



# The RTT Collaborative

*Growing our own...together*

## QUARTERLY NEWSLETTER - June 2019

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Photo courtesy of R. Longenecker

Having just wrapped up our 2019 RTT Collaborative Annual Meeting, we want to extend a big thank you to everyone who attended and made it a success. Be sure to check out page 4 and 5 for the Annual Meeting highlights and pictures of the event.

For those of you looking to attend next year, we are excited to announce that the RTT Collaborative 2020 Annual Meeting will be hosted by the rural Oregon programs from April 15 - 18 at the Skamania Lodge in Stevenson, Washington.

To learn more about the RTT Collaborative or to become a participating program, please visit [www.rttcollaborative.net](http://www.rttcollaborative.net).

# RTT Collaborative Quarterly Newsletter



## A Message from the Executive Director: Walk Around in Your Community

This past month, at The RTT Collaborative's 6th Annual Meeting, I had the opportunity to "walk around" in two communities in rural Maine. The first came during the "conference on the move" on the last day of our meeting, with Dr. Dieter Kreckel and his rural track faculty and residents, in Rumford. We soaked up the ambiance of the Rumford Town Hall, with historic pictures on the walls, including a picture of the Kreckel family some years ago. We enjoyed the beauty and power of the river and the largest waterfall east of Niagara. We learned of the town's history and perseverance in the face of adversity from a town banker and felt the community's pulse and pride as we walked around the Rumford Hospital, a small critical access hospital named by The Leapfrog Group as a 2018 Top Rural Hospital. We heard of "Walk with a Doc" as a practical way of encouraging personal and community health.

The second opportunity came following the conference, with Dr. David Loxterkamp, the keynote speaker for our conference and author of *What Matters in Medicine*,<sup>1</sup> and his wife Lindsay in coastal Belfast. My wife and I walked the streets of town with David and Lindsay, learning more of their family's personal journey with this community, hearing stories of its people, appreciating its "champion" trees and architecture, and lunching at Rollie's. We visited Left Bank Books, a wonderful bookstore of which Lindsay is a co-owner. We later enjoyed the beauty of the Harbor Walk along Belfast and Penobscot Bay. We attended Episcopal Church services and participated in communion the following morning. In this case, as in the first, I came away impressed by the importance of a rural physician's investment and continuing leadership over 2-3 decades in a community they consider their own.

Much of my early career was spent in the office, in the hospital and ICU, and in labor and delivery. Although I had been schooled in the principles of Community Oriented Primary Care, I was preoccupied and invested in the success

of my practice. It wasn't until I walked around in my community – going to my kid's soccer games and swim meets, attending Friday night high school football games, building relationships outside of medicine, singing in the community choir, and selling sandwiches at the Labor Day Festival – that I came to embrace and know my community as my own.

Collaboration and community responsiveness have been identified as an important domain of competence



*Drs. Longenecker and Loxterkamp, Belfast, ME*

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*Dr. Kreckel listens as staff describes hospital swing bed program, Rumford Hospital, Rumford, ME*

for rural practice.<sup>2</sup> Although rising to the challenge of an evolving crisis in opioid use or addressing the urgent lack of access to maternity care are important tasks for a rural physician, responsiveness is much more than reacting to the crisis of the moment. Responsiveness implies a two-way exchange, one that requires meaningful and sustained engagement between the physician and their community.

It is an important exchange to model for my learners, even as I am also inspired by their example. In my years as program director for an integrated rural training track in Family Medicine, residents and rotating students participated with me in group prenatal visits each month at an Amish home. They went with me to tell the story of our developing residency to Kiwanis and made classroom visits on their own to community schools.

Over the years all but two of my residents lived in the community in which we worked, as did I. Within months of moving to the small town of Bellefontaine, one of our residents from the big city of Los Angeles was advocating for his “side of the tracks” before the town council.

Walking around in my community is important not only to the health of the population in my town, but to my own physical, emotional, mental and spiritual health. I encourage you to walk around in your community and see how it impacts your life and practice.

Randall Longenecker, M.D.  
Executive Director

<sup>1</sup>Loxterkamp D. What Matters in Medicine: Lessons from a Life in Primary Care. University of Michigan Press: Ann Arbor, 2013.

<sup>2</sup>Longenecker R, Wendling A, Hollander-Rodriguez J, Bowling J, Schmitz D. Competence Revisited in a Rural Context, Fam Med, January 2018; 49(10):28-35.

