



Robert Ostrander, MD

ROBERT OSTRANDER, MD

RMED Medical Director

Dr. Ostrander grew up in Clifton Springs and graduated from Union College in Schenectady, NY, with a double major in German literature and Biology. He received his M.D. from SUNY Upstate. He completed a 3-year Family Practice Residency at St. Joseph's Hospital in Syracuse. Dr. Ostrander has lived in Rushville, NY, since starting his practice, Valley View Family Practice in 1986. He is actively involved with the New York State Academy of Family Physicians, and was the 2016-2017 president of that organization. He also sits on the NY Governor's Rural Health Council, which provides advice to the governor and Department of Health.

Dr. Ostrander has been a preceptor in the RMED program since 1995. He resides in Rushville, NY, with his wife Maribeth. They have four adult children. Their son Geoffrey Ostrander, M.D., who joined the practice in 2015, was a former Upstate RMED student and now serves as a community preceptor.

KIRBY BLACK, MD, FACEP

Kirby Black, an RMED Voluntary Faculty and community preceptor at our Oneida site, is Medical Director of Emergency Medicine at Oneida Health. He's from Evans Mills, NY, in Jefferson County. He graduated in 2014 and completed his RMED clinical rotation in Lowville, NY, in 2013.

KATHRYN MCHUGH, MD

Kathryn McHugh, an RMED Voluntary Faculty and community preceptor at our Lowville site is a family medicine physician working at Lowville Medical Associates in Lowville, NY. Lowville was both her hometown and her RMED site in 2014. She graduated from Upstate in 2015.

DANIEL HARRIS, MD

Daniel Harris, an RMED Voluntary Faculty and community preceptor at our Canandaigua site, is a Family Medicine physician working at Macedon Family Practice in Macedon, NY. He graduated in 2014 and completed his RMED clinical rotation in Canandaigua, NY in 2013.

RURAL TRAINING



PLACEMENT OF STUDENTS IN NEW YORK STATE



- Amsterdam
- Auburn
- Batavia
- Canandaigua
- Carthage
- Clifton Springs
- Cortland
- Cuba
- Geneva
- Glens Falls
- Gloversville
- Hamilton
- Hudson
- Ithaca/Watkins Glen
- Jamestown
- Lowville
- Malone
- Massena
- Norwich
- Ogdensburg
- Olean
- Oneida
- Oneonta
- Oswego
- Plattsburgh
- Rome
- Saranac Lake
- Saratoga
- Utica
- Watertown

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SYRACUSE, NY





In 30-plus years, our Rural Medical Education experience has established a proven record of providing primary care and specialty physicians for rural practice. Students who pursue the program are four times more likely to practice in a rural setting and five times more likely to work in rural New York than their peers.

Patient Care: One of the greatest advantages of the rural training program is the continuity of patient care experience. Students can follow patients outside the office as they have diagnostic studies, visit specialists, or undergo surgeries and procedures.

Self-Directed Learning: As preceptors get to know students' strengths, they offer opportunities to take on greater clinical responsibilities. Over time, students are encouraged to take on larger patient loads, make follow-up phone calls, and research clinical questions as they arise.

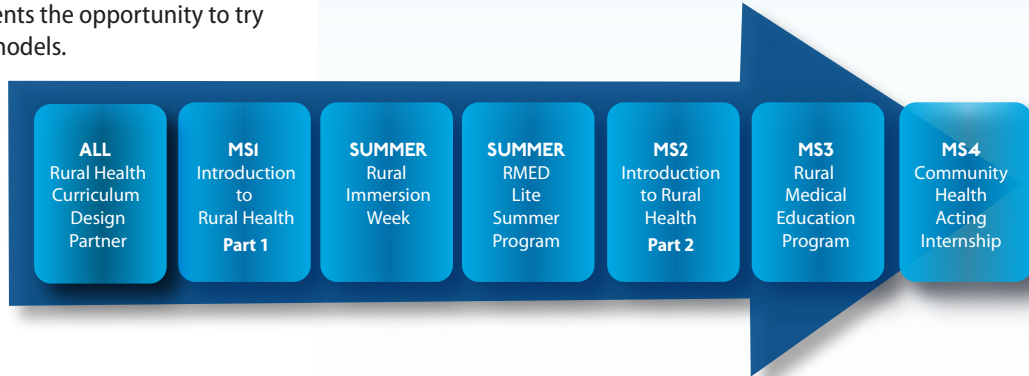
Individualized Training: The flexibility inherent to the rural medical training program allows students the opportunity to try out different specialties and practice models.

Preceptor Mentorship: RMED students are offered an apprenticeship model, where they can cultivate mentor relationships with core community preceptors who become trusted advisors, and help the transition into residency.

OUR MISSION

The mission of the Rural Medical Education Program and Rural Medical Scholars Program is to identify, recruit, and nurture medical students interested in future rural or small town practice.

