



EXPLORE *rural*

**with The RTT Collaborative's
2021 Student Edition Newsletter**

student edition

2021 Newsletter Guide

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microresearch opportunity

The RTT Collaborative's Microresearch program provides mentoring, peer support, and small financial awards for community-based research projects intended to improve health in rural communities. Initially developed through Rural PREP, the program is now self-funded and led by the RTTC in collaboration with Ohio University, University of Washington, and University of North Dakota.

- Design Awards are for projects that are under development, with a plan to complete the study within two years. These project teams are included in all microresearch learning community activities but without funding.
- Implementation Awards fund fully designed projects that can be completed within one year from notice of award and disseminated within two years. Start now generating ideas for when applications open in April 2022.

Visit [here](#) for a list of past and current projects.

visit our website's student section

Check out www.rttcollaborative.net and visit our [students page](#) for resources, advice and insight specifically compiled for medical students and residents.



Explore Rural and *"Get a Life."*

I have heard the phrase, "Get a Life!" often muttered in disdain or in self-defense. It may be uttered in response to another who in the speaker's opinion is wasting their life, or by someone whose life and well-being is being threatened by the other. In my experience, success in life is not about 'getting' into medical school, then 'getting' into residency, and then 'getting' a life. It's about having and living a full life right now. Success comes from living a life in which each step in your journey prepares you for the next. Life is lived and discovered every day, not acquired tomorrow.

A recent article about burnout explored the characteristics of 'zero burnout practices' and found that practices in which no physicians expressed burnout were practices that reported using more quality improvement strategies, more commonly were solo and clinician owned, and less commonly had participated in accountable care organizations or other demonstration projects. Rurality of practice as such was not considered a statistically independent factor, although there was a trend toward less burnout, a finding that some might consider counter intuitive. Regardless of practice location, making a difference and self-direction are key. You can make a difference by actively choosing a path that will take you through and to rural practice. Explore rural practice by living, learning, and training in a rural community:

- A relationship-rich environment, where there are 'fewer people, but more relationships'
- A place where there is often the option to learn and practice a broader scope

Although there are wide variations from one rural place to another, in general, rural practice stretches one's knowledge and skills, facilitating life-long learning. We now have evidence that the context and system in which one learns, trains, and practices may impact one's scope as much, if not more than the content of one's training. In recent years, in unpublished research from Rural PREP, in collaboration with the American Board of Family Medicine, graduates of rural residencies feel better prepared to practice a wider range of skills. Unfortunately, because of health system and other factors, they may not initially practice that full range. Over the course of a practice career, however, it would appear rural graduates' scope increases, or at least decreases less, than for urban program graduates practicing in an urban place.

This fourth annual Student Edition of The RTT Collaborative Newsletter is intended to assist you as a student in exploring your options.

- First there are the lists of programs that are rurally located or rurally-focused by a measure of commitment or outcomes – ["Making a List"](#)
- Second are the rural-focused events designed to expose students of any specialty interest to the possibility of training in a rural place for a portion or for the majority of their residency – ["A Fest, A Conference, and a Fair"](#)
- Third are ["Other Resources in Preparing for Rural Practice,"](#) including links to The RTT Collaborative [Student and Residents section](#) of our website and a page about ["Rural Rotations."](#)

Plan an extended experience learning in a rural community, whether in medical school or residency, and find a life full of meaning and purpose. Live life training in a rural place, and if by chance you don't 'have a life,' discover one!

making a list.

Many of you as rising fourth-years are busy making your list – your list of potential programs and perhaps even a list of potential specialties. Unfortunately, for students interested in rural programs in any specialty, some lists can be very confusing. So many lists... 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 – A measure of commitment

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. This is the [link to a list of our participating programs](#). For an annual fee any education or training program in any specialty is eligible to participate. Residency program participation is an important reflection of the program’s commitment to preparing residents for rural practice.

Rural Programs in Residency – A measure of location of training

The RTT Collaborative updates a number of lists every 3-6 months as part of an [EXCEL workbook](#) that includes all residencies in family medicine, internal medicine, psychiatry, and general surgery where all residents receive >50% of their training in a rural place. We also maintain [an interactive map](#) of rural residency programs. Rural programs have been shown to produce rural doctors at three-times the rate of programs in urban locations and are an excellent place to learn rural medicine in context.

Programs with a record of producing a large percentage or a large number of physicians to rural practice – A measure of program outcomes

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. It is not a complete list. Programs who participate must submit new data each year, and, for any number of reasons, some programs do not apply for recognition. In addition, some excellent new programs do not have 3 years of graduates and cannot yet be recognized. This list is [published on our website](#) each year in July.

Finally, The RTT Collaborative [offers several tools](#) in searching for a program that best fits your needs, and may be helpful to you as you wind your way through the upcoming application, interview and match season

“Questions to Ask of a Residency Program, Finding Rural Programs in Other Specialties”

Finding a rural program in specialties other than Family 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.



Best wishes as you make a list that is your own!

fest, conference, and fair

Are you already thinking about the upcoming recruiting season? This summer, The RTT Collaborative is hosting three online events for students wishing to explore rural options for residency.

