

ONWARD



SUMMER 2017 /// A publication for friends and supporters of Oregon Health & Science University

GETTING RURAL

/// OHSU students find inspiration
in small-town health care



Welcome to **ONWARD**

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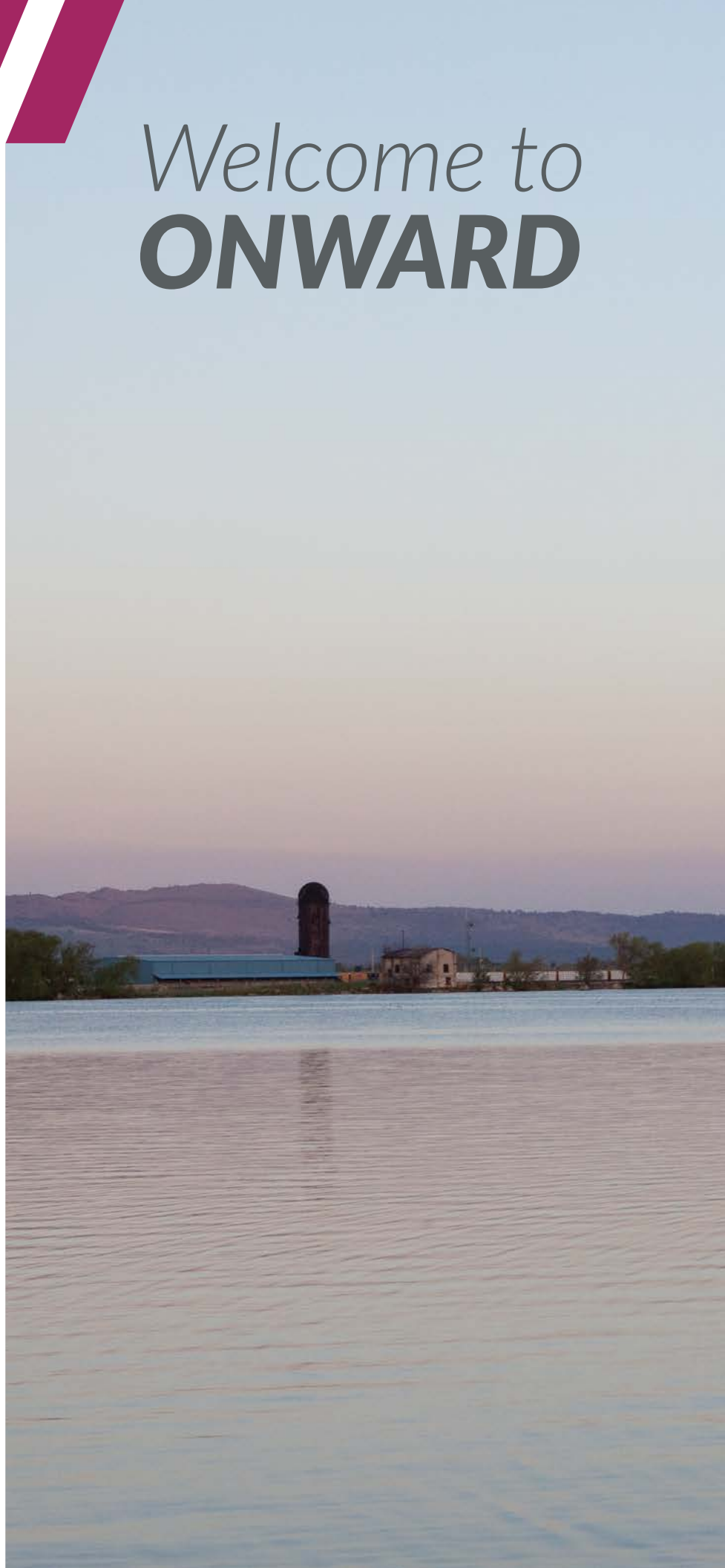
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ONWARD

THE OHSU FOUNDATION MAGAZINE
SUMMER 2017

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This edition of **ONWARD** arrives at a time of great uncertainty in health care. Many Oregonians are wondering if they will still be able to afford health care coverage if Congress passes new health care legislation. Academic health centers like OHSU are concerned that changes in federal policy could undermine our ability to carry out our mission.


