

# **Rural Medical Services Grant**

**MU School of Medicine**

**MU Extension**

**Kathleen Quinn, PhD**

**Chiquita Chanay, MPH, MCHES**

**Missouri National Rural Health Day Celebration**

**November 17, 2022**



Office of Health Outreach,  
Policy & Education

University of Missouri

# Rural Immersion Program

Rural Immersion 2022 – Monett, MO

- Four-day experience for health professions students who are interested in living and working in a rural area.
- Non-clinical experience designed to highlight the social and communal aspects of rural life.



Student Discipline	No.
Medicine	5
Nursing	1
Pharmacy	4
Allied Health Professions	10

Note: Participants can attend any MO institution of higher education.

# Collaboration of Success!

2022 participants strongly agreed they were able to:	Percent	No.
Identify community strengths and opportunities.	95%	(19/20)
Identify community challenges.	80%	(16/20)
Develop an impression of whether living and working in a rural community would be a good personal and professional fit for me.	100%	(20/20)
Interact/engage with students from disciplines other than my own.	95%	(19/20)



*The Rural Immersion program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$400,000 with twenty-five percent funded by HRSA/HHS and seventy-five percent funded with non-governmental sources through a contract between the University of Missouri and the Missouri Department of Health and Senior Services, Office of Rural Health and Primary Care (DHSS ORHPC). The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.*

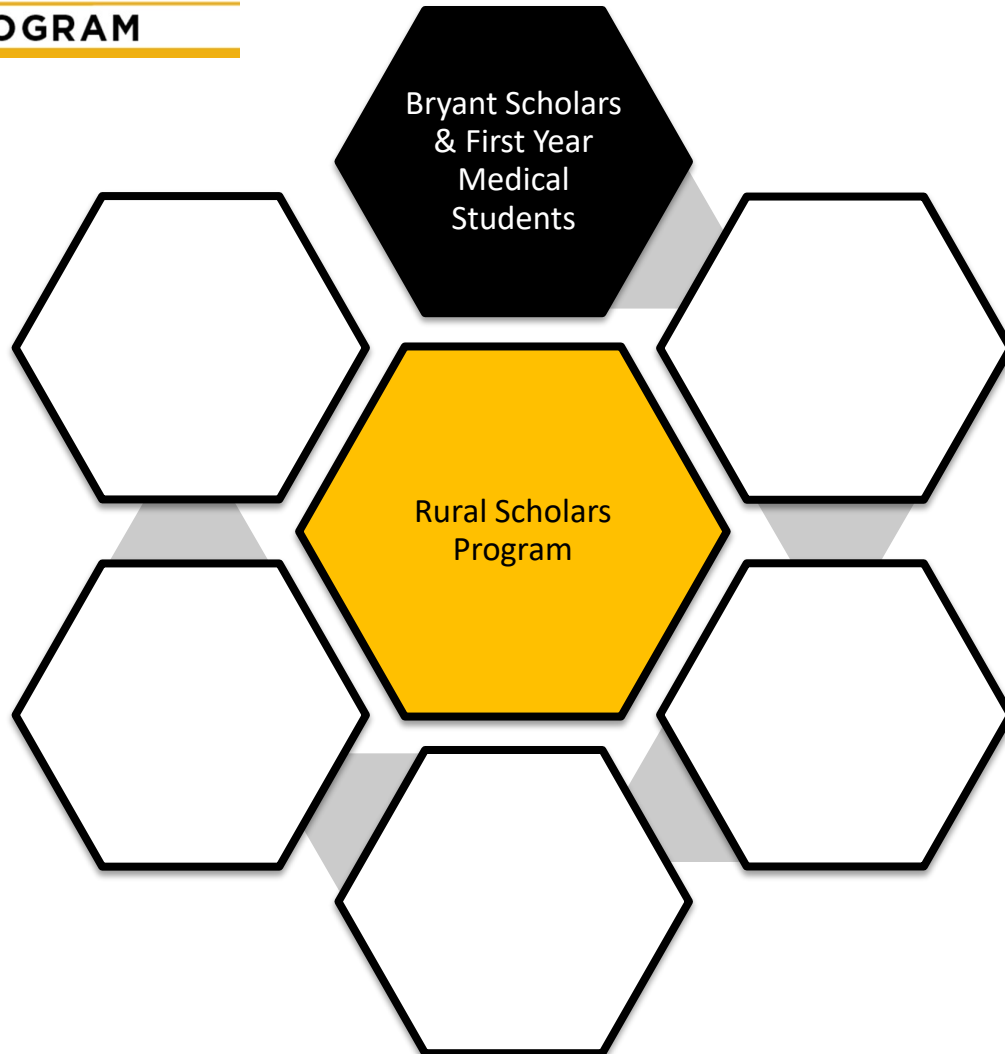
- Bryant Scholars Pre-Admissions Program
  - Targets rural, Missouri undergraduate students
  - 20 spots in class of 128 at MU SOM
- Rural Scholars Program
  - Open to all first year MU SOM students
  - Up to 25 Scholars per medical school class
  - 68 current Rural Scholars



*The Rural Scholars program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$12,095,043 with 10 percent financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.*

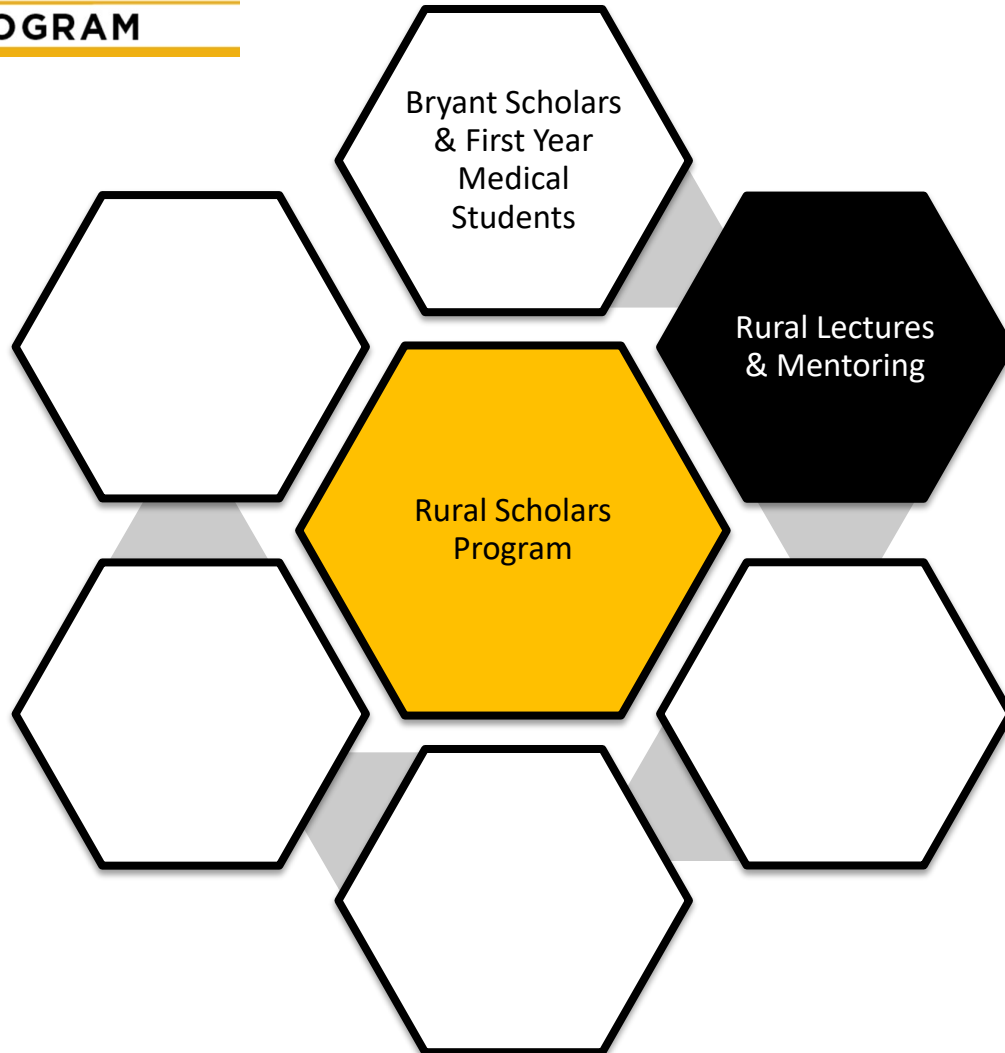


RURAL SCHOLARS  
PROGRAM





RURAL SCHOLARS  
**PROGRAM**



Bryant Scholars  
& First Year  
Medical  
Students

Rural Lectures  
& Mentoring

Rural Scholars  
Program

# Rural Lecture Series



School of Medicine  
University of Missouri

## Annual Rural Medicine Lecture Series

Join the MU Rural Track Pipeline Program for the August 24, 2022 lecture:  
**Interdisciplinary Panel Discussion  
with Rural Healthcare Workers**

Laura Morris, MD, Rural Track Pipeline Program Medical Director, will serve as the moderator with our special guests:

Dr. Philip Kurle, M.D., Neurologist - Lake Regional Neurology

Dr. Richard & Dr. Tripp Logan, PharmD - L & S Pharmacy

Kelli Cash, DNP, APRN, FNP-BC - Boone Medical Group

### Objectives

- Highlight the journey that brought you to work in a rural community.
- Discuss the successes and opportunities you've found working in a rural community.
- Describe the challenges you experience working in a rural community, the needs that you find there, and opportunities for future growth.
- Demonstrate the need for collaboration across area specialties in rural areas.

**Who:** Undergraduate Bryant Scholars, medical, nursing, pharmacy, other health professions students, residents, faculty and staff.

**When:** Wednesday, August 24, 2022 from 6:15 pm to 7:45 pm CST

**Where:** ZOOM - Please register in advance via Qualtrics [survey](#). Closer to the date, you will receive an email with the Zoom link and passcode from Meghan Meyers. Participation will be tracked by discipline and current role for grant purposes.

**Contact Meghan** ([mrrmmwy@health.missouri.edu](mailto:mrrmmwy@health.missouri.edu)) if you encounter any issues or have any questions about the lecture opportunity.

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## Rural Medicine Lecture Series

# COVID-19 AND RURAL HEALTH: A CULTURAL PERSPECTIVE

Wednesday, October 26, 2022 | 6:15-7:45pm | Zoom



Dr. Adaobi Anakwe, PhD, MPH  
Speaker  
MU School of Health Professions



Dr. Laura Morris, MD, MSPH  
Moderator  
MU Rural Track Pipeline Program  
Medical Director

### WHO IS INVITED?

Medical, Nursing, Pharmacy, & Health Professions Students  
Bryant Scholars | Residents | Faculty & Staff

### REGISTER HERE

You will receive a calendar invite once you have registered

Questions? Contact Meghan Meyers at [mrrmmwy@health.missouri.edu](mailto:mrrmmwy@health.missouri.edu)

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Presented by University of Missouri  
School of Medicine  
Extension





## Interdisciplinary Rural Health Panel

- 55 attendees; 53 evaluation responses

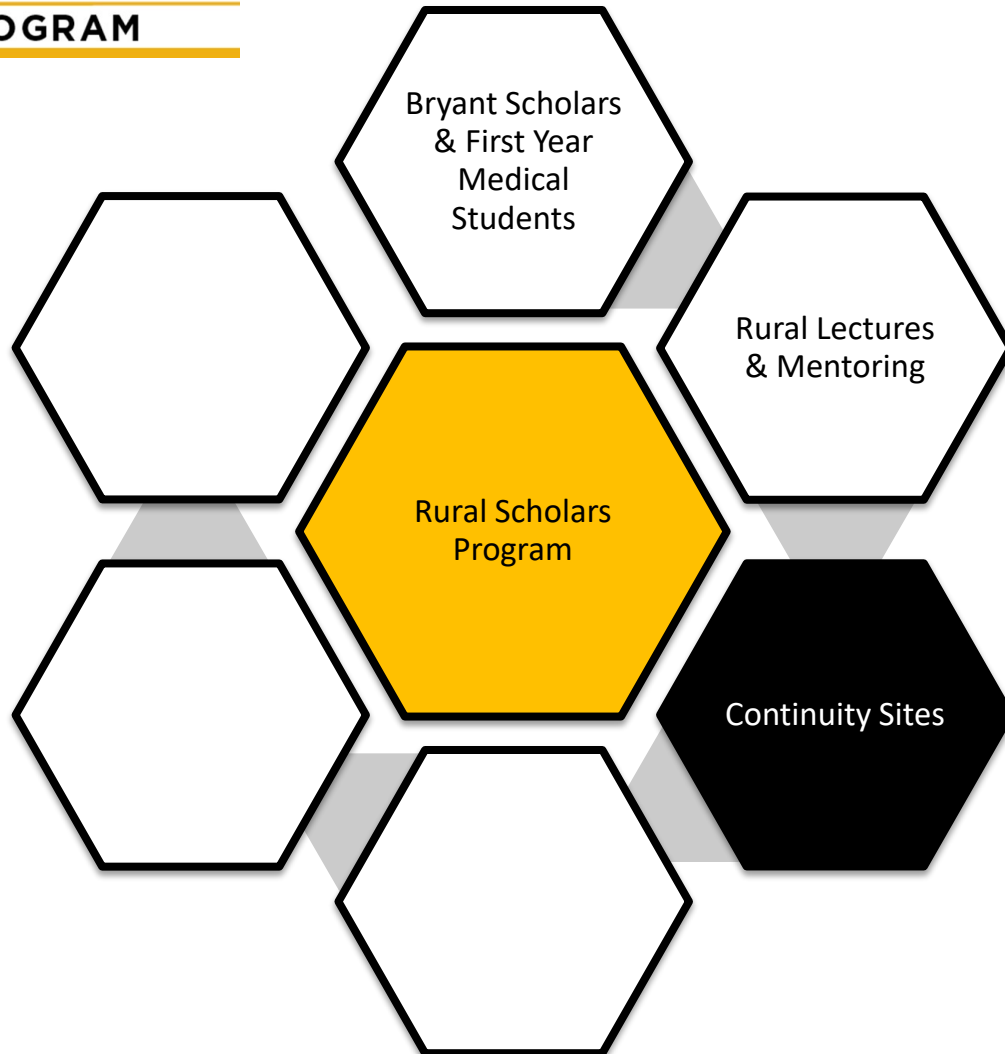
<b>After the lecture attendees reported:</b>	<b>Percent</b>	<b>No.</b>
They will or probably will practice in a rural community	81%	(43/53)
They will or probably will practice primary care	51%	(27/53)
The lecture increased their knowledge about rural health	75%	(40/53)

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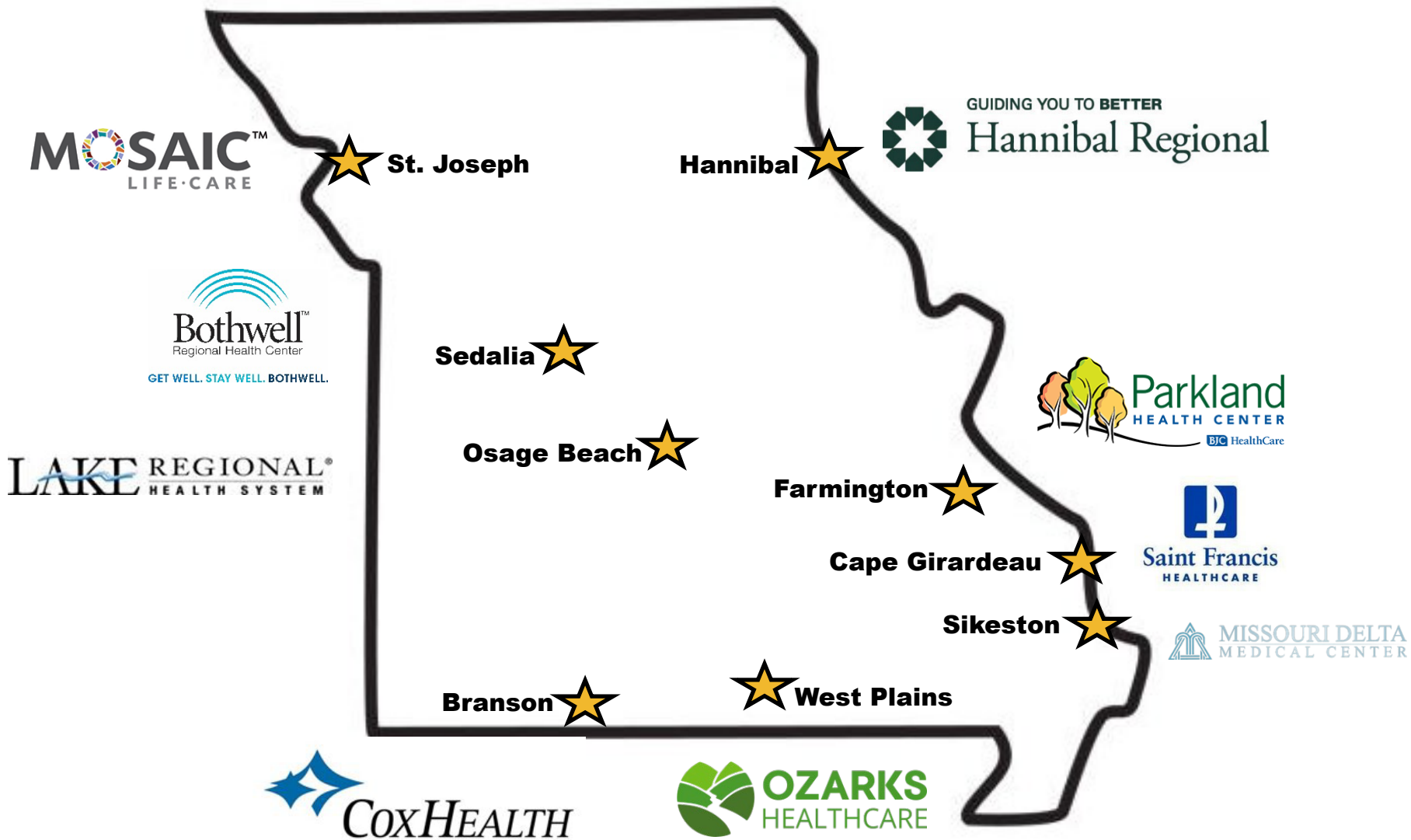




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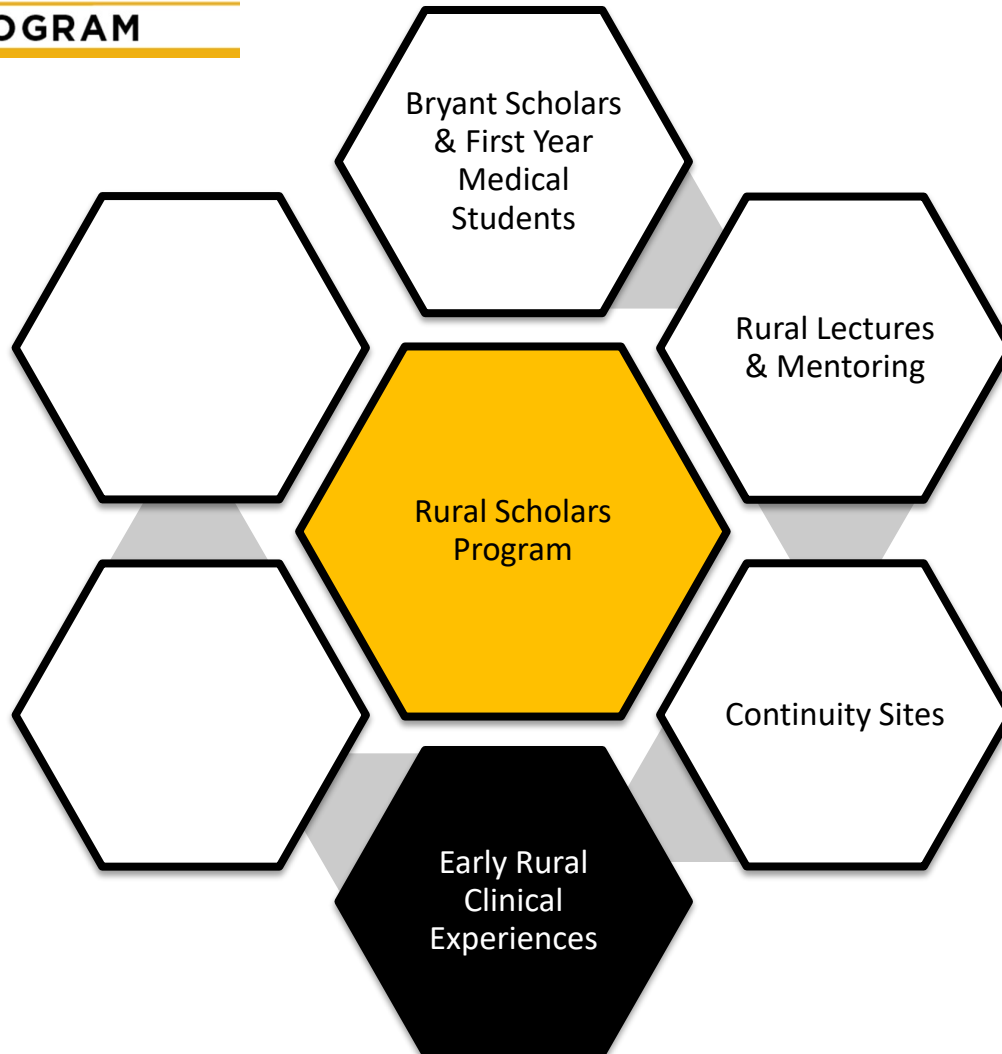


# Continuity Sites





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# Summer Community Program

- Clinical opportunity after first year of medical school
- Rural Scholars work with a rural physician for 4 or 6 week
- Opportunity to gain history-taking and physical exam skills
- Students see ~600-750 patients during their experience



# Clinical Rural Immersion

- Hosted in West Plains in 2022 and will be in Monett in 2023
- Two-week interprofessional experience for rising second year medical students, pharmacy students, and nursing students at Mizzou

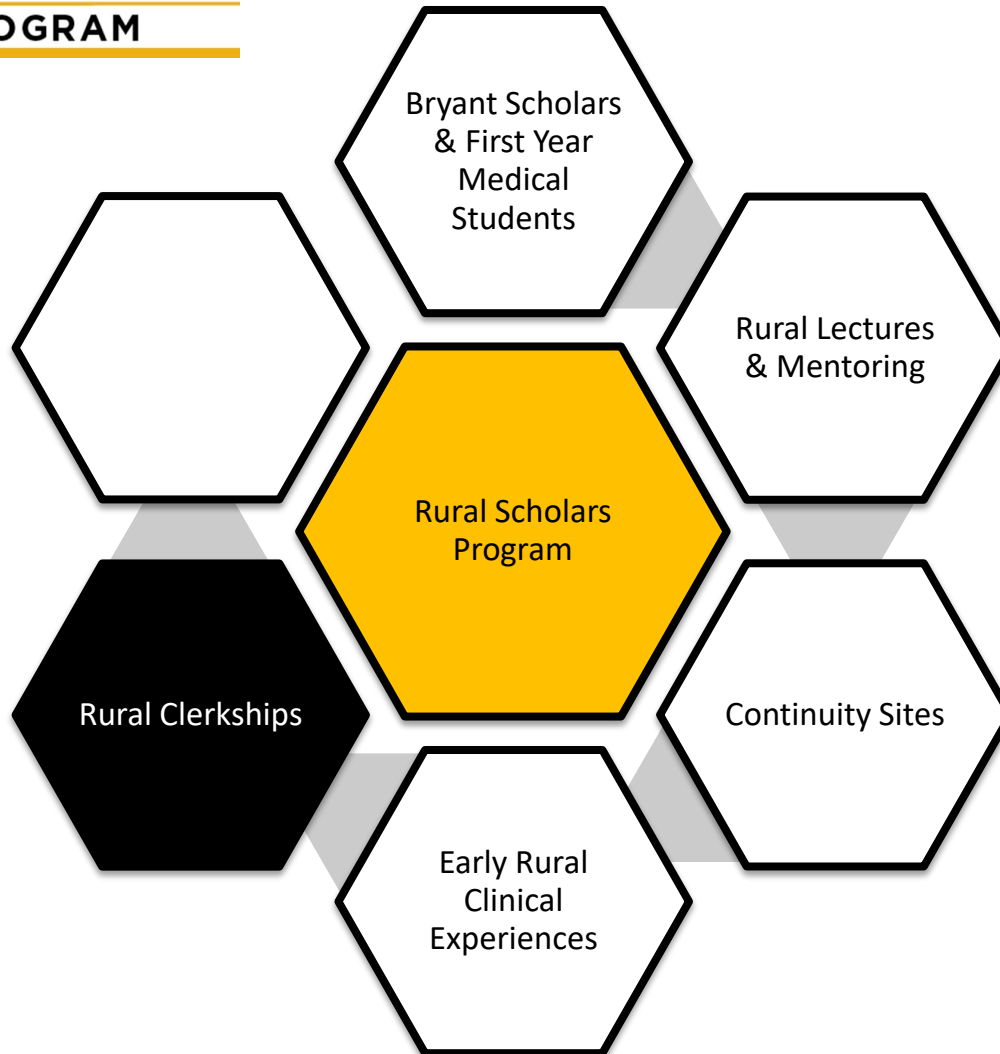


## Example Activities:

- Clinical Rotations
- Didactic Discussions
- Hospital/Clinic tours
- Community Events
- Farm tour
- Interprofessional Healthcare Panel
- Rural Health Screening Event
- Group project work and presentation



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# Rural Track Clerkship Program

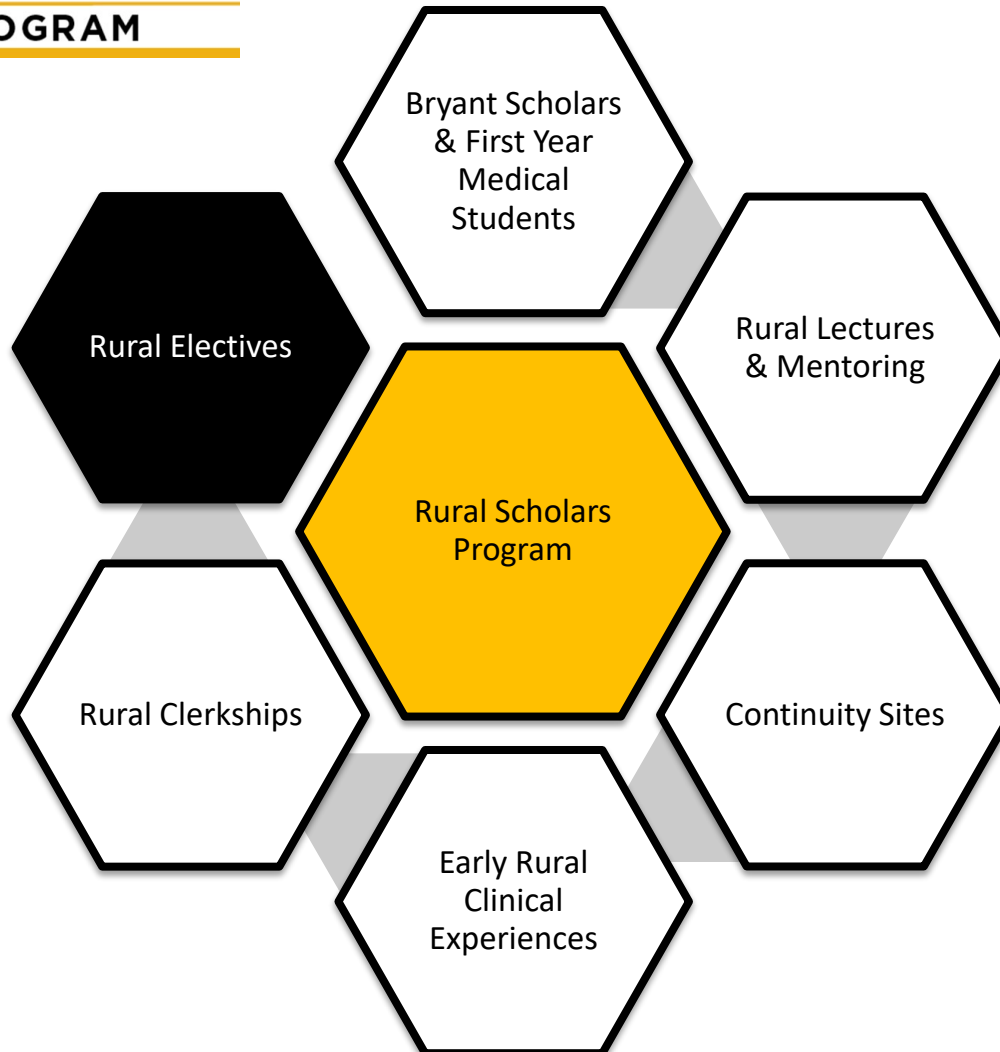
- Occurs during the 3rd year of medical school
- Students complete three clerkships or the Longitudinal Integrated Clerkship
- Clerkships:
  - Family Medicine (7 weeks)
  - Child Health (7 weeks)
  - Internal Medicine (7 weeks)
  - Obstetrics and Gynecology (7 weeks)
  - Surgery (7 weeks)
  - Psychiatry (6 weeks)
  - Neurology (5 weeks)
  - Longitudinal Integrated Clerkship (year-long)







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# 4<sup>th</sup> Year Elective Program

- Occurs during the 4th year of medical school
- Students complete at least one 4-week elective
- Sample electives include:
  - Dermatology
  - Emergency Medicine
  - Cardiology
  - Immunology/Rheumatology
  - Radiology
  - Urology
  - Anesthesia
  - FQHC
  - Legislative Advocacy



# Program Outcomes

## Current Practice Location of \*Pre-Admitted Rural Scholars Graduating Classes 1997-2022

Location	Cnt	Pct
Rural	66	57.4%
Missouri	56	48.7%
Out of State	10	8.7%
Urban	49	42.6%
Missouri	17	14.8%
Out of State	32	27.8%
<b>TOTAL</b>	<b>115</b>	<b>100.0%</b>

63.5% practicing in Missouri  
Of graduates not practicing, 0 were in the military,  
and 42 were in post-grad training  
Rural Isserman includes rural metro, rural non-metro, mixed rural  
metro, and mixed rural non-metro  
Urban Isserman includes urban and mixed urban

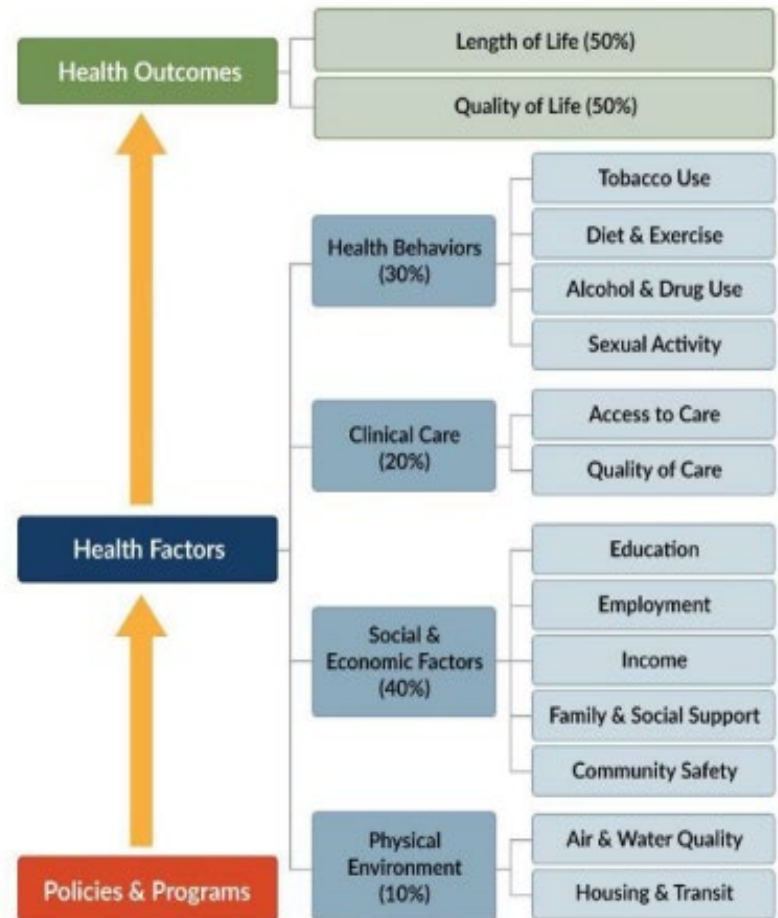
## Current Practice Location of \*Rural Track Participants Graduating Classes 1997-2022

Location	Cnt	Pct
Rural	159	45.7%
Missouri	97	27.9%
Out of State	62	17.8%
Urban	189	54.3%
Missouri	85	24.4%
Out of State	104	29.9%
<b>TOTAL</b>	<b>348</b>	<b>100.0%</b>

52.3% practicing in Missouri  
Of graduates not practicing, 1 were in the military,  
and 146 were in post-grad training  
Rural Isserman includes rural metro, rural non-metro, mixed rural  
metro, and mixed rural non-metro  
Urban Isserman includes urban and mixed urban

# Cox-Health MU Extension Partnership

- Partnership began during COVID
- CHEO Program was created around the same time in 2021
- Deliver evidence-based programming to adults and children in Monett, MO
- Sharing of 1.75 FTE
- 3 trained diabetes educators
- Focusing on Diabetes Prevention, Stanford Youth Diabetes Program facilitates Rural Immersion



County Health Rankings model © 2014 UWPHI

# Diabetes Prevention Program

The National DPP works to make it easier for people with prediabetes to participate in affordable, high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health:

- Deliver CDC-recognized lifestyle change programs nationwide
- Ensure quality and adherence to proven standards
- Train community organizations that can run the lifestyle change program effectively
- Increase referrals to and participation in CDC-recognized lifestyle change programs
- Increase coverage by employers and public and private insurers



Participating in a CDC-recognized lifestyle change program can cut your risk of type 2 diabetes in half.

# Cox-Health MU Extension Partnership

- Growing population of residents
  - Increasing Hispanic community
- Barry County statistics
  - 37% adults are obese
  - 38% physical inactivity
  - 48% access to exercise opportunities

## Diabetes Prevention Program:

- We had five (5) cohorts thus far
- 2022 cohort 29% of participants reached their 5-7% weight loss goal and increased their physical activity to 150 minutes per week
- One Spanish speaking cohort



**Why do I PreventT2?** "A change for life."

Are you or someone you know at risk for type 2 diabetes?  
**Join Prevent T2.**

**FIND OUT IF YOU QUALIFY**

**PREVENT T2** Extension University of Missouri CoxHEALTH

**Classes begin Jan. 10**

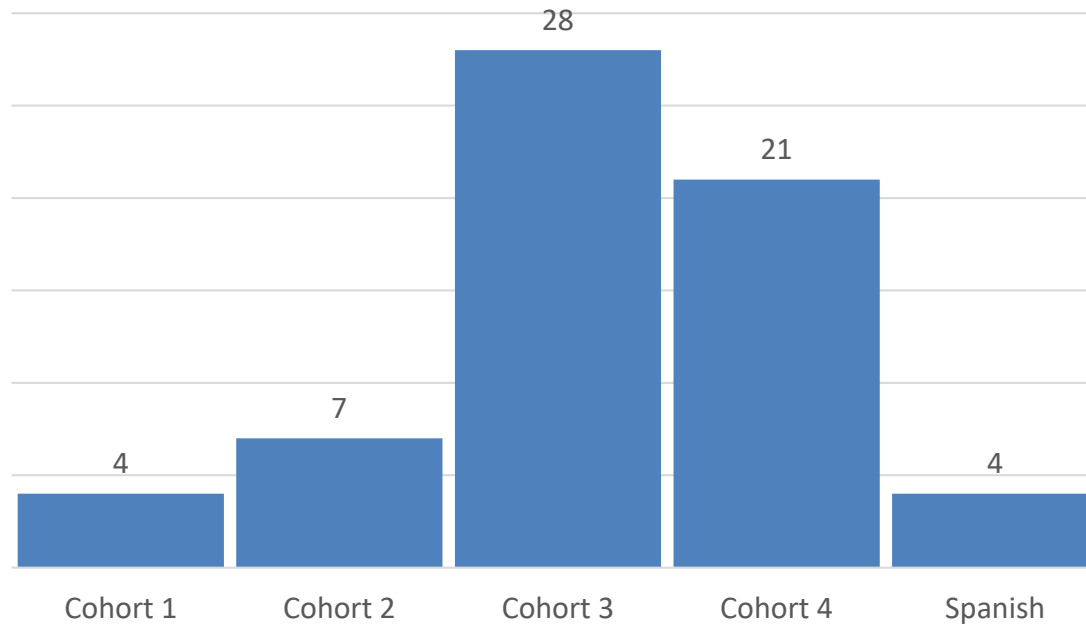
# Diabetes Prevention Program

- Spanish Speaking DPP Cohort
  - Spanish cohort currently has four participants actively involved. Meetings are currently held monthly. This cohort will wrap up beginning of April 2023.
  - Next cohort to start January 2023. There are currently three interested in attending.
- English DPP Cohort
  - Cohort 3 is meeting monthly through December of 2022. There are 9. The last class session will be participants actively involved held on December 5.
  - Cohort 4 reached their weekly milestone on November 10<sup>th</sup> and will transition to bimonthly meetings in December. There are 11 participants actively involved in class sessions.



# Diabetes Prevention Program

DPP Participants



REGISTERED PARTICIPANTS

28

ACTIVE PARTICIPANTS

21

5% WEIGHT LOSS

5

MALE/FEMALE

1/27

DISENROLLED

7

TOTAL NO. OF CLASSES

16

# Stanford Youth Diabetes Coaching

- Our goal:
  - to address the growing problem of diabetes and relate complications, especially in underserved communities, and to empower youth in the community to make positive changes in their own lives to prevent chronic illness.
- 8 Week course
- Students are encouraged to be a coach to family and community members to practice healthy lifestyle
- Communication skills, problem solving techniques, and goal setting through action plans are also emphasized.

# Program Outcomes

<b>Participant Outcomes</b>	<b>Significance</b>
Lifestyle change made as a result of SYDCP	68% of participants
Significant increase in days of exercise where you exercised really hard for 10 minutes or more	(p=.017)
Significant increase in days of exercise where you exercised so much that you breathed hard	(p=.05)

Questions?

