2015 in Review

The CU School of Medicine Rural Track was founded in 2005 with the goal of increasing the number of CU graduates who eventually enter and remain in practice in rural Colorado. Today, we are still committed to rural Colorado’s workforce needs and continue to provide mentorship, broadened skills, and rural life experiences that support and encourage interest in rural practice.

2015 was another busy year for the Rural Track! We said farewell to the graduating class and hello to a new group of students. This year’s graduates matched in a variety of specialties, with 30 percent entering family medicine programs! Our first-year class includes 22 medical and four physician assistant students. Over one-third grew up in rural Colorado and several hope to return to their hometown after residency.

Once again, we hosted the annual week-long Interdisciplinary Rural Immersion experience for 13 incoming and current medical, physician assistant, nursing, and pharmacy students. These students got to see firsthand what professional, community, family, and personal life is like in a rural area. We are thankful for the help of our friends in Craig, CO who made the week possible and look forward to exploring another region of the state in June 2016.

Our students and graduates often tell us how much they enjoy being a part of the Rural Track—the social aspect that comes with having a peer group with similar interests; the hands-on clinical workshops that add to what is being taught in the classroom; and the opportunity to make lifelong connections with rural preceptors who train our students on clinical rotations and give lectures on campus.

In the summer of 2015, 16 rising second-year MD students spent 3 to 8 weeks with a rural preceptor and 11 third-year MD students spent 12 weeks in rural Colorado communities on an integrated, longitudinal clerkship. These experiences are offered exclusively to Rural Track students and would not be possible without the support of our volunteer preceptors and funders that keep this program going strong.

As we map out our plans for the future, we hope to secure long-term funding, begin succession planning, and find new ways to engage our students and graduates. Whatever you can do to help us reach our goals and ensure this program continues to train the next generation of rural Colorado healthcare providers, we appreciate your support!
Current Rural Track Students

Second-year MD student, Carolyn Foster, and her peers during a childbirth workshop

BY THE NUMBER$...

$55 - the cost of one suture kit for a student to practice his/her hands-on skills
$100 - the cost of supplies for the sterile technique workshop
$500 - the cost for one student to participate in Rural Immersion Week
$1,000 - the cost to host a monthly Rural Grand Rounds lunch lecture
$2,000 - the cost for one student to participate in the 4-week summer preceptorship

$517,000 - the annual cost of operating the Rural Track
($70,000 is provided in-kind and the SOM covers $100,000/year)

Second-year MD student, Diego Camacho, with his preceptor, Dr. Pimentel, during his summer preceptorship in Burlington, CO

Second-year MD student, Queenie Kisang, practicing her surgical skills in Lamar, CO during the summer

Students who participated in the Interdisciplinary Rural Immersion Week in Craig, CO at the local power plant
Rural Track Graduates

BY THE NUMBERS...

50% of RT graduates matched in primary care specialties

40% matched in Family Medicine

Of Rural Track graduates in practice,

60% are practicing in Colorado

50% are practicing in rural communities

30% are practicing in rural Colorado

Rural Track graduates, Kelsey Walker ('11) and Ely Walker ('11), practicing in Del Norte, CO after completing fellowships

Location of Rural Track MD, PA, & Fellow Graduates Practicing in Colorado

Alamosa (2)
Buena Vista
Carbondale
Canon City
Colorado Springs (4)
Craig
Del Norte (4)
Denver metro (11)
Eagle
Evans
Glenwood Springs (2)
Grand Junction (4)
Gunnison (5)
La Junta
Larkspur
Loveland (2)
Montrose (3)
Pueblo
Rifle
Sterling
Springfield
Walsenburg
First-year students, John Koopman, Samantha Humann, Cam Niswander, and Kristen Stahl show off their handmade Rural Track belt buckles.

UPCOMING WORKSHOPS

January 27, 2016
1-3pm  Vasectomy Lab (II)

March 2, 2016
3-5pm  Cryo and Electrosurgery Workshop (IV)

April 20, 2016
3-5pm  Airway Management Workshop (III)

April 27, 2016
1-3pm  Childbirth Skills Workshop (I)

May 4, 2016
3-5pm  Chest Tube Workshop (III)

May 18, 2016
1-3pm  Suture Lab Refresher (I)

HOW YOU CAN HELP

→ Contribute to the Rural Track operations/endowment or scholarship fund.

→ Precept students during their summer preceptorship or third-year clerkships.

→ Help facilitate a workshop or share your expertise as a guest lecturer.

→ Spread the word to your family, friends, colleagues, and community members about the Rural Track!

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Dr. Mark Deutchman with the Rural Track Class of 2015 graduates