

UNDERSERVED PATHWAY

2022-2023 ANNUAL REPORT

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Introduction and Team Changes

Another year flew by! The Underserved Pathway (UP) continues to be grateful for the students, mentors, faculty, staff, and community members who are dedicated to making the Underserved Pathway successful. The Underserved Pathway started in 2006 at the University of Washington School of Medicine (UWSOM) and is based in the Department of Family Medicine. The UP is an elective longitudinal experience which includes preclinical and clinical experiences in underserved settings, health equity-related electives and web-based curriculum, healthcare-related service learning or advocacy, mentorship, and research related to underserved communities. The UP works to:

- Address physician shortages in underserved communities
- Support students interested in working with underserved populations
- Provide students with supplementary content not covered in the general medical school curriculum

The team wished Dr. Mansi Shah well as she accepted another position outside of UWSOM in January 2023. The team was fortunate to have one of the founders of the UP, Professor Emeritus Dr. Sharon Dobie, join the team for the summer. We are excited to welcome our new Faculty Advisor and UP graduate Dr. Samira Farah, who joined us in early September.

This year's highlights



50 students graduated with the UP!



Students completed 548 web modules!



29% of UP graduates matched in family medicine!

Enrollment

As of June 28, 2023, 270 students total were enrolled in the Pathway. This includes 2023 UP graduates.

