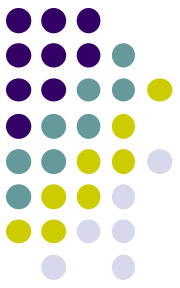


# Maryland Area Health Education Center *West* (AHEC *West*)



# AHEC West Facilities



- I-70 West and I-68 West
- Rural small communities to growing urban centers
- Rich in history, cultural heritage, natural environment



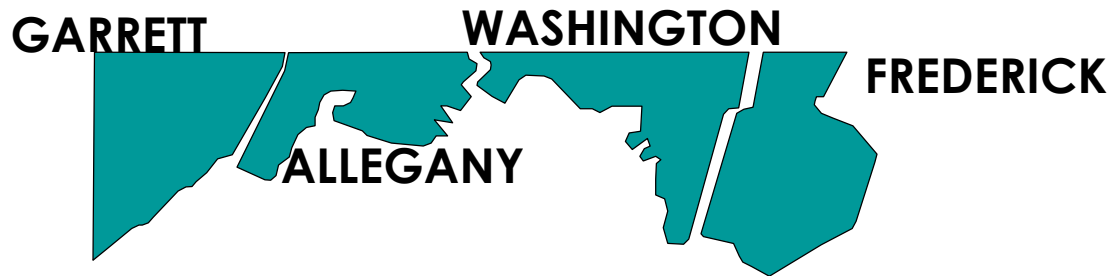
## Housing Sites

- Oakland (4 bedroom house owned by hospital)
- Cumberland (8 bedrooms in 3 Suites in building with AHEC West offices)

# FY18 CLINICAL EDUCATION

- **95 Health Professions Students**
- **9 Disciplines** from **14 Health Professions Programs**
- **40 Clinical Preceptors** - Physician, Pharmacist, Nurse Anesthetist, Nurse Practitioner, Dentist, Physical Therapy, Physician Assistant, Occupational Therapy, Therapeutic Recreation

**Rotations in Allegany, Garrett, Washington, Frederick counties  
and Martinsburg WV, VA Medical Center (pharmacy)**



- ❖ **435 weeks of clinical experience**
- ❖ **17,440 hours of volunteer teaching** by Western Maryland Health Professionals
- ❖ **26** clinical sites in medically underserved communities; **16** in rural areas

Students learn:

- ✓ Rewards, challenges and opportunities of rural/small town practice
- ✓ Cultural sensitivity to rural/underserved populations
- ✓ Interprofessional Collaboration
- ✓ Practice opportunities in rural home communities

# Western Maryland



## WASHINGTON COUNTY (Hagerstown)

70 m. West on I-70

- Washington County Hospital System [www.meritushealth.com](http://www.meritushealth.com)
- Community Links: <http://www.visithagerstown.com>
- Washington Co Health Department  
<https://healthywashingtoncounty.com>
- Growing communities at intersection I-70/I-81
- Premium Outlets; Antietam Battlefield; C&O Canal National Park



# Western Maryland



## ALLEGANY COUNTY (Cumberland)

140 m. West on I-70/I-68

- Western Maryland Health System: [www.wmhs.com](http://www.wmhs.com)
- Allegany Co. Health Department [www.alleganyhealthdept.com](http://www.alleganyhealthdept.com)
- Community Links: [www.mdmountaininside.com](http://www.mdmountaininside.com)
- Housing/AHEC offices on downtown Cumberland Mall
  - 3 multi-student Suites with mostly private bedrooms, shared baths, kitchen, common space
- Opportunity to work a few days with health department or community-based services



- ✓ C&O Canal; Rocky Gap State Park/Casino
- ✓ Frostburg State University
- ✓ 1 hour to Deep Creek Lake
- ✓ Community gym access for small fee



8 bedrooms divided into 3 Suites  
on Downtown Cumberland Mall

# Western Maryland



## GARRETT COUNTY

(Oakland)