One thing remains clear: OHSU will continue to advocate for policies that expand, not contract access to care. This issue of **ONWARD** celebrates two OHSU programs designed to connect everyone in the region to the very best health care. OHSU's Campus for Rural Health aims to inspire a new generation of dentists, nurses, pharmacists, physicians and physician assistants to put down roots in rural Oregon, where there's a growing shortage of health care providers. Launched in 2015, this program is among the

first of its kind, offering interprofessional rural training to students from every discipline. See page 4 for photos and interviews with students and long-time providers talking about what they love about small-town health care.

And finally, I am proud to announce that in mid-June we reached our goal of raising \$32 million for the Gary & Christine Rood Family Pavilion, a five-story guest house that will serve families from across the region who travel to OHSU for specialized care. Thank you to the nearly 2,000 donors from all over Oregon, Washington and as far as Maine, who gave so generously to help OHSU build this essential regional resource.



Joe Robertson, M.D., M.B.A.
President, OHSU



/// On the Cover: Fourth-year medical student Jay Ruby examines a young patient at Cascades East Family Medicine Center in Klamath Falls, Ore.

/// This page: Upper Klamath Lake at sunset.





Getting Rural

OHSU students find inspiration in small-town health care

This year more than 350 OHSU students will head out to rural Oregon for an unforgettable hands-on learning experience. After, many of them will decide to devote their careers to small-town health care. What makes this kind of training so powerful? >>>>

/// Left: The opportunity to live and work with students from other disciplines has proven to be one of the most popular aspects of OHSU's rural campus. From left: Medical student Jay Ruby, physician assistant student Katie Metzger and medical student Bryce Lambert enjoy the view from their deck in Klamath Falls, Ore.

One person can make a **BIG DIFFERENCE**

Fourth-year medical student Jay Ruby was not yet sure what kind of medicine she wanted to practice, or where she wanted to live after medical school. But she did know this: “I want to practice where I can be as useful as possible.” Ruby was nine weeks into a 12-week training rotation in Klamath Falls, as part of OHSU’s new Campus for Rural Health and the Oregon Rural Scholars Program. Under the supervision of local physicians, she treated a variety of patients at the Cascades East Family Medicine Center and was part of a community health project team. It was an inspiring experience.

“Training in a small community, you know you are helping where you are really needed. There are fewer specialists and fewer resources — you can make a bigger impact,” she said.

“I want to practice where I can be as useful as possible...

Training in a small community, you know you are helping where you are really needed.”

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Jay Ruby

Fourth-year medical student at
OHSU School of Medicine

Ruby’s experience reflects a larger trend: Oregon faces a health care provider shortage, and rural communities are bearing the brunt of the impact. Longtime rural practitioners are aging and

starting to retire, and they aren’t being replaced. At the same time, rural communities are contending with sluggish economies and rising rates of chronic disease and drug addiction, among other health issues, according to the U.S. Centers for Disease Control and Prevention. For those who have chosen to practice in rural areas, the challenging environment is an opportunity to show what you’re made of.

“You have to be creative,” said Joyce Hollander-Rodriguez, M.D., regional associate dean for the rural campus. “You learn that every health practitioner in a rural community is very important. You develop a strong sense of accountability. And that’s immensely gratifying.”

/// **Left:** Jay Ruby takes a break at the Cascades East Family Medicine Center in Klamath Falls.





You get to **TRY THINGS**

Rural training encourages students to try new things and push themselves beyond what they thought possible. Katie Metzger, who will graduate from the OHSU School of Medicine's physician assistant program in August, noticed that once she left Portland, she started getting more opportunities for hands-on practice. Katie has completed rural rotations in Coos Bay, Coquille and Klamath Falls.

"At the Sanford Children's Clinic in Klamath Falls, I got to treat patients with a wide variety of conditions. I wouldn't have seen them in Portland, because they would have been at a specialty clinic."

