

Introduction: A UW med student living in Idaho...

Explaining how you're an Idaho native living in Idaho, training in Idaho and no you're not from Seattle, but you are a UW student.

Congratulations! If you're reading this chances are you are thinking of or have just committed to doing your third year of medical school in Idaho. Idaho Track is a great opportunity to experience a truly "hands on" approach.

This guide was conceived, created and has been edited over the last few years by Idaho Track students, the WWAMI office staff and other wonderful individuals involved in furthering your education.

Inside you will find some key "insider tips" which will help ease the stress of yet another move. There is information about where to eat, where to live, when to study, who to hunt-down and, hopefully, how to get the very most out of one (and maybe two!) years in Idaho. Congratulations again on such a *progressive* choice. Enjoy your third year, it does, indeed, go by in a flash.

IT Student Representative

Each year, one Idaho Track student is chosen by his or her fellow Trackers to be the class representative. This person will represent their fellow IT students at Idaho Track Steering Committee meetings, which occur quarterly.

This year's IT student representatives are:

2008-9	M3 Co-Rep	Brian Byrne byrneb@u.washington.edu
2008-9	M3 Co-Rep	Kyle Chambers kjc9@u.washington.edu
2008-9	M4 Rep	Lance Hansen lhansen7@u.washington.edu

Functions the IT Class Representative is involved with include: attending Idaho Track Steering Committee meetings (quarterly), community education in conjunction with the WWAMI program such as: Idaho Legislative presentations and the Idaho Mini Medical School. The IT class rep also helps plan social events, including a Match Day party to celebrate 4th-year IT students' Residency Matches. The 4th-year IT student rep will assist the new 3rd-year rep throughout the year as needed, with both providing updates to this guide.

Student Immunizations

PPD test is required annually. It is the responsibility of the students to keep a personal copy and to send the results to UW Immunization Clinic, Box 354410, Seattle, WA 98195 - the UW contact is Natalie Conner, (206) 543-8914 or via email at: connern@u.washington.edu

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There is a dedicated Email and Phone number set up for health sciences students, rather than contacting Natalie personally:

Email: myshots@u.washington.edu
Phone: (206) 616-9074

The Family Medicine Residency of Idaho will test UW students free of charge. Hours are 9-11am and 2-4pm on Monday and Tuesday. If you are unable to get a free flu shot at your clerkship site, you can get one at the FMRI - the Idaho Medical Education outside fund will cover the cost. For other questions on getting health care needs taken care of at the Residency clinic, call Sue Brooks or Dana Bertwell at 367-6030.

Health Care and Insurance

Disclaimer: Health care coverage for students outside of the Seattle area has become more complicated in recent years. The student health plan coverage is reduced if you see an out of plan provider while out of the Seattle area. Unfortunately, there are no in plan providers available in Idaho at this time.

While students are encouraged to continue their health insurance programs through the University, many students feel the coverage is not adequate for their needs. Read the following sections carefully before making your final health coverage decisions.

UW Student Health Insurance

If you want to be covered for a quarter in which you will not be registered you must enroll for annual insurance during the previous quarter. For example, if you will not be registered for Summer Quarter but wish to have insurance during the summer, **you must register for annual insurance at the time you register for your Spring Quarter insurance.**

Trudy Furber can be reached at (206) 543-5560. Refer to the UW website at www.washington.edu to obtain information about fees and the insurance plan. To enroll in the UW Student Insurance Plan, send a check payable to the University of Washington for the appropriate amount. The check should be sent to:

The University of Washington School of Medicine

Academic Affairs, Attn: Trudy Furberry

1959 NE Pacific Street, Box 356340

Seattle, WA 98195

Once the payment is received, insurance will be added and your check will be mailed to the Student Account Office. If you have already submitted payment then decide to cancel the insurance, you must notify Ms. Furberry to drop the insurance prior to the insurance deadline. The student insurance deadline is the seventh calendar day of the quarter. After this deadline, student insurance cannot be added, changed, or cancelled.

NOTE: Ms. Furberry does not supply benefit information for the insurance plan. If you need more information regarding fees, due dates, benefits, insurance forms, etc., please go to the UW website at www.washington.edu.

Because you are out of the area (not in Seattle), you may choose any physician you like and set up payment arrangements with them. (Students may not see medical physicians at the VAMC as this is only for VA employees and veterans.) Physicians are available through Ask-a-Nurse or you can call the WWAMI office. You will be responsible for what your insurance does not cover.

*** NEW in 2008 * Non-Degree student status with University of Idaho**

Benefits such as the health insurance, wellness programs, gym membership and such would all be available to you at the University's Boise Campus on Front Street at Broadway. For more information contact either Adriana Olivas at the Boise WWAMI Office, 777 N. Raymond St, Boise, ID 83704, by phone at (208) 327-0641 or by email at IDWWAMI@u.washingotn.edu .

Other Local Health Care Resources

When moving back to Idaho, you may be wondering what to do with health insurance while out of the UW Student Insurance network. While we are learning to be advocates for the health care of our patients, it is important to ensure we also have adequate health care coverage. Below are a number of possible resources, not necessarily exhaustive, that may help in your search for the "Mecca" of access to care while in "WWAMI-land."

Public Insurance/Resources

- <http://depts.washington.edu/ovpsa/insurance.html> UW Student Health Insurance website
- <http://www.washington.edu/admin/hr/benefits/self.pay.resources.html> - Health insurance resources and options in Washington

- <http://www.healthandwelfare.idaho.gov> - Idaho Department of Health and Welfare
- <http://www2.state.id.us/dhw/medicaid> - Idaho Medicaid
- <http://www.idahohealth.org> - Idaho health resources website sponsored by Idaho H&W
- <http://www.rxidaho.org> - links to prescription drug assistance programs in Idaho, sponsored by Idaho H&W

Private Individual Insurance in Idaho (including PPOs and HSAs)

- <http://www.bcidaho.com> - Blue Cross of Idaho
- <http://www.id.regence.com> - Regence Blue Shield of Idaho

FYI: By signing on with a Blue Cross/Blue Shield Company, one taps into the BlueCard network. The BlueCard allows one to get network coverage from any BC/BS provider from any BC/BS company when out of state and in need of health care coverage (somewhat like an “expanded” network for “WWAMI-land”)

Providers

- <http://www.trhs.org> - Terry Reilly Health Services, provider of health care services according to ability to pay (i.e., sliding scale by income and insurance status); medical, dental, and mental health. Contact information: 848 La Cassia Boise, Idaho 83705, (208) 344-3512

Other student health insurance search engines:

- <http://www.studentshealthinsurance.com>
- <http://www.allquotesinsurance.com>
- <http://www.2insure4less.com>
- <https://www.insureme.com>
- http://www.istudentinsurance.com/us_students/domestic/index.html

Occupational Exposure: UW School of Medicine Blood-Born Pathogen Exposure Procedures

Body fluids deemed potentially infectious for HIV: Blood Products, Bloody Fluids, Semen, CSF, Amniotic Fluid, Menstrual Discharge, Vaginal Secretions, Pleural, Peritoneal, Or Pericardial Fluid, Inflammatory Exudate, And Other Body Fluid/Tissue Contaminated With Blood.

Characteristics of Persons at Moderate / High Risk for HIV Infection:

- + Injection Drug User
- + High Risk Sexual Behavior (unprotected sex, multiple partners or Hx of exchanging sex for money / drugs)
- + Multiple Blood Transfusions 1978-85
- + Sexual Partner With Any Of The Above

Procedure Following Exposure to Blood/Bodily Fluids

Remove soiled clothing and wash the exposed area with soap and water.

Notify attending physician, resident or site coordinator.

Note the severity and type of exposure and likelihood that patient is at risk for HIV infection (see [characteristics](#)).

Request venous blood from the source patient to be sent for HIV / HBV antibody testing. Follow rules/regulations of the hospital, clinic, or particular state for HIV counseling/testing. Have a venous blood sample drawn from yourself and store; no specific storage procedures are necessary. If test result from source patient is positive for HIV, have your blood tested.

If you have questions about your exposure or believe you are a candidate for the antiretroviral post-exposure prophylaxis protocol **and your clerkship site is not able to answer your questions**, call each of the following until you are able to speak with someone:

If away from Seattle, call MEDCON 1-800-326-5300 and ask to be connected to UWMC Campus Health Services or Emergency Department (numbers below).

In Seattle, call UWMC Campus Health Services 206-598-4848 (7:30 a.m.-4:00 p.m., M-F); or MEDCON 1-800-326-5300; or UWMC Emergency Department (206) 548-4000 (24 hours / day)

Identify yourself as a UW medical student with a possible HIV exposure and you must ask speak to the attending physician or the charge nurse.

For more information, see:

<http://aids.miningco.com/msub17.htm>

If questions/concerns are not fully answered by these three sources, call Doug Paauw, M.D. at (206) 543-3604 or (206) 598-8751.

If testing, prophylaxis or counseling is deemed necessary and the training site outside the Seattle area cannot absorb these costs, bills for initial testing and preventive drugs may be forwarded to:

Kathryn Waddell, Director of Budget and Administration

Health Sciences Administration

Box 356355

Seattle, WA 98185-6355

(206) 543-7918 FAX: (206) 543-3473

**Suggested Criteria for Zidovudine / 3TC / Protease Inhibitor use:
(ideally given within 4-6 hours of exposure, or as soon as possible)**

<u>DEFINITION OF EXPOSURE</u>	<u>HIV+/HIGH RISK</u>	<u>HIV?/LOW RISK</u>
MASSIVE - Transfusion Of Blood - Large Volume Injected Blood (>1ml) - Parenteral Exposure To Lab Material With High Virus Titer	RECOMMEND	OFFER
DEFINITE PARENTERAL - Intramuscular Injury With Blood / Infectious Body Fluid - Laceration Caused By A Contaminated Needle / Sharp Instrument	RECOMMEND	NO
POSSIBLE PARENTERAL - Subcutaneous / Superficial Injury With Blood / Infectious Body Fluid With A Contaminated Sharp Without Causing Visible Bleeding - Prior Wound Or Skin Lesion Contaminated With Blood / Infectious Body Fluid - Mucous Membrane Inoculation With Blood / Infectious Body Fluid	OFFER	NO
DOUBTFUL PARENTERAL - Injuries Occurring As Described In "Possible Parenteral" Exposure That Do Not Involve Blood Or Other Infectious Body Fluids	NO	NO
NON-PARENTERAL - Intact Skin Visibly Contaminated With Blood / Body Fluid	NO	NO

Dr. Judd Lunn Memorial Teacher of the Year Award

Each year the IT M3 class selects one of their Idaho preceptors as the Idaho Track Teacher of the Year. In 2000, the IT class voted to re-name the award in honor of Dr. Judd Lunn, an outstanding physician teacher who was killed in an airplane accident. With the addition of the official 4th-year Idaho Track in 2007, both the M3 and the M4 students select a recipient as their Teacher of the Year. The award is announced at the annual IT Teacher of the Year Dinner.

Past Recipients include:

<i>IT M3 Year</i>	<i>Recipient</i>
97-98	Kim Lynch, MD
98-99	James Souza, MD
99-00	Kim Lynch, MD
00-01	Steven Writer, MD
01-02	Kim Lynch, MD
02-03	Scott Christensen, MD
03-04	Donald McInturff, MD
04-05 (co-recipients)	Alan Hines, MD Scott Christensen, MD
05-06	Suzanne Allen, MD
06-07	Paula Carvalho, MD
07-08	Scott Christensen, MD

<i>IT M4 Year</i>	<i>Recipient</i>
06-07	Karin Lindholm, MD
07-08	Po Huang, MD

2008-2009 Calendar

You will be given a schedule prior to each rotation with specifics for that rotation. UW holidays may or may not apply to your time at Idaho sites. While at the Boise VA, you will have Federal holidays off (unless you're on call).

Thursday Conferences are scheduled the majority of the time from 4:30pm - 5:30pm with some sessions beginning at 4:00pm. The Thursday Conferences are reserved for "Seminars in Clinical Medical Education," a lecture series scheduled by the WWAMI office for ALL UW students in the Boise area.

There are many expected appearances for Idaho Track students, which occur throughout the year. Most of the time, Idaho Track students will be excused from clerkship activities to attend the most important ones. The WWAMI Office staff will keep you updated on these events throughout the year.

Some events to look forward to:

August - IMA Meeting and UW Breakfast, Sun Valley

November - Career Decision Workshops

January - VA Winter Conference, McCall Idaho

February - ACMS Winter Clinics, Sun Valley Idaho

March - Match Day

April - Residency Selection Forum, Boise Idaho

Dress Code

Remember that you will be working in professional medical environments. Proper hygiene and clothing is expected.

Dress professionally, nothing torn, skimpy or revealing. Men: nice slacks, khaki's or Dockers are appropriate with a button up dress shirt (ties not expected, they are nice but not necessary.) Women: something similar: dress slacks with a nice shirt. Attire should be neat, clean and comfortable.

ACCEPTABLE	NOT ACCEPTABLE
<ul style="list-style-type: none">• Uniforms or lab jackets	<ul style="list-style-type: none">• Indoor hats
Shirts and tops:	
<ul style="list-style-type: none">• Polo style with collar• Dress shirts and blouses• Professional cut shell or top• Sweaters and turtle necks	<ul style="list-style-type: none">• T-shirts as a top layer• Tanks, halters or low cut tops• Sheer or midriff baring top• Spaghetti strap tops & dresses
Slacks, skirts and shorts:	
<ul style="list-style-type: none">• Dress slacks, chinos or cords• Professional dresses or skirts• Dress shorts or skorts• (must wear hose or tights)	<ul style="list-style-type: none">• Sweatpants or leggings• Denim jeans or overalls• casual shorts or any skirt more than 4" above the knees
Footwear:	
<ul style="list-style-type: none">• Dress shoes or sandals• Athletic shoes or boots if clean and in good repair	<ul style="list-style-type: none">• Casual sandals or thongs• No bare legs or feet in clinical areas
Grooming:	
<ul style="list-style-type: none">• Personal hygiene and oral care is necessary• Nails trimmed and clean• Hair must be neat and clean including facial hair, sideburns	<ul style="list-style-type: none">• Offensive odors, including heavy cologne or perfume• Excessive make-up• Hair style or length should not interfere with patient care/work

Personal Counseling

Medical school can be stressful. The volume of work and the intense pace of your training require you to make adjustments which can test your usual coping skills.

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Drs. Larry Dewey and Ken Khatain at the VAMC can be contacted for a limited counseling or referral session, 422-1108. Feel free to talk with your clinical clerkship coordinators or the WWAMI (Idaho) Office for Clinical Medical Education.

Medical Student Counseling Service

The UWSOM offers counseling for a wide range of personal and professional issues. Services are available to you or to your partner or spouse. Assistance is available for a wide range of personal and relationship issues, including psychiatric evaluation and medication management, *not just medical school stress*.

Services offered through the UWSOM's counseling program in Seattle or as part of the WWAMI regional program are free and completely confidential.

Neither faculty, staff, nor the Dean's Office have access to our records or to information regarding which students seek assistance. Counseling records are completely separate from academic records. Information is released only with consent or as required by law due to danger to self or others.

The Seattle-based counselors are pleased to provide email and phone consultations for students working at out-of-area clerkships. Specific services and problems addressed include:

Individual Counseling	Stress Management	Clerkship Stress
Couples Counseling	Test Anxiety	Residency Match Stress
Family Counseling	Anxiety Management	Career Counseling
Support Groups	Depression	Academic Difficulties
Wellness Workshops	Time Management	Psychiatric Referrals
Drop-in Consultations	Managing Relationships	Peer conflicts

All Counseling Service providers are licensed mental health professionals with extensive experience in personal counseling and psychotherapy.

You can select which counselor you would like to see by contacting any one of them:

Alan Kent, Ph.D. Director, Medical Student Counseling (206) 616-3023
ajkent@u.washington.edu

Mark Wicks, LICSW
 (206) 616-3022 wicks@u.washington.edu

Joanne Estacio-Deckard, LICSW
(206) 616-3024 joanneed@u.washington.edu

HOURS

One of our counselors is generally available Monday-Friday between 8 AM and 5 PM. We will gladly try to accommodate your busy schedule if you need an earlier or later appointment.

EMERGENCIES

The Counseling Service is generally not available after-hours for unscheduled urgent appointments or emergencies.

For mental health emergencies, please your local crisis center or 911

Idaho Careline	211
ID Health and Welfare (24 hr)	(208) 334-0808
	(800) 600-6474

Website address for more information:

www.uwmedicine.org/Education/MDProgram/StudentAffairsAndServices/CounselingService/

Mentoring

Third-year Idaho Track students have the opportunity to be involved in the Idaho Track Career Mentoring program. Many Idaho physicians have expressed an interest in mentoring or providing career counseling to students.

Participation is voluntary and the student must take responsibility to initiate contact with his or her mentor physician and establish the frequency of contact.

Applications are given to students prior to arriving for their third-year. Be sure to follow up with Dr. Allen or Adriana Olivas to get the name and contact information to establish a mentoring relationship with a participating physician.

Career Counseling

Dr. Suzanne Allen will present a Career Decision workshop early in your third-year. This workshop will help you to gather information and prepare for career decisions as you go through each of your clerkships.

Each spring, a Residency Selection Forum is presented locally to the Idaho students. Presented as a two part session, the first covers the application and interview processes, followed by an open discussion forum with local physicians from a variety of specialties invited to participate.

