



RURAL TRACK PIPELINE PROGRAM

Rural Immersion

An interdisciplinary experience



2017 Missouri AHEC Rural Immersion student participants

The first Missouri Area Health Education Center (AHEC) Rural Immersion Program brought 19 health professions students to Chillicothe, Mo., a town of about 9,000, to experience life as a rural health care provider outside of the clinic setting. With the assistance of the Northwest Missouri AHEC, this interdisciplinary, non-clinical program was designed to highlight the social and communal aspects of rural life and provide students with firsthand knowledge of how health care providers in rural parts of the state balance life and

work in a small town.

Participants included students in nursing, medicine, pharmacy, dentistry and population health. The students formed teams to explore one of four emphasis areas: business and government, education and arts, health care, and agriculture and natural resources. Student groups met with community leaders in their emphasis area. Through interviews and group activities, the participants of the Rural Immersion Program explored their emphasis area and built a framework for understanding how rural communities are connected to health care

providers and how health care providers contribute to their communities.

The information they gathered during Rural Immersion was used in the presentations the students gave to members of the Chillicothe community on the final day of the program.

“The program immerses you in a community and allows you to learn about opportunities you wouldn’t have thought possible in a small town. It gives you insight into how important access is, and lets you picture yourself practicing in rural Missouri,” said one Rural Immersion student.

Throughout the four-day experience, students explored the northwest Missouri community through a number of activities. They participated in a poverty simulation facilitated by Community Action, had dinner with the Emerging Young Professionals Group, toured Hedrick Medical Center, attended the monthly Community Wellness Committee meeting, listened to a panel discussion from local health care professionals and attended a Mudcats baseball game.

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Kathleen Quinn, PhD
Associate Dean for
Rural Health

Welcome to the third Rural Track Pipeline Program magazine. This has been an incredible year for the Rural Track Pipeline Program. We continue to innovate and make program changes that improve students' experiences and help them learn about the unique opportunities a career in rural medicine provides.

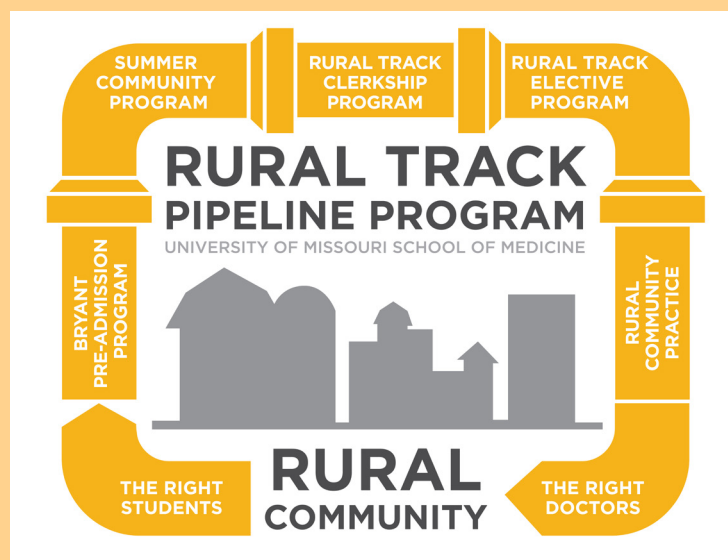
This year, for the first time, we conducted a Rural Immersion Program with community members and leaders in Chillicothe, Mo. Nineteen interprofessional students researched the community to learn how health care professionals work with education, business, agriculture, arts and government to keep a community viable while also keeping the citizens healthy. The students learned so much about how their role as a health provider integrates with the community at large.

In addition to Rural Immersion, the Rural Medical Services grant MU AHEC was awarded last year by the Department of Health and Senior Services has allowed us to open two new clinical training sites. Both sites are part of the Health Network of Missouri. The grant allows us to support residents in addition to medical students and, this year, several residents participated in rural rotations or practice management rotations.

Finally, you will read about one of our Bryant Scholar superstars, Dr. Andrea Schuster. She tells the story about fulfilling her dream to become a rural physician and the influence the Rural Track Pipeline Program had on her success. It is especially exciting to see a past Bryant Scholar, who is now a physician, teaching and mentoring another Bryant Scholar.

I write today to ask you to support students interested in rural medicine. Your gift, large or small, allows the MU School of Medicine to award scholarships to Rural Track participants and sustain the Rural Track Pipeline Program. With your generosity, the MU School of Medicine will continue to address the rural physician shortage and meet the health care needs of rural Missourians.

