Colorado Family Medicine Residencies

Colorado Family Medicine Approved Rural Rotation Sites
Rural Rotation Site Information

As of January 2020

Rural Site	Clinic	Clinic Address	Office Schedule	Call Schedule	Procedures Performed	Mix of Care	Services/Procedures Not Available	Resident Supervision	Resident Office Space
Basalt	Mid-Valley Family Practice		Monday – Friday 8 am to 6 pm	To be arranged; all call from home.	Dermatological procedures, lacerations, and fractures	Adult medicine: 55%, Pediatrics: 20%, Geriatrics: 45%, Gynecology: 3%, Orthopedics: 20%, Psych/counseling: 15%, Surgery: 2%	Inpatient service and obstetrics are not provided.	Autonomy will be dependent on the resident skill set.	The resident will share office space with Dr. Kotz.
Brush	Brush Family Medicine	2400 West Edison Street; Brush, CO 80723	Monday - Friday 7am - 5pm; flexible schedule available	Can respond to call with clinic physicians	General family practice procedures ranging from pediatric to geriatric, acute and complex patient panels. Family Practice physicians do also have OB patient panels	Adult medicine: 30%, Pediatrics: 20%, Geriatrics: 40%, Gynecology: 3%, Orthopedics: 2%, Surgery: 2%; Psych/Counseling: 3%	N/A	Two Family Practice MD's with OB, and One Family Practice w/out OB will be preceptors, giving the resident a full family practice view with different physicians	Resident will utilize floor work space with precepting provider and has access to private office space as needed
Canon City	Marc Sindler, MD Family Medicine		Monday & Tuesday, Thursday & Friday 9 am to 5 pm	Will do call with Dr. Sindler	Provided In office procedures include Vasectomy, Flexible Sigmoidoscopy, Biopsy/Excision of malignant and benign skin cancers, Nexplanon, IUD, Trigger point and joint injections.	Adult Care: 20%, Geriatrics: 25%, Gynecology: 10%, Obstetrics: 5%, Orthopedics: 5%, Pediatrics: 15%, Psych/Counseling: 5%, Surgery: 15%	This practice does not perform colonoscopies.	Dr. Sindler prefers to have residents discuss all cases except very straightforward cases and to preview unusual/abnormal findings.	Resident will have a desk in Dr. Sindler's office
Frisco	Summit Community Care Clinic		Monday - Friday 8am - 5pm	No call unless requested	Derm procedures, IUD, Nexplanon, OB ultrasound, joint/ trigger injections, I&Ds, laceration repair, nail removal	Adult medicine, pediatrics, prenatal, in-office procedures, psych, school based medicine	Inpatient medicine and inpatient obstetrics	Resident will see patients from the preceptor's schedule to begin and then patients will scheduled with the resident to see independently afterward with preceptior oversight	Resident will have a desk in shared pod
Granby/Kremmling	Middle Park Medical Center, Granby Kremmling Memorial Hospital		Monday – Friday 8 am to 5 pm	MPMC adheres to the 1 in 4 maximum requirements. ACGME rules are followed.		Inpatient medicine, procedures, emergency medicine, urgent care, and a variety of rural clinic experiences. MPMC is the largest hospital system in Grand County; with a rural health clinic in Walden, CO; level IV trauma centers/critical access hospitals (ER, inpatient, swing bed, urgent care, long term care, and clinic environments) in Granby and Kremmling, and an urgent care/clinic in the town of Winter Park, CO.	No OB	Resident/preceptor preferences will be discussed at the beginning of the rotation. The resident will see patients from the preceptor's panel. The resident discusses differential diagnosis, approach for evaluating the patient, and different treatment options on a case-by-case basis. This experience is resident/preceptor dependent and varies throughout our organization. The resident discusses differential diagnosis, approach for evaluating the patient, and different treatment options on a case-by-case basis.	It varies by practice site. There is usually shared office space with the preceptor.
Holyoke	Family Practice of Holyoke		Monday – Friday 8 am to 5 pm	Weekend, evenings and nights	EGD, colonoscopy, treadmills, joint replacements, hernias, pain injections, podiatry surgeries, cataracts, laparoscopy and various emergency procedures.	Adult Care: 25%, Geriatrics: 25%, Gynecology: 10%, Orthopedics: 4%, Pediatrics: 10%, Psych/Counseling: 5%, ER Medicine: 4%, Surgery: 10%	Full Spectrum	Dedicated MD back-up, based on comfort level	Shared office with pre-ceptor
Julesburg	Sedgwick County Center		Monday – Friday 8 am to 5 pm	Weekend, evenings and nights	EGD, colonoscopy, minor surgery, treadmills, and various emergency procedures.			The resident will be given the opportunity to safely, independently assess patients and formulate treatment plans which will be supervised by the preceptor. Any procedures would be directly supervised.	Resident office space available.

