Hey Med students, Welcome to summer. Medical students have started to shift focus from the day to day grind to relaxing and a lot more thinking about the future. The Med 1’s are happy just to be done. Many are doing research and some are having clinical experiences. We in the department of family medicine are excited to sponsor a few of those clinical experiences through our summer extern program. Moving on through the years, the Med 2’s are all boards all the time this month. It is a scary time, but a great milestone to leap over and we wish them luck. Med 3’s are transitioning into fourth year and enjoying a little more freedom in their schedule, but starting to worry about interview season. We just said goodbye to all those Med 4’s who are now officially doctors and really starting their next chapters in life. Summer is always fun so take some walks and remember what you like about school, medicine, friends and family. As you are strolling I thought I would answer some frequently asked questions about family medicine residencies and help you search for what will be best for you.

Family medicine residencies can vary significantly in terms of the affiliation and locations. Here in Columbus we represent many of the nationally available program types. Listed below is a short description of some of the available types of programs in the US. There is no right type of program and may have plusses and minuses depending on what you are looking for in a residency and long term goals.

Community based unaffiliated- This type of program is what many would call a stand alone program. It may be a private or a not for profit hospital and there can be many other residencies in the hospital or family medicine may be the only program present. Riverside and Mount Carmel would both fall in this category. Grant also fits in but further is described below as an unopposed program.

Community based university affiliated- In this system the hospital system may be closely or loosely affiliated with a university. The program may have some funding or affiliation from the university. There may be students from the university rotating through different health care programs in this type of setting. Where I work now falls in this category at OSU East. The residents manage patients at the community hospital, but have the opportunity to have rotations in the main hospital setting. The program where I personally did residency also fell in this category. It was affiliated with Fairfax hospital in northern Virginia, but had an affiliation with Virginia Commonwealth University about an hour and a half away.

Medical School based-This is the type of program we are most familiar with from the medical school perspective. This program is housed in a medical school and functions in a traditional way. Most of these programs would be in a tertiary care, referral based center. There is availability of all sub specialists from which to refer patients or get lectures.

Military Program- Only students who have affiliation with the military apply to this type of program. There are a few students each year at OSU who have a commitment to the military, and they would choose to match either at a civilian program or a military program.

Contrasting opposed and unopposed- these terms really are speaking about who else is in the hospital and what other residency programs are present at the site. Grant is an example of an unopposed program. Really the only residents at Grant are the family medicine residents. There are some fellowship positions, but no medicine, ob pediatrics etc. The residents will work under and be taught by the attendings in all the different areas. There are some attractive features to both. An unopposed program means all the patients are yours. You get to manage the patient whether they are surgical, medical or ob. You may have more procedures with this type of residency as well. One benefit of an opposed program is the ability to learn from other residents from within their specialty. You may also have access to specialists who are truly leaders in their area.

Locations- In general Rural, Suburban and Urban are fairly self explanatory. The patients are pulled from the respective areas and would have health challenges specific to each area. Comparing and contrasting programs throughout the country based on location more challenging as programs do vary even in one city.
# Family Medicine Graduates 2010

<table>
<thead>
<tr>
<th>Name</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scott Bean</td>
<td>Riverside Methodist-OH</td>
</tr>
<tr>
<td>Heather Bidgoli</td>
<td>U Michigan Hosps-Ann Arbor</td>
</tr>
<tr>
<td>Alan Bock</td>
<td>Self Regional Healthcare-SC</td>
</tr>
<tr>
<td>Katherine Bracke</td>
<td>Grant Medical Center-OH</td>
</tr>
<tr>
<td>Donald Curtis</td>
<td>University of Alberta Rural Program</td>
</tr>
<tr>
<td>Jennifer Davis</td>
<td>Riverside Methodist-OH</td>
</tr>
<tr>
<td>Aaron Gerstenmaier</td>
<td>Providence Hospital-DC</td>
</tr>
<tr>
<td>Mathew Guggenbiller</td>
<td>Naval Hospital Camp Lejeune</td>
</tr>
<tr>
<td>Kirsten Hansen</td>
<td>University of Virginia</td>
</tr>
<tr>
<td>Matthew Lomeli</td>
<td>Naval Hospital Camp Pendleton</td>
</tr>
<tr>
<td>Kaoru Miyazaki</td>
<td>Riverside Methodist-OH</td>
</tr>
<tr>
<td>MiLinda Nimmo</td>
<td>Wright State Univ Boonshoft SOM-OH</td>
</tr>
<tr>
<td>Nathaniel Nye</td>
<td>Nellis Air Force Base Medical Ctr</td>
</tr>
<tr>
<td>Arthur Palmer</td>
<td>Montana Family Med-MT</td>
</tr>
<tr>
<td>Laura Pence</td>
<td>MacNeal Mem Hosp-IL</td>
</tr>
<tr>
<td>Bryce Peterson</td>
<td>McKay-Dee Hosp Ctr-UT</td>
</tr>
<tr>
<td>Gregory Polly</td>
<td>Riverside Methodist-OH</td>
</tr>
<tr>
<td>Melissa Purtteman</td>
<td>Providence St Peter Hospital-WA</td>
</tr>
<tr>
<td>Emily Schwartz</td>
<td>Kaiser Permanente-So CA Region</td>
</tr>
<tr>
<td>Eric Shamo</td>
<td>Oregon Health &amp; Science Univ</td>
</tr>
<tr>
<td>Anisasattara Shomo</td>
<td>Christ Hospital-OH</td>
</tr>
<tr>
<td>Christine Young</td>
<td>Grant Medical Center-OH</td>
</tr>
</tbody>
</table>
Q&A with Graduated Seniors

