



Rural Health Efforts

within the

University of Utah
Spencer Fox Eccles
School of Medicine



Stephanie Lyden, MD

Disclosures

- No disclosures to report

My Background in Rural

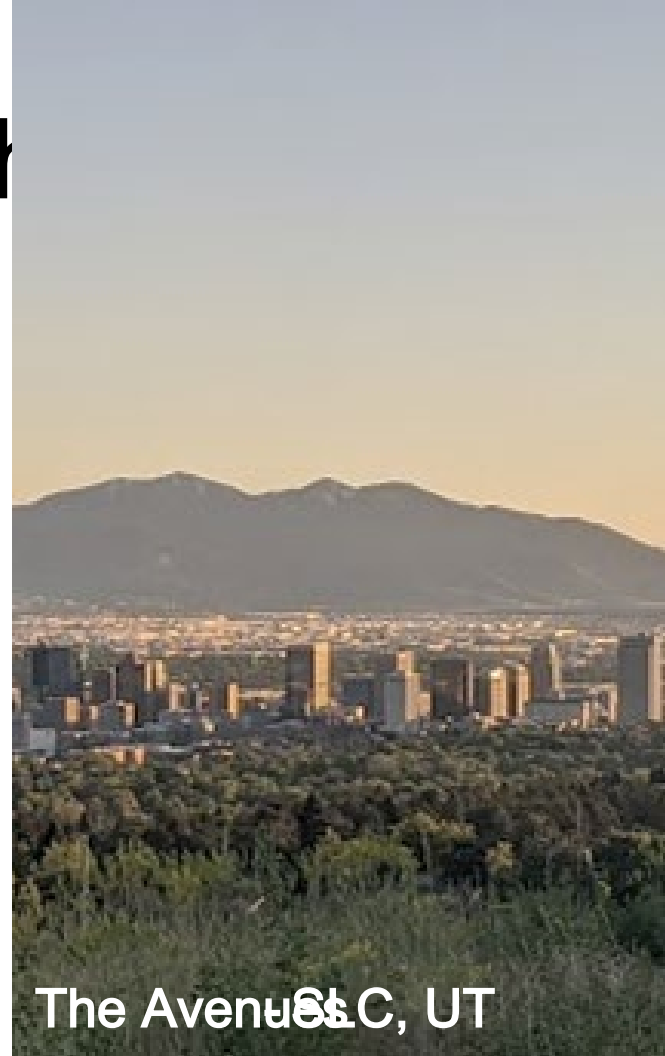
- From Casper, WY
- Wyoming WWAMI Graduate
- Vascular Neurologist
 - Telestroke to 26 rural hospitals
 - Outreach clinic in Jackson Hole for 4 years as a general neurologist
- Faculty Director for RUUTE



Big Sky, M

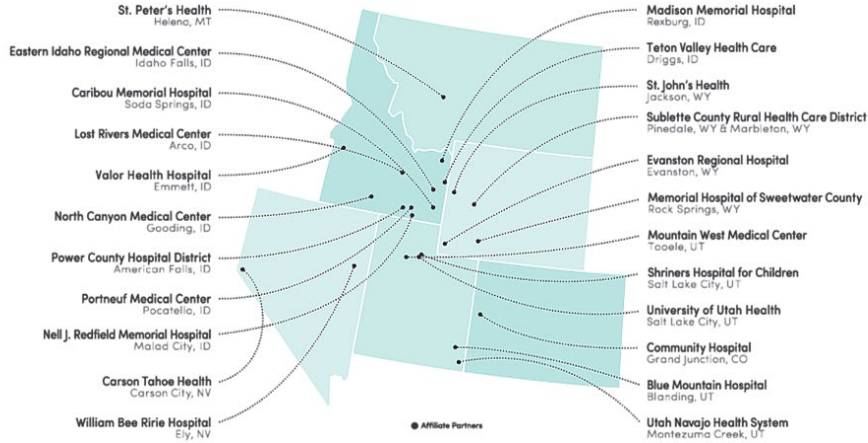
University of Utah Health

- Supports the delivery of health care in 8 states, covering 10% of the geographic area of the United States
- 60 general affiliate relationships
 - Critical Access, Regional and Community Hospital and Clinic Systems