Rural Site	Clinic	Clinic Address	Office Schedule	Call Schedule	Procedures Performed	Mix of Care	Services/Procedures Not Available	Resident Supervision	Resident Office Space
La Junta	Valley-Wide Health Systems		Monday – Friday 8 am to 5 pm	To be arranged; all call from home. Will perform call with attending physician.	Dermatologic procedures, lacerations, fractures, circumcisions, Nexplanon, IUD, trigger point, joint injections, cesarean deliveries, tubal ligations, EGD, colonoscopy and various emergency procedures.	General mix of full spectrum family practice. Pediatrics: 25%, Adult: 25%, Geriatrics: 25% including nursing home visits, and Obstetrics: 25% including 10-15 deliveries per month. Also available to have shifts at the local ER, with GI doctor and orthopedic surgeon.		Residents will have the opportunity both in the outpatient clinic setting and inpatient setting to safely, independently assess patients to formulate treatment plans, which will be supervised by the preceptor. Any procedures will be directly supervised by the attending physician. Residents will see patients from the preceptor's panel.	There is shared office space with the preceptor.
Rifle	Grand River Hospital District		8 am to 5 pm, 4 day weeks	No call unless requested by the Resident.				The resident will see pt.s from the preceptors panel. Opportunities for residents to learn different procedures will be prioritized.	There is shared office space with the preceptor.
Salida	First Street Family Health		Monday – Friday 8 am to 5 pm	1 week per month including evenings and weekend	Casting/splinting, derm procedures (shave/punch, excisions, etc), IUDs/Neplanon, some ultrasound, deliveries (vaginal and cesarean), joint and tendon injections (some with ultrasound guidance).	· Full-scope family medicine is provided, including OB.	GD/colonoscopy, paracentesis, thoracentesis, LP not performed by FM usually.	The resident will be able to see patients with their own scheduled appointments as well as see and manage patients in the hospital independently. Preceptor supervision will be readily available at all times both in person and via phone.	Depending on timing a combo of shared and common office space.
Yuma	Yuma Clinic		Monday – Friday 9 am-5 pm	Resident will cover call with their preceptor one night a week and one weekend a month	lacerations, fracture care/casting, biopsy/excision, Nexplanon, joint injections, nail removal, treadmills, colonoscopy/EGDs on Wed if interested	Adult Care: 25%, Geriatrics: 25%, Gynecology: 10%, Orthopedics: 4%, Pediatrics: 10%, Psych/Counseling: 5%, ER Medicine: 4%, Surgery: 10%		Residents are assigned a preceptor daily but will get to work with the entire medical staff to cover clinic, hospital inpatient and ER	Assigned a desk space with computer and internet access

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Resident Housing

Approved Rural Rotation Sites

As of January 2020

Rural Site	Resident Housing	Spouse/Significant Others Allowed	Families Allowed	Child Care Available	Pets Allowed
Basalt	Housing is provided and consists of a one or two bedroom apartment with separate entrance in a private residence 3 minutes from the practice. Laundry facilities are located one block away. Wireless internet connection available. Resident must have cell phone for home use.	Yes	yes	No	Yes, there is an additional $50.00 fee that is the residents responsibility
Brush	Our residents will feel quite comfortable in a 1,500 sq ft basement apartment located in Fort Morgan, CO, a mere 15 minute casual drive from Brush, CO. The apartment has two private sleeping quarters and is always housed by same gender individuals with 1 bath, washer and dryer, kitchen and living room with a TV.	Yes	Yes, with prior approval	No	No
Canon City	Residents will stay in a separate bedroom in Dr. Sindler's house.	Yes	Yes, with prior approval	No	No
Frisco	Residents will stay in a private bedroom in a community host or board member's home	Yes	No	No	No
Granby/Kremmling	Kremmling housing is an upstairs apartment with more room and will be the primary housing. Three bedrooms, one with a private bathroom and two rooms with one shared bathroom, one shared kitchen and living room; some exercise equipment in living room. May have other healthcare professionals using one of the other bedrooms at times. Granby housing can be used if resident is doing weekend call or extended ER experience (rather than driving back to Kremmling); 5 minutes from medical center; single room off a hallway, shared kitchen and bathroom, no living area; hospital uses the same building for storage. Internet available in Kremmling apartment, not available at single rooms in Granby.	Yes	Maybe, with prior approval	No	No

