

# University of Nebraska Medical Center

## Rural Training Track



## Midlands Family Medicine

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*Let our family care for yours!*

**North Platte, Nebraska**

**Resident Handbook**

Updated January 1, 2014



Midlands Family Medicine  
611 West Francis Street Suite 100  
North Platte, Nebraska 69101  
Phone: 308.534.2532  
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[www.midlandsfamilymed.com](http://www.midlandsfamilymed.com)

## Table of Contents

[About Midlands Family Medicine](#)

[About Great Plains Regional Medical Center](#)

[About North Platte, Nebraska](#)

[Residency Program Requirements](#)

[Required Rotations/Patient Types](#)

[Continuity Clinic](#)

[Call Duty](#)

[Resident Teaching Days/Didactic Teaching](#)

[Procedure/Patient Documentation](#)

[Scholarly Activities](#)

[Resident Evaluations](#)

[Hours Restrictions](#)

[Contact Information](#)



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## **About Midlands Family Medicine**

Midlands Family Medicine was founded in 1995 by doctors Gary L. Conell and Jeffrey C. Brittan. Physician Assistant Dave Arthur came to the practice with Dr. Conell. Mary Dailey, a nurse practitioner, started providing patient care at Midlands Family Medicine in 1997. Dr. Jason M. Citta joined the practice in 2002 following his residency training in rural Family Medicine. Dr. Shawn P. Murdock joined the practice in 2009 following his residency training in rural Family Medicine. The addition of Dr. Mark Nielsen in 2012 has expanded the services of Midlands Family Medicine as he is Board certified in Internal Medicine allowing expansion of the clinic to better serve the needs of our growing population. Cora Fisher, APRN joined Dr. Nielsen in his Internal Medicine practice in October of 2012. Shortly after, in November 2012, Kristina Downing, APRN joined Dr. Citta seeing patients. In late 2013, Dr. Kumar joined our practice after having worked as an inpatient hospitalist.

Dr. Conell has been the Rural Residency site director since the program's inception in North Platte and has successfully educated many residents who have since gone on to be successful physicians, some in the areas surrounding the community. Currently Midlands is set up to educate four residents in Family Medicine (two 2<sup>nd</sup> year and two 3<sup>rd</sup> year residents). However, given the transition of site coordinators, we will likely for the next few years Match to only one resident each year.

Midlands Family Medicine is a privately owned clinic with its providers having local hospital staffing privileges. Midlands can provide you not only with the medical education that you seek, but also business education and money management necessary for success.

## **Current Providers**

### Family Medicine

Shawn Murdock, MD – residency site coordinator

Gary Conell, MD – past residency site coordinator

Dave Arthur, PA

Jason Citta, MD

Kristina Downing, APRN

Jeff Brittan, MD

Mary Dailey, APRN

Sujay Kumar, MD

### Internal Medicine

Mark Nielsen, MD

Cora Fischer, APRN

Sri Suravarapu, MD, MPH



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## Outpatient Services Offered

- Patient wellness/Preventative Medicine education
- Complete family medicine care from conception through geriatric care
- Complete pediatric care including newborn care, well child care, and school physicals
- Complete obstetric care including contraception counseling, pregnancy testing, maternity care, and newborn delivery
- Gynecologic care including cryotherapy, colposcopy, and annual Pap smear and breast exams
- Radiography (x-rays)
- Electrocardiogram (EKG)
- Holter Monitor
- Allergy and Immunotherapy
- Physical Examinations (adult, child, school, sports, camp, and Pre-Operative)
- Sports Medicine
- Accident and Injury care
- Wound care
- Fracture care
- Vasectomy
- Skin lesion and wart removal
- Full In-Patient Hospital Care
- Upper GI endoscopy
- Colonoscopy
- Cardiovascular stress testing
- Vaginal delivery of your child
- Dilation and curettage
- Full In-Patient Hospital Care

## Clinic Volume

Midlands is a fairly high volume clinic with our daily patient volume averaging about 200-225 patients per day. You will have your own continuity clinic that we hope with time will begin to fill up with patients that opt to follow you. However, you will also see patients from our physicians' schedules in order to get the experiences needed for your education.

## Procedure Volume

The physicians of Midlands do a large number of procedures. Those procedures done in the hospital or surgery center will be available for you provided your rotation schedule allows it.