**UP ENROLLMENT BY FOUNDATIONS CAMPUS
JUNE 2023, N=270**

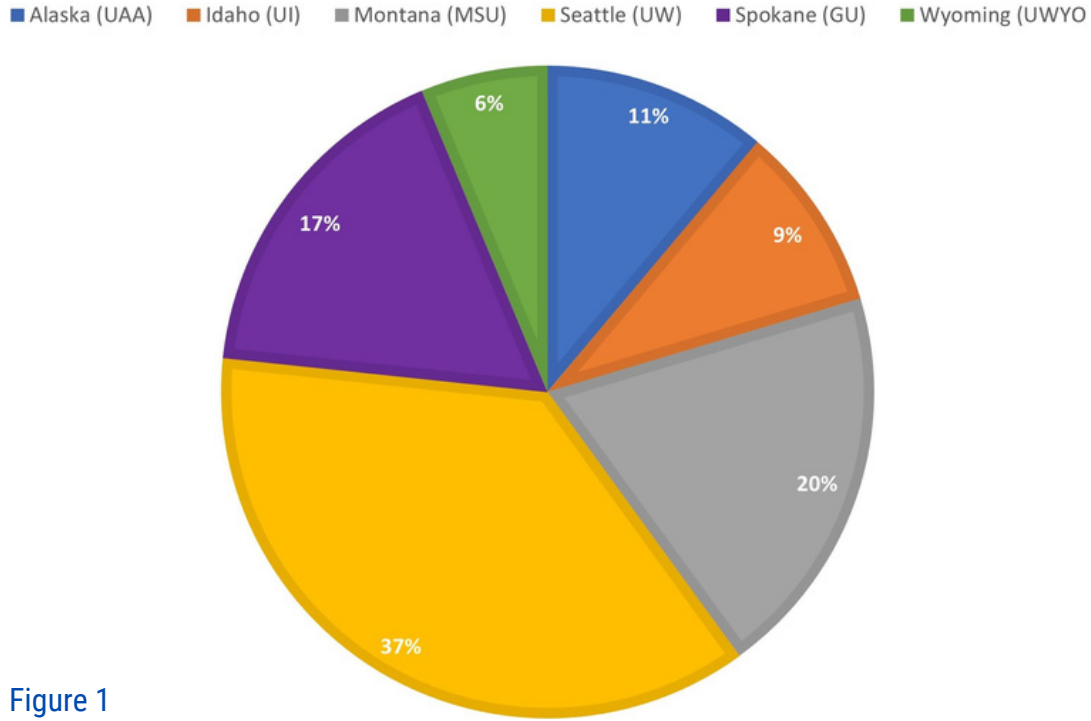


Figure 1

**UP ENROLLMENT VS. NON-UP ENROLLMENT
BY FOUNDATIONS CAMPUS, 2022-2023**

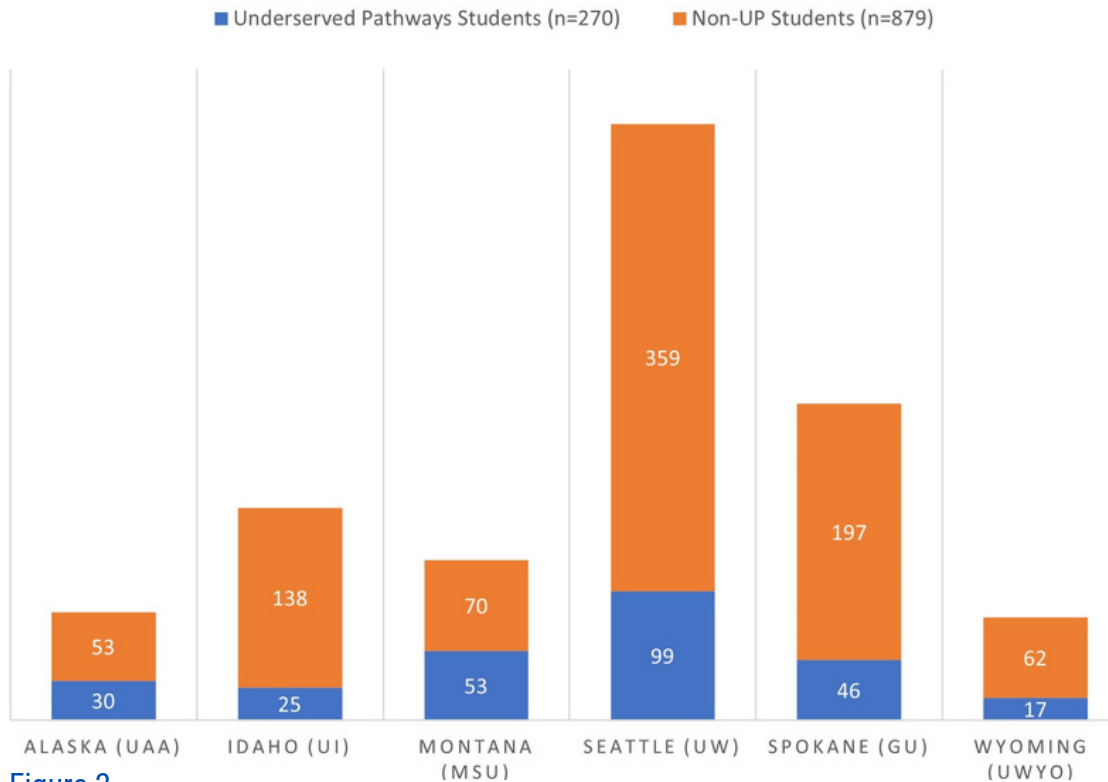


Figure 2

Enrollment, continued

The UP is one of several pathways at UWSOM. The other pathways include the Black Health Justice, Global Health, Indian Health, Latinx Health, LGBTQ+ Health, Spokane Leadership, Clinical and Translational Research, and the Humanities and the Arts Pathways. Approximately 25% of UP scholars also participate in a second or even third UWSOM pathway. Read more about the other pathways [here](#).



Five of the six MD recipients of the 2023 Husky 100 were in the UP!
[Read about the recipients here.](#)

2023 Graduation and Match Results



Number of 2023 UP graduates: 50

Since 2006, 685 students have graduated from the UP!

UP scholars represent 19% of the June 2023 graduating class!

49 of this year's 50 UP graduates entered the 2023 Main Residency Match. Those 49 graduates all matched into residency programs! 35% of UP graduates will be staying in WWAMI for residency.

Students who complete the Underserved Pathway match into primary care (defined as family medicine, primary care internal medicine, pediatrics, and medicine-pediatrics) at higher rates than non-UP students.

This year, 59% of UP graduates matched into primary care compared to 49% of general UWSOM graduates. 29% of UP graduates matched in family medicine compared to 14% of general UWSOM graduates.

UP GRADUATES BY SPECIALTY MATCH 2023, N=49

Family Medicine Internal Medicine (General) Internal Medicine/Pediatrics Other Pediatrics

