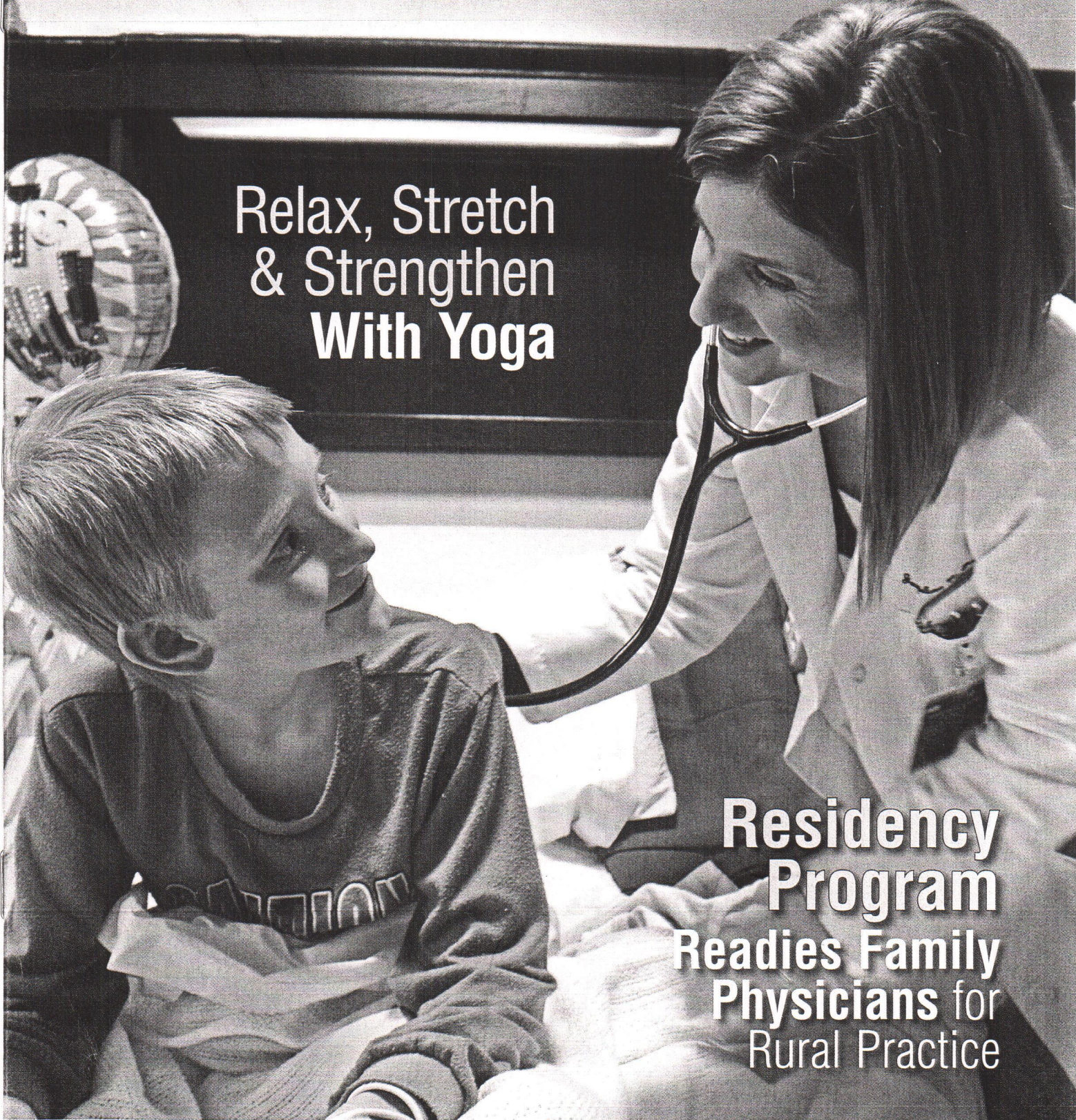


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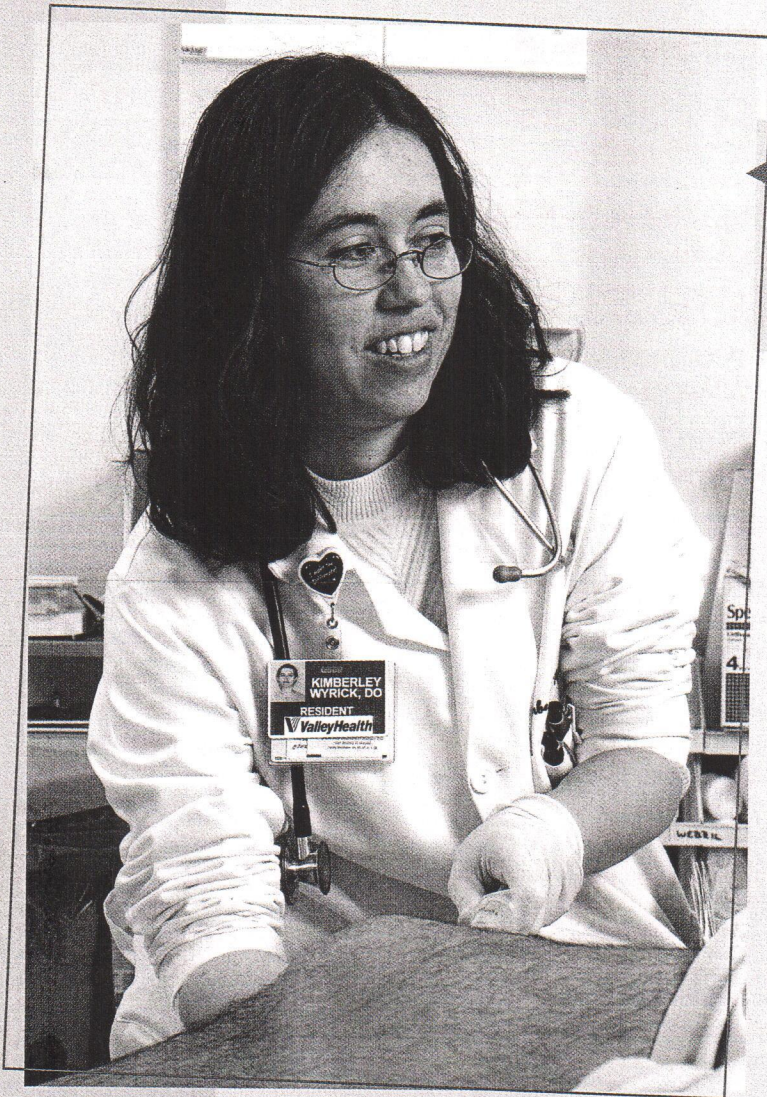
SPRING 2008



Relax, Stretch
& Strengthen
With Yoga

Residency
Program
Readies Family
Physicians for
Rural Practice

