

Autumn 2019 Underserved Pathway Student Memo

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Welcome, everyone!

Fall quarter is here. We hope you had an excellent summer! Welcome to those of you who joined the Underserved Pathway over the summer and to the 30 TRUST students who completed the Population Health assignment during First Summer Experience. We hope your TRUST First Summer Experience was meaningful, fun, and a great way to start medical school. We encourage you to sign up for the Underserved Pathway.



Photo by Peak Ehlinger, MD "Denali Highway Splendor"

Spread the word! The deadline for the Underserved Pathway is now extended to July 1 of second summer (so for E19, July 1 of 2021). Some students realize after doing some rotations during the clinical phase that Underserved care is a path they want to continue. Welcome!

Reminders to ALL medical students for fall quarter:

- **Set-up your quarterly meeting with your UP mentor** (at least once per quarter). Please let us know if this requirement is not working out for you for any reason.
- **IF you do not have a mentor, then NOW is the time to find one.** Email upath@uw.edu if you need help identifying a mentor. E18 UP students MUST have a mentor by this Winter break.
- **Update your online UP Tracker** to record experiences that fulfill UP requirements.
 - Including: Non-clinical selectives, RUOP, GHIP, III, service/community engagement hours, module completion, and other UP activities
- <https://courses.washington.edu/fmclerk/wordpress/upath>

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UP Module Updates and Reminders:

The Underserved Pathway's curriculum is available online. As a reminder, students must complete 10 modules. If you haven't started, then we recommend you start with *Who Are the Underserved?* (This is the **only** required module with the exception of TRUST scholars who are assigned the Population Health module).

With medical school as demanding as it is, is there a best way to fit in the work of the modules? Here is one strategy...think of the modules as a way to learn more about something you have encountered. Perhaps do the Who are the Underserved during the first year. Consider the Rural modules prior to a RUOP or GHIP experience. Attend a couple of live modules during the foundations phase. Do the Medicaid and Medicare modules prior to starting clinical clerkships or the Health Literacy or Motivational Interviewing modules (these all apply widely to patient care). If you have a rotation at a VA, do the Veterans module. Then pick a couple/few that are more focused during your clerkships that integrate into your learning. Have you met a patient with homelessness or substance use disorder? There are modules for those topics and many more.

Mark your calendar! Upcoming in-person module in SPOKANE!

There will be a live module presented from Spokane, WA on November 14, 2019 at the Hemmingson Center of Gonzaga University in the 3rd floor ballroom. The focus is the opioid epidemic and we plan to have a panel of primary care physicians present their roles in helping with the opioid crisis. The panel will run from 5:30-6:30pm PST (and be available via webinar!) and then there will be a dinner reception afterwards at Gonzaga.

Please plan to attend and please RSVP: <https://catalyst.uw.edu/webq/survey/upath/378134>

Here is the link to all of the Underserved Pathway Modules:

<https://canvas.uw.edu/courses/1176574>

Reminders for each class of UP enrollees:

Term One: Foundations Phase students

Congratulations on your matriculation into medical school! As you transition into the UW SOM, take a look at the UP website and contact us if you have questions about what courses/activities can count toward UP completion.

Many students choose to do their 2 credits of non-clinical selectives during the foundations phase so please take a look at the exciting options at

<https://depts.washington.edu/fammed/education/programs/upath/student-requirements/courses/pre-clinical/>.

Consider doing a couple of general modules on line (Who are the Underserved for example) and attending a couple of live modules this year.

Over the course of the year, keep in mind physicians you might like to work with as your UP mentor (for TRUST scholars, your TRUST preceptor can be your mentor). Mentors must work with

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underserved populations, and can be college mentors, preceptors, or other instructors, individuals in Public Health, etc. Please let us know if you have identified someone or if you have someone in mind. Some ideas to discuss with your mentor may include:

- What you are looking forward to or nervous about as you start medical school
- What interests do you have both medically and personal interests?
- How can your mentor help you over time?

Term Three: Foundations Phase students

Congratulations on completing your first year of medical school!

There are some UP requirements you will need to complete by December 2019:

1. Choose a [UP mentor](#)

All pathway students must have a mentor by the end of fall quarter in their second year of medical school (prior to winter break 2019). If you still are looking for a mentor consider a RUOP preceptor, College mentor, PCP preceptor if they are in an underserved setting, someone you met at a live Underserved Pathway event (like the speed mentoring event).

If you are an E18 and do not yet have a mentor, our office will be more than happy to help out. Just send a note to upath@uw.edu describing some of your current interests.

