

3rd Year Family Medicine Clerkship at Country Doctor Community Clinic

Welcome!

PRELIMINARY ARRANGEMENTS

Before your rotation, be sure to email the site director Dr Tina Shereen at tshereen@cdchc.org with your completed Student Summary Sheet by the week before the start date of your rotation. Feel free to email, text or call Tina at (206) 851-5411 anytime with any questions. If you need to contact the clinic directly, the backline is 206-299-1609, and the fax is 206-299-1608. Before the start of your clerkship, please familiarize yourself with the clerkship website:

<http://depts.washington.edu/fammed/education/courses/clerkship/info>

You also will be getting connected with our HR department through Tina. They will send you an email requesting various documents which then help get you onboarded. They will get you a windows log-on for our computers, and an EPIC log-on.

Background Information

The Country Doctor Community Clinic is one of several community health centers in Seattle. Located on Capitol Hill, this clinic has served low-income residents of the surrounding areas since 1971. Nine family practice physicians, and five nurse practitioners provide patient care at our clinic. The Clinic provides the full spectrum of Family Medicine care for a diverse patient population. Speaking Spanish is very helpful but certainly not required. We have an in-house Spanish interpreter at all times.

Transportation: It is helpful to have access to a car but not necessary. We are located on the corner of 19th & Republican on the east slope of Capitol Hill. Please park about a block away, so that patients have access to the closest spaces. Our clinic is walkable from stops on bus #12, 43, 48, 8, and 10. We are just under a mile from the Capitol Hill light rail station. From our clinic, Swedish First Hill Hospital is 1 ½ miles away. Directions are easy to find using a map application on the internet. On your call days, you can sometimes carpool with the doctor you are working with, since parking at Swedish can sometimes be difficult.

Helpful addresses:

Country Doctor Clinic: 500 19th Ave East, Seattle WA 98112

Swedish First Hill Hospital: 747 Broadway, Seattle WA 98122

Carolyn Downs Clinic & After hours clinic: 2101 East Yestler, Seattle WA 98122

Swedish Cherry Hill Residency Clinic (didactics) 550 16th Ave, 98122 (next door to the Swedish Cherry Hill ER)

STEP clinic: 1621 S Jackson St Ste 201, Seattle, WA 98144

General Clerkship Information

You will have a primary preceptor during your 6 weeks with us, and you will work with 5 of us on a regular basis as preceptors. Your preceptors will be 5 of the following: Rich Kovar, Sarah Hufbauer, Sonja Olson, Tina Shereen, Laura Morgan, Matt Logalbo, Jeremiah Reenders and Neha Bakhai who are Family Physicians (MDs); and Karen Johnson, Katie Hester and Mary Micikas who are Family Nurse Practitioners (ARNPs). Tina is the Clerkship Coordinator. Matt is the Medical Director of Country Doctor Community Health Centers which includes Country Doctor Community Clinic (your clerkship site), and our sister sites Carolyn Downs Family Medical Center & the After Hours Clinic. Sonja Olson is the clinic director of the Country Doctor Clinic. Tina Shereen will begin your orientation on your first morning at 8:40 am. You can meet Tina in the main lobby at 8:40am just before the clinic-wide huddle. You will then usually have your UW clerkship orientation webinar later that day or another day (the clerkship office will confirm with you when this is for your rotation). You will have a primary preceptor who checks in with you throughout the rotation to make sure things are on track and is available for questions. Your primary preceptor will give you midpoint and end of clerkship evaluations/feedback.

Generally, the clinic starts at 8:45 am (first patient at 9am) and ends around 5:30 pm, though you may sometimes work evenings. You are expected to work nine half-days a week, M-F, with Tuesday afternoon being set aside to attend the Swedish Cherry Hill Family Medicine Residency Didactics (currently usually still on zoom but occasionally in person) or to take time to study or be in clinic if the didactics aren't relevant to students. There are also Tuesday & Wednesday evening clinics that you may work sometimes instead of a morning shift. These two evening clinics happen at Country Doctor and are NOT the same thing as the After Hours Clinic (see below). In the last week of the rotation, you can use Tuesday afternoon to study for the test, you get clinic off Thursday morning for the test, and then you can discuss with your primary preceptor if you can have Thursday afternoon off. You get the last Friday off for sure.