Rural Site	Resident Housing	Spouse/Significant Others Allowed	Families Allowed	Child Care Available	Pets Allowed
Holyoke	Brand new resident apartment complex, fully furnished across from parking lot of hospital	Case by case	No	No	NO
Julesburg	One bedroom furnished house; across the street from the hospital.	Yes	Yes	No	No
La Junta	Furnished condo, provided to the resident by Valley-Wide.	Yes, if space permits. (please coordinate housing with on-site personnel)	Yes, if space permits. (please coordinate housing with on-site personnel)	No	No
Rifle	Grand River provides an apartment with full kitchen and independent space in our neighboring community of Glenwood Springs.	Yes	Yes, with prior approval	No	No
Salida	Located 10 minutes west of town, in the house of a retired family physician and her husband. Resident will stay in a separate bedroom with their own bathroom; share the kitchen and living area with the owner; large house on two levels; large rooms. Very attractive country location; windows look out at the Collegiate Range; located on the Arkansas River; patio, two decks.	Yes, with prior approval	No	No	No
Yuma	Furnished house with private bed, share kitchen and living space with medical students, if there are any.	Yes, with prior approval	Yes, with prior approval	Very limited in town	No

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Colorado Family Medicine Approved Rural Rotation Sites

Rural Site Highlights

As of January 2020

Rural Site	Number of residents accepted per year	Months Rural Site is Available for Rural Rotation	Rural Site Highlights	Need to Know Before You Go	Community Profile
Basalt	**12**	**January-December**	Small growing Family Practice, residents will be included in all meetings and get a good view of what a rural Family practice entails.	Residents must be licensed prior to rotating in Basalt. Residents will be expected to complete a practice innovation project while on rotation. Residents will be able to use work out facilities in a building across the parking lot from the clinic.	Basalt city population is approximately 3,800. Basalt is located between Aspen and Glenwood Springs. Population of area served by the practice is 40,000. Many opportunities exist for skiing, hiking, biking, fishing, and other outdoor activities.
Brush	**10**	**Varies**	Five family physicians; 21 exam rooms. Clinic is a CPC+ participant; activity engaged as a patient-centered medical home with team-based care, QI, population health focus; limited behavioral health on site. The deliveries in Brush are provided by 2 FP with OB Physicians, 1 OBGYN, and one Certified Nurse Midwife.	Residents will work directly with a Family Medicine Physician in a busy, rural ambulatory care environment. Banner Family Medicine Brush is attached to East Morgan County Hospital, where many ancillary services are available for patient care. EMCH offers an indoor swimming pool and weight room that is available to residents, as well as an incredible Bistro available on site. The residents house is a modern home with all the amenities to ensure you a comfortable stay with us!	With a proud farming history, Brush has a strong agricultural heritage that is blended with tourism and outdoor recreation. Windswept prairies and wide, sunny skies make for a wonderful place to raise a family. When you venture off the beaten track you'll find Fishing, Camping, Historic Trails, Boating, Swimming, State Parks, Bowling, Volleyball courts, Motocross, Stock Car Racing, Sky Diving, Librairies, Museums, Barn Quilt Tours, and much, much more!
Canon City	**3**	**Varies**	4 exam rooms and in-office lab. Provides nursing home care. 15-20 patients seen in clinic daily.	"Dr. Sindler prefers residents that plan to stay in the community the duration of the rotation. If a rotation is scheduled during a time when Dr. Sindler will not be present, every effort is made to have resident attend with other approved preceptor (Dr. Bob McCurry, at another location) for the dates of Dr. Sindler's absence."	Canon City is listed on the National Historical Register and is the third oldest city in Colorado. Population is approximately 15,850. The downtown area is very walkable and has the feel of a small town. The Royal Gorge Bridge, owned by the City, is one of the major attractions located near Canon City. There are many opportunities for hiking, biking, and fishing in the surrounding area.
Frisco	**6**	**Varies**	FQHC with main clinic site and 6 school based health centers serving 9,000 patients per year. Main clinic provides full spectrum outpatient family medicine including OB/GYN, pediatrics, adult medicine, procedures	Residents will work directly with a Family Medicine Physician in the main clinic in Frisco. The resident will be asigned their own schedule as staffing allows. Spanish speaking residents will be given preference.	Summit County is known for it's amazing skiing, mountain biking, hiking and other outdoor activities. It is a unique rural site as it is a community largely based on the ski industry. Our clinic supports the vast majority of the uninsured workforce in the county, which includes a large Spanish-speaking only population. Coupled with the high cost of living, one of the highest costs of healthcare in the nation, this makes for a dicotomous community of visitors/part time residents and workforce.
Granby/Kremmling	**12**	**January-December**	Each month the resident will have a mix of 13-17 ER, Urgent Care, and clinic shifts (8-12 hours), depending on resident and attending interest; and four to five 24 hour ER shifts per month. Clinical experiences will be at the Kremmling Memorial Hospital in Kremmling, CO and Middle Park Medical Center in Granby, CO. Optional sites include a rural outreach clinic in Walden, CO and the Middle Park Medical Center Urgent Care in the town of Winter Park, CO.	The goal of this rotation is to focus resident training in emergency/urgent care in a rural area; however, the resident will be able to work with the preceptor to create a custom rural medicine experience. Clinic is adjacent to the hospital 10 exam rooms. EHR is Epic. Will involve limited inpatient care – the hospital census is typically 2-3 patients. Granby – opportunities include outpatient care (higher volume than Kremmling), some inpatient, and busier ER. Clinic is located within a new medical center that offers surgery and ER/trauma care; they also have two inpatient beds that are an extension of the critical access hospital in Kremmling.	Grand County is brimming with natural beauty, adventure, and authentic Colorado heritage. Each town has its own distinct character and story to tell. Home to Colorado's largest natural lake, Grand Lake, and the headwaters of the Colorado River, Grand county offers the most accessible water for recreation in Colorado. Only 67 miles from Denver, Grand County is the ultimate getaway for a genuine Colorado experience.