Some ideas to discuss with your mentor may include:

- What you did this summer
- What community service you have done or plan to do
- Any concerns about medical school
- Any new interests inside or outside of medicine

2. 2 credits of non-clinical selectives completed, <https://depts.washington.edu/fammed/education/programs/upath/student-requirements/courses/pre-clinical/>. If this is a struggle, please contact us for help.
3. If you did not complete a [preclinical preceptorship](#) in an underserved setting during your first year, then you will need to complete one this year. RUOP and GHIP automatically fulfill this requirement. Contact us if one of these did not happen and we can brainstorm options.
4. If you completed a iii-3 as a part of R/UOP or GHIP then this automatically fulfills the [UP III requirement](#). If not, please email upath@uw.edu (Genya Shimkin) soon to learn ways to fulfill this requirement (this tends to be a common area of questions)!

Your second year of medical school is a great year to complete some or all of your required community service or service learning activities. Visit this [website](#) for some ideas! If you are involved in service learning that is not listed, feel free to send an email so we can pass along other great opportunities. Prior to starting your clinical rotations, think about doing a couple of modules! Medicaid, Medicare, Motivational Interviewing, and Health Literacy give information that is helpful no matter what aspect of medicine sparks your interest. Attend the live module in Spokane with a

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panel of physicians who are doing work to help with the opioid crisis on Thursday, November 14, 2019 (zoom option is available for people outside of the Spokane area)

Third Years

We know you are busy with your clinical rotations. The modules are made to enhance your learning. Did you with a patient who was incarcerated? Do the incarceration module. Did you see someone who was in an IPV situation? Do that module. If you haven't completed the Medicaid, Medicare, Health Literacy or Motivational Interviewing modules, those are widely applicable to patient care.

Every June/July we review all rising 4th year students' completed requirements, and require a minimum standard towards completion for your "Dean's letter" (MSPE) to include likely UP completion. The deadline for you to complete (and record in your UP assignment tracker) the following seven items (below) is **July 31st 2020**. **Start now! July comes faster than you think!**

This information below is also listed on the [Underserved Pathway Policies Webpage](#):

1. A preclinical clinical experience in an underserved site. (RUOP and GHIP automatically count). Contact us now if you did not do RUOP or GHIP to discuss this requirement.
2. 2 credits of non-clinical selectives completed. Contact us if you were unable to complete this.
3. 12 credits of clinical rotations-completed in underserved sites or scheduled for the 4th year
4. III or underserved equivalent completed and approved (please contact us with questions; this is a very common area of questions)
5. 12 of the required 24 hours of Service Learning
6. At least 5 of the required 10 Modules completed
7. Mentorship: Document quarterly contact with one or more physicians

Some ideas to discuss with your mentor may include:

- Rotations you have done and have coming up
- Concerns or questions you have about clinical years
- New interests inside or outside of medicine

*For expanded students or those working on their PhD, please contact the UP Program Manager at upath@uw.edu

Fourth Years

By now your residency applications or alternative plans are in the works, and have hopefully committed to earning your Underserved Pathway Certificate of Completion.

Keep your UP assignment tracker up-to-date to reflect that all completed Underserved Pathway requirements are fulfilled by the next deadline! For students to receive acknowledgement at graduation, graduating Underserved Pathway students must meet ALL requirements of the Underserved Pathway (listed below) by **April 1 2020** (approximate date, to be finalized soon). If

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this deadline is missed, **May 1, 2019** (approximate date, to be finalized soon) is the deadline to complete all of the UP requirements in order to earn a certificate.

Some ideas to discuss with your mentor may include:

- What residency programs did you apply for and how you are feeling about interview preparation
- Any plans for the remainder of medical school
- Staying in touch after graduation

Reminder of All UP Requirements to Earn a Certificate:

- Minimum of 10 online curriculum modules and associated activities (8 if E15 or before)
 - ✓ *Module: Who Are the Underserved* **is required** for everyone
- One meeting per quarter with Underserved Pathway mentor (phone/email/in-person)
- 2 credits of non-clinical selectives focusing on underserved populations or issues
- R/UOP, GHIP, and/or preclinical preceptorship in underserved setting
- III focused on issue affecting underserved population(s). III completed on R/UOP or GHIP automatically qualify
- 12 credits clinical courses in underserved setting or serving vulnerable population(s)
- Total of 24 hours of community service/service learning (4 hours/year TOTAL = 24 hours)

The Underserved Pathway Team (Contact list):

Feel free to contact us for support, with questions or to share the important work you are doing. Stop by E-304 if you are in Seattle!

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