It's often a good idea to bring your lunch. There are also places to get food or coffee nearby.

No white coat is required. Patients are told that students will be involved in their care, and you should make a point of wearing your UW nametag and introduce yourself as a student physician working with us as part of your medical studies at the University of Washington.

After Hours Clinic “AHC”

The *After Hours Clinic* is operated by Country Doctor at our sister clinic Carolyn Downs Clinic. Preceptors Laura Morgan and Jeremiah Reenders do regular shifts there on Mondays, and the other preceptors will occasionally work there as well. You will have a few shifts scheduled there throughout your rotation. As noted above, this is a different location than the evening clinic that happens at Country Doctor.

STEP Clinic - temporarily on hold

The STEP Clinic is a walk-in clinic that focuses on treating patients for Opioid use disorder with suboxone and also testing and treating for Hep C. You may have one shift in your rotation where you work with a preceptor at this clinic. The location is *1621 S Jackson St Ste 201, Seattle, WA 98144-2277*. Talk with your assigned preceptor ahead of time to determine what time to get there and other logistics to find the clinic. Usually it starts at 1pm.

OB Call

2-3 times, you'll also do OB call with Rich, Sonja, Laura, Jeremiah, Neha or Matt. Get a copy of the call schedule on your first day, so you can determine days when one of us is on OB call, and then let us know the afternoon or evening before, so we can include you in our rounding at Swedish First Hill Labor and Delivery floor (5E) in the morning and any deliveries over the next 24 hours. Our call shift is officially 7:30am to 7:30am the next day but we only are in the hospital if someone is in labor or we are rounding on postpartum patients and newborns. Even more importantly, it's a good idea to be “on call” for the individual pregnant patients you get to know at CDCC so that you can have the continuity experience of attending a delivery of a patient you see in clinic. At the start of the rotation, you should ask your primary preceptor to show you on EPIC the list of Country Doctor pregnant patients, and mark down the names of the patients who are due during your rotation to try to see while you are in clinic & hopefully attend their deliveries (ask their PCP to call you if those women go into labor). Ask someone to show you how to see the clinic OB list in EPIC, and ask a preceptor to show you how to look up appointments for each patient. You can then keep track of when these women come in for their prenatal visits and hopefully catch them a few times in clinic and then at a birth, and postpartum! Ask Sonja to show you how to make your own patient lists in EPIC which makes keeping track of continuity patients much easier.

Inpatient Medicine Call

One or two mornings of the clerkship, you'll do medicine attending call with Rich, Jeremiah, Neha or Matt at Swedish Hospital First Hill campus which means you will round with them at the hospital and then go to clinic when you are done.

EPIC

You will get an EPIC training sometime in the first week of your rotation. Tina will give you your EPIC account information as well as Windows log on information. Ask Tina or other preceptor to help you set up your EPIC account and add smart phrases to use with notes. Some common dot phrases we use are:

- .televisit for a phone visit
- .ovblocks for all general office visits
- .obfollowup for routine prenatal visits
- .obinitial for someone's first Ob visit
- .obpostpartum for a postpartum visit
- .wwcc for well child checks based on the age of the child
- .videovisit

If you make or find smart phrases you like, please let Tina know to update this for other students.

Some tips:

-Please **don't completely close EPIC and/or sign out of windows in the exam rooms**. Just simply log out of EPIC and leave it open. Otherwise it creates an extra several minutes of work for the medical assistant to re-log on and it takes important time away from patient care.

-To get in to windows in the exam rooms, the generic username is Examroom and password the medical assistants can give you. Try to avoid logging in with your windows account as it will take up a great deal of time.