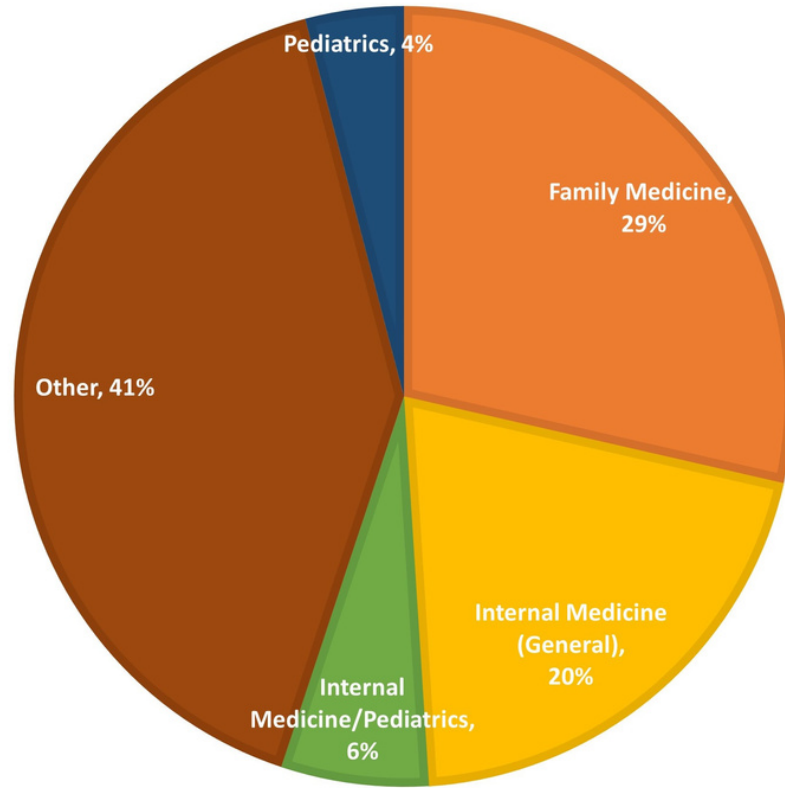


Figure 3

UWSOM GRADUATES BY SPECIALTY MATCH JUNE 2023, N=258

Family Medicine Internal Medicine (General) Internal Medicine/Pediatrics Other Pediatrics

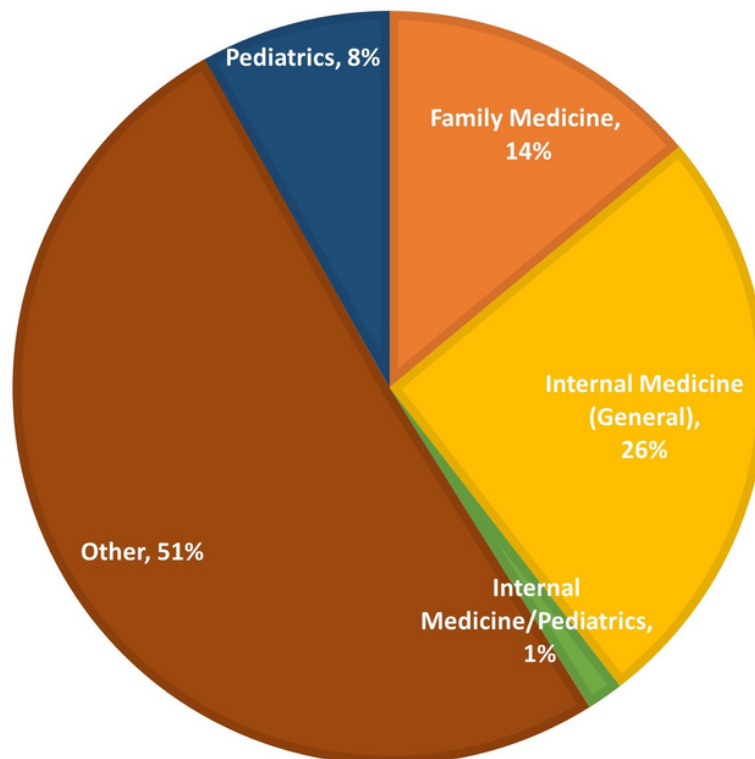


Figure 4



Dr. Kardonsky (left) and UP graduates at the All-Pathways Graduation Celebration on May 23, 2023.

Mentorship

Thank you to all our mentors! The UP had 147 active mentors during the 2022-2023 year. UP mentors all across WWAMI represent a wide range of backgrounds, specialties, and patient populations. Mentors volunteer their time to share their experiences, expertise, and the joys and challenges of underserved medicine with our scholars. Figure 5 shows UP mentors by state/region. Washington is divided into Eastern and Western Washington as they represent more rural and urban sites, respectively. We are working on expanding the pool of mentors in Alaska, Idaho, and Wyoming.