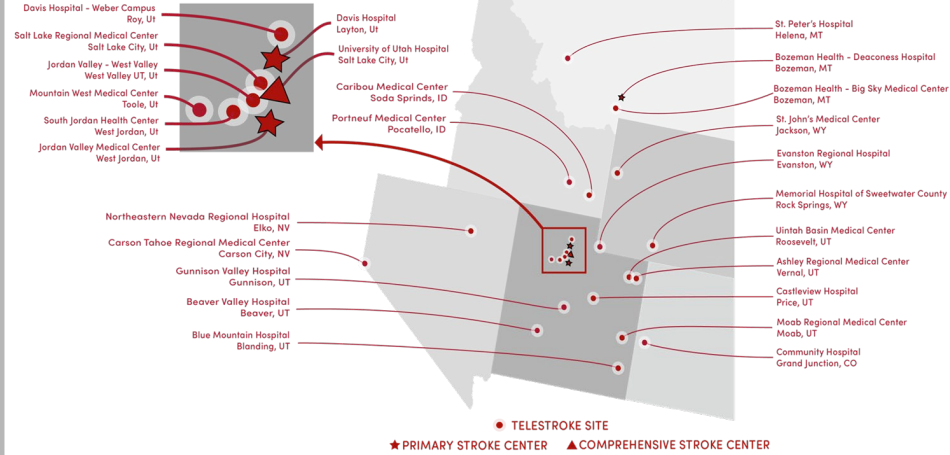
The Avenue 61 C, UT

UNIVERSITY OF UTAH HEALTH AFFILIATE NETWORK

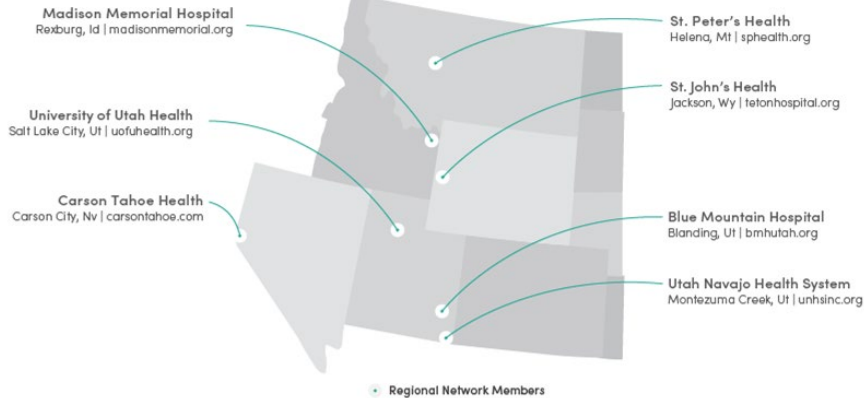


U HEALTH UNIVERSITY OF UTAH

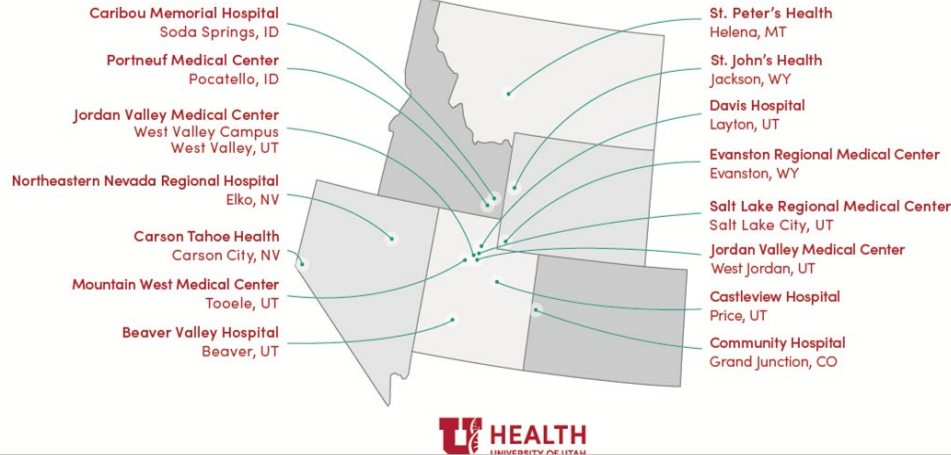
CLINICAL NEUROSCIENCES CENTER TeleStroke Partner Hospitals



UNIVERSITY OF UTAH HEALTH Regional Network



TeleNeurology Sites



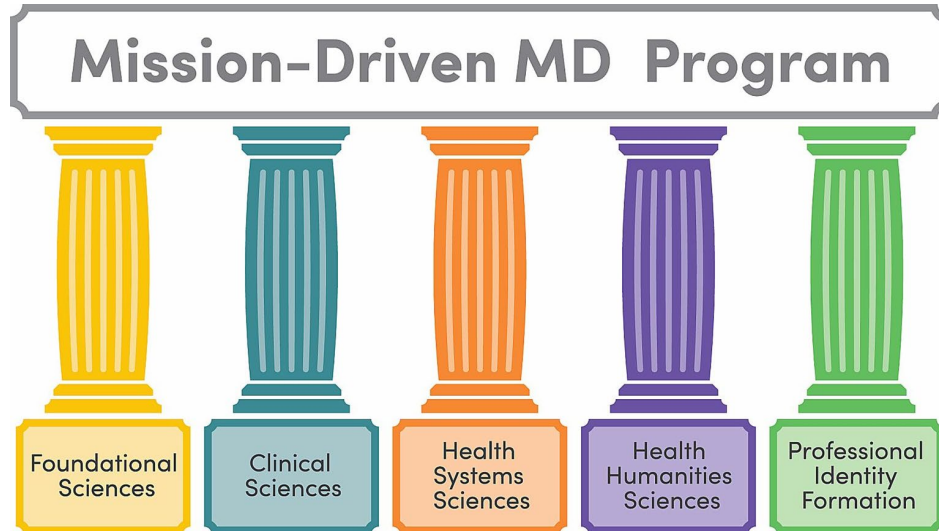


Spencer Fox Eccles School of Medicine
University of Utah
Massive Curriculum Changes



Philanthropy & Grants

- Spencer Fox Eccles donated \$110 million to kick-start a new building for the School of Medicine
- Various HRSA grants have also been awarded



Mission Statement

The University of Utah Spencer Fox Eccles School of Medicine serves all people and communities of Utah and the Intermountain West by intentionally supporting and improving individual and community health outcomes and quality of life. This is achieved through excellence in equitable patient care, education, and research by:

- Purposefully educating scientists and health care professionals to ensure compassionate, equitable, patient-centered care to all, prioritizing communities of greatest need.
- **Serving rural and underserved communities by prioritizing and acting to address social determinants of health to eliminate structures and practices that lead to health disparities among all people.**
- Engaging in scholarly research to advance knowledge, innovation, well-being, and health equity for all people.
- Fostering a culture of belonging, anti-racism, and anti-discrimination through strategic recruitment, retention, and recognition of efforts among students, trainees, staff, faculty, and community partners.

Phase 1 (Year One)

- *Houses:* Students will be put into one of six houses that they remain in for 4 years
- *Student-Led Clinics:* Students will spend one to two half days per week in [student-led clinics](#).
- *Essentials Courses:* Learning of foundational sciences is organized into organ-system courses and Problem-based learning.
- *Doctoring Courses:* Learning clinical sciences (diagnostics, patient history, conducting a physical, etc.) is aligned with essentials courses and occurs within houses in the classroom and student-led clinics.
- **SCoPE (Skills, Community, and Professional Exploration)** is a six-week intro course every new MD student will be enrolled in to learn basic clinical skills and where to go for help during the next four years.

Phase 2 (Year Two)

- *Longitudinal Integrated Clerkships:*
Duration: Full year
- *Team-Based Learning:* Students will use team-based learning three to four times monthly. This will enhance the learning and retention of core sciences.

*Note: Houses, student-led clinics and doctoring courses will continue.



Virgin, UT

Phase 3 (Years Three &

- *Advanced Integrated Science Selectives:*
Complete at least two Advanced Integrated Science Selectives
- *Student-Led Councils:* Councils organize advanced learning opportunities for students to grow their knowledge/skills.
 - Ex: Rural Health Council

*Note: Houses, student-led clinics, and doctoring courses will continue.



Fruita, UT



RUUTE

RURAL & UNDERSERVED
UTAH TRAINING EXPERIENCE

RUUTE & Regional Affairs Team



Ben Chan, MD, MBA, M.Ed.
Senior Director, Associate
Dean, Admissions, ID
Affairs - Psychiatry



Kylie Christensen, MPH
Senior Staff Director of
RUUTE



Sarah Franklin, PhD
Faculty Director
SURE, Med Research
Program, ID Affairs



Lucy Hansen, MD
Faculty Director
CEE, ID Affairs - Peds ER



Stephanie Lyden, MD
Faculty Director
CEE, WY & MT Affairs -
Neurology



Katherine Hastings, MD
Faculty Director
Rural LIC Director - Family
Medicine



Tyson Schwab, MD
Faculty Director
Rural LIC Director - Family
Medicine



Madelyn Carter, MPH
Staff Director, CEE



Heather VanOostendorp
Travel & Clerkship
Coordinator




Megan Mckay
Program Manager, SURE,
Med Research Program

**Just hired 2
program managers*

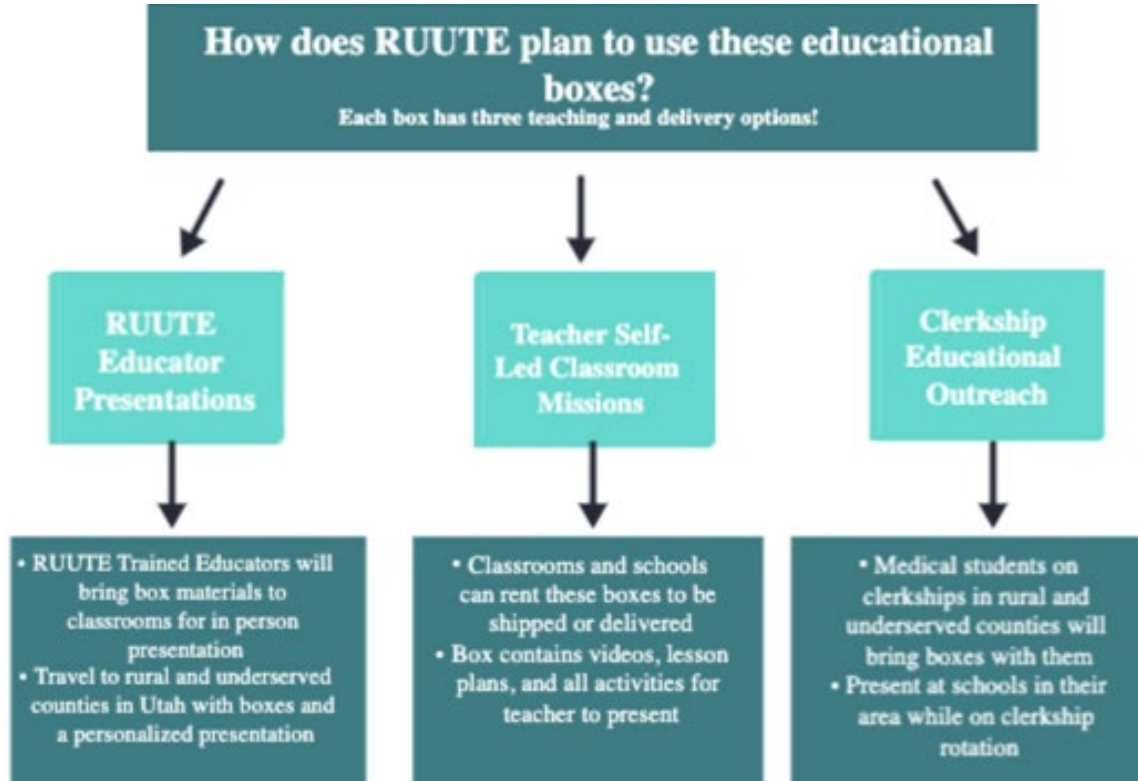


K Undergraduate Pipeline Efforts

Data from 2021-2022

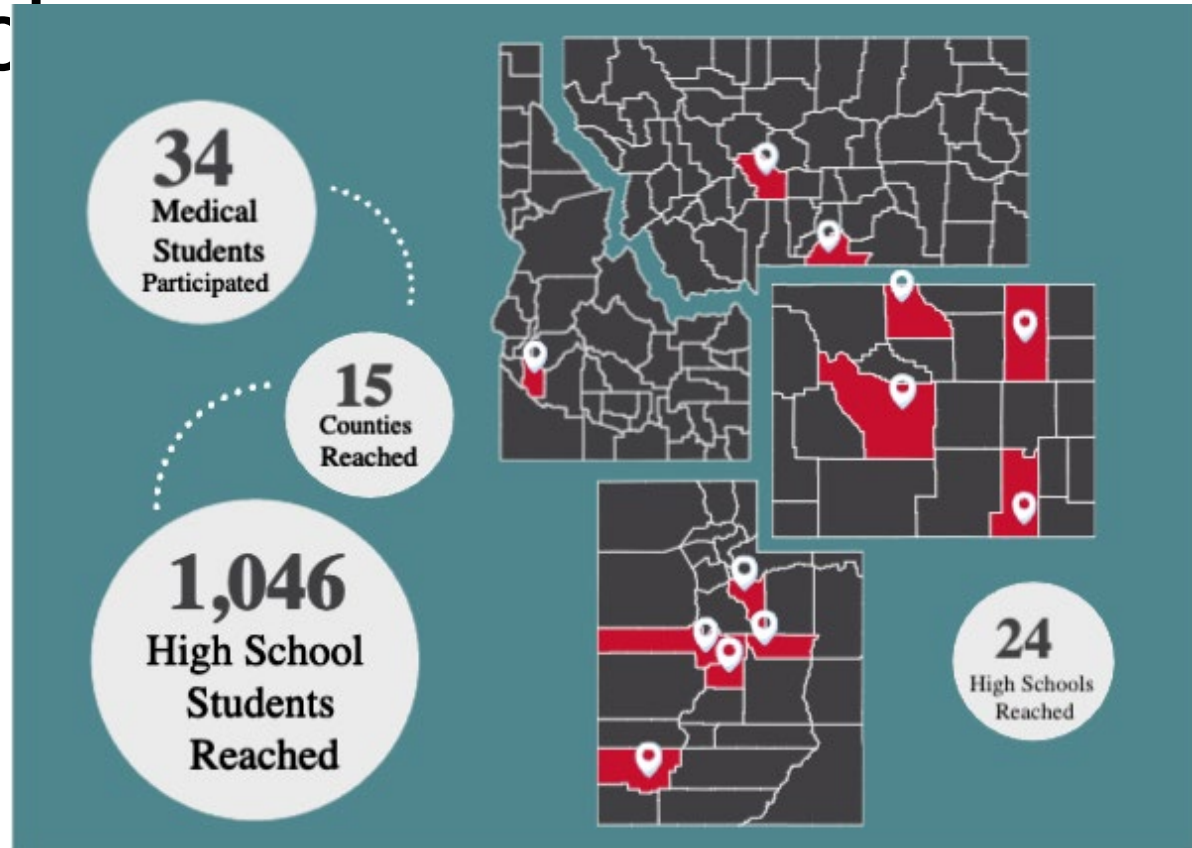


Little RUUTES Educational Outreach Boxes



Rural Outreach Program (ROP)

- Medical student run program that delivers health science learning experiences to high school students in UT, ID, MT and WY.
- Mentoring



ROP Testimonials

"Participating in ROP presentations has been one of my favorite parts of medical school! It is exciting to do presentations in the area where I did high school and show these kids that a career in healthcare is an option for them. With each class, I know that I am making a difference and potentially helping them take their first step towards their future careers!"



Sam Johnson
Class of 2023

"Not only are ROP trips a blast, but I wouldn't be in medical school without the program! This is because medical students from the U visited my high school anatomy class and inspired me to follow in their footsteps. I doubt that, at the time, the students who presented at my school knew they would have such an impact on my decision to pursue a career in medicine."



Christian Peterson
Class of 2023

"Thank you for spending time with our students. They began talking about the different possibilities for their future education following you and your peers' presentation. Thank you!"