Matt Lomeli, MD

Why did I chose family medicine? I liked every rotation in medical school. It seemed logical to go into a field where I could do a little of everything. I enjoyed the relationship building with patients that is such an important part of this field.

What I like most about the residency I am starting? The people with whom I am going to work. Everyone at the residency program seemed so helpful and enthusiastic about taking care of their patients.

Describe a person or mentor who guided your career? Cregg Ashcraft. He served as a positive role model for continued volunteerism and care for the Latino community. He guided me while I was in the process of deciding on a career field.

Anisasattara Shomo, MD

Why did I chose family medicine? I have always loved the diversity of career options with Family Medicine training.

What I like most about the residency I am starting? I will be doing residency at the University of Cincinnati Family Medicine Program at Christ Hospital. I liked that the program places an emphasis on underserved and international medicine. Each intern has the opportunity to go to Honduras and as second years we will plan the Honduras trips and attend.

Describe a person or mentor who guided your career? Dr. Linda Stone and Dr. Katherine Balturshot.

Program of Excellence Award

This week it was announced by the American Academy of Family Physicians that the Ohio State College of Medicine Family Medicine Interest Group (FMIG) is the recipient of one of its 10 Annual Program of Excellence (PoE) Awards for 2010. In addition, the Ohio State Family Medicine Interest Group received the Promoting the Value of Primary Care Award. This is wonderful news to have received both awards but especially the PoE Award in that this is the tenth consecutive year to have received this award. What a tradition and what an honor. Wendy Palastro deserves a pat on the back for help hard work on this big task!
Local Family Medicine Residency Programs

Requests were sent to local programs to discuss their programs and here is what some of them had to say:

**The OSU Urban Track Family Medicine Residency** offers a unique opportunity to work and learn in a community that is culturally diverse and socio-economically challenged. The program has a special focus on community and adolescent care. We offer opportunities for longitudinal and international electives to better tailor individual learning needs. We are constantly striving to find better, smarter and more innovative ways to teach our learners and serve our patients.

Parita Patel MD

**Riverside Methodist Family Medicine Residency** is an exciting and dynamic program in Family Medicine. We currently have 6 residents in each of the three years. The three things that make our residency program stand out are:

1. Academic Excellence: We have had 100% pass rate on board exams. Each of our senior residents completes a scholarly project. In the past, several of the projects have been presented at national conferences. This year we are proud of our fellow, Dr. Rao, who won the best poster and two of our residents, Dr. Johnson and Dr. Crisp, who are competing for an OAFP award.

2. Fellowship Opportunities: We have two fellowships. Sports Medicine, directed by Dr. Doug DiOrio, at Max Sports and Geriatric Medicine, directed by Dr. Jeff Milks at Riverside Methodist Hospital. Nationally Recognized and Awarded Faculty. Dr. Aring has been awarded the teacher of the year award by the AAFP. Dr. Bope, Program Director, is nationally recognized sits on several national committees as well as the editor of Conn's Current Therapy. Dr. Rundell and Dr. Chan, have ongoing research projects and continue to present their work at national conferences.

Of course, these are just facts. The real reason that students choose Riverside Methodist is that they feel like they belong. They respect and like their fellow residents, the faculty and staff of the program.

Kristen Rundell, MD

**The Ohio State University Rural Program** is one of 25 unique rural training track graduate medical education programs across the country. As a "2-2-2" integrated rural training track (two residents in each postgraduate residency year), residents spend all three years in Logan County, Ohio.

This small town continuity practice is embedded in a rural private group practice. In contrast to training primarily in a tertiary hospital or large urban community hospital, the scope of patient encounters more accurately reflects the spectrum of problems a family physician can expect to see in subsequent practice. One of our greatest strengths is our adaptability to individual learning needs and practice goals. Options include advance residency placement credits and personalized transition-to-practice elective time. Other unique aspects of the program include:

A longitudinal case-based interprofessional, resident and faculty group experience entitled "Clinical Jazz," exploring the doctor-patient relationship as the core of clinical practice and addressing those aspects of doctoring that are particularly challenging, difficult, or intriguing.

A particularly strong emphasis on continuity of patient care across settings and stages of life, including a robust continuity obstetrics practice and mentoring by family physician faculty with a combined experience of more than 3000 deliveries.

A Sabbatical Elective in the third year promoting a cross-cultural experience in another rural or international underserved setting.

