

Rural Review

January | 2019

A Message from the Director: Preceptor PAYMENT Rates



The start of the New Year brings some very exciting news to DLR! I am pleased to announce that the Distributed Learning and Rural Initiatives grant was signed by the University of Calgary and the Government of Alberta. This new grant will allow our office to move forward with several new and exciting initiatives over the next few months.

This month I want to share with you the first of these initiatives: **an important change for rural Family Medicine preceptors' payment rates**. The preceptor payment rate for block based Family Medicine residents will **increase to \$1200 per block** as of January 14, 2019. This new rate will be the same for both urban and rural preceptors. It is important that our preceptors know that we value the work you do as teachers, and that you are part of our academic community. Equity in payment, regardless of geographic location, is key in expressing that. This important change is a result of long term combined advocacy from our rural preceptors, the Department of Family Medicine and the office of Distributed Learning and Rural Initiatives.

The office of Distributed Learning and Rural Initiatives continues to work towards building the profile of all types of rural medicine within the medical school, teaching, scholarship, and the care of rural patients. Our annual **Cabin Fever** conference is coming up, with registration closing this Friday, January 18. I look forward to meeting many of you and learning about all the interesting things our rural preceptors are involved in.

Dr. Aaron Johnston
BSc, MD, CCFP-EM, FCFP
Director of Distributed Learning and Rural Initiatives

UPCOMING: Conferences



Ready to catch the Cabin Fever?
Join us from February 8-10, 2019 in
Banff for the largest rural conference
in Western Canada.

Hear Teri Price from *Greg's Wings*,
an organization dedicated to
addressing gaps in the health care
system. Join our keynote speaker,
Dr. Sandy Macdonald, to learn about
practice in Nunavut. Close the
conference with a session on
mindfulness practice from Dr. Allan
Donsky, plus much more!

Register below **before January
18th!**

[Register now](#)

[Download the app](#)



The Society of Rural Physicians of
Canada is hosting the 27th Annual
Rural and Remote medicine course
in Halifax NS April 4-6, 2019
This event consists of more than 160
sessions, small group sessions,
hands-on workshops and Rural
Critical Care modules. A family-
friendly (free day care included)
collegial atmosphere drawing
learners from all over Canada and
around the world.

[More info](#)


SRPC Student Membership: Sponsored by DLRI

Join the rural community across
Canada! Membership to the Society of
Rural Physicians of Canada is
sponsored in 2019 by DLRI for UCLIC
and RMEG students as well as RAS
FM residents.

[Find out more](#)



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Optimizing Learning : **INTERVIEW** with UCLIC Student Lenka Stafl



The University of Calgary Longitudinal Integrated Clerkship (UCLIC), is a 9 month, research-based, educational experience that allows students to learn in the continuum of patient care. We recently sat down with learner Lenka Stafl to discuss her experience.

Why did you choose to participate in the UCLIC program? What attracted you to rural medicine?

I chose to do the UCLIC program because I felt that it would be the best educational opportunity for me during medical school given the longitudinal integrated aspect of the program. I was excited to learn in a rural environment as I heard from colleagues that the experience is more hands-on and engaging than is often possible in a bigger centre with more learners. The program has exceeded my expectations in terms of the academic excellence and in

regards to quality of life.

What are some of the benefits of experiencing a rural environment in medicine?

Working in a rural environment is attractive because I really get to know my patients and the context that they live in. It is satisfying to experience the continuity of care and help patients meet their health goals. Working in the same community while deepening my knowledge with colleagues who know my current skill level has allowed me to optimize my learning. Additionally, while living in Crowsnest Pass I was very able to maintain an excellent life balance and continue the mountain sports that I love.

Who is your main preceptor? What have they taught you?

Dr. Kristy Penner is my main preceptor. Dr. Penner is an inspiring educator, physician, and human being. She role-models outstanding patient care and work life balance. I have learned many things from Dr. Penner including how to advocate for patients while minimizing burning out, and how to be more inquisitive and brave in the practice of medicine.

What advice do you have for other learners who want to enter the program?

I would highly recommend the UCLIC program to independent self-motivated learners who wish to maximize their clinical skills during medical school and prepare themselves for residency. For those about to start the program, I would urge you to get involved with the community you will be learning in and build connections in that community. Weekly or daily learning goal setting with your preceptor also is a great way to maximize learning takeaways from clinical experiences. There is so much value in learning from all disciplines in rural centers so I suggest scheduling time to learn from allied health professionals in your community. Most of all have fun, be kind to yourself and others and enjoy the ride! It is certainly all worth it!

About UCLIC

Professional **DEVELOPMENT**



Continuing Medical **EDUCATION & Professional DEVELOPMENT**

The U of C Continuing Medical Education & Professional Development Office offers a broad range of evidence-based learning opportunities to physicians, health professionals, and the public. From face-to-face learning, to online and blended courses, there are numerous available formats to suit your preference.

UPCOMING: Emergency Medicine for Rural Doctors

See upcoming courses



Rural medical **EDUCATION: Skills for CLINICAL teachers**

The University of Alberta Faculty of Medicine & Dentistry offers online modules eligible for MainPro Plus credit.

To register contact Alison Wynne at 780.248.1455 or wynne@ualberta.ca

See upcoming courses

Teaching **TIP** of the month

Record the "on the go" teaching moments on your day sheet throughout the day. Take 5-10 minutes at the end of the day to review and re-enforce the teaching moments accomplished. The learner then chooses one topic to study based on the case (study time limited to 10 minutes).



Stay connected