## Alternative Payment for Rural GME

The Rural Physician Workforce Production Act of 2019, introduced as S289 in late January, now has 6 co-sponsors in the Senate and a companion bill is developing in the House. Here is a link to the text of the bill as well as a 2-page summary prepared by the GME Initiative.

S289 – Congress.gov

<https://www.congress.gov/bill/116th-congress/senate-bill/289?q=%7B%22search%22%3A%5B%22S289%22%5D%7D&s=1&r=1>

GME Initiative 2-pager

[https://docs.wixstatic.com/ugd/8e88b6\\_a2964caabada4fe08378e738dce6d3bc.pdf](https://docs.wixstatic.com/ugd/8e88b6_a2964caabada4fe08378e738dce6d3bc.pdf)

Please encourage your Senators and Congressperson to sign on as co-sponsors!



# RTT Collaborative Quarterly Newsletter

## Annual Meeting Highlights



Networking by the falls  
Photo courtesy of Randall Longenecker

**Where:** Auburn, Maine

**When:** May 15 - 17, 2019

**Theme:** Addressing the Health of the Public in Rural Places

**Attendance:** Nearly 100 people

This year, we explored why Community responsiveness is an important domain of competence in rural practice. Whether as a comprehensive primary care clinician wanting to address the care of his patients in community context, a part-time medical director at the health department, or a volunteer member of a community health advisory board, rural physicians and other primary care professionals must be prepared to wear many hats. Conducting community needs assessments, accessing public health resources for our patients, and working in the community to improve options

for exercise and nutrition – all are important skills for rural practice.

Attendees were also invited to participate in a pre-conference research Design and Dissemination Studio, courtesy of Rural PREP, the collaborative for Rural Primary Care Research Education and Practice. For downloads of presentations from this and prior meetings visit our Annual Meeting archives at <https://rttcollaborative.net/meetings/annual-meeting-archives/>.



Deep conversations  
Photo courtesy of Randall Longenecker



# RTT Collaborative Quarterly Newsletter

## Annual Meeting Highlights

Photos courtesy of Randall Longenecker



Rural Practice Can be Scary

Terra Wilkins, Rumford Resident



Amy Yanicak, Pharmacist



Dieter Kreckel, Rumford Site Director



Conference on the Move in Rumford Maine, Rumford Town Hall, Photo Courtesy of Anne Johnson



# RTT Collaborative Quarterly Newsletter

## New Participating Programs Map

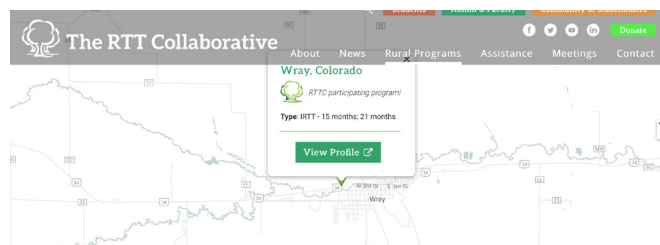


<https://rttcollaborative.net/rural-programs/residency-map/>

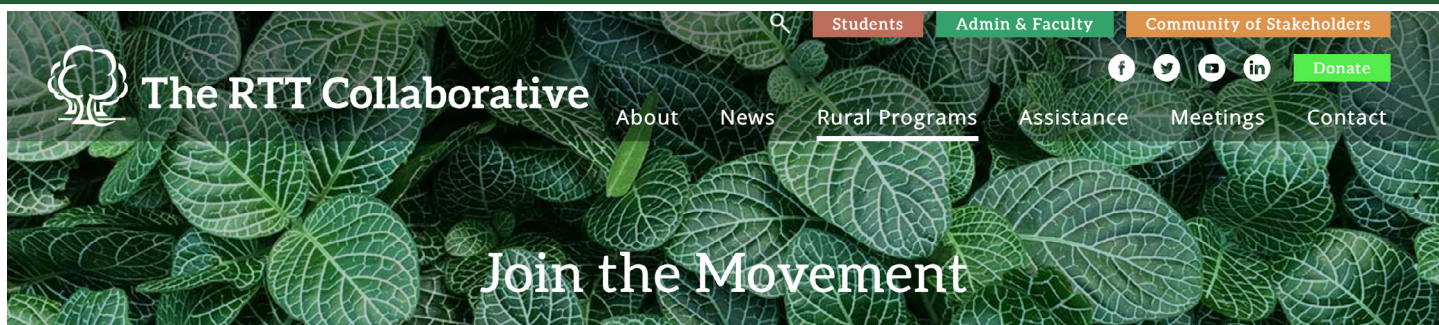
The RTT Collaborative [Participating Program Map](#) got a makeover, and we can't wait to hear what you think of it! Visit our new interactive map, which can be filtered to show only Integrated Rural Training Tracks (IRTT), IRTT-like programs, and/or rurally located programs.