Raising the Bar on Patient Safety Standards



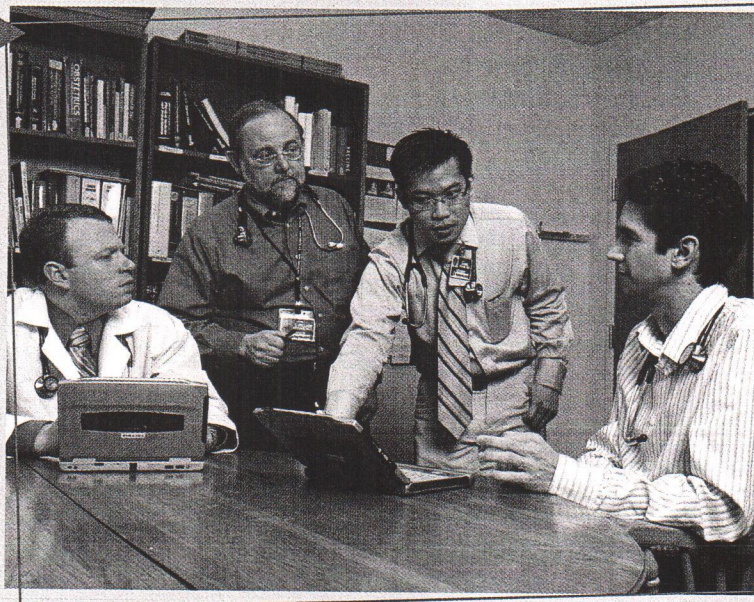
Third-year resident Kimberley Wyrick, DO, drains fluid from a patient's knee at Front Royal Family Practice.

Consultation with peers and senior physicians is a vital element of the residency program.

