

“Authenticity in Practice: the mess and the magic”

22nd Annual Rural Health Scholars Retreat

Deer Creek State Park, Mt. Sterling OH

<https://ohiodnr.gov/go-and-do/plan-a-visit/find-a-property/deer-creek-state-park>

October 20-22, 2023

Our purpose is to “appreciate the rural life, and to understand and aspire to [scholarly] rural practice” (John Wheat MD, Salt Lake City, 2003)



Join other students with an interest in rural medicine representing all of Ohio’s medical schools at Deer Creek near Mt. Sterling, Ohio. During and following the retreat, participants will be able to:

- ◇ Engage with a variety of physicians, both young and experienced, who are passionate about working in a rural place
- ◇ Connect with other students with an interest in preparing for generalist rural practice
- ◇ Students will consider what authenticity in practice means to them personally and professionally.
- ◇ Students will develop an understanding of the opportunities and obstacles in rural residency training.
- ◇ Students will begin to define their values and elucidate how these values can be lived out (or stepped on) during their career.
- ◇ Students will define the term "moral injury" and describe situations that create this conflict



For our 22nd annual retreat, we are privileged to have the following special guests and hosts:

- ◇ Joseph Zarconi MD – Nephrologist and Professor, Internal Medicine, NEOMED, Akron, OH
- ◇ William Cooke MD, Family Physician, Austin, IN
- ◇ Steven Ulrich MD, Family Physician & Terri Ulrich, MSW, New Lexington, OH
- ◇ Abigail Ah Yong MD, Resident Physician PGY-3, Swedish Cherry Hill Family Medicine Residency, Port Angeles RTT
- ◇ Valerie Good MD, Adena Family Medicine, Greenfield, OH
- ◇ Alex Heintzelman MD (RHS 2008-2010) – Family Physician and Faculty, NEOMED, Columbiana, OH
- ◇ Scott Rogers MD (RHS 2003-2006) – Family Physician, Grant Family Medicine, Columbus and Associate Dean, Ohio University, Dublin, OH

In anticipation of the weekend retreat, we recommend that you read an excerpt from “[Canary in the Coal Mine](#)” by William Cooke MD and a speaker at this year’s retreat. You can learn more about William Cooke [here](#) and another excerpt from the book [here](#).

Friday, October 20

4:00 – 6:00 PM	Arrival
6:00 PM	Dinner at Deer Creek State Lodge outdoor pavilion
7:00 PM	Getting acquainted – Introductions and ice breaker History of the RHS Retreat and retreat overview Heintzelman/Rogers
	“What does authenticity in practice mean to you?”

Saturday, October 21

8:00 AM	Breakfast in cabins
9:00 AM	“Reflective Practice and Being Authentic “ Facilitated by Dr. Joseph Zarconi, clinical faculty at NEOMED in Dept of IM. Reflective practice group leader who expresses the importance of the medical humanities and supporting students to be authentic and stand up for themselves.
10:15 AM	Break
10:30 AM	Panel: Good Fences and Navigating Boundaries Stephen Ulrich MD and Terri Ulrich, MSW, Perry County Family Practice, New Lexington, OH Valerie Good MD, Adena Family Medicine, Greenfield, OH Dr. Abigail Ayhong MD, Swedish Cherry Hill Family Residency RTT, Port Angeles, WA Panel facilitated by Dr. Scott Rogers and Dr. Alex Heintzelman
11:30 AM	Lunch at Main Lodge
1:00 PM	Hike or other activity w/buddies – led by Alex & Scott
3:30 PM	“Authenticity in practice: the mess and the magic” William E. Cooke MD, and author will present virtually Speak about narrative medicine and allow time for journaling
Questions	Discussion, reflection, journal time
6:00 PM	Dinner at outdoor pavilion and open evening

Sunday, October 22

8:00 AM	Breakfast at lodge
8:30 AM	The mess and the magic Facilitated by Oliva Dhaliwal, MS4 and Kailey Christman, MS4
9:30 AM	Closing comments. Reflections and evaluations Drs. Alex Heintzelman & Scott Rogers
10:00 AM	Checkout and depart for home

Session Abstracts and Power Points (if applicable) will be available on the website of the Office of Rural and Underserved Programs in the weeks following the retreat: <https://www.ohio.edu/medicine/about/offices/rural-underserved-programs/rural-health-scholars>

Rural Health Policy Institute and the NRHA Annual Meeting

Following the retreat, we will choose two students to attend the Rural Health Policy Institute in Washington DC, February 13-15, 2024, and two students to attend the NRHA Annual Meeting and Rural Medical Educators preconference in New Orleans, LA, May 7-10, 2024. Those chosen will be notified by early December so they can make appropriate plans for being released from their medical school duties. The total travel and meeting stipend this year is \$750 per student and may be supplemented with other scholarships, including scholarships offered by the NRHA.

Planning Committee and Hosts

Alex Heintzelman MD, Family Physician, Clinical Assistant Professor of Family and Community Medicine, and Director, Rural Medical Education (RMED) Pathway, Northeast Ohio Medical University, Columbiana, OH

Scott Rogers MD, Family Physician and Associate Dean for Clinical Education, Ohio University Heritage College of Osteopathic Medicine, Dublin, OH

Dawn Mollica, Administrative Director, Rural and Underserved Programs, Ohio University Heritage College of Osteopathic Medicine, Athens, OH

Kailey Christman, MS4, Northeast Ohio Medical University, Rootstown, OH

Olivia Dhaliwal, MS4 Case Western Reserve University School of Medicine, Cleveland, OH

Brittany Ring, MS2, Northeast Ohio Medical University, Rootstown, OH

Credits

Sponsored by The Ohio State University Department of Family Medicine Endowment Funds and Ohio University Heritage College of Osteopathic Medicine/Office of Rural and Underserved Programs. A special thanks goes to the J. Martin Byers family, for their support of this program over the past 18 years through the Ohio State University Byers Endowment Fund and to the Ohio University Heritage College of Osteopathic Medicine and its Office of Rural and Underserved Programs.

If you wish to write a letter of appreciation to the Dr. Byers family, below is the contact information:

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