The same dynamic plays out over the long term. Wendy Warren, M.D., has been practicing family medicine in Klamath Falls for 25 years. She's also become an expert in delivering babies. "Most of our local family doctors go far beyond what they would do in an urban community," said Warren. "In a small town, a family doctor takes on multiple roles. You do what needs to be done." >>>>

/// **Top:** Physician assistant Katie Metzger examines a young patient at the Sanford Children's Clinic. She said she's considering a career in rural health care because, "I like the community aspect and the continuity of care. Plus, it's beautiful down here."

/// **Bottom right:** Wendy Warren, M.D., at home in Klamath Falls. She's been working with students from the OHSU School of Medicine for more than 25 years. "I've seen many students who never thought of living in a rural area change their minds after coming here."



"In a small town, a family doctor takes on multiple roles. You do what needs to be done."



Wendy Warren, M.D.

Family medicine physician, Klamath Falls

You are part of **A COMMUNITY**

Those who seek out careers in rural health care are drawn to the idea of becoming an active, visible member of the community. Lisa Pearson, M.D., just completed her fourth year of medical school and will be starting as a first-year resident at the Cascades East Family Medicine Residency Program. She was also part of OHSU's Rural Scholars Program and completed a 12-week rotation in Enterprise, Oregon. Based on her experiences, she has decided to practice in a rural community.

"I like the idea of getting to know everyone in the community, and the continuity with patients. You get to follow people throughout their lives,

"It's been awesome to live with students from other disciplines. Interacting casually at home, you learn to respect each other as people and as professionals."



Katie Metzger

Physician assistant student at the OHSU School of Medicine

even through generations. In Enterprise, the local doctors and nurses would donate their time to the free clinic. It's harder to ignore people suffering in the community when they are your neighbors," she said.

The rural campus puts a strong emphasis on community engagement. For example, this year

students in Klamath Falls are working with Cascade Health Alliance, Klamath Tribal Health & Family Services, Sky Lakes Care Management, Klamath County Public Health, Healthy Families and Oregon Tech to identify ways to help pregnant women and new mothers access tobacco cessation programs. The community project introduces students to health care challenges facing rural communities and provides a way to give back.

The project also encourages interprofessional teamwork. In contrast to most health care



/// Below right: (From left) Physician assistant student Nelya Droyyak, medical student Selina Liu, medical student Bryce Lambert and physician assistant student Alison Rhoads collaborate on dinner.

/// **Right:** Third-year medical student and Swindells Family Scholar Joey Pryor says one reason he would consider practicing in rural Oregon is the opportunity to get out into nature. He enjoyed hiking and mountain biking during his rotation in Klamath Falls.

education programs, where students learn in disciplinary silos, OHSU's rural campus puts students from all disciplines together immediately — they share housing, join up for activities and collaborate on the community health project. During their rotations, Ruby and Metzger lived in a large group house >>>>



that included dental, medical, pharmacy and physician assistant students.

“It’s been awesome to live with students from other disciplines. Interacting casually at home, you learn to respect each other as people and as professionals,” said Metzger.

Local health care providers who serve as faculty and preceptors to the program get to expand their sense of community, too. Opening up their practices to include promising young students increases their job satisfaction, making it more likely they will stay in rural Oregon. The rural campus in Coos Bay recently surveyed its program faculty. One hundred percent responded that mentoring a student was intellectually stimulating and professionally satisfying. >>>>

“I like the idea of getting to know everyone in the community, and the continuity with patients. You get to follow people throughout their lives, even through generations.”

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Lisa Pearson, M.D.

First-year resident at
Cascades East Family Medicine Residency Program

/// **Below:** An interprofessional team of OHSU students meets with community leaders to discuss their community health project.





INVESTING IN RURAL HEALTH

If you live in Portland, finding a doctor or getting an appointment for specialty care means sifting through dozens of options. If you live in rural Oregon, you may only have a few providers to choose from and will likely face a weeks-long wait or a multi-hour drive to get the care you need. In the belief that one's ZIP code should not determine the quality of one's health care, OHSU has teamed up with organizations across the state to address the unique health care needs of rural Oregonians.

The newest initiative is the OHSU Campus for Rural Health, with campuses established in Klamath Falls and Coos Bay and planned for La Grande. One of the new campus's goals is to provide every OHSU student from every discipline with direct experience with rural health care — and inspire some of them to put down roots. Among the first such programs in the U.S., the rural campus brings dental, medical, nursing, pharmacy and physician assistant students to rural Oregon for a four-week interprofessional rotation that includes clinical practice and a community health project.

