



RURAL TRACK PIPELINE PROGRAM

MU AHEC Awarded Rural Medical Services Grant

The University of Missouri School of Medicine's Rural Track Pipeline Program will increase the number of hospitals across the state where medical students, and for the first time residents, can complete training in rural Missouri.

Through the Rural Medical Services grant awarded by the Missouri Department of Health and Senior Services, Health Network of Missouri hospitals will open their doors to Mizzou medical students and residents.

"This grant allows the School of Medicine's Area Health Education Center Rural Track Pipeline Program to dynamically evolve in order to meet the needs Missouri's rural communities, as well as the comprehensive educational needs of MU medical students," said Kathleen Quinn, PhD, associate dean for rural health at the MU School of Medicine. "Our program has produced hundreds of physicians, many of whom have chosen to return to rural Missouri to address the critical shortage of primary care physicians. Expanding to the Health Network of Missouri hospital systems provides a huge opportunity for the program to touch even more medical students, and to expand rural training to the residents in primary care specialties."

Since 1995, students interested in rural medicine have been able to experience rural practice firsthand through the programs in the Rural

Track Pipeline. Medical students who have participated in the Rural Track programs are more likely to practice in a rural community, and more likely to choose primary care, specifically family medicine, as their specialty during residency. Hannibal Regional Healthcare System and Bothwell Regional Health Center in Sedalia are the first two systems to allow students to receive on-site training from their physicians during the summer, for core clerkships during the third year, or for electives during the fourth year.

"Participating in rural track my third year was a great experience. I was able to work closely with community physicians getting individualized instruction, and chose to participate again as a fourth year student," said Misty Todd MD '17. "I am very fortunate to have been able to do a Rural Track rotation in Hannibal this fall, as it is close to my hometown of LaGrange where I plan to return after finishing a family medicine residency at Mizzou. Rotating in Hannibal enabled me to not only get a glimpse of what my future work environment could look like, but also how I can better serve the region."

For the first time, the Rural Track Pipeline Program will work with residents in the primary care specialties of Child Health, Family Medicine and Internal Medicine to organize trainings with rural physicians. Residents will have the opportunity to practice both clinical and non-clinical skills to learn the



Rachel Mutrux, director of the Missouri Telehealth Network, speaks to residents, medical students, and undergraduate students at the first lecture of the Rural Medicine Lecture Series.

scope of rural medicine.

"Residents may be interested in rural medicine from their experiences during medical school or from being from a small town," said Quinn "Providing residents with the opportunity to visit a physician in this setting is an important step to knowing how they'll manage their practice in the future."

continued on page 4





Kathleen Quinn, PhD
Associate Dean for
Rural Health

Welcome to the second Rural Track Pipeline Program magazine. 2016 has been a year of new opportunities and growth. MU AHEC was awarded the Rural Medical Services grant by the Department of Health and Senior Services. The funding allows medical students and residents to experience new training opportunities in rural medicine at Health Network of Missouri training sites.

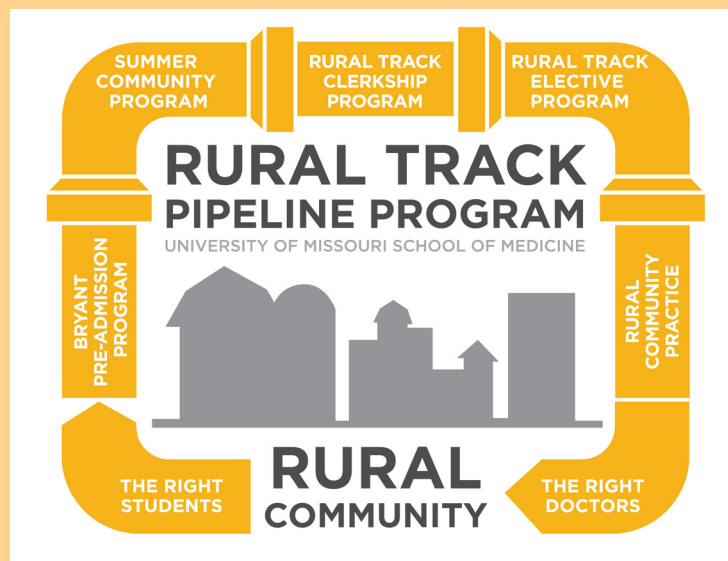
In addition to clinical training, the grant establishes a Rural Medicine Lecture Series, a child health rural residency rotation, and expanded opportunities for family medicine residents to complete practice management rotations in rural Missouri.

