

Dublin Methodist Hospital Family Medicine Residency Program

TRACKS

These curricular tracks are structured to allow residents the flexibility to develop their special interests within the context of family medicine in order to better prepare them for the type of practice they would like to pursue. These tracks are flexible to meet the specific career needs of the resident.

Residents DO NOT need to choose a track, but are available to those residents who desire special training in the selected area. Note that the Osteopathic Track and Ultrasound Track require a formal designation during Orientation.

The tracks listed below are the ones anticipated that residents will want to participate in, but others could be developed as well, based on individual resident interest.

- **Faculty Development**– This track is ideally suited for the resident that foresees a career in academic family medicine, teaching medical students and/or residents. Blocks would include opportunities to serve as a “junior preceptor” for rotating medical students and first year residents. Participation in OhioHealth system-wide faculty development activities would be available. Residents in this track will be assigned a mentor with a senior OhioHealth faculty member to help plan their career. A scholarly project is required that will demonstrate the resident’s skills in both investigating a topic and presenting it to a regional audience.
- **Quality and Patient Safety/Population Health** – This track will prepare residents to serve within their practices, hospitals or health systems leading quality and safety teams. Blocks would allow residents time to focus on quality and safety

projects that they develop and implement them in the family medicine center or the hospital. Longitudinal participation in office and hospital QI and Safety committees will be expected during the second and third year of training. Residents in this track will be assigned a mentor with a senior OhioHealth faculty member serving in a quality and safety position. A QI project is required that will demonstrate the resident's skills in both successful project and presenting it to a regional audience.

- **Leadership Development**– If a resident aspires to a career in any form of health care leadership – practice, hospital, health system, or specialty organizations (OAFP, AAFP) – this track will be invaluable. A block may be used to focus on a leadership development project, but most of this track will be a longitudinal experience. The resident will be expected to review several articles and books on leadership and review the lessons learned in this study at a regional conference. A member of the OhioHealth or DMH leadership team will be assigned to the resident as a mentor and time spent will help the resident formulate a career path and identify skills to be developed.
- **Practice Management** – This track is ideally suited for the resident who wishes to learn the ins and outs of running an efficient outpatient practice. Becoming an Epic Power User and periodic Epic efficiency reviews will also be included in this track. Participation in the office workflow workgroup will be included. There will also be a longitudinal curriculum involved to explore different types of practices and different systems. A member of the Dublin Family Medicine residency faculty will be mentor residents interested in this track.
- **Obesity Medicine**- This track is for the resident who wants to gain proficiency in the care of patients with obesity and related disorders into their post-residency care of patients, and potentially become board certified in Obesity Medicine. Residents will gain multidisciplinary, multi-modality experience in the care of patients with obesity. An obesity medicine focused scholarly project will be completed and presented to a regional audience. An obesity medicine certified physician will mentor residents in this track.
- **Lifestyle Medicine**- This track is for the resident who wants to gain the knowledge and skills to help their patients, communities, and themselves achieve better health by motivating and supporting change toward

healthier behaviors. Resident will take a deeper dive into motivational interviewing, motivating change, and addressing the specific pillars of Lifestyle Medicine including what we eat, how we move, the quantity and quality of sleep, how we manage stress, connect to our community and purpose, and avoid toxic substances. While all residents get at least 40 hours of didactics and hands-on activities in Lifestyle Medicine, the Lifestyle Medicine resident will complete an additional 60 hours of education and prep, including helping lead an intensive therapeutic lifestyle group visit experience for patients. Experience and statistics show that physicians have a high rate of stress, overwhelm and burnout. If completed in its entirety, the LM track will prepare the resident for the American Board of Lifestyle Medicine Board Exam and Certification at the end of residency.

- **Psychology-** This track is available to second and third year residents with an interest in learning how to integrate psychotherapy techniques such as cognitive behavioral therapy and motivational interviewing into their management of psychiatric conditions. Residents have time set aside every other week to complete didactic modules in the first few blocks and then see their own panel of counseling patients for the rest of the year. Residents in the track are encouraged to use some of their elective time to shadow therapists in the area. The track is overseen by Dr. Byler and our behaviorist Jenni Cook, who precept after patient visits and lead monthly didactic sessions
- **International Medicine-** The process of traveling abroad to practice medicine can be complicated but worthwhile! This track helps streamline the process of finding and pursuing an elective rotation in another country, typically during second or third year. OhioHealth has relationships with several locations already, and those destinations are preferred, but it is possible to create your own experience if the process is started early enough.
- **Ultrasound-** This track is designed for the resident who wants to gain a more advanced utilization of point of care ultrasound (POCUS) that especially focuses on diagnostic imaging for common musculoskeletal complaints, interventional procedures in the outpatient office, as well as limited ultrasound examinations for non-musculoskeletal conditions. Residents are expected to attend didactics twice monthly, present on current topics in POCUS, and work towards improvement in competency

evaluation for future credentialing. Residents are also encouraged to work in ultrasound elective rotations and attend continuing education conferences to help solidify their knowledge and application to daily outpatient practice. Residents will also have the opportunity to learn ultrasound guided procedures such as joint injections, needle tenotomy, nerve hydro-dissection, and aspiration techniques. The residency program will provide multiple resources for self-directed learning in addition to scheduled didactics and rotations.

- **Osteopathic Manipulative Treatment** - This track is for the resident who wants to gain proficiency in the use of OMT and plans to incorporate osteopathic principles and practice into their post-residency care of patients. This track will work in tandem with the elective osteopathic longitudinal curriculum. A block rotation can be used to focus on completion of an OMT focused scholarly project to be presented to a regional audience. An osteopathic physician will mentor residents in this track to help identify skills to be developed.