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HIDALGO MEDICAL SERVICES

FAMILY

MEDICINE RESIDENCY PROGRAM

HIDALGO MEDICAL SERVICES FAMILY MEDICINE RESIDENCY PROGRAM

The 1 + 2 Rural Approach

Silver City, New Mexico

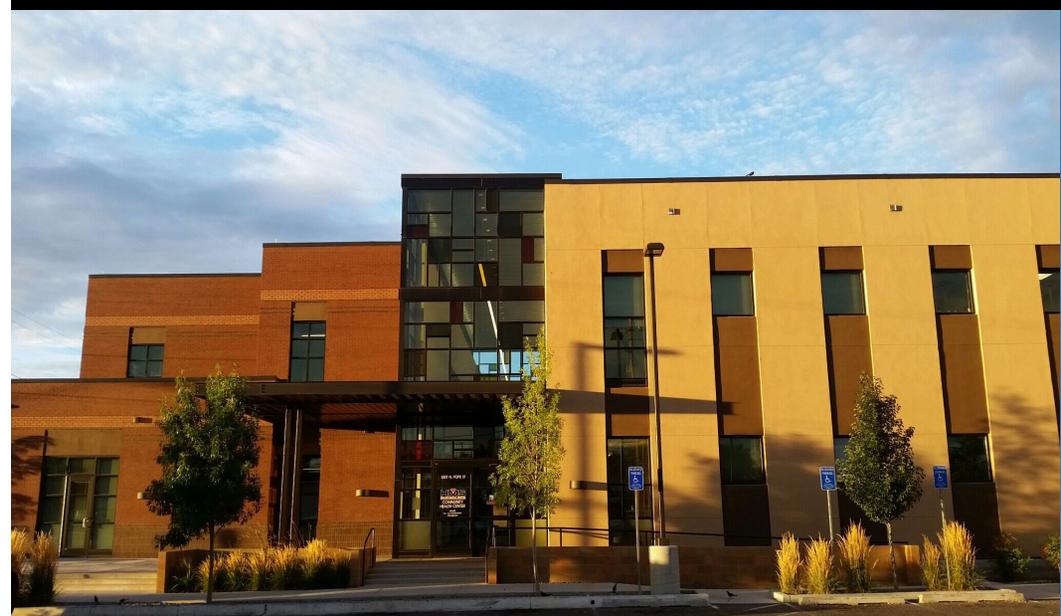


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Program Overview

Community-Based Training

Nestled in the heart of the Gila Wilderness, the HMS Family Medicine Residency Program is specifically designed in the "1+2" format to offer top quality training in an urban setting at Memorial Medical Center in Las Cruces, NM during the intern year, followed by a two-year robust, community training experience in Silver City, located in southwest New Mexico.

Decentralizing resident education adds value to the education experience by ensuring that each resident has more community-relevant experiences and training that models the generalist-specialist relationship. At a time when the United States finds itself with an inadequate supply of physicians, the distribution of healthcare and access remains problematic. HMS has developed the HMS Family Medicine Residency Program in response to the primary care needs of our state and nation.

With over 20 years of experience hosting rural training rotations, HMS has been recognized by HRSA as the first Teaching Health Center in New Mexico and welcomes two residents per academic year as a 2/2/2 program.



Our Mission:

Hidalgo Medical Services positively impacts the health, well-being and quality of life for the people we serve through comprehensive, affordable and integrated personal and community health.

In 1996, the County turned the reigns of the clinic over to HMS entirely and more significantly, continued to provide HMS with facilities and financial support to supplement State funding.

In 1997, with assistance from the UNM Office of Rural Outreach, HMS applied for federal funds through the State Community Health Center program and the Federal ORHP Rural Health Outreach grant program. HMS was awarded both grants in October of 1997. This development provided the resources to expand HMS clinical services.

The next few years were dedicated to site expansions and program development. Consistent with the HMS strategic plan a clinic opened in Animas at the public school; mental health, tele-radiology and family support services were also added. Plans were developed to design, finance and build a new health center in Lordsburg. In 2001, the financing package for the facility was finalized, thanks to a community-wide effort.