Landon Fehlberg

Science Teacher
Carbon High School

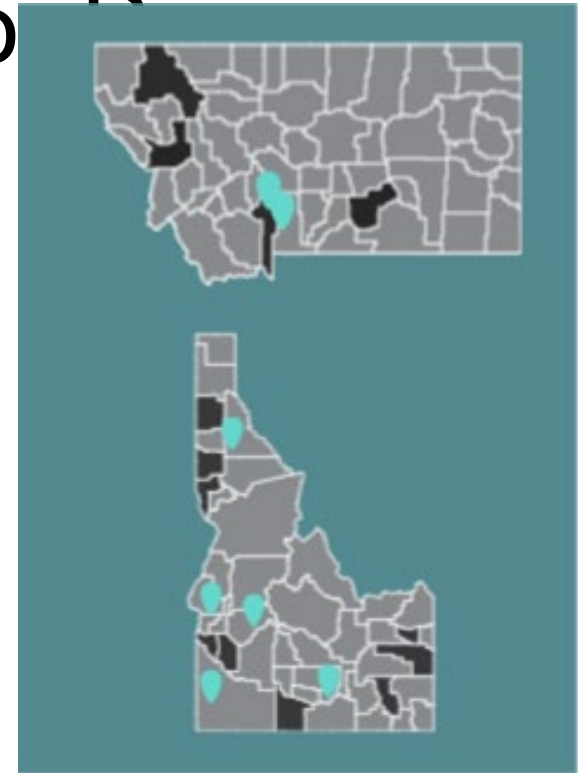
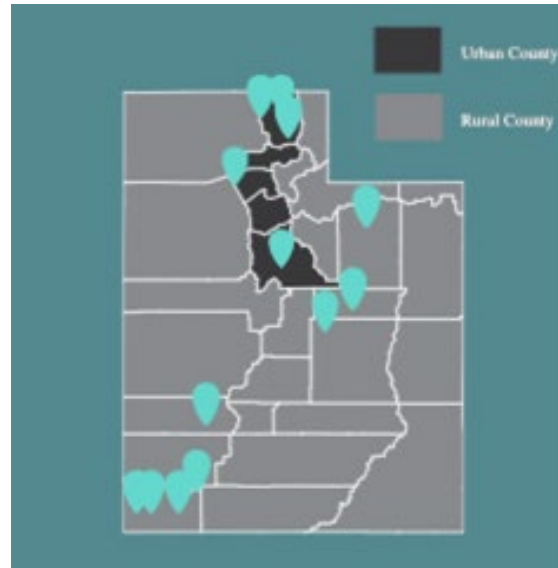
"Thank you so much for doing all those presentations in my class. The students are much more interested when it's not me. I hope we helped inspire students toward health sciences!"

Delaney Matheson

Science Teacher
Kanab High School

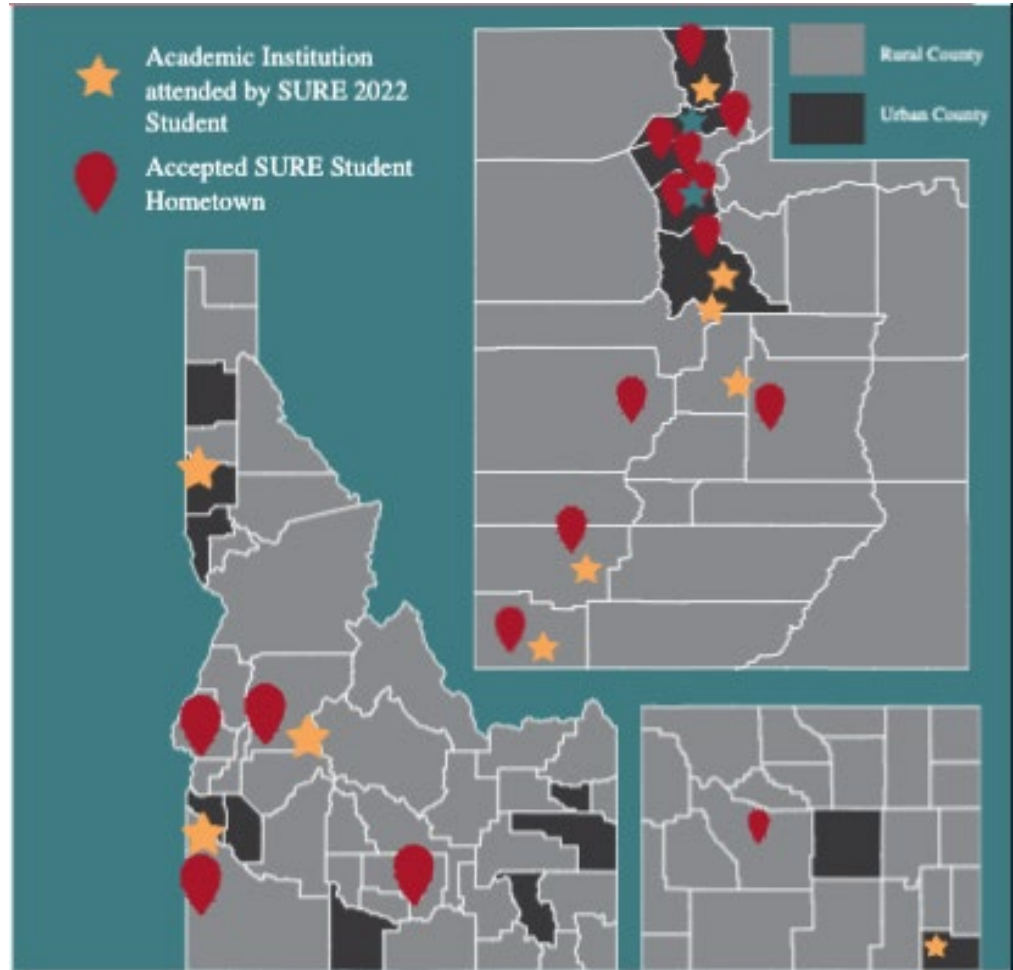
Undergraduate Ambassadors

- 19 Ambassadors and Fellows across 3 states
 - Utah Tech University
 - Southern Utah University
 - Utah State University
 - University of Utah
 - Montana State
 - Boise State
- Reached over 1000 middle schoolers



Undergraduate Research Experience (SURE)


- 29 SURE students
- 11 Undergraduate Institutions





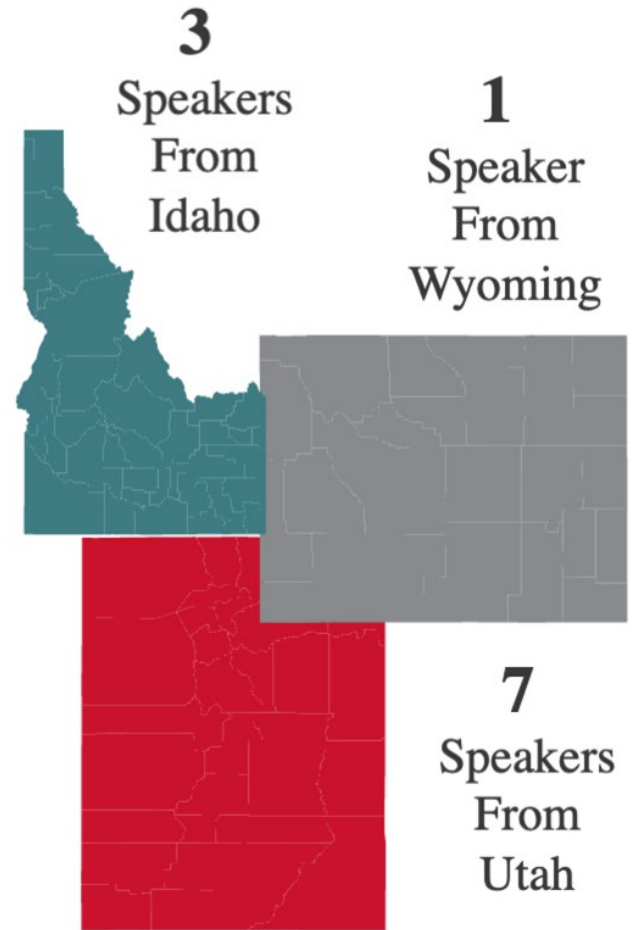
Medical School

Data from 2021-2022



Rural Speaker Series

- 2021-2022: *Over 160 students attended*
- Specialty Presentations:
 - Family Medicine
 - Pediatrics
 - Emergency Medicine
 - Neurology
 - OB/GYN



