

TRUST Welcomes its Largest Class of UW Medical Students Ever E16 TRUST Scholars Come from All 5 WWAMI States



MONTANA ↑



WYOMING ↑



EASTERN WASHINGTON ↑



WESTERN WASHINGTON ↑

IDAHO ↓

ALASKA ↓



Pictured above (left to right): **Montana**; Alison Armstrong, Mary Glen Vielleux, Hannah Vigne, Dalton Peaslee, Shauna Milne-Price, Chance Stewart, Keenan Kuckler, Tessa Zolnikov, Angela Bangs, Cyrus Gilbert. **Wyoming**; Dan Nicholls, Kevin Muller, Tappy Gish. **E. Washington**; Miguel Sotelo, Laura Stolp, Justin Thompson, Kevin McNamee, Sarah Printz, Jason Dixon. **W. Washington**; Kelsey Kent, Elizabeth Polsin, Ross Logan, Elizabeth Reed. **Idaho**; Matthew Ward, Meaghan Bruner, Joshua Reddish, Emily Dickerson, Melissa Liner, Brandon Comish. **Alaska**; Nicole Jeffery, Alexandra Davis, Monica Cox (E-15), Alexander Morgan.

Leadership Retreat Helps Prepare Scholars for Future Practice

TRUST Scholars gathered at Flathead Lake near Kalispell, Montana for the third annual Leadership Retreat led by Montana TRUST's Jay Erickson and Lisa Benzel. WWAMI Regional clinical deans play a key role in planning and executing the retreat. Twenty-eight TRUST Scholars participated in the 5-day retreat to address leadership skills that will be useful to Scholars in their future underserved rural and underserved small city practices. Most of the sessions are led by the Scholars themselves and focus on areas such as conflict resolution, advocacy, working with different personalities, setting up free clinics for the underserved and ethical issues in rural practice. Participants also honed teamwork skills in a whitewater river rafting trip and relaxed a little after the first two terms of medical school. In the new curriculum, the leadership retreat is the only opportunity for TRUST Scholars to meet their counterparts from other WWAMI states and regions.



TRUST Scholars Celebrate Graduation

2016 TRUST Scholar graduates (mostly from E-2012) and their families celebrated the milestone at the Seattle Public Library prior to the School of Medicine graduation ceremony in May. Thirteen TRUST Scholars from Montana and Washington participated in the ceremony also attended by three TRUST continuity community faculty: Greg Rice from Libby, Montana, Andrew Castrodale from Grand Coulee, Washington and Rob Epstein from Port Angeles, Washington. Scholars wore the blue sashes pictured in School of Medicine hooding ceremony. The 2017 event will include the first Idaho TRUST graduates.



Family Medicine Clerkship Student Professionalism Awards go to TRUST Scholars

Each year, the Family Medicine Clerkship solicits nominations for its student professionalism award. This year, the three award recipients were selected from nominees all over the five-state WWAMI region, with two of the three being TRUST scholars:

- Caroline Pihl, Libby
- Patrick Callahan, Ferndale



Patrick Callahan (second from left) receives his professionalism award.

TRUST Scholars Chosen for Gold Humanism Honor Society

The Gold Humanism Society (GHHS) recognizes those who have demonstrated an extraordinary commitment to excellence, integrity, empathy, respect and service. Selection focuses on individuals who are exemplars of humanistic patient care and who can serve as role models, mentors and leaders in medicine. The GHHS selection process incorporates nominations from peers, information about student service, and essays reflecting on humanism in medicine and the impact of service. **2016 inductees include seven TRUST Scholars:**

- Daniel Bechtold, Hailey
- Julie Campbell, Dillon
- Daniel Cornish, Dillon
- Katie Farrell, Lynden/Birch Bay
- Abigail Mansch, Livingston
- Sierra McCreery, Sandpoint
- Julie Middleton, Butte

Julie Middleton Named National Rural Health Association Student Leader

Julie Middleton (Butte, MT) named student leader of NRHA Student Constituency Group (CG). This group is comprised of student members, whose input is very important to NRHA since they are the future workforce leaders in rural America. As a member of the Student CG, students come together with their peers, educators, administrators, health professionals, and other stakeholders to discuss rural health and its related issues such as workforce and policy.



Julie Middleton with her father

AOA Selects TRUST Scholars

Alpha Omega Alpha (AOA) Honor Medical Society, a professional medical organization, recognizes and advocates for excellence in scholarship and the highest ideals in the profession of medicine. Three TRUST Scholars are among the 37 UW students in the program.