*Warmest regards,
Kathleen Quinn, PhD*



Make a Gift

Help celebrate 22 years of the Rural Track Program! Make a gift to support the program and student scholarships.

To donate online, visit:
medicine.missouri.edu/education/rural-track-pipeline-program/alumni/

Update Us

To update your information, visit:
medicine.missouri.edu/education/rural-track-pipeline-program/alumni/share-your-ahc-alumni-news/

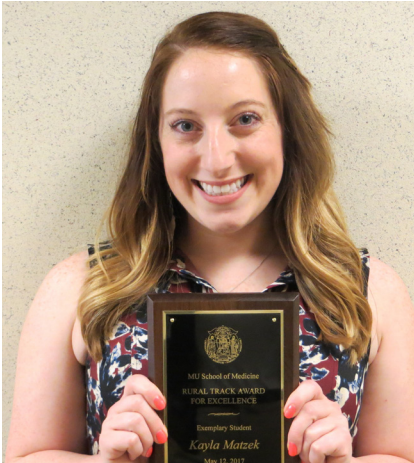
Having accurate practice information on Rural Track participants will assist us in illustrating program outcomes to stakeholders.

Program Outcomes

Program participants are more likely to choose a primary care specialty and twice as likely to choose family medicine as their specialty when compared to non-participants.

- 55% of participants practice in a rural location
- 53% of participants practice in Missouri

Rural Track Award for Excellence



Each year, the Rural Track Management Group chooses an M4 to recognize for the Rural Track Exemplary Student Award. The Exemplary Student Award recognizes MU Rural Track students who consistently

demonstrate a high level of commitment and passion for learning.

These students are recognized by patients, preceptors and staff as providing outstanding patient care and demonstrating an exemplary level of professionalism. They show a high level of interest in rural medicine and actively participate in rural track-related activities. They seek out opportunities to become involved in the community and participate in service activities where available.

This year, Kayla Matzek, MD '17, was the recipient of the award. Matzek completed her Rural Track Clerkship rotations in Joplin, Mo., during her third year and was nominated by Dr. Amanda Lewton.

Dr. Lewton, a Bryant Scholar, the Rural Track medical director, and one of our community-based family medicine faculty from Mercy Clinic-Neosho in southwest Missouri, wrote in her nomination: "Kayla did an excellent job in my clinic. The patients loved her. My staff loved her. She was obviously very interested in learning. She had an excellent knowledge base."

Dr. Matzek is now a family medicine resident at Cox Medical Center in Springfield, Mo.

Rural Track Award for Distinguished Community-Based Faculty



John Hopkins, MD '93, Rural Track community-based faculty member and Nicholas Arnold, MD '17, Rural Track student

John Hopkins, MD, received this year's Rural Track Award for Distinguished Community-Based Faculty. Dr. Hopkins is a pediatrician from Lebanon, Mo. Since 2011, Dr. Hopkins has taught 20 Rural Track medical students.

This award recognizes community-based faculty who consistently demonstrate superior commitment and skill for teaching MU Rural Track medical students. They provide the best care for their patients, demonstrate exemplary professionalism, maintain the respect of their colleagues and demonstrate active leadership and involvement in their community.

Nicholas Arnold, MD '17, the student who nominated Dr. Hopkins, wrote: "The personal level of patient-centered care that Dr. Hopkins practices each day is outstanding. He takes the time to get to know his patients and their families regardless of what time constraints he may have. He is actively involved in the community and strives each day to better the world around him."

Dr. Arnold is now a first-year internal medicine resident at the University of Iowa.

Members of the Chillicothe community welcomed the students and were integral to the success of the program.

“This program would not have been possible without the support and commitment from the community in Chillicothe,” said associate dean for rural health Kathleen Quinn, PhD. “Mayor Chuck Haney, county commissioner Ed Douglas, tourism director Amy Supple, North Missouri Center for Youth and Families director Daniel Savage and so many others made this experience excellent for the students.”

“Coming to this program, never in a million years would I have even considered moving to a rural community. After getting to know the people in the community, I can honestly see myself moving to Chillicothe in the future,” said one of the Rural Immersion students.