Rural Residency Fest – online (With a focus on FM, IM, Psych, and Surgery)

Wednesday, July 21, 2021 @ 1-2:30pm EST.

(noon-1:30 p.m. CT, 11:00-12:30 p.m. MT, 10:00-11:30 a.m. PT)

Join us for the [Rural Residency Fest](#) to learn more about rural residency options across specialties and across the nation. [This event](#) will address alternatives for rural training in any specialty, and will feature invited panelists in family medicine, internal medicine, psychiatry, and general surgery, and prepare you for the upcoming residency recruiting season.

Only students may [register](#) to receive a secure link to this event. Registration opens July 1, 2021.

Explore Rural at the AAFP National Conference – online (Family Medicine)

Thursday through Saturday, July 29-31, 2021

If you plan to attend this year's AAFP National Conference online, be sure to visit The RTT Collaborative booth #1146, the “heart of rural” and a place to come for answers to your rural questions. Anyone who stops by the booth will receive a free annual membership in [National Rural Health Association](#). As a student member of NRHA, you may join a Student Constituency Group. [Read more here](#).

RTTC's Participating Programs at 2021 National Conference – online

The RTT Collaborative is a cooperative of 62 rural programs in medical school and residency across the United States. [Click here](#) to view the full list of residency programs and booth numbers at National Conference. Attend Rural Presentations at National Conference. [View the full schedule of events here](#).

Workshop: Patient and Community-Centered Care in a Rural Landscape: It Is Great to Be a Small Town Doctor
Networking: AAFP Rural Interest Group Meeting

3RNet booth #1344: The Rural Recruitment and Retention Network is your connection to rural practice opportunities in virtually every state. Learn more about 3RNet and [register](#) for their job board.

The RTT Collaborative Rural Residency Fair – online (Family Medicine)

Wednesday, August 4, 2021 @ 8:30-10:00 p.m. ET

(7:30-9:00 p.m. CT, 6:30-8:00 p.m. MT, 5:30-7:00 p.m. PT)

In the week following National Conference, students will be able to visit rural programs in “Booths” arranged as breakout rooms using a Zoom meeting platform. The [Rural Residency Fair](#) is restricted to RTTC participating programs. Programs who choose to participate (there is no fee) will commit to 90 minutes and be staffed by at least 3 individuals (1) a Program Director, Associate Program Director, or Site Director; (2) a residency coordinator or manager; and (3) at least one resident. Students must [register](#) to receive a secure link to this event. Registration opens July 15, 2021

RTT Participating Programs *at National Conference*

| Booth | Program | Type | City, State |
|--------------|--|-------------|------------------------|
| 1501 | Cahaba-UAB Family Medicine Residency | RL | Centerville, AL |
| 1108 | University of Arkansas - Magnolia Rural Program | RL | Magnolia, AR |
| 615 | Univ. of Az. COM FMRP - Rural Experience Track | RFUP | Tucson, AZ |
| 306 | Adventist Health Ukiah Valley | IRTT | Ukiah, CA |
| 820 | Southern CO FMR - Alamosa Rural Track Program | IRTT | Alamosa, CO |
| 820 | North CO Medical Ctr - Sterling Rural Training Track | IRTT | Sterling, CO |
| 820 | North CO Medical Ctr - Wray Rural Training Track | IRTT | Wray, CO |
| 820 | Fort Morgan Rural Training Track Program | IRTT | Ft. Morgan, CO |
| 336 | Idaho State University Family Medicine Residency | IRTT | Rexburg, ID |
| 539 | FMR Idaho | RFUP | Caldwel, ID |
| 537 | FMR Idaho | IRTT | Magic Valley, ID |
| 2438 | Central Maine Medical FMRP | IRTT-L | Rumford, ME |
| 1018 | Bothwell Rural Family Medicine Residency Training | IRTT | Sedalia, MO |
| 333 | Family Medicine Residency of Western Montana | IRTT-L | Kallispell, MT |
| 701 | Rehoboth McKinley Christian Health Care FMRP | RL | Gallup, NM |
| 701 | Hidalgo Medical Services FMRP | IRTT | Silver City, NM |
| 701 | Gerald Champion FMRP | IRTT | Alamogordo, NM |
| 527 | University of Nevada Reno SOM Elko Rural Training | IRTT-L | Elko, NV |
| 429 | Samaritan Family Medicine Residency-Newport | IRTT | Newport, OR |
| 428 | Roseburg Family Medicine Residency | RL | Roseburg, OR |
| 426 | Providence Hood River FM Rural Residency Program | IRTT | Hood River, OR |
| 327 | OHSU- Cascades East Family Medicine Residency | RL | Klamath Falls, OR |
| 1938 | St. Luke's Health Network- Warren & Miner Campus | IRTT | Bethlehem, PA |
| 1828 | Lehigh Valley Health - Schuylkill Rural FM Residency | RL | Pottsville, PA |
| 1912 | McLeod FMRP | IRTT | Manning/Cheraw, SC |
| 1002 | University of Texas HSC at Tyler Rural FMR | IRTT | Pittsburg, TX |
| 434 | Central WA FMR Ellensburg Rural Site | RTT-L | Ellensburg, WA |
| 334 | UW School of Medicine Chelan Rural Program | IRTT | Chelan, WA |
| 632 | Swedish Family Medicine Residency Cherry Hill | IRTT | Port Angeles, WA |
| 1435 | University of WI Dept. of FM RHET Program | RFUP | Madison, WI |
| 1438 | University of WI FMRP - Rural Program | IRTT | Baraboo, WI |
| 1333 | University of WI Aurora Lakeland FMR program | IRTT | Elkhorn, WI |
| 1533 | Health Partners Western WI - Rural FMRP | IRTT | Amery/New Richmond, WI |
| 337 | Thermopolis Wyoming RTT | IRTT | Thermopolis, WY |