Rural Site	Number of residents accepted per year		Rural Site Highlights	Need to Know Before You Go	Community Profile
Holyoke	**12**	**january-December**	Melissa Memorial Hospital and the Family Practice of Holyoke is consistently ranked one of the best hospital/clinics in the region and state for patient satisfaction, quality outcomes and culture. With a brand new facility, including dedicated resident living quarters, in house retail pharmacy, 16 visiting subspecialties, and full spectrum of Rural Health Clinic, ER, Surgery and inpatient experience, you will find that your skills will be tested on a daily basis. MMH is embarking on a new accountable care organization that will focus on chronic disease management, transitions of care, population health and ensureing 100% medicare annual wellness visits are acheived.	Full spectrum work will be expected in Family Practice Clinic, ER, and IP units.	Holyoke is in the heart of one of the most successful agriculture areas in the state of Colorado. The town itself is home to 2350 people, with a very vibrant local economy, low un-employment, crime and high local support and pride. This shows in the community donating $1.5 million to the hospital foundation over 6 years. There is a 41% Hispanic/Latin/Mexican population primarily wokring for Seaboard Foods. MMH is focusing on ensuring the cultural divides are broken, and all patients have access to the healthcare they need.
Julesburg	**11**	**Varies**	Julesburg has a unique setting for working with two physicians providing comprehensive medical care for our county and several surrounding Colorado and Nebraska communities. We are the providers/medical directors for the adjacent nursing home and SCLF. Both preceptors have a strong interest in teaching. We are currently involved in the UC Summer Family Medicine Clerkship and the UC CHA/PA internship rotations. We find that teaching not only fulfills a source of "giving-back" and assisting those learning in our specialty, but is also rewarding and develops our clinical skills. Finally, we hope that we will encourage residents to consider rural medicine an attractive option, not only in our community, but in countless others. We have discovered that rural family medicine requires unique skills not always appreciated or developed in urban settings and hope to share these with learning residents.	Residents would be able to see out-patient (here and in smaller satellite clinics), Emergency Care, trauma (two interstates, I-80 and I-76 traverse our county), Obstetrics including C-Sections, and pre/post-operative general surgical care including assisting. All of this is available without immediate specialty availability which quickly hones assessment/treatment skills.	The historic Town of Julesburg the county seat of Sedgwick County, CO. Population is approximately is 1,245. The town is located on the north side of the South Platte River. It is the northernmost town in the state, located less than a mile south of the Nebraska border.
La Junta	**9**	**Varies**	Valley Wide Health Systems is a Federally Qualified Health Center that operates 12 Community Health Clinics in the San Luis and Arkansas Valleys in southern Colorado. Busy Community Health center with a diverse patient population and medical experience.	Residents who rotate with us can expect the full-spectrum family medicine experience. We work at several local nursing homes providing geriatric care as well as the local hospital providing inpatient medicine, pediatrics and obstetric care. Valley-Wide has a busy full-spectrum rural family medicine clinic and urgent care walk-in clinic. We have multiple family medicine physicians, a pediatrician and many midlevel providers. We care for all of our own patients when admitted to the local 25-bed critical access hospital including ICU, pediatrics & adult medicine, as well as deliver all of the obstetric patients (including c-sections).	