Inclusive. Innovative. Impactful. What does this mean to us and why does this make Helen DeVos Children’s Hospital’s Pediatric Residency Program the perfect fit for you?

Inclusive
Our residents come from diverse backgrounds and have many different interests, but we all share a love for pediatrics. This helps form a strong bond and a tight knit family. We come to know each other very well and have multiple opportunities to get together, whether it be at a social hour after work or with our intramural sports teams. Our program leadership encourages work-life balance and cares about the emotional wellbeing of our residents.

Our program is medium-sized, but we chose to work here because it was small enough to feel like a family while being big enough to give us access to knowledgeable faculty in almost 50 pediatric subspecialties, ample research projects, and teaching opportunities through our affiliation with Michigan State University.

We have excellent program leadership in Drs. Kira, Raj, and Justin (yep, first names) who always inspire us to grow and push our boundaries to become excellent physicians while instilling the values of compassion and teamwork that have become an integral part of our program.

Innovative
Our individualized program tracks allow us to tailor our education so that it aligns with our career goals, while providing us with a solid foundation of general pediatric knowledge. Education is valued at our program and reinforced through our protected half-day Thursday didactic series, morning reports, and multidisciplinary case conferences with experts from many subspecialties involved. We are always trying new ways to improve education, including daily board questions completed through our residency’s mobile app.

We pride ourselves on being a resident-driven program with a wonderful balance of support and autonomy and numerous opportunities to drive progress through feedback. Program leadership has an open-door policy and we always want to hear your ideas!

There are tons of research opportunities at Spectrum Health. Each resident is expected to complete a scholarly activity project during their residency, and we have plenty of tools to make that happen. From research mixers to connecting you with mentors in your chosen area to presenting at national conferences, our program has done it all and will help you do the same! Spectrum Health also strongly supports quality improvement and new ideas through the iHub, which hosts all quality improvement projects throughout the hospital.

Impactful
We love being at a free-standing children’s hospital with a huge volume of patients – we have 233 inpatient beds (not including newborn and the NICU) and see more than 56,000 pediatric emergency department visits yearly. We thrive in high acuity environments thanks to our level IV NICU that is the largest in Michigan, a 24-bed state-of-the-art PICU, and our new cardiovascular ICU which opened in January 2019. Multiple subspecialties were nationally ranked by U.S. News & World Report in their Best Children’s Hospitals in 2019-2020. We draw from a large catchment area including all of West Michigan, northern Indiana, the Upper Peninsula, and more! This provides our residents exposure to a broad spectrum of pediatric illness which will prepare you for any career path from general pediatrics to subspecialty training. Our program also has a vast network of pediatrics-trained support staff – everyone in the hospital from nurses to respiratory therapists has chosen to be trained to work with kids!
Why Grand Rapids?
We love living here in Grand Rapids. Grand Rapids is ranked #13 on U.S. News and World Report’s “125 Best Places to Live in the USA” list. It’s also one of the fastest growing cities in the country. West Michigan’s wonderland of outdoor recreation and fun combined with vibrant food, art, and music might have a little something to do with that. Most importantly, Lake Michigan is just a 45 minute drive away!

We thank you for taking an interest in the Helen DeVos Children’s Hospital/Michigan State University Pediatric Residency Program and look forward to meeting you on the interview trail. Please contact us with any questions you may have and we would be happy to provide you with more information.

2019-2020 Chief Residents
Emily Disbrow, MD emily.disbrow@spectrumhealth.org
Caryn VandenBerg, MD caryn.vandenberg@spectrumhealth.org