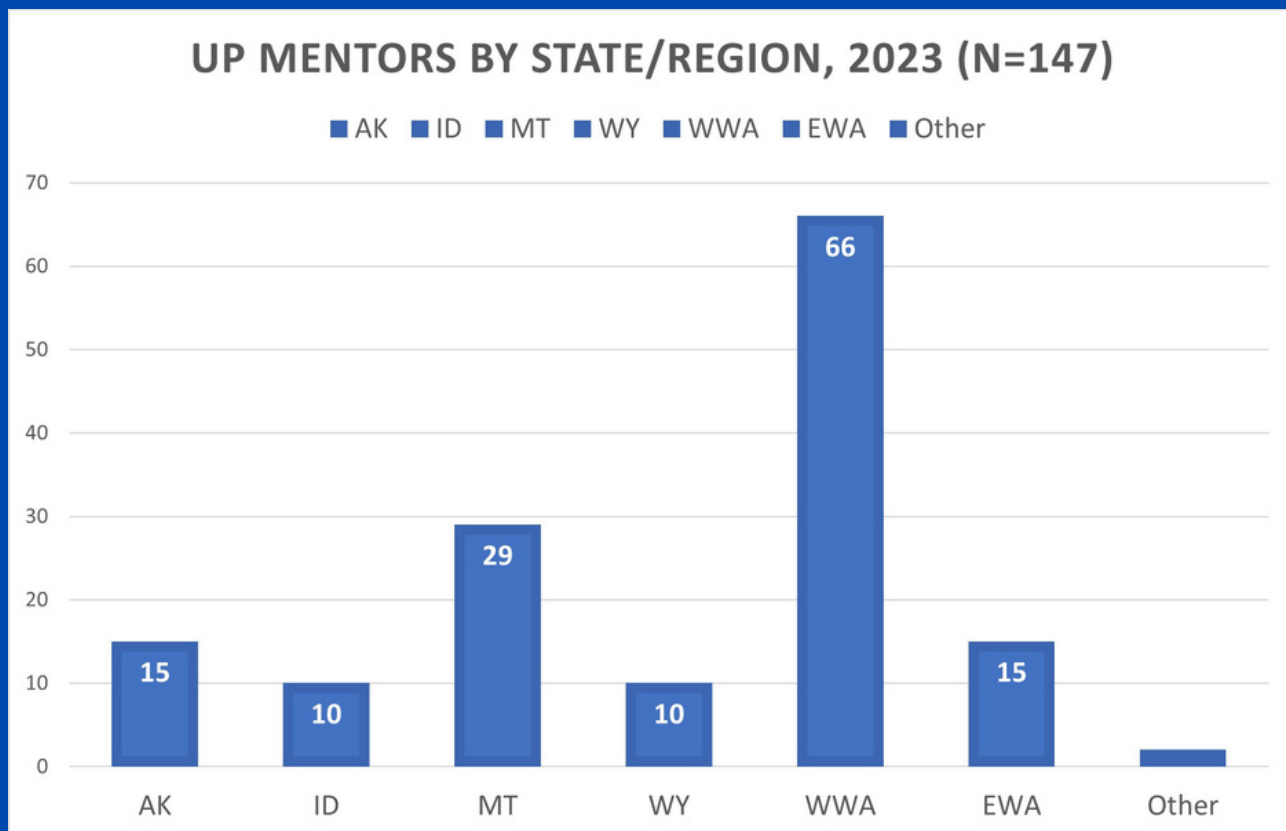


Figure 5

Mentorship, continued

Mentors and mentees meet quarterly in-person or by Zoom, phone, or email. These relationships help UP scholars maintain their commitment to care for marginalized and under-resourced patients and keep them connected to the communities they plan to serve. UP mentors can serve as teachers, role models, confidants, and friends.