Upper/Lower Endoscopies – average 10-15/week

Cardiac Stress Testing – average 5-10/week

Vaginal Deliveries – average 10-15/month for Midlands providers, this does not include deliveries with OB

C-Sections – we will no longer have a Family Medicine provider doing these however, you will be able to work with our local OB/GYN physicians as availability permits



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## **About Great Plains Regional Medical Center**

**Facility:** A not-for-profit, community-owned hospital providing a full-range of services

**Capacity:** 116 beds

**Number of employees:** 800

**Service area:** 17 counties in West Central Nebraska

**Outpatients and inpatients served per year:** 150,000

**Babies born per year:** 650 – approximate 25-30% surgical delivery rate

**Surgeries per year:** 4,500

**ER visits per year:** 17,000

**Patients served in outreach clinics:** 2,000

**NICU – Level II**

**Trauma Center – Level III**

### **Specialties Represented:**

Anesthesiology

General Surgery

Cardiology/Invasive Cardiology

Urology

Podiatry

Orthopedics

Pediatrics

Family Medicine

Spinal Surgery

Infectious Disease

Hematology/Oncology

Endocrinology

ENT

Neurology

Sleep Medicine

Internal Medicine

Pulmonology

Orthopedic Hand

Inpatient Hospitalists

Pain Management

OB/Gyn

Dermatology

Ophthalmology

Psychiatry

Oral Surgery

Radiology

## About North Platte Nebraska

**North Platte** is a city in and the county seat of Lincoln County, Nebraska, United States. It is located in the southwestern part of the state, along Interstate 80, at the confluence of the North and South Platte Rivers forming the Platte River. North Platte is approximately a 3.5 hour drive to either Omaha, NE or Denver, CO. The population is estimated at 24,592. North Platte is a railroad town; Union Pacific Railroad's large Bailey Yard is located within the city.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
<b>Average high °F (°C)</b>	39.0 (3.9)	43.0 (6.1)	52.5 (11.4)	62.2 (16.8)	71.7 (22.1)	81.8 (27.7)	88.2 (31.2)	86.1 (30.1)	77.8 (25.4)	64.5 (18.1)	50.2 (10.1)	39.1 (3.9)	63.01 (17.23)
<b>Daily mean °F (°C)</b>	25.3 (-3.7)	29.3 (-1.5)	38.3 (3.5)	47.9 (8.8)	58.2 (14.6)	68.2 (20.1)	74.5 (23.6)	72.5 (22.5)	62.6 (17)	49.3 (9.6)	35.9 (2.2)	25.7 (-3.5)	48.98 (9.43)
<b>Average low °F (°C)</b>	11.7 (-11.3)	15.6 (-9.1)	24.1 (-4.4)	33.5 (0.8)	44.6 (7)	54.7 (12.6)	60.9 (16.1)	58.9 (14.9)	47.4 (8.6)	34.1 (1.2)	21.6 (-5.8)	12.2 (-11)	34.94 (1.63)
<b>Precipitation inches (mm)</b>	0.34 (8.6)	0.50 (12.7)	1.05 (26.7)	2.27 (57.7)	3.27 (83.1)	3.41 (86.6)	3.07 (78)	2.29 (58.2)	1.41 (35.8)	1.54 (39.1)	0.64 (16.3)	0.41 (10.4)	20.2 (513.2)
<b>Snowfall inches (cm)</b>	5.2 (13.2)	5.3 (13.5)	4.6 (11.7)	3.3 (8.4)	0 (0)	0 (0)	0 (0)	0 (0)	0.2 (0.5)	2.1 (5.3)	3.8 (9.7)	4.5 (11.4)	29 (73.7)

[visitnorthplatte.com](http://visitnorthplatte.com)

### Attractions

20th Century Veterans Memorial  
Alpha Omega Labyrinth  
Art and Gift Gallery  
Buffalo Bill State Historical Park  
Cody Go-Karts  
Cody Park Antique Carousel and Kiddie Rides  
Cody Park Railroad Museum  
Cody Park Wild West Memorial  
Community Unity Art Sculptures  
Feather River Vineyard  
Fort Cody Trading Post  
Golden Spike Tower and Visitor Center  
Lincoln County Historical Museum  
NEBRASKAland DAYS  
Neville Center for the Performing Arts  
North Platte Area Children's Museum  
North Platte Bark Parks (Dog parks)  
Union Pacific Bailey Yard

### Recreation

Indian Meadows Golf Course  
Cody Park Flight to 9 Disc Golf  
Dusty Trails Stables and Outfitting  
Erickson's Xtreme Outfitters  
Flat Rock Riders Ohv Park  
Iron Eagle Golf Course  
Kayak Polo  
Lake Maloney Golf Course  
Lake Maloney State Recreation Area  
Lincoln County Speedway  
Lincoln County Wildlife Gun Club  
Maniohuta Archers  
North Platte Centennial Park  
North Platte Cody Park  
North Platte Memorial Park  
Platte River Fitness Series  
Platte Valley Sportsmens Club  
River's Edge Golf Club

## **Residency Program Requirements**

### **Required Rotations/Patient Types**

All Rural Track residents will spend their first year in Omaha, Nebraska at the University of Nebraska Medical center where you will complete 12 months of rotations.

