3rd Year Family Medicine Clerkship at Country Doctor Community Clinic

Welcome!

PRELIMINARY ARRANGEMENTS

Before your rotation, be sure to email the site director Dr. Olson at [sonjafire@gmail.com](mailto:sonjafire@gmail.com) with your completed Student Summary Sheet at least two weeks before the start date of your rotation. Feel free to email, text or call Dr. Olson at (206) 419­-9570 anytime with any questions. If you need to contact the clinic directly, the backline is 206­-299-­1609, and the fax is 206­-299­-1608. Besides reading this & watching the EMR videos (see below), there is nothing else you are expected to do prior to the rotation except to familiarize yourself with the Family Medicine Clerkship website: [www.uwfmc.org](http://www.uwfmc.org) & <https://depts.washington.edu/fammed/education/courses/clerkship/info-students/>

Here are the EMR videos to watch, BEFORE the rotation so the orientation makes more sense to you:

Adult Office Visit – Updated 6 11 15 (17min 31sec)

<https://youtu.be/2lODSyByv7o>

Care Guidelines 6 11 15 (14min 29sec)

<https://youtu.be/LR-riGA07kM>

Care Guidelines Add 6 11 15 - this is a tacked on bit for Care Guidelines (1min 57 sec)

<https://youtu.be/-ZRIEqfRmTc>

Referral Details For NG 8.3 6 11 15 – Updated (13min 21 sec)

<https://youtu.be/LH6QBKY4ZcA>

Peds/Well Child Visit – Updated (18min 56sec)

<https://youtu.be/RAo5o5ug7jI>

Chronic Conditions HPI (11min 16 sec)

<https://youtu.be/_tc-sK5_z-c>

Counseling/Coordination of Care Coding (2min 45 sec)

<https://youtu.be/3pwW9yjVG6w>

Otherwise, just rest and enjoy your weekend before the rotation begins!

Background Information

The Country Doctor Community Clinic is one of several community health centers in Seattle. Located on Capitol Hill, this clinic has served low ­income residents of the surrounding areas since 1971. Eight family practice physicians, and five nurse practitioners provide patient care at our clinic. The Clinic provides the full spectrum of Family Medicine care for a diverse patient population. Speaking Spanish is very helpful but certainly not required. We have an in­house Spanish interpreter at all times.

Transportation: It is helpful to have access to a car but not necessary. We are located on the corner of 19th & Republican on the east slope of Capitol Hill. Please park about a

block away, so that patients have access to the closest spaces. Our clinic is walkable from stops on bus #12, 43, 48, 8, and 10. From our clinic, Swedish First Hill Hospital is 1 ½ miles away. Directions are easy to find using a map application on the internet. On your call days, you can also often carpool with the doctor you are working with, since parking at Swedish can sometimes be difficult.

Helpful addresses:

Country Doctor Clinic: 500 19th Ave East, Seattle WA 98112

Swedish First Hill Hospital: 747 Broadway, Seattle WA 98122

Carolyn Downs Clinic: 2101 East Yestler, Seattle WA 98122

Swedish Cherry Hill Residency Clinic (didactics) & our After hours clinic: 550 16th Ave, 98122 (next door to the Swedish Cherry Hill ER)

General Clerkship Information

You will have a primary preceptor during your 6 weeks with us, and you will work with 5 of us on a regular basis as preceptors. Your preceptors will be 5 of the following: Rich Kovar, Sarah Hufbauer, Sonja Olson, Tina Shereen, Katy Mayer, Matthew Logalbo and Laura Morgan who are Family Physicians (MDs); and Karen Johnson & Katie Hester who are Family Nurse Practitioners (ARNPs). Sonja is the Clerkship Coordinator; Rich is the Medical Director of Country Doctor Community Health Centers which includes Country Doctor Community Clinic (your clerkship site), and our sister sites Carolyn Downs Family Medical Center & the After Hours Clinic; and Matt is the clinic director of the Country Doctor Clinic. Your primary preceptor will be orienting you and giving midpoint and end of clerkship evaluations/feedback. One of the preceptors who works on Monday will begin your orientation on Monday morning at 8:30 a.m., you will have EMR training at 10am, and when you meet your primary preceptor for the first time they will complete your orientation (not necessarily on Monday if they don’t work Monday). Please come into the clinic and enter the front provider room to find one of them. You will then usually have your UW clerkship orientation webinar later that day or another day (the clerkship office will confirm with you when this is for your rotation).