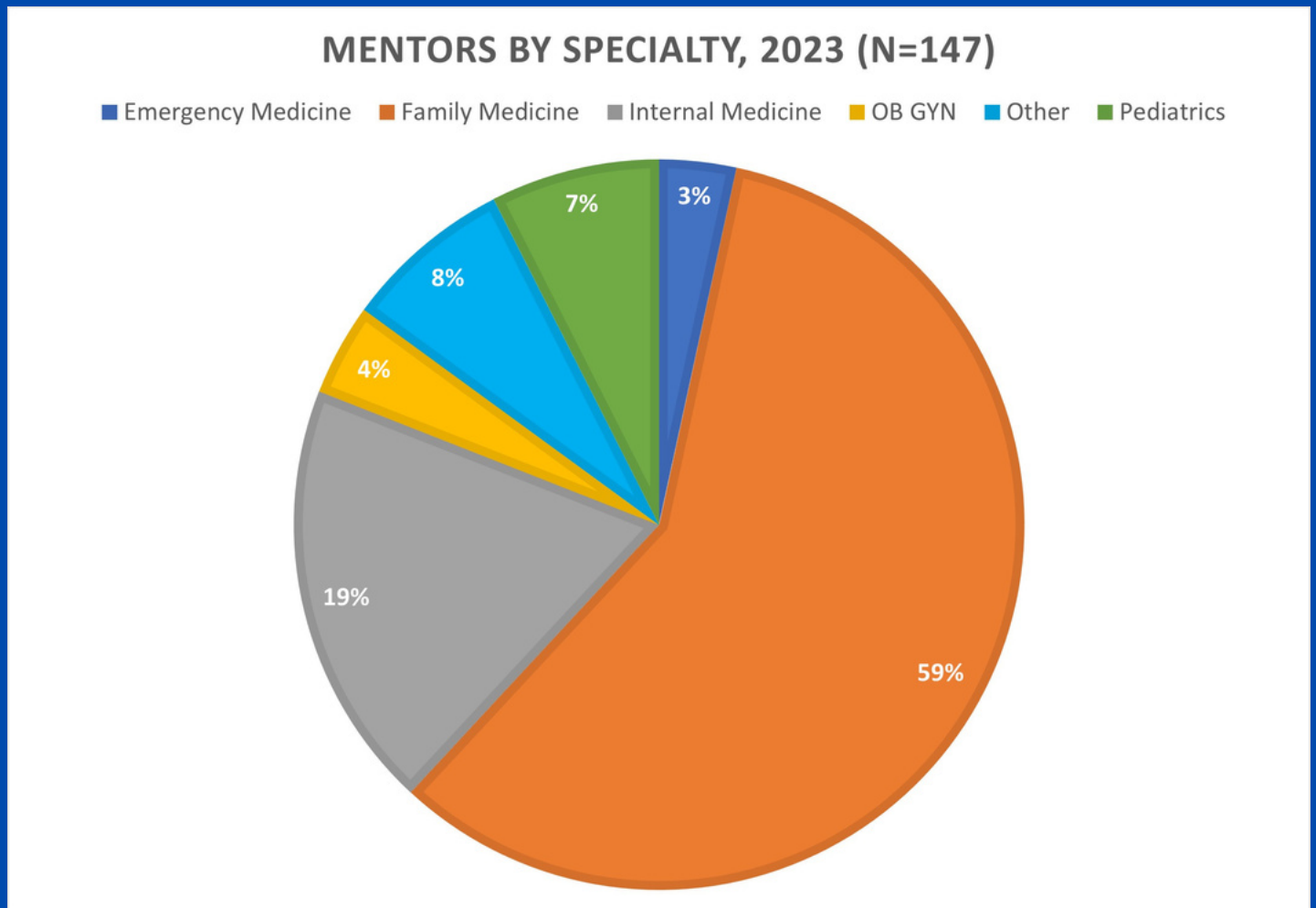


Figure 6

Special congratulations to these mentors...

In addition to mentoring UP students, our mentors are busy with other work and accomplishments. Some of these folks include:

- Dr. Jessica Guh, MD: 2023 UW Department of Family Medicine Award for Justice, Equity, Diversity, & Inclusion Excellence
- Dr. Neil Sun Rhodes, MD: Montana Academy of Family Physicians 2023 Physician of the Year
- Dr. Kevin Wang, MD: 2023 Rosenblatt Award for Community Service from the King County Academy of Family Physicians
- Dr. Rachel Safran, MD FACP: 2022 American College of Physicians, Washington Chapter, Golden Apple Award (Dr. Safran is also a UP graduate!)
- Dr. Andrew Castrodale, MD: 2023 UW School of Medicine Alumni Service Award

***We are always looking for new mentors, especially in Wyoming, Idaho, and Alaska!
If you are interested in being a UP mentor, please email upath@uw.edu.***

Web Modules

The UP curriculum consists of 28 online modules. They are available to the public and can be viewed at <https://canvas.uw.edu/courses/1176574> until November 1st, 2023 and <https://canvas.uw.edu/courses/1703470> after November 1st. Students are required to complete a minimum of 10 modules to graduate.

Module topics are diverse and include overviews of specific populations (LGBTQ health, immigrant and refugee health, rural health I and II), health systems (Medicare, Medicaid), specific medical conditions (substance use disorders, HIV) and skills (health literacy, trauma-informed care).

