



# UK Psychiatry: Addressing the rural psychiatric workforce

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# Financial Disclosures

- The speakers have nothing to disclose.
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# Learning Objectives



- ▶ After attending this session, learners will be able to:
- ▶ Describe how a medical school course can be designed to encourage an interest in rural psychiatric practice.
- ▶ Describe how Internal Medicine/Psychiatry residency programs prepare physicians for rural practice.
- ▶ Describe how Triple Board residency programs prepare physicians for rural practice.
- ▶ Describe how a community or rural track could be a model to provide training in a community or rural setting and still meet all ACGME requirements for training.
- ▶ Describe how residency selection processes can be structured to increase the likelihood of recruiting physicians who will elect rural practice.



# PSC 801: the M1M2 Elective

- ▶ Semester long course designed for pre clinical students interested in psychiatry to learn more about it
- ▶ Designed to include opportunities to learn about rural practice
- ▶ Students currently enrolled all are from rural backgrounds
- ▶ Offered via Zoom to three UK COM campuses
  - ▶ Bowling Green
  - ▶ Lexington
  - ▶ Northern Kentucky



# PSC 801: the M1M2 Elective

- Includes exposure to inpatient and outpatient settings
  - Includes demonstrations of individual and group psychotherapy
  - Includes interaction with private practitioners
  - Includes exposure to specialties in psychiatry, e.g. child or forensic
  - Private practitioner session includes physicians with rural experience
  - Inpatient experience frequently involves patients from rural communities.
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# PSC 890: Fourth Year Off-Site Elective in Psychiatry

- ▶ Four week immersion experience in a site away from UKMC
- ▶ Options include Lexington VAMC, Rural AHEC sites, Community sites in Lexington, Bowling Green and Northern Kentucky
- ▶ AHEC sites are primarily rural.
- ▶ Student is taught by a voluntary faculty member.
- ▶ AHEC arranges housing and provides integration of the student into the community.
- ▶ Frequently used site is Baptist Health in Corbin.



# Combined Internal Medicine/Psychiatry Residency

- ▶ 5 year residency program that includes 30 months of Internal Medicine and 30 months of Psychiatry and graduates are board eligible in Internal Medicine and Psychiatry.
- ▶ Includes 10 months of ambulatory medicine with a mixture of primary care clinics and subspecialty clinics.
- ▶ Includes rotations in a variety of inpatient and outpatient psychiatry settings.
- ▶ Excellent training for physicians practicing primary care in rural settings where mental health resources are scarce.
- ▶ Our Program is the newest IM/Psych program and was approved in June 2019 and started it with 3 residents in July 2021.



# Combined Pediatrics, Child and Adult Psychiatry Residency (Triple Board)

- ▶ 5 year residency program that includes 24 months of Pediatrics, 18 months of Adult Psychiatry and 18 months of Child and Adolescent Psychiatry. Graduates are board eligible in Pediatrics, Psychiatry and Child and Adolescent Psychiatry at the end of training.
- ▶ Includes pediatric primary care continuity clinics all through out training.
- ▶ Triple board training transcends the traditional boundaries of pediatrics and psychiatry, and provides a foundation for providing holistic care to youth and families.
- ▶ Excellent training for physicians practicing pediatrics in rural settings where mental health resources are scarce.
- ▶ UK was one of the original 6 approved pilot programs starting in 1986.



# Community Track Adult Psychiatry Residency

- ▶ Partnership between the University of Kentucky Psychiatry Residency Program and the Medical Center of Bowling Green with a mission to attract and train residents with an interest in rural psychiatry practice.
- ▶ Approved by the ACGME in March 2021. Started in July 2021 with the transfer of nine residents in the UK Psychiatry residency when was closing.
- ▶ Approved for 2 residents a year that will complete their intern year in Lexington and then move to Bowling Green for the final 3 years of training with elective options in Lexington.
- ▶ It can be difficult for community based residency programs, particularly in rural areas to provide all of the ACGME requirements. A track may be a good solution to provide some subspecialty rotations at the main site but still provide the bulk of training in the community.
- ▶ Earlier this year the ACGME developed a separate approval process for new Rural Track Programs that will have a unique ACGME number in which residents gain both urban and rural experience with more that half of the education and training taking place in a rural county (outside any Cor-Based Statistical Area (CBSA)).
- ▶ May serve as a model for future expansion to other community sites in Kentucky.



# Recruiting for Rural Practice: What we consider

- ▶ Many factors go into consideration when deciding which applicants to invite for an interview and in the creation of the rank list.
- ▶ One factor is ties to Kentucky or Appalachia.
- ▶ Another is a clear interest in rural practice after residency.
- ▶ Exposure in medical school to a rural psychiatric practice is a plus but not a requirement.



# Conclusion and Discussion

