



# A Multi-Institutional Approach to Prepare Students for Rural and Underserved Care

2020 RTT Collaborative Annual Meeting

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# Content

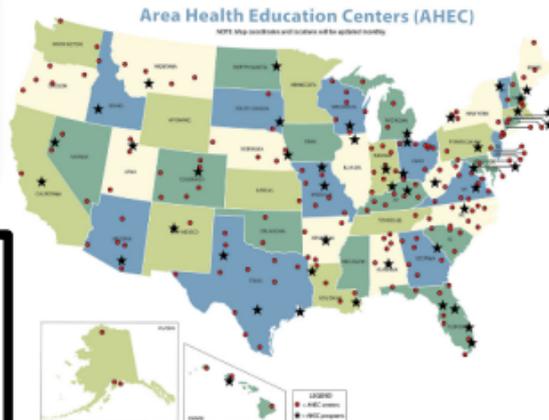
- ❑ AHEC and the AHEC Scholars program
- ❑ Challenges to program development
- ❑ Successes in program implementation
- ❑ Oregon Rural Scholars and OHSU's Dept. of FM

# AHEC 101

## Purpose

To recruit, train and retain a health professions workforce committed to underserved populations.

- AHEC Program developed by Congress in 1971
- Currently serving over 85% of U.S. counties
- 300+ Program offices and regional centers



# Oregon AHEC System

## Oregon Pacific AHEC

[www.opahec.org](http://www.opahec.org)

Hosted by the Samaritan Health System in Corvallis, the Center serves communities along the Oregon Coast and I-5 Corridor, including the counties of Benton, Clatsop, Columbia, Lincoln, Linn, Marion, Polk, Tillamook and Yamhill.

## AHEC of Southwest Oregon

[www.healthyoregon.com](http://www.healthyoregon.com)

Located in Roseburg, the center provides services to the counties of Coos, Curry, Douglas, Lane, Jackson and Josephine.



## Oregon AHEC Program Office

Hosted by OHSU

Oregon Healthcare Workforce Institute  
[www.oregonhwi.org](http://www.oregonhwi.org)  
Workforce Development Data  
Serving Clackamas, Columbia and Washington Counties

## Northeast Oregon AHEC

[www.eou.edu/neoahc](http://www.eou.edu/neoahc)

Located on the campus of Eastern Oregon University in La Grande, the center serves Baker, Gilliam, Hood River, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco and Wheeler counties.

## Cascades East AHEC

[www.cascadeseast.org](http://www.cascadeseast.org)

Hosted by St Charles Health System in Bend, the Center serves Central and Southeastern Oregon and includes Crook, Deschutes, Grant, Harney, Jefferson, Klamath, and Lake counties plus the Warm Springs Indian Reservation.

For more information on Oregon AHEC visit: [www.ohsu.edu/xd/outreach/ahc](http://www.ohsu.edu/xd/outreach/ahc)

# We educate and train tomorrow's health care providers



## What is AHEC Scholars?

- Health and Resource Service Administration (HRSA) funded program run through AHEC
- National program
- An interprofessional group of healthcare professions students who have declared an interest in rural and underserved health
- **Unique opportunity to fulfill your degree requirements with an emphasis on rural and underserved health**

## What is AHEC Scholars NOT?

- It is not a scholarship
  - Does not compete or conflict with any scholarship you have and/or pursue
  
- It is not a service commitment
  - Does not compete or conflict with SHOI, or any other program with a post-graduation service commitment

# Targeted Health Professions

- Physician (DO, MD)
- Physician Assistant
- Family Nurse Practitioner
- Dentist
- Pharmacist
- Social Worker
- Mental Health Professional
- Public Health