URISE (Underserved & Rural Interested Student Experience)

- Liaison between the student body and RUUTE efforts
- Mentorship



16 members



Community Engagement Experience

- Allows medical students to gain clinical experience in a rural or frontier health community (4 weeks on site)
- Familiarization with the process of identifying and addressing community health needs.
- 2022-2023: **17 students**
- Specialties: Family Medicine, Internal Medicine, Emergency Medicine, OB/GYN, Anesthesia, Pediatrics, General Surgery, Neurology



Pre-Field Week

Needs Assessment

One week of asynchronous learning on the student's assigned community demographics, health data and assets

Week 1-3

Preceptorship

3 weeks of hands-on clinical experience in an assigned community

Week 1-3

Volunteering

Students volunteer with a local community organization to learn more about the needs and resources of the community

Week 1

Interviews

Students complete interviews with a local healthcare provider, a patient, and a community partner that is later transcribed and submitted.

Week 2

Literature Review

A directed literature review on associated public health interventions is completed to guide the development of their deliverable.

Week 3-4

Reflections

Students complete a written reflection piece based on their experiences in their assigned community

Week 3- 4

Deliverable

Students develop a public health intervention which they deliver to their assigned rural/underserved community

Post-Weeks

Poster Presentation

Students culminate the course by developing a poster and presenting it at the annual research symposium at the Spencer Fox Eccles School of Medicine

Sites Available 2014

- **Utah**

- Price
- Gunnison
- Moab
- Logan
- Monticello
- Blanding
- Nephi

- **Montana**

- Anaconda
- Polson
- Columbia Falls

- **Idaho**

- Cascade

- **Wyoming**

- Jackson Hole
- Evanston

Project Ideas

- Creating a podcast focused on public health issues and solutions in the community
- Giving educational sessions (talk, ppt, videos) at local libraries, schools, public health departments, barber shops, grocery stores, saloons, etc.
- Giving educational sessions (talk, ppt, videos) to community groups (senior citizen centers, library boards, community councils, organizations, such as Elks Lodge)
- Video Submission and dissemination to local community members to utilize (youtube, tiktok, instagram reels)
- Robust social media campaigns
- Education of importance of early reading to the pediatric population and development of a resource document for community members on how to utilize the local library

Student Examples



Pictured: Lucy Hansen, Dr. Stephanie Lyden, Georgia Veverka, Nadia Reiher, Middie Bernardo, Bridget Brocksmith

BRIDGET BROCKSMITH Community Deliverable

Did you know?
Wyoming has the highest rate of gun suicides in the US. Nearly 200 of suicides in Wyoming are by firearm.

Access to a **gun in the home** increases **suicide risk** by more than 3x.

Reduce Risk of Suicide by Firearm

- Store guns securely**
This means **locked, unloaded, and separate from ammunition**.
Not locked or free in the following locations:
- Teen Community Center - Town County Health Department
- Jackson Hole Community Counseling Center
- St. John's Health Wellness Center - Sun Valley
- Temporarily remove guns from your home**
If you or someone in your home are feeling suicidal or experiencing a crisis, temporarily give the firearm or key to the gun either to a loved one.
- Make a safety plan**
A safety plan can address coping strategies and sources of support's written before you feel yourself in crisis.
 - Who are your warning signs?
 - What are your coping strategies?
 - Who should you call?To make a safety plan, visit www.jhccc.org

Front

Crisis Hotlines

Jackson Hole Community Counseling Center 24/7 Crisis Line
307-733-2046

National Suicide Prevention 24/7 Lifeline
1-800-273-8255 or 988

Local Mental Health Resources

You don't have to wait to be in crisis to seek care.

Jackson Hole Community Counseling Center

Call 307-733-2046 or visit jhccc.org to learn more about available services.

Mental Health Jackson Hole Resource Line

Call 307-203-7886 or visit mentalhealth.jh.com/resources to be connected with mental health services in the community.

Angelman, A., Stewart, T., & Sumariwalla, S. (2014). The Accessibility of Firearms and Risk for Suicide and Incomplete Abstention Among Household Members. *Annals of Internal Medicine*, 160(2), 103p-103doi.org/10.1093/aim.160.2.103

CDC, UNDERLYING CAUSE OF DEATH, PER YEAR AVERAGE, 2014-2016

Back

Is your firearm

- Unloaded?
- Locked?
- Separate from ammunition?

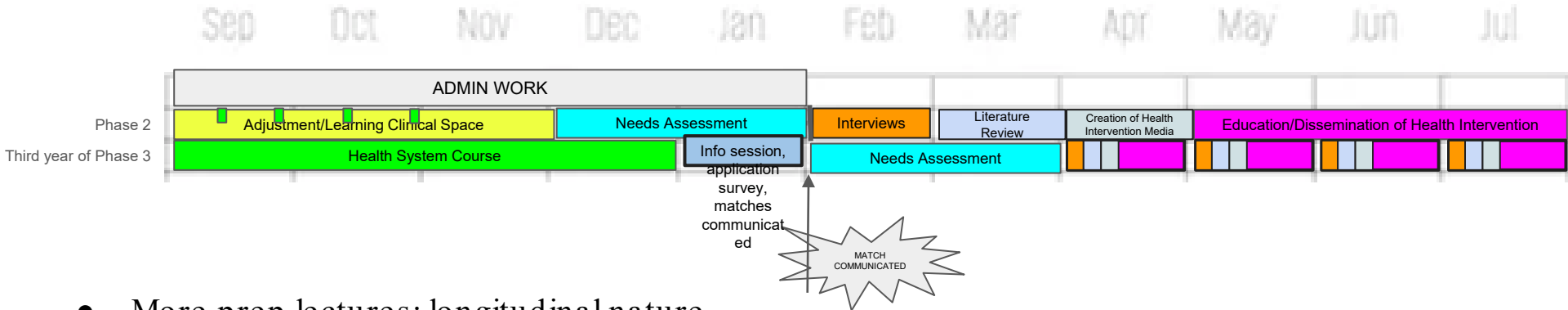
Every time.