- Daniel Bechtold, Hailey, UW Chapter Vice President
- Caroline Pihl, Libby
- Julie Campbell, Dillon

Rural Physician Training Collaboration Established with Mexican University

TRUST, through the School of Medicine, is collaborating with the Autonomous University of the State of Morelos (Universidad Autónoma del Estado de Morelos or UAEM) to exchange ideas and to help UAEM start a rural physician training program beginning in January 2017. Tom Greer, TRUST Co-Director, visited Cuernavaca and Morelos State in September 2016 as a part of the new agreement. His hosts and leaders of the new training program are Dr. Ivan Martinez Duncker (far left) and Dr. Joaquin Salgado (far right). UAEM is led by Rector (President) Dr. Alejandro Vera who holds social responsibility as a key value. Rural Morales residents often lack access to basic health care and he aims to address that in his tenure as rector.



Idaho Scholar Tyler Wines Reflects on his TRUST Journey

TRUST provides WWAMI students with a continuous connection among underserved communities, medical education, and health professionals. After a targeted TRUST admissions process, TRUST Scholars are linked with underserved rural or underserved small city TRUST continuity community sites for clinical experiences throughout medical school. Idaho TRUST Scholar, Tyler Wines (E-15 from Gooding) is matched with the Hailey TRUST Continuity Community. His TRUST site director is Dr. Frank Batcha and Tyler works with other physicians in the Wood River Valley. Tyler has written about his medical school and TRUST experiences. These reflections were first published in *The WWAMI Messenger: News from the Idaho WWAMI Medical Education Office*, and edited for this newsletter.

In early June Tyler traveled to Flathead Lake in Montana to join his fellow WWAMI TRUST Scholars for the annual TRUST Scholar Leadership Retreat. The following are his reflections on experiences about his continuity community visits during Intersessions and the annual retreat.

The final week of my first year of medical school was spent at the TRUST Leadership Retreat. It was by far the most relaxing week of first year, but also the most influential. Over the course of the week, TRUST Scholars from each of the WWAMI TRUST sites presented topics which were focused on fine-tuning one's leadership

skills and then implementing this knowledge as a rural physician. These presentations were a breath of fresh air for me; instead of simply focusing on the difficulties of practicing in a rural or underserved area, we also learned about the exciting opportunities such communities provide, and what we can expect in working in those environments. As a small town kid from Gooding, I know very well that the benefits far outweigh the drawbacks of living in rural/underserved communities, which I have also found to be true at my TRUST site in Hailey. I was pleased to hear that other TRUST Scholars are sharing similar experiences.



Tyler Wines (standing) presents to his TRUST cohort at the annual leadership retreat

Idaho Scholar Reflects (continued from page 4)

Another invaluable takeaway from the week was working with my fellow Idaho TRUST Scholars and rekindling relationships from my undergraduate education at University of Montana-Western with some of the Montana TRUST Scholars. Talking and working with them in small groups throughout the week, we shared our individual motivations and goals in choosing rural and underserved medicine, and what we hope to accomplish throughout our careers. This allowed me to evaluate how I have evolved as a person, and how my career objectives have grown over the five years since my graduation from college. Interestingly, one ambition to which I have steadfastly held over the course of my education is practicing medicine in a rural community. The TRUST Retreat brought this realization home to me, and my involvement in the TRUST Program continues to sustain my rural medicine goals.

Consistently returning to my TRUST continuity community; working with inspiring individuals like the TRUST co-directors Dr. Steve Hall and Dr. Mary Barinaga and my Hailey TRUST site director Dr. Frank Batcha; and participating in rejuvenating events like the TRUST Leadership Retreat all cultivate an environment which has allowed me (and countless other TRUST Scholars) to stay true to my motives and aspirations in choosing to pursue my medical degree. The goal of the TRUST program is to educate students about rural and underserved communities while in medical school, and encourage them to return to rural and underserved regions to practice. I can say without hesitation that this program is working for me.

In summer 2016, Tyler spent five weeks in Hailey for his Rural Underserved Opportunities Program (RUOP). RUOP takes place in the summer of the Foundations Phase and provides an opportunity for TRUST Scholars to learn more about their continuity community and its needs, while enjoying clinical experiences building on the first nine months of medical school.

I can't deny that I get a spark of excitement and a rekindling of energy whenever I get ready to return to my TRUST site in Hailey. I don't know if it is the chance to return to small-town Idaho, or to be in a clinical environment I get more excited about. Most likely, it is a combination of the two. I thoroughly enjoy the community and the interactions with our patients with every trip I take. What I enjoy most however, are the teaching moments and learning opportunities Dr. Batcha provides. My accountability for material has consistently grown with each visit. Previously, my time in Hailey was limited to various week-long visits (First Summer Experience, Intersessions). With RUOP my time in Hailey was well over a month long. I was eager for the challenge to extend what we had been taught in the first nine months of our Foundations Phase and apply it in a clinical setting. Having covered a large portion of our Foundations education in the first nine months allowed me to work through cases and not strictly be a 'fly on the wall' when it came to patient interactions. However, through my interactions with Dr. Batcha and his patients I came to quickly realize that there are many pillars to the medical profession that can't be taught in the classroom.



