

**LEGISLATIVE HEALTH COMMITTEE MEETING
SCHOLARS IN RURAL HEALTH
HALEY BOWERS
MONDAY, MARCH 11, 2013**

I am currently a junior at Kansas State University majoring in Life Science. I became aware of the Scholars in Rural Health Program from a high school friend. He shared his experience and encouraged me to look into the program for myself. I did some homework and discovered this was the route I had been seeking. I was born and raised in Concordia, KS, a town of about 5000 people. I enjoyed my experience growing up in rural Kansas, and I'm comfortable with the idea of returning to a rural community to practice medicine.

I have had many influences in my life that have reassured my passion for medicine, but I was unsure what field I wanted to pursue. My experiences shadowing physicians, working as a CNA, and volunteering at Big Brothers Big Sisters have helped me come to realize that I want a career in family practice. I enjoy communicating and developing relationships with people of all age groups. I believe practicing in a rural community would allow me to get to know patients on a more personal level. The idea of treating multiple generations of a family and seeing patients in public also draws my attention to a rural practice.

The Scholars in Rural Health Program allows me to discover the rewards and challenges of practicing in a rural area. As a scholar, I am required to complete my degree from K-State, fulfill KU's Pre-Med prerequisites, participate in Pre-Med Club activities, obtain an overall and science GPA of 3.50, and acquire a satisfactory score on the MCAT examination. Through my assigned mentors I am able to experience the variety of health care services in rural areas, including hospital and clinic practice. I have been assigned Dr. Craig Concannon, an internist from Mitchell County, Beloit, KS and Dr. Debra Doubek, a Family Practitioner from Riley County, Manhattan, KS. I have enjoyed the hours I have spent shadowing Dr. Concannon and his colleagues. I admire his strong and welcoming connections he develops with his patients. My time spent with Dr. Doubek has also been a captivating experience. I've enjoyed observing her enthusiasm towards her work and patients. I am fortunate to have mentors that are willing to take the time in teaching me how to become a team player and good physician.

My first semester as a scholar consisted of about 40 hours of shadowing divided accordingly between Dr. Concannon and Dr. Doubek. Majority of my hours observing were spent during semester breaks and the rest during the school semester. Each semester, I am required to complete a case report about a patient I have seen during my shadowing. My first report was over an ambulatory or outpatient medicine from a patient I observed with Dr. Doubek. I chose a case involving a patient receiving regular botox injections for chronic migraines. Not only did I learn about how a treatment was diagnosed and followed up, I was able to participate in the process of administering the medicine. My second case report will be over a Hospitalized or In-patient Medicine with Dr. Concannon. My third report will be over Prevention Medicine and fourth over a Mental Health Problem. During my senior year, I will not only be writing case reports and shadowing but also

working on a Community Health Project reviewing a topic related to rural health service in which I will write a paper on a population-based community health issue. By graduation, I will accumulate a total of 200 hours shadowing a rural physician, four completed patient case reports, and a detailed community health project.

This program has not only allowed me to observe and work with a variety of health care services in rural areas but also reassure my pursuit of a career in family medicine. With the help of my mentors, I believe I am gaining experience on how to treat patients and how to work with others in the medical field. I am thankful for such a program that will allow me to emphasize my desire to practice in a rural area in my field of choice.