Questions for additional information should be directed to residency@madriverfamilypractice.org or randall.longenecker@osumc.edu

Randall Longenecker MD
Department of Family Medicine Chair Awards 2010

MiLINDA NIMMO

John Lombardo, MD Award in Community Service
Given to honor the student who has given exceptional service to the community

NATHANIEL NYE

Patrick Fahey, MD and Lawrence L. Gabel, PhD Award in Academic Excellence
Given to the student who dedication to family medicine, family medicine research, and the teaching of family medicine exemplifies the pivotal role of family medicine in the future.

MELISSA PURTTEMAN

Glen Aukerman, MD Award in Leadership
Given in recognition of the student who has shown exemplary leadership ability at local, state, and national level

EMILY SCHWARTZ

Mary Jo Welker, MD Award in Professionalism
Given in recognition of the student who best exemplifies the pursuit of professional excellence.

CHRISTINE YOUNG

Tennyson Williams, MD Award in Humanism
Given in recognition of the student who possesses “the heart of a family physician”

ANISASATTARA SHOMO

THE GREATER CINCINNATI / NORTHERN KENTUCKY HEALTHCARE FOUNDATION AWARD

“An evening honoring selected physicians & students”
Tips for Personal Statements

As many upcoming fourth years are starting to prepare for interview season we wanted to include a few tips!

Your personal statement is all about you! You want to convey to your reader how and why you are qualified for the position to which you are applying. In the case of a residency position, you want to emphasize the reason for your interest in that specialty and in that particular program.

Feel free to highlight items in your CV if they help to remind your reader of the experiences you’ve had that make you well prepared for the position. This is your opportunity to expand upon activities that are just listed in the CV but deserve to be described so your reader can appreciate the breadth and depth of your involvement in them.

You may choose to relate significant personal experiences, but do so only if they are relevant to your candidacy for the position.

Lastly, the personal statement is the appropriate place to specify your professional goals. It offers the opportunity to put down on paper some clear, realistic, and carefully considered goals will leave your reader with a strong impression of your maturity, self-awareness and character.

The importance of good writing skills cannot be overemphasized. The quality of your writing in the preparation of a personal statement is at least as important as the content. Unfortunately, not only are good writing skills allowed to deteriorate during medical school, in some sense, they are deliberately undermined in the interest of learning to write concise histories and physicals. For the moment, forget everything you know about writing histories and physicals. While preparing your personal statement:

• Write in complete sentences.
• Avoid abbreviations -- don’t assume your reader knows all the acronyms you do. As a courtesy, spell it out.
• Avoid repetitive sentence structure.
• Avoid using jargon. If there is a shorter, simpler, less pretentious way of putting it, do so.
• Use a dictionary and spell-check.
• Misspelled words look bad.
• Use a Thesaurus. Variety in the written language can add interest - but don’t get carried away.
• Get help if you think you need it.

For a crash course in good writing skills try *The Elements of Style*, Strunk and White, MacMillan Press, Fourth Edition. If you have a friend or relative with writing or editing skills, try to enlist their help. In any case, give yourself enough time to prepare a well-written statement. Remember, in the early part of the residency selection process, it is the closest thing your reviewers have to knowing you personally.


Thank You!

FMIG appreciates the financial support of the Columbus family medicine residencies:

Grant
Riverside
Mount Carmel
OSU

Thank You!

FMIG appreciates the continued financial support of the Central Ohio Academy of Family Physicians
National Conference for Family Medicine Residents and Medical Students

Find Your Place...at AAFP
National Conference

AAFP’s National Conference of Family Medicine Residents and Medical Students offers new and innovative programming to help you find your place in your world. Join family medicine educators and peers from across the nation in Kansas City, Missouri, July 29-31.

You must register by June 30th to avoid any late fees.

Contact Allison Macerollo, MD allison.macerollo@osumc.edu or Amy Roese amy.roese@osumc.edu to get info now!
Family Medicine Interest Group

FMIG Newsletter
B0902B Cramblett Hall
456 West 10th Avenue
Columbus, OH

The Ohio State University

FMIG Officers
Advisor: Allison Macerollo, MD

President
Malorie Sprunger

Vice-President
Kajal Patel

Treasurer
Kate Cieply

Meetings
Lauren Endersen

Workshops
Darin Bradshaw

Mount Carmel Van
Ashley Davidson

Tar Wars
Chris Esber
Ashley Davidson

On Call Creations
Kate Cieply
Valerie Niedermier

Sports Medicine
Darin Bradshaw
Ashley Davidson
Ryan Donald
John Reid

CFC Diabetes Screening
Meredith Herzog
John Reid

PMI
Lauren Endersen
Bethany Elliott
Heather Muston
Kevin Martinez

Website
Ryan Donald
Bethany Elliot

Newsletter
M 4 Abby Davids
M 3 Vaughn Harris
M3 Daniel Van Biber

Have any ideas/suggestions for the newsletter?
Email Amy Roese
amy.roese@osumc.edu