If you are experiencing suicidal thoughts, call the National Suicide Prevention Lifeline
1-800-273-8255 or 988
text 'WYO' to 741-741
or dial 911

Magnet

Infographic

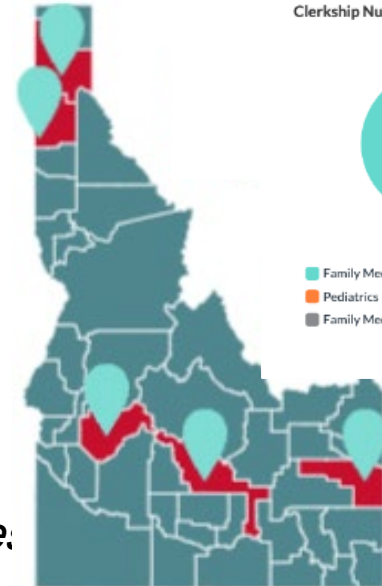
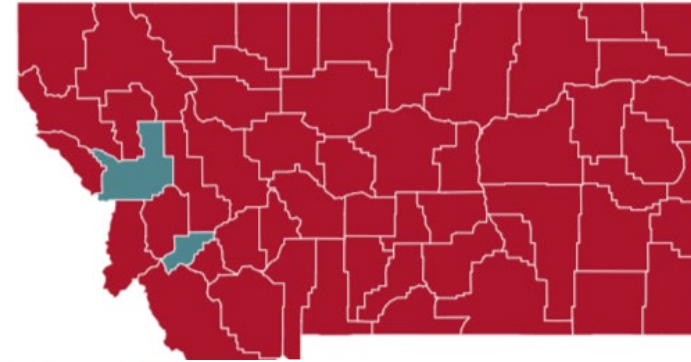
Future Directions



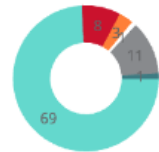
- More prep lectures; longitudinal nature
- Collaboration with School of Public Health
- Building mentor base
- Project handed down over years

Rural Clerkships

- **93** Utah
 - 95 medical students
 - 19 clerkship sites
- **2** Montana
 - 2 medical students
 - 2 clerkship sites
- **10** Idaho
 - 10 medical students
 - 5 clerkship sites



