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INTRODUCTION - What is Discovery Week

Discovery week is an integral, compulsory one-week placement at the end of first year for all undergraduate medical students at the Schulich School of Medicine & Dentistry. Learners are placed in more than 60 rural and regional communities in Southwestern Ontario.

Goals:

1. Introduce all undergraduate medical students at the Schulich School of Medicine and Dentistry to the opportunities and challenges of living and working in a rural or regional community.
2. Involve students, first-hand, in patient care in rural regional settings while developing an understanding and appreciation for rural regional medicine and health care providers
3. Long-term goal is to inspire students to practice in small and mid-sized communities in Southwestern Ontario upon completion of their medical training.

Objectives:

1. Rural Regional Dynamics - opportunity for students to become familiar with parameters, dynamics and systems involved within rural regional medical practice
2. Inter-Professional Education and Care - exposure to teamwork and collaboration within a rural regional site.
3. Challenges of Medical Care - develop an understanding for the unique challenges of delivering and receiving acute and chronic care in a rural regional site
4. Diverse Populations - opportunity for students to develop an awareness of the challenge with acute and chronic disease management in diverse patient populations

Expectations for the Community:

1. Students should spend a significant amount of their clinical time with physician preceptors.
 - The student may spend time with a family medicine preceptor and/or specialty preceptor
 - The student may go with preceptor on morning rounds, attend at the office, or be on call with the preceptor
 - The student may have the opportunity to do histories and physical assessments under supervision and discretion of preceptor.
2. Students should spend some of their clinical time with other members of the healthcare team
3. Students should experience some planned activities within the community to get an understanding what life is like in that community

Expectations for the Students:

1. Students will stay in, or in close proximity to, their assigned community. Commuting from London campus or Windsor campus daily is not recommended.
2. Students are expected to make the most of their time in the community.
3. Students will complete an evaluation of their community experience which will be shared with community partners to assist with future planning.

MEDICAL STUDENTS' RURAL EXPERIENCE

The following is some information on how to make the students' rural experience throughout discovery a most valuable one. Both the components of community integration as well as clinical experience are invaluable to the discovery week experience.

What students have found most valuable following a rural clinical experience:

1. Hands-on teaching approach
2. Friendly staff and feeling supported
3. Feeling a part of the team
4. One on one time
5. Small doctor to student ratio, allowing multiple learning opportunities
6. Exposure to a wide range of patients.

Reasons why physicians choose to practice rurally:

1. Opportunities for higher education in the community
2. Rural community lifestyle
3. Challenges of rural medicine
4. Desire to practice where the need was great

It is evident that both community and lifestyle factors as well as the clinical environment are crucial to the student having a positive experience. We would like to provide you with this information in order to help in the planning for discovery week in the upcoming year.

When the students are receiving their hands-on clinical experiences with preceptors or other healthcare professionals, be sure that physicians and those connecting with learners are aware of their skill set and the opportunity they have to enhance those skills. Provide the following list of experience that the medical students have had to the preceptors they will be interacting with before the students arrive.

The knowledge and experience level of the students participating in discovery week is generally as follows:

1. Some basic anatomy and physiology
2. Some knowledge of infection and host response, cardiovascular, respiratory, and genitourinary systems
3. Minimal knowledge of other body systems
4. Some basic knowledge of physical examination skills: Abdominal, Cardiovascular, Respiratory, and Neurological Exams
5. Limited experience in the clinical setting and interacting with patients.
6. Students might not have scrubbed in before

It's important to remember that first year medical students have not had much, if any, clinical experience. They have had only lecture based and small group learning. Discovery Week is often the first time that learners have the opportunity to apply their knowledge within a hospital/clinical setting.

Schulich School of Medicine & Dentistry follows the policies implemented by the CPSO for medical student observerships. For further explanation on this policy please see the link to their Professional

Responsibilities in Undergraduate Medical Education:

<http://www.cpso.on.ca/admin/CPSO/media/Documents/physician/polices-and-guidance/policies/professional-responsibilities-undergraduate-medical-education.pdf>

SCHEDULE PLANNING

Have a small information orientation for students the first day as they have not been to your community before.

