

touchstone

THE MAGAZINE OF MOUNTAIN AREA HEALTH EDUCATION CENTER

SPRING 2015

Training Future Healthcare Professionals for WNC



Minority Medical Mentoring Program

Hands-on Experiences in High School

.....

UNCA Internships

'If you're passionate, you can truly make a difference'

.....

UNC School of Medicine Asheville Campus

Trained in WNC

.....

Finding the RIGHT STUDENTS

Minority Medical Mentoring Program

Celebrating 10 years!

Did you know that of the 974 physicians actively practicing medicine in Buncombe County, only two percent are underrepresented minorities (self-reporting)?

The Minority Medical Mentoring Program (MMMP) is a semester-long internship experience designed for underrepresented minority high school seniors who have a serious interest in a future career as a dentist, pharmacist, physical therapist, physician or physician assistant. The program began in 2005 as a collaboration with the late Dr. John P. Holt, Dr. Albert Anderson, MAHEC, Mission Hospital, and the Western Carolina Medical Society.

Each intern is assigned a leadership mentor that provides guidance and coaching. Students have the opportunity to shadow medical professionals and experience rotations, as well as participate in service learning opportunities.

“These programs give minorities and disadvantaged students opportunities they would not otherwise have. Students who participate in MMMP are more likely to enroll and graduate from college and hopefully come back to practice in Western North Carolina.”

- Jacquelyn Hallum, Health Careers and Diversity Education Director

JoAnna Jones, MMMP Intern Wins 2015 Tom Joyner Foundation® ‘Full Ride’ Scholarship

“MMMP gave me the opportunity to be in the professional world and really understand what I’m getting into and has made me want to pursue the healthcare field even more.” - JoAnna



JoAnna Jones, Fall 2014 MMMP Intern, won the 2015 Tom Joyner Foundation® ‘Full Ride’ Scholarship in April. This scholarship will cover full tuition, room and board (on-campus only), and books up to 10 semesters. JoAnna graduates from Buncombe County Early College in 2015 and plans to attend Winston-Salem State University to pursue a career in the nursing field.

Hands-on Healthcare in High School

As the oldest of eight children, it’s no surprise Symoné Simmons helped take care of others as she was growing up. If it wasn’t her own siblings, it was her aging grandparents, and she loved it.

“I love seeing people healthy and able to take care of themselves,” she says. “When they are able to take care of themselves, they live a better life.”

If this high school senior already sounds like a future doctor, that’s because she’s taking advantage of every opportunity she can to go down that path. Symoné is a 2015 MMMP intern, where she is exposed to the healthcare field in a way that cannot be done by a guest speaker at school. Symoné and other interns shadow a variety of health professionals, seeing how day to day operations really work.

“They want you to ask questions, be in there, and see what’s going on,” says Symoné. “It helps you have a different perspective on life. It’s first-hand experience that helps you understand what the health field is really like, and what being a doctor is really like. . . . It’s really kept me motivated to do what I want to do.”



UNC Asheville Internships

Summer 2014 UNCA Interns



MAHEC and The University of North Carolina Asheville (UNCA) have collaborated to create an undergraduate internship experience for Pre-Health UNCA students. These summer internships provide a working knowledge of and experience in a clinical practice.

Students split the time between clinical shadowing and project research, throughout which they interact with Family Medicine, Ob/Gyn, Dental and Pharmacy faculty and residents. The internship program originally started with two students but has grown. Thirty applicants applied this past summer for ten positions.

"These internships help create a connection for students who will want to practice medicine in Western North Carolina. I truly believe in what this program is doing in the region."

- Amanda Greene, Program Director

Tessa Frank knew from a young age that she wanted to go into the medical field, having spent her summers as a Junior Volunteer at Mission Hospital where her mother is a nurse. But it wasn't until her own health issues with a nerve disease that her interests focused on neurology and pediatric pain management.

"I had this 'god-like' view of doctors, and then I realized anyone could be a doctor."

It just so happened that one of the ten research projects offered for the UNCA interns when Tessa applied last year was "chronic pain" - a perfect fit.

"I've never heard of opportunities for undergraduates to do research," says Tessa. "It was not something I had ever considered, and I didn't realize how much I'd like it. . . . It was eye-opening."

Tessa's internship went so well, she was hired part-time afterwards through the Chronic Pain Grant in order to continue her research, and she's excited to see what the results can do for the community.

"I learned at MAHEC that if you're passionate, you can truly make a difference. Here, people are passionate, and the outcomes are pretty incredible. It makes a difference not only for MAHEC, but for Western North Carolina."