Today, HMS provides comprehensive primary care in 12 clinic facilities in Grant and Hidalgo counties, including digital diagnostic x-ray services in the medical and dental service lines, mental health services and family support services. HMS currently has over 180 staff members and a budget in excess of 15 million dollars.

HMS Home Base In Lordsburg



History of HMS



Hidalgo Medical Services (HMS) hails from a “free-standing” National Health Service Corps site, developed in the 1980’s in Lordsburg, New Mexico. In those days, the federal government would assign physicians, physician assistants and other health professionals with an obligation to repay their education scholarships to Health Professional Shortage Areas. After a few years of success, the “Corps” providers left and because of changes in federal policy, no replacements were forthcoming.

In 1994, the Hidalgo County government applied for and received funds from the New Mexico Department of Health’s Primary Care Bureau to renew efforts to establish health care in the area. The \$35,000 in funds allowed the county to hire a clinic director and support staff to begin developing the infrastructure for service delivery. In late 1994, NM DOH staff traveled to Lordsburg with two Family Medicine residents to discuss how everyone could work together to initiate services in Lordsburg.

In 1995, HMS opened its doors in a wing of the old hospital and began providing services, utilizing four physicians (including the two UNM Family Medicine residents) from Silver City. So, with a humble two-day-per-week clinic in Lordsburg, the Hidalgo County government and the newly reformed Board of Directors of HMS began their journey. The mission of HMS at the time: Recruit a physician for Hidalgo County.

Silver City Community Health Center



Curriculum



Year One at Memorial Medical Center

- ◆ Care of the Older Adult
- ◆ Obstetrics
- ◆ Inpatient Pediatrics
- ◆ Family Medicine Inpatient Service
- ◆ Outpatient Pediatric Clinic
- ◆ Inpatient Behavioral Health
- ◆ Night Float

Year Two and Three in Silver City

- ◆ Anesthesia
- ◆ Behavioral Health
- ◆ Cardiology
- ◆ Community Health Orientation
- ◆ Dermatology
- ◆ Emergency Department
- ◆ Electives/ Selectives
- ◆ Evidence-Based Medicine
- ◆ Family Medicine Inpatient Service
- ◆ Family Medicine Outpatient Service
- ◆ Geriatrics
- ◆ Gynecology Outpatient / Women’s Health
- ◆ Newborn Nursery
- ◆ Obstetrics Inpatient Service
- ◆ Orthopedics
- ◆ Otolaryngology
- ◆ Pediatric Inpatient Service
- ◆ Pediatric Outpatient Service
- ◆ Podiatry
- ◆ Practice Management
- ◆ Pulmonology
- ◆ Radiology
- ◆ Sports Medicine
- ◆ Surgery



What Makes Us Unique



Our Modern Training Facility

The 30,000 SF **HMS Community Health Center** was built in 2012 and includes the following features to support our Family Medicine Center for Resident Training:

- ◆ 24 primary care exam rooms
- ◆ Oversized family-friendly exam rooms conducive to multi-disciplinary team-oriented treatment plans
- ◆ Two (2) Procedure Rooms designed to accommodate minor surgical procedures
- ◆ 10 Dental Suites
- ◆ Mental Health Suites with adult group and child play areas
- ◆ Community Health Workers in each clinical hallway
- ◆ Three (3) community classrooms
- ◆ Digitization of all health and radiology records
- ◆ In-house Digital X-Ray
- ◆ In-house Laboratory
- ◆ OB Ultrasound and Colposcopy
- ◆ Bone Density Testing
- ◆ Three (3) one-bedroom apartments for student and resident training. (We train between 65-70 medical and dental students and residents annually from UNM and other universities nationwide)
- ◆ Centralized Care Team Workspace that promotes a team-based approach to patient care by co-locating providers with medical assistants, referral clerks and other health professionals
- ◆ Registered Dietician and Teaching kitchen



Living in the Land of Enchantment



New Mexico Highlights

5th Largest State in the Nation

- ◆ Two Million People
- ◆ 13 National Monuments, Parks, Lakes, Forrest
- ◆ Living in the Land of Enchantment is a Choice!
- ◆ Enjoy the Outdoors
- ◆ Enjoy the Arts
- ◆ Health Professional Perks
- ◆ Workforce opportunities are plentiful.
- ◆ 32 of New Mexico's 33 counties are designated by HRSA as Health Professional Shortage Areas
- ◆ NM State Tax Credits for Health Professionals