Be sure to zoom out to catch the one program in Hawaii, and zoom in to explore your own region of the country. Mouse over programs for the rural town and state, click on the pin, and get more information, especially for the programs who are participants in The RTT Collaborative.



# RTT Collaborative Quarterly Newsletter



## Join the Movement

Join and support a movement, fostering and sustaining medical education, and eventually all health professions education and training, in rural places!

How can I or my program engage with the RTT Collaborative?

### Attend an annual meeting

The RTT Collaborative hosts an annual meeting each Spring. The location and date varies year to year, so stay tuned for more information on the 2020 meeting. We would love to see you there!

### Join the RTT Collaborative listserv as an individual and receive a quarterly newsletter

[Sign up](#) to receive important updates and announcements in our digital newsletter every March, June, September and December. You can also access the most recent newsletters [here](#).

### Become a participating program

See page 7 for details on becoming a Participating Program or visit our [website](#).

### Ask for a consultation or other service

RTTC provides formal consultations online or in person. A formal consultation may aid in accreditation, curriculum design, and/or sustainability planning, and can be conducted through telephone, videoconferencing, and on-site visits. This service is important for programs that are developing a new residency or other rural program, need help with strategic planning, are trying to develop community initiatives, are having difficulty with sustainability

or conflict, or are simply looking to improve the performance of an existing program. A simple email or brief telephone call can be helpful in clarifying concepts and information.

To initiate a conversation regarding your options, contact Dr. Longenecker by email at [longenec@ohio.edu](mailto:longenec@ohio.edu).

### Join the RTT Collaborative and others in the collaborative for Rural Primary care Research, Education and Practice (Rural PREP)

The collaborative for Rural Primary care Research, Education and Practice exists to improve and sustain the education of primary care providers for rural practice. The collaborative brings together educators, researchers, and practitioners to create a platform for sharing evidence-based practices, generate new ideas for research and evaluation on rural primary care training, promote scholarly activity, and translate evidence into educational practice. Funding for this effort comes from the HRSA Bureau of Health Workforce, and it is led by Davis Patterson, project director (University of Washington), Randall Longenecker, associate project director and community of practice lead (Ohio University), and Dave Schmitz, dissemination lead (University of North Dakota).

For more information visit the website for Rural PREP at <https://ruralprep.org>

### Make a donation

Help to sustain the work of this organization. Both individual and organizational sponsors are welcome. For more information, [click here](#).



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## Participating Program Renewal Season

Don't forget, it's time to renew your participating program application and fee!

Participant fees support an infrastructure for this national co-op of peer programs for rural health professions education and training. These fees are invoiced in June of each year and paid annually as a participant for the academic year July 1 through June 30. In addition, for a single annual fee, participants also receive these benefits:

**Technical assistance:** Periodic technical assistance by phone or email at no charge, and extended services or technical assistance in person at 50% of the usual charge. The latter potentially represents at least a \$5,000 benefit.

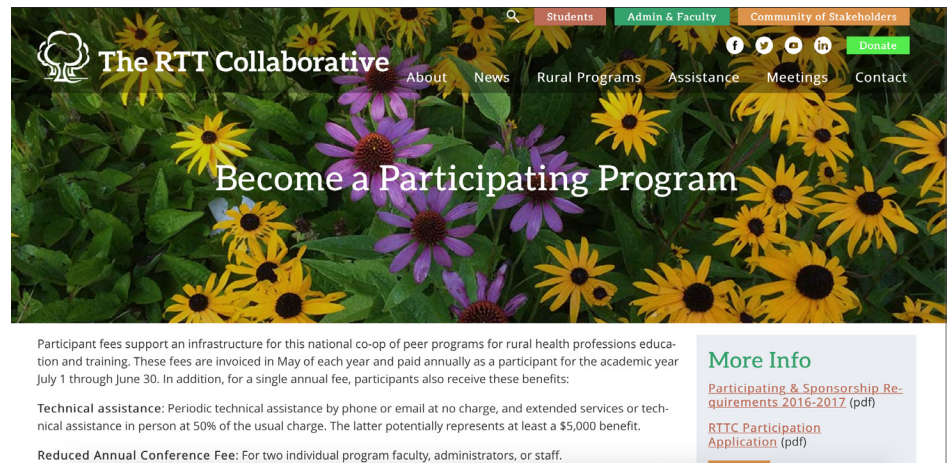
**Reduced Annual Conference Fee:** For two individual program faculty, administrators, or staff.