- We conduct outreach to high schools and colleges in our catchment areas across New York State. We coordinate programming efforts with local Area Health Education Centers and New Vision Programs, as well as develop relationships with pre-med college groups.
- We nurture interest in future rural practice by offering a four-year, integrated, rural training program throughout medical school.
- We sustain relationships with community physicians, who include RMED graduates, by offering biannual faculty development opportunities.



APPLYING TO RURAL TRAINING OPPORTUNITIES

The Rural Medical Scholars Program (RMSP) was created in 2007 to actively identify, recruit, and nurture those interested in future rural, or small town, practice. The University's commitment to rural training means that the Office of Admissions seeks small town applicants and provides a holistic review of those applications for the College of Medicine. Interested applicants apply by selecting the Rural Medicine Supplemental option on Upstate's secondary application. The Rural Medicine Supplemental is made available to medical student applicants after they have submitted their AMCASS application and their AMCASS application has been verified, downloaded, and accepted by our Admissions Office.

In the RMSP Supplemental Application, medical student applicants respond to the following questions:

- Why do you consider yourself suited to rural medical practice?
- If you have lived in a rural community, please describe it and indicate how long you have lived there.
- Describe your understanding of an issue or challenge facing rural communities now or in the future.
- Describe any relevant medical encounters that either you or your family has experienced. How has this influenced your desire to practice rural medicine?
- What are your future career goals?

Rural Medical Scholars Program (RMSP) offers four years of elective courses focused on rural health issues. RMSP students may elect to participate in subsequent rural health courses including: Rural Immersion Week (FAMP1651) during second year, Rural Medical Education (FAMP1650) during third year, and Rural Medicine Community Health AI (FAMP1652) during fourth year. Medical students not admitted through RMSP are welcome to join rural health electives upon approval from the Dean of Rural Medicine, Dr. Carrie Roseamelia.

RURAL MEDICINE UNIQUE ELECTIVES

FAMP 1646: Introduction to Rural Health (MS1&2)

The elective runs concurrently across two preclinical years. This lecture-discussion course provides topical sessions on the state of rural health across our New York State regions.

FAMP 1698: Rural Immersion Week (Summer before MS2)

This one-week elective course is held the summer before MS2. Students live and train in a small town working side-by-side with local physicians in inpatient and outpatient settings. Additionally, students meet with community leaders from various agencies.

FAMP 1653: Rural Med Summer Elective (Summer before MS2)

The goal of this course is to provide a rich community-based summer experience to enhance the students' clinical knowledge through hands-on practice and mentorship. Students will "try on RMED" and participate in the following: care for patients across the lifespan, manage acute and chronic conditions, as well as provide wellness and prevention care.

FAMP 1650: Rural Medical Education Program "RMED" (MS3)

Participating students complete three (of eight) core clinical rotations including: family medicine, surgery and emergency medicine at a rural, or small town, clinical site. For the elective course, an emphasis is placed on the continuous and comprehensive care of patients. Students develop skills in the diagnosis and management of a wide range of common ambulatory and secondary hospital problems of patients across the age spectrum. Students participate in office hours and conduct inpatient rounds, laboratory work, night call, and case presentations with community-based attendings.

FAMP 1652: Rural Medicine Community Health AI (MS4)

This course prepares an MS4 to assume the role of a first-year resident in caring for patients across the lifespan in an ambulatory Family Medicine Clinic by managing acute and chronic conditions, and providing wellness and prevention care. Students perform all aspects of evaluation and management visits.

MELIA WAKEMAN

Melia is from Sidney, NY—a small town at the edge of Delaware County bordering the Catskill Mountains in southern-central NY. She is interested in surgery as well as family medicine and is doing her RMED clinical rotations in Canandaigua. Melia shared, "RMED has been the highlight of my medical education—the RMED community is unprecedented in providing a positive learning environment for students coming from small towns."



GABE ALAGNA

Gabe is from Glens Falls, NY and completed the Rural Med Summer Elective in his hometown with three different groups: family medicine, the surgical floor, and in the Emergency Department. During this elective Gabe experienced over 500 hours of clinical time and learned an enormous amount of information about many different specialties within medicine. Gabe shared, "The Rural Med Summer Elective has been by far the standout experience in medical school to this point. The opportunity to have such a meaningful impact at this stage of my education is the reason I chose to attend SUNY Upstate and specifically be a part of the rural training program."



TYLER FULLER

Tyler is from York, NY, and a Hobart and William Smith Colleges alum who is interested in rural family medicine. Tyler completed his RMED in Geneva, NY. Tyler was awarded a scholarship from the National Health Service Corps, which provides funding to students in their medical education in exchange or practicing in communities with limited access to care upon graduation and licensure. Tyler shares, "Rural training classes, like Rural Immersion Week, has helped me apply my desire to serve an underserved rural community to my goals and my next steps as a physician."