Between July 1, 2022 and June 30, 2023, students completed and evaluated a total of 548 modules. This represents approximately 700 hours of student engagement with these topics since modules are designed to take approximately 60-90 minutes to complete. The only required module for all UP students is *Who Are the Underserved?*. Beginning with the entering class of 2023, *Race and Biology* is also required. Aside from *Who Are the Underserved?*, the most frequently evaluated modules were:

1. Health Literacy (34 evaluations submitted)
2. Trauma-Informed Care (33 evaluations submitted)
3. Human Sex Trafficking (29 evaluations submitted)

Overall, students found the modules **effective, encouraging, and influential**; 94% of the evaluations (515 of 548) said that the student was “Extremely likely” or “Moderately likely” to incorporate the module’s content into their future practice (Figure 7).

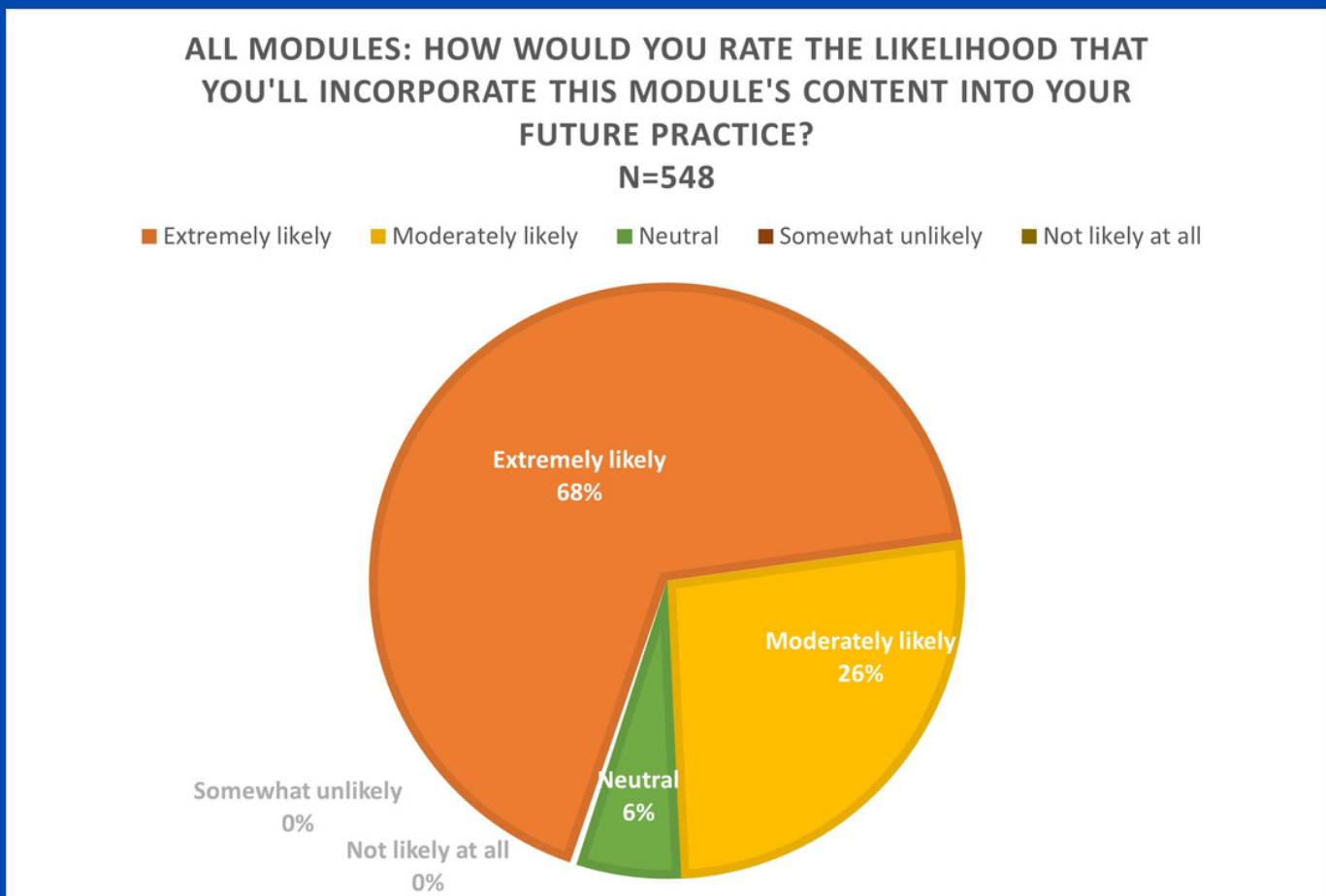


Figure 7

Web Modules, continued

In addition, more than three in four evaluations (82%) said that the module contributed “A great deal” or “A good deal” to the student’s knowledge about the stated topic.