-Please **don't order any referrals of any sort in EPIC**. You can recommend referrals when presenting the plan to the preceptor, but if a referral is ordered through the medical student account, it causes significant problems and the referral coordinator has to message the provider who then has to go in and redo the referral later. This includes in house referrals. So it is much easier for everyone to just not put in the referral order.

-In general, before putting in any orders, communicate with the preceptor, unless it is an in house lab which needs to be done before the visit, that is OK to order. It's always OK to either just recommend what we order, you could order things and pend them instead of signing, but ultimately most of the orders need to be signed by the preceptor. OK to check in with each preceptor what their preferences are in ordering things.

Formal Didactics Opportunities

During the rotation, you should find time to discuss certain topics that are unique to Country Doctor with any preceptor, ideally in the context of seeing a patient. These topics are: HIV, PreP, Suboxone, Hep C, Transgender medicine, and community medicine. Karen Johnson has a great quick talk on HIV.

You can attend Grand Rounds at Swedish Hospital Glaser Auditorium on the 2nd Thursday of the month from 7:30-8:30 AM where interesting clinical cases are presented. (not required)

Tuesday afternoon is set aside for you to join formal didactics with the family medicine residents at Swedish Cherry Hill. These take place virtually on zoom or sometimes in person at the Swedish Cherry Hill Family Medicine Residency clinic (address above) from 1-5pm. Tina will email you the schedule once she receives it, which often is just minutes or hours before they start. If you don't get the email from her, please feel free to text her Tuesday morning to ask for the schedule. Sometimes, only part of that time (or none of that time) is spent on topics that would interest you, and the rest on residency specific logistics, in which case you could skip those parts and go study on your own time. The Tuesday afternoon of your last week you will probably want to use for studying for the final exam.

Didactics zoom link:

<https://washington.zoom.us/j/899050893?pwd=dmFKZEIRY0FLSkUzZEY1OEduVklqUT09>

If it asks for a password try this: CHFMididact

When it's in person - Info of how to get to the didactics: **The address is Swedish Cherry Hill, 550 16th Avenue, Suite 400. The Professional Building. There is parking on the street and a parking garage on 16th. We are adjacent to the ER department. Please have your student(s) enter via the Professional Building. Take the elevators to the 4th floor and head west, then north off the elevators....The Suite will say Swedish Family Medicine Residency, push the door bell and someone will allow them entrance.**

Community outreach **these are on hold for now**

There are two options for community outreach activities: a community lunch on Tuesdays or Fridays, and a weekend pancake breakfast with healthcare for the homeless.

Community lunch:

Once or twice during your clerkship you will do outreach at a community feeding program on Capitol Hill at 1710 11th Ave at East Olive. Contact Don Jensen to set up dates at 206-484-7247 or email him at director@communitylunch.org. There is a box (ask Tina to show you) with more info & supplies to bring to set up your health-fair style table at the lunch. You will be at the table able to check blood pressures, check blood sugars, and answer health questions as people file in for their free lunch. The week before you plan to go to the lunch, make an appointment with Glen (Diabetes educator next door to main clinic). You will spend about 10-15 minutes with her learning how to do glucose checks and will give you the necessary test strips.

Pancake breakfast with healthcare for the homeless

Attend a Saturday pancake breakfast (2nd Sat of the month) with the healthcare for the homeless nurse Bernie Creaven. You attend the breakfast and informally relay information to those attending about a specific health topic. Sonja can connect you to Bernie to coordinate this.

End of Clerkship Presentation

Toward the end of your clerkship, we'll find a time for you to make a brief presentation on an interesting clinical topic (20 minutes or so). Ideally, in the first half of the rotation, you think of a clinical or social question that comes up with a patient you encounter, or a glitch in the system, a topic many providers feel they need more information about, etc. Or maybe you have already done a relevant talk somewhere else you'd like to present to us. Ideally, you will have the opportunity to provide a service to the clinic while broadening your understanding of the health care system serving the low income people in this community. For example, one student did a teaching about logistics of medical marijuana shortly after it had become legal (after a patient asked about it), or teaching about syphilis testing/treatment when a syphilis outbreak occurred, etc. More examples of past projects are also in a binder at Sonja's desk, as well as a list of topics that might be interesting. Handouts are important for those providers who can't make it. Ask your preceptors for ideas for topics.