Clinical Experiences Can Involve:

1. Physicians
2. Nurse Practitioners
3. Dieticians
4. Physical and occupational therapists
5. Social Workers
6. Laboratory and Medical Imaging Technicians

Small group clinical workshops are great ways to enhance learners' specific skills:

- | | |
|-----------------------|--------------------------------------|
| 1. Casting | 5. Stress Testing/ECG Interpretation |
| 2. Diabetes Education | 6. Suturing |
| 3. Intubation | 7. Ultrasound, X-Ray Interpretation |
| 4. IV Initiation | |

Possible Social Activities

- | | |
|--------------------------------|------------------------------|
| 1. Community BBQ or Dinner | 5. Local Sight Seeing |
| 2. Canoe Trip/Boat Tour/Rowing | 6. Wine Tour |
| 3. Agri-business/Farm Tour | 7. Rock Climbing, Zip-Lining |
| 4. Golfing | |

*Design your activities to highlight major business and/or unique attributes to your community

Sample Schedule (adapted from Schulich Medicine Distributed Education/ROMP/UManitoba)

Discovery Week 2017	
Joe Black	
Monday, May 29, 2017	
10:00 am - 12:30 pm	Arrive at Hospital, 123 Rogers Street, Somewhere, ON Meet with Community Coordinator Hospital Welcome by Chief of Staff & CEO Complete Credentialing and Hospital Policy Review Receive hospital badge, parking pass and final DW schedule Hospital Tour with Coordinator – Volunteer Services Lunch
1:00 pm - 4:00 pm	Internal Medicine - Dr. John Brown, Cardiologist 2 nd floor, Room 2107
4:15 pm - 4:45 pm	Best Beach Bed & Breakfast - check-in, settle-in
5:00 pm	Welcome Pizza Dinner & Volleyball Party
Tuesday, May 30, 2017	
9:00 am - 12:00 pm	Mental Health - Dr. Ann Clark, Psychiatrist 4 th floor, Room 4001
1:00 pm - 3:00 pm	Casting Workshop - Dr. Liz Smith, ER Specialist
3:00 pm - 4:30 pm	Local Long-Term Health Facility, 4567 Long Lane, Somewhere, ON Facility Tour Review of Patient Case Study
5:00 pm	Personal time - explore the community (check out the “best” place for ice cream)
Wednesday, May 31, 2017	
9:00 am - 11:30 am	Diagnostic Imaging - Main Floor, across from Same Day Care ➤ Ultrasound: 9:00 am - 10:00 am ➤ Imaging: 10:00 am - 11:30 am
12:30 pm - 4:30 pm	Dr. Gary Green, Family Physician, FHT across the street
5:00 pm	Dinner with Physicians & Allied Health Staff @ Dr. Gary Green’s
Thursday, June 1, 2017	
9:00 am - 12:00 pm	Emergency Department, Main Floor, across from front entrance
1:00 pm - 2:30 pm	Same Day Care Rounds
2:30 pm - 3:00 pm	Meet with Community Coordinator - Review experience
3:00 pm - 3:30 pm	Farewell Tea & Social
3:30 pm	Students depart for return to London/Windsor campus

*This sample illustrates the Discovery Week experience of a Schulich Medicine learner and is only meant to be a guide. Communities may modify the schedule based on the number of learners and community partners involved.

DISCOVERY WEEK IN YOUR COMMUNITY - Community Coordinator

1. Make connections early to establish the interest of physicians and allied health professionals as well as hospital staff and other community members that will be a part of the planning of Discovery Week
2. Connect medical learners to engaged physician preceptors and allied health for clinical observerships
3. Connect medical learners with interested community members for social and community engagement activities
4. Develop a 4-day Discovery Week schedule encompassing at least a couple hours each day for a physician clinical observership with no more than two learners per physician at any one time
5. Provide medical students and the Office of Distributed Education Program Coordinator with the schedule at least two weeks in advance of the start date of Discovery Week
6. Arrange accommodations for the students and plan extracurricular activities
 - Accommodations will be paid for by the Schulich Medicine Distributed Education Program
 - It is important to consider internet access for the students
 - Types of accommodations that have been successful in the past are: Bed and breakfasts, hotels, and private residences.
7. Be the primary point of contact for the students while they are participating in Discovery Week

The Community Coordinator is the pivotal connection between Schulich Medicine Distributed Education, community physicians, health care professionals, and all those connected through this program. We are deeply grateful for the support, time (personal and professional) and effort dedicated to make Discovery Week the outstanding learning experience it is to the medical students of the Schulich School of Medicine & Dentistry, Western University.

If you have any concerns, questions or need support in the weeks leading to Discovery Week, please contact the Office of Distributed Education to speak to the Program Coordinator at 519-661-2111, ext. 22147.