This year we've worked locally and nationally to support healthcare workforce recruitment and retention. Our Missouri AHEC centers recruited regional young people interested in health careers for our Health Professions Summit. The MU School of Medicine collaborated with the Sinclair School of Nursing and the School of Health Professions to introduce students who are underrepresented in health careers to careers in healthcare. At our annual national conference in Washington D.C., "AHEC on the Hill: A Capital Idea," MU AHEC was invited to present our best practices regarding the health care workforce.

Inside, read about our Rural Track Distinguished Community-Based Faculty award winner and rural track graduates in "Where are They Now?". If you would like to be featured in a future issue, please contact us. We would love to hear how you are doing and the contributions you are making.

Finally, 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 21 years of the Rural Track Program! Make a gift to support the rural Track Program and student scholarships.

To donate online, please visit:
medicine.missouri.edu/ahec/alumni-giving

Update Us

To update your information, visit:
medicine.missouri.edu/ahec/forms/update.php

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

We would also like to keep you informed about the Rural Track Program. Please let us know if you are interested in being involved in teaching or mentoring rural track students.



Missouri AHEC staff in front of the United States Capitol

Missouri AHEC Visits D.C.

The National AHEC (NAO) organization hosted its biennial national conference June 27-30, 2016 in Washington, D.C. The conference theme “AHEC on the Hill: A Capital Idea” included an AHEC advocacy day on Capitol Hill for all 450 attendees.

Twenty Missouri AHEC program office and center staff attended and visited the offices of Sen. Claire McCaskill, Sen. Roy Blunt, as well as congressmen and congresswomen from Missouri to advocate for AHEC.

During the conference, educational sessions highlighted AHEC best practices across the country. This year, MU AHEC presented on the University of Missouri Bryant Scholars Pre-Admissions program, as well as a poster titled “Incorporation of Service Learning into Medical Student Rural Clinical Training Experiences.”

In addition to presentations, Michael French, A.T. Still/KCOM Program Office, was presented with the Red Koelling Distinguished Service Award. This award is given to an individual who has exhibited exceptional active service to both his/her center/program and the National AHEC Organization. Michael has been co-director at the Kirksville program since 1988. In addition to his guidance to Missouri AHEC, he currently serves on the NAO Board of Directors and several of its committees. He was nominated by Missouri AHEC.

Rural Track Award for Distinguished Community-Based Faculty



Alicia Webb, MD '16, Rural Track student and Paul Epp, MD, Rural Track Community-Based Faculty Member

Each year, a Rural Track community-based faculty member is recognized at the Honors and Awards Convocation in May. This year, Paul Epp, MD was the recipient of the Rural Track Award for Distinguished Community-Based Faculty. Dr. Epp is psychiatrist from St. Joseph, Missouri. Since 2008, Dr. Epp has taught 21 Rural Track medical students.

This award recognizes community-based Rural Track preceptors who consistently demonstrate a superior level of commitment and skill for teaching MU Rural Track medical students. They provide the highest quality of care for their patients, demonstrate an exemplary level of professionalism, are highly respected by their colleagues, and demonstrate active leadership and involvement in their community. Alicia Webb, the M4 who nominated Dr. Epp, wrote: “No matter how long we had been there, how many patients we had already seen, or how tired he must have been, Dr. Epp treated each patient with kindness and gave them as much of his time as they needed. Dr. Epp was a fantastic role model whose sense of humor and commitment to his patients and his staff truly impressed me.” Alicia Webb is now a first year pediatrics resident at the University of Alabama.

Rural Medical Services Grant



Misty Todd, MD '17, listens to keynote speaker Rachel Mutrux, director of the Missouri Telehealth Network, during the first lecture of the Rural Medicine Lecture Series.

"In addition to the Area Health Education Center Rural Track Pipeline Program, the grant also funds the Rural Medicine Lecture Series. In this series, medical students and residents will hear from experts in rural medicine, including physicians in rural Missouri and CEOs of critical access hospitals about important aspects of practice. The first lecture of this series focused on telehealth and Extension for Community Healthcare Outcomes, or ECHO. Rachel Mutrux, senior program director of the Missouri Telehealth Network, spoke about the impact telemedicine can have on rural communities.