Regional Campus Associate Dean Joyce Hollander-Rodriguez, M.D., is confident that the

program can attract new health care providers to rural Oregon and improve overall health in the region, based on the success of other OHSU initiatives, such as the OHSU nursing program housed on the Oregon Tech campus and the Cascades East Family Medicine Residency Program. The residency program reports that more than 60 percent of graduates go on to practice in communities of 25,000 residents or fewer. Established in 1994 in partnership with Sky Lakes Medical Center, the residency is extremely popular, attracting more than 1,000 applicants for eight slots each year.

Meanwhile on Oregon's South Coast, the rural campus is already exceeding expectations. In only 22 months of operation, the rural campus based in Coos Bay has already recruited seven new providers to the region.

GRADUATES OF THE CASCADES EAST FAMILY MEDICINE RESIDENCY PROGRAM



An opportunity to **MAKE THINGS BETTER**

Sky Lakes Medical Center President and CEO Paul Stewart has been working to improve community health in Klamath Falls for more than 20 years. He was instrumental in launching the Cascades East Family Medicine Residency program with OHSU; and now his partnership is helping to further transform OHSU's rural training capabilities.

In 2016 Sky Lakes and OHSU launched an exciting \$50 million partnership called the Oregon Rural Health Initiative. The initiative's immediate focus is to raise charitable funds needed to recruit a dean for the Campus for Rural Health and build a new facility that will house the rural campus offices and Sky Lakes-owned primary care clinics, where OHSU students and residents train.

“With the Oregon Rural Health Initiative, we can influence a new generation of providers who will not only stay in Klamath Falls but also focus on the overall health of the community.”



Paul Stewart

Sky Lakes Medical Center President and CEO

Stewart is excited about the immediate opportunities the new partnership brings, but he's most interested in the long game. "We need a health system where providers are

clearly aligned and focused on education, prevention and wellness — while also fixing things that go wrong. With the Oregon Rural Health Initiative, we can influence a new generation of providers who will not only stay in Klamath Falls but also focus on the overall health of the community. I'm seeing it already in the students who choose to come here — they're asking, 'How can I make the community a better place?'" said Stewart. ■



/// **Above:** Paul Stewart at the site of the new facility. The building will help Sky Lakes and OHSU improve the training and patient care experience in rural Oregon. The new facility will house the new rural campus dean's office, expand classroom space and bring Sky Lakes-owned primary care clinics together under one roof.

Help us transform rural health care and education by supporting the Oregon Rural Health Initiative.

Visit OnwardOHSU.org/education to make your gift today.

BUILDING THE RURAL ECONOMY

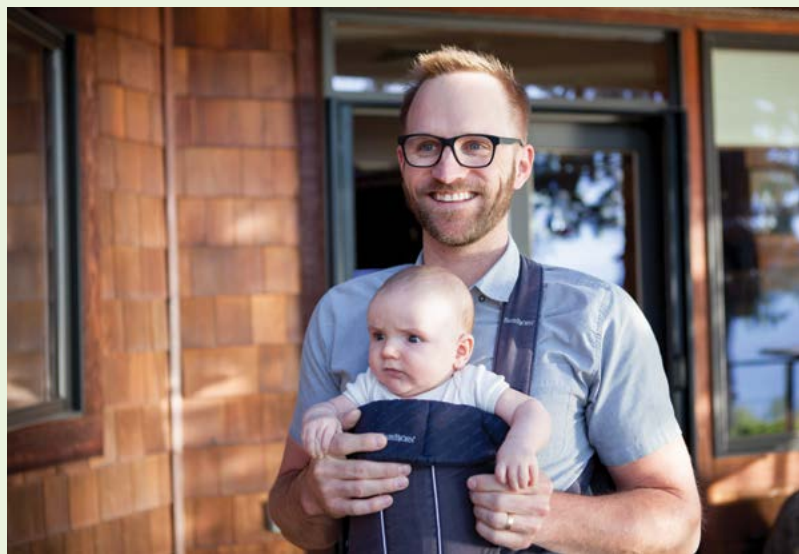
Training programs in rural communities can do more than just add to the pool of available health care providers. They can also serve as significant economic engines. When new students arrive for rotation, or a new provider settles in town, they rent or buy real estate, they patronize local businesses, and some even bring spouses who contribute their own economy-stimulating activity. Klamath Falls orthopedic surgeon Karl Wenner, M.D., has seen this play out over the last 20 years he's been part of the Cascades East Family Medicine Residency program.