Generally, clinic starts at 9 am and ends around 5:30 pm. You are expected to work nine half­ days a week, M­-F, with Tuesday afternoon being set aside to attend the Swedish Cherry Hill Family Medicine Residency Didactics or to take time to study if the didactics aren’t relevant to students. There are also evening and Saturday clinics that you can choose to work if you’d like to in exchange for having “off” one of your normally scheduled half­ days. In the last week of the rotation, you can use Tuesday afternoon to study for the test, you get clinic off Thursday morning for the test, and then you are expected to work Thursday afternoon and Friday morning. You will get the last Friday afternoon shift off.

It’s often a good idea to bring your lunch. There are also places to get a food or coffee nearby. No white coat is required. Patients are told that students will be involved in their care, and you should make a point of wearing your UW nametag and introduce yourself as a student physician working with us as part of your medical studies at the University of Washington.

After Hours Clinic “AHC”

The After Hours Clinic is operated by Country Doctor at the Swedish Cherry Hill Residency Clinic. Sonja, Laura, and Tina all do regular shifts there, and the other preceptors will occasionally work there as well. You are expected to do at least one shift there in the rotation, your preceptors can give you the info. This is in the same location as the Swedish Cherry Hill Residency didactics.

OB Call

One shift a week on average (six total), you’ll also do OB call with Sarah, Rich, Sonja, Katy, Laura or Matt. Get a copy of the call schedule in your first day, so you can determine a day when one of us is on, and then let us know the afternoon or evening before, so we can include you in our rounding at Swedish First Hill Labor and Delivery floor (5E) in the morning and any deliveries over the next 24 hours. Our call shift is officially 7:30am to 7:30am the next day. It’s also a good idea to be “on call” for the individual pregnant patients you get to know at CDCC so that you can get in more Obstetrics experience. At the start of the rotation, you should ask your primary preceptor for the list of Country Doctor pregnant patients, and mark down the names of the patients who are due during your rotation to try to see while you are in clinic & hopefully attend their deliveries (ask their PCP to call you if those women go into labor).

Inpatient Medicine Call

One week of the clerkship, you’ll do medicine attending call with Rich, Sarah, Matt or Laura at Swedish Hospital First Hill campus which means you will round Monday-­Friday with us and start clinic later on those days.

Formal Didactics Opportunities

During the rotation, you will need to schedule with each of us preceptors a short “didactics” session, where we sit down with you for about 20­-30 minutes to cover a medical topic. Each of us has a specific topic to review with you, often regarding meaningful use of EMR, so pin them down early with a time to get that short session done to make it more worthwhile for you during the rotation.

You can attend Grand Rounds at Swedish Hospital Glaser Auditorium on the 2nd Thursday of the month from 7:30-­8:30 AM where interesting clinical cases are presented.

Tuesday afternoon is set aside for you to join formal didactics with the family medicine residents at Swedish Cherry Hill. These take place at the Swedish Cherry Hill Family Medicine Residency clinic (address above) from 1-5pm. Sonja Olson will email you the schedule on Friday for the following Tuesday. If you don’t get the email from her, please feel free to text her Tuesday morning to ask for the schedule. Sometimes, only part of that time (or none of that time) is spent on topics that would interest you, and the rest on residency specific logistics, in which case you could skip those parts and go study on your own time. The Tuesday afternoon of your last week you will probably want to use for studying for the final exam. Info of how to get to the didactics: **The address is Swedish Cherry Hill, 550 16th Avenue, Suite 400. The Professional Building. There is parking on the street and a parking garage on 16th. We are adjacent to the ER department. Please have your student(s) enter via the Professional Building. Take the elevators to the 4th floor and head west, then north off the elevators….The Suite will say Swedish Family Medicine Residency, push the door bell and someone will allow them entrance. If they come via the shuttle or by bus…we have an information desk that will assist.**

Community outreach

Once or twice during your clerkship you will do outreach at a community feeding program on Capitol Hill at 1710 11th Ave at East Olive. Contact Don Jensen to set up dates at 206-484-­7247 or e­mail him at [director@communitylunch.org](mailto:lunch@loveiscentral.org). There is a box (ask Sonja to show you) with more info & supplies to bring to set up your health-fair style table at the lunch. You will be at the table able to check blood pressures, check blood sugars, and answer health questions as people file in for their free lunch. The week before you plan to go to the lunch, make an appointment with Nancy (Diabetes educator next door to main clinic). You will spend about 10-15 minutes with her learning how to do glucose checks and will give you the necessary test strips.