(Left to right)

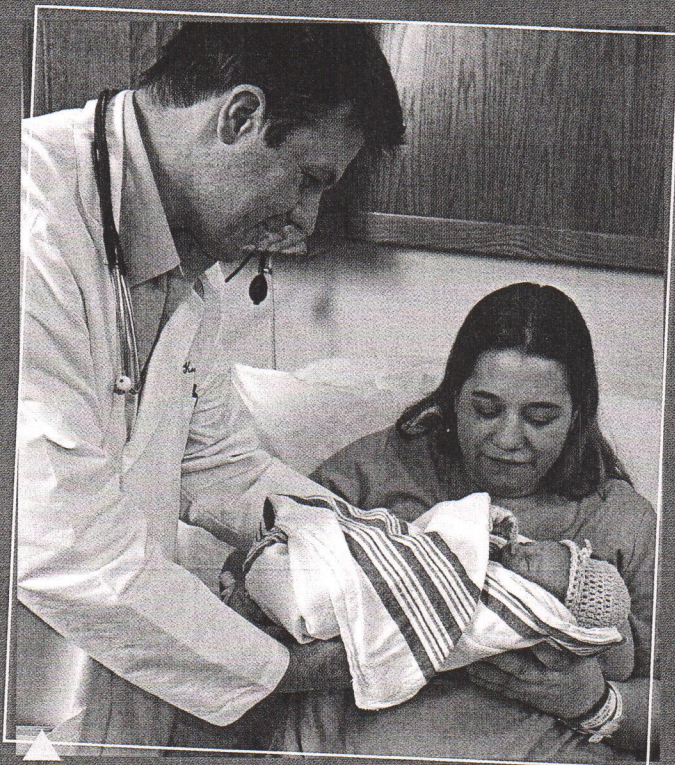
Second-year resident David Flack, DO; faculty member J. William Kerns, MD; second-year resident Daniel Pham, MD; and preceptor Jason Bhan, MD, class of 2003, discuss a case in the library at Front Royal Family Practice Center.

Dr. Bhan recently founded *osmosis.com* to improve healthcare by providing an efficient method for physician collaboration.



Family-Focused Care

The Shenandoah Valley Family Practice Residency Program celebrates 10 years of success training a new generation of family physicians.



Third-year resident Martin Kosciuk, MD, visits Alejandra Drummond and her newborn son Logan before they go home from the Women's Care Center at Warren Memorial Hospital.

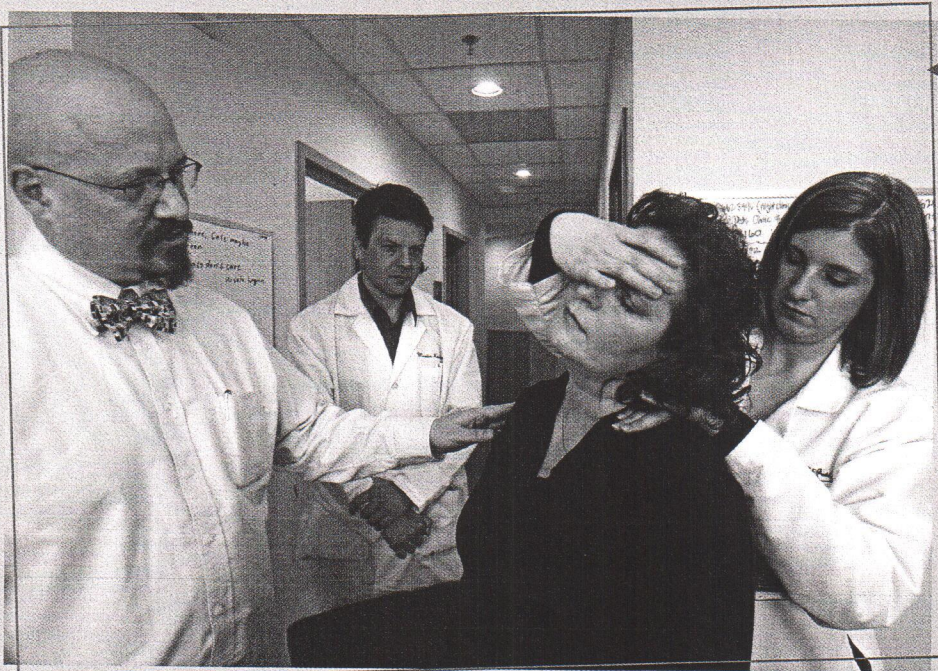
Founded in 1997, the Shenandoah Valley Family Practice Residency Program has produced knowledgeable and accomplished family physicians in partnership with the Medical College of Virginia/Virginia Commonwealth University (VCU) in Richmond.