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Recreation



Recreation

- ◆ Shops
- ◆ Art Galleries
- ◆ Inviting multi-cultural eateries
- ◆ Biking
- ◆ Hiking
- ◆ Camping
- ◆ Fishing

Family Friendly

- ◆ Great Community Parks
- ◆ Special Event Parades
- ◆ Jump-Into-Summer Family Fun Day
- ◆ Community Swimming Pool
- ◆ Interactive Community Events
- ◆ Holiday Festivals
- ◆ Community Theatre
- ◆ Music Festivals



HMS Graduate Medical Education Training Competency Goals:



- Provide a quality continuum of educational experiences for Residents engaged in medical education;
- Assist the State of New Mexico in meeting the statewide need for skilled and competent practicing physicians, as well as attempting to help meet workforce needs regionally and nationally;
- Expand residency slots for nationwide medical school graduates;
- Assure that resident education addresses the importance of quality patient care and patient safety;
- Train life-long learners for ongoing review of current standards of care and critical appraisal of scholarly research with the goal of providing excellent evidence-based care;
- Assure that this family medicine training program provides educational experiences that are sensitive to the unique multicultural environment of New Mexico, while meeting or exceeding the standards of quality care and professionalism;
- Provide full-spectrum family medicine training;
- Focus on the unique aspects of the practice of medicine in frontier and rural communities.



Our Affiliated Hospital in Las Cruces

MEMORIAL MEDICAL CENTER

Located in the Mesilla Valley of southern New Mexico - between the stunning Organ Mountains and the rambling Rio Grande - Memorial Medical Center serves the 300,000 residents of Las Cruces, Doña Ana County, and the surrounding region. They offer comprehensive care to their patients, including the latest in diagnostic, therapeutic, and rehabilitative services, both on an inpatient and outpatient basis. Family Medicine Residents will have the opportunity to start their training in an urban setting with a large volume of patients with diverse medicinal conditions. They will also have access to specialists from multiple disciplines prior to the transition of training to the rural setting of Silver City. Since Las Cruces and Memorial Medical Center serve as a referral center for the people living in and around Silver City, the Family Medicine Residents will have the opportunity to get to know a large number of these specialists personally prior to making the transition to the rural training site.

www.mmclc.org



What Makes Silver City Unique



At-A-Glance

- ◆ Rising 6,000 feet above sea level
- ◆ 3 Million Acres of Gila Wilderness
- ◆ Outdoor Paradise
- ◆ County Population: 10,300
- ◆ 320 days of sunshine each year
- ◆ Avg. July high: 90 and low 60
- ◆ Avg. January low: 24 and high 50
- ◆ Cost of Living: 10% below the national average
- ◆ Great Family Lifestyle

Art & Culture

- ◆ Home of Cultural Explosion: Jazz & Blues Festivals, Cowboy Poetry, Art Festivals
- ◆ Two dozen art galleries and over 125 artists
- ◆ 2014 Smithsonian Institute *America's Best Small Towns* Award
- ◆ 2008 Award for the 100 Best Small Towns in America
- ◆ Voted among the 50 Healthiest Places to Live and Retire in the United States
- ◆ The 50 Most Alive Places to Live, the National Trust for Historic Preservation's Dozen Distinctive Destinations
- ◆ Oprah Winfrey's list of Top Spots to live
- ◆ Richness of Culture: Tortilla Festivals, Pow-Wows, Rodeos



What Makes Our Program Unique



- ◆ **Focus on Rural Training** with assistance from other specialties and telemedicine programs
- ◆
- ◆ **Protected Education Time** – One day of didactics and scholarly activity per week, focusing on robust lecture topics and activities.
- ◆ **Modern Training Facility** – Newly built 30,000 Square-Foot facility
- ◆ **Intimate Continuity Clinic Environment** - Because the program only accepts two residents per academic year, each resident is supported by the entire medical team and guaranteed a well-rounded, full spectrum experience with exposure to diverse and unusual cases
- ◆ **1.3 Residents to One Faculty Ratio**
- ◆ **Unopposed Training** with no competition for procedures and full access to Attending Physicians
- ◆ **Richness of Culture** – Southwest New Mexico boasts a very diverse population and residents will develop an ability to understand, communicate with and effectively interact with patients across many cultures.