End of Clerkship Presentation

Toward the end of your clerkship, we’ll find a time for you to make a brief presentation on an interesting clinical topic (20 minutes or so). Ideally, in the first 1-2 weeks, you think of a clinical or social question that comes up with a patient you encounter, or a glitch in the system, a topic many providers feel they need more information about, etc. Ideally,you will have the opportunity to provide a service to the clinic while broadening your understanding of the health care system serving the low ­income people in this community. For example, students have done teaching about logistics of medical marijuana now that it has become legal (after a patient asked about it), or teaching about syphilis testing/treatment when a recent syphilis outbreak occurred, etc. More examples of past projects are also in a binder in the clinic, as well as a list of topics that might be interesting. Handouts are important for those providers who can’t make it. Ask your preceptors for ideas for topics.

Meetings

● You should go to one of the OB cross­cover team meetings, which are the 2nd Wednesday and 4th Thursdays of the month at Swedish First Hill across from the cafeteria. It is a good idea to go once in the rotation. A chance to meet providers from other community health centers and learn about the patients who may give birth while you are on the rotation. Also pick up one of the lists of CDCC patients; ask a preceptor to show you how to look up appointments for each patient. You can then keep track of when these women come in for their prenatal visits and hopefully catch them a few times in clinic and then at a birth, and postpartum!

● Provider/Staff meetings -­ occasionally there will be an all­ staff or provider meeting on a Tues, Wed, or Thursday around lunchtime. You can discuss with your primary provider if it seems like something worthwhile for you to attend, and you are always welcome to attend any of our meetings. If you don’t attend, use that time to study.

● It is optional but interesting to go to Country Doctor Board meetings, the last Tuesday of the month at 5:45 p.m. (dinner served) at the Country Doctor Site. Ask Rich about attending these.

PATIENT SUPPORT SERVICES

One element of medical student education at Country Doctor happens “beyond the exam room” through observation and participation in outreach services. Medical students are encouraged to take full advantage of the chance to experience true interdisciplinary, community ­based care. Please find time here and there during the rotation to shadow and work with these providers. However, don’t feel like you must spend time with all of these providers before you are done if doing so is difficult or seeming to take time away from working with your preceptors seeing patients. To get the best learning opportunity, try to follow patients you see in clinic when they go to appointments with the other providers listed below. For example, if you see a patient who is newly diagnosed with diabetes or HIV or pregnancy, follow them next door to their appointments to see the diabetic nurse or HIV team or pregnancy nurse; or find out when the patient is scheduled to see them and go to that appointment with them.

A wide range of support services are available to patients at Country Doctor Community Clinic. The building next door to our clinic houses the HIV team, maternity support team, and diabetic nurse, in addition to referrals coordinator and some administrative offices.

Maternity Support Services:

Alison Voinot, RN; Kathryn Murray, MSW; Carla Levesque, RD; Anna Hink, MSW

This team of RN, social worker, and nutritionist provides ongoing coordination of all aspects of prenatal through delivery care of the patient and newborn. They provide maternity screening, breastfeeding support, WIC support, childbirth class and doula referrals, social services, nutrition counseling, etc. There is also a program called the “MOMS” program that provides integrated mental health services to pregnant women and mothers of children 18 years and under.

Diabetic support

Nancy Huzo­Podegraz, RN

Carla Levesque, RD

Nancy sees all diabetic patients for diabetes education and management. She does an amazing job helping patients take control of their diabetes. Carla is out nutritionist who educates patients about diabetes prevention, but also does general nutrition counseling for any other reasons needed.

HIV team

Laury McKean, RN, Haley MacLeod RN, Gerald Knight, Richard Prasad & Amanda Crutchley case managers

This team of providers offers case management and medical care coordination for the HIV patients at our clinic. Country Doctor providers have historically all provided primary care for a significant amount of patients with HIV and are able to do so with the help of the HIV

support team. There are often HIV educational lunch meetings that happen at our clinic and students are welcome to attend these.

Behavioral Health team

Dawn Fabian, Kristin Hummel, Ivan Sanchez, Glenn Leaver

The behavioral health team works with our patients with mental health needs, providing mental health counseling, diagnosis, and case management. A large portion of our patients will utilize our behavioral health team at one point. Dawn is the coordinator of the behavioral health services and would be good to talk with at some point during the rotation. There are also occasionally consulting psychiatrists who we work with as well.

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