"Providing students at all levels exposure to telemedicine and Show-Me-ECHO is important for those interested in rural medicine," said Mutrux. "In many communities, primary care physicians fill the role of specialists, and with training from the ECHO program, they are able to serve a greater number of people in

their community. They can participate in clinics on asthma, autism, chronic pain management, dermatology, endocrinology and hepatitis C, learning to care for patients in a more comprehensive way."

Future lectures will focus on other aspects of rural practice including the business side of rural medicine, social factors that influence health outcomes in rural communities, and the responsibilities physicians have to engage with their community. Experts will also present lectures relevant to residents in primary care specialties

"We continue to grow and offer opportunities for success. Our program relies on the dedication and commitment of rural communities, as well as their physicians, to expand access to health care across Missouri," said Quinn. "Our partnership with the Health Network of Missouri hospitals, and the experts at our lectures, are an invaluable resource as we work to improve rural health care in Missouri."

HEALTH
Network | *Advancing*
OF MISSOURI | *Quality Care*



The Health Network of Missouri, established in 2014, is a health system collaborative aiming to increase and improve access to health care for people across the state. Six member hospitals (Bothwell Regional Health Center in Sedalia, Capital Region Medical Center in Jefferson City, Hannibal Regional Healthcare System, Lake Regional Health System in Osage Beach, University of Missouri Health Care in Columbia, and Saint Francis Healthcare System in Cape Girardeau) work together and share best practices to improve patient care in the communities they serve.

Medical students from the University of Missouri will be able to select Hannibal Regional Healthcare System as a training site for the summer community program following their first year, core clerkships during their third year, and electives during their fourth year beginning in June 2017.



MU Health Professions Summit

A success for Missouri students



University of Missouri Health Professions Summit participants and undergraduate health professions student leaders

More than 30 Missouri high school students spent three days at the annual University of Missouri Health Professions Summit, July 17-19, 2016.

The summit, sponsored by the University of Missouri Area Health Education Center (MU AHEC), was created to introduce students who currently are underrepresented in health careers to possible career opportunities in health care. During the summit, students spent time at the MU School of Medicine, MU School of Health Professions, and MU Sinclair School of Nursing, participating in hands on activities and informational sessions to expose them to multiple health careers.

Through hands-on activities and information sessions taught by MU's faculty and staff, students learned about numerous health careers including medicine, nursing, occupational therapy, physical

therapy, ultrasonography, public health, speech and communication disorders, and many more.

The Summit also allows students to have the experience of being a college student in the health professions at MU. The experience helped dispel myths and anxiety about being a college student on a large campus. Students experienced college life by staying in the residence halls, eating in the dining facilities, and discovering recreational opportunities. Informational sessions provide students information regarding admissions, financial aid, and also provided an opportunity to network with current health professions faculty, staff and students.

"Each year, underrepresented minority students, socio-economically disadvantaged students and students from rural and underserved areas of Missouri

are encouraged to apply for the summit," said Kathleen Quinn, PhD, associate dean for rural health at the MU School of Medicine. "These students are more likely to continue through the School of Medicine pipeline programs, such as the Bryant Scholars Program and Mizzou MedPrep, or other programs at the Sinclair School of Nursing or School of Health Professions, because they are from Missouri. These students also are more likely to return home after completing professional school and practice in areas of need in Missouri."

To close the summit, students presented a video project to their parents and MU Health faculty showing what they learned during their time on the MU campus.

The summit at MU is funded by a grant from the U.S. Health Resources and Services Administration. The goal of the program is to improve the number and experience of health care providers, particularly primary care providers, in underserved areas.

If you know a high school student who might be interested in attending the 2017 University of Missouri Health Professions Summit please visit: **medicine.missouri.edu/admissions/health-professions-summit**



A YEAR IN PHOTOS



MU Health Professions Summit participants learning to recognize heart and lung sounds at the Russell D. and Mary B. Sheldon Clinical Simulation Center.



AHEC recruitment coordinators attend the annual MU Health Professions Summit on the University of Missouri Campus. (L-R) Darci Shuster, NWMO AHEC; Jessica Wentworth, NEMO AHEC; Sarah Jackson, SEMO AHEC; and Heather Phillips, SWMO AHEC.