Students provided their feedback after completing modules and offered valuable reflections and insights:

“ *Health Literacy* “Consider having all of WWAMI do this activity [create an ear infection patient education handout for a fifth-grade reading level]. We would all benefit from being reminded about the concept of health literacy. We could all be reminded that there is a whole world of people who have not learned what we have learned, and who do not speak our language of medicine. This module was profound.”

“ *Advocacy II: Tools for the Physician Advocate* “The forum post provided three assignment options, each option with a slightly different way of participating in advocacy. This module was great because it asked us to reflect on a real world experience of our choosing.”

“ *Native Health* “The content in this module directly addresses inequities I’ve been seeing in my clerkships. Its relevance makes the content feel both important and memorable.”

We listen to the candid feedback given by the students. We actively incorporate this into updates to our modules.

Introduction to Substance Use Disorders: “Perhaps changing the terminology from Medication Assisted Treatment (MAT) to Medications for Substance/Opioid Use Disorder (MOUD). There is movement within those who work in the SUD field to change the terminology, as the medications used are the foundation of the treatment instead of being the modality providing assistance.”

Veterans' Health: “I would have enjoyed a few more longer-form videos, because I always find it helpful to hear directly from people who have lived these experiences.”

New Web Modules

In April we relaunched our *Medicare Basics* and *Ethics of Medical Volunteerism* modules. In June, we relaunched our Refugee & Immigrant Health module. We also published *Race & Biology*, written by Dr. Mansi Shah, which is an overview of what can happen if health care providers assume that there is a biological/genetic component of race and steps to address racial health inequities. In August, we also relaunched our *Racism and Health* module. Please see the links on page 8 to access these modules.

In the next two months, we plan to relaunch *Exploring Disability: Beyond the Medical Model* with a new emphasis on disability justice and universal design.

Live Modules

Since the start of the pandemic, the UP team has pivoted to hosting events via Zoom, which we call live modules. Hosting these discussions online allows for more students and speakers to join in across WWAMI.

On October 26th, 2022 we hosted our first live module of the year, a panel discussion on how clinicians can best serve their d/Deaf and Hard-of-Hearing patients. Luke Johnson, a TRUST and UP graduate who spearheaded the creation of our Deaf Health module, was our emcee for the event and the conversation featured three members of the D/deaf/HoH community.

Survey feedback from the event supported that it contributed to knowledge about d/Deaf healthcare and will impact future practice. When asked about the most valuable aspect of the panel, students offered a range of answers including:



"I really liked [one panelist's] contribution with sharing his story today. It was nice to hear generally about barriers to healthcare, but then to hear an example directly... about their experience as a HOH person in healthcare, and with their intersecting identities, it was very interesting and impactful for me."

"I enjoyed hearing specific advice on working with d/Deaf people and how to make sure we effectively communicate with this community from people who have direct experience with this."

"Loved all the different perspectives and representation of deaf experiences amongst the panelists!"

"Everyone was great but [one panelist] was particularly excellent. I missed the first few minutes but what I heard [sic] him I really appreciated because he sprinkled in a few statistics for me to anchor onto/jot down to help educate my peers as well. Q&A was very valuable for practical things."



Live Modules, continued



Deaf Health panel discussion webinar, October 26th, 2022



On February 28, 2023, with support from the Washington Academy of Family Physicians (WAFP) Foundation, we started the new year with a panel, “Trans Docs on Trans Care.” Genya Shimkin, Associate Director of the Pathway, led a discussion featuring five trans physicians from around Washington. Student feedback showed they appreciated the panelists’ different experiences and perspectives. Evaluations also showed that the panel significantly contributed to the students’ knowledge about working with gender-diverse patients and colleagues and inspired them to engage in advocacy to protect transgender people and gender-affirming care. When asked about the most valuable aspect of the panel, students offered a range of answers including:

“
I've attended a few other events/seminars on LGBTQIA+ care, and hearing from physicians who identify with this community has been substantially more beneficial and rewarding to hear from their experiences first hand both in their journeys but also providing gender care.
”

“
As someone who has recently come out as nonbinary, it was empowering to hear physicians with similar identities recount their experience, how things have changed, and where gender affirming care currently is.
”

Conference Participation

WGEA

2023 UP graduate Aubrey Brown and classmate Nancy Miles gave a presentation titled "Improving Access to Healthcare for Medical Students – A Model for Student Administration Partnership" on April 14, 2023 at the annual conference of the Association of American Medical College's Western Group on Educational Affairs. They spoke to an audience of medical school curriculum and student affairs leaders about their efforts to increase student access to mental healthcare, health insurance, and sick leave across WWAMI.