Family practice is a unique specialty because it covers so many aspects of healthcare, but it is also a very important part of a healthcare system.

"Family practice deals with the basic day-to-day care of people," says Frank Dennehy, MD, residency director and a practicing family physician in Front Royal. "In a community of 1,000 people, about 800 will have some type of medical symptom. However, only about a quarter will visit a physician—usually their family physician."

Growing Process

The program focuses on the challenges and rewards of practicing family medicine. Almost no other specialty allows physicians to follow patients through all phases of their lives and to treat such diverse conditions.



◀ *Bret Ripley, DO, (left) the program's assistant director and a practicing physician in Stephens City, watches resident Jackie Judd Flack's technique as she performs a gentle spinal manipulation taught in osteopathy school.*

"I have had the unique privilege of taking care of four generations of one family," says Dr. Dennehy. "I also enjoy that every day is different. Many times in the same day, I might be delivering a baby and then taking care of a terminally ill person. Some may find it daunting, but I find it stimulating."

"We are training future physicians who are going to one day be taking care of both our children and ourselves as we grow older," Dr. Dennehy says. "Therefore, we want to provide our community with knowledgeable medical professionals, not just someone who fills a spot."

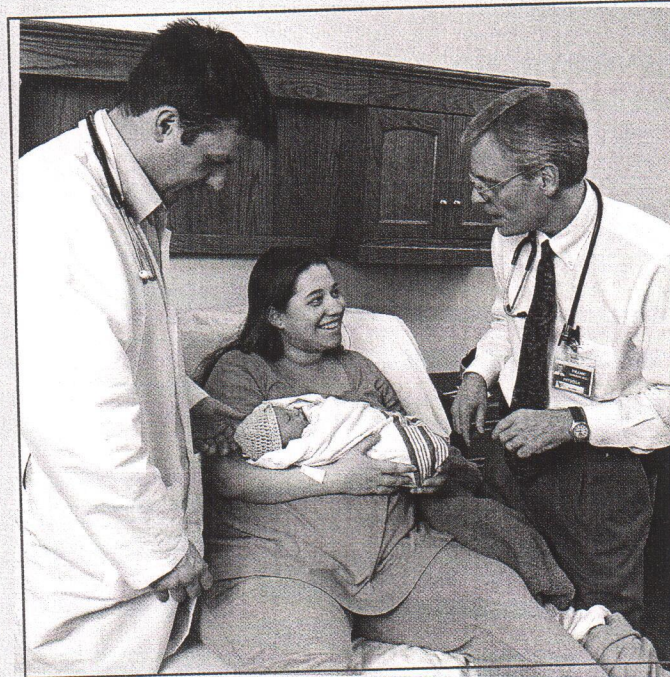
From Those Who Know

Local program graduates Joel Grant, MD, class of 2004, and Shannan Green, MD, class of 2005, share some of the life lessons the program taught them during their residencies.

"I received a great work ethic along with a vast understanding of the art and practice of medicine in a rural setting," says Dr. Grant. "Without these tools, I would not have received the experience and information I needed to be able to set up my own practice."

His medical practice, Stephens City Family Medicine, now includes Christopher Craig, DO, class of 2007, and Bret Ripley, DO.

Dr. Green now shares her experience with current resident physicians at the Shenandoah Valley Family Residency Program. She is the first resident to come from the program directly into a position as a full-time faculty member. "Being in this position allows me to pass along the same values and style of practice I



