

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 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, there is nothing else you are expected to do prior to the rotation except to familiarize yourself with the clerkship website:
<http://depts.washington.edu/fammed/education/courses/clerkship/info>

If you would like to watch some youtube videos that introduce you to our EMR prior to your rotation, please ask Dr Olson to send you the links. Otherwise you will have time set aside to watch them in clinic on your first day.

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. Seven 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.

Language: Speaking Spanish is very helpful but certainly not required. We have an in-house 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, Mary Curiel, Sonja Olson, Tina Shereen, Katy Mayer and Matthew Logalbo who are Family Physicians; and Karen Johnson who is a Family Nurse Practitioner. 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 site, Carolyn Downs Family Medical Center, and Sarah 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. Sarah or Katy will begin your orientation on Monday morning at 8:30 a.m. 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. 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. 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.

OB Call

One night a week, you'll also do OB call with Sarah, Rich, Sonja, Katy 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. 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, Matt or Sarah 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 the seven 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 as study time for you, but if you want, you are invited on Tuesday afternoons 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. The contact person who can email you the schedule is Emily Ashbaugh emily.ashbaugh@swedish.org. Sometimes, only part 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.

Outreach

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 e-mail him at director@communitylunch.org. The information sheet is in the 3 ring binder which med students before you have compiled.

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 cross-cover team meetings, which are the 1st Wednesday and 3rd Thursdays of the month at Swedish First Hill.
- 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, but 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; Tricia Spach, psychiatry
ARNP

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 Huzo-Podegraz, RN

Nancy sees all diabetic patients for diabetes education and management. She does an amazing job helping patients take control of their diabetes.

HIV team

Laury McKean, RN, Haley MacLeod RN, Gerald Knight & Richard Prasad, 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, Annie McGuire

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.

Health Care for the Homeless

Bernie Creaven, RN

HCH serves homeless families housed at several sites close to the clinics. Staff based at the shelters provide well child exams, immunizations, mental health and substance abuse counseling, and perform nursing assessment of acute adult and pediatric issues, making referrals to the clinics for those clients needing additional primary care services.

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