IMA Board

The IMA has a medical student board position. This is an excellent opportunity if you are interested in participating in IMA. The IMA website also has a Medical Student link with information on scholarships, clinical programs, loan repayment, leadership and residency programs.

<http://www.idmed.org>

AHEC

Resources for community health programs, medical education and training, continuing education, loan repayment and forgiveness programs, rural health and AHEC in surrounding western states.

<http://www.idahoahhec.org>

Internet and local Wi-fi

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*Remember to check your E-mail account frequently**for correspondence from Seattle and the local WWAMI office.*

Wireless Internet

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Many local businesses have free wi-fi for surfing away from your clerkships:

Boise Area

Baja Fresh

Broadway across from BSU

Big City Cafe & Coffee House

5517 W State St, Boise

Buzz Coffee and Café

(by Idaho Athletic Club on State St.)

2999 N. Lakeharbor Lane, Boise

Cinnabar Café and Espresso

by Reel Theater @ State & Glenwood

Bittercreek Ale House

246 N. 8th St., Boise

Carl's Jr

226 S Broadway Ave, Boise

Carl's Jr

493 N Milwaukee Ave, Boise

Cobby's

1030 Broadway Ave, Boise

Dawson Taylor Coffee

219 N. 8th St, Boise

Crescent Bar & Grill

5500 West Franklin Street, Boise

Falcon Tavern

780 W. Idaho, Boise

Flying M Coffeehouse

500 W. Idaho St, Boise

Ha' Penny Irish Pub

855 Broad Street, Boise

Hyde Park - 13th Street in North End

Free wifi outside with SSIDs at JAVA and the Parrilla Grill

Java Coffee - Downtown

223 N 6th Street, Boise

Java Coffee - Hyde Park

1612 N. 13th Street, Boise

Kesslers Café - Bown Crossing

3110 S Bown Way, Boise

Krispy Kreme Doughnuts

1525 North Eagle Road, Boise, ID

Library Coffeehouse

141 E Carlton Ave, Meridian

Lucy's Coffee and Espresso

1079 Broadway Ave, Boise

Louie's Pizza & Italian Restaurant

620 W. Idaho, Boise, ID

Mesa Roca Coffeehouse

Round 'em up and pack it in once again.

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Boise is a great place to live and overall a very safe city. Most students and residents live in Southeast, Northeast and North Boise. These parts of town are close to downtown; provide rapid access to the Greenbelt, reasonable walking distance to and from the hospitals and for the most part well-kept and just nice places to live. The maximum drive time even on a bad day from these areas is 15 minutes.

Many students live in Southeast, Northeast and North Boise.

As a general rule it is probably a good idea to live in Boise (although past students have lived as far away as Kuna and report a 20-30 min commute). Several students have found Garden City to have some affordable units and are located closer in; while Eagle and Meridian are very nice they can be more costly and lead to long commutes if you hit traffic at the wrong time. Most students share an apartment with other ITers, although people in the past have found duplexes, townhouses, rental homes and even bought their own home and stayed here for most of 4th year. Rental prices are anywhere from \$450-850 depending on the size & location. In general, rates are about \$100-\$200/month cheaper than Seattle for similar facilities.

Some resources for rental houses and apartment complexes include:

- ☛ www.rentnet.com
- ☛ Boise.craigslist.com
- ☛ www.idahostatesman.com
- ☛ www.rentclicks.com
- ☛ www.apartments.com

Rental Housing: These reviews of the following places are from past students:

Carriage Crossing: Large apartment complex in SE Boise across the street from an Albertson's, Pizza Hut, McDonald's, Hasting's and Dairy Queen. Close to a lot of shops yet doesn't feel like you live in strip-mall land. A 15 minute drive, max, to the VA. Two minute walk to the Greenbelt and other 'nature preserve' pathways. Gold's Gym just opened next to complex. Complex has a pool, gym, squash court and large screen TV with living room for members. Apartments themselves are neat and vary in size. Parking under a shelter is available. Rates vary and past students have been very happy living there.

LIFE IN IDAHO

The Cottonwoods: Very nice apartments in upscale River Run neighborhood. On the Boise River and Greenbelt with biking access to all of Boise. A few residents have lived here in the past and report that it is peaceful, beautiful and expensive. Pool and other amenities and also very close to the stores/restaurants mentioned above with Carriage Crossing.

Logger Creek: Right by The Cottonwoods and Carriage Crossing. Near a pond, creek and the Greenbelt. Walking distance from a golf-course (across the river via greenbelt access). Nice, new with all the conveniences as mentioned above.

Oak Park Village: A past student's review: "We have enjoyed Oak Park Village. It is a large complex, some of the units are subsidized and so we get a large three bedroom (there is a waiting list for the subsidized apartments.) There are also one and two bedrooms available, on one of three floors. There is a pool and spa, tennis court, small weight room and large clubhouse. It located at the top of Vista near the airport and is a 5-10 min commute to the VA depending on time of day. The office number is 345-2625."

Shaw Mountain Apartments: Less than one mile from the VA campus and across the street from the foothills trails. W/D in unit, good storage and decent landlords. There are many apartments available near the VA, with rental signed posted outside. Check the Idaho Statesman classifieds for other housing opportunities.

Columbia Village: A neighborhood in Southeast Boise where several ITers with families have found affordable and spacious houses to rent. It's located a mere 18 minutes a way from the VA. These properties were located with some of the hyperlinks listed above.

Additional Housing Suggestions:

- Boise City/Ada County Housing Authority: New and remodeled 1, 2, 3, & 4 bedroom homes, apartments & townhouses. Some have basketball courts, playgrounds, private patios, storage near St. Al's or St. Luke's. Rents vary. Contact Melissa Blakley at 208-345-4907 or via email at mblakley@bcacha.org
- The Quads: Are 5 minutes from the VA and have greenbelt access, Ann Morrison Park is your back yard. 4 people to a suite. A common kitchen, 2 to a bathroom, and all bedrooms have sinks.

NOTICE: This housing information is provided as information only for students. These units have not been reviewed nor are they being recommended by the WWAMI (Idaho) Office for Clinical Medical Education or the Idaho Track students.

LIFE IN IDAHO

Around Boise: Eating, Shopping, Playing

The following list of restaurants is taken from past IT guides and from the *Boise Weekly's* annual restaurant review. For addresses, hours, phone #'s & reviews, please go to Boise's alternative newspaper at <http://www.boiseweekly.com>.

❖ *Restaurants in bold are IT or Boise Weekly recommendations.*

ASIAN

Korea House
Mongolian BBQ
P.F. Chang's

CHINESE

Din Fung Buffet
Golden Star Restaurant
Mandarin Palace
Oriental Express
Shanghai China Express
Twin Dragon
Win Buffet
Wok King
Yen Ching

INDIAN

Bombay Grill
Madhuban
Taj Mahal

JAPANESE

Fujiyama
Happy Fish
Kyoto Japanese Restaurant
Sakura
Satori
Shige Express
Sushi on the Spot
Tsuru
Zen Bento
Zutto

THAI

Bangkok Thai
Ginger Thai
Mai Thai
Pad Thai House
Siam Thai Restaurant

PUB FARE

Bardenay

Ben's Crow Inn

Bittercreek Ale House

Burger 'N Brew
Busters
Crescent
Falcon Tavern
Gernika Basque Pub
Hyde Park Pub & Grill
Ha' Penny Bridge
Highlands Hollow
Old Chicago
Piper Pub and Grill
Red Robin
Riverside Grill
Roosters
Sockeye Grill & Brewery
Sports Pub & Grill
Stonehouse
The Dutch Goose
The Ram Restaurant & Bighorn Brewery

COFFEEHOUSES

Big City Coffee & Café
Dawson's
Flying M
Howard's Cafe
Jamba Juice
Java - 2 locations
La Vie En Rose
Moxie Java
River City Bagel
Soho Coffee
The Roasteré

BISTROS

Brick Oven Bistro
Goldy's Breakfast Bistro
Grape Escape
Le Café de Paris
Opa
Plaza Grill
Red Feather

LIFE IN IDAHO

Villano's
Zeppole

FINE DINING

Berryhill & Co
Bungalow - Hyde Park
Cheesecake Factory
Cottonwood Grille
Emilio's
Melting Pot
Mona Lisa

DINERS & CAFÉS

Addie's
Chili's
Bistro at Bodo
Moon's Kitchen Café
Northern Lights Café
Pantry Restaurant
Rick's Café American
Rockies Diner
State Court Café
The Capri
Trolley House

STEAKS & SEAFOOD

Angell's Bar & Grill
Black Angus
Fresh Off the Hook
Gamekeeper
Good Wood BBQ
Joe's Crab Shack
Lindy's Steak House
Lock, Stock & Barrel
Lone Star Steakhouse
McGrath's Fish House
Murphy's Seafood
Outback Steakhouse
Road House BBQ
Santa Maria Barbecue
Stagecoach Inn
Statehouse Inn Restaurant
Texas Road House

BASQUE

Epi's Basque Restaurant
Leku Ona

ITALIAN

Asiago's Ristorante
Davinci's
Gino's
Johnny Carino's
Old Spaghetti Factory
Romano's Macaroni Grill

SOUTH OF THE BORDER

Andrade's
Baja Fresh
Café Ole
Casa Mexico
Chapala
Chilango's
El Cazador
Gallo Giro (Kuna!)
Gloria's
La Tapatia
Las Fuentes
Los Mariachis
On the Border
Parilla Grill
Pollo Rey
Señor Fresh
Tacqueria Castillos
Vicious Fish Tacos

MEDITERRANEAN

Aladdin
Cazba
Mazzeh

PIZZA

Chicago Connection
Flying Pie
Guido's
Lucky 13 (by Harris Ranch)
Papa Joe's Pizza
Pizza Pipeline
Smoky Mountain Pizza Whitewater
Pizza & Pasta

One Student's Top 10 Downtown Restaurants:

\$=	5-8 / per person	\$\$\$ =	10-15
\$\$=	8-10	\$\$\$\$ =	15-20

- 10) The Cazbah \$
- 9) Brick Oven Bistro \$\$
- 8) Zutto's \$\$
- 7) Highlands Hollow \$\$
- 6) Bitter Creek Ale House \$\$ (yummy but loud!)
- 5) Pollo Rey \$ (good, healthy, cheap)
- 4) Bar De Nay \$\$
- 3) Yen Ching \$
- 2) Flying Pie \$\$ (www.flyingpie.com)
- 1) ☹️ (the restaurant recently closed, so nominate your favorite dining escape!)

Shopping

New in downtown Boise is the "Bodo" area. Formerly the 8th Street Marketplace and warehouse area has been remodeled and expanded. A new 9-plex movie theater with stadium seating, PF Chang's, Urban Outfitter, Anne Taylor Loft, Tully's and Office Depot are among other new businesses. With plenty of parking in 2 garages and a Hampton Suites Inn, this retail development expands the downtown Boise dining and shopping experience.

Boise Town Square Mall is the biggest shopping mall away from downtown. Store highlights include Macy's, Dillards, Banana Republic, the Gap, Ann Taylor, Abercrombie & Fitch...

Nearby you will find Best Buy, TJ Maxx & More, Toys R Us, Circuit City, Target, Linen's N Things, Old Navy and many more. It's just off I-184 on Milwaukee near Franklin. www.boisetsquare.com has directions & a full listing of stores & eateries.

Less welcoming but occasionally worthwhile, the Outlet Mall is on the east edge of town off of the freeway. You might be better off heading to the mall area and looking at TJ Maxx or Ross if you're looking for low-priced dress clothing.

Book Stores

Barnes and Noble is located on Milwaukee up the street from Boise Towne Square Mall. There's a Borders located inside the Boise Towne Square Mall you can find at least one copy of any given text (except Paauw's book). Can sleep/study in either place, both Barnes & Noble and Borders have coffee shops within their stores.

Groceries

The Boise Co-Op located at Fort and 9th offers organic and other health food. Great wine selection and convenient walking-distance from the VA. Tell them you just moved and they'll give you a 1-month free membership.

Albertson's: Get your picture taken at the site of the first Albertson's store on State Street (if you're exceptionally bored). Best place, other than the Co-Op, to search for unusual cheeses, etc, but cannot compare price-wise to WinCo or Fred Meyer.

Winco - downtown off of Myrtle, State Street in Eagle, or by the mall on Milwaukee and Fairview. Awesome prices, great bulk foods selection, occasionally poor produce (but generally pretty darn good.) Winco doesn't take credit cards, but does accept debit cards. There is also an ATM machine inside the store.

Fitness - Indoors

YMCA: "Financial aid is available." Use your financial aid statement or a letter from your attending to prove poverty. Normal fees are \$40/mo +\$100 membership fee. You just have to specify how much you can afford and explain you're only in Boise for a limited time as a medical student. Most get away with paying \$30/mo. Facilities include pool, weights, Stairmaster, aerobics, racquet and basketball courts, etc. There is also a new and bigger YMCA out further west on State St. about 8 mi, but is crowded.

If this doesn't work, there are new Gold's Gyms on Fairview and Parkcenter that are huge, open virtually all of the time and charge approximately \$25/mo after a joining-up fee.

The Idaho Sports Center (Ortho elective site) has an agreement with the BSU REC Center to use their facility for \$200 per year (however it has rarely been utilized.) If you are interested in pursuing this further on behalf of the UWSOM students, the BSU REC Center contact is Jenni Nigrini at (208) 426-3389.

Fitness - Outdoors

Boise has many parks and trails for running, biking & dog walking.

Camels Back Park (North 11th) has good hills. Other people really like Hull's Gulch area which has running trails and hills. Go R on Fort St then R on 8th and follow it until it ends.

From the VA you can also run up to Table Rock (the plateau with the big lit cross on it) and down Shaw Mountain Road and end up in the mountains (hey, it's good to have goals). If you go to Table Rock, you'll be rewarded with a great view of the city and can wander around an old rock quarry.

The Green Belt: Trail along either side of the Boise River provides miles and miles of running, biking, rollerblading pathways with mile markers and many species of birds. You'll run by many of Boise's parks and under many bridges (if you've never been on the Greenbelt, bike it once during the day -time to get a feel for it. It's safe during the day but some parts are a bit sketchy at dusk/evening.

Mountain Bikes

Boise was voted one of the top places for mountain bike fanatics by "Outdoor Magazine". Watch for rattlesnakes in more remote areas. George's Cycles arranges Monday night mountain bike rides in the summer. Both George's and Idaho Mtn Touring (downtown) will rent bikes for the day.

Skiing

Sun Valley can be closer time-wise than Brundage near McCall. If you show an Idaho ID or tell them you really do live in Idaho and pay a one-time fee of \$40, you can pay \$29/day instead of the usual \$49/day. It's cheaper skiing if you ski at Sun Valley more than 3 times a season. After March 15, Sun Valley discounts lift tickets to \$29/day with student ID and motels are much cheaper.

Bogus Basin is 16 miles and about 40 minutes away. Monday's are ½ off for downhill, Tuesday telemark, Wednesday snowboarding, Thursday Cross-country, Friday any college ID. Night skiing is available. "Bitterroot" passes are \$12/day on weekends but restrict you to that one chair.

Brundage is fairly small, but gets great powder when others don't. Lift tickets \$29/day. It's a slow 2 hour+ drive up to McCall. If you go in January, you can also participate in events during the weeklong ice carnival.

Relaxing

Hot Tubbing: Molly's Tubs are hot springs near Brundage ski area. You'll have to ask a local because you need a 4-wheel drive and skis to get there, but it is worth the effort.

Ceramics: Ceramica downtown. You can buy a piece of greenware, paint it, and they will fire it for you. Relaxing afternoon walking distance from the VA.

Massage: Student Massage Clinic is \$15 hour on Saturdays 9-noon. Call Ben Fatler at 388-0188 for appointments.

Night Life

Alive After Five each Wednesday on the Grove during the summer months offers food, beer, wine and live music outdoors. The place to see and be seen.

Tom Graineys/Toads and The Bouquet are recommended downtown bars with dancing and live-music pretty much every night.

The Flicks: Boise's indy movie house. Four small screens, a restaurant and permission to take a 'frosty beverage' into the theater with you. Rents videos/DVD's. Downtown off of Capital Blvd at Myrtle and 6th.

Edward's Theatre Megaplex: Off I-84 sort of out by the mall. Has about 20 screens, tickets available on www.fandango.com. Numerous restaurants, a WalMart, Costco and Lowes also nearby.

Boondocks: Built for people under 15, the 2004 group had many fun outings of put-put golf, batting practice and illegal bumper-go-cart racing.

The Morrison Center: Hosts the Boise Opera, comedies, ballet and other cultural fare. Near BSU off Capital Blvd.

Floating the Boise River (May-Oct): Start at Barber Park (go out Warm Springs Avenue and turn R at Harris Ranch). You can rent a raft or inner tube for a minimal amount. A bus will bring you back. Takes about 3 hours. Can have food & beverages on the river.

The Boise Art Museum: small, off Capital Blvd near the Flicks. Occasionally gets amazing exhibits for minimal entrance fee. In 2004 had special Degas exhibit.

Art In the Park: annually in Julia Davis Park in late August/early September. Food, music and numerous regional and national (~100) vendors of paintings, photography, pottery, jewelry, etc...

Got Kids?

There are a number of free or near-free activities including biking on the greenbelt, visiting the Boise Zoo, ice skating at the Outlet Mall, looking at fish & wildlife at the Morrison Knudsen Nature Center in Municipal Park, floating the Boise River and a day

at Lucky Peak reservoir. If you're going to have your kids here for an entire year, buying a zoo pass is a good idea.



