

Community Based Primary Care Clerkship Survival Guide: Des Moines

The Test

THERE IS NO TEST! It is recommended to study for the Outpatient IM shelf exam or the Family Medicine exam and/or study for Step 1 during the clerkship. First half of the year, prioritize studying for the Outpatient IM exam (Cardiovascular, Pulm, GI especially); Second half of the year (or any time after inpatient IM) prioritize Step 1 studying. (Or catch up with friends and family if you realize you haven't in a while).

How to Pass:

Show up to your assigned places and make sure you keep track of all of the papers you need signed. You will also have to do two presentations to pass. One will be your project that you will present at a Broadlawns noon conference in front of other medical students, residents, and a couple of attending physicians.

DO NOT STRESS about this. Everyone at Broadlawns is very nice. The other presentation is a geriatric learning issue presentation for Dr. Craig and the other students on the rotation. There are a few other assignments but they aren't difficult.

Tips:

This is a very laid back, pass/fail rotation that is the easiest rotation of the year. It is low stress because you don't have a test or evaluations that factor into your grade. Des Moines does a great job of showing you a lot of good resources in the community and you learn a lot. This rotation allows you the opportunity to be exposed to other fields in healthcare that you may not have seen before. The other health professionals you will meet are also very receptive to you reaching out to them if you have more questions.

Project Tips: If you are at Broadlawns you can ask a resident if they have any questions about community resources if you are stumped for a topic. Broadlawns residents will be your target audience for the noon presentation. Find a topic **YOU** are curious about. This project can potentially impact patient care at Broadlawns / Des Moines in a positive way. There is a binder Wendi keeps updated that contains prior project presentations (you can't repeat topics).

Schedule:

You will be visiting places all over Des Moines and surrounding areas for this rotation, so make sure you have a car. Everyone has a slightly different schedule, but you will go to all of the same places by the end of the rotation. There will be days where all of the students will go to the same place so you can carpool if you would like. (Carpooling is more fun).

Core Clerkship Year Tips:

This year will fly by! Make sure you enjoy it and take some time to explore Des Moines because it has a lot to offer. Dr. Craig, Wendi, and Kelly are wonderful resources for school, life, career, or whatever you need help with! It also might seem like Step 1 is really far away but it is strongly encouraged to start

early! Watch Sketchy Micro or Sketchy Pharm videos; do some Step 1 practice questions; read chapters in First Aid; watch Pathoma videos; or listen to some Goljan lectures. Early in the year it doesn't have to be much but as you get closer to Step 1 you will be glad you did some earlier work! Also, studying for Step 1 will only help you perform better on exams throughout the year and answer some questions asked by certain attending physicians. Ask your fellow DSMers (past and present) about their clerkship experiences/tips. Use a little time before each clerkship starts to pick the brain of the people who completed the clerkship before you. Help your classmates. Remember: Medicine is a team sport!