

Navigating Rural Rivers Across America: Lessons Learned

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Objectives

- Identify essential characteristics of a successful rural training location
- Determine essential training needs for a region
- Embrace the natural evolution of a program's curriculum

Black River Falls, Wisconsin



Mauston, Wisconsin



Prairie du Chien, Wisconsin





Steamboat Springs, Colorado

Ware Shoals, South Carolina



Wray, Colorado



Wray's Longitudinal Curriculum & Resident Experience

- Curriculum is arranged longitudinally (including time with specialists)
- Days begin by rounding on inpatients and discussing all patients or any interesting overnight ER patients with the local medical community
- Remainder of most days are spent in continuity clinic
- Residents are involved in everything that's fun and interesting medically
- Residents have a high level of autonomy w/ supervision that's available when needed.
- Elective time allows residents to gain focused training in areas of interest
- Wray graduates typically perform 60-80 C-sections, 110-180 total deliveries, 200 colonoscopies, 100 EGDs, as well as OB US, exercise cardiac stress tests, high volume of fracture management, tubal ligations, colposcopy, use of thrombolytics for acute MIs and strokes, and many others.
- 100% of grads have gone on to practice in rural areas!

Sterling, Colorado



Sterling's Longitudinal Curriculum

- Sterling started with the same longitudinal approach as we use in Wray but we soon learned that there was more multitasking in this larger hospital/community and thus the Sterling curriculum evolved.
- Sterling Curriculum is still arranged longitudinally but more on a weekly/monthly basis
- Being flexible and allowing for this evolution has given residents the option for areas of concentration

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Medicine		Clinic 7am - 5pm	Medicine 7am - 7pm	Medicine 7am - 7pm	Medicine 7am - 7pm	24 hr. Medicine 7am - 7am FP/Peds Call	Post Call
Swing Clinic	Call - FP/PEDS/OB (Home)	Admin am Clinic 1pm - 5pm	Clinic 7am - 5pm	Elective/Didactics	ED 8am-8pm Hospital 8pm-7am FP/Peds Call	Post Call	
Clinic		Clinic 7am - 5pm	Clinic 7am - 5pm	Clinic 7am - 5pm (Didactics)	Elective	Clinic 7am - 5pm	
OB		Call - FP/Peds/OB (Home)	Clinic 1pm - 5pm Call - FP/Peds/OB (Home)	OBGYN Clinic Call - FP/Peds/OB (Home)	Clinic 1pm-5pm (Acutes) Call - OB (Home)	Clinic 1pm-5pm Call - OB (Home)	Call - FP/Peds/OB (Home)

Sterling's Resident Experience

- Residents are involved in everything that's fun and interesting medically
- Residents have a good amount of autonomy but with supervision that's readily available onsite
- Elective time allows residents to gain focused training in areas of interest
- The longitudinal curricular approach leads to a tremendous experience in rural continuity clinic, rural inpatient medicine and obstetrics and rural emergency department coverage while still meeting all ACGME requirements for training in other disciplines.
- Although this program is still relatively new, some recent graduates were able to perform 150+ total deliveries including 80+ C-sections, 100+ colonoscopies, OB ultrasound, GYN procedures (tubal ligations, colposcopy, leep), among many other procedures.
- 100% of grads have gone to practice in rural areas!

Summary

- Try to contain your enthusiasm—don't do 3 rural training programs all at once.
- Make sure you have leadership in the rural community who's committed to the program's success for the long haul.
- The rural training program location is only as good as the teachers there. Ensure an adequate number of committed preceptors.
- Not every traditional residency program needs a 1+2 rural training program.
- Our rural training method: The best way to become a rural family physician is to train as a rural family physician—put your resident physicians in the position to function as a community family doc.
- Be prepared to make changes and allow your curriculum and approaches to evolve.
- Include your resident physicians in the process of change—they're living the schedule and their experience is incredibly valuable.