

Summer 2014 Underserved Pathway Student Memo

UP Website: <http://depts.washington.edu/fammed/education/programs/upath>

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It's summer!

Greetings, everyone, and congratulations on completing this year of medical school! We want to once again extend sincere congratulations to our 2014 graduating class of forty-eight fabulous students.

This summer twenty-seven TRUST Scholars are joining the Underserved Pathway! Welcome to the Pathway—we are thrilled you have chosen to further explore a career in underserved medicine! We hope your TRUST First Summer Experiences have gone well.

Reminder to join and follow us on Twitter [@UWSOM_UP](#)

We regularly post articles and topics we think will interest you and your mentors and be possible food for conversation with them!

Reminders to ALL medical students for the summer:

- **Set-up your quarterly mentor meeting** (at least once per quarter). Please let us know if this requirement is not working out for you for any reason.
- **Update your online UP Tracker** (<https://courses.washington.edu/upathway/tracker/pathwaytracker.php>) to record experiences that fulfill UP requirements.
 - Including:
 - Non-clinical selectives, RUOP, GHIP, III, service/community engagement hours, module completion, and other UP activities



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UP Online Modules:

The Underserved Pathway's curriculum is available online. As a reminder students must complete 8 of these modules to receive a certificate with the Underserved Pathway. If you haven't started, then we recommend – *Who Are the Underserved?* (The **only** required module).

Here is the link to all 18 Underserved Pathway Modules:

<https://depts.washington.edu/fammed/online/course/view.php?id=124>

Medical Student Wellness

We hope this summer you all have time to catch up on some needed rest and relaxation. Whether it is before or after your RUOP or GHIP, between clinical rotations, after your boards, or post Senior OSCEs. Below are two Ted Talks that may be interesting to you! These resources and more can be found on The UW SoM Wellness Council's website (<http://www.uwmedicine.org/education/md-program/current-students/student-affairs/wellness-council>).

- **Want to be happier? Stay in the moment** (<http://bit.ly/1ld1SQ8>) – 10:17 minute **Ted Talk** by Matt Killingsworth, Ph.D "When are humans most happy? To gather data on this question, Matt Killingsworth built an app, Track Your Happiness, to let people report their feelings in real time. Among the surprising results: We're often happiest when we're lost in the moment.
- **Never, ever give up** (<http://bit.ly/1e8F9Vv>) – 15:34 minute **Ted Talk** by Diana Nyad. This story about Diana Nyad's 100-mile swim from Cuba to Florida at age 64, is motivational for anyone to hear. It's a great reminder for emotional well being in medical school about how to push through challenges to achieve our goals.

REMINDERS FOR ALL CURRENT UP ENROLLEES:

Medical Students Entering Fall Quarter – E2014

Once again welcome TRUST Scholars! As you prepare for medical school and embark or return from your TRUST First Summer Experiences, we hope you reach out to us if you have any questions about the Underserved Pathway, especially as they relate to TRUST. Please email your questions to Jaime Fitch at upath@uw.edu!

Rising Second Years:

Congratulations once again on completing your first year of medical school! Hopefully you found some great opportunities in community service, and are really getting the feel for working with vulnerable and underserved populations.

Many of you have already embarked on your summer experiences! Please remember that RUOP and GHIP count as credit for your underserved preceptorship. If you are not participating in RUOP or GHIP then it is your responsibility to complete an underserved preceptorship BEFORE you start your clinical years, you still have next year!

Any III-3 completed via RUOP or GHIP qualify for UP credit. You can also complete your III via other options, but to receive credit toward your UP certificate, it needs to focus on issues affecting underserved populations. If your III was waived upon entering the SOM or you are not doing the RUOP/GHIP III-3, please contact us (upath@uw.edu).

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If you haven't completed as much service, then we hope you will be able to get back on track this summer. Summer is also a great time to complete a few modules!

Add these experiences to your UP Tracker: <https://courses.washington.edu/upathway/tracker/pathwaytracker.php>!

If you are a student coming to Seattle from WWAMI campuses, we look forward to meeting you in the fall. When you arrive, please feel welcome to drop in and say hello – our office is in E-304 in the Health Sciences Center. Not only are we friendly but also we frequently have free food or snacks you can munch on. It's always great to start out the year having matched your face with your name!

Rising Third Years:

BOARD EXAMS! By now most of you are probably done studying and completed your boards! If you are not done then we know you are studying hard for boards! We wish you the best as you prepare and take them. Hopefully you will have time for a small break after the examination before your first clinical rotation!

If there is anything we can do to support you in the transition to clinical rotations, please don't hesitate to ask. Be sure to use the UP Tracker (<https://courses.washington.edu/upathway/tracker/pathwaytracker.php>) to record those clerkships that meet Pathway requirements. The Underserved Pathway requires 12 clinical credits that may be a combination of clerkships, advanced preceptorships, or sub-internships in underserved settings. If you have any questions about advanced preceptorships or sub-internships for next year, contact us. Our list of currently approved clerkships is posted on the UP website, but we are continually working to identify more. Your input helps this effort! If you have information about a site that isn't on the list, or think a particular clerkship should be approved, but doesn't appear on the list, please discuss it with us. – Approved UP Clerkships: <http://depts.washington.edu/fammed/education/programs/upath/requirements/courses/clinical>

Rising Fourth Years:

Coming up this year: graduating, residencies, pursuing another year for research or another degree.

IN PROCESS! Every July we review all your completed requirements, and require a minimum standard to have UP completion included in your Dean's letter (MSPE). The deadline to complete (and record in your UP assignment tracker) the following six requirements by **July 31st 2014!**

This information below is also listed on the Underserved Pathway Policies Webpage*:

(<http://depts.washington.edu/fammed/education/programs/upath/policies>)

1. 2 Credits of non-clinical selectives completed
2. 12 credits of clinical rotations-completed or scheduled for the year
3. III or underserved equivalent completed and approved**
4. 12 of the required 24 hours of Service Learning
5. At least 4 of the required 8 Modules completed
6. Mentorship: Document quarterly contact with one or more physicians

**If you are an expanded student or working on your PhD, please contact upath@uw.edu.*

***If your III was waived or was not a GHIP or RUOP, please check with Jaime (upath@uw.edu) about how to fulfill #3 above.*

In general, if you have any questions, do not hesitate to contact Jaime Fitch at upath@uw.edu or via phone at 206-543-9425.

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UP Tracker

The Underserved Pathway has a database for UP students enter completed requirements, called the UP Tracker. Make sure all your completed assignments are added to your UP Tracker!

UP TRACKER LINK:

<https://courses.washington.edu/upathway/tracker/pathwaytracker.php>

Reminder of All UP Requirements to Earn a Certificate:

- Minimum of 8 online curriculum modules and associated activities
 - ✓ *Module: Who Are the Underserved* **is required** for everyone
 - One meeting per quarter with Underserved Pathway mentor (phone, email, in-person)
 - 2 credits of non-clinical selectives focusing on underserved populations or issues
 - R/UOP, GHIP, and/or preclinical preceptorship in underserved setting
 - III focused on issue affecting underserved population(s). III completed on R/UOP or GHIP automatically qualify.
 - 12 credits clinical courses in underserved setting or serving vulnerable population(s)
 - Attendance of one UP event/gathering per quarter is encouraged.
 - Average of 2 hours per quarter of community service/service learning (minimum of 24 hrs.)
 - *For TRUST Scholars: Attendance at 6 of 8 TRUST/UP module sessions or events per year when in Seattle*
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