**Promotion:** Our participating programs are promoted to potential students and faculty on our website and in other public venues.

**Regular Communication:** Through a quarterly RTT Collaborative newsletter, group email list notification of important events, and the development of social media and other platforms for group communication

**Research Network:** Faculty and residents can use their participation in research activities of the RTT Collaborative as evidence or scholarly activity for the purpose of program accreditation. The Collaborative for Rural Collaborative Primary care Research, Education, and Practice (Rural PREP) is situated alongside the RTT Collaborative, and offers support in disseminating scholarly work.

**Faculty Development:** Through annual meeting participation and the development of online learning communities, video conference Rural PREP Rounds, faculty fellowship opportunities, and peer consultation, and a Google ListServ.



The screenshot shows the RTT Collaborative website. The header includes navigation links: Students, Admin & Faculty, Community of Stakeholders, About, News, Rural Programs, Assistance, Meetings, Contact, and a Donate button. The main banner features a background of yellow and purple flowers and the text "Become a Participating Program". Below the banner, there is a "More Info" section with links to "Participating & Sponsorship Requirements 2016-2017 (pdf)" and "RTTC Participation Application (pdf)".

**NIPDD Rural Fellows scholarship:** Each year the Board selects two individuals to receive a full tuition scholarship of \$5,500 for NIPDD, a year-long series of meetings and projects devoted to program director development; strong preference is given to faculty from participating programs.

**Nominations to the Board:** Preference is given to participating programs in nominating individuals from to the Directors on the Board.

**Advocacy:** At the level of national accrediting bodies and federal and state government for the accreditation, finance, and governance of rural programs; Professional staff or other peer assistance with the appeal of any adverse action by an accrediting body.

For a list of all the currently participating programs, [click here](#). To join the RTT Collaborative, download an RTTC Participating Program Application [here](#).

*\*Programs-in-development should contact Dr. Randall Longenecker regarding their particular circumstances, adapting your participation and fees to your fit your program.*



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## NIPDD Scholarships

The RTT Collaborative Board and the cooperative of rural programs the Collaborative represents is happy to offer up to three scholarships for the National Institute for Program Director Development fellowship program in academic year 2019-2020. Any director, site director, or faculty of a currently accredited or developing rural program is encouraged to apply.[1]The NIPDD program is described further at <http://www.afmrd.org/page/about-the-nipdd-fellowship>, including this coming year's schedule of the three in-person sessions that are a part of the program.

This RTT Collaborative scholarship includes the \$5,500 cost of fellowship registration only. Recipients are responsible for their own travel and lodging costs throughout the year and their programs are responsible for providing release time to attend the required sessions. The NIPDD registration fee does not include registration for The RTT Collaborative Annual Meeting and there are several important deliverables. For a full scholarship description and how to apply, go to <https://rttcollaborative.net/news/story/nipdd-scholarships-2019-2020/>. The deadline to apply is midnight June 9.

[1]Longenecker R. Rural Medical Education Programs: A Proposed Nomenclature. *Journal of Graduate Medical Education* June 2017;9(3):283-286.<https://doi.org/10.4300/JGME-D-16-00550.1> (Accessed 4-27-2018)

## Look For Us at National Conference

The AAFP National Conference of Family Medicine Residents and Medical Students will take place July 25 - 27 in Kansas City, MO at the Kansas City Convention Center.

According to AAFP's website, National Conference is "the place for residents and medical students to learn more about family medicine, develop leadership skills, influence AAFP policy, explore residency programs, and connect with potential employers."

You can find the RTT Collaborative at National Conference by looking for the rural flag pictured on the below. All RTT Collaborative Participating Programs will receive a table topper to place on their booth.