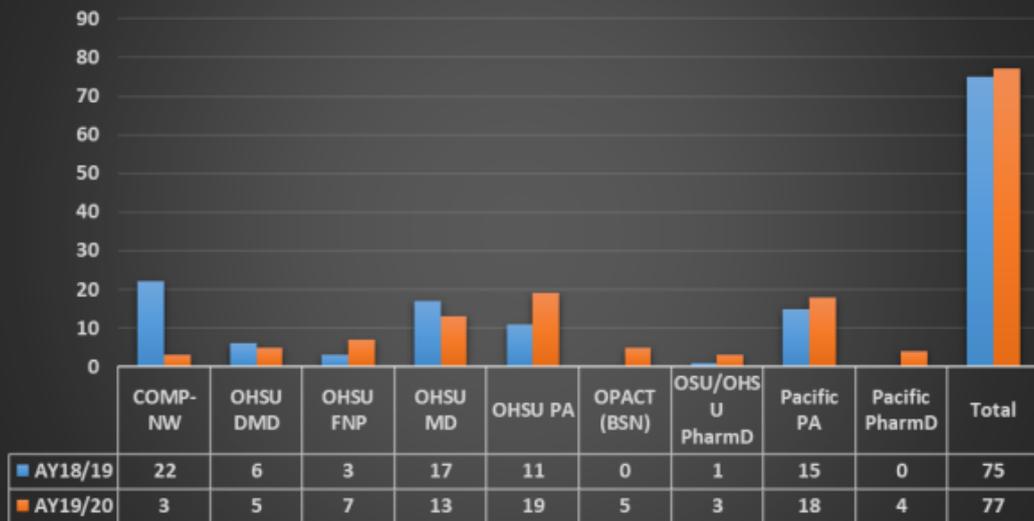
# AHEC Scholars in OR

- Academic partners:
  - COMP-Northwest
  - OHSU
  - OSU
  - Pacific University
- 10 programs
- 75-125 students state-wide each year

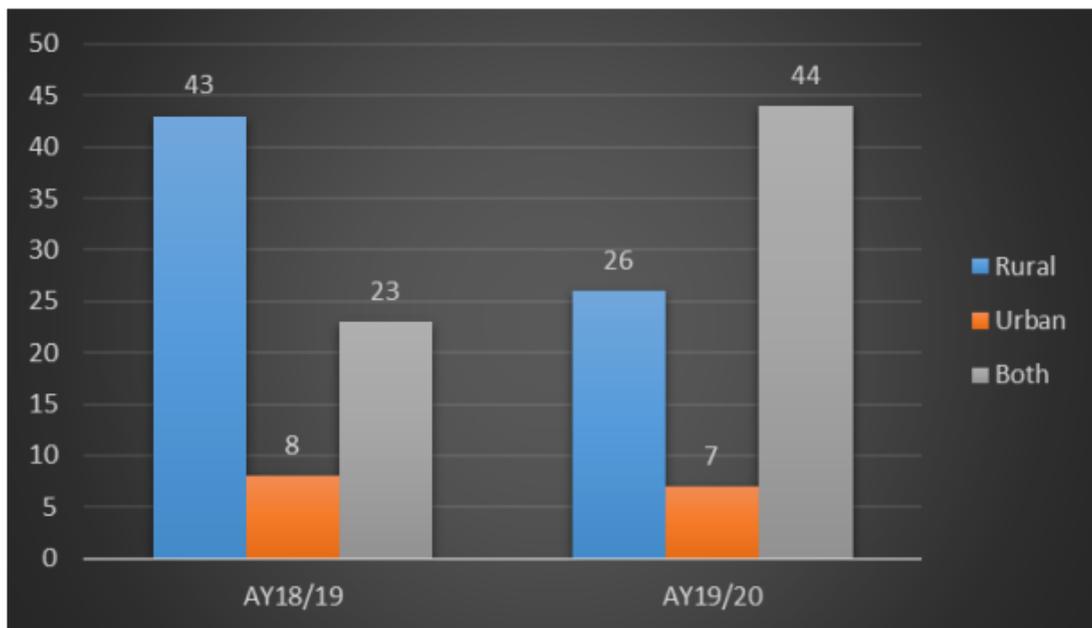


# Program Participants

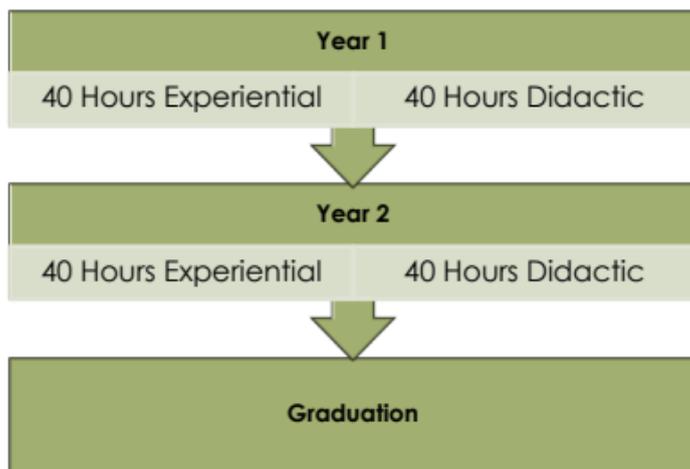
## Participants by Program



# Practice Interest



# Program Requirements



# Didactics



## Current and emerging health issues

- Opioid abuse
- Team based ready provider training
- Infant mortality
- Tobacco use
- Suicide
- Alcohol abuse
- HTN
- Diabetes
- CVD
- Cancer
- Asthma
- Physical in-activity
- Low HS grad rates
- Lack of preceptors in rural areas
- Diversity
- Poverty