The Outlet mall has a Carter's , an Osh-Kosh outlet, a low-price toy store and an ice-skating rink.

Getting Out In Pocatello

There is more to life in Pokey than rug rats, curtain crawlers, and linoleum kickers...

Food

Bistro has good food. One night/week (Wed?) is cheap beer night. Buddy's has good pizza. There is a good coffee house which has homemade bagels located on the east end of Clark Street. Great Harvest Bread has a franchise in town. Monday nights at Pier 49 has all-you-can-eat pizza for about 6 dollars.

Exercise

The ISU gym is no longer open to the public in the mornings. The FP Residents get a pass, but not the students. You might be able to borrow one or see if they can get you in as a guest. The local mall also has a Gold's Gym. The university cross country team has trails across the street from the medical student apartments in Pocatello, if you like to run.

More Skiing

Grand Targhee Ski Resort. Fantastic powder! Pebble Ski Resort. Only 20 minutes from town. \$22 for a full day. Runs are challenging and overall excellent skiing if the snow is good. Kelly Canyon is more beginner skiing and 1.5 hours away.

Mountain Biking

Trails abound. Dr. McInturff can give you information about City Creek and Mink Creek trails.

Climbing

City of Rocks is a great natural park for climbing/sight-seeing.

Yellowstone Park is within a reasonable distance for a weekend trip.

Jackson, WY, and Salt Lake City, UT, are both about three hours away.

Ross Park south of town, has climbing.

Lava Hot Springs is also about 1 hour to the south.

Chapter 6

“Didn’t I just fill this paperwork out for the last rotation?”

Clerkships will change, but you will often find yourself back at the same hospital. Each one has its own requirements; orientation must be completed and sometimes you will need to submit the same set of paperwork with new signatures each time you return.

Hospital paperwork is normally included with your clerkship packet or available from your local clerkship site administrator. If you need further assistance, the contact person is listed for each facility below. Always feel free to contact either Linda Clark or Adriana Olivas if you have questions that are still not answered.

Hospitals and Paperwork Requirements for Medical Student Clerkships in Idaho

<p>Bonner General Hospital 520 North Third Avenue PO Box 1448 Sandpoint, ID 83864-0877</p> <p>Sharon Beeman or Kirsten Shreffler 208-265-1102 (direct) 208-263-1441 (operator) admin@bonnergen.org</p>	<p>Clerkship: OB/Gyn - Sandpoint</p> <p>Requirements: ID BOM Form Hospital Application Form UW Proof of Liability Certificate UW Letter of Good Standing Photo of Student</p>
<p>Eastern Idaho RMC 3100 Channing Way PO Box 2077 Idaho Falls, ID 83403-2077</p> <p>Med Staff Coordinator Shanna Hardman 208-529-6260 shanna.hardman@HCAHealthcare.com</p>	<p>Clerkship: Neurology - Idaho Falls</p> <p>Requirements: <i>ID BOM Form</i> <i>Hospital Application Form</i> <i>Proof of Immunization</i> <i>UW Letter of Good Standing</i> <i>Background Check</i></p>
<p>Kootenai Medical Center 2003 Lincoln Way Coeur d'Alene, ID 83814</p> <p>Medical Staff Contact: Rachel Grady (208) 666-2275 rgrady@KMC.org</p>	<p>Clerkship: Neurology - Coeur d'Alene Surgery Selective - Coeur d'Alene</p> <p>Requirements: ID BOM Form Hospital Application Form UW Proof of Liability Certificate UW Letter of Good Standing</p>

HOSPITALS

<p>Mercy Medical 1512 12th Avenue Rd Nampa, ID 83686</p>	<p>Clerkship: Pediatrics - Boise</p>
<p>Sue Salier or Margo Harward 463-5532, Margo 463-5537, Sue</p>	<p>Requirements: ID BOM Form Hospital Application Form Proof of Immunization UW Proof of Liability Certificate UW Letter of Good Standing</p>

<p>Portneuf Medical Center 651 Memorial Drive Pocatello, Idaho 83201</p>	<p>Clerkship: Family Medicine - Pocatello Pediatrics - Pocatello</p>
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<p>Gail R. Mikesell, RN Education Director 208-239-2436 208-239-3719 (fax) gailm@portmed.org</p>	<p>Requirements: ID BOM Form Hospital Application Form Proof of Immunization UW Letter of Good Standing Background Check</p>
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<p>Saint Alphonsus RMC 1055 N. Curtis Rd. Boise, ID 83706</p>	<p>Clerkships: Anesthesia Emergency Med Family Medicine Nephrology Neurology - Boise Psychiatry</p>
<p>Student Contact:: <i>Start with your clerkship</i> - or - Diana Lizaso (208) 367-3071 dianliza@sarmc.org</p>	<p>Requirements: ID BOM Form Immunization Status UW Letter of Good Standing UW Proof of Liability Certificate St. Alphonsus Student Form <i>(signed by preceptor)</i></p>

<p>St. Luke's RMC 190 East Bannock Boise, ID 83712-9987</p>	<p>Clerkships: Emergency Medicine Family Medicine Internal Medicine (SLIM Clinics) OB/Gyn - Boise (& Meridian) Oncology (Zuckerman)</p>
<p>Student Contact: <i>Start with your clerkship office administrator</i> - or - Debra Servatius (208) 381-1503</p>	<p>Requirements: ID BOM Form Medical Student Packet - <i>(signed by preceptor)</i></p>

HOSPITALS

<p>Terry Reilly Health Center 848 LaCassia Boise, ID 83705</p> <p>Student Contact: <i>See your clerkship office administrator.</i></p>	<p>Clerkships: Family Medicine Psychiatry</p> <p>Requirements: TRHS 3-page form ID BOM Form Proof of Privacy Training</p>
<p>VA Medical Center 500 West Fort Street Boise, ID 83702</p> <p>Student Contact: Linda Clark (208) 422-1000 x 1-7642 Linda.Clark4@va.gov</p>	<p>Clerkships: Electives (R/CCM, Inf Dz, Sub-I) Internal Medicine Nephrology OB/GYN - Boise Oncology (Zuckerman) Psychiatry Surgery</p> <p>Requirements: ID BOM Form Privacy and Cyber Security Training Orientation Modules & CPRS Training Fingerprints</p>

<p>West Valley Medical Center 1717 Arlington Ave Caldwell, ID 83605</p> <p>Student Contact: Kelly Brooks (208) 455-3881</p>	<p>Clerkship: OB/GYN - Caldwell</p> <p>Requirements: ID BOM Form Proof of Immunization CPR Current Proof of Personal Health Coverage UW Letter of Good Standing Background Check (UW check OK)</p>
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Letters of Good Standing

Some WWAMI sites request applications and letters of good standing for students attending clerkships at their sites. To allow time for processing, students should request their letter of good standing, in writing, **six weeks prior** to the beginning of the clerkship.

Letters of Good Standing need to be requested by the Department Clerkship Coordinator in Seattle. The coordinator will contact Trudy Furberry, to request the LGS be sent to the hospital contact. Letters of good standing **cannot** be faxed as the school seal does not show on faxes and renders the document unofficial.

ACLS Courses

ACLS classes often fill up several courses in advance. **SIGN UP EARLY** ! For information contact:

HOSPITALS

In Boise:

Saint Alphonsus - Debby Chapman, phone (208) 367-2282, pager (208) 855-7284, email debrchap@sarmc.org

St. Luke's RMC - Tanya Cutler. email cutlert@slrhc.org

In Pocatello:

Portneuf Medical Center - Gail Mikesell, RN, phone (208) 239-2436, or by email at: gailm@portmed.org

Chronic Care - Boise

Chapter 7

*Required four week course for
4th-year medical students*

Site:	Boise Physical Medicine & Rehab 1000 N. Curtis Rd, #202 Boise, ID 83706
Clinical Coordinator:	Rodde Cox, M.D.
Practice Manager:	Lynn Kelley
Phone:	(208) 377-3435
Fax:	(208) 377-3147
E-mail:	boisephysicalmed@qwest.net

Chronic Care in Boise was approved and given its own course number (CONJ 691) starting with the 2007-2008 academic year.

Students MUST contact Lynn Kelley at BPM&R at least two weeks prior to the start of the clerkship. Lynn is in charge of your scheduling and your orientation. Also refer to the clerkships web site for the goals, objectives, expectations, reading materials and requirements.

<http://courses.washington.edu/conj690/>

Using lectures, group discussions, standardized patients and case scenarios students will concentrate on geriatrics, palliative care and rehabilitative medicine. Boise students may have the opportunity to include all 3 areas of focus in their experience, unlike Seattle where students choose one content area in which to focus.

In addition to the Case Presentation, Palliative Care Write-Up Questions, Systems of Care readings and the Vanquishing Virtue readings - the student has additional reading materials under the topic they choose as the focus of their experience (Rehabilitation, Geriatrics, or Palliative).

Most of your time will be spent with one primary physician during the entire rotation. Clinic hours are 9am to 5pm Monday through Friday. This time may feel much like a shadowing type experience (at least it was for this student). Be prepared to answer questions while in clinic and to discuss answers.

Hospital rounds are between 8am and noon at Idaho Elk's and Saint Alphonsus. You will follow patients in the hospital, write notes on them, then present to the attending

prior to rounds. It is very similar to how the 3rd-year medicine clerkship worked, except not quite as comprehensive and is more laid back. You will also see consults in the hospital and present them along with your recommendations (i.e. whether they are a good candidate for admission to the rehab unit).

Students will complete a patient home visit with a physician, home therapist or by themselves. There are a set of questions on the clerkship web site that you will need to ask the patient. Do a write-up of the visit and include the answers to the questions.

A short (10-15 minute) presentation on the home visit is also required as part of this course. Boise students will make their presentation at one of the Thursday afternoon WWAMI student lectures. Linda Clark will be your contact to schedule the presentation. If you did 3rd year in Idaho and went to the Thursday afternoon sessions, then you know what these presentations are like.

The great part of this rotation is the experience with the docs. All of them are extremely nice, willing to talk with you and answer your questions even when it gets a little busy.

It is highly recommended that students attend visits to the ancillary services that will be set up for you (physical therapy, speech therapy, Brownfield's prosthetics, etc.)

Physicians you may work with include:

Rehabilitative Medicine:

Rodde Cox, MD
Vic Kadyan, MD
Kevin Krafft, MD
Michael McMartin, MD

Palliative Care:

Kevin Clifford, MD
Peter Kozisek, MD

Geriatrics:

Barry Cusack, MD
Todd Palmer, MD

Hospitals you may see patients at include:

Idaho Elks Rehabilitation Hospital
Saint Alphonsus Regional Medical Center
St. Luke's Regional Medical Center
VA Medical Center, Boise

Other useful contacts:

Kevin Clifford, MD kevinclifford1@mac.com Pgr 855-6923
David Faris dfaris@ierh.com Physical Therapy
Barry Cusack, MD 422-1325 Barry.Cusack@va.gov
Linda Clark 422-1000 x 1-7642 Linda.Clark4@va.gov

Chapter 8

Emergency Medicine rotation is a great addition to the Idaho Track experience.

Clerkship Webpage: https://depts.washington.edu/emed/wordpress/?page_id=12
(you will need your UW logon to access)

UWSOM Emergency Medicine Contacts:

Jared Strote, MD	strote@u.washington.edu
Tamara Harrison	histert@u.washington.edu
	(206) 598-7352 phone
	(206) 598-4569 fax

There are two separate Emergency Medicine Clerkship site options offered in Boise. One is with the Idaho Emergency Physicians at Saint Alphonsus and Elmore Medical Center, the other is with Emergency Physicians of Idaho at St. Luke's RMC in Boise and in Meridian. Information on each rotation is provided separately below.

Students can indicate their preference of sites when signing up for 4th-year and the registrar will assign students to the openings as available.

The final examination is "an oral examination, managing multiple patients simultaneously. It will contribute to <<<5% of your final grade." Readings will be mailed to you prior to the rotation.

(8a)

**Saint Alphonsus, Boise/Eagle and
Elmore Medical Center, Mountain Home**



Po Huang, MD

Office Address:	Idaho Emergency Physicians 2312 N. Cole Rd., #B Boise, ID 83704
Clinical Coordinator:	Po Huang, MD
Email:	huang101@cableone.net
Clinic Administrator:	Lee Ann Young
E-mail:	leeann@iep.org
Phone:	(208) 322-1730
Fax:	(208) 322-1731

EMERGENCY MEDICINE

Hospital Site:	Saint Alphonsus RMC 1055 North Curtis Rd. Boise, ID 83704
Hospital Site:	Saint Alphonsus Eagle Health Plaza 323 E. Riverside Drive Eagle, ID 83616
Hospital Site:	Elmore Medical Center 895 North 6 th East St. Mountain Home, ID 83647

This rotation is a lot of fun. Saint Alphonsus is the major trauma center for the valley, making it like a mini Harborview. If you are looking for that type of experience in Boise, this is the place to do your ER rotation.

The attendings are great; a majority of them have been in practice for just a few years and are accustomed to having students around. Having said that, it is a new rotation and they are still figuring out how much student involvement they are comfortable with as a group. If you find yourself watching instead of participating, don't be shy in asking to perform procedures - jump in with both feet. Prior students were able to perform almost all procedures that were done during their shifts.

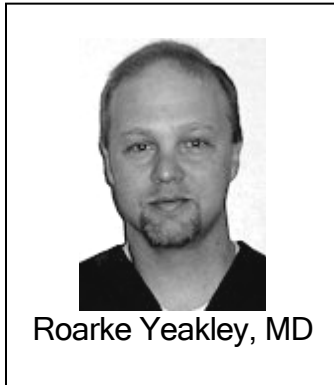
Students will need to complete a two-hour IV-start tutorial at Saint Al's usually right before your first shift. The nurse preceptor (Jeff Whitener is the Assistant Nurse Manager in the ED) will sign you off for your CEX and you won't have to worry about getting it done during the rotation.

You will also be scheduled to spend a few shifts in Mountain Home or the new St. Al's Eagle Health Plaza, normally late afternoon and into the late evening. The pace is slower but can frequently become very busy. You will see every patient here and perform every procedure. This part of the rotation can be hit-or-miss. If it is really slow, you will have a LOT of time for reading and more teaching time from the attendings.

While there are a couple of logistical issues due to the newness of the rotation, this is certainly a worthwhile experience.

Ride Alongs - Students are to set up their Ride Along with Life Flight by calling Pollie at (208) 367-3548. Days which are available but must be pre-scheduled include: Tuesday, Thursday & Saturday.

(8b)

St. Luke's RMC Boise and Meridian

Office Address: Emergency Physicians of Idaho
250 Bobwhite Ct, #340
Boise, ID 83706

Clinical Coordinator: Roarke Yeakley, MD
Email: ryeakley@emidaho.com

Office Contact: Tera Rose
E-mail: trose@ondemandidaho.com
Phone: (208) 384-9022 x 100
Fax: (208) 388-1683

Hospital Site: St. Luke's RMC
190 East Bannock St.
Boise, ID 83702

Hospital Site: St. Luke's Meridian
520 South Eagle Rd.
Meridian, ID 83642

The St. Luke's rotation option schedules students at the downtown Boise and the Meridian EDs. Shifts last 8 hours and will include day, night and swing shifts between the two hospitals. The Meridian ED is reported to be the busiest in the state. You will see a lot of patients with many different chief complaints. The pace tends to be much quicker than at the Boise ED and at times, the docs may have less time for teaching. Downtown St. Luke's has a pediatric ER, where you can do rotations if you are interested in peds.

You will be paired with one physician for an entire 8-hour shift. All of the doctors have agreed to work with medical students and some are former WWAMI's. Student responsibilities begin with identifying a patient to see from the triage computer. You will see the patient, perform a history and directed physical exam, then make a succinct presentation to the attending that includes your assessment and a plan. The most difficult part of this rotation is learning to give your entire presentation in < 2-3 minutes. They will tell you up front this is what they want and this is what they expect. Thus it is a great learning experience on presenting only the pertinent information and making sure that you have a good idea about your plan for the patient.

It is important to adopt the ED way of thinking and include how you would rule out the bad players that might masquerade as a seemingly benign complaint (such as concern for meningitis or subarachnoid hemorrhage in an elderly patient with a headache). Also helpful, is to ask the attending not to tell you which labs, imaging, or treatments they have already ordered before your presentation. Many steps are essentially automatic in

EMERGENCY MEDICINE

the ED and it makes the process more rewarding if you have to name what you would do rather than review what has already been ordered.

When the ED is busy your attending may be unavailable, treating or interviewing another patient when you finish interviewing your patient. During these periods it is helpful to review the results of labs and imaging studies. Also check if results are back for the other patients your attending is caring for, as you will often be the first to review the information and can assist the physician by giving periodic updates.

There is not much trauma exposure on this ED rotation. If that is what you are interested in this probably is not the best place to do ER. On the other hand, compared to students in Seattle and the other Boise ER offering, you will get to do a lot more of the smaller procedures. Make sure to let the charge nurse know that you would like to all of the required procedures for the rotation including nasogastric (NG) tube placement, cervical spine exam and backboard management. When you are doing your IV for you CEX, again make sure you let the charge nurse know, she will find you a patient (or patients if you miss) and she needs to watch you put the IV in and secure it.

