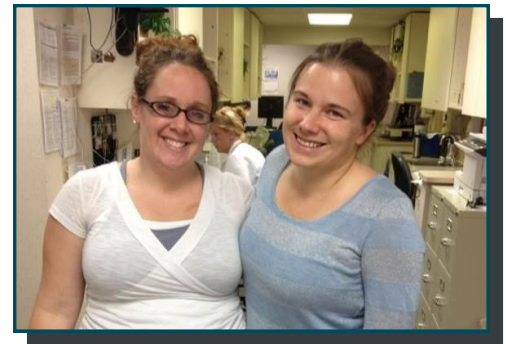


# Greetings from the CU School of Medicine Rural Track!

December 2014

## 2005 - 2014 in Review

The CU School of Medicine Rural Track was founded in 2005 and a decade later we are still leading the charge for rural healthcare and rural workforce development. We have a diverse group of students, alumni, and supporters from across the state and country — all of whom share a common goal of improving healthcare in Colorado's rural and underserved communities. In the last year, we said goodbye to the Class of 2014, increasing the number of Rural Track graduates to around 115. We also welcomed 18 first-year MD and 6 Physician Assistant students, bringing the total number of currently enrolled students to around 100.



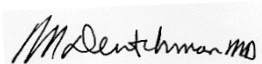
*Rural Track graduate, Dr. Keyna Schlup ('10) (left), now practicing in Sterling, CO hosted 2nd year MD student, Sarah Markus (right) last summer*

Our students have many opportunities to “go rural” for the real-life clinical experience that is a major educational component of the Rural Track. In 2014, 22 MD students spent 3 to 8 weeks with a rural preceptor between their first and second year and 11 third-year MD students spent 3 months in rural communities on an integrated, longitudinal clerkship that the Rural Track pioneered in the School of Medicine.

We also emphasize community engagement through the annual week-long [Interdisciplinary Rural Immersion](#) summer program. Students experience what it is like to live and work in a rural community by learning about the local culture, economy, natural resources, education system, and healthcare. This program has taken us to Sterling, Delta, Cortez and Alamosa in past years. In 2014, we spent a week in Lamar in Prowers County. Prowers Medical Center also created a \$10,000/year scholarship for a student interested in practicing in Lamar after training. This adds to our “grow-your-own” scholarships already established in Gunnison, Montrose, and Walsenburg, specifically offered to Rural Track students.

As we look to the future, we hope to continue providing the mentoring, broad skill set, and valuable experiences that help us achieve our ultimate goal— increasing the number of students who eventually enter and remain in practice in rural Colorado. We need your help to keep this program going strong. Whatever you can do, we appreciate your support and look forward to sharing coming years' successes!

In health,



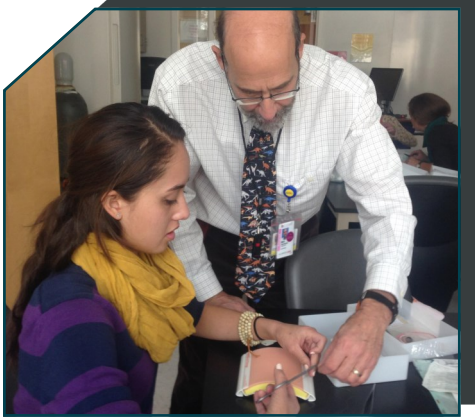
Mark Deutchman, MD  
Rural Track Director  
Associate Dean for Rural Health





# Current Rural Track Students

*Dr. Mark Deutchman assists 1st year MD student, Tamara Lhungay, during suture workshop*



*Joe Jones and Tadgh Parks, 2nd year CHA/PA students during airway management workshop*



*2nd year MD student, Tom Claggett, with Rural Track grad and summer preceptor, Tierney Lake ('10), in Montrose, CO*