In addition to learning more about working in a rural community, students worked with students from other health care disciplines. Many programs offer students the chance to work in rural communities during clinical rotations, but they rarely work with students outside of their discipline. All participants stayed at the Jabez Retreat Center, located just outside of Chillicothe, and spent their free time bonding with other participants by hiking, fishing, making s’mores and cooking meals for one another.

“The Rural Immersion program provided students with opportunities to recognize the value

of relationships and collaboration within a rural community that are necessary to improve the overall quality of life and health of the region. Chillicothe served as an excellent example of partnerships across municipalities, agriculture, education, business and health care,” said Dr. Kelly Cochran, associate professor of pharmacy practice and administration at the University of Missouri Kansas City School of Pharmacy Satellite Program. “Rural Immersion provided student pharmacists with a holistic view of the social determinants of health, which can be difficult to describe in the classroom. Student pharmacists were able to recognize the importance of partnerships across a community and among other members of the health care team that will be critical to their practice in a rural clinic, community pharmacy or hospital.”

The 19 student participants represented health care institutions across the state, including 10 students from the University of Missouri Sinclair School Of Nursing, two students from the A.T. Still University School of Medicine, two students from the University of Missouri School of Medicine, one student from Saint Louis University School of Medicine, two students from the University of Missouri Kansas City School of Pharmacy at MU, one student from A.T. Still University Dental School and one population health student from Missouri Western University.

The Missouri AHEC Rural Immersion Program is grant-funded by the Missouri Department of Health and Senior Services.

Planning for the second year of the Missouri AHEC Rural Immersion program is currently underway.



MU starts new training sites in Sedalia, Osage Beach

In 2017, MU developed two new training sites for the Rural Track Pipeline Program. The two new sites are Bothwell Regional Health Center in Sedalia and Lake Regional Hospital in Osage Beach.

Medical students from the University of Missouri will be able to select Bothwell Regional Health Center and Lake Regional Hospital as training sites.

Both hospitals are members of The Health Network of Missouri, a health system collaborative aiming to increase and improve access to health care for people across the state. The six member hospitals work together and share best practices to improve patient care in the communities they serve.



Coming Full Circle: Pre-Med to Practice

By Dr. Andrea Schuster

I grew up in Pilot Grove, Mo., a small town about 40 miles west of Columbia. From a very young age I wanted to be a physician, probably because I adored my pediatrician and admired the way he put my parents at ease when I was sick. I have no family members who are medical doctors, and while my parents were always supportive, we were basically flying blind when it came to planning for my career. I found out about the Bryant Scholars Program as a freshman in college through my high school guidance counselor. I applied and thankfully was accepted during my sophomore year at Mizzou. The Bryant program provided me with a structure for succeeding in undergraduate and medical school. I was introduced to advisors, met other pre-med students from rural backgrounds and participated in retreats that taught me what to expect as a medical student. The experience was invaluable, and I finally had a plan and the support I needed to become a doctor.

The Bryant program only became more instrumental during medical school. The summer after my M1 year, I participated in the Summer Community Program, during which I was paired with Dr. Julie Burdin, a rural family physician in Macon, Mo. Before then, I wanted to pursue pediatrics, but I immediately fell in love with the scope and ideals of Family Medicine. My preceptor was a perfect example of who I wanted to be in 10 years: a motivated, intelligent doctor providing excellent care for her patients and

serving her small community. I truly believe that it is due to this experience that I am a family physician today.

During my third year of medical school, I spent seven months in St. Joseph, Mo., as part of the Rural Track Clerkship Program. During my clerkship, I worked with several talented preceptors who provided me not only with medical knowledge but also exposed me to the ins and outs of rural practice. I gladly returned to St. Joseph for a month during my M4 year for a Rural Track elective. My experiences were hands-on, personalized and unique from those of my classmates that went through clerkship in the university setting. Participating in the Rural Track Clerkship Program cemented my desire to practice in a rural community and provided me with a real-life example of what it is like to live and practice in a small town as a physician.

As a family medicine resident at the University of Missouri, I continued to participate in Bryant Scholars activities. I spoke on panels for pre-med students, volunteered at Bryant retreats and served on a committee for the advancement of rural medicine in Missouri. After graduating from residency in 2017, I took a position at the University of Missouri as a clinical faculty member in the family medicine department. My clinic is in Fayette, a rural town in central Missouri with a population of approximately 3,000 people. I continue to practice obstetrics and

inpatient medicine. I now enjoy lecturing at Bryant retreats and mentoring current Bryant Scholars in my clinic setting. It is such a joy and privilege to help upcoming medical students succeed and to give back to the program that has provided me with so much guidance and valuable experience over the last 10 years. I know the Bryant Scholars Program made all the difference. I can only hope that this incredible program continues to grow so that more students from small communities are encouraged to become physicians and serve the people of rural Missouri in the future.