MU Health Professions Summit University of Missouri Undergraduate Group Leaders: Katherine Lowrey, pre-med student; Gaylon Boyland, athletic training student; Cory Smith, pre-med student and NWMO ACES Student; Heidi Hegemann, nursing student and NWMO ACES Student; Shanon Luke, first year medical student.



Kathleen Quinn, PhD, Associate Dean for Rural Health presents a certificate of completion for the MU Health Professions Summit to participant Madison Davis, NWMO AHEC student.



Bryant Scholars from the entering class of 2016 participate in a teambuilding exercise at the annual Bryant Scholars Summer Retreat on campus.



Bryant Scholars from the entering class of 2017 participate in a teambuilding exercise at the annual Bryant Scholars Summer Retreat on campus.



Laura Morris, MD '07, Assistant Professor of Clinical Family and Community Medicine presents as the keynote dinner speaker at the annual Bryant Scholars Summer Retreat on campus.



Bryant Scholars Entering Class of 2016: (Top to Bottom, L-R) Dalton Lohsandt, Ryan Ladd, Natalie Miller, Philip Schuchardt, Miranda Elliston, Molly Bliss, Andrew Polk, Erin Ehlers, Katherine Meidl, Megan McCaul, and Shanon Luke.



Paul Epp, MD, recipient of the 2016 Rural Track Award for Distinguished Community-Based Faculty with his past students (L-R) Jesse Day, MD '17; Stephanie Peace, MD '17; and Alicia Webb, MD, '16.



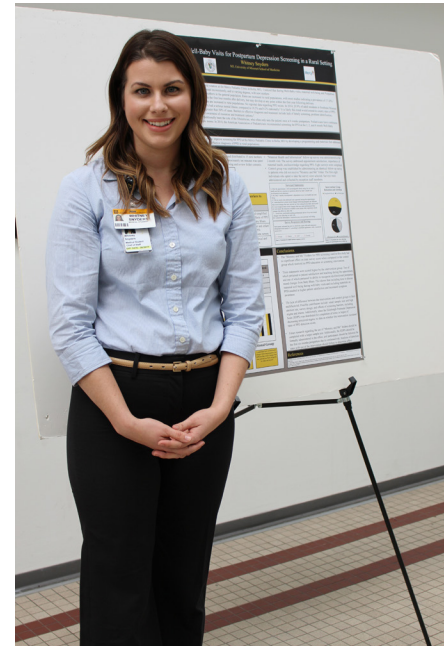
Rural Track Community Based Faculty member Shari Smith, DO received the 2015-2016 MU School of Medicine Curriculum Board Outstanding Community Faculty Preceptor Award. She has taught 30 medical students as part of the academic-community partnership between the University of Missouri and Mercy Joplin.



More than 450 AHEC staff at the biennial National AHEC Organization conference in Washington D.C.



Graduating Class of 2017 students present their Community Integration Projects. (L-R) Whitney Snyders, Marlena Szewczyk, Nick Arnold, Marlana McDowell, Misty Todd, and Allison Williams.



Whitney Snyders, MD '17 presenting her community integration project, "Utilizing Well-Baby Visits for Postpartum Depression Screening in a Rural Setting."



2016 Community Integration Poster Session Judges. (L-R) Kevin Kane, MD, MSPH, Associate Dean for Education Improvement; Nathan Beucke, MD '04, Assistant Professor of Clinical Child Health; Kathleen Quinn, PhD, Associate Dean for Rural Health; and Thomas Mawhinney, PhD, Professor of Biochemistry.



Marlana McDowell, MD '17 presenting her community integration project "Women's Health Education for Female University Students" to Kimberly Hoffman, PhD, Associate Dean for Curriculum and Assessment.



Where Are They Now?