Meetings

- You should go to one of the OB crosscover team meetings, (now virtual) which are the

2nd Tuesday of the month from 12:30-1:30pm. It is a good idea to go once in the rotation. A chance to meet providers from other community health centers and learn about the patients who may give birth while you are on the rotation.

- Provider/Staff meetings -occasionally there will be an all-staff or provider meeting. You can discuss with your primary provider if it seems like something worthwhile for you to attend, and you are always welcome to attend any of our meetings. If you don't attend, use that time to study. The first Wednesday will usually be made up with evening shift that day. Most meetings are virtual these days, though some are in person if it is a small enough group.

Readings/listenings recommended by our preceptors:

Interesting articles to read:

<https://catherinechengmd.com/2021/10/19/what-does-meaning-feel-like-in-your-body/>

<http://www.theatlantic.com/health/archive/2014/09/why-im-becoming-a-primary-care-doctor/379231/>

<https://www.aafp.org/fpm/2019/0500/p10.html?cid=DM61191&bid=182611948>

A good podcast to listen to:

<http://clime.washington.edu/medical-students-voices-on-gender-discrimination/>

Updated Sept 2022

PATIENT SUPPORT SERVICES

One element of medical student education at Country Doctor happens “beyond the exam room” through observation and participation in outreach services. Medical students are encouraged to take full advantage of the chance to experience true interdisciplinary, community based

care. Please find time here and there during the rotation to shadow and work with these providers. However, don’t feel like you must spend time with all of these providers before you are done if doing so is difficult or seeming to take time away from working with your preceptors seeing patients. To get the best learning opportunity, try to follow patients you see in clinic when they go to appointments with the other providers listed below. For example, if you see a patient who is newly diagnosed with diabetes or HIV or pregnancy, follow them next door to their appointments to see the diabetic nurse or HIV team or pregnancy nurse; or find out when the patient is scheduled to see them and go to that appointment with them (even if it is a video or phone visit, you could be creative that way). A wide range of support services are available to patients at Country Doctor Community Clinic. The building next door to our clinic houses the HIV team, maternity support team, WIC, nutritionist and diabetic nurse, in addition to referrals coordinator and some administrative offices.

Maternity Support Services:

Alison Voinot, RN; Meg Strader, MSW

This team of RN, social worker, and nutritionist provides ongoing coordination of all aspects of prenatal through delivery care of the patient and newborn. They provide maternity screening, breastfeeding support,

WIC support, childbirth class and doula referrals, social services, nutrition counseling, etc. There is also a program called the parent support program that provides integrated mental health services to pregnant women and mothers of children 18 years and under.

Nutritionist

No nutritionist currently at our clinic

Diabetic support

Glen Felias-Christiansen

Glen sees any diabetic patients for diabetes education and management.

HIV team

Laury McKean, RN, Haley MacLeod RN, Nate Ellis RN HIV nursing team

Richard Prasad, Michael Dunlap & Laura Marini case managers

This team of providers offers case management and medical care coordination for the HIV patients at our clinic. Country Doctor providers have historically all provided primary care for a significant amount of patients with HIV and are able to do so with the help of the HIV support team. There are often HIV educational lunch meetings that happen at our clinic and students are welcome to attend these.

Behavioral Health team

Glenn Leaver, Taj Gill, Heather Osias, Raquel Flores, Cassania - mental health counselors

Sterling Silver - peer support specialist

The behavioral health team works with our patients with mental health needs, providing mental health counseling, diagnosis, and sometimes case management. A large portion of our patients will utilize our behavioral health team at one point.

Dental Clinic

The dental clinic has only been around since March 2019. Ask Sonja if you're interested in spending a day shadowing the dental clinic team.

Eligibility - Dalila Medina - she helps patient sign up for insurance or other insurance issues

Updated Jan 2023