A nice thing about this rotation is they expect you to take charge of your patient. You tell the nurses what you want (meds or equipment for a procedure), you call physicians if you need a consult (i.e. cardiology, unless it is a physician that is known to be not a very nice person), and you talk with the patient about their diagnosis, X-rays, etc.

One big down side is that you do not have a lot of access to the computer system. You can read all of the notes, but you are not allowed to write any or do any orders.

The Ride Along is with Boise Fire and Rescue. Dr. Yeakley will help you set this up at the beginning of the rotation. If you prefer to do your ride along with another company, you need to coordinate that with Dr. Yeakley.

Dr. Roarke Yeakley - Awesome teacher, is very excited about having students, will make every effort to adapt the rotation to the wants/needs of the student.

Dr. Amy Baruch - Very energetic physician. Excellent teacher.

Dr. Burningham - Great guy. Does give some articles for reading.

Dr. Neeraj Soni - Great teacher, very patient guy. Pimps more than others, but you end up learning more.

Dr. Kevin Timmel - Great teacher. Will spend extra time with you even though it may be busy. He too pimps quite a bit, but again you tend to learn more from him.

Dr. Bradley Chatlin - Nice guy and great teacher.

Dr. Matthew Hulquist - UW grad. Awesome to work with.

Family Med - Boise

Chapter 9a



Site:	Family Medicine Residency of Idaho 777 North Raymond Boise, ID 83704
Clinical Coordinator:	Elizabeth Rulon, M.D.
Clerkship Secretary:	Kaye Holman
Phone:	(208) 367-4664
Fax:	(208) 367-6123
E-mail:	Elizabeth.Rulon@fmridaho.org Kaye.Holman@fmridaho.org

Directions: Take I-184 ("the connector") towards the mall. Exit at Curtis & turn LEFT. Go past Saint Alphonsus (will be on the right) to the stop light at Emerald. Turn RIGHT on Emerald. Approximately 3 blocks further, just before the base of the overpass, turn LEFT on Raymond. The clinic is on the corner of the block to your immediate RIGHT

Overview

The FMRI clinic serves much of SW Idaho's underserved patient population with a fairly high incidence of mental illness, history of drug use and other patients in need. There are plenty of no-shows, last minute appointments and "...can you look at these 4 problems, too?"

It is a very interesting clinic run by energetic, hard-working residents. They perform colonoscopies, vasectomies, run an ortho clinic and share a building with an HIV/AIDS clinic - all of which you will likely participate in.

There are generally two students on this rotation. You do not see each other much. You do many things and are in many places on this rotation and it can get kind of confusing as you are bouncing around constantly.

You will receive a schedule at the beginning of the clerkship that tells you where to be and when, but it's a good idea to keep Dr. Rulon's number and the pager number of a resident you trust/like handy so you can call someone if you get lost.

During this clerkship you will spend one week on the medicine service at Saint Alphonsus. You take call until 11pm two times, usually Monday & Wednesday. The resident call room is located on the 6th floor of the hospital's south tower. You will need a code to enter the secure location. Kaye Holman at FMRI can provide that to you.

One week is spent doing OB/GYN at St. Luke's. You will take two overnight calls during the week, but there is no weekend call. The resident's lounge is on the 2nd floor and the code

FAMILY MEDICINE

can be provided to you by Kaye Holman at FMRI. You will generally work with an R2 or R3 during these two hospital weeks.

The remaining four weeks are spent at the clinic from about 8:45 am to 5:30 pm. You will work with a different resident or attending each half-day. There are noon conferences daily at Saint Alphonsus with lunch provided. The food is awesome! Take advantage of this while you can.

Special Opportunities

You may have the option to do one week at a rural site. Past students have strongly suggested doing a rural rotation; Cottonwood, Hailey, Caldwell, McCall, and Jerome have gotten good reviews. These sites may or may not be available, depending on other student assignments to these same locations. If you are interested in a site, request it. They are very accommodating and will try to arrange any opportunities you are interested in.

If you do go to an away site, you may live with the doctor. If that is the situation, make sure you will feel comfortable living and working with the same person. Tours of Booth Home (a home for young pregnant moms), WIC, and CPS are worthwhile.

Dress Code

Dress professionally. Men: khaki's with a button up dress shirt (tie nice but not necessary.) Women: something similar: dress slacks with a nice shirt. Obviously nothing torn, skimpy or revealing.

Examination and evaluations

Dr. Rulon provides students with index cards with the UW provided grading scale. It was up to the student to pass these out over the course of the rotation and then to provide 3-5 evaluators with compilation eval forms at the end of the rotation. Think carefully about which residents and doctors you give evals to. This may be difficult as you work with many different people and often for a limited time. An exam is required, however, it is pass/fail only.

Housing for the non-IT students

The Cottonwood Apartments
1651 S. Riverstone Ln., #306
Boise, ID 83706
(208) 342-2074

A two bedroom, two bath apartment,
furnished, washer & dryer, cable, TV
and internet access.

Idaho Track students must provide their own housing.

Family Medicine - Pocatello

Chapter 9b



Site:	InterMountain Medical 1951 Bench Road, Suite B Pocatello, ID 83201
Clinical Coordinator:	Andrew Thayne, MD
Secretary:	Shelly Stranski
E-mail:	shelly@immclinic.com
Phone:	(208) 238-1000
Fax:	(208) 238-0009
Beeper:	Not Provided. Not Necessary.

The clerkship is not at the residency. You take Pocatello Creek Exit, turn east and then a left at Olympus. Approximately three blocks down, turn right at the top of the hill on Fairway Drive. It is located in Highland Medical Park, in a new building between Highland High School and the Bannock Fairgrounds.

You will usually work in clinic 9 am to 5 pm with weekends off. Lunch is provided at Pocatello Regional Medical Center or at the Portneuf Medical Center. You may have the opportunity to go to Montpelier (a tiny town on the Idaho/Utah/Wyoming border) for a week to work with a family doc. This experience has been highly recommended by students, and the rumor is that the Montpelier staff bakes fresh bread everyday and brings it into work. ISU Health Library is helpful for articles.

Lunch is often provided by pharmaceutical companies. If not, you can opt for the hospitals - students can charge lunch to the clinic's account.

Housing 4479 A Chukkar Drive
Pocatello, ID 83202
(208) 233-7110

Housing is at a spacious, two bedroom 2 bath townhouse in a great location. Reported to be nicer than most of the regular student apartments, they have dial up Internet, washer/dryer, garage and a patio. Make sure you read the notebook "Secrets to Surviving Pocatello" left in the apartment. Add your comments to it too.

Exam & Virtual Clinic

Between Weeks 2 & 5, you will participate in a Virtual Clinic through the UWSOM Department of Family Medicine. This is an interactive Internet experience where you will work through one case with a group of students. You are expected to log on 3 times per week to participate. The final exam is given at the clerkship in Boise.

Medicine - Boise VA

Site:	Boise VA Medical Center 500 West Fort Street Boise, ID 83702
Clinical Coordinator:	James Branahl, MD
Med Student Coordinator:	Linda Clark
Phone:	(208) 422-1000x 1-7642
FAX:	(208) 422-1319
E-mail:	Linda.Clark4@va.gov
BEEPER:	See Chapter 4 Technology regarding pagers

Internal medicine is a 3-month rotation. It is one of the core rotations of third year, both in terms of content learned and effort exerted. You will work hard. You will be tired. You will want to cry (at least I did). In the end you will hopefully love the experience. As with many third year rotations, however, your experience will depend on who your team consists of. Your entire 3 months will be spent at the Boise VA. From the staff that says, “howdy, doc!” to the sketchy call-room shower, from psych patients who roam the halls, to the camaraderie noted in the strangest places, this is anything but a run-of-the-mill rotation.

Medicine goes by quickly. Depending on when you do your rotation you will spend approximately 8 weeks on the inpatient service and 4 weeks on the outpatient service. This can vary as you will switch services, attendings and teams at the end of each month. Above all, work and play well with others, don’t be afraid to ask questions and remember the rule: “see one, do one, teach one.” If you wait and try out “see two, learn one” you’ll likely not get your chance.

Inpatient Wards

You generally work on a team with one intern (R-1), one R-2 who is essentially the team ‘manager’. The team reports to and meets with an attending regularly.

Rounds - Individual teams usually round together, usually with an attending, at 8am. This means you need to have pre-rounded before 8am. Most students need 30-45 minutes per patient at the beginning for pre-rounding. By the end of the rotation you may only need 20-30 min/pt. ASK YOUR R-2 WHERE & WHEN THE TEAM WILL BE MEETING FOR ROUNDS.

Call - Your team is on call Q5. On call days you show up at your usual time to pre-round and, generally, your team will pick up any patients admitted to the hospital from 12pm on your call day until 8am the following day. Your team is also on 'short call' every 5th day, excluding weekends. Short call teams pick up the first two patients admitted to the hospital from 8am to 12pm so that the long call teams don't take on too many patients.

Weekends - If your team is not on call on the weekend, you do not have to go in. It's a good idea to ask if your team would like you to come in, however. You'll probably have one of these "golden weekends" every four weeks. The call room is on the first floor by respiratory therapy and is very noisy at night. The bed is surprisingly comfortable when you're tired, though! Some students have asked their R2's if they can sleep in their dorm room instead of in the call room. The only drawback is that you cannot hear CODE alerts in the dorm. Some students got a good 6-8 hours sleep on their call nights, others went a good 36 hours without sleep. It depends on the patient load and how fast you can whip out an H&P.

Example of an average day on inpatient

<i>7 - 8am</i>	pre-round on your own, come up with a plan of action, start to compose notes.
<i>8 - 11am</i>	round with your team, discuss patients with resident, make phone calls to get X-rays, reports, make arrangements for the day, work on notes
<i>11 - 12n</i>	inpatient teams meet with attendings to discuss patients, etc...
<i>12 - 1p</i>	Noon Conference - One hour presentation by a guest lecturer, attending or resident.
<i>afternoons</i>	didactics, lectures and other teaching sessions finish work, notes, other business

Look up labs just before rounding as they are usually back around that time.

Also, if you don't know where to start, use the CPRS discharge summaries as the jumping-off point for information-finding (this will make much more sense once you've started your rotation)

Ambulatory Month

Outpatient is more laid-back than inpatient. You get more sleep, there is no night call, when you do work in the clinics and the ER you usually don't have to be in before 8am. You will work in the ER on one or two Saturdays for about 6-8 hours but otherwise have weekends off. You don't have a specific attending, but will work with a few docs more than others.

It can be an advantage, in this writer's opinion, to have outpatient after a month of inpatient because you'll know the computer system etc... much better. Students have done well in the past on any schedule, however. ER nurses and clinic nurses will let you start IV's, do thoracenteses, draw blood, etc if you ask. Some students find this portion of the rotation more boring, however, this is pretty dependent on which docs you work with, how busy the ER is and how many procedures happen in the outpatient clinics. No matter what, it is a GREAT time to study.

*USE YOUR OUTPATIENT MONTH TO STUDY, SLEEP AND IMPROVE YOUR
PHLEBOTOMY SKILLS*

Final Exam

There is a lengthy examination on the last day of the rotation. The new testing format for 2008-2009 will be all written questions answered on a Scantron bubble sheet. You will have the Thursday before the exam off to study. It is a long, somewhat challenging, but fair exam for which you will likely be well prepared. Don't worry so much about the high-risk patients you think you won't get to see (or females, for that matter!) You get a great foundation in core topics like CHF, cirrhosis, PVD, CAD, etc... Everything you need to know is in Paauw's book. Read it. Use UpToDate whenever you have a chance to read about specific patients and be sure to review the course website (there are a number of practice cases in varying formats and online lectures that are very useful).

Evaluations

You will be evaluated by any and all attendings that you work with for any length of time. R-1 and R-2's evaluate you as well. Dr. Branahl will meet with you every 4 weeks or so and review how you are doing. If you have any questions in the interim or any issues, he's a great person to talk to. (...if you are unsure, check with Linda, she's good at letting you know when your conscience should be your guide.)

Cast of Characters

Paul Baehr, MD - Gastroenterologist. Great teacher. Always willing to have a student observe colonoscopy, endoscopy or other procedures.

James Branahl, MD - Internal Medicine. In charge of the medicine clerkship. Writes residency letters. A friendly, caring man, not to mention a strong and willing teacher.

Will work with you on obstacles that may come up during your rotation. Go to him with any clerkship concerns.

Paula Carvalho, MD - Pulmonologist. Dry sense of humor. Excellent teacher. Sometimes teaches a great central line class that should not be missed. Former WWAMI resident.

Barry Cusack, MD - Geriatrics. Always willing to discuss a topic with students. Especially research!

David Hindson, MD - Endocrinologist and neurology expert. One of the best teachers you will meet. He loves to talk about thyroid dysfunction.

Dennis Stevens, MD - Infectious Diseases. Page him with your antibiotic worries.

William Thompson, MD - Pulmonologist. Welcomes questions. Teaches you chest x-rays.

UW Residents and House Staff:

Ten R2 Internal Medicine Residents from the UW Seattle/Boise Program - In general these residents are intelligent and hard-working. They 'manage' the teams. You'll likely spend the most time working with them.

Six Preliminary Year Internal Medicine Residents and Family Practice Residents doing their medicine rotation will act as your team's R1's. They carry the bulk of the team's work (if they're good) so help them however you can and it will come back to you.

Also a Pulmonary Fellow from the UW who will work with you and teach you along side the rest of the attendings.

Student Coordinator

Linda Clark - Your complete UW resource person on site. Always knows when and where you are supposed to be, especially when you don't! Juggles Medicine, Surgery and Psychiatry students at the VA. SHE IS YOUR BRAIN, even though she may point out how many of the questions you throw her way are already answered in this manual!!

Medical Service Office Staff

Nancy Williams - Residency Program Goddess, knows everything about running the program as well as keeping the staff and residents in line.

Donna Brand and Kaye Shaddock - MSO secretaries. They can track down just about anyone, anywhere.

Other Resources

Laboratory - The people in the lab are very willing to explain things to you, use them as a resource. Holly has a good book on body fluids, which is helpful if you tap a chest, joint or belly. Darlene in microbiology will show you how to find Gram stain preps of

your patients' sputum. Just wander down there, tell them your patient's name and ask if they can help you.

Respiratory Therapy - The RT dept may give a group lecture on various vent settings if you ask. This is a great opportunity for you to finally understand pressure support, PEEP, assist control, SIM V, ramp and square wave because you breathe on the vent with those various settings. When you are hooked up to the machine, all the terms become much clearer. RT will also teach you how to do ABG's if your residents are busy.

EMAIL

You can access the Internet and email account 24/7 from the VA computers.

VA Winter Conference

If you do medicine during Winter Quarter, you get to attend the Winter Conference, in McCall, ID. This is your opportunity to enjoy a weekend of skiing and learn some medicine on the side. Even if you don't do medicine Winter Quarter, the VA will waive your registration if you can get time away from another clerkship.

Suggested Text

The Guide to Internal Medicine by Doug Paauw, MD is all you need for the exam. The VA computer system is equipped with multiple references (Up to Date, Pub Med, Health Links, Diagnostic tests, etc.)

Pocket Medicine by Marc S. Sabatine is a great reference with a ton of algorithms for practicing internal medicine. The residents all have this in their pockets. The Washington Manual is also good for the wards. Lange's Current and your second year syllabi (Renal, Pulmonary, GI) may help with some of your patient write-ups.

The VAMC library, ER, and MSO have many reference texts (including Harrison's and Cecil's). There is really no need to transport large numbers of books with you for this rotation... a PDA with Epocrates, Harrison's, an EKG tool, Med Calc and a Medical dictionary is not necessary but can be very helpful.



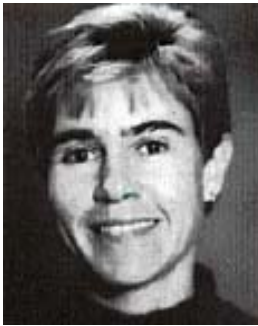
Take time to share your experiences with other students. It's tough but incredibly rewarding clerkship with a unique patient population; the ability to laugh will help to keep you sane. You and your classmates will be the 'primary' care provider for a number of the same patients. Some will die, and you will learn a lot from the shared experiences.

Chapter 11

You will receive a complete and thorough introduction to neurology while working one-on-one with your attending for the full four weeks.

Housing for non Idaho Track students is provided at apartments across the street from St. Luke's in a one or two bedroom unit with kitchen, laundry available (some in units) TV, cable and internet. Goldie Pontrelli will provide information with the rest of the clerkship packet.

The final written exam is proctored locally on the last day of the clerkship. Contact Linda Clark to confirm details (208) 422-1000 x 1-7642 or email at Linda.Clark4@va.gov



Clinical Coordinator:	Karin Lindholm, D.O. Idaho Neurology 1000 North Curtis Road Suite, #305 Boise, ID 83703
Secretary:	Summer Wassler
Phone:	(208) 367-7272
Fax:	(208) 367-7111
Email:	lindholmkar@gmail.com Summer.work@hotmail.com

Students work with Dr. Lindholm at her clinic as well as at Saint Alphonsus. There is a wide variety and good volume of patients. You have the opportunity to see them on your own and then present them to Dr. Lindholm. Dr. Lindholm spends one-two days per month up in a clinic in Hailey, and she will usually have you spend the day(s) with another local physician, such as Dr. Wechsler, an epilepsy specialist. This rotation feels fun and laid-back, but Dr. Lindholm will push you to come up with diagnoses.

