

# Underserved Pathway

## Mentor Memo Winter 2024



**WE ARE GRATEFUL** for each of you for your time, energy, and dedication to your mentees. The mentoring relationship is one of the most impactful parts of the Pathway. Thank you -- the Pathway could not exist without you!

If you would like a letter for your promotion file, we'd love to get one to you -- please reach out to [upath@uw.edu](mailto:upath@uw.edu). We wish you the best in 2024.

Thank You!

### Where in the med school curriculum is my mentee?

MS4s have completed their interviews for residency; please check in with them to reflect on their experiences and feelings. They will submit their rank order lists February 1 through March 2. Ask them to walk you through their lists and thought process. This year's Match Day is Friday, March 15th!

MS3s are continuing with their required clinical clerkships.

MS2s are in their dedicated study time for their Step 1 exams, which most students will take in February or March, and then they'll be starting their required clerkship rotations!

MS1s have been working hard and have completed the first term of the Foundations curriculum in December and have started primary care practicum to practice history taking and physical exam skills on real patients!

### Seeking additional mentors

If you have a colleague who may be interested in serving as a UP mentor, we would love to hear from them! We are in particular need of docs throughout the region who work in Peds, EM, OB GYN, and General Surgery and who work with unstably-housed, immigrant, or American Indian/Alaska Native patients. You can direct folks to [our mentor page to learn more](#) or they can email Alisse at [upath@uw.edu](mailto:upath@uw.edu). Thank you in advance for your help!

### Curriculum updates

We are thrilled to announce the update and relaunch of our UP module [Exploring Disability: Beyond the Medical Model](#). Most module content is public -- we hope you take a look.

We are also working on big updates to [Introduction to Homelessness](#) and [Introduction to Substance Use Disorders](#) and plan to publish those by the spring!

We look forward to your feedback!

### UP mentor resources

[UP Mentor Page](#)

> [The Mentoring Relationship: A Guide for Mentors and Mentees of the Underserved Pathway](#)

[UP Mentoring Roadmap](#)

[UP Curriculum](#)

[UP Student Requirements](#)



UP panel discussion in Bozeman, MT on rural physician well-being. 11/1/23.

### Bozeman event recap

On November 1st, the Underserved Pathway and Montana WWAMI TRUST hosted a two-part event in Bozeman, Montana: a casual student-physician dinner followed by a panel discussion that was live streamed for the region.

The panel discussion, titled "Maintaining Balance as a Rural Physician: Caring for One's Self and Community," was moderated by UP scholar Haley Rogers and featured four family physicians, including one resident, from around Montana. The panelists spoke candidly about their experiences during training and as attendings, discussing ways they cope with stress, their experiences facing negative feedback from preceptors, a story of recovery from substance use disorder, and other stories of perseverance.

Along with the 17 students who attended in-person, 86 students called in from around the region! We were thrilled with this attendance, and the feedback we received from students was also exceptionally positive, both for the panel discussion and for the time with the physicians over dinner beforehand.

A huge thank you to rising MS3 UP scholars Kaylee Stein and Haley Rogers and all the physicians who gave their time to participate. Additional thanks to Lisa Benzel and Kayla Ouert for their help in coordinating this event. Finally, thank you to the UW Well Being Grant, which funded all aspects of this community-building event.

We hope to have events like this on other Foundations campuses in coming years!

### Team updates

Thank you, Dr. Kardonsky and Dr. Dobie!

In January, Dr. Kim Kardonsky, a member of the Jamestown S'Klallam Nation, accepted the residency site director position at the Seattle Indian Health Board! We are sad to lose such a wonderful teammate and happy that the SIHB will be her new home. Thank you for your time on the Pathway, Dr. Kardonsky!

Since 2018, Dr. Kardonsky served as the Director of the Underserved Pathway. Dr. Kardonsky will continue to be a part of the UW School of Medicine and the UW Department of Family Medicine as a clinical faculty member working with the Office of Rural Programs as the Director of the Targeted Rural Underserved Scholars Track (TRUST) for medical students. Dr. Kardonsky led the creation of [the UP's Native Health module which you can find here](#). If Dr. Kardonsky is your UP mentor, rest assured she is still your UP mentor.

We also express our gratitude to Dr. Sharon Dobie, Professor Emeritus, who was a founding co-director of the UP. She has been working with us and responding to student reflections in the modules over the last year.

Congratulations, Dr. Samira Farah!

We are very pleased that Dr. Samira Farah, UP graduate who has been on the UP Team as a faculty advisor since September, has now stepped into the UP Director role! We look forward to continued growth and success of the UP under her leadership.

### Welcome, Dr. Christian!

Finally, we are so happy to welcome Family physician Dr. Robin Christian, MD (he/him) to the Underserved Pathway team as an interim faculty advisor! We are excited to have him on board at least through July. Dr. Christian graduated from University of Colorado, did an intern year in OB/Gyn at Rutgers-NJMS in Newark, NJ, then followed his passion to family medicine and completed his residency at a large FQHC at UMass Worcester. His career has focused on working with vulnerable populations and his passions in medicine include medical education, LGBTQ+ care, gender affirming care, mental health, substance use disorders, reproductive justice, wound care, and working with patients with limited English proficiency.



Dr. Robin Christian, MD.

### Underserved Pathway Team:

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