oncology, and neuro-psychology. It is the largest program of its kind in the Philadelphia region and one of the largest on the East Coast. It is devoted to investigating new and evolving therapies and comprehensive management of patients with primary neoplasms of the nervous system as well as those with neurological complications of cancer.

Clinical members of the group co-operate with basic science groups at the Kimmel Cancer Center on early translational therapeutics. The group is a leader in co-operative group therapies that are developed by national cancer study consortia, many pioneered by Jefferson clinicians.

Neuromuscular Disease Program

The Neuromuscular Disorders Division of Thomas Jefferson University Hospital offers quality clinical expertise and laboratory studies for the diagnosis and treatment of neuromuscular diseases.

The Neuromuscular Service provides clinical evaluations of patients with neuromuscular diseases, usually in conjunction with their electrophysiological studies. Fellows and residents learn quantitative techniques including nerve conduction studies, repetitive nerve stimulation, needle EMG with quantitative motor unit analysis, and review nerve and muscle biopsies in selected cases. Special emphasis is placed on developing expertise in electromyography and nerve conduction studies.
The Parkinson’s Disease and Movement Disorders Program

Patients throughout the tri-state area with Parkinson’s Disease and related movement disorders are referred to our program for the latest medical and surgical therapies. The Movement Disorders Clinic is a subspecialty clinic staffed by Tsao-Wei Liang, MD (Director) and Daniel E. Kremens, MD, JD (Co-Director).

Residents will have a unique opportunity to evaluate and treat patients with a wide range of movement disorders including Parkinson’s disease and atypical forms of parkinsonism, Dystonia, Huntington’s disease, Tremors, Gait disorders, and Ataxia. Residents will also gain experience in the use of Botulinum Toxin for the treatment of dystonia and other focal movement disorders and will help to evaluate patients for deep brain stimulation (DBS) surgery. Regular lectures, phenomenology/video rounds, and case discussions supplement the clinical experience.

There are also opportunities for residents to participate in clinical trials and translational research projects in collaboration with the Parkinson’s Disease Research Unit and Farber Institute for Neurosciences.

Alzheimer’s Disease and Dementia Center

The Alzheimer’s Disease and Dementia Center is a collaboration between the Departments of Neurology and Psychiatry and provides a comprehensive range of diagnostic and therapeutic options for patients suffering from Alzheimer’s disease or other dementias. The center is a major referral center in the Delaware Valley. The Center provides comprehensive and individualized diagnostic services and therapeutic options to patients with various types of dementia. In addition to its clinical programs, the Center is involved in a number of basic science research projects that are advancing fundamental knowledge on these dementing disorders, while pursuing new treatment modalities. It also provides educational programs for patient’s families and caregivers. The Center includes a brain bank that receives brains for diagnostic and research purposes. The Center is pursuing the first clinical trials of anti-amyloid medicines, aimed at removing senile plaques from the brains of patients with Alzheimer’s disease.

Multiple Sclerosis Comprehensive Clinical Center

The Comprehensive Multiple Sclerosis Center and the Division of Neuro-immunology utilize an integrated approach to diagnosis and treatment of Multiple Sclerosis and other neuro-immunological disorders. It serves as a tertiary referral and teaching center, staffed by a multi-specialty team of practitioners. It offers special programs for pregnant women, and in spasticity management. The Center also provides neurological care to residents of Inglis House, which is home to more than 160 individuals chronically ill with MS.

The Center fosters ongoing research into immunology of neurology disorders, new treatment and diagnostic approaches, novel imaging modalities, and outcome and genetic studies in MS. Through the Center, patients have access to clinical trials in all phases of development.
Research at Jefferson

Research at Thomas Jefferson University Hospital (Jeff) maintains a history of excellence and holds a promising vision for the future. Jeff Neurology strives to offer new research developments and clinical trials for people with a variety of neurological disorders. We offer a multi-disciplinary team with a research focus in clinical and basic sciences.