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Our Affiliated Hospital in Silver City

GILA REGIONAL MEDICAL CENTER

Gila Regional Medical Center (GRMC) is the largest regional medical facility in southwest New Mexico serving a 4-county region and a population of over 63,000 and the only source of subspecialist care in the region. GRMC is a county-owned, not-for-profit, 68-bed acute care hospital. Gila Regional has a strong commitment to the people they serve. Its' investments in technology and certified caregivers provide quality care delivery through a patient-centered approach. It is home to the Cancer Center and the Surgical Center of the Southwest. Residents will be exposed to rural medicine in a community hospital setting, while supported by a state-of-the-art facility with subspecialist back up for complex cases. The program benefits from an excellent relationship with the medical administration and medical community that is responsive and innovative in providing a good learning environment. .

www.grmc.org





Meet Our Program Director
Darrick P. Nelson, M.D.

Originally from a small mining town in Arizona and a U.S. Army Veteran, Dr. Darrick Nelson obtained his medical degree from the University of Texas Health Science Center at San Antonio. He graduated Magna Cum Laude from the University of Texas at Dallas with a Bachelor of Science degree in Biology. Prior to joining HMS, Dr. Nelson was a professor and a core faculty member at Texas A&M University Health Science Center, Department of Family and Community Medicine, Corpus Christi Family Medicine Residency Program where he was responsible for the teaching and supervision of residents in outpatient clinics, inpatient hospital, intensive care unit, newborn nursery, labor and delivery, including C-sections, high risk obstetrics, and indigent care. Dr. Nelson is a Fellow in Medical Informatics and was physician liaison for implementation of electronic clinical documentation system with CHRISTUS Spohn Shoreline Hospital.

Dr. Nelson serves as the Chief Medical Officer at HMS and the founding Program Director of the HMS Family Medicine Residency Program. Dr. Nelson directs the delivery of patient-centered primary care services for HMS as well as leadership and innovation on projects and programs to improve clinical and overall health outcomes for the residents of Southwest New Mexico. Dr. Nelson is one of the founders of the *FORWARD NM – Pathways to Health Careers* workforce program at HMS. This 5-stage program reaches students from secondary education throughout graduate degrees and includes the accreditation of the HMS Family Medicine Residency Program, the first Teaching Health Center designation in New Mexico.

In 2012, Dr. Nelson was named the New Mexico Primary Care Association's "Community Health Center Medical Provider for the Year." Dr. Nelson is a Fellow of the National Institute for Program Director Development. In addition, Dr. Nelson serves the Board of Directors for The National Rural Training Track Collaborative ("The RTT Collaborative" or "RTTC"), a newly established 501(c)(3) organized to sustain medical education in rural places.



Meet Our Associate Program Director
Kristan Diaz-Rios, M.D.

Dr. Kristan Diaz-Rios is a family medicine physician who graduated from Brown University's Warren Alpert School of Medicine and completed her Family Medicine Residency and Obstetrics Fellowship at Christus Spohn Memorial Hospital in Corpus Christi, TX. While she has a special interest in Women's Health and Adolescent Medicine, she also enjoys the full spectrum of patient care that Family Medicine has to offer. Dr. Diaz-Rios and her husband Rick Rios, D.C. live in Silver City with their son. They enjoy golfing, running and exploring New Mexico.



Meet Our Core Faculty
Virginia Hernandez, M.D.

After completing her Family Medicine residency in 2012, Dr. Hernandez practiced with an urgent care center and walk-in clinic, until she accepted a locum tenens position with the Indian Health Service (IHS), San Carlos Apache Indian Hospital, located in Arizona. She accepted this position in the fall of 2013, and later served as a Medical Officer, with the IHS' Northern Navajo Medical Center in Shiprock, New Mexico. Throughout her medical career, Dr. Hernandez has always wanted to provide services to patients in medically underserved communities. Her own childhood and family experiences, which included a lack of access to care and language barriers, instilled in her the desire to become a Family Physician in a rural community.