It is an excellent rotation to develop physical examination skills, as you will see some of the unusual findings we learned during second year (i.e., I saw a Brown-Sequard syndrome, which no one in Seattle I talked to was able to see!). Depending on the time of year, you may see a fair number of patients with Guillain-Barré syndrome. Dr. Lindholm has a lot of Parkinson's patients, so you will get to know the Parkinson's exam very well.

Nurses, office staff and patients speak very highly of her. She is patient, accessible and will take moments aside from her work to teach. She often provides copies of articles that pertain to patients being seen, and she also will lend you any of her textbooks if you want to look things up.

Due to the thorough nature of most of the appointments (especially the new patients), clinic tends to run long, and you will often not be done until 5:30pm - 6:30pm. On the other hand, you don't start seeing patients in clinic until 9am or 10am (depending on whether Dr. Lindholm is post-call or not). However, you may also have to round on hospital patients that Dr. Lindholm acquired while on call. You will also get the chance to watch a lot of EMGs and nerve conduction studies, and Dr. River (Dr. Lindholm's office partner) will let you do some of the EMGs/nerve conduction studies once you've seen a few. Brush up on your old

NEUROLOGY

musculoskeletal knowledge of the limbs from 2nd year - you'll be called on to say which muscle is innervated by which nerve, etc...

You may also have the opportunity to work with working with a neurosurgeon, Dr. Johans, and a neuroradiologist, Dr. Dallas Peck. The two men are also great teachers and spending time with them will further enrich your training. If you spend time with Dr. Wechsler, you will get to see tons of EEGs and different epilepsy syndromes. He's also an excellent teacher, especially if you express interest in learning more.

Neurology can be an intense rotation: many of the patients have chronic, debilitating conditions (i.e., ALS), and you also may end up seeing hospital patients who are comatose. The final exam is also challenging, so study throughout the four weeks (don't cram at the end)! However, this rotation is also really rewarding and fun, and the patients in clinic tend to be really nice and patient with students. As long as you work hard and have a good attitude, you'll do fine.

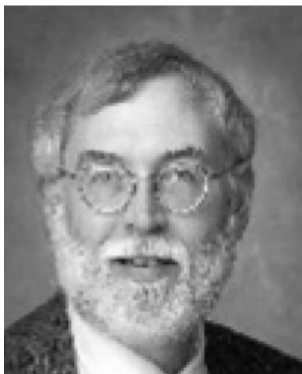


Clinical Coordinator:	George Lyons, M.D. Boise Neurologic Consultants 999 N. Curtis Rd., Suite #506 Boise, ID 83706
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Secretary:	Debbie Forster
Phone:	(208) 367-2996
Fax:	(208) 367-2876
Email:	geolyons@cableone.net

Dr. George Lyons has also taken students for their Neurology clerkship in Boise. He is an awesome teacher and will push you to come up with a diagnosis. He provides readings pertinent to the patients you are seeing, and will adapt the rotation to any specific needs that you may want to include in the rotation.

He also has some very unusual patients, including a family with an unusual variant of ALS, who are the first of this type to be documented.



Site:	Neurodiagnostic Associates 2022 N. Government Way Coeur d' Alene, ID 83404
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Clinical Coordinator:	Michael Coats, MD
Email:	mec@adelphia.net
Secretary:	Connie Altman
E-mail:	jyleamd_connie@msn.com
Phone:	(208) 667-5536
Fax:	(208) 765-1194

NEUROLOGY

Students will primarily work with Dr. Coats at Kootenai Medical Center. You will also have occasion to work with Dr. James Lea or Dr. Joav Kofman. Connie is the contact at Dr. Coats office, students will need to arrange and submit their paperwork for Kootenai Medical center through Linda Durkin. She can be contacted at: (208) 666-2275 or by email at : lindad@KMCmail.KMC.org

The hospital and Dr. Coats' office will both want copies of the student hospital application and ID Board of Medicine registration. Remember to bring your UW photo ID/badge.

Housing: They have contact with two local people willing to rent room in their homes or a basement apartment to students upon screening. There is also a hotel/motel with kitchenette, laundry and cable available as well. Contact Connie for more information.



Site:	3920 Washington Parkway Idaho Falls, ID 83404
Clinical Coordinator:	Erich W. Garland, MD
Secretary:	Melonie Storer
Phone:	(208) 227-0158
E-mail:	ifneuroeg@qwest.net

Students will work in Dr. Garland's clinic and at Eastern Idaho Regional Medical Center. Clinic usually begins at 8:30 a.m. and ends around 4:30 p.m. After clinic, we would round on any patients in the hospital. There is no night or weekend call responsibilities for the student. This is mostly out patient neurology, but students round in the hospital with Dr. Garland every evening after clinic. Mix of patient variety, high volume. Excellent opportunity to learn how to manage MS, epilepsy, chronic pain, headaches, stroke and neuromuscular disease.

You will need to request your immunization records from the dean's office (unless you have a copy). Bring your immunization records to the Eastern Idaho Regional Medical Center (EIRMC) Medical Staff Office when you arrive. Dr. Garland can show you where the office is.

The contact person at Eastern Idaho Regional Medical Center for paperwork is Leslie Anderson in the Medical Staff Office. Her phone number is (208) 529-6269 or you can email her at: leslie.anderson@hcahealthcare.com

She will assist you with completing the information required by Eastern Idaho Regional Medical Center. Remember to bring your UW photo ID/badge.

Housing is available in a studio apartment. You will need to contact the clerkship coordinator for details. Lunch is provided daily either by the clinic staff or pharmaceutical representatives.

OB/GYN - Boise



Site:	333 North 1st, Suite #260 Boise, ID 83702
Clinical Coordinator:	Scott Christensen, MD
Drs. Nurse:	JoLou Dinwiddie
Office Phone:	(208) 345-3136
Office Fax:	(208) 345-0984
SLRSC Fax:	(208) 381-1776
L&D Fax:	(208) 381-3452
E-mail:	christensensl@fiberpipe.net
Pager:	<i>Necessary, but not provided</i> - See Chapter 4 Technology w/regard to pagers for IT students

Call

OB call is at St. Luke's Regional Medical Center throughout the clerkship, and it is usually taken with a Family Medicine R2 or R3. You are expected to take in-house call averaging about Q4-Q5 with at least one Friday or Saturday. You are off the day after call by 12:00 p.m. on weekdays, and 7:00 am on weekends.

On call nights are spent picking up patients and following them until delivery. Patients are found by looking at the "board" and choosing patients who are early in their progression. The best method of getting doctor/patient approval is to find the patient's nurse and ask who the doctor is (sometimes the doctor covering the patient is not the one listed on the computer as doctors in groups cover for each other). Then either call the doctor yourself, or ask the nurse if they have plans on calling the doctor and if they wouldn't mind calling for you. The doctors are usually very willing to allow you to follow their patients. Don't be shy about calling, otherwise you will not be involved in much. If you are proactive, it is a great experience.

Then, either you or the nurse will ask the patient. Sometimes asking the patient and having the patient let the nurse know works well. Once consent is obtained from the doctor and the patient, follow the patient till delivery. Permission to periodically "check" the patient's cervix is usually easiest obtained after an epidural given, although it never hurts to ask. Popping in at least three or four times during labor is advisable, as it helps the patient feel more comfortable with your being part of the delivery.

Whether or not you will deliver the baby depends on both the patient and the doctor, but most students will deliver a few times (varies from student to student, usually 2-7) during the rotation. At times, post-delivery suturing is also offered to the student. The number of patients picked up each night will depend on the number of delivering mothers and on the student's comfort level. Averages ranged widely, but tended to be from 3-6 per night.

Besides L&D, experience in the OB triage unit is given. This is done by following the on call R2/R3 family medicine resident (the on call resident covers the triage unit).

Experience with possible ruptured membranes, labor vs. false labor, decreased fetal movement and other various presentations will be obtained here.

Obstetrics

Plan to follow all of Dr. Christensen's patients; also introduce yourself to the faculty on call from the FPRI, they may introduce you to the obstetricians. Talk to other private OB/Gyn's about following their patients. It is recommended to page the patient's OB first and ask him/her if it is ok to follow a patient. Once you have their approval, introduce yourself to the patient - with the nurse present - and ask the patient for approval as well. Sometimes the OB will want the nurse to ask for you. Some of the nurses can seem stern to medical students, but others can be great teachers if they know you. Introduce yourself to the charge nurse of each shift and make sure your pager number is everywhere so the nurses can reach you easily. To get the most out of this rotation, you must form good relationships with the L&D nurses and the family practice residents. The senior FP resident can be a good resource and may let you follow their patients as well. Each delivery you participate in should be rounded on the following morning. The R2's & R3's can be key to your L&D opportunities, They generally have significant L&D experience and if they are at the end of their rotations, the R2's allow you more action. Be courteous with the Family Medicine residents by asking which additional patients they would like to pick up before taking them.



Code to residents lounge: Required - Obtain from your Clerkship Coordinator or the Medical Staff Office at the Hospital

Code to medical student sleep room: Required - Obtain from your Clerkship Coordinator or the Medical Staff Office at the Hospital

Students will do OB/GYN at St. Luke's Regional Medical Center. While on OB, you and the resident will run triage and deliver the patients from SLRSC (the low/no income clinic). In general, the private OB docs do not allow the residents to do much with their private patients unless it is to assist on a C-section or a precipitous delivery. Students are welcome in almost all C-sections. Just call the doctor to ask if you can scrub in.

The OB nurses can be possessive. You will catch flack if you try to get in on a delivery after 7 cm if you haven't followed the patient previously. Students usually get to deliver one or more babies during the rotation. Students can write the daily progress note for a patient they saw delivered if it's alright with the doctor. Students rarely write orders or manage the patients.

Gynecology

Your GYN experience be in the St. Luke's OR, the VA, in Dr. Christensen's office, and Central District Health (you will also treat males with STIs). The day before your OR days, call the nurse supervisor at 381-1400 to introduce yourself and ask for the next days schedule of all OB/GYN procedures. The following morning, page docs operating and ask them to participate on the case. Remember to also check the outpatient surgery center for cases (it is located on the first floor of Dr. Christensen's building). Whatever you participate in, you should round on until they are discharged, ESPECIALLY Dr. Christensen's patients. You will spend most mornings in the OR and

afternoons on the labor deck. Students do three weeks of GYN. You will also attend the VA Specialty Clinic on Thursday mornings. This may be your best “hands on” GYN experience. In addition, there is a ½ day genetics rotation with a certified geneticist at St. Luke’s as part of your experience.

Use the time on GYN to get your H&Ps done. You will be expected to complete six H&P’s during the rotation with extensive discussions.

Around 3 times per year, Dr. Barbara Goff, from Seattle’s UWSOM Dept of OB/GYN visits Boise to do a Cancer Clinic through Saint Alphonsus RMC’s Cancer Center. Sue Adams (sueadam@sarmc.org) at the Cancer Center will send the student on the clerkship the patient schedule the day before clinic. The student must pick up the charts that after 3:00 pm to review them in preparation for the next day’s clinic. The day of the clinic, the student picks up Dr. Goff at the airport, attends the clinic with Dr. Goff, and returns Dr. Goff to the airport that afternoon.

Housing for non Idaho Track students

Students stay in a furnished apartment located directly across the street from St. Luke’s while on the OB/GYN rotation. Students MUST make arrangements at least one week prior to arrival for access the unit. The contact person is Bambi Vega. She can be contacted by phone at (208) 381-4440 or by email at vegab@slrmc.org the alternate contact person is Colin Hudson: office (208) 381-2355; cell phone (208) 866-7767, or email HUDSONC@SLRMC.ORG

Text Books

Obstetrics by Gabbe, Comprehensive Gynecology by Herbst et al., and Obstetrics and Gynecology by Beckmann et al. will be loaned to you for free for the duration of the clerkship.

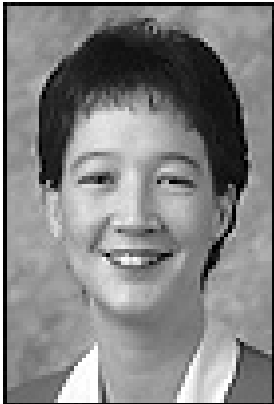
1) Obstetric Pearls and 2) Essentials by Hacker.

Final Exam and Oral Presentation

An oral presentation at some point during the rotation is required. The final exam is a NBME shelf exam and will be administered in Boise.

Overall this is described as a “work hard but fun” rotation by most. You are definitely busy with the weekly schedule, studying for the test, doing the write-ups, preparing for the presentation and on call nights. But, most enjoy the experience, the autonomy, and describe Dr. Christensen as being very kind and instructive. The other doctors/clinics are equally nice and helpful. A highlight is always the SLRSC clinic, in which much hands-on, independent experience is given.

OB/GYN - Caldwell



Site	OB/GYN Associates, PA 2005 Arlington Avenue Caldwell, Idaho 83605
Clinical Coordinator:	Brenda Davies, MD
Clinic:	(208) 454-2035
Fax:	(208) 454-1065
Home:	(208) 455-3695
Pager:	(208) 388-9182
E-mail:	bdavies@obgynidaho.com
Beeper:	available for use during rotation

Directions

From Boise - take I-84 West to exit 28 (10th Ave) Turn left and proceed on 10th Ave through the golf course at the edge of town. There will be a 4-way stop at 10th and Logan at the end of the golf course. Continue 2 more blocks and turn right on Ash. Take the first right (Arlington) and the clinic will be on the corner of Arlington and Hazel, just past the dentist office. Park anywhere in the parking lot behind the clinic. The back door is open from 8 am to 5 pm.

From West of Caldwell (i.e. driving from Seattle): Travel east on I-84 to exit 28 (10th Ave). Turn right onto 10th and proceed as in instructions above.

Hospital

The main affiliation is with West Valley Medical Center, located within walking distance from the clinic. The student(s) need to contact Kelly Brooks to schedule an education orientation. This must be done before any clinical experience begins.

Kelly Brooks, Education
West Valley Medical Center
1717 Arlington Avenue
Caldwell ID 83605

Phone: (208) 455-3881
Fax: (208) 455-4020
Kelly.brooks@hca.com
www.westvalleymedctr.com

- proof of MMR immunizations or titer,
- PPD (TB skin test-must be within the last year),
- Hep B and/or signed refusal on file,
- proof of personal health and/or workman's comp insurance
- current CPR certification
- Idaho State BOM form
- hospital application

St. Luke's Meridian

Students may also have the opportunity to work with one of the physicians over at St. Luke's RMC in Meridian during the clerkship. OB/GYN Associates has opened an office in Meridian which has expanded the opportunities for students.

OB/GYN Associates, PA is a single specialty OB/GYN practice located in two separate clinic sites: Caldwell and Meridian. The Caldwell site is served by three physicians and a nurse practitioner, all of who participate in the education of residents and medical students. You may or may not be assigned a few days at our Meridian location. Approximately 50 babies are delivered each month and there is gynecologic surgery scheduled almost every day of the week. You usually start on Labor and Delivery in the morning and move to clinic in the afternoon. You will be assigned to a specific doctor each day in the clinic. Tuesday is the official surgery day, although there may be other surgeries throughout the week at the outpatient surgery center or at the hospital. Your GYN and OB experience will be integrated - as it is in real life.

Most patient interactions will be in the hospital setting where the pace is more amenable to the educational process. We will do our best to involve you in the outpatient setting as time allows. The limitations of our rotation are: 1) the absence of formal didactic lectures (due to lack of time)--lectures are instead very informal and infrequent and 2) the rapid clinic pace and shortage of office space that makes it difficult to allow students to see patients and present patients independently. Students will gain more experience in seeing patients particularly for "Return OB" visits and yearly checkups. Most of these encounters will be "focused histories and physicals" and that will be what is expected in presentations. These patients will also be dictated by the student as he/she gains more experience. The strengths of the rotation are: 1) ample surgical experience with opportunity to first assist in major GYN surgery, 2) plenty of hands-on obstetric experience, and 3) good general exposure to clinical experiences that will enhance the assigned reading material. The most successful students in this rotation have shown an independent attitude towards their education, have good organizational skills, and are flexible and confident enough to adapt to a schedule that literally changes daily!

Day #1 of the Clerkship

Plan to be at the clinic by 8:00 am unless instructed otherwise. Details of your rotation schedule will be available to you at least a week before your rotation. Contact Dr. Davies for information about your schedule.

Night Call

You will be on call once or twice a week. On the weekend, you are expected to round the next morning and then may go home after writing a progress note on the patients. On weekdays, you are expected to stay until the physician, with which you are paired up that day, is done. Call is in house and a room is provided on Labor and Delivery.

Housing

Housing for non Idaho Track students is available in Boise; however recent students have been able to rent a bedroom from one of the local staff which has worked out well. Dr. Davies can provide more information to you about local options.

Dress Code

Scrubs are available for use on Labor and Delivery and in the operating room. A locker is available in the physician's lounge. More details will be given to you at the time of orientation.

Text Books

All required textbooks are available in the clinic. Several resources are available on Labor & Delivery and there are current related journals and other textbooks in the clinic.

An oral presentation at some point during the rotation is required. The final written exam is given in Boise.