Information regarding rural training and placement - Please visit us in Booth #1146 for navigation assistance.

| | | |
|------|-----------------------|--------------------|
| 1344 | 3RNet | Jefferson City, MO |
| 1146 | The RTT Collaborative | Athens, OH |

Legend IRTT: Integrated Rural Training Track RFUP: Rurally focused urban program
 IRTT-L: IRTT-like (urban program with a rural pathway) RL: Rurally located

* [view updated list on our website here.](#)

RESOURCES

Join a Network of Students Interested in Rural Practice - NRHA

Comprised of professional healthcare students with an interest in serving rural communities, [the National Rural Health Association's \(NRHA\) Student Constituency Group](#) contributes to and benefits from networks and member resources. Students can connect with and learn from residency directors, policy makers, and rural health leaders at NRHA's yearly events.

The student group maintains a list of national and state-specific resources that can you connected with healthcare providers, professional organizations, and academic institutions supporting rural physician education and practice. In addition, NRHA State Based Programs help individuals connect with state and regional rural health associations covering 43 states.

Contact nrhastudent@gmail.com with questions or to join.

Connect with Peers Interested in Rural Medicine – AAFP Rural Interest Group

The Rural Health Member Interest Group's (MIG) goal is to virtually connect those in rural practice and those with an interest in rural practice, to reduce professional isolation, and to improve knowledge. The MIG is a forum to celebrate the pleasures, troubleshoot the difficulties, and navigate the complexities of rural medicine. Participation requires registration as a member, but it is free and not limited to students with an interest in family medicine – any student can join!

The group welcomes questions from students and residents and maintains a list of rural sites willing to take learners on rotation. [Check out the MIG online](#) and join the group virtually at National Conference or FMX this year to explore and share your passion for rural medicine!

Discover Your Future Rural Practice – 3RNet

3RNet is a unique job board that helps mission-minded providers find a job in a rural or underserved setting. A non-profit organization backed by a national network of members, their goal is to help you find the RIGHT job, not just any job. Find answers about loan repayment, J-1 visa waiver job searches, and incentive programs from those who live and work in the state you are considering.

Connect by calling or texting 1-800-787-2512, emailing info@3rnet.org, by reaching out to any 3RNet member (<https://www.3rnet.org/locations>) or by registering online even as a student.

Explore Rural Health and Healthcare - RHHub

Funded by the Federal Office of Rural Health Policy, [RHHub](#) is dedicated to providing free, relevant and up-to-date resources covering a variety of rural health topics. They have an assortment of resources and opportunities for healthcare professionals and students including: rural health issues and interventions, info on Rural Training Track residency programs and rotations, a guide to scholarships and loans, and customized assistance through its Resource & Referral Service.

Get daily or weekly updates through [the weekly newsletter or through custom alerts](#) that allow you to receive updates on the specific topics and locations of interest.

Visit the Student Section of The RTT Collaborative website

Follow these links to The RTT Collaborative [Student and Residents](#) section of our website and a page about "[Rural Rotations](#)." Please let the RTT Collaborative know of any difficulties accessing these groups. We welcome your suggestions for making them more student friendly. We'll advocate for you!

Board Positions Available

for students and residents

Student Board Representative



Araminta "Minta" Ray is a third-year medical student at East Tennessee State University Quillen College of Medicine in Johnson City, TN.

Student Board Representative



William French from Central Montana is a third-year medical student at the University of Washington through the WWAMI program

Resident Board Representative



Kaily Baer is currently a third-year resident in the North Colorado Family Medicine Wray RTT.

how to apply

The RTT Collaborative is looking to appoint a medical student and resident representative to our Board for calendar year 2022. 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 27-29, 2022 in Stevenson, WA [at Skamania Lodge](#) on the Columbia River. The student and resident member will receive a stipend for travel and free registration to the Annual Meeting.

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](#). 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 with the subject line: "RTTC Student (or Resident, whichever applies) Board Application." Please respond by Sept. 1, 2021. 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.

Photo Contest

What does rural health education look like? Watch for our contest announcement in December and submit your photos that depict rural health care education! 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!



1st

"Bringing a Voice to Rural Health"
Janelle Lee, Port Angeles, WA

[View all photo contest winners here!](#)

"A Resilient Land and a Resilient People"
Abigail Ahyong, Gilbert, AZ



2nd

Visit our website Sept. 15 for the 2022 upcoming photo contest announcement