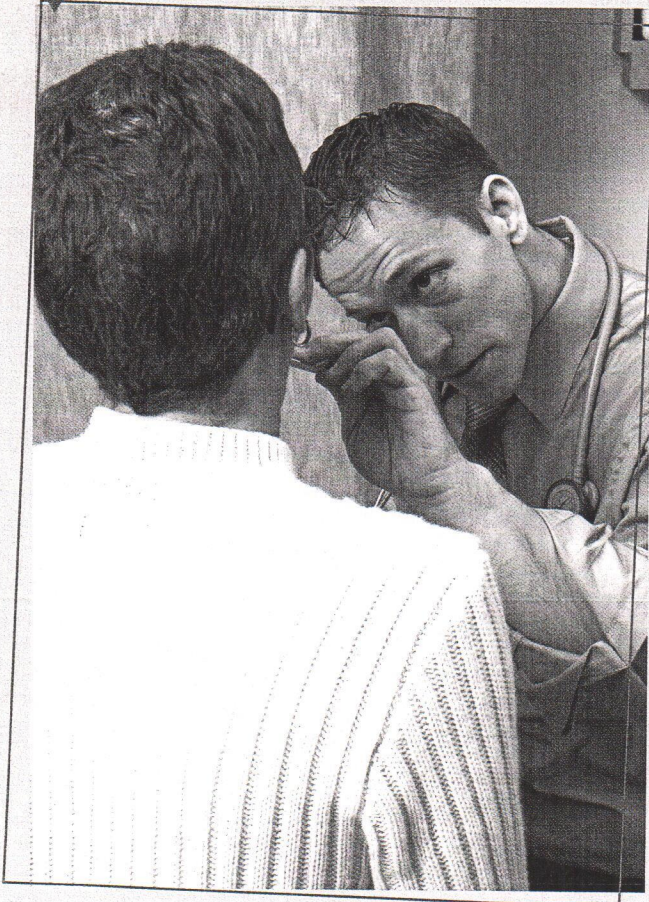
developed when I was a resident," says Dr. Green. "I plan to take these same fundamentals with me as I join Shenandoah Valley Family Medicine in Strasburg with two other program alums, Jennifer Dwyer, MD, class of 2001, and Rebecca Layman, MD, class of 2002."

Want to learn more about the Shenandoah Valley Family Practice Residency Program? Log on to www.valleyhealthlink.com and click on "Family Practice Residency Program."

"Our young physicians-in-training work in most of the specialty areas in Valley Health. Teaching and supervising them helps keep Valley Health specialists on the cutting edge of medical knowledge."

—Frank Dennehy, MD, residency director and a practicing family physician in Front Royal

Micah Crouse, MD, second-year resident, examines a Front Royal Family Practice patient.



The Making of a Family Physician

It has been 10 years since Valley Health established the Shenandoah Valley Family Practice Residency Program with the Medical College of Virginia/Virginia Commonwealth University. Here is how a lot of education and practical training come together to make a great family physician.

- ✓ **Undergraduate college degree.** A degree with the appropriate science coursework is required.
- ✓ **Medical (MD) or osteopathic (DO) school.** This involves four years of classroom study along with hands-on clinical experience in all the major specialty areas. With graduation comes the title of "Dr.," either MD for Medical Doctor or DO for Doctor of Osteopathy.
- ✓ **Residency.** Every physician must complete a residency program to become more proficient in his or her field of specialty and to be eligible for state licensure and board certification.

"The length of residency depends on the chosen specialty," says Frank Dennehy, MD, residency director for the Shenandoah Valley Family Practice Residency Program (SVFPRP). "Residency programs for specialties last from three years to seven years or more, depending on the specialty. It takes three years after graduation from medical school to become a Family Physician."

- ✓ **Board Certification.** After completing the years of residency, the new specialist then takes a very difficult Board-certifying examination, which is different for each specialty, and must continue with education, courses and sometimes exams throughout his or her career to maintain "Board Certified" status. The U.S. Board Certification process is among the most prestigious in the world.

SVFPRP residents spend three years at Front Royal Family Practice, Winchester Medical Center and Warren Memorial Hospital, making hospital rounds, taking on-call duties, completing rotations in each major area (pediatrics, adult medicine, emergency medicine, obstetrics/gynecology and surgery, and others) and treating patients under the supervision of a senior board-certified physician. By the time residents graduate, they each have a base of patients they've followed over time, and their office practice and hospital experiences have helped them learn the art and science of family medicine. They are then eligible to take the board-certifying exam of the American Board of Family Medicine.

"Becoming a family physician is satisfying and fun, but it can also be quite challenging," says Dr. Dennehy. "At the end of the day, we want to be sure we are placing well-trained family physicians in the Shenandoah Valley and in rural Virginia. By selecting residents carefully and preparing them well, we are confident they will have a successful practice and their patients will be well served, too."