Accelerating Medical Careers: Can a 3-year Medical Degree Enhance, Rather than Dilute, Professional Skills?

NYIT College of Osteopathic Medicine

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AACOM 2014 Annual Conference
Washington, D.C.
Purpose of the Presentation

To make an informed decision on whether and/or how to introduce an accelerated program to your medical school

Plan of the Presentation

1. Analyze NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

2. Review the arguments (pro and con) surrounding accelerated medical education programs
NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

National Context
Accelerating Medical Careers:
Can a 3-year Medical Degree Enhance, Rather than Dilute, Professional Skills?

NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

National Context

Growing Need for Family Medicine Physicians, 2010 – 2025


Numbers of Family Medicine Physicians

Introduction of Affordable Care Act (2014)
Affordable Care Act
Aging Population Growth
General Population Growth

2010 Baseline Family Medicine Physicians
Five challenges to “better align the nation’s medical education system with the evolving health care needs of the nation” (p.13):

(1) Health care provider shortage;
(2) upwardly spiraling education costs;
(3) expanding duration of training;
(4) lack of diversity in the health professions workforce;
(5) need for new competencies for today’s health care landscape

(pp.14–15)
Accelerating Medical Careers: Can a 3-year Medical Degree Enhance, Rather than Dilute, Professional Skills?

NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

National Context

Three goals of the Accelerated Program:

1. Response to AACOM Challenge 1” “Increase the number of students who elect to enter Family Medicine in either a Rural, Suburban or Urban promote enrollment in unfilled Family Medicine Residency Positions”

2. Response to AACOM Challenges 2 & 3: “Decrease the time and debt load needed to produce a quality family physician—by awarding the DO degree following the proposed 3–year curriculum”

3. Response to AACOM Challenges 4 & 5: “Provide exposure to, and experience of, Family Medