

# **2020**

## **Student Edition**



## **The RTT Collaborative**

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**In Rural Health Professions Education and Training**

*Growing our own... together*

# STUDENT NEWSLETTER

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## Board Positions Available for Student or Resident

The RTT Collaborative is looking to appoint a medical student and resident member to our Board for calendar year 2021. Responsibilities include quarterly online meetings (using ZOOM), one of which is an in-person meeting usually in association with the Annual Meeting. This year’s Annual Meeting is scheduled for April 14-16, 2021 in Tyler, Texas. The student and resident member will receive reimbursement for any travel (not lodging) associated with in-person meetings and will receive free registration to the Annual Meeting.

### How to Apply

To be eligible, a student must be a participant in a medical school rural program. Preference will be given to those students from medical schools who are currently [participants in The RTT Collaborative](#), of which there are currently only three. Residents must be from a rural residency on our [map of rural programs](#), and as above, preference will be given to residents from RTTC participating programs.

Please indicate your interest in applying to Dr. Longenecker, Executive Director, at [longenec@ohio.edu](mailto:longenec@ohio.edu) with the subject line: “RTTC Student (or Resident, whichever applies) Board Application.” Please respond by September 1, 2020.

Please include a one-page summary as to why you believe you would be a particularly good candidate for this position. Students should include a letter of support from their medical school’s rural program director and residents from their residency program director.



### Current Student Member

William French from Central Montana, second-year medical student at the University of Washington through the WWAMI program



### Current Resident Member

Mya Stayton, DO, MS, from St. Louis, Missouri, is currently a third year resident from Centreville, Alabama.

# Rural Residency Fest — July 22, 2020

Are you anxious about the upcoming recruiting season or do you plan to attend the 2020 AAFP online National Conference? You are invited to participate in “Rural Residency Fest” on July 22, 2020 via a ZOOM meeting from 1-2:30 p.m EST.

Join us to learn more about rural residency options, across specialties and across the nation. Meet fellow students as well as residents, program directors and residency coordinators in learning how to better prepare for your participation in National Conference and the upcoming recruiting season. Registration for National Conference is not required, but [you will need to register for this “Rural Residency Fest”](#) in order to receive a secure link to this event. In preparation for the Fest, please visit [the event web page here](#).

Brought to you in preparation for National Conference 2020 Online and the upcoming application/recruiting season.



**Save the Date:  
Zoom Fest**

**July 22, 2020**  
**@ 1pm to 2:30pm EST**

(12pm Central, 11:00am Mountain, 10am Pacific)

## Fest Schedule

- |             |   |
|-------------|---|
| 1:00pm EST— | Welcome and Introductions   |
|             | Meet & Greet, Zoom Breakouts in groups of six   |
| 1:15pm —    | Overview: Finding a Rural Program   |
|             | <ul style="list-style-type: none"><li>• How to find a rural residency</li><li>• Demonstration of RTT Collaborative Map</li><li>• Questions to ask of a residency</li><li>• Tour of the exhibit hall and online platform</li><li>• Explanation of the round robin topical breakouts of 15 minutes each</li></ul> |
| 1:30pm —    | Topical Breakouts   |
|             | <ul style="list-style-type: none"><li>• Round 1: Rural Residency Program Directors</li><li>• Round 2: Rural Residency Coordinators</li><li>• Round 3: Rural Residents</li></ul>   |
| 2:15pm —    | Questions from students and debrief   |
|             | <ul style="list-style-type: none"><li>• What did you learn? What surprised you? Was this helpful?</li></ul>   |
| 2:30pm —    | Adjourn - link to additional resources, evaluation and feedback (survey, downloads)   |
|             | <ul style="list-style-type: none"><li>• What questions do you have for rural program residents and faculty?</li><li>• What resources do you need in your journey to rural practice?</li><li>• What ideas do you have for the RTT Collaborative?</li></ul>   |

# Exploring Rural at National Conference

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Welcome to this year's Student Edition of The RTT Collaborative's newsletter, a place to explore possibilities for a future in rural medicine! For those of you interested in eventual rural practice or an interest in a residency with a broad scope of training, here are several important features you should not miss.

Finding your way to rural practice can be difficult, and this year the journey has gotten even more complicated! An online interview season and virtually no opportunity for audition rotations have added to the uncertainty many students are experiencing right now. This newsletter is intended as a guide, particularly for students who are looking for a rural residency.

If anything in this newsletter raises questions, please send an email to me at [longenec@ohio.edu](mailto:longenec@ohio.edu).

Randall Longenecker MD, Executive Director



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## AAFP National Conference Online, July 30 - August 1, 2020

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### ***The RTT Collaborative, booth #2126***

For those of you who are attending this year's AAFP National Conference, visit The RTT Collaborative booth #2126, the "heart of rural" at National Conference – a place to come for answers to your questions and for rural information of all types.

Get a [free annual membership in the National Rural Health Association](#). As a student member of NRHA, you will be invited to join a Student Constituency Group. [See more about it here](#).

### ***36 RTTC Participating Programs at this year's National Conference***

The RTT Collaborative is a cooperative of 50 rural programs in medical school and residency across the United States. [Click here to view the full list](#) of residency programs at National Conference, including their booth numbers.

### ***Attend Rural Presentations***

For a schedule of events see: <https://www.aafp.org/events/national-conference/schedule.html>

### ***Patient and Community Centered Care in the Rural Landscape***

Thursday, July 31 @ 4:00 to 4:45 PM CT

### ***AAFP Rural Interest Group meeting***

Thursday, July 31 @ 6 PM CT.

### ***3RNet booth #2127, 2129, 2131***

The Rural Recruitment and Retention Network is your connection to rural practice opportunities in virtually every state. You can register for this job board, even as a student. ([3RNet Resources](#))

# Making a List

Many of you as rising fourth years are busy making your list – your list of potential programs and perhaps even list of potential specialties. But for students interested in rural programs in any specialty, the lists of others can be very confusing. From lists of programs at National Conference that “offer rural experiences” to “rural tracks” on FRIEDA and others! I want to take this opportunity to explain at least three lists maintained by The RTT Collaborative:

## *Participating Programs*

The RTT Collaborative is a board-directed cooperative of programs across the nation with an interest in preparing physicians and other health professionals for rural practice. Here is a link to a list of our participating programs – some urban medical schools with an undergraduate rural track, some rurally located residencies, some residencies urban by federal definitions, but very focused on a rural mission. Any education or training program in any specialty or rural health profession is eligible to participate. [ [List of Participating Programs](#) ]

## *Programs with a record of producing a large percentage of physicians to rural practice.*

A couple years ago a few urban programs complained that they too were producing rural doctors and wanted that to be acknowledged – they wanted to be on our map! So, we created the Rural Recognition Program acknowledging any family medicine program that, on a 3-year rolling average, sends >35% of their graduates (or >3 graduates per year) to an initial rural place of practice. Programs who participate must submit new data each year, and, for any number of reasons, some programs do not apply for recognition. Of course, some excellent new programs do not yet have 3 years of graduates and cannot yet be recognized. This list is published on our website each year in July.

[ [List of Programs](#) ]



[Click here to view the program map on the RTTC website](#)

## *Rural Programs in Medical School and Residency*

In addition to the interactive map above, listing rural programs in family medicine, internal medicine, psychiatry, and general surgery, The RTT Collaborative updates a number of lists every 6 months. This is [an EXCEL workbook](#) that includes rurally located medical schools, medical schools with rural programs or pathways, and residencies where residents receive >50% of their training in a rural place.

Rural programs have been shown to produce rural doctors at 2-3 times the rate of programs in urban locations and are an excellent place to learn rural medicine in context.

Finally, The RTT Collaborative offers several tools in searching for a program that best fits your needs, (e.g. [Questions to Ask](#)) and may be helpful to you as you wind your way through the National Conference exhibit hall and the upcoming application, interview and match season [here](#).

## *Finding Rural Programs*

Finding a rural program in specialties other than Family Medicine and Internal Medicine can be especially difficult, and even our lists may be incomplete. If you find a rural program that is not on our list, we'd love to hear about it! Just send the name of the program to me at [longenec@ohio.edu](mailto:longenec@ohio.edu). Best wishes as you make a list that is your own!

Randall Longenecker MD  
Executive Director

# Photo Contest

What does rural health education look like? Submit your photos that depict rural health care education, and watch for our contest announcement in December! The top three winners receive a cash prize, with the first place winner receiving \$250 for the win. Stay tuned for the new photo contest announcement!



## Gratitude in the Face of Scarcity

*A second Bili light for treating jaundice has arrived from the city!*

*First Place Photo Contest Winner*

*Amanda Castillo, Silver City, NM*



## Resilience

*Recounting a Day in Rural Practice*

*Second Place Photo Contest Winner*

*Emma Felzein, Madres, Oregon*



## Comprehensive and Wide Scope of Practice

*A modified V to Y plasty Technique*

*Third Place Photo Contest Winner*

*Dwight Smith, Klamath Falls, OR*

**Visit our website in  
December for the 2021  
upcoming photo contest  
announcement**

# Rural Rotations for Medical Students

Completing an elective or immersion experience in a rural practice or residency can be a transformative experience, as this student recently discovered:

*"I arrived in Valdez, Alaska in mid-February as a visiting third year medical student and was quickly immersed in full-scope Family Medicine. I was learning in a myriad of settings: seeing patients in clinic for routine primary care, evaluating a trauma in the emergency room, assisting with vaginal and cesarean deliveries, and rounding on inpatients in the 11-bed critical access hospital. Six Family Medicine physicians provide comprehensive care here in a town of 4,000 residents, more than 300 road miles from the next hospital, in a census area where the population density is 0.3 persons per square mile. Throughout my experience I was struck by these doctors' comfort in such a wide range of situations and the versatility of their skills.... ([Read more](#))"*

Unfortunately, due to the COVID pandemic, rotations for medical students for the 2020-2021 academic year, with few exceptions, will be markedly restricted to programs that already take medical students from your school for required rotations. However, that doesn't mean that you have no options. Using our Rural Programs map, you can contact any program for a possible online elective or limited educational experience, e.g. a research elective online. In addition, residency programs are coming up with creative solutions for the upcoming residency application cycle, even drone tours! If a rural residency program does not have a formal listing of rotation opportunities, feel free to contact the programs and ask what rotations are possible.

Visit our webpage on this topic for tips that are still largely relevant to this time of pandemic:  
<https://rttcollaborative.net/students/rural-rotations/>

The AAMC also offers guidance regarding [rotations and online interviews](#), as well as updates through its [Visiting Student Learning Opportunities \(VSLO\)](#) site. For osteopathic students, AACOM offers guidance regarding rotations and online interviews by way of [Frequently Asked Questions](#).

For more information on rural medicine, rural rotations, and more, visit [rttcollaborative.net](http://rttcollaborative.net)

## RURAL ROTATIONS

### Quick Tips

HERE ARE 6 TIPS TO GET INTO YOUR DREAM RURAL RESIDENCY  
PRESENTED BY



The RTT Collaborative



#### 1.) GET YOUR APPLICATION IN ON TIME

Most residency applications are due in October or November. Be sure to keep an eye on application deadlines for programs you are interested in.

#### 2.) TIMING OF ROTATIONS IS EVERYTHING

If you are doing a rotation as a way of acquainting yourself with a specific residency program, these rotations should be done in the first six months of the fourth year, before the residency interviewing season is completed.



#### 3.) KNOW WHAT YOUR TIME IS WORTH

Many programs may allow you to complete your interview for residency while you are there on rotation, economizing on your time and travel.

#### 4.) KEEP IN MIND THE TIME OF YEAR

September and October tend to be the most popular months to schedule these rotations



#### 5.) CHECK YOUR FACTS

Check that your chosen residency program accommodates such rotations and has availability for a rotation that matches your schedule

#### 6.) DON'T IGNORE THE PAPERWORK

Know what forms you need to provide and work with the residency coordinator and your own medical schools office tasked with overseeing away rotations



Graphic from [www.rttcollaborative.net](http://www.rttcollaborative.net)

# RURAL RESOURCES

## AAFP Rural Interest Group

Practicing medicine in a rural location is a rewarding, challenging experience, both allowing and requiring the physician to utilize all aspects of their training, from emergent/urgent care, inpatient medicine, surgery, women's health, internal medicine, pediatrics, sports medicine, and obstetrics. When you're the "Town Doc", you do it all, and in doing so you become an integral leader in your community. However, the isolation of rural communities can lead to professional isolation as well. The Rural Health Member Interest Group's goal is to virtually connect those in rural practice and those with an interest in rural practice, to reduce professional isolation and improve knowledge. The MIG is a forum to celebrate the pleasures, troubleshoot the difficulties, and navigate

the complexities of rural medicine. Discussions range from advocacy to lifestyle questions, practical office tips, and local or national opportunities for education.

We welcome questions from students and residents, and maintain a list of rural sites willing to take learners on rotation. The MIG holds an annual meeting at both National Conference and FMX, during which we have the chance to hear from practicing physicians about the incredible diversity of rural practices, network, and discuss solutions to challenges. Check out the MIG online at <https://www.aafp.org/membership/involve/mig/rural-health.html> and join us virtually at National Conference this year to explore and share your passion for rural medicine!

## 3RNet

3RNet is a unique job board that focuses on career opportunities in rural and underserved communities. You can find jobs on 3RNet in any U.S. state, and they also have jobs posted from the Cherokee Nation in Oklahoma, Indian Health Service, and the VA. 3RNet helps mission-minded providers like yourself find a job in a rural or underserved setting! A few key things that make 3RNet different from other job sources:

- We are a non-profit organization
- We are backed by our national network of 3RNet members, who work for state government or non-profit entities (more on them later).
- Our goal is to help you find the RIGHT job, not just any job.
- Some resources you may find helpful including our: [Guide to Loan Repayment Programs](#), [Navigating the J-1 Visa Waiver Job Search Guide](#), and [our Health Professional Shortage Area Guide](#).

Registering is free, it's easy, it allows you to view more information about jobs you're interested in and favorite any positions you're really looking at. And, because we know so many of you are interested in working in rural and underserved communities,

we'll send you a \$5 Starbucks gift card as our way of saying thanks! Just enter "RTTC" into the "Location Code" field when you [register here](#) (which, don't forget – is free, and easy!).

Fellow 3RNet members are the connectors between job seekers like you and the rural and underserved employers in their states. A 3RNet member can help you in several ways:

- They are an unbiased (because they don't work for a single employer, rather they work with dozens of employers or locations – although Jerry will ALWAYS tell you to go to New Mexico!)
- They can answer questions about incentive programs such as the J1 Visa Waiver program or state/federal loan repayment programs, and
- They're a real person who lives and works in their state, and, you can turn to during your job search.

You can always reach out to 3RNet by calling or texting 1-800-787-2512, emailing [info@3rnet.org](mailto:info@3rnet.org), or by reaching out to any of our 3RNet members ([contact info found here](#)). When you're ready to find a job you'll love in a rural or under-served community, we're here and ready to help.

# RURAL RESOURCES

## RHIhub Resources for Rural Healthcare Students

Are you interested in working in a rural area and want to learn more about health and healthcare in rural areas? Funded by the Federal Office of Rural Health Policy, the Rural Health Information Hub (RHIhub) is dedicated to providing free, relevant and up-to-date resources covering a variety of rural health topics. We have an assortment of resources and opportunities for healthcare professionals and students

- Learn about rural health issues and discover health interventions that work in rural areas through our 50+ topic guides and over 20 evidence-based toolkits.
- Our [Education and Training of the Rural Healthcare Workforce Topic Guide](#) offers frequently asked questions, featuring information on rural rotations, Rural Training Track residency programs and the cultural competency skills needed by rural healthcare providers.
- Our Scholarships, Loans, and Loan Repayment for Rural Health Professions Topic Guide

includes a section on federal programs for [healthcare students](#) seeking financial aid.

- Looking for data? Our [Finding Statistics and Data Related to Rural Health topic guide](#) and [Rural Data Visualizations](#) can help!
- See our frequently updated list of [Funding Opportunities](#) for federal, state, and local programs and scholarships.
- Read about model programs for rural healthcare and population health in our [Models and Innovations](#) section and the [Rural Monitor](#).
- Can't find what you need? RHIhub provides customized assistance through our [Resource & Referral Service](#).

RHIhub is your first stop for rural health information. Get daily or weekly updates through our weekly newsletter, [RHIhub This Week](#), or through our [Custom Alerts](#) that allow you to receive updates on the specific topics and locations of interest to you.

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## NRHA's Student Constituency Group

The National Rural Health Association's (NRHA) Student Constituency Group is comprised of healthcare professional students with an interest in serving rural communities. Graduate and undergraduate-level students are invited to join, contribute to and benefit from professional networks and member resources. Students can connect with and learn from residency directors, policy makers, and rural health leaders at NRHA's yearly events.

Our student group has put together a list of resources for anyone interested in learning about rural health or serving in rural communities. This is a list of national and state-specific resources that can you connected with healthcare providers, professional organizations, and academic institutions supporting rural health wherever you

may be. Contact [nrhastudent@gmail.com](mailto:nrhastudent@gmail.com) if you have more questions.

- [NRHA Student Resources](#) provides individuals with resources to learn more about training programs related to rural health.
- [Rural Health Info Hub Education and Training](#) connects individuals to peer-reviewed research, government documents, and guides from professional organizations on best practices in preparing rural healthcare providers for issues from COVID-19 in rural America to supporting provider's mental health
- [NRHA State Based Programs](#) helps individuals connect with state and regional rural health associations covering 43 states. Each individual rural health association can provide more specific resources and support based on your US location.