Clinical research at Jefferson focuses on epilepsy, stroke, multiple sclerosis, headache, and degenerative diseases such as dementia. Each center of excellence is involved in a variety of pharmaceutical sponsored clinical investigational drug trials. In the laboratory, Jefferson neuroscientists are searching for answers to puzzles that will help us understand the basic mechanisms of disease and lead to treatments and ultimately prevent neurological conditions.

Multiple Sclerosis Research Center

The Multiple Sclerosis Research Center focuses on the study of Experimental Autoimmune Encephalomyelitis (EAE) as an animal model of Multiple Sclerosis.

Specific research areas include the role of proinflammatory cytokines, such as interleukin-12 (IL-12), IL-23, and their receptors in the pathogenesis of EAE, the mechanisms of intravenous immune tolerance induced by myelin proteins, and the role of the Insulin-like Growth Factor (IGF) in central nervous system remyelination. Another area of research in collaboration with the Department of Radiology is the use of novel imaging modalities for EAE, such as the combined use of high-field magnetic resonance imaging (MRI) and positron emission tomography (PET) to track autoimmune T cells in vivo.

In addition to basic studies of neuro-immunology and neuro-biology in EAE, the Multiple Sclerosis Research Center will also conduct immunologic studies in MS patients undergoing conventional and experimental therapies. This is done in collaboration with the Multiple Sclerosis Comprehensive Clinical Center.

Particular interests also include the following:

Epilepsy

The Jefferson Comprehensive Epilepsy Center has an internationally recognized research program, with effort aimed at improving diagnostic methods in epilepsy, exploring new neuro-imaging techniques, developing new treatments for epilepsy, and studying cognition and language disturbances in people with epilepsy. Faculty conduct research projects funded by the National Institutes of Health, private foundations, and commercial sponsors. Current research projects include studies of brain stimulation to treat refractory epilepsy, assessment of outcomes after epilepsy surgery, novel imaging techniques using MRI and fMRI to assess brain connectivity and function, 3-D brain imaging, mortality in epilepsy, autonomic function and cardiac rhythm in epilepsy, genetics of epilepsy, investigational drug treatments, pharmacologic and metabolic effects of anticonvulsant drugs, methods to map cortical function with electrical stimulation, cognitive reorganization in epilepsy, language derangements in epilepsy, and mood disturbances in epilepsy. Planned research includes magnetoencephalography in epilepsy and use of radiosurgery for treatment of seizures.

Cerebrovascular Disease and Neurocritical Care

Dr. Bell runs a multi-disciplinary stroke program, regionally and nationally known for excellence. The center is involved in clinical trials focusing on the role of agents in neuro-protection during acute strokes. They are also researching risk factors for cerebrovascular disease and modification of risk factors in stroke prevention. Particular interests include controlling intracranial pressure and blood flow.
Headache

The Jefferson Headache Center is one of the few academic headache centers in the world and has an international reputation as a center for excellence. The center hosts numerous clinical trials in the role of prevention of headaches, the treatment of intractable migraines, and the hormonal influences on headache. Dr. Silberstein is known for his expertise in menstrual migraine and its treatment.

Degenerative Disorders

Dr. Schneider’s research is aimed at understanding how neurons differentiate into dopamine neurons during development of the brain and how that information may be useful for the treatment of neurodegenerative diseases, such as Parkinson’s disease. A major goal has been defining the molecular mechanisms which underlie dopamine synthesis pathways. Using an approach that combines cell culture and genetic engineering, the aim is to induce dopaminergic traits in stem cells and devise ways to use these cells in models of Parkinson’s disease. Dr. Wenger’s laboratory is dedicated to the diagnosis and treatment of lysosomal storage diseases. The program receives a large number of diagnostic samples from around the world. The lab is utilizing two mouse models to explore treatment options for several leukodystrophies, including Krabbe disease with gene therapy, stem cell transplantation.

Circadian Rhythms

Dr. Brainard has directed the Light Research Program for two decades. He studies the effects of light on neuro-endocrine physiology and circadian rhythm in humans. Using the techniques of photobiology, radio-immunoassay, and performance testing, the lab has documented how light influences hormonal balance and behavior. Current studies include elucidation of the action spectrum of melatonin regulation, investigating the phase shifting capacities of light, studying light influences on tumor progression, and testing new light treatment devices for seasonal depression.