Aubrey Brown (right) and Nancy Miles, WGEA conference, April 14, 2023



Kim Kardonsky (left) and Geya Shimkin, STF conference, January 30, 2023

STFM

During the Society of Teachers of Family Medicine Medical Student Education conference in New Orleans, Genya Shimkin and Kim Kardonsky gave a presentation on how the UP team quickly pivoted from in person to an all-virtual format for live events to build student interest in the care of underserved communities.

In addition, E-21 Meagan Johnson led a presentation with Genya Shimkin and Toby Keys (RUOP Director and MSE faculty) at the STF conference. A TRUST and UP scholar from Spokane, Meagan presented findings from the study "Family medicine clerkship preceptors' experiences welcoming and supporting medical students of color." An article of the same name will be published this year in the *Journal of Regional Medical Campuses*.

Conference Participation, continued

It's exciting to see that students and researchers continue to investigate topics that impact underserved communities. Another example was written by E-20 UP scholar Brian Cedeño, Genya Shimkin, and teammates; you can find their article "Positive yet problematic: Lived experiences of racial and ethnic minority medical students during rural and urban underserved clinical rotations" in the January 2023 issue of the *Journal of Rural Health*.

Other Events

MSE Open House

On October 4th, 2022 we joined our colleagues for an Open House in the Medical Student Education section of the Department of Family Medicine. It is wonderful to see the students in person and have the opportunity to answer questions about MSE programs like the UP. We are looking forward to this year's event on October 3rd, 2023!



MSE Open House, October 4, 2022



Spokane UP Meet & Greet, October 18, 2022

WWAMI Meet & Greet Events

In October and November of 2022, representatives from the UP visited the Foundations campuses in Spokane, Bozeman, and Moscow to hold Underserved Pathway information sessions and attend the medical student III poster sessions. Gwen Credit, previously Associate Director of Education for the Department of Family Medicine, and Ivan Henson, Assistant Director, MSE who is also Family Medicine Interest Group and academic adviser, were

able to join the visit to Bozeman and Spokane to talk with students. Special thank you to the WAFP Foundation for helping fund these events, and to Deborah Greene (Spokane), Kayla Ouert (Bozeman), and Marlane Martonick (Moscow) for their help in coordinating the information sessions. We welcomed 18 new students to the Pathway after the events!

Looking Forward

The UP team is actively working on several projects.

The UP team continues working on a research project looking at primary care and practice locations of our UP graduates. In our study, it was found that UP graduates were almost three times more likely to practice rural family medicine compared to non-UP graduates.

We are excited for “[Maintaining Balance as a Rural Physician: Caring for One’s Self and Community](#)” a hybrid UP event hosted in Bozeman, MT on November 1st, 2023 in conjunction with MT Targeted Rural Underserved Track (TRUST). The UP team was awarded funding through a UW Well-Being grant, with additional support from MT TRUST. The event will encompass a panel discussion with four Montana family physicians, which will be live streamed on Zoom for all WWAMI students, and a dinner for in-person students to meet and chat with MT physicians. Special thank you to Lisa Benzel (MT TRUST) and Kayla Ouert (Bozeman Foundations administrator) for helping to coordinate this event!

We continue to revise the online curriculum. If you are interested in becoming more involved as we revise modules, we are always looking for contributors with content area expertise!



Every spring, we ask graduating Pathway scholars to reflect on their experiences in the UP:

- “I feel like the curriculum really influenced my career goals and how I approached patient care. The web modules taught me the basics and then my clinical experiences, volunteer work, and scholarly project allowed me to put what I learned into action.”
- “I really appreciated this pathway keeping me focused on the reason I came into medicine.”
- “The mentorship combined with the learning through web modules and clinical experience helped me confirm I wanted to work as a family physician with an interest in public/population/underserved care. In particular, the mentorship from Dr. James Wallace was terrific in helping me understand my passion for rural underserved care. I was able to meet him in person and deliver a baby together in north central WA. These hands-on experiences would not have happened without the Underserved Pathway.”

We realize that the breadth of service, awards, papers, presentations and other accomplishments from the UP community is wide. The highlighted items here are a small portion of the dedication and work the UP community is doing to better healthcare for all. **Thank you to the students, mentors, staff, and faculty who have continued to work diligently to make the UP a meaningful experience!**