# Didactic Examples

- AHEC Scholars Journal Club
- AHEC Sponsored lectures
  - AHEC Kick-off Event
- Conferences
- Grand Rounds
- Case Presentations
- Community Projects
- Poster Presentations
- Electives
- Online Modules

## Benefits

- Eligible to apply for Primary Care Loan Forgiveness
- Scholarships
  - Oregon Rural Health Conference
  - Advanced Wilderness Lifesaving
- Nationally recognized
- Opportunities for presentations
- Priority site placement in 3<sup>rd</sup> year (OHSU MD FM)

## AHEC Scholars – Challenges and Barriers

- Student interest
- Value add
- School/Program faculty champion
- Didactic and Clinical hour requirement
  - 2-year programs (PA)
- Tracking didactic hours
- AHEC Center role
- Lack of clinical rotation sites

# AHEC Scholars – Successes

- Journal Club
- Kick-off event
- Application
- IPE
- Facilitated Discussions
- Institutional and program partnerships
  - Steering Committee
- Website
  - List of didactic resources
- Marketing and Promotion
  - Video
  - Program specific meetings

## AHEC Scholars Why not?

### Demographics

**Table 1. Non-applicants by university**

University	n	%
OHSU	41	62.1
Pacific	9	13.6
Western	16	24.2
Total	66	100

# AHEC Scholars Why not?

	Did not know about the program		Not interested in rural/underserved health		Could not do extra travel required		Too much extra work load		Too much extra time commitment		Lack of incentives for participation		Did not understand benefits of program		Other	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Rank 1 (15)	5	33.3	4	26.7	-	-	-	-	2	13.3	-	-	1	6.7	3	20.0
Rank 2 (7)	2	13.3	1	6.7	1	6.7	-	-	-	-	1	6.7	1	6.7	1	6.7
Rank 3 (3)	-	-	-	-	1	6.7	-	-	-	-	-	-	1	6.7	1	6.7
Rank 4 (1)	-	-	-	-	-	-	-	-	1	6.7	-	-	-	-	-	-
Rank 5 (1)	-	-	-	-	-	-	1	6.7	-	-	-	-	-	-	-	-
Rank 6 (1)	-	-	-	-	-	-	-	-	-	-	-	-	1	6.7	-	-
Rank 7 (1)	-	-	1	6.7	-	-	-	-	-	-	-	-	-	-	-	-
Rank 8 (0)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Totals	7	46.6	6	40.1	2	13.4	1	6.7	3	20.0	1	6.7	4	26.8	5	33.3

## AHEC Scholars Why not?

1. Honestly, it just came down to not knowing whether or not I was interested in rural/underserved health. I think it is a fascinating and important field, but I didn't have the experience to determine whether or not I wanted to commit so much of my time and my career to it - I have many interests. I feel like I had to make a decision before being certain.
2. I didn't think I wanted to be away from my partner for 3 straight months.
3. I didn't have time to do the application in the middle of my first year, but I really wanted to get involved with the program last year once I learned about it. Before I started the MD program I didn't know about it.
4. Unsure of how it would work with couples matching.
5. I felt that there were too many strings attached and I wish there were more specialty options.