"Our rural training programs do more than improve health care. That direct effect is compounded and magnified by the fact that the residents stay here. So now we have a well-trained, knowledgeable person who is committed to the community who stays in town. Their spouses come, and their spouses are also doing incredible things," said Dr. Wenner.

According to the Oregon Healthcare Workforce Institute, a county that can attract and retain a physician creates an economic ripple effect that generates millions of dollars and impacts residents, local businesses and local and state governments. It's fair to assume that the presence of other types of providers, from dentists to physician assistants, will create a similar benefit.

The Klamath County Economic Development Association estimates that the presence of a new dean, additional students, new health care providers and their families and the building project will create a significant economic boost to Klamath Falls.

/// **Right:** Dr. Karl Wenner and Anne Wenner are avid birders, fishers and morel mushroom gatherers. Anne is one of the founding members of the Klamath Watershed Partnership and co-coordinator of the Winter Wings Festival, an annual birding event.



/// **Above:** Adam Burwell is the father of baby August and husband of Cascades East graduate Lindsey Burwell, M.D. As Lindsey was establishing her practice in Klamath Falls, Adam was developing business ideas. He recently opened the Gaucho Collective, a coworking space for entrepreneurs, students and freelancers (see photo on page 10). Just one new business in a town as small as Klamath Falls is a major development. Adam said, "We came for the opportunity and stayed for the community."



WE'VE REACHED OUR GUEST HOUSE GOAL!

Thanks to donors like you, OHSU has surpassed its goal of raising \$32 million in philanthropic funding to build the Gary & Christine Rood Family Pavilion. As of July, the total was \$32,341,062. Donors from near and far came together to help us build convenient lodging for families who must travel to support a loved one receiving care at OHSU. Nearly half of OHSU Hospital and OHSU Doernbecher Children's Hospital patients come from rural Oregon or out of state.

"Healing doesn't just take place inside hospital or clinic walls — patients need support from loved ones or others going through similar health experiences. All of us at OHSU are so grateful to the many generous donors who understand, as we do, the important role the comfort of home and community plays in helping patients get well," said OHSU President Joe Robertson, M.D., M.B.A. ■

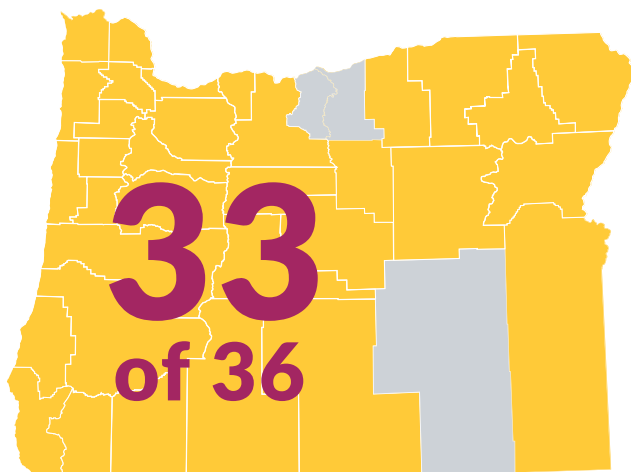


OF DONORS:
1,952

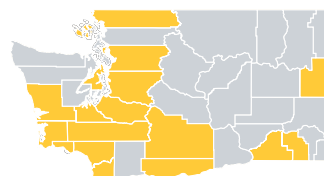


OF GIFTS:
2,374

GIFTS CAME FROM



**OREGON COUNTIES GAVE
TO THE GUEST HOUSE**



**WASHINGTON
COUNTIES**

Read more about how the guest house will create a home for healing for patients and their families at OnwardOHSU.org/guesthouse

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