Site:	Family Medicine Residency of ID East Clinic 121 East Fort St. Boise, ID 83712
Clinical Coordinator:	Dr. Perry Brown
Email:	Perry.Brown@FMRIdaho.org
Phone:	(208) 367-6030
Office Contact:	Kaye Holman
Email:	kaye.holman@fmridaho.org
Phone:	(208) 367-4664
Fax:	(208) 367-6123

Overview

A great experience. You will follow and write daily notes and orders on neonates in the newborn nursery, any children on the peds ward and see outpatient clinic patients as well. Mornings start at St. Luke's Hospital in downtown Boise at 7am (8am if you are scheduled for a weekend day) at which point you have "sign out" rounds where the team is briefly updated on each patient on your service, the patients are split up among the team of residents, and you are free to choose whichever cases you wish to follow that morning. You are generally expected to see 3-4 patients, which can be really hard to do if you have schedule interruptions (ie an extra lecture). Patients are seen, examined, and notes are written until 10:30. At that point you get a lecture that is always engaging, informative, and relevant. Then you have "sign out" rounds with your attending, where everybody presents the patients they followed that morning. You are free to go by noon. Lunch - you get a 20% discount, and a \$30 meal card at the beginning of your rotation.

You will spend the afternoons in outpatient clinic with one of the pediatricians, usually located in nearby towns like Meridian and Eagle. Afternoon clinic starts at 1:00 or 1:30pm, depending on who you have. The docs are excellent and have varying approaches to patient care. This is your chance to look in the ears of hundreds of unhappy kids, master the well child visit, and address developmental issues. Clinic is usually done between 5:30 and 6pm.

Taking Call

Call averages one night per week. You start at 7am as normal, then stay overnight until noon the next day. You admit 1-2 new patients per night with a full H&P, and are expected to give a more formal, more complete presentation the next morning to your attending. Although call night averages once a week, the spacing is a bit erratic, so you may be on call 2 out of 3 days or 2 out of 4 days, then have 2 whole weeks without any call.

Cast of Characters

Dr. Perry Brown (pictured) is the main attending you will be working with. He is an invaluable resource. He is very approachable, and happy to help you out with any issues that arise. He puts together all of the lectures that are presented to you each day.

Pediatric Residents

The team you work with is a group of Family Medicine Residency of Idaho (FMRI) residents. Generally you will have 2 R1's and 2 R2's on your team. Each FM team rotates through pediatrics for only 4 weeks, so you will work with one team for 4 weeks, but with 2 other teams for a week each (at the beginning and at the end).

Helpful Hints

The residents' lounge is open to the medical students and everybody there is extremely friendly. I didn't realize this until later, but the cafeteria stocks the refrigerator and cupboards with food that is free! Things like water, soda, fruit, fruit juice, muffins, toaster, microwave etc are all there for you.

Another thing you should know is that pediatrics is the one rotation where you will have A LOT of homework outside of your 60 or so hours a week in hospital and clinic. The Online Clipcases take a total of about 30 hours, and you are also expected to come up with a 10 minute research presentation at some point that you deliver to the residents and attending at some point. There are other requirements as well, and it can be very hard to finish up all the required assignments, read a 300+ page text and then have time left over to study for the final. All I can say is start early or you will probably regret not doing so in the end.

Dress Code

No formal dress code, but no jeans. Nice slacks or Dockers are appropriate with a dress shirt. White coats are discouraged because they scare kids, as are ties which spread disease. Dress neat, clean and comfortable enough to examine a toddler on the floor. You don't need a stethoscope in the hospital; there is one in each room. But you will need your steth for afternoon clinic. Also on days you are on call, most people wear scrubs.

Final Exam

Surprisingly UW does not give the SHELF exam. They write their own and say that it is based entirely off the required text (Blueprints Pediatrics) and the 30 Clipcases online.

Pediatrics - Pocatello

Chapter 13b



Site:	Pocatello Children & Adolescent Clinic 500 South 11 th Ave, #204 PO Box 4730 Pocatello, ID 83205-4730
Clinical Coordinator:	Dr. David Denton
Email:	dentdavi@isu.edu
Clinic phone:	(208) 232-1443
Secretary:	Heather Gunter
Phone:	(208) 236-9630 (Heather)
Fax:	(208) 239-3434
Email:	hgunter@pocatellochildren.com
Beeper:	Provided for call - personal beeper not necessary

Rough Directions: From Boise take I-84 to I-86 to 15 South. Take the Clark St. exit. Turn LEFT on 15th, go about 4 blocks and viola! Hospital is on the Right.

Contact Heather **3 weeks prior** to your arrival to confirm housing arrangements. Pick up the apartment key at the hospital ER anytime on the weekend before the rotation starts.

Overview

A fantastic learning experience. You will follow and write daily notes and orders on NICU infants, any children on the peds ward and see clinic patients as well. Mornings you are expected to pre-round and have all of your notes written by 8:00 am. This means you often need to be at the hospital by 6-6:30 am. The rest of the morning is spent working with the "hospital pediatric doc" of the week. You may get a lecture, but most of this time will be spent going over NICU orders, doing newborn and pediatric exams, performing circumcisions, and (after you show interest and prove competence) perhaps even inserting umbilical artery catheters and intubating. Lunch is from 12:30-1:30. The apartments are 2 minutes from the hospital so it is possible to go home for lunch...or a nap. The cafeteria food is decent (lots of beef, though!) and med students get a 20% discount.

You will spend the afternoons in clinic with one of the pediatricians. Afternoon clinic starts at 1:30pm. The docs are excellent and have varying approaches to patient care. This is your chance to look in the ears of hundreds of unhappy kids, evaluate endless diarrhea, and address developmental issues. For a small town, this clinic sees a surprising number of cardiac defects, neuro abnormalities and odd ID cases. Clinic is usually done between 4:30 and 6pm. After clinic, you may need to check on your NICU/peds patients before going home.

Taking Call

Call is usually two nights per week until 11 pm. The docs will page you or call you at the apartment if something is happening. Some of the doctors prefer you to take call at the hospital. Discuss with doc for their preference when you take call. In general it's a good idea to check out with the on-call doc before you leave clinic. The pediatricians will encourage you to come in on the weekends to round if you are in town, but do not feel like you have to come in.

Housing

2420 E Terry St. #2,
Pocatello, ID 83201
(208) 233-6787

2450 E Terry St. #3,
Pocatello, ID 83201
(208) 233-9319

Students stay in one of newer two town homes which are within walking distance of the clinic and Portneuf Medical Center. Living room, dining room, kitchen (with dishwasher), half bath (with washer & dryer) on main floor. Two large bedrooms and full bath downstairs. DLS Internet access and plenty of parking. Most necessary items provided, if you notice anything lacking, let Mandi know so it can be provided. Do bring linens... However: **NO SMOKING, NO PETS !**

Cast of Characters

Creighton Hardin, MD - Very bright man who likes you to be aggressive with participation in circumcisions.

Lloyd Jensen, MD - Come to Dr. Jensen with any concerns you may have. He gives several good lectures.

Don McInturff, MD - A perennial student favorite; is a board certified pediatrician and internal medicine doctor. Has a great sense of humor and is a fabulous teacher. Some people have differing opinions about him.

David Denton, MD - Clerkship Coordinator. Friendly, accessible, bright, positive and willing to teach.

Susan Bradford, MD - Quite enthusiastic and willing to teach, but likes her space. Bring something to read when you're with her in clinic and review info while she dictates. Give her some space in the mornings on her hospital week; she is not a morning person.

Matthew Murdoch, MD - Fairly new to the practice. Knows his research. Will call you when he's on call; likes it if you're around the hospital as he stays in house on-call.

Andy Smith, MD - Newest to the practice. Nice guy. Rounds super early in the morning. Will write your note for you if you don't beat him in (this is not necessarily a good thing).

Heather Gunter - Administrative contact for clerkship: **CALL HEATHER BEFORE YOU HEAD TO POCATELLO**. She will give you information on housing arrangements and can answer any questions you may have.

Pediatric Residents

One UW Pediatric R2 will be in the clinic and taking call on Thursdays and Sundays as part of a two-month rotation. The resident apartment is nearby the students'.

Helpful Hints

It can be a difficult rotation time-wise (i.e. you're busy), but the excellent experience is well worth the effort. It is one of the very few peds sites where you are taking care of patients in the NICU. One or two of the RNs are cranky, but changing dirty diapers yourself will help them not be grumpy with you. The attitude in the NICU is "you wake 'em, you take 'em" so if you're unsure about something, ask. If you treat the head nurses right, they might take you on a "Life Flight" run with them. The doctors' lounge next door to the cafeteria is a good source of free donuts, muffins, coffee and juice

Dress Code

No formal dress code, but no jeans. Nice slacks or Dockers are appropriate; ties are not expected. Dress neat, clean and comfortable enough to examine a toddler on the floor. DO NOT even bother bringing your white coat, you won't use it.

Final Exam

Studying the pediatric cases from UW is helpful for the multiple choice exam. Past students have worked out these cases and outlines are available for studying. There are ~30 questions based on the Clipp cases and the rest based on topics covered in Peds Blueprints.

They have copies of the required textbook at the rotation, just make sure you're reading the latest edition.



Site:	Boise VAMC - 116 500 West Fort Street Boise, ID 83702
Clinical Coordinator:	Camille LaCroix, M.D.
Email:	Camille.LaCroix@va.gov
Secretaries:	Ritakay Youngblood Sharman Badesheim
Phone:	(208) 422-1108
Fax:	(208) 422-1241
Med Student Coordinator	Linda Clark
Phone:	422-1000 x 1-7642
E-mail:	Linda.Clark4@va.gov
Pager:	Provided

Inpatient Rotation

You will have three weeks on the unlocked psychiatry unit. Group therapy is interesting, and you will have the opportunity to run the group on your last day. Maryanne will help you do H&P's or let you do them on your own.

The schedule on a typical day will start at 8:00 with a multi-disciplinary team meeting, followed by group at 8:15. The team will then hold a post-group discussion at 9:00 to discuss group's interaction.

New pt evals, groups, one-on-one, H&P's. You will see and be given the opportunity to do ECT.

You may have a chance to get involved with the inpatient PTSD program. EBTU is worth it – you might even get to be in a sweat lodge ceremony with the vets.

Outpatient Rotation

During the outpatient portion of your clerkship you will assist with patient consults, RSAT, MHICM, Terry Reilly and one ½ day at a children's clinic experience in the community.

Drs. LaCroix, Hines, Starr and Dewey perform the outpatient consults. You will see the patient first and then present to the Psychiatrist. If there are no consults to be done, you may attend any outpatient group or hang out for triage. Be sure to give the social worker covering triage for the day your pager # so that he/she will let you know when there is a patient in triage. It works well if you also put your pager number on a post-it note on the computer screen in the triage room to help the social workers remember to call you.

Lectures, Staff, Residency Activities

Camille LaCroix – Clerkship Coordinator. Was in the FIRST Idaho Track Class! Also a former Boise VA Resident. Ask her about Forensic Psychiatry.

Ken Khatain, MD – Former USAF, loves to teach and tell stories; make students feel like part of the care team

Kate Blackburn, MD – Dr. Blackburn is very funny. You will see consults at the VAMC and at St. Luke's with her during your outpatient weeks. She is very compassionate. Take some time to watch her work with her patients.

Larry Dewey, MD – Dr. Dewey is a great guy who is very passionate about his work and his patients. He gives a great lecture on PTSD, and he will stress the importance of the therapeutic alliance.

Alan Hines, MD – Worked with the student program for over a year making changes and improvements. Well liked by students.

JoAnn Leone, MD – Come to her with any of your concerns.

Andrew Olnes, MD – Also new to the VA, quite personable. You will work with him on the Inpatient Unit.

Mukesh. Mittal, MD – Dr. Mittal is fun to work with.

Maryanne Sims, NP – Will work with her a lot. She works on the inpatient ward. She is very helpful of medical issues. Very quiet but loves to let you be in charge.



SURGERY

Chapter 15



Site:	Boise VAMC - 112 500 West Fort Street Boise, ID 83702
Clinical Coordinator:	Kim Lynch, MD
Secretary:	Karla Reyff
Phone:	(208) 422-1136
Fax:	(208) 422-1243
Beeper:	Not provided, is necessary
E-mail Dr. Lynch via:	Karla.Reyff@med.va.gov
Med Student Coordinator	Linda Clark, 422-1000x17642

Cast of Characters Kim Lynch, MD - General Surgeon. Dr. Lynch is in charge of the medical students. Trained at UWSOM, she is an exceptional teacher and loves to talk with medical students. She is an excellent role model. Do not be afraid to ask her to sit down with you if you need to have anything clarified. She works four days a week, but do not be afraid to call her at home.

Ernest Peterson, MD - Chief, General Surgeon. Dr. Peterson is in charge of work rounds during the week. He is willing to answer questions and does not do much pimping.

Dr. Baradziej - General surgeon. Also does work rounds, willing to answer questions and gives a good lecture on wound healing and choosing suture needles, materials, etc. Does some pimping but is very nice about it.

Community Surgeons:

Lung, MD - General Surgeon. Dr. Lung specializes in breast cancer & melanoma at the Mountain States Tumor Institute. You will spend one half-day in clinic with Dr. Lung. He no longer performs surgery.

Phil Masser, MD - Vascular Surgeon. "Master of Pimping" Know surgical recall before his cases, particularly the SCM, omohyoid, superior thyroid artery and recurrent laryngeal (if you're going in on a carotid endarterectomy).

Walker, MD - Urology. Dr. Walker is also a good teacher and always willing to have students work with him.

Physician Assistants:

Karen Mebane, PA - Helpful. Works with the general and vascular surgeons. Very animated.

SURGERY

Darrell King, PA - Nice guy. Works with orthopods lots.

Fred Belau, PA - Fred will teach you how to tie sutures; ask him to show you how early in the rotation. He works with the general surgeons, the orthopedic surgeon, and the urologist.

Marv Sparrell, PA - Marv works with some ortho and gyn cases. Has a great sense of humor.

Gordon Oster, PA -Very friendly and accessible. Gordon came to the VA from the Family Med Residency.

Sean Jones, PA - Sean scrubs on the ortho cases. He's also very friendly and will help you with notes, orders etc if he can.

Anesthesiologists/Nurse Anesthetist:

Others to work with are Shari, Doug Mauss, Scott, Mike Buckingham, Chris Sours.

OR Nurses:

The OR nurses can be intimidating, however most of the nurses here are exceptionally friendly. If you can do the following, your time on surgery will be much easier:

Get out your gloves and gown before you scrub, or let the scrub nurse know that you will be scrubbing before the MD is scrubbed and in the room.

Do not touch anything until you are asked to do so.

Stay in the OR after the surgery to help transfer the patient to the gurney and then to move the patient to the recovery room.

Make sure that the patient's chart goes with the patient to the recovery room.

Donuts often calm the savage OR staff. (Sad but true!)

SURGERY

The OR Surgeries are scheduled Monday through Friday; the OR is staffed 8 am to 4pm. You will work with Drs. Lynch, Baradziej, and Peterson most of the time. You will also have the opportunity to work with several specialists who come from the community.

Medical students often have the opportunity to run the laparoscopic camera. Occasionally you will be allowed to suture in the OR if you show interest. However, most of your suturing experience will come in Minor Surgery Clinic.

Rounds Be on time! You will be expected to have pre-rounded and written the daily progress notes (and orders!) on your patients by work rounds at 7:15 a.m. Presentations of patients at work rounds are to be succinct. Patients in the SICU should be presented by system. You round on weekend mornings when you're on call; start time depends on the attending.

Call Call is essentially Q2 because either you or your fellow classmate must cover call every night of the six weeks of your rotation with the exception of the last week. It is a good idea to look at which MD is on call before picking your weekend call (ask Karla where the schedule is) that way you can alternate who is with which attending. You and your fellow student can select which days you will be covering for call. Most students make plans between themselves to cover weekends so that one student is off every other weekend. Call is taken from home and you will rarely be called in. You are generally home between 4:30 and 6:00 pm, depending on clinic schedule and unscheduled surgeries.



Requirements You will be expected to write up three H&P's with 1-2 page discussions of surgical issues as well as a 1-page literature critique of an article.

Final Exam The final exam is timed with a strict two-hour limit. The test has approximately 100 multiple choice questions They're graded on a curve and the cut-off for High Pass vs. Honors changes every 6 weeks. In 2004 there were 117 questions total with an 80.13% the cut-off for high pass and 83.34% the cut off for honors. The cutoff for high pass was 76% in March 2007, and 80% for honors.

SURGERY

Dr. Lynch's lectures are, as one student put it, "liquid gold." Ask her for a review session the last week. Surgical Recall is also very helpful. Talk to Karla about other resources.

Good study materials for the test and the clerkship in general include:

Surgical Recall, Blackbourne

(REALLY THE ONLY TEXT YOU NEED)

Essentials of Surgery, Greenfield et al.

Harborview Notes (available online)

Cope's Early Diagnosis of the Acute Abdomen

Mont Reid Handbook

CW James' notes* - These notes should be available from Dr. Lynch.

Abernathy's Surgical Secrets

*(See a fourth year student for further resources.)

SURGERY

Chapter 15



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Clinical Coordinator:	Kim Lynch, MD
Secretary:	Karla Reyff
Phone:	(208) 422-1136
Fax:	(208) 422-1243
Beeper:	Not provided, is necessary
E-mail Dr. Lynch via:	Karla.Reyff@med.va.gov
Med Student Coordinator	Linda Clark, 422-1000x17642

Cast of Characters

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SURGERY

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SURGERY

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Medical students often have the opportunity to run the laparoscopic camera. Occasionally you will be allowed to suture in the OR if you show interest. However, most of your suturing experience will come in Minor Surgery Clinic.