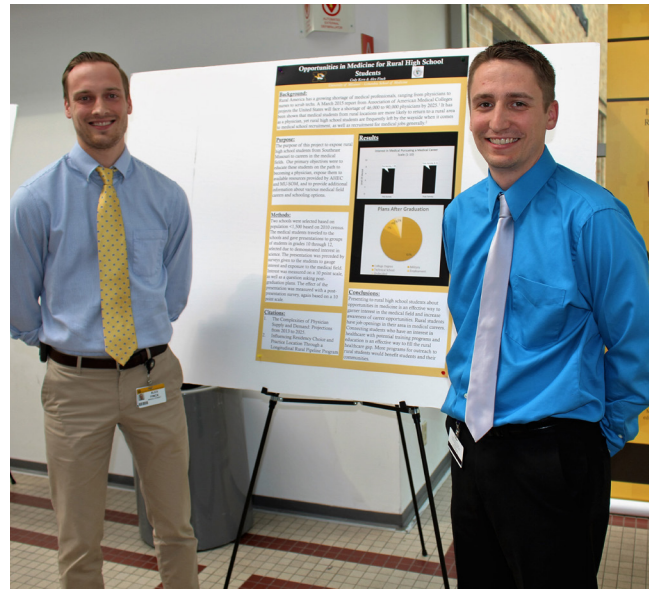


Current Bryant Scholar Kelly Dougherty with her physician mentor, Dr. Andrea Schuster, MD '14

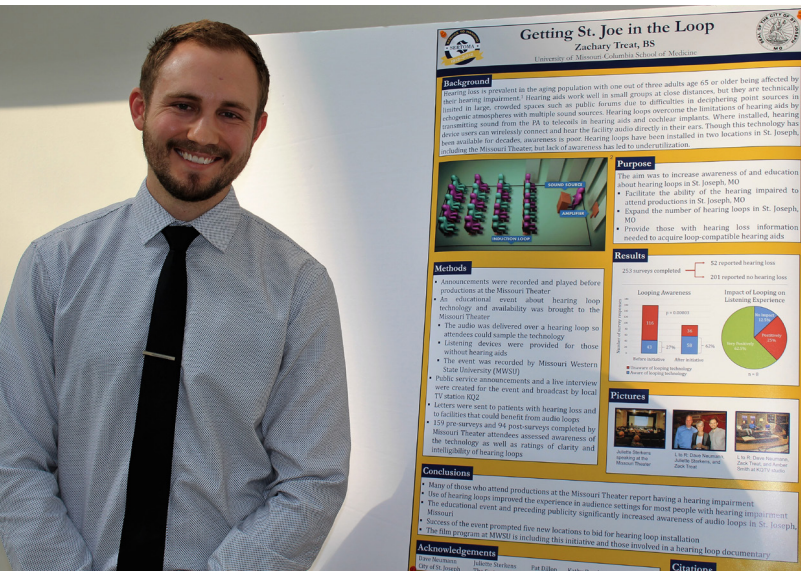
A YEAR IN PHOTOS



Rural Track Clerkship students Emily Levinson, Cody Kern, Ashley Albertson, Alexander Finck, Meredith Norfleet, Morgan Carlile and Zachary Treat presented community integration projects.



Alexander Finck, MD '18, and Cody Kern, MD '18, present their community integration project, "Opportunities in Medicine for Rural High School Students."



Zachary Treat, MD '18, presents his community integration project, "Getting St. Joe in the Loop." Treat's poster was chosen as one of the top entries by the community integration project poster session judges.



Emma Frank, MD '18, explains her community integration project, "Health Care Professional Readiness to Address Intimate Partner Violence in a Rural Setting," to poster session judges including Kevin Kane, MD, MSPH, as-associate dean for education improvement; Nathan Beucke, MD '04, assistant professor of clinical child health; and Thomas Mawhinney, PhD, professor of biochemistry.



Bryant Scholars from the entering class of 2018 participate in a team-building exercise at the annual Bryant Scholars Summer Retreat.