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



Fallan Mayabb, MD '11

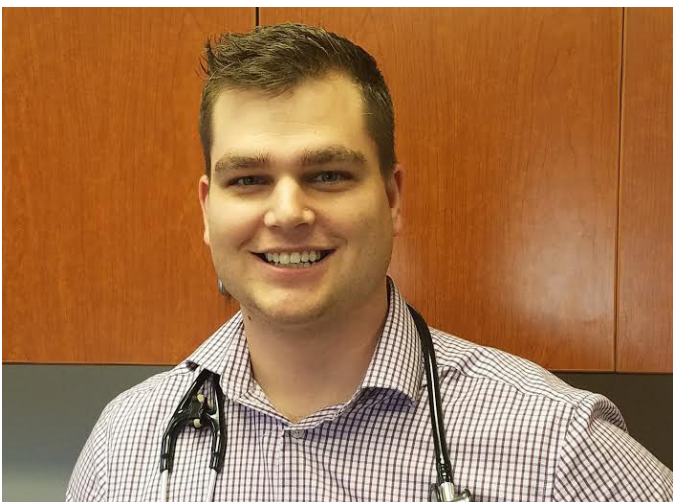
Obstetrics and Gynecology
Missouri Delta Women's Care Center
Sikeston, MO



Trevin Mayabb, MD '11

Family Medicine
Ferguson Medical Group
East Prairie, MO

We both feel that the Rural Track Program was invaluable in preparing us for rural practice in both of our fields. The Rural Track Program gave us the opportunity to immerse ourselves in rural medicine between first/second years of medical school and during our clinical rotations in third year. Not only did this give us the experience to prepare us for rural medicine but it introduced us to our future partners! We are both now working with our previous preceptors in very fulfilling practices. We look forward to joining as rural preceptors to bring the pipeline full circle.



Andrew Valleroy, MD '13

Family Medicine
Mercy Clinic
Washington, MO

My preparation for rural practice has been an evolution over years of training. From early involvement with the MU Rural Track program during undergraduate, off-site clerkships in medical school, to practicing in Fulton, Missouri in residency - a culmination of these experiences has led me to where I am. Those opportunities were so meaningful because of the excellent family physicians who mentored me. Coming from and being a part of a rural community is probably the best way to understand rural practice and the needs of our patients.



Amanda Turner, MD '11

Family Medicine
Nevada Medical Clinic
Nevada, MO

The answer cannot be attributed to a single person nor a single experience. My primary care physician as a child inspired me to pursue the practice of medicine. Growing up in a rural area, I observed how integral a family physician can be to the health and wellness of a family. I had wonderful parents who encouraged me to follow my dreams in spite of the challenges associated with being a first generation college student. I was able to join the Rural Track Pipeline through MU AHEC early in my college career and eventually achieve pre-acceptance into the University of Missouri - Columbia, a medical school which supports and fosters primary care training. During my residency program I was able to work with faculty mentors who were huge proponents for rural full-scope primary care physicians and helped to tailor some of my training to my future practice. The culmination of these life experiences and training has prepared me best for the challenges I have faced in my first year of practice and the coming challenges that can be associated with rural practice.



Madeleine Philpot, MD '10

Psychiatry
Phelps County Regional Medical Center
Rolla, MO

The eight week internship that I did in between my M1 and M2 years really helped me prepare for rural practice. I did my internship at PCRMC on the inpatient psychiatry unit. Seven years later, I came back home to Rolla to practice on that same unit. That rotation gave me my first taste of what it was like to work on an inpatient psychiatry unit. I knew from my first day there that that was the type of environment I wanted to practice in and that psychiatry was definitely the right field for me.

Are you interested in being featured in "Where Are They Now?"
Contact Allison Fuemmeler at 573-884-3566
or fuemmeleran@health.missouri.edu

MU Rural Track Pipeline Program
2401 Lemone Industrial Blvd., DC345.00
Columbia, MO 65212

Return Service Requested

MU-AHEC FACULTY AND STAFF

Associate Dean for Rural Health
Kathleen Quinn, PhD

Program Director
Sheila Marushak, MEd

Associate Director
Jana Porter, MS

Springfield Program Coordinator
Kelly Risby, BS

Program Coordinator
Allison Fuemmeler, MSL

Program Coordinator
Ann Wade, BS, BJ

Business Support Specialist
Jessica Schuster, BA

Rural Track Medical Director
James Stevermer, MD, MSPH

RURAL TRACK PIPELINE PROGRAM

2401 LeMone Industrial Blvd.,
DC345.00
Columbia, MO 65212
Telephone: 573-884-7370
Fax: 573-882-5666

medicine.missouri.edu/ahec
**Thank you for your continued
support of MU-AHEC and the Rural
Track Pipeline Program**

Questions? Contact:
Allison Fuemmeler
573-884-3566
fuemmeleran@health.missouri.edu