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Requirements You will be expected to write up three H&P's with 1-2 page discussions of surgical issues as well as a 1-page literature critique of an article.

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SURGERY

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Good study materials for the test and the clerkship in general include:

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(REALLY THE ONLY TEXT YOU NEED)

Essentials of Surgery, Greenfield et al.

Harborview Notes (available online)

Cope's Early Diagnosis of the Acute Abdomen

Mont Reid Handbook

CW James' notes* - These notes should be available from Dr. Lynch.

Abernathy's Surgical Secrets

*(See a fourth year student for further resources.)

<http://depts.washington.edu/surgstus/index.html>

Idaho has several clerkship experiences that will meet the Surgery Graduation Requirement. Students wishing to fulfill this requirement in Idaho need to follow the established guidelines in order to sign up:

- 1) Students **must** contact the preceptor first, to get approval for the elective.
- 2) After getting permission from the local preceptor, students **must** contact the specific UW Department for approval.
- 3) Finally you **must** contact the Registrar's office to formally register for the clerkship.

Additional contact information for these clerkships is located in Chapter 16 - Elective section.

OB/Gyn 699* - Perinatal

Clarence Blea, MD - Community Boise. *Dr. Blea only accepts students who will be going into hi-risk OB as a career and students must contact the UW Dept of OB/GYN for approval.

Ophthalmology 699

Katherine Whitfield, MD - Community Boise. Students must contact the UW Dept of Ophthalmology for approval.

Orthopedics (SP) 680

While listed as Ortho 680, the rotation offered in Boise is with Dr. George Wade at Idaho Sports Medicine Institute (located on the BSU Campus).

Otolaryngology 680

DelRay Maughan, MD - Community Boise

Urology 680

Avery Seifert, MD - Community Boise

Surgery 698 Community Surgery Subinternship

Robert Holman, MD - General Surgery

700 W. Ironwood Dr., Suite #304

Coeur d' Alene, ID 83814

(208) 667-1588

SURGICAL SELECTIVES

Very helpful if considering a primary care or a surgical specialty. Participate in all phases of office and hospital care. See problems that span general, gastrointestinal, oncologic, endocrine, vascular, thoracic and some plastic/reconstructive surgery. Transportation and lodging are student responsibility. Limited resources available on request. **IMPORTANT!** It takes several weeks to arrange hospital privileges at this site. Contact Anna Yu three months prior to your start date so she can make the necessary arrangements for you. Also contact Linda Durkin at Kootenai MC for privileging.

Surgery 699 **

If a student wants to try and set up a Surgery 699 to fulfill the Surgery Selective requirement, the preceptor MUST hold a clinical faculty appointment in the Department of Surgery and the student MUST contact Anna Yu at the Dept of Surgery for approval and to make sure the clerkship will fulfill the selective requirement. Anna can be contacted at (206) 685-0975 or ashten@u.washington.edu

The following have surgical faculty appointments in Idaho: (However to qualify for a Surgical Selective experience, the Boise VA will probably not be approved, unless there is a specific added surgical experience beyond general surgery).

Boise:

Kim Lynch, MD	Gen/Chest Surg	Boise VA
Mark Baradziej, MD	Gen Surg	Boise VA
Ernest Peterson, MD	Gen Surg	Boise VA

*Contact through Karla Reyff (208) 422-1136

Philippe Masser, MD Vascular
333 N. 1st St. Ste 280
Boise, ID 83702
(208) 345-6545

Coeur d'Alene:

Robert Holman
Kootenai Surgery Associates
700 Ironwood Dr #304
Coeur d'Alene ID 83814
208-667-1588

Moscow:

John Lundeby, MD - General Surgery (208) 882-8939

I have really had a great time on the Idaho Track this year. It is an incredible, supportive program you all have put together and run. In comparing it to the experience of my colleagues in Seattle and around WWAMI land it is clearly unparalleled.

Fourth Year Electives

Chapter 17

Clinical Elective Block Schedules

Dates for requested electives **MUST** correspond with the UW Clinical Elective Block Schedule. *No exceptions are made to this calendar.*

For information on the 2, 4 and 6 week block dates see the UW Medicine website at:

<http://uwmedicine.washington.edu/Education/MDProgram/StudentAffairsAndServices/Registration/>

The Registration and Scheduling Office registers all third and fourth year students for their clinical credit. Third and fourth year students must register themselves for non-clinical selectives and non-clinical elective courses.

The staff in A-300 are available to make clinical schedule changes during the hours of 8:30 a.m. to 11:30 a.m., on Tuesdays and Thursdays only. If after the first week of the quarter, you make changes that cause your credits to be other than 13, you will need to execute an official change of credits with Schmitz Hall and pay a change fee. Once the quarter begins, they cannot process registration changes which involve Schmitz Hall.

Certain Medicine electives require special permission to add and/or drop. For full descriptions of these and all other Medicine clerkships, please refer to the Clinical Curriculum guide.

Seattle Clerkships

With the establishment of the 4th-year Idaho Track, the only required course you must return to Seattle for is your Capstone.

WWAMI Student Home-Stay Program

If you do need to return to Seattle for a course, but are still a "Track" student (without Seattle housing) the UW Medicine Alumni Office has a program that matches Alumni volunteers, who are able to provide a rent-free room in their home with a Track Student who needs short-term housing while in Seattle for required rotations. Alumni volunteers are not expected to provide any food or transportation - just a roof over your head. Students should contact the MedAlum office at least four weeks before they plan to arrive.

To participate, complete the online form found on the UW Medicine Alumni site: www.uwmedalum.org ; send an email to medalum@u.washington.edu or contact the Alumni office by phone at (206) 685-1875 with any questions.

Other special Seattle Electives:

Medicine 680 - Rheumatology (4 weeks, full-time) Minimum enrollment for this clerkship is 3 students with a maximum enrollment of 4. No permission is required to add. Kellie Engle will contact you if minimum enrollment is not met for your four-week block.

Medicine 688 - SubInternship (4 weeks, full-time) Permission is required to drop. Drops will be granted with replacement only.

Medicine 691 - Primary Care (6 weeks, full-time) Permission required to add or drop. Contact Kellie Engle, kaengle@u.washington.edu, if you are interested in adding this rotation. Drops will be granted with replacement only. No adds or drops within six weeks of the start date.

Medicine 694 - HMC Evening Clinic (Tuesday evening clinic, July - April)

Permission is required to either add or to drop this course. Please contact Kellie Engle at: kaengle@u.washington.edu if you are interested.

WWAMI Clerkships

All Clerkships in the WWAMI region require permission to add. If you are interested in adding a Medicine clerkship in rural Washington, Wyoming, Alaska, Montana or Idaho, please follow the instructions below:

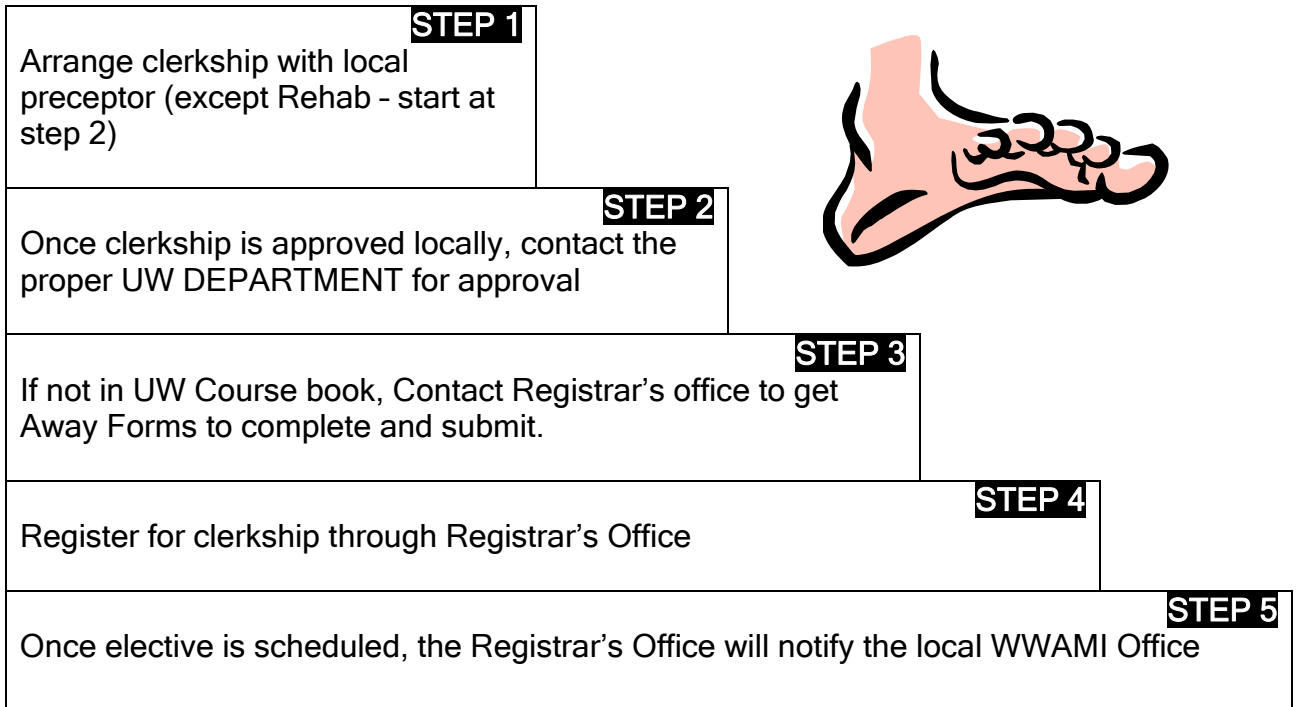
Idaho Electives - Process for Student Sign Up

To sign up for elective clerkships in Idaho, you must contact the preceptor or clinic site FIRST. This is because many of the WWAMI clerkships sites are not full time teaching sites. Preceptors take students from other programs and may need to work around their own vacations and the needs of their practice and staffing limitations. It is also a courtesy. Remember to let the site know that you are a UW medical student, whether you are a 3rd-year or 4th-year student and what dates you would like to take the clerkship.

Once you have the go ahead from the local site, then you contact the appropriate UW department back in Seattle. Inform them that you have already contacted the local site and obtained their permission to take the clerkship.

After you have departmental approval, then you register with the Registrar's office.

*** Remember: In order to drop or add a clerkship you must do so at least 6 weeks prior to the beginning of the clerkship. In order to drop a WWAMI site or medicine subinternship, you must have another student replace you.*



Steps for establishing electives in Idaho:

1. All Idaho electives must first be approved by the local elective by the student contacting them with specific dates of request. Exception is Rehab (as an elective, not as the Chronic Care clerkship) start in Seattle with Phaedra Allen.
2. Once the local elective has given approval to the student, the student needs to receive verbal permission from the departments at the U prior to scheduling with the Registrar's Office.
3. For the High-Risk OB elective, the same protocol must be followed, however, prior to contacting the Registrar's office, the student must get approval from Dr. Mendiratta in the OB/GYN Department 206-543-3891
4. Once local and departmental approval has been given to the student, they contact the Registrar's office for formal sign up. 206-543-5560
5. All Away clerkships (699's) must be approved TWO MONTHS prior to the beginning of the clerkship
6. Please read comments included later in this section for more information about each Idaho elective.

Electives offered in Idaho:

Clinical Allergy and Immunology - Conjoint 677 (4 wks)

John Jeppson, MD

901 N. Curtis Rd, Suite # 100

Boise, ID 83706

(208) 378-0080

For UW Dept of Medicine - contact Kellie Engle at (206) 543-3237 or

kaengle@u.washington.edu

Anesthesiology - Anesth 680 (2wks) / 681 (4 wks)

Shelly Jacks, MD

Boise Anesthesia

1055 N. Curtis Rd.

Boise, ID 83706

(208) 367-6416

For UW Dept of Anesthesia approval - contact Kim Mabee at (206) 543-2474 or

kmabee@u.washington.edu

Cardiology - Med 682 (4 wks)

Steve Writer, MD

Idaho Heart Care

6140 West Curtisian, Suite #200

Boise, ID 83704

Local Contact: (208) 367-4278

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or

kaengle@u.washington.edu

Dermatology - Med 678 (4 wks)

Randall Burr, MD

Ada West Dermatology

1618 S. Millennium Way, #100

Meridian, ID 83642

Local Contact: Mona at (208) 884-3376

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or

kaengle@u.washington.edu

- or -

Dermatology - *Med 699 (4 wks) *will need away forms for 699 if with Dr. Mings

Steven Mings, M.D.

100 Warm Springs Ave, Suite #B

Boise, ID 83712

(208) 424-9101

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or

kaengle@u.washington.edu

Family Med - Fam Med 673 (2, 4 or 6wks)

Elizabeth Rulon, MD

777 N. Raymond

Boise, ID 83704

Local contact: Kaye Holman at (208) 367-4664 or kaye.holman@fmridaho.org

For UW Dept of Family Med approval - contact Toby Keys at (206) 543-9425 or fmclerk@fammed.washington.edu

Geriatrics - Med 645 (4 wks)

Barry Cusack, MD

Boise VAMC

Local Contact for VA electives: Linda Clark (208) 422-1000 x 1-7642 or

Linda.Clark4@va.gov

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or kaengle@u.washington.edu

Infectious Disease - Med 689 (4 wks)

Dennis Stevens, MD

Boise VAMC

Local Contact for VA electives: Linda Clark (208) 422-1000 x 1-7642 or

Linda.Clark4@va.gov

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or kaengle@u.washington.edu

Medicine Sub I - Med 688 (4 wks)

Jim Branahl, MD

Boise VAMC

Local Contact for VA electives: Linda Clark (208) 422-1000 x 1-7642 or

Linda.Clark4@va.gov

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or kaengle@u.washington.edu

Nephrology - Med 693 (4 wks)

Nicolas Hunt, MD

Idaho Nephrology Associates

5610 W Gage, Suite # A

Boise, ID 83706

(208) 367-4127

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or kaengle@u.washington.edu

Oncology - Med 684 (4 wks)

Norm Zuckerman, MD

St. Luke's Mountain States Tumor Institute

100 East Idaho St.

Boise, ID 83712

(208) 381-2711

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or kaengle@u.washington.edu

Ophthalmology - Ophth 699 (4 wks) / Clerkship will meet 4th-year Surg Select Requirement with prior approval, will also need away forms for 699 elective

Katherine Whitfield, MD

901 N. Curtis Rd, Suite # 302

Boise, ID 83706

(208) 342-5151

For UW Dept of Ophthalmology approval - contact Dorrie Quirante at (206) 685-1969 or dorrieq@u.washington.edu

Orthopedics - Ortho 680 (4 wks) Clerkship will meet 4th-year Surg Select Requirement with prior approval

Larry Showalter, MD

Intermountain Orthopedics

600 N. Robbins Rd, #401

Boise, ID 83702

Local Contact: Paulette Carson at (208) 383-0201 or pcarlson@iosyes.com

For UW Dept of Orthopedics approval - contact Angela Weiss at (206) 598-9960 or amweiss@u.washington.edu

Orthopedics - Ortho 680 (4 wks) Clerkship will meet 4th-year Surg Select Requirement with prior approval (while listed a Ortho 680, this is a sports emphasis rotation)

George Wade, MD

Idaho Sports Medicine

1188 University Dr.

Boise, ID 83706

Local Contact: Vivian Ransom or Lissa Simis at (208) 336-8250 or

ransv@idsportsmed.com

For UW Dept of Orthopedics approval - contact Angela Weiss at (206) 598-9960 or amweiss@u.washington.edu

Otolaryngology - Otohn 680 (2 or 4 wks) / Clerkship will meet 4th-year Surg Select Requirement with prior approval

Del Ray Maughan, MD

900 N Liberty St., Suite #400

Boise, ID 83704

(208) 367-3320

For UW Dept of Otolaryngology approval - contact Patti Pedrson at (206) 616-4328 or peterp@u.washington.edu

Pediatrics - Peds 691 (2, 4 or 6 wks)

Perry Brown, MD

121 E. Fort St.

Boise, ID 83712

(208) 367-6030

For UW Dept of Pediatrics - contact Carla Salldin at (206) 987-2063 or Carla.Salldin@Seattlechildrens.org

Pediatrics Inf Dz - Peds 699 (2, 4 or 6 wks)

Thomas Rand, MD
100 E. Idaho St., Suite #203
Boise, ID 83712
(208) 381-7330

For UW Dept of Pediatrics - contact Carla Salldin at (206) 987-2063 or
Carla.Salldin@Seattlechildrens.org

Perinatology - OB/Gyn 699* / Clerkship will meet 4th-year Surg Select Requirement with prior approval, will also need away forms for 699 elective

Clarence Blea, MD
333 N. 1st St., Suite #150
Boise, ID 83712
(208) 381-3088

** Dr. Blea only accepts students who will be going into hi-risk OB as a career, and Student MUST get UW Dept of OB/GYN approval from Dr. Mendiratta in Seattle.
Contact Jamie Vickerman at (206) 543-3891 or centej@u.washington.edu

Pulmonary / Critical Care Med - Med 683 (4 wks)

Paula Carvalho, MD
Boise VAMC

Local Contact for VA electives: Linda Clark (208) 422-1000 x 1-7642 or
Linda.Clark4@va.gov

For UW Dept of Medicine approval - contact Kellie Engle at (206) 543-3237 or
kaengle@u.washington.edu

***Rehab - Rehab 685 elective (2 wks) * not as 4th year Chronic Care Requirement**

Rodde Cox, MD
1000 N. Curtis Rd, Suite # 202
Boise, ID 83706
(208) 377-3435

For UW Dept of Rehabilitation approval - contact Phaedra Allen at (206) 616-6345 or
pallen2@u.washington.edu

Surgery Community Sub-I 698 (4 wks) Clerkship will meet 4th-year Surg Select Requirement

Robert Holman, MD - General Surgery
700 W. Ironwood Dr., Suite #304
Coeur d' Alene, ID 83814
(208) 667-1588

For UW Dept of Surgery approval - contact Anna Yu at (206) 685-0975 or
ashten@u.washington.edu

Urology - Urol 680 (2 or 4 wks) Clerkship will meet 4th-year Surg Select Requirement with prior approval

Avery Seifert, M.D.
222 N. 2nd St., Suite #115
Boise, ID 83702
(208) 336-3232

For UW Dept of Urology approval - contact Leo Calipusan at (206) 731-3205 or leowill@u.washington.edu

- or -

William Jones, M.D.