## By the number\$...

**\$55** - the cost of one suture kit for a student to practice his/her hands-on skills

**\$100** - the cost of supplies for the sterile technique workshop

**\$500** - the cost for one student to participate in Rural Immersion Week

**\$1,000** - the cost to host a Rural Grand Rounds lunch lecture

**\$2,000** - the cost for one student to participate in the 4-week summer preceptorship

**\$340,000** - the annual cost of operating the Rural Track, 1/3 of which is covered by the School of Medicine

*Ryan Miller, 2nd year CHA/PA student and Matt Wood, 2nd year MD student during musculoskeletal workshop*

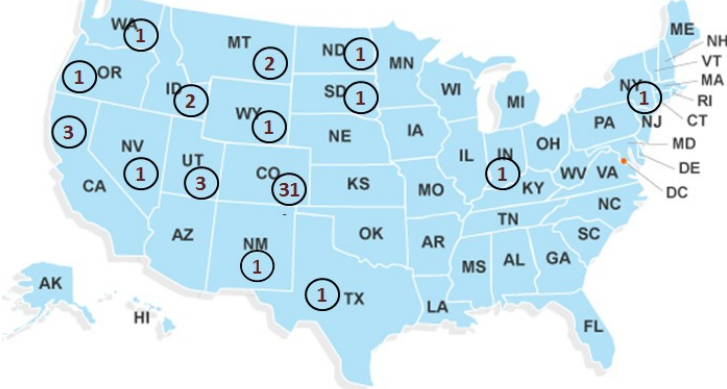


*Jade Bryant, Sierra Hill, and Jim Bougie, 1st and 2nd year pharmacy students learning how to immunize, brand, and "cut" calves during the Interdisciplinary Rural Immersion Week in Prowers County*