Bryant Scholars from the entering class of 2018 assist each other in a high-ropes exercise at the annual Bryant Scholars Summer Retreat.



Aida Bilali Ka, MD, Fullbright Scholar, and Master of Public Health candidate 2017 presented the keynote address at the annual Bryant Scholars Summer Retreat. She is pictured with Michael Hosokawa, EdD, senior associate dean of education and faculty development.



Bryant Scholars from the entering class of 2017 include, front row: Maggie Campbell, Eliza Smith and Brian Blankenship; back row: Katherine Lowrey, Charles Baumann, Kirstie Holtermann and Cord Sheehy.



MU Health Professions Summit participants learn how to properly administer an injection at the Sinclair School of Nursing Simulation Center.



MU Health Professions Summit participants learn how to perform a physical exam and test reflexes at the Russell D. and Mary B. Sheldon Clinical Simulation Center.



University of Missouri Health Professions Summit participants and student leaders post for a photo.



Rural Immersion participants bond around a campfire after a day of learning about the Chillicothe community.



Rural Immersion participants outside Hedrick Medical Center in Chillicothe after receiving a tour.



Rural Immersion participants explore "The City of Murals" during a team scavenger hunt in Chillicothe.

Where Are They Now?

Rural Track Graduates were asked
“What prepared you most for rural practice?”

Craig Luetkemeyer, MD '12
Jamie Luetkemeyer, MD '12

Family Medicine
Capital Region Primary Care Clinic
Jefferson City, Mo.

The Rural Track Pipeline Program was a great experience as medical students. We were able to interact with a larger variety of patients, providers and practice settings, which improved our learning. We also had the opportunity to experience the small-town atmosphere, which we both grew up in and love. The Rural Track Pipeline Program solidified our desire to be primary care physicians in a smaller area.



Lindsay Rice, MD '09

Family Medicine
Mosaic Life Care at Cameron-Family Care
Cameron, Mo.

When pondering what prepared me most for rural practice, two things come to mind. First, my upbringing. I've always been a country kid. This background allowed me to relate to my patients and appreciate how health care fits into that setting. Second, my time in the Rural Track Pipeline Program had a profound effect on my ability to provide health care to a rural population. Months in rural communities provided an example of how doctors were practicing in those settings while allowing so much more of a hands-on experience than my classmates back in Columbia were getting. Examples of delivering top-notch care with fewer medical resources gave me further awareness of what my aspirations to be a rural physician really meant.

CONGRATULATIONS TO THE NEW BRYANT SCHOLARS!

ENTERING CLASS OF 2019

Elizabeth Blanton
Sikeston

Aaron Brown
Macon

Sarah Buckley
Richland

Madison Bulger
Harviell

Shelbi Davis
Sedalia

Regan Hill
Rogersville

Nicole Hitchcock
Carthage

Madison Kaempfe
Carthage

Nupur Kanani
Ste. Genevieve

Caitlyn Landewee
Leopold

Caleb Lee
Kingdom City

Riley Short
Osage Beach

Allison Spunaugle
Warsaw

Jared Yates
Knob Noster

The Bryant Scholars Pre-Admissions Program began in 1995 as part of the Rural Track Pipeline Program at the MU School of Medicine to address the shortage of physicians in Missouri.

The program encourages young people from rural backgrounds to pursue a medical education.

More Information

Do you know someone interested in the Bryant Scholars Pre-Admissions Program? Visit medicine.missouri.edu/admissions/ for eligibility criteria and application requirements.

Program Outcomes

- 68 percent of Bryant Scholars practice in a rural location
- 76 percent of Bryant Scholars practice in Missouri

MU Health Professions Summit

July 16-18, 2018
University of Missouri

The MU Health Professions Summit is a three-day experience for Missouri high school students interested in health careers. For more information and to apply, please visit medicine.missouri.edu/education/pre-med-outreach-programs/mu-health-professions-summit/.

Applicants Must:

- Be a Missouri high school freshman, sophomore or junior
- Have a 3.0 cumulative high school GPA

Applications due March 5, 2018

MU Rural Track Pipeline Program
Patient Centered Care Learning Center
1 Hospital Drive, DC018.00
Columbia, MO 65212

Return Service Requested

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medicine.missouri.edu/education

**Thank you for your continued
support of MU-AHEC and the Rural
Track Pipeline Program**

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