6046 Emerald St.

Boise, ID 83704

(208) 378-9400

For UW Dept of Urology approval - contact Leo Calipusan at (206) 731-3205 or leowill@u.washington.edu

Brief Comments

Anesthesiology (Jacks, MD) - You will get to intubate a lot of patients. Dr. Jacks gets high reviews from students.

Cardiology (Writer, MD) - Cardiology is a must rotation. Dr. Writer at Idaho Heart Care is awesome, but you need to schedule his rotation early. The structure of the program has been expanded to accommodate more students. Contact Dr. Writer's office to schedule. Students need to call Denece one week prior to the start of the clerkship to arrange for orientation.

Cardiology - Cardiology at the Boise Heart Clinic a 699 elective.

- His group is very, very excited to have a student working with him.
- There are 5 docs in the practice, and they plan on having students work with all of them in some capacity.
- Will be doing Hospital Consults, Treadmills, Cath Lab, Office time, and even ER work. Not to mention procedures that come along.

Dermatology in Meridian (Burr, MD) - Dr. Burr sees 70+ patients on clinic days and has 1.5 days of surgery a week. He enjoys teaching about how to make an aesthetically acceptable scar and gives you plenty of opportunities to put in top stitches on surgery days. There is little dermatological variety in his practice as he sees mostly skin cancers, although students can request to spend time with his PA's who manage other skin conditions. Multiple students have noted that they are asked to do tasks (charting, paperwork, retrieving fishing pictures) in lieu of direct observation or participation which seem to diminish learning opportunities

ENT (Maughan, MD) - A good rotation, especially if you are going Peds or Family Practice.

Family Medicine at FMRI - Four weeks of clinic with no call and no inpatient exposure. Closely supervised. Quality and quantity of teaching varies with the resident in charge. Residents do all of the procedures.

Family Medicine in Caldwell (Summers, MD) - Independent with supervision. Few procedures. No call and no inpatient work. 40 hrs/wk.

High Risk OB (Drs. Blea and Cuthrell) - Only accept students who will be going into hi-risk OB as a career. Permission granted on a case-by-case request with the local preceptors.

Infectious Diseases at the VAMC (Stevens, MD) - Dr. Stevens is an excellent teacher, but is often out-of-town. Make sure you coordinate early and often to work with Sky Blue and Tom Koffman over at St. Luke's Inf Disease. Both are busy and will gladly let you work with them during your rotation with Dr. Stevens. You will learn a good bit about Inf Disease and looking at Gram Stains. Your HIV and HEP C experience will be strong as well.

Orthopedics - If you take Ortho with George Wade during the fall you get involved in the care of the BSU Football Team. Complete any hospital paperwork well in advance regardless which ortho site you choose - or you will have to stand by and watch.

Pulmonology at the VAMC - Really good experience for managing vents, exceptional attendings and good ICU exposure; the only downfall is that the ICU patients are cared for by the admitting medicine teams, so they get all the procedures. You will observe and learn a ton, but probably not get much hands-on. Either way, you should do this rotation or a Sub-I to refresh yourself on in-patient medicine, and the care of ICU patients before going off to residency.

Sub-I at the VAMC - Q5 call schedule, but you certainly benefit from taking another medicine rotation. 4th-year students work all over town, but have limited lecture and learning time. The more VA rotations you have, the more you can capitalize on the lectures. As a 3rd year you get burned out on the lectures, but as a 4th year you appreciate them.

Urology (Seifert, MD) - An outstanding balance of clinic experience with great teaching (mostly observation). Many surgical and procedural opportunities.

Other Electives Available

Family Medicine at Terry Reilly Health Services - Community health center in Nampa for over 30 years. Founded to serve the rural poor and Hispanic population, the Terry Reilly system has grown to provide a broad range of services including medical, dental, general surgery, psychiatry, social services/counseling and other services. They now have satellite clinics in Marsing, Farmway, Melba and a homeless clinic in Boise. Contact either Shannon Blackstock or Dr. Jonathan Bowman at 467-4431 if you are interested in setting up a rotation.

Pediatrics / Infectious Disease - This elective will require planning with Dr. Rand in view of the goals of the student. Clinical experiences include inpatient consultation service, outpatient consultation service and general pediatric practice (predominantly with children with chronic medical problems.) Experiences with public health, epidemiology or international travel clinic can be arranged. The student is trained in effective use of consultation resources including Internet, medical library and pharmacy consultation. Normally a 4-week rotation but can be adjusted, available for one student at a time September through June.

Community Surgery, Coeur d'Alene or Longview - A 4-week elective in non-metropolitan practice locations designed to build on the basics learned in the third-year rotation; it is especially helpful if considering primary care or a surgical specialty. You will see a wide

variety of patient problems including GI, oncologic, endocrine, vascular, thoracic and some plastic/reconstructive surgery. While transportation and lodging are the responsibility of the student; Dr. Holman has offered to provide space in his home to students taking the course in Coeur d'Alene. For additional information contact Anna Yu, Surgery Clerkship Coordinator at (206) 685-0975.

WILDERNESS MEDICINE - Periodically, Dr. Rob Hilvers presents a 2-week Wilderness Medicine elective in coordination with the UWSOM and the FPRI. Presented in 2 segments, the first is a 4-day CME conference and the second is an intensive, first-hand outdoors wilderness experience. Several months notice is given if Dr. Hilvers will present this elective again this next year.

*One suggestion from a former IT student
about 4th-year scheduling*

When your 3rd-year rotations are over, immediately start taking any 4th-year electives you think would help you to decide upon a career. After those rotations, hopefully you will know what career you want to go into. Take time off to study and take the boards (around August or September is good), then finish the rest of your rotations. After boards and ER, the life of a 4th year student is pretty nice. Try to leave some time in December or January to travel and interview.

“Away” Clerkships AKA 699's - If you wish to set up an elective that is not already an approved course and offered in the UWSOM curriculum catalog, *please read this section carefully.*

Away forms are only available by request, preferably from Trudy Furberry in the Registrar's office. Forms are also available in person from either Dana or Linda - however the instructions are very precise and any deviation from the specific information requested will delay the processing of your paperwork. These forms must be submitted 2 months prior to the start of the elective clerkship - if you do not plan this far in advance, do not expect the Registrar's office to work with you on expediting the process.

Also, as with any elective - you must get the approval from the Dept before finalizing the experience with the Registrar as well as contacting the preceptor for their approval.

Some departments (i.e. Ophthalmology) require students to develop 3 objectives for what they want to get out of the experience regardless of whether the course is taken within or outside of the WWAMI area. The student is expected to arrive at the elective with some idea of what they want to get from the experience and that the student communicates this with the preceptor.

Applying to Residency - ERAS

Chapter 18

(Electronic Residency Application Service)

Trudy Furberry is the primary ERAS contact at the U. She prefers that the students contact her directly with questions about residency applications or ERAS, because many things change from year to year. Trudy can be reached at (206) 543-5560.

A certification of graduation letter may be obtained from Trudy, but only if all graduation requirements have been completed. All requests for transcripts must be made through the UW Transcript Office at (206) 543-5940

Once the ERAS residency applications are online and the website opens, students may begin working on their applications, print out their cover sheets for letters of recommendation and select their programs. When the ERAS post office opens Trudy will begin scanning documents to send to ERAS.

Students should speak with their letter writers at the time of their clerkships. Ask them to write a letter of recommendation and let them know that you will be sending a cover sheet with instructions later during July through September. The letter writer can write the letter at any time; however, will need to save the letter until the ERAS coversheet is received from the student. The ERAS coversheet **MUST** accompany each letter sent to Trudy Furberry at the UW ERAS office for scanning. Students should **NOT** see their letters and must sign the ERAS cover sheet stating that they waive their right to see their letter. Students do have the option to see their letter, however, they must also sign the cover sheet to that fact.

For non-ERAS programs, students must supply their letter writers with address labels to have their letters sent directly to each residency program during the same timeline as the ERAS residencies.

New for 2008 - ERAS opens on July 1 for all applicants to begin work on their applications; however, the timeline for applying to programs is modified based on the type of programs to which you are applying. Osteopathic applicants will be able to apply for osteopathic training (only) beginning on July 15, 2007. Both osteopathic and allopathic applicants may begin applying to allopathic residencies on September 1, 2007, as usual.

The ERAS website address is:

<http://www.aamc.org/students/eras/start.htm>

ERAS 2008 Applicant Timeline

Date	Activity
Mid-June 2007	ERAS 2008 Applicant Manuals will be available for PDF download by chapters or in its entirety on our Web site.

Late June 2007	Schools may begin to generate and distribute MyERAS tokens to applicants.
July 1, 2007	<u>MyERAS</u> Web site opens to applicants to begin working on their applications.
July 15, 2007	Osteopathic applicants may begin selecting and applying to Osteopathic Internship programs ONLY. Osteopathic training programs can begin contacting the ERAS PostOffice to download application files.
September 1, 2007	Applicants may begin applying to ACGME accredited programs
September 1, 2007	ACGME accredited programs may begin contacting the ERAS PostOffice to download application files.
November 1, 2007	MSPEs are released.
December 2007	Military Match
January 2008	<u>Urology Match</u>
February 2008	Osteopathic Match
March 2008	<u>NRMP Match</u> results will be available.
May 31, 2008	ERAS PostOffice will close to prepare for the 2009 season.

ERAS does not set program application deadlines as the individual programs set the deadlines. You should contact programs directly for their deadlines. The ERAS PostOffice, however, closes on May 31st every year to prepare for the next ERAS application season. At that time all of our servers are purged of all applications and supporting documents. ERAS does not maintain records from year to year.

Note: Any contact between programs and **unmatched** applicants (or their designees) prior to **12:00 noon eastern time on Tuesday of the Match Week** is a violation of the **Match Participation Agreement**. Contact between programs and **matched** applicants prior to the general announcement of 2008 Match results at **1:00 pm eastern time Thursday of the Match Week**, is also a violation of the **Match Participation Agreement**.

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PHONE NUMBERS

Important Local Phone Numbers (208 Area code)

WWAMI (ID) Office for Clinical Medical Education:
777 N. Raymond, Boise ID 83704

APPENDIX

Suzanne Allen, MD, MPH	327-0641
Adriana Olivas	327-0641
Linda Clark (located at the VAMC)	422-1000 1-7642

Boise Medical Facilities

Family Medicine Residency of Idaho	367-6030
Saint Alphonsus RMC	367-2121
St. Luke's Regional Medical Center	381-2222

Useful VA Hospital Numbers

VAMC Operator	422-1000
Blue Team Nurses	422-1358
Gold Team Nurses	422-1359
Purple Team Nurses	422-1533
Red Team Nurses	422-1351
Specialty Clinic	422-1226
Echo (Linda Ellis)	422-1000 ext 7431
ICU	422-1128
Lab	422-1140 (Pgr Eve #123)
Pharmacy	422-1166 (Pgr Day #154) (Pgr Eve #731)
PT	422-1368
RT	422-1231
Social Work	422-1360
Surgery	422-1136
X-ray	422-1350
Admitting Fax Machine	422-1148
Surgery Fax Machine	422-1243
MSO Fax Machine	422-1319

Student Apartments

Family Medicine - Boise	342-2074
Family Medicine - Pocatello	233-7110
OB/GYN - Boise	
Pediatrics - Pocatello	233-6787
	233-9319
VAMC Dorm	422-1352

PHONE NUMBERS

University of Washington - (206 area code)

UW Academic Affairs	543-5560
UW Bookstore	800-335-7323
UW Academic Affairs Fax	543-3639
UW Financial Aid	685-2520
UW Financial Aid Fax	543-9063
UW Travel - Scott Bailey	685-7147

Email at: gowwami@u.washington.edu

UW Clerkship Directors and Coordinators

Anesthesiology - Dr. Murali Sivarajan
Kim Mabee (206) 543-2474
kmabee@u.washington.edu

Emergency Medicine - Site Director, Dr. Jared Strote
Tamara Harrison (206) 598-7352
histert@u.washington.edu

Family Medicine - Dr. Tom Greer
Toby Keys (206) 543-9425
fmclerk@fammed.washgtington.edu

Laboratory Medicine - Dr. Mark Wener
Elaine Brooks (206) 598-6133
ebrooks@u.washington.edu

Medicine - Dr. Douglas Paauw
Kellie Engle (206) 543-3237
kaengle@u.washington.edu

Neurological Surgery - Dr. Richard Ellenbogen
Kelly Jain (206) 987-4525
Kelly.jain@seattlechildrens.org

Neurology - Dr. Eric Kraus
Goldie Pontrelli (206) 616-6992
neural@u.washington.edu

OB/GYN - Dr. Vicki Mendiratta
Jamie Vickerman (206) 543-3891
centej@u.washington.edu

Ophthalmology - Dr. James Kinyoun
Dorrie Quirante (206) 685-1969
dorrieq@u.washington.edu

PHONE NUMBERS

Orthopaedics and Sports Medicine - Dr. Greg Schmale
Angela Weiss (206) 598-9960
amweiss@u.washington.edu

Otolaryngology - Dr. Allen Hillel
Patti Peterson (206) 616-4328
peterp@u.washington.edu

Pathology - Dr. Corinne Fligner, Dr. Tony Parks
Tabitha Fletcher (206) 598-8000
Tabitha2@u.washington.edu

Pediatrics - Dr. F. Curt Bennett
Seattle Courses - Sara Griffin (206) 987-2008
sarah.griffin@seattlechildrens.org
WWAMI Courses - Carla Salldin (206) 987-2063
carla.salldin@seattlechildrens.org

Psychiatry & Behavioral Science - Dr. Heidi Combs
Gayle Schneider (206) 744-3443
gschneid@u.washington.edu

Radiation Oncology - Dr. Jay Douglas
Karynne Tsuruda (206) 598-3786
Satyri3.washington.edu

Radiology - Dr. Charles Rohrmann
Martha Hughes (206) 744-3043
mehughes@u.washington.edu

Rehabilitation Medicine - Dr. Ross Hays
Phaedra Allen (206) 616-6345
Pallen2@u.washington.edu

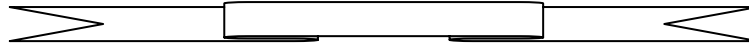
Surgery - Dr. Roger Tatum (including 4th year selectives)
Anna Yu (206) 685-0975
ahsten@u.washington.edu

Urology - Dr. Elizabeth Miller
Leo Calipusan (206) 744-6384
leowill@u.washington.edu

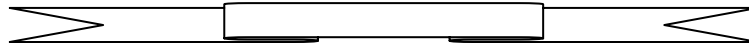
THE END

A Note to Students from Students:

The idea for this guide was borrowed from the University of Idaho/Washington State University WWAMI program. The 1995-96 Idaho Track students created the first edition and subsequent Idaho Track Student Classes have provided ongoing updates. The continued success of the Insider's Guide to the Idaho Track lies with each new class of students. We hope that you will keep this guide updated with changes and corrections by making notes in your copy and passing them on to the WWAMI (Idaho) Office for Clinical Medical Education. We want each passing year to become more convenient for the student.

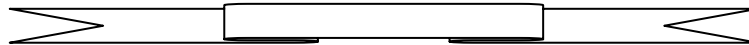


The Idaho Track allows medical students to do their third and fourth year clerkships in Idaho. I believe it to be the best decision I have made in my medical education. Idaho students get a chance to work directly with attendings and patients without competing with several levels of residents. This allows more direct learning and hands-on experience than what my peers are able to do in the large medical academic setting in Seattle. Also, it allows students who are not familiar with Idaho to come and experience all that this great state has to offer outside of the practice of medicine. As I look back on the wealth of experiences I have had, I can safely say that my best experiences are associated with my training in the Idaho Track.



I chose to do Idaho track because I heard from numerous people that the teaching of, and exposure to, medicine was excellent. I have now been an Idaho track student for 5 months, and I am in 100% agreement with that.

Even more, though, I have discovered the Idaho track to be a great introduction to medicine in Idaho. Prior to starting the track, I really didn't have any idea where I wanted to eventually live and practice. The Idaho track has allowed me to see first hand what it would be like to be a physician in this state, and although it is impossible to see exactly what the future holds, coming back to Idaho has moved way up my wish list.



I have really had a great time on the Idaho Track this year. It is an incredible, supportive program you all have put together and run. In comparing it to the experience of my colleagues in Seattle and around WWAMI land it is clearly unparalleled.