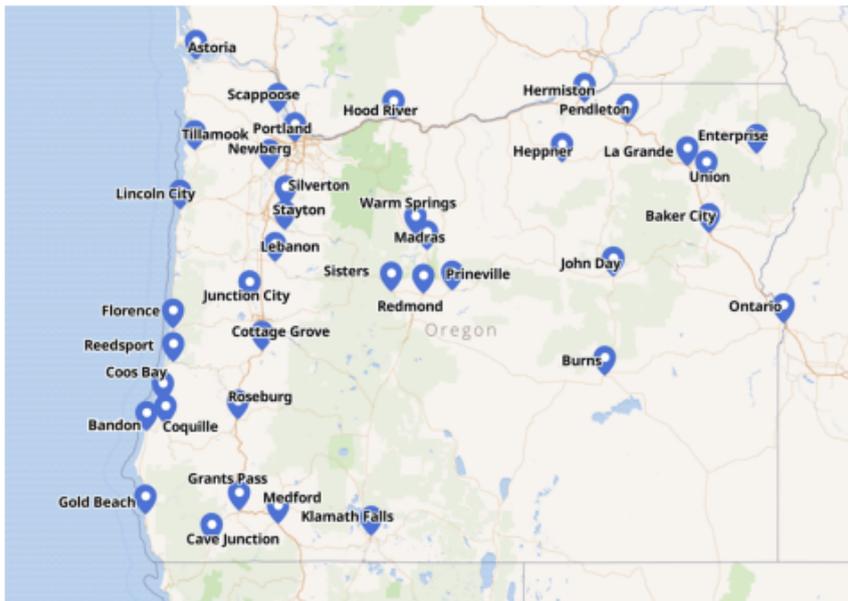
# Oregon Rural Scholars

- OHSU Medical Students
- Started in 2009
- Transitioned 2018
- Has ranged from 5-12 weeks
- Has included both surgical and family medicine students
- Included a community project
- Weekly virtual meetings among students
  - Small group presentations
  - Journal Club

# Your MD Curriculum

- 18 Month preclinical curriculum
- USMLE Step 1 Feb
- Start clinical experiences mid February
- Rotations are 4 weeks in length
- 8 week continuity rotation
  - Same preceptor
  - Same patients
  - Same health care system
- 4 weeks rural experience

# Locations of Past Community Projects



# OHSU Family Medicine MD AHEC Scholars

*What is an OHSU AHEC Scholar?*

## Family Medicine

## Other Emphases

During third year, students are enrolled in two courses back to back for a total of 12 weeks in the same rural or underserved area (4 weeks of FM Core+ 8 week OASP elective). Third year didacticics will be completed during these courses.

Dr. Paul Gorman (*Assistant Dean, Rural Medical Education Office of the Dean School of Medicine*) will help students find a non-FM rural or underserved elective for thier 3rd year and 4th years. 40 hours of didacticics will be on the student to completed each year.

# Student Schedule



## 01

### End of Year One

- Apply to AHEC Scholars
- Receive notification on acceptance status
- **FM Only:** Fill out FM placement survey

## 02

### Year Two

- **FM Only:** Receive placement
- **Non-FM:** Begin looking for 3rd year course

## 03

### Year Three

- **FM Only:** 12 week rotation (40 hours of didactics and clinic are covered)- FAMP 730+ RSP 741
- **Non-FM:** Find course for 40 hours clinical in rural or underserved setting (VA counts) and 40 hours of didactics
- Begin looking for 4th year elective

## 04

### Year Four

- Take rural or underserved Elective (VA counts) to fulfill 40 hours of clinical experience
- Complete 40 hours of didactics

# Coordinator's Schedule

AHEC Scholars Apply

28  
Jun

All MD students apply.  
FM Coordinator send them an email to help with placement and timing.

2019

Review Applications

3 Jul

AHEC, Assistant Dean for Rural Education and the Director of Family Medicine Rural Education meet to discuss applications: Accept or Not

Approved FM List confirmed with Clinics

7 Jul

FM Coordinator must reach out to clinics to confirm placement 1-1.5 years in advance

SOM Core Lottery

8 Jul

FM Coordinator must have all students placed (location + housing and rotation dates confirmed)

2019

Begin Onboarding Students

29  
Jun

Paperwork, housing etc.

2020



# OHSU Family Medicine AHEC Scholars

- 12 week rotation
  - First 4 weeks FM Core
  - Next 8 weeks FM rural elective
- Weekly web based meetings
  - Case based student presentations
  - Behavioral health integration lecture
    - Practice Transformation debrief
  - 2 case based sessions with a BHC
- Concludes with a community project



## Student Highlights- Emma

- Broad scope of practice: Inpatient, outpatient, urgent care, deliveries, scopes, Medical examiner...
- Hands-On:
  - Deliveries
  - Stitching wounds
  - Circumcisions
  - More
- Community Project: Introducing the One Key Question
- Relationship Building:
  - Co-workers
  - Community
  - Soccer Coach



## Student Highlights - Alex



- ▶ Procedures: Toenails (...yes?), circumcisions, vasectomies, ortho surgery assists, laceration repairs...
- ▶ Patient & Provider Continuity:
  - Repeat visits - getting to know the patients and their families
  - Developing (and achieving!) learning goals with preceptors over 12 weeks.
- ▶ Community Integration:
  - Community Project: Eat, Sleep, Console Volunteer Program at local MBU
  - Healthcare careers mentorship at local high school
  - Building relationships with preceptors, staff, and their families (including dogs!)
- ▶ Sense of what it means to be a doctor in a small community
- ▶ Seeing southern OR!



# Presentation from OAFP Annual Meeting