To register or learn more about 2019 National Conference, click [here](#). Students, be sure to look out for the student edition newsletter coming later this month.



The RTT Collaborative rural flag that will be displayed at our booth during the conference.



# RTT Collaborative Quarterly Newsletter

## Program Recognition for Graduation to Rural Practice

### Rationale

Although the exact number is not known, there are a significant number of rurally-focused or engaged programs that do not meet the RTT Collaborative definition of a rural program, and yet produce many rural physicians and deserve recognition.<sup>1</sup> Aware of the need to highlight and expand the visibility of the rural physician training community and wishing to provide students with information relevant to their training for rural practice, the RTT Collaborative Board wishes to recognize in a special way both rural-located and rurally-focused programs who have a history of placing graduates in rural community practice.

### Procedure

Programs are invited through the AFMRD listserv and through The RTT Collaborative directory of rural programs to [apply for recognition](#) in preparation of a list for distribution by The RTT Collaborative at AAFP's National Conference in Kansas City in July 2019, and annually thereafter.

Any program can be recognized for the percentage of graduates, on a 3-year rolling average, who have established an initial place of practice in a rural community and/or are in rural practice 3 years following graduation. Programs will be listed if this percentage is  $\geq$  to 35% in the rolling three years ending in the year prior to recognition or if there were greater than 3 graduates per year in that same time-frame.<sup>2</sup> Documentation, excluding graduates' names, will include year of graduation, total number of program graduates in that year, practice location at one or up to three years post-graduation for each of the prior 3 years.

- Definition of rural practice location: Using the "[Am I Rural?](#)" tool, enter the primary ambulatory practice location for each graduate (may enter street address or zip code). A location is rural if

it is rural by FORHP - Grant Programs, and/or by RUCA code of 4 or greater.

- Calculation of graduation rate: A rolling three-year average of the three graduation years ending with the year prior to current listing year.

For example, for the 2019 list, a program can list placements for the 2016, 2017, and 2018 graduating classes.

The application for recognition is a protected EXCEL workbook with open cells for entering data and formulas that will automatically calculate the percentages.

RTTC staff will generate the recognition list from the program responses received by July 5 of each year and distribute to attendees at each year's National Conference. Only programs who make the list will be recognized as high producers (i.e. above the average for rural programs established in recent literature). Programs who do not make the list will not be named, so that students will not know if a program is not listed because they did not make the cut-off or because they did not report. The list will be placed on The RTT Collaborative website each year after the National Conference. Please send the completed EXCEL Workbook for your program to [longeneck@ohio.edu](mailto:longeneck@ohio.edu) by July 5, 2019.

If you have any difficulty following the instructions or filling in data, please email Dr. Longenecker as well.

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1 Longenecker R. Rural Medical Education Programs: A Proposed Nomenclature. *Journal of Graduate Medical Education* June 2017;9(3):283-286. <https://doi.org/10.4300/JGME-D-16-00550.1> (Accessed 4-25-2019) 2 Derived from: Patterson DG, Andrilla CHA, Schmitz D, Longenecker R, Evans DV. Outcomes of Rural-Centric Residency Training to Prepare Family Medicine Physicians for Rural Practice. Policy Brief #158. Seattle, WA: WWAMI Rural Health Center, University of Washington, Mar 2016. [http://depts.washington.edu/fammed/rhrc/wp-content/uploads/sites/4/2016/03/RHRC\\_PB158\\_Patterson.pdf](http://depts.washington.edu/fammed/rhrc/wp-content/uploads/sites/4/2016/03/RHRC_PB158_Patterson.pdf) (Accessed 4-25-2019)



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The Collaborative for Rural Primary care, Research, Education and Practice (Rural PREP) is hosting a professional development webinar on Thursday, June 27th at 10:00am PT/1:00pm ET. Join this free event to learn more about Targeted Rural Health Education. Drs. Kamille Sherman and David Schmitz from the University of North Dakota will present. Visit <https://ruralprep.org/event/> for more information. Follow us on social media @ruralprep.



## Upcoming Meetings and Events:

**AAFP National Conference**, Kansas City, MO, July 25-27, 2019

**Rural WONCA**, Albuquerque, NM, October 12 - 15

If you have items you would like to be included in the next edition of this newsletter, please submit ideas to Dawn Mollica at [mollicd1@ohio.edu](mailto:mollicd1@ohio.edu)

## The RTT Collaborative Board of Directors

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