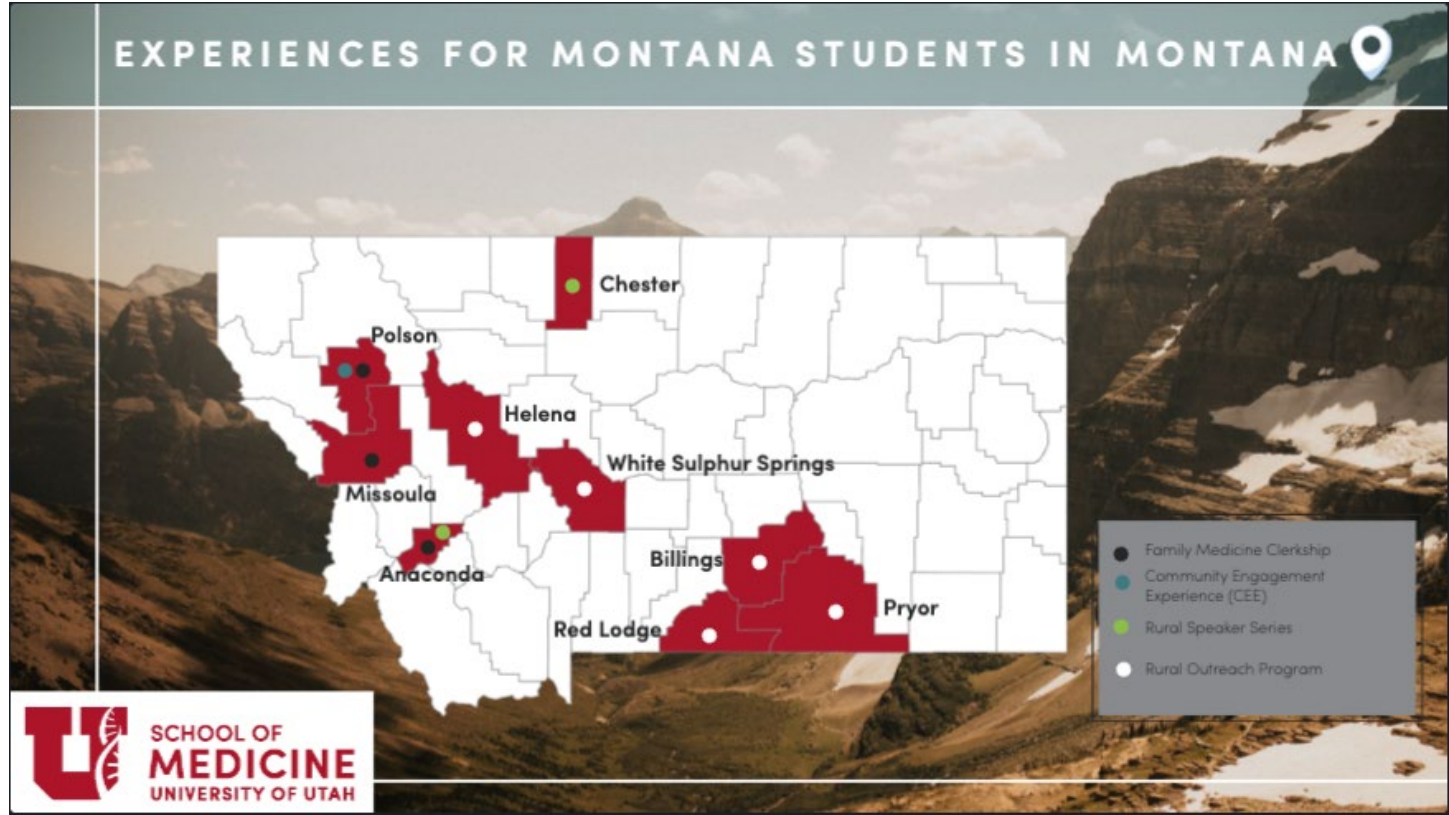
Clerkship Number by Clerkship Specialty



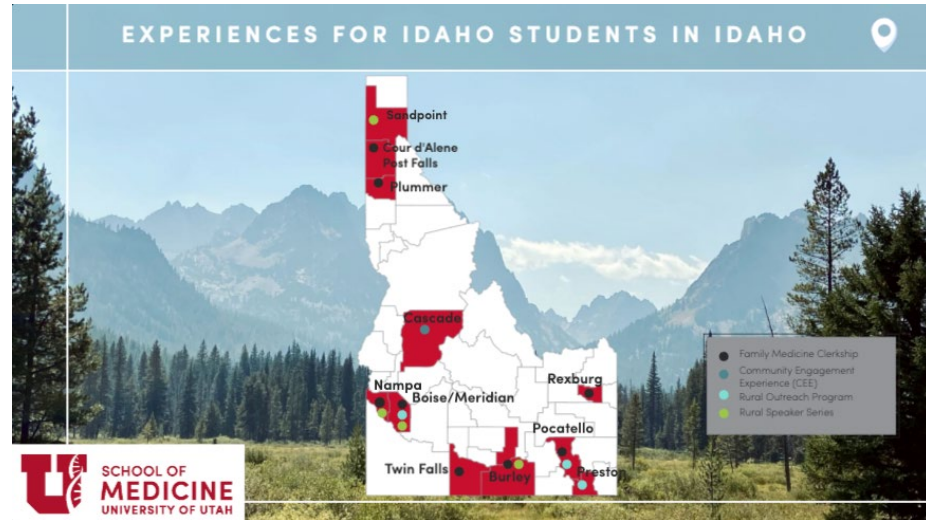
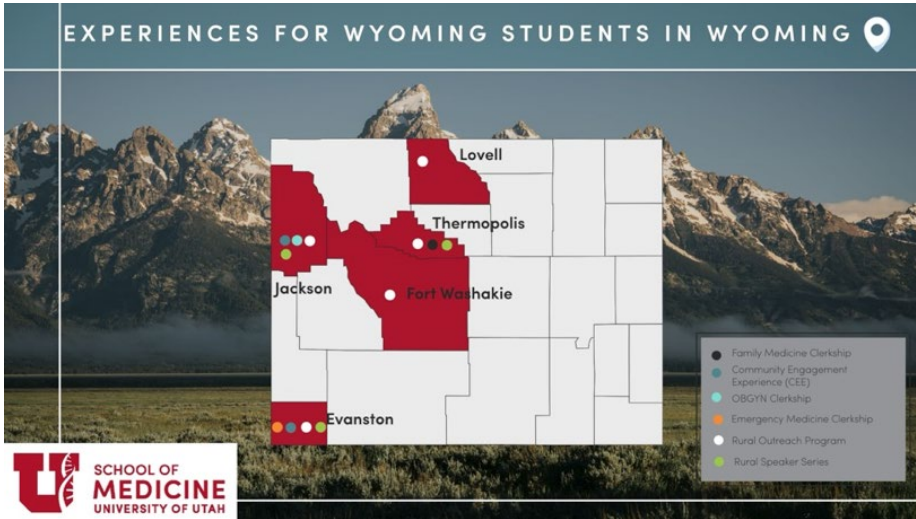
Family Medicine 69	OB/GYN 8
Pediatrics 3	Psychiatry 1
Family Medicine Sub-1 11	ICU Sub-1 1

Since 2022, we now have more Wyoming & Montana sites.

Regional Affairs



Regional Affairs & WY



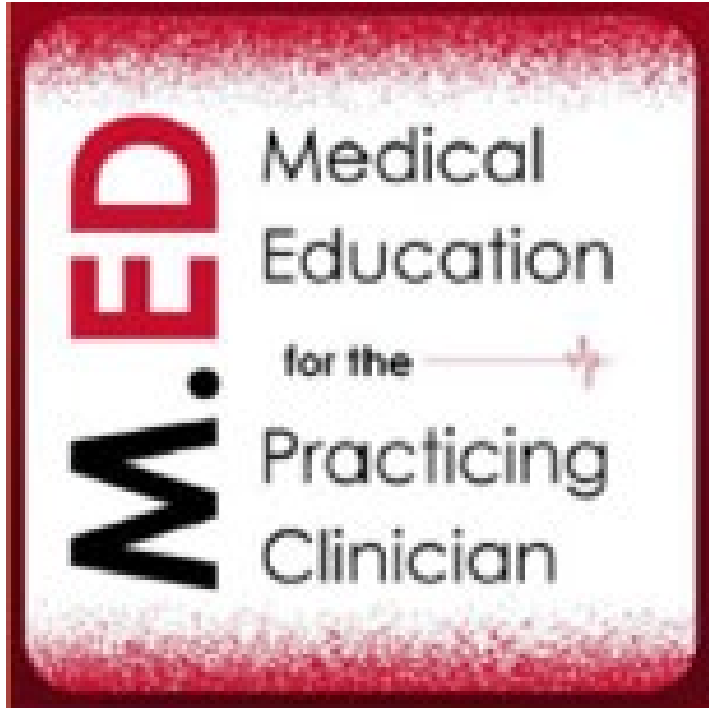
Rural LICs & Electives

- Various electives focusing on rural health
- Rural LIC Goal: 7 students/year by 2025; eventually increasing to 25



Panguitch, UT

Podcast



DETAILS:

- Topics center around practicing physicians
- New content every 2 weeks
- 30 minute interviews
- Receive CME credit

AVAILABLE ON:

- Anchor
- Itunes
- Spotify
- Google Podcasts
- Radio Public
- Pocket Casts

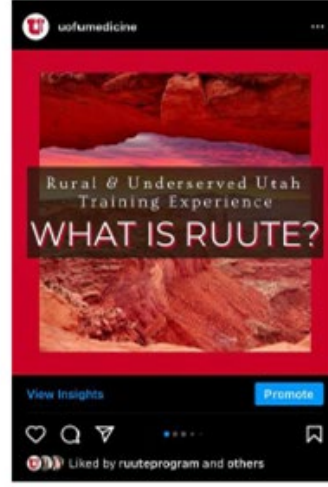
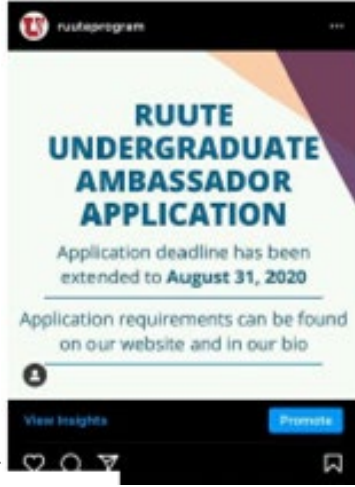
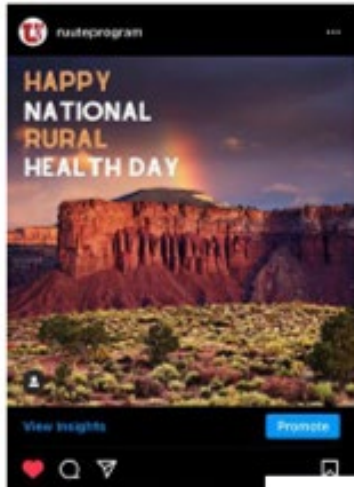
RUUTE Social Media & Engagement

Follow RUUTE 's story

 facebook.com/RUUTEProgram

 [@ruuteprogram](https://www.instagram.com/@ruuteprogram)

 linkedin.com/company./ruute



Matriculation Programs

RUUTE Scholars

- Academic
 - 15 course credits from:
 - TRUE Core classes or
 - Pop Health Core classes or
 - RUUTE courses
- Clinical Engagement
 - 4 clinical credits in TRU community or
 - Rural or Urban Underserved LIC
- 4 Rural Speaker Series presentations
- Scholarly Project
 - RUUTE Research or
 - CEE or
 - Capstone Project (TRUE or Pop Health)
- Community Engagement
 - ROP
- Service
 - RUUTE Undergraduate Ambassador Program or
 - ROP Leadership

