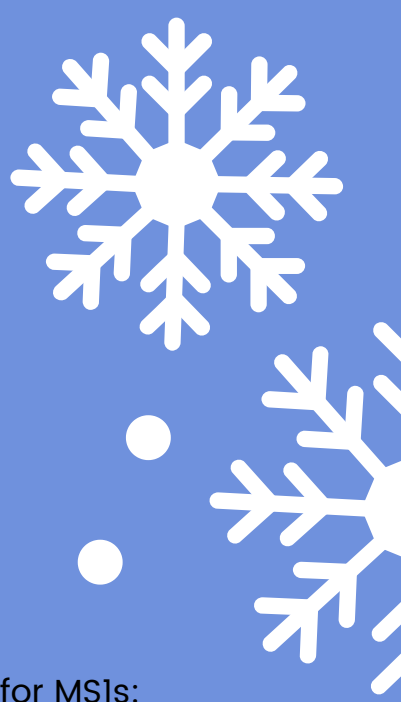


# Underserved Pathway

Student Memo  
Winter 2024



## Upcoming events

UP Scholarly Project Spring Q&A for MS1s:  
Wednesday, March 13th, 7-7:30pm PT. [Zoom link](#).  
If you won't be participating in RUOP, GHIP, or the MedSTAR program and have not had your scholarly project pre-approved by the UP Team, please attend! You can [watch the December Q&A here](#).

All Pathways Graduation Celebration in Seattle:  
Tentative date May 21st. Graduating UP scholars, watch your inbox for confirmed date and RSVP! Supporters and mentors welcome!

Watch for an email about a WWAMI-wide UP discussion group on homelessness! UP Director Dr. Samira Farah will lead a reflection group to coincide with the launch of our updated module "Introduction to Homelessness" -- your participation will count in lieu of the module's final assignment quiz.

## Bozeman UP 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.

If you missed the discussion, [a recording is available in the UP's Rural Health I module here](#).

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 be able 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!

Dr. Robin Christian has joined the Underserved Pathway team as an interim faculty advisor! We are so excited to have him on board at least through July. Learn more about him in his own words:

"Hello! I'm Robin Christian, MD (he/him). Feel free to call me Robin! I'm a family medicine physician originally from Denver, Colorado. I identify as a white, gay, bilingual (English/Spanish), temporarily able-bodied trans man. I grew up living below the federal poverty limit and started working to contribute to my household at age 14. I'm a first-generation, nontraditional college student, starting my undergrad at age 26 after a full service-industry career. These experiences and identities shape how I view the world. I graduated from University of Colorado, did an intern year in OB/Gyn at Rutgers-NJMS in Newark, NJ, then followed my passion to family medicine and completed my residency at a large FQHC at UMass Worcester. My career has focused on working with vulnerable populations, something I hope to expand through teaching and research. My 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. I'm so excited to be a part of the Underserved Pathway team and can't wait to work with all of our amazing students! Please reach out to say hi or with any questions, I'm happy to chat." Email Robin at [rchristl@uw.edu](mailto:rchristl@uw.edu).



Dr. Robin Christian, MD

## Feeling stressed?

Especially with the dark winter days, medical school and rotations can be rough! Some helpful resources include [UW Academic Support](#) and [UW Counseling and Wellness](#).

If you are feeling stressed about meeting Pathway requirements, please reach out to [upath@uw.edu](mailto:upath@uw.edu)! We have ideas and will work with you to find a way for you to get back on track to graduate with the Pathway.

Talk with your Pathway mentor! They are a fantastic source of advice about your career plans, strategies to help with stress and burnout, and more. If you're an MS4, we hope that your residency interviews went well! Share your rank order list with your mentor -- even if you feel 100% confident you know what you want (and especially if you don't).

If you are having a hard time getting in touch with your mentor, please let us know at [upath@uw.edu](mailto:upath@uw.edu).



## UP Quick Links:

- [UP Curriculum](#)
- [UP Tracker](#)
- [UP Requirements page](#)
- [UP Policies & Deadlines page](#)



November 1, 2023 -- Bozeman, MT  
Panel discussion on rural physician well-being

## Curriculum updates

We are thrilled to announce the relaunch of our UP module [Exploring Disability: Beyond the Medical Model](#). We hope you choose it as your next module to complete.

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!

## Student reminders

### MS1s and MS2s

- If you won't be participating in RUOP, GHIP, or the MedSTAR program, contact us as soon as possible to discuss how you'll fulfill the scholarly project requirement for the UP! [Click here for more info](#).
- Take your non-clinical electives sooner rather than later! Two credits are required to graduate with the UP. [See our list of pre-approved courses here](#).
- If you have established your UP mentor, schedule your next quarterly check-in. If you haven't yet established your UP mentor, be sure to do so before the end of Foundations (December 31st of your MS2 year). Please email [upath@uw.edu](mailto:upath@uw.edu) to tell us who your mentor is or if you need help finding a mentor.

### MS3s

- Don't forget to schedule your next quarterly check-in with your UP mentor!
- Do you plan to include your UP participation in your MSPE? [Check the Deadlines & Policies page](#) for what's required.
  - We require a minimum standard towards pathway completion for you to be able to include your participation in your MSPE.
  - The deadline for you to complete the UP requirements, record them in your UP Tracker, and email [upath@uw.edu](mailto:upath@uw.edu) is June 30th, 2024. Start now; summer will be here sooner than you think!

### MS4s

- Keep up your quarterly check-ins with your UP mentor!
- For you to be named as graduating with the UP in the Hooding Ceremony program, graduating Underserved Pathway students must meet ALL requirements of the Underserved Pathway by **April 1st, 2024**. [Be sure to read the fine print here!](#)
  - If you miss this deadline, **April 25th, 2024** is the final deadline to complete all the UP requirements to earn the Underserved Pathway Certificate of Completion.

## Help us celebrate you!



We want to highlight your achievements in our annual report. If you publish a paper or present at a conference this school year, [please let us know through this form](#).

## Help us with the UP modules

We encourage student leadership and assistance with updating and improving the UP curriculum. Please get in touch with us at [upath@uw.edu](mailto:upath@uw.edu) if you'd like to be involved! If you'd like to contribute by recording a short interview with a physician who specializes in a UP module topic, please [see this page for details and to submit your interview proposal!](#)

## Underserved Pathway Team:

Samira Farah, MD  
Pathway Director  
[samirf@uw.edu](mailto:samirf@uw.edu)

Genya Shimkin, MPH  
Associate Director  
[gshimkin@uw.edu](mailto:gshimkin@uw.edu)

Robin Christian, MD  
Pathway Faculty Advisor  
[rchristl@uw.edu](mailto:rchristl@uw.edu)

Alisse Cassell  
Program Manager  
[upath@uw.edu](mailto:upath@uw.edu)