190 m. West on I-70/I-68/219S



- Garrett Regional Medical Center: [www.grmc-wvumedicine.org](http://www.grmc-wvumedicine.org)
- Community links: [www.visitdeepcreek.com](http://www.visitdeepcreek.com)
- Garrett Co. Health Department [www.garretthealth.org](http://www.garretthealth.org)
- Housing in a 4-bedroom home in Oakland
- CARC aquatics & gym [www.gccarc.com](http://www.gccarc.com) (affordable monthly or day pass)
- Mostly rural county; Deep Creek Lake and Wisp Ski Resort
- Amish/Mennonite communities; variety of outdoor activities

# Housing in Garrett County



Walking Distance to  
Garrett Regional Medical Center  
Oakland, MD



# AHEC *West* Rotations



- Variety of clinical sites in a supportive healthcare community
- Living with students from other disciplines/programs
- Bring clothes, towels - everything else provided, can bring your own blanket and pillows, bike, skis etc.
- No charge to University System of Maryland students for housing/internet.
- Welcome to have guests, no pets
- **If you don't have a car, contact Clinical Education Coordinator**
- Orientation Manual to housing and community on arrival



# Interdisciplinary Opportunities



## GAIT – Geriatric Assessment Interdisciplinary Team

- 1 or 2 day experiential project at a geriatric care host site with small interprofessional groups of health professions students
- Open to students from University System of Maryland
- *Preview the area this year – contact Terri re: GAIT*
  - ❖ *GAIT projects are planned for fall and spring*
  - ❖ *No charge to participant for hotel, travel, meals*

# Geriatric Assessment Interdisciplinary Team



*GAIT student team reviews records and interviews host site resident*



GAIT student teams present and discuss interprofessional assessment with host site staff



*GAIT students experience Activities of Daily Living with simulated visual and fine motor impairments*

# AHEC West Rotations



## Information Resources:

- Cumberland: High speed wireless internet  
PC with printer/copier/scanner
- Oakland: WiFi at house; PC with printer/copier/scanner

***Flight 93 Memorial, and  
Frank Lloyd Wright's *Fallingwater*  
1 hour away***

***Convenient biking/hiking/skiing  
C&O Canal National Park,  
state parks; wineries, artists,  
4Star Resorts; historic B&Bs***



# UMSOM students hike in nearby West Virginia



## Some former AHEC residents/students practicing in Western Maryland



Dipty Mistry, MD (IM/Peds)  
Meritus Pediatric & Adult Medicine – Smithsburg

Margaret Kaiser, MD (IM) (Mtg. with PCT students)  
formerly Garrett County private practice; now covers  
hospital patients for FQHC, and GCRMC Sub Acute Care



[www.scwesternmd.com](http://www.scwesternmd.com)  
Mike Stasko, MD (General Surgeon) returned to Cumberland.  
with spouse, Debra Hurtt, MD (Pediatrics) [www.cmg4kids.com](http://www.cmg4kids.com)



Gus Stern, MD (Ophthalmology) from Cumberland,  
practicing in Hagerstown [www.marylandvisioninstitute.com](http://www.marylandvisioninstitute.com)



Gregg Wolff, MD (Orthopedics)  
[www.wolffortho.com](http://www.wolffortho.com)



Marjorie Fridkin, MD (General Surgery) serves as  
VP of Medical Affairs and CMO for Garrett Regional Medical Center



# AHEC West Rotations



## ***Let me know of interests:***

- *in Primary Care*
- *Rural/small community specialty practices*
- *Possible 1 – 5 days with subspecialty/community agencies*

**Terri Socha**, Clinical Education Coordinator

Questions/Concerns: [tsocha@ahecwest.org](mailto:tsocha@ahecwest.org)

AHEC West, 39 Baltimore St., Cumberland, MD 21502

301-777-9150, Ext. 107 [www.ahecwest.org](http://www.ahecwest.org)

## **AHEC West Staff**

- We work to make you welcome and comfortable
- Can direct you to community services and recreational activities