# Rural Track Graduates

Location of Rural Track Graduates in Practice



## By the numbers...

50% of RT graduates matched in primary care specialties

1/3 have completed training and entered practice

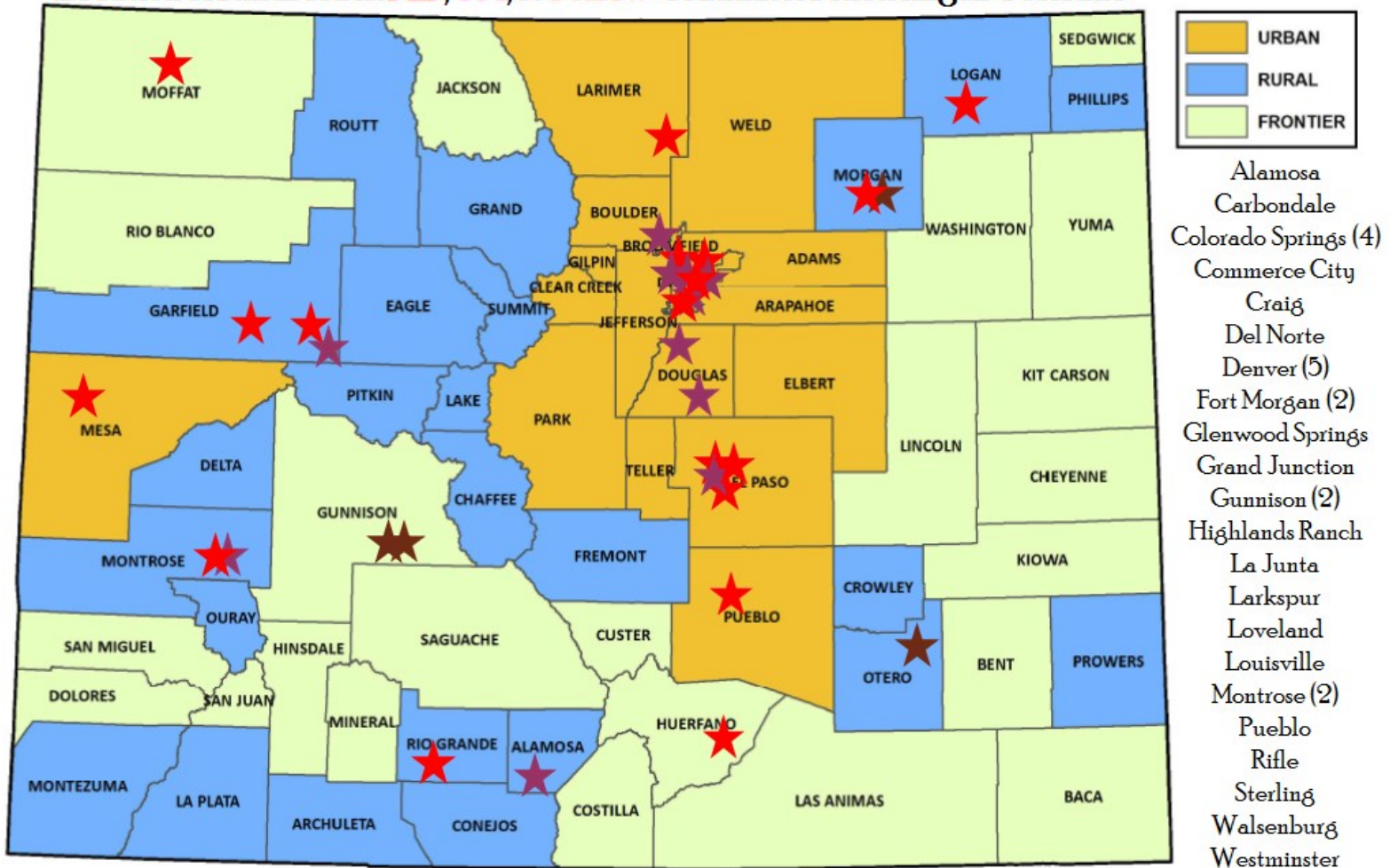
Of Rural Track graduates in practice,

60% are practicing in Colorado

50% are practicing in rural communities

30% are practicing in rural Colorado

Location of Rural Track MD, PA, & Fellow Graduates Practicing in Colorado





# Stay Connected!



*Rural Track MD graduating class of 2014*

*Back Row (L to R): Emily Frydendall, Cole Wiedel, Taisa Priester, Dr. Mike Moll (preceptor), Jason Langager, Dr. Mark Deutchman, Josh Bollan, Bobby Rivard, Nick Breitmayer, Kelly McCaffrey  
Front Row (L to R): Frank Hall, Stephen Wills, Nikki Struthers, Jessica Boat, Laurel Hascall-Dove, Lauren Harrell, Sara Parke Not Pictured: Susan Ulmer*

## Examples of our Seminars and Workshops:

- What is rural?
- Rural ethics
- Clinical guidelines
- Rural environmental health
- Surgical skills: sutures, biopsy, chest tubes

## Upcoming Workshops:

### March 4, 2015

- 1-3pm Childbirth Skills (Phase II)
- 3-5pm Perineal Laceration Repair (IV)

### April 22, 2015

- 1-3pm Cyst Removal (I)
- 3-5pm Perineal Laceration Repair (III)

### May 6, 2015

- 1-3pm Childbirth Skills (I)
- 3-5pm Childbirth Skills (III)

### May 13, 2015

- 1-3pm Suture Refresher (I)
- 3-5pm Vasectomy Lab (IV)

## HOW YOU CAN HELP

- Contribute to the Rural Track [operations/endowment](#) or [scholarship](#) fund.
- Precept students during their summer preceptorship or third-year clerkships.
- Help facilitate a workshop or share your expertise as a guest lecturer.
- Spread the word to your family, friends, colleagues, and community members about the Rural Track!



*Dr. Mark Deutchman with 2nd year MD students Sonny Stoen, James Engeln, Sarah Foster, Garrett Urban, Matt Wood, Will O'Donnell, Stephen Wills (MSIV), and Liz Malik during Second Look Day*



*1st year students Kelli Morrissey (CHA/PA), Whitney Bowser (CHA/PA), Chris Moreau (MD), and Keli Sherman (CHA/PA) show off their handmade Rural Track belt buckles*