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INTRODUCTION



I want to welcome you on behalf of the UNM School of Medicine to our newsletter and introduce you to the Office for Community Faculty. Our newly formed office is for you, our community faculty. We are extremely grateful for all you do to maintain quality, community-based medical education in New Mexico!

As you know, our medical school is well-known and nationally ranked as a leader in training our learners in the intricacies of rural health care, working in under-resourced communities, and in understanding the complexities of health care inequities and the social determinants of health.

Our commitment for more than 50 years has been to train our health care students throughout the state so that they not only see how effective and inspirational our community providers are, but so that they also consider working in these very communities when they finish their training. None of this would be possible without your devotion, dedication and time commitment to our students. We recognize that teaching and precepting become more and more difficult as more and more demands are placed on your time. At the same time, we have more and more students rotating in the community as part of required rotations.

We decided to create an office that serves you and makes your job as a preceptor, mentor and teacher easy, meaningful and fun. We are developing a website that should help explain what preceptor responsibilities are in different rotations, and make it easy to complete required evaluations. All benefits to our community faculty will be listed, including free access to Up to Date, half-price tickets to Popejoy Hall and to Lobo games and free online teaching tips. We are also developing free CME programs to help develop your teaching expertise, which should start to be available in July.

We anticipate that this newsletter will come out twice a year and will highlight community faculty and student comments, as well as offer opportunities to connect and learn from one another.

But mainly we want you to know that we are here for you and that we welcome your call. Our number is 505-272-4129. On behalf of our office – Amanda Bassett, LaNika Bullington, Amanda Pascoe, Maria Ward and myself, Helene Silverblatt – thank you so much. Please don't hesitate to contact us with any questions or feedback you may have.

Helene Silverblatt MD

Mark Your Calendar!



**Community Faculty
Appreciation Event**
@
Isotopes Park



BENEFITS

- ◆ Access to Health Sciences Library Informatics Center ◆
- ◆ Nusenda Federal Credit Union Membership ◆
- ◆ Access to Johnson Center ◆ Discounted Athletic Event Tickets ◆
- ◆ Discounted Popejoy Event Tickets ◆ Free Admission to specific museums ◆
- ◆ Access to law library on north campus and main campus libraries ◆
- ◆ University press publication discount ◆ Reduced rate golf memberships ◆
- ◆ Nominal fees to rent recreational equipment ◆

PA PRECEPTOR HIGHLIGHT ♦ MICHELLE LAYMAN



I graduated from UNM's physician assistant program in 2004. I work in the women's health department at Lovelace Medical Group. I thoroughly enjoy every aspect of my work. I have always had a passion for women's health, and when I look back, I realize that it mostly stems from my mother.

Sure, helping our community's families deliver adorable babies is pretty awesome. But there's more to it: women, mothers, wives – they are the cornerstones of their families. They take care of children, spouses and aging parents, often neglecting their own physical and emotional health. My mom was no different. They all need someone to look after them every once in a while. So I find it an honor to be provide them with the care that they so truly deserve.

I started precepting PA students a couple of years after I graduated. When I was in PA school, women's health preceptors for PA students were difficult to find in New Mexico. I had to leave the state to secure a preceptor. So as soon as I was able to

stand confidently on my own two feet, I offered to take students.

My goal is to give my students a well-rounded view of an OB/GYN practice. They have the chance to see inpatient, outpatient, clinical and surgical aspects. I do my best to immerse them in a positive environment where they can excel and learn the importance of providing the beautiful women of New Mexico with the compassionate and all-encompassing care they deserve.

MD PRECEPTOR HIGHLIGHT ♦ MARK UNVERZGAT, MD

Why do I teach students? One of the most valuable things about having come to New Mexico for my residency training has been the opportunity to deliver primary care to so many far-flung, interesting and challenging populations.

With place names like Quemado, Reserve, Coyote, San Miguel, Bernalillo and Mescalero, one is bound to be influenced by these sui generis locations. Time spent in those places has been quite formative for me. And now, in my clinic located adjacent to a community known as Barelás, I have created a clinic model that has rendered all of those experiences in to a vision of health care delivery that is equally unique. In doing so I have tried to strip away as many of the impediments to the delivery of primary care as I can. I do this to make it a simpler, more approachable way to take care of patients.

These perspectives form the core of what I try to share with students. First, experiences gained in a vibrant training program are formative and can lay the foundation for a truly wonderful career. Second, over time, these experiences become richer and fuller in the context of an open and trusting doctor patient relationship. And finally, one can and should strive, even in the midst of a vexing and confusing period in health care, to innovate and to find ways to enhance both the meaning and the importance of what we do – day in and day out.



AVOID BURNOUT BY GIVING BACK ♦ Liz Lawrence

Dear Community/Volunteer Faculty:

The statistics on burnout among practicing physicians and medical trainees are alarming. Fifty-four percent of practicing physicians are burnt out, as are about 40 percent of residents and students across the country. Burnout affects patient safety, physician retention and patient outcomes.

Evidence is available about what prevents and treats burnout. As part of the UNM School of Medicine's wellness curriculum, our students are being encouraged to develop their own strategies for self-care, resiliency and burnout prevention. They meet regularly in small groups to build connections with one another, discuss their values, set personal health goals and write about patient experiences. We offer workshops on stress management, nutrition, sleep and mindfulness.

One of the most important resiliency strategies is to find meaning in our work. This sense of purpose often comes from forming connections with patients. Mentoring medical students, serving our communities and collaborating with colleagues are also important ways to find purpose in our careers.

While you might never have considered that becoming volunteer/community faculty could promote resilience, when you volunteer to be a preceptor, meet with a student or give a talk, you are in fact affirming what attracted you to medicine. Your volunteer work is a way of preserving some of the meaning of being a physician.

Thank you for your volunteer contribution. I hope you benefit from your generous gift as much as our students do.

Best,

Liz Lawrence, MD, FACP

Associate Professor of Internal Medicine

Director, Medical Student and Physician Wellness

PT PRECEPTOR HIGHLIGHT ♦ ERIN FOXX-CHAVEZ

My name is Erin Foxx-Chavez and I am a staff physical therapist, clinical instructor and physical therapy clinical coordinator at Presbyterian Hospital downtown. I work with patients after illness and injury to help them improve their mobility so they can get back to their lives. There are so many reasons I am passionate about our student program, and so many things I wish to accomplish.

I enjoy taking students for the aspect of continuous learning. Just as I challenge students to learn and grow, students challenge me to learn, grow and stay open to new ideas. It makes me consider my methods and reasoning when they ask, "Why?" Students also help bring new concepts to the therapy department through discussions, in-services and projects.

Clinical instructors are crucial to education, and this is one way we as therapists can support our profession. Without clinical instructors, students would not have the chance to implement what they learn in the classroom. Bringing students into the hospital is our chance to introduce and foster an appreciation for the complexity of this setting. Many students don't have any background or experience in the acute care realm. An acute care clinical rotation may be the only opportunity for PT students to interact with acute care patients and recognize the obstacles these patients face.

Overall, my greatest desire as a clinical instructor is seeing students succeed and excel as therapists and become leaders within the community.