Research plays a vital role in Jefferson Neurology. Clinicians and basic scientists are actively engaged in advancing the field of neurology.

Jefferson Facts

Thomas Jefferson University Hospitals (TJUH), begun in 1825, is an academic medical center with 757 licensed acute-care beds located in center city Philadelphia. Services are delivered at several locations, Center City, Jefferson Hospital for Neuroscience, Methodist Hospital in South Philadelphia, Jefferson HealthCARE – Voorhees in New Jersey, several ambulatory care satellites and radiation therapy centers throughout the region. Each year, TJUH treats more than 36,900 (FY 2010) inpatients, more than 470,000 outpatients, and more than 92,000 patients in the Emergency Department.

The hospital is part of the nearly 3,700 staffed-bed Jefferson Health System employing nearly 27,000 and composed of area hospitals including: Jefferson (encompassing Jefferson Hospital for Neuroscience and Methodist), Bryn Mawr, Lankenau, Paoli, Bryn Mawr Rehab, MossRehab, Frankford Hospitals, Magee Rehabilitation and the Albert Einstein Medical Center.

Thomas Jefferson University Hospital is dedicated to improving the health of the communities we serve. We are committed to: setting the standard for excellence in the delivery of patient care, patient safety and the quality of the healthcare experience; providing exemplary clinical settings for educating the healthcare professionals who will form the collaborative healthcare delivery of tomorrow; leading in the introduction of innovative methodologies for healthcare delivery and quality improvement. We accomplish our mission in partnership with Thomas Jefferson University and as a member of the Jefferson Health System.

On July 1, 1969, Jefferson Medical College along with the now Jefferson College of Graduate Studies and the Jefferson College of Allied Health Science formed Thomas Jefferson University. The university’s colleges annually enroll more than 2,700 future healthcare professionals. Thomas Jefferson University is the academic partner of Thomas Jefferson University Hospital.

Thomas Jefferson University is dedicated to the health sciences and committed to: offering quality education in a variety of disciplines to professionals who will form and lead the integrated healthcare delivery and research teams of tomorrow; discovering new knowledge that will define the future of clinical care through investigation from the laboratory to the bedside, and into the community; setting the standard for quality, compassionate and efficient patient care for our community and for the nation.
Philly Facts

Thomas Jefferson University and Thomas Jefferson University Hospital are located in historic downtown Philadelphia, in proximity to numerous educational, cultural and recreational facilities, and a short walk from Philadelphia’s exciting waterfront. There is easy access to metropolitan New York and Washington, DC, areas. Affordable housing appropriate to resident needs is found throughout the city and surrounding counties.

- Shopping flourishes in center city Philadelphia. The hospital is within walking distance to the heart of the shopping district.
- TJUH is located minutes from the Philadelphia International Airport, an hour from Atlantic City, NJ, a one and one-half hour drive to numerous skiing areas and within a two hour drive to New York City.
- Local colleges/universities: University of Pennsylvania, Villanova University, St. Joseph’s University, Temple University, LaSalle University, Drexel University, University of the Sciences in Philadelphia, Philadelphia College of Osteopathic Medicine.
- Sporting Events: Flyers and Phantoms hockey games, Eagles football games, Wings indoor lacrosse team, Phillies baseball team, Soul arena football team, Kixx soccer team, and the 76ers basketball team.

Fellowship Opportunities

Our graduating residents have pursued fellowship training in neurology sub-specialties at Jefferson and other leading academic institutions throughout the nation. Fellowships available for post-graduate training at Jefferson itself include:

- Cerebrovascular Disease
- Neuro-critical Care
- Clinical Neuro-physiology
- Epilepsy
- Headache
- Multiple Sclerosis
- Neuromuscular Disorders
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Neurology Residency Training Program
Jefferson Hospital for Neurosciences
900 Walnut Street, Suite 200
Philadelphia, PA 19107

215-955-9425