Upon completion of your first year, years two and three will be spent in North Platte to complete your rotation schedule (elective rotations can take place anywhere you choose).

Family Medicine Residency required rotations are noted below and are generally scheduled as noted below, however sometimes alterations must be made:

Behavioral Medicine (1 month) – done 1<sup>st</sup> year at UNMC  
Cardiology (2 months)  
CORE (1 month)  
Dermatology (1 month)  
Electives (6 months)  
Emergency Medicine (1 month)  
ENT clinic (2 weeks)  
General Surgery (2 months)  
Geriatrics (1 month) – done 1<sup>st</sup> year  
GYN (1 month)  
In-patient (3 months) – done 1<sup>st</sup> year at UNMC with Family Medicine Service  
In-patient RTT (1 month) – done at rural site  
Internal Medicine Elective (1 month)  
Intro to Family Medicine/Community Medicine (1 month) – done 1<sup>st</sup> year at UNMC  
Neurology (1 month)  
Obstetrics (1 month) – done 1<sup>st</sup> year at UNMC  
Obstetrics (2 months) - done at rural site  
Ophthalmology (2 weeks)  
Orthopedics (1 month)  
Pediatric In-Patient (1 month) – done 1<sup>st</sup> year at Children’s Hospital  
Pediatric Out-Patient (1 month)  
Pediatric Elective (2 months)  
Practice Management (1 month) – done 3<sup>rd</sup> year  
Pulmonary/ICU (1 month)  
Radiology (2 weeks)  
Sports Medicine (1 month)  
Urology (2 weeks)

As part of the residency program, national requirements include documentation of the following:

- 15 ICU/Critical Care patients
- 40 newborn visits – got residents beginning in 2014
- 40 vaginal deliveries (10 continuities) – for residents beginning before 2014

### **Continuity Clinic**

Residents are required to participate in their continuity clinic for a minimum of 40 weeks/yr. with no more than an 8 week interruption for electives/leave of absence/etc.

Residents will be required to complete 1650 clinic visits of which:

- 10% of visits with children less than age 10
- 10% of visits with elderly over age 60

### **Call Duty**

Your call responsibilities will be primarily based out of Midlands Family Medicine. You will be 1<sup>st</sup> call with a Midlands provider as your backup call. Your duties on call will be covering inpatient, outpatient, nursing home and Emergency Room calls which will include admission of patients for the call group. Our current call rotation is 1 night in 7 and 1 weekend every 7. You will as well be responsible for rotation specific call duty in addition to your primary call responsibilities.

You will be responsible for admitting/daily rounding/discharging the patients of Midlands providers that you admitted from your call duties in addition to any continuity patients that you may admitted to the hospital for an inpatient stay.

### **Resident Teaching Days/Didactic Teaching**

Resident teaching days are currently scheduled for the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month. The teaching day is telecast to the physician lounge at Great Plains Regional Medical Center. Grand Rounds will also take place weekly on Wednesdays at noon and will be telecast as well. Your attendance at these teaching days is mandatory.

Additional didactic teaching will take place throughout the month independent of that done through UNMC and may include case reviews, journal reviews, presentations (both faculty and resident), and disease specific education.

We will try at various times to have scheduled formal rounds.

### **Procedure/Patient Documentation**

Resident will be required to document various things regarding procedures done and special patient types seen during training. This required documentation is not only part of the Residency training, but is also essential to being able to provide hospitals with proof that you have been trained on, and have completed such things as procedures in order to credential you upon completion of the residency program. You will be required to keep this procedure log and patient list up-to-date.





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You will have access to a program through UNMC known as “New Innovations” through which you can keep record of your progress.

Your “New Innovations” account will be reviewed with you at each evaluation.

### **Scholarly Activities**

Residents will be required to participate in scholarly activities throughout the program including development and presentation of a “Senior Project”. Some of these scholarly activities will include practice improvement projects such as the METRIC program offered through the AAFP.

### **Resident Evaluations**

Residents will be evaluated on each rotation by a direct supervising physician from that rotation. Residents will also have face-to-face evaluations every 6 months with the site director and any other appropriate supervising physicians.

### **Hours Restrictions**

Residents are required to have 1 day in every 7 free of all duties. Typically speaking this will either be a Saturday or a Sunday unless other vacation days have been used during the week.

Residents are limited to a 80 hour work week averaged out over 4 weeks.

“Moonlighting” is permissible however these hours are included in your 80 hour work week and at no point will take priority over your rotation duties. Moonlighting must be approved prior to each scheduled session.

### **Contact Information:**

Site Coordinator:

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