

Portsmouth Local Info

Naval Medical Center Portsmouth, “First and Finest”, founded in 1827, is the oldest continuously operating hospital in the United States Navy. The Medical Treatment Facility (MTF) occupies a 112-acre site along the Elizabeth River in downtown Portsmouth, Virginia. The 1.02 million square foot Charette Health Care Center is one of the most modern in Navy Medicine. The center contains over 300 clinical exam rooms, 140 specialty exam rooms, and 17 operating rooms. NMCP has a biomedical research department with over 200 active protocols and a state-of-the-art medical library. The Command is dedicated to operational readiness, customer service, medical education, professional development, quality health, and research.

NMCP Orthopaedic Surgery Residency Program:

Founded in 1958, the NMCP Orthopaedic Surgery Residency Program is the busiest Orthopaedic Department in the Navy, serving the largest fleet concentration in the Navy. Our graduates complete residency training, performing over 1400 surgical cases as either primary or first assistant surgeon. Our program has the longest running 100% pass rate for Part I and Part II American Board of Orthopaedic Surgeons (ABOS) exams in the United States.

NMCP Healthcare Simulation Bioskills Training Center (HSBTC):

The Bioskills Training Center has 2318 square feet of contiguous space and can accommodate training/research on several cadaver and anatomical specimens at any given time due to the layout of the space. Four dry stations accommodate anatomical specimen use and two wet stations can accommodate full cadavers. Storage for up to four cadavers is currently available and in the process of being expanded. Freezers for fresh frozen anatomical specimens are also available. Specialties utilizing the center for surgical anatomy teaching, research and surgical simulation include General Surgery, Otolaryngology, Orthopaedic Surgery, Emergency Medicine, Oral-Maxillofacial Surgery, Urology, and Obstetrics/Gynecology. An administrative support space is provided within the center, which allows access to support staff at all times during training/research activities. Instructors and students may access the HSBTC from 0700-1600, Monday through Friday. After hours access may also be arranged.

Location:

Naval Medical Center Portsmouth (0800-1700 Thursday and Friday)

Department of Orthopaedic Surgery

Bldg. 3, 5th Floor

620 John Paul Jones Circle

Portsmouth, VA 23708

Parking:

NMCP parking deck located just inside the Effingham main gate.

Park inside the parking deck on the Bldg. 3 side and enter Bldg. 3 from the second floor of the parking deck.

Emergency Contacts:

NMCP Quarterdeck - Commercial (757) 953-5008 DSN: 377-5008

LCDR Chris Smith, MD Cell (757) 687-9859; Pager (757) 988-5905

Lodging:

Renaissance Portsmouth-Norfolk Waterfront Hotel

425 Water St, Portsmouth, VA 23704

(757) 673-3000

<http://www.marriott.com/hotels/travel/orfpt-renaissance-portsmouth-norfolk-waterfront-hotel/>

Food:

- **No breakfast, no lunch, and no refreshments are provided at this course.**
- **The NMCP food court (Panda Express, Subway, Sushi, and Smoothie/Ice cream bar) is located in Building 3, 2nd floor.**
- **There are numerous restaurants and eating establishments in downtown Portsmouth within walking distance from the Renaissance Hotel.**

For more information, visit:

http://www.yelp.com/search?find_desc=Restaurants+Downtown&find_loc=Portsmouth%2C+VA

- **The Galley at NMCP is located in Building 2, 1st deck. Breakfast is available from 0600 to 0800 for \$2.95. Lunch is available from 1100-1300 for \$4.25. Dinner is available from 1600 to 1800 for \$4.25.**

Miscellaneous:

- 1. Norfolk International Airport (ORF) is approximately 20 minutes away, depending on traffic.**
- 2. Uniform of the day: Scrubs or Civvies**
- 3. Gymnasium: Naval Medical Center Portsmouth Gym. Bldg. 3, 1st Floor (across the hall from the Bioskills Lab.**
- 4. NEX Mini Mart, Navy Federal Branch, Barber Shop are all located within NMCP, Building 3, 2nd floor.**