On the southeastern plains of Colorado, the town of La Junta is a welcome sight to travelers who have crossed the vast Great Plains. Approximate population is 9,000. The most famous local attraction is Brent's Old Fort National Historic Site, about nine miles from town. The fort was originally erected in the 1830s by two brothers, Charles and William Bent, and was the only permanent structure for hundreds of miles around. Kit Carson hunted for food for the fort, and other famous Western characters appear in its history. The remnants of the fort were studied and, during the nation's bicentennial, the National Park Service re-created the adobe structure as close to its original condition as possible. A living program further enhances a visit here.
Rifle	**6**	**Varies**	Our hospital takes pride in our 4 star rating as well as our ability to provide quality care to patients of all ages. We have a wide range of accessible specialists to gain knowledge from in different disease processes as well as experienced primary care physicians that thrive in our rural location.		Rifle has always been a tightknit farm/ranch community with a large oil/gas industry presence. It is located 90 minutes from both Vail and Aspen and has world class rock climbing, mountain biking, hiking, fishing, and hunting. It is located on the I70 corridor so is an easy drive for wherever you want to go.
Salida	**3**	**Varies**	Salida is the medical hub for all of Chaffee County and many come from up to 100+ miles away to seek care here. We have a busy full-spectrum rural family medicine clinic with nearly 10,000 active patients with 4 doctors and 2 physician assistants. We care for all of our own patients when admitted to the 25 bed critical access hospital here, as well as deliver all of our own OBs (including c-sections).	Residents should prepare to see patients across the spectrum of age, ailment, and setting with as much independence as they are comfortable with.	Salida started as a railroad town providing a connection between the mining areas all along the Arkansas river watershed and the large East-West shipping route of the Denver-Rio Grande Railroad. While there has not been a train running through Salida for over 30 years it is experiencing a second population boom in the form of recreation and art. We are in prime location for world-class mountain biking, river sports, and just a short jaunt to excellent skiing and hiking. Salida is the only rural town to get a Creative District designation by the state of Colorado and gets funding to support local arts and culture with this program. Our population is therefore split between the younger artist and recreation crowd and the older retirees, ranchers, and railroad folk.

Rural Site	Number of residents accepted per year		Rural Site Highlights	Need to Know Before You Go	Community Profile
Yuma	11	Varies	Yuma District Hospital provides an excellent rural location for residents; the nearest major medical center is in Greeley, over one hundred miles away. Practice opportunities include office procedures, emergency room patients, inpatient service, and a wide variety of outpatient encounters. The hospital and clinic offer a broad range of diagnostic capabilities, including biochemical analysis, microbiology, ultrasound, x-ray, and CT scan. Specialty clinics are available in nearly every specialty on a weekly or monthly basis.	Rural medically underserved 60 patients daily Computer available for resident use Telemedicine available Meals at the hospital/clinic are free to resident. There is no immediate access to specialty and subspecialty consultation, so the practitioners use their full training and experience in this setting. However, specialty consultation is available through a combination of telephone and telemedicine.	The community is agriculturally based with several extended families living in the area which provides the reward of caring for an infant and the great- grandmother of that infant.