*Pending additional discussions



Moab, UT



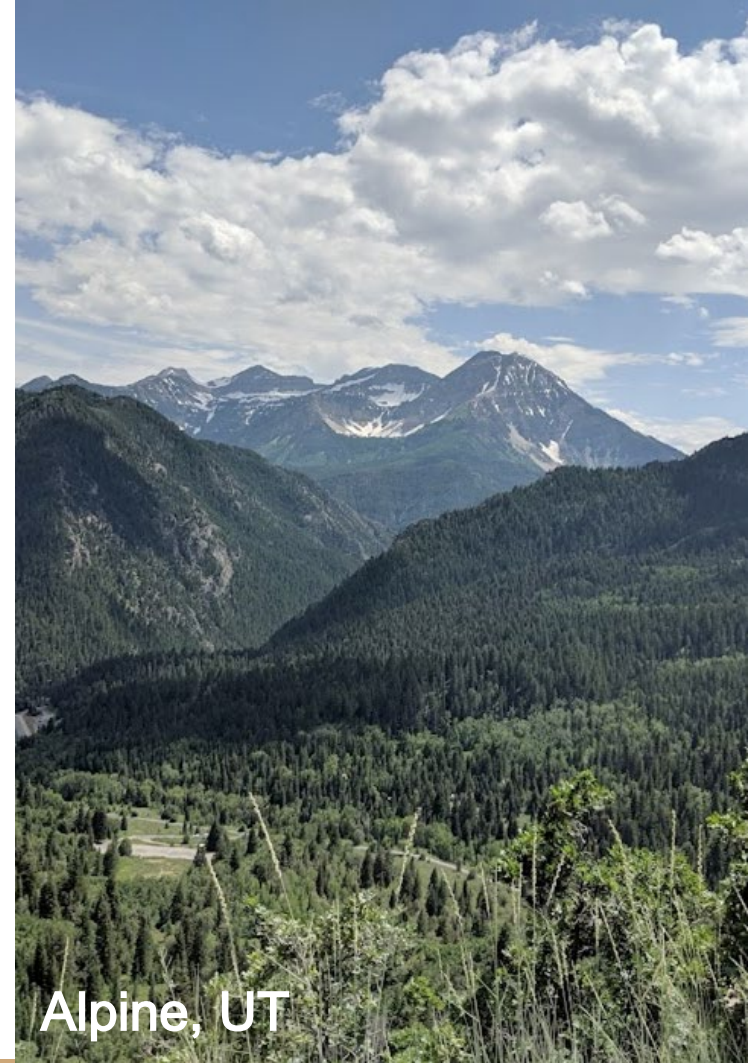
TRUE

TRIBAL | RURAL | UNDERSERVED
MEDICAL EDUCATION

Primary Care Tract

- AHEC Scholars Program
- TRUE Graduate Certificate
- Rural LIC
- Scholarship Support M1-4 years; bonus scholarship with match in to primary care residency
- 2 ROPs, 8 Rural Speaker Presentations

*Pending additional discussions



Alpine, UT

Rural Immersion Trip

- One week
- Travel to rural community (Bluff, UT; Lander, WY)
- Educational Topics:
 - Wilderness Training, Rural EMS Services, Behavioral Health & Addiction Medicine Services, Community Wellness, Community Health Worker, Public Health Nursing, Culturally Competent Care, Elder Care, Nutritional Services and Diabetes Prevention
- AWLS certification
- Book Club
- Indigenous Food Demo
- Painting Workshop





Intermountain Health Population Student Scholars Program



Overview & Goal

- Collaborative medical education program that started through a 50 million dollar endowment from Intermountain to the University of Utah
- Goal to improve the health and well-being for the people of Utah and the Intermountain West through training physicians who will deliver care using an innovative and robust population health framework



SCHOOL OF
MEDICINE
UNIVERSITY OF UTAH

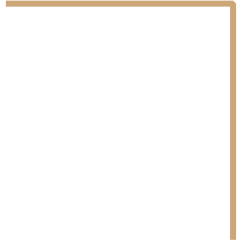
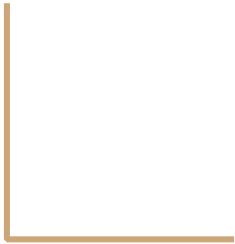


Intermountain
Health

Program Components

- Financial Assistance
 - Scholars receive half of their tuition and fees in the form of a forgivable loan
- Mentorship
 - Scholars are paired with a current Intermountain physician mentor
- Education
 - Scholars must complete a graduate certificate in Population Health Science
- Employment
 - Guaranteed employment opportunity with Intermountain
 - Four (4) years of employment for loan to be entirely forgiven

Other Efforts



Prematriculation - PROMS 2 U

Year-long post-baccalaureate experience to help students achieve their dream of becoming a physician

Admissions Requirements

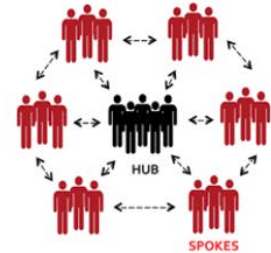
- Are Utah residents and/or enrolled members in one of the [American Indian tribes](#) whose reservation or trust lands lie partly or wholly within Utah
- Faced socioeconomic hardships growing up
- Grew up in a rural and/or medically underserved community
- Demonstrate a commitment to practice medicine in rural, tribal/indigenous areas, and/or medically underserved communities
- Are first-generation college students

Applicants must meet the admissions criteria established by the School of Medicine Admissions Office including:

- Completion of a bachelor's degree from a regionally accredited institution in the United States or Canada
- GPA and MCAT score that fit within this matrix model:
 - An MCAT Total of 494-497 and an undergraduate GPA of 3.80 or higher
 - An MCAT total of 498-499 and an undergraduate GPA of 3.60 or higher
 - An MCAT total of 500 and an undergraduate GPA of 3.00 or higher

Project ECHO

- Discuss complicated patients with specialists at the hub and receive educational didactics



People need easier access to specialty care.

There aren't enough specialists to treat everyone, especially in rural areas.

Project ECHO uses specialists to train primary care clinicians remotely.

Now more doctors and nurses can provide specialty care to their patients.

Resident Engagement & Training for Underserved & Rural Needs (RETURN) Program

- Aims to enhance the experiences and exposure of GME trainees to rural and underserved healthcare needs in Utah
- 2-6 week rotations
- Funds GME residents and fellows' salaries & benefits, housing and travel during their rotation



Rural Psychiatry Residency Program Track

- First recruitment started in 2019-2020 interview season
- 3 residents/yr
- Years 1 and 2 in SLC at UofUtah
 - Mastery of skills in general medicine
 - Subspecialty rotations
 - Inpatient time
- Years 3 and 4 in Pocatello, ID
 - Outpatient focused
- Hope to lead to an increase in rural psychiatry providers in the state
- Tele-didactics





Thank You!

Questions or Interest in Precepting

Email: Stephanie.Lyden@hsc.utah.edu