*'If you're passionate,
you can truly make a
difference.'*

- Tessa Frank, 2014 UNCA Intern



to become OUTSTANDING DOCTORS

UNC School of Medicine *Asheville Campus*



“The magic is that it’s all about relationships and connections.”

- Dr. Robyn Latessa,
Assistant Dean and Director,
UNC School of Medicine Asheville

Through longitudinal learning, students maintain continuity of the four “P’s”:

Preceptors or “community faculty”:

teach and build relationships with the students.

Patients:

see the same patients over time to create a connection and follow their progress.

Place:

stay in the same community while learning different specialties simultaneously.

Peers:

support from each other as they learn together.

Prestigious Placements from the UNC School of Medicine Asheville Campus

In 2009, MAHEC, in partnership with UNC Chapel Hill and Mission Hospital, established the Asheville campus for the UNC School of Medicine. What started with only four students has grown to accept twenty 3rd year and about twenty 4th year UNC medical students in a highly competitive and nationally recognized program. One of the goals of the UNC School of Medicine Asheville Campus is to increase the number of physicians practicing in North Carolina, particularly in WNC.

Our local medical school campus has attracted national and international attention from its success with a longitudinal curriculum which provides students with a continuity of faculty and patient relationships. These ongoing connections span two years of medical school and provide greater learning experiences with superior results. Students trained through longitudinal curriculums perform higher on national exams, are more likely to choose primary care residency programs, and are patient-centered.

Over 200 local physicians representing many specialties support the UNC School of Medicine Asheville Campus as faculty and mentors who have created a unique and successful medical school training program for WNC.

MAHEC is proud of our 2015 UNC Chapel Hill School of Medicine Asheville Campus students who garnered prestigious placements across the country and many of whom selected primary care as a top specialty.

12 of 16 will pursue Primary Care residency programs in Family Medicine, Pediatrics, Psychiatry, or Internal Medicine

6 medical students matched to North Carolina residency programs

3 medical students matched to MAHEC residencies

Of the 183 4th year medical students at Chapel Hill, 20 selected family medicine and 7 of those 20 were trained at the UNC School of Medicine Asheville Campus.

This is a significant achievement for the Asheville Campus, as nationwide most medical students pursue other specialties while our country faces a severe shortage of family medicine providers.



UNC
SCHOOL OF MEDICINE
ASHEVILLE

Local physician makes \$1 million gift to medical education in WNC

Frank H. Moretz, MD is giving \$1 million to support the UNC School of Medicine, Asheville campus to expand educational opportunities for medical students right here in WNC.

Dr. Frank Moretz grew up in Hickory, NC where his family roots date back to 1898. He was fortunate to have undergraduate, medical school and residency training at UNC Chapel Hill. One of his most profound experiences as a medical student took place in Prospect Hill – a very small, rural community north of Chapel Hill. As he visited families with a social worker, he discovered the “art” of medicine and witnessed the influence of a patients’ home, family life and circumstances on their health.

After completing his education, he pursued a 34 year medical career in Asheville retiring in 2014 from Asheville Anesthesia Associates.

“WNC has been a great place to live and to practice medicine, and now it is a great place to train.”

- Dr. Moretz



“Dr. Moretz is committed to encouraging medical students to serve the people of North Carolina,” says Dr. Robyn Latessa, MD and Director, UNC School of Medicine Asheville. “He is a role model to them, having completed his undergraduate, medical school, and residency training in North Carolina and then practicing for 34 years here.”

MAHEC, in partnership with the UNC School of Medicine Asheville, is proud that Dr. Moretz’s gift honors his UNC education and supports learning opportunities in WNC where he practiced medicine for many years.

Thank you, Dr. Frank Moretz, for your generosity!



Stephen Kimmel, 2015 UNC School of Medicine Asheville Campus graduate and MAHEC Family Medicine Resident

Born, raised, and trained in WNC to practice family medicine

Stephen Kimmel grew up in Banner Elk in Avery County, where his father was a primary care physician since 1986. And although Stephen never planned on following in his father’s footsteps of practicing family medicine in Western North Carolina, a community that has never had enough doctors, he now finds himself passionately wanting to do just that. Part of that passion came from his experience at the UNC School of Medicine Asheville Campus.

“I was let into how beautiful and powerful and amazing primary care can be,” he says.

What makes this program different from standard models is the longitudinal curriculum. Instead of being moved around from place to place and faculty to faculty in large groups, students learn from the same faculty and see the same patients, providing a continuity of care. Stephen fondly remembers an asthma patient who routinely wound up in the emergency room.

“I formed a relationship with him, and in addition to being his physician, I became his cheerleader, coach, and someone to commiserate with,” he says. “That was really important to me. I learned some stuff about myself, and part of why I want to be a family medicine and primary care doctor is because I saw the impact of our care with this patient.”

Stephen says the faculty he worked with modeled excellence in primary care and demonstrated how a mastery of the material could be used to really help the patient.

“It really worked for me as far as forming my concept as to what the practice of medicine will be for my career,” he says. “You come in with a preconceived notion of what a doctor is, and you decide what kind of doctor you’ll be. This place helped me do that in a way I feel blessed by. It was a foundational experience for me.”

STUDENT MEDICAL EDUCATION

Giving Opportunities

"I am very impressed with what MAHEC is doing to get doctors into rural WNC; Exposing students and residents to rural medicine is important and helps connect them to the community in a deeper way. That more than 60% of residents choose to stay in the region is a tribute to MAHEC's mission." - Phyllis, donor

Student Internships



Student internship experiences for high school, undergraduate and graduate level students help MAHEC to attract and mentor students for health careers in WNC. The focus is to attract minorities and students from rural backgrounds as future healthcare professionals.

Impact

Students from rural communities and minority backgrounds are mentored and inspired to pursue medicine, particularly in underserved and rural areas.

Donor Giving Supports:

\$2,000	Student Internship
\$40,000	Endows a Student Internship

The "CLIC" Conference



The Asheville campus of the UNC School of Medicine will be featured as MAHEC hosts the 2015 annual international Conference on Longitudinal Integrated Clerkships (CLIC) in partnership with Duke University and the UNC School of Medicine in October 2015.

Impact

This conference brings international recognition to the innovative medical faculty in WNC and strengthens MAHEC's preeminent role as a national leader in student medical education.

Donor Giving Supports:

\$650	Student Scholarships
\$1,000 - \$10,000	Conference Sponsors

Give online at www.mahec.net

Send a check payable to MAHEC Foundation in the enclosed envelope

Donate a gift of stock or make a planned gift by contacting Tina M. Owen (828) 257-4410 or tina.owen@mahec.net

From our President and CEO, Dr. Jeff Heck

Ten of the fifteen physicians who begin their family medicine residency at MAHEC this July have already trained in WNC as medical students. Learning opportunities at the medical school, undergraduate, and high school level fuel students' passions and visions for medicine, and our goal is consistently to increase the number of students seeking rural health careers in North Carolina.

A study by the Cecil B. Sheps Center showed that only 21% of NC medical school graduates remained in primary care in NC after five years and only 2% were in rural areas of our state.ⁱ We have to do better, and at MAHEC we know our success includes mentoring the right students to pursue rural medicine at early stages in their career.

Dr. Moretz's gift of philanthropy for the UNC School of Medicine Asheville Campus is a significant boost as MAHEC expands medical training opportunities right here in WNC for years to come. Exposure to the practice of rural medicine, personal and professional mentorship from physicians, as well as enrichment and career support become an enormous influence helping students direct their path to medicine.

We encourage you to join us in this mission with your own gift for student medical education.



A handwritten signature in black ink that reads "Jeffery E. Heck".

Jeffery E. Heck, MD
President and CEO, MAHEC
Professor, UNC Chapel Hill



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Patient Care Provided at:

MAHEC Dental Health Center
and Center for Advanced Training

MAHEC Family Health Center at Biltmore

MAHEC Family Health Center at Cane Creek

MAHEC Family Health Center at Enka/Candler

MAHEC Family Health Center at Lake Lure

MAHEC Family Health Center at Newbridge

MAHEC Ob/Gyn Specialists

Hendersonville Family Health Center

Deerfield Retirement Community

Givens Estates

MAHEC's mission
is to train the next generation
of healthcare professionals
for Western North Carolina
through quality healthcare,
innovative education
and best practice models
that can be replicated nationally.

*We value:
Excellence,
Innovation,
Compassion,
Collaboration.*

To remove your name from the mail list or
update your address, call 828-257-4410,
email tina.owen@mahec.net, or mail the
enclosed envelope with your request.

ⁱ Helen Newton, Jessica Lyons, Erin Fraher, PhD MPP; "Trends in Medical Education in North Carolina;" North Carolina Health Professions Data System, The Cecil G. Sheps Center for Health Services Research, September 2012.

Finding the Right Students to Become Outstanding Doctors for WNC

Did you know . . . ?

MAHEC provides programs beginning at the high school level to recruit and train the next generation of healthcare professionals for WNC.

*High School Internships
Undergraduate UNCA Internships
UNC School of Medicine Asheville Campus
Residency Programs*

to become

*Trained Healthcare Professionals
for WNC*

If you or someone you know is interested in what programs, internships and residencies MAHEC offers, please view our website at www.mahec.net.