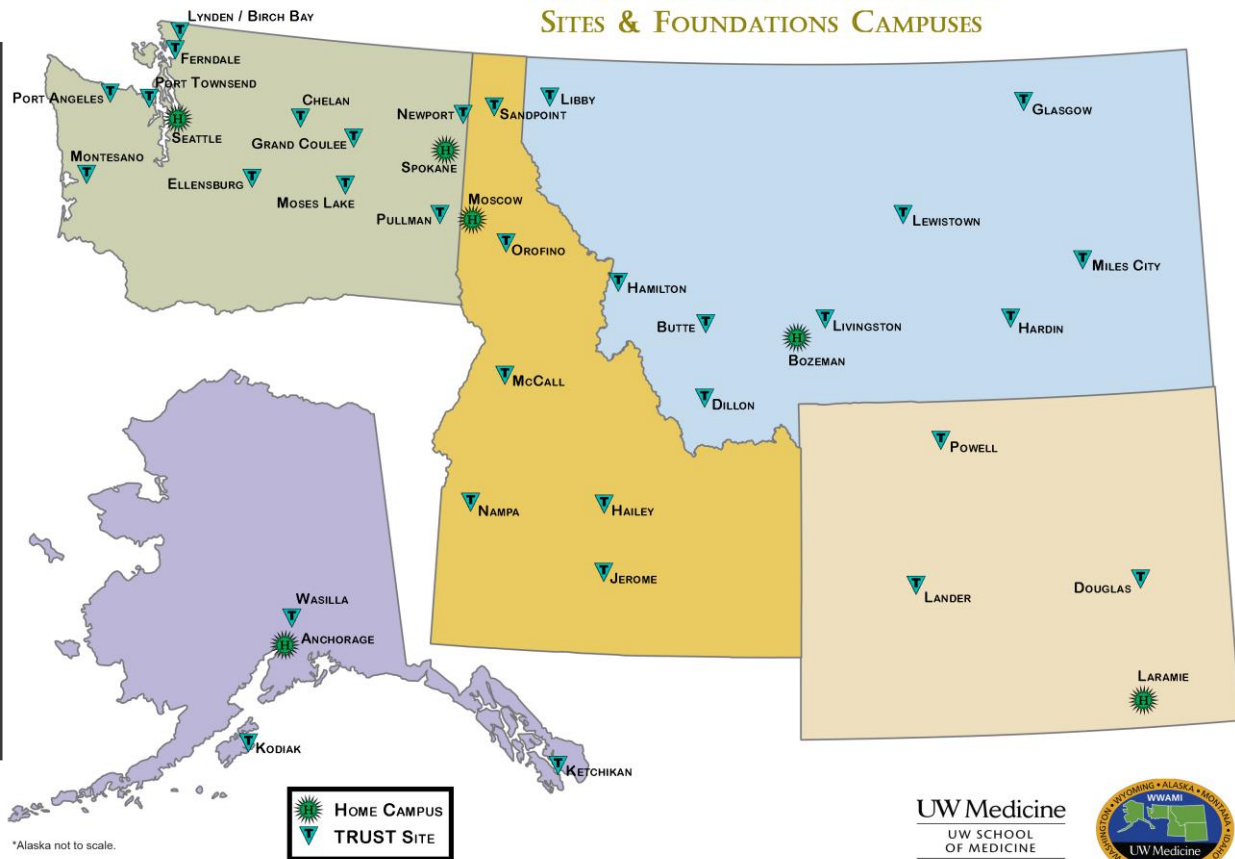
L to R: E-15 TRUST Tyler Wines, E-16 TRUST Joshua Reddish, Hailey TRUST preceptor Frank Batcha

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Idaho Scholar Reflects (continued from page 5)

I left Moscow and my first year feeling more than confident that I would succeed in a clinical environment. What quickly followed was a lesson in humility. What can't be taught in the classroom are empathy, humility and compassion. These are values that cannot be taught in a classroom or through a book but must be experienced personally. I recognize that my RUOP experience was a lesson in humility and I am grateful for this. I came into it assuming the successes I had experienced in the classroom would resonate in the clinical setting. I have always talked and written about how physicians must be well rounded in their understanding of a patient's community, lifestyle, and patient relationships to influence positive patient outcomes. It was only once Dr. Batcha introduced me to the intricacies of patient care, both through teaching and my personal experience, that I learned how difficult this standard of care is to achieve. Without this experience I am not sure I would have learned these valuable lessons until further in my education and for this I am truly grateful. I also had the opportunity to speak at the Idaho Medical Association House of Delegates meeting in Sun Valley, Idaho, this summer and share how my preceptor has had an extreme influence on my medical training. It is with the unrivaled dedication of our clinical faculty that WWAMI students are able to gain these invaluable experiences. Our program would not be possible without them. From the class of E-15, as well as other WWAMI classes, I would like to extend a huge thank you to our clinical faculty for making our clinical experiences truly educational and impactful.

TRUST CONTINUITY COMMUNITY SITES & FOUNDATIONS CAMPUSES



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