



NORTH COLORADO FAMILY MEDICINE: STERLING RURAL TRAINING TRACK PROGRAM



--**Sterling Program** accepts 2 resident physicians each year (so two 1st years/two 2nd years/two 3rd years at all times).

--Resident physicians in the Sterling Rural Training Track spend their first year training with the Core Program in Greeley, Colorado

--Continuity clinic occurs at North Colorado Family Medicine during the first year.

--Residents then move to Sterling, Colorado for the remainder of their training in July after their 1st year.

-Moving expenses are reimbursed and residents are given a stipend of \$1000 per month (on top of salary and benefits) once they're living in Sterling.

--**Sterling faculty:** 11 family physicians (5 do OB & C/S), 1 OB/GYN, 2 internists, 2 orthopedists, full time ED physicians, 1 full time Rad/Onc & Med/Onc physician, 2 full time general surgeons, full time hospitalists, and other visiting/local specialists (Asthma/Allergy, Dermatology, Ear/Nose/Throat, Cardiology, Pulmonology, Urology, Tele Intensive Care, and telemed with Maternal Fetal Medicine).

--The **curriculum** while in Sterling is arranged in longitudinal fashion on a weekly basis. Residents will do a rotation of 4 recurring weeks one week Medicine, one week Obstetrics, one week Outpatient Clinic, and one week "Swing"

--Inpatient Medicine: Round on inpatient medicine service every morning. Perform admissions as they come up. One day of clinic. One overnight medicine call (post call day off)

--Inpatient OB: On call for any and all OB, pediatric admissions, and afterhours phone calls (home call), Gynecology elective time. 3 half days of clinic.

--Outpatient clinic: Outpatient clinic with one day of elective time.

--"Swing": Combination of clinic, elective, one 12hr ED shift, one 24hr call shift (home call with post call day off)

--Sterling resident physicians work with other specialists, both local and visiting, on a longitudinal basis during scheduled elective time.

--One day per month, residents will spend a designated 12hr shift in the emergency department working with the ED physician.

--**Didactics:** Residents participate with their classmates in Greeley for Wednesday afternoon didactics, alternating between traveling back to Greeley once per month for this activity and, the other times, participating via video conferencing.



--**Sterling Regional Medical Center** has provided medical care to residents of northeastern Colorado and the surrounding area since 1938. The 25-bed acute-care hospital offers a full range of health care services and a staff dedicated to providing patients with comprehensive, quality care close to home. The hospital offers cutting-edge technology such as Banner Telehealth (a remote monitoring system) and an intelligent OB program (a computerized system designed to reduce the chance of complications during labor).



--**Sterling Community:** Population ~14,000. Located ~100 miles Northeast of Greeley. Sterling has a nice downtown area with restaurants, a brewery, farmers market in the summer,

several parks (some with Frisbee golf and hiking), several golf courses, a paved bike path around town, and a hiking trail along the river. Logan County fair in August (the largest county fair in the state; often with well-known musical artists), nearby reservoirs for water sports, and more!

--**Experience:** Residents are involved in everything in the community that's fun and interesting medically. Residents will have autonomy with supervision readily available onsite. The longitudinal curricular approach leads to a tremendous experience in rural continuity clinic, rural inpatient medicine and obstetrics and rural emergency department coverage while still meeting all ACGME requirements for training in other disciplines.

--Although this program is still relatively new, some recent graduates were able to perform 150+ total deliveries including 80+ C-sections, 100+ colonoscopies, OB ultrasound, GYN procedures (tubal ligations, colposcopy, leep), among many other procedures. 100% of grads have gone to practice in rural areas!



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