

PATHWAYS TO PEAKS:

OPTIONAL TRACKS TO CLIMB TO SUCCESS

North Colorado Family Medicine

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RMTC Annual Meeting 2024



OBJECTIVES

- **Participants will be able to identify their strengths to create optional tracks**
- **Participants will be able to design optional areas of concentration for their programs**
- **Participants will be able to enhance their program's training and recruiting**

Circa 2008

**A tough time for the US economy
and
North Colorado Family Medicine**

Optional tracks?



Identify Strengths

Advanced maternity care

Sports medicine

Global health

Hospitalist

Leadership

Wholistic health

Advanced Maternity Care

- **6 months on OB instead of 5**
- **Monthly Wednesday night learning session**
- **Home call second and third year**
- **Facilitate 1 AMC meeting annually**
- **Teach in ALSO course**
- **Considered equivalent to OB fellowship**

Sports Medicine

- Longitudinal experiences
- Electives
- Presentation at national meeting
- Usually led to fellowship position

Global Health

- **Monthly Wednesday night learning session**
- **INMED website certification**
- **Local refugee center experiences**
- **Second and third year electives**
- **Graduates in Africa, Indonesia, South and Central America**

Hospitalist Medicine

- **Extra rotations with hospitalists**
- **NCMC Hospitalist Journal Club**
- **Society of Hospital Medicine resident membership**
- **Fundamentals of Critical Care Support (Society of Critical Care Medicine) course in second year**
- **Option to do 1 less month of OB**

Leadership

- **Encourage the development of every day, community–based physician–leaders**
- **3 evenings sessions per year**
- **Prereading for small group discussions led by community physician–leaders**

Wholistic Care

- Integrating principles of Lifestyle Medicine and Integrative Medicine
- Motivational interviewing and eliciting change behavior
- Complementary therapies
- Resiliency training, burnout prevention and self-reflection
- Monthly meetings

Programs vs Tracks

Core

Advanced Maternity Care

Sunrise CHC

Global Health

Hospitalist

Hospitalist

Wray RTT

Sports Medicine

Sterling RTT

Leadership

Wholistic Care

What strengths could your program leverage?

What optional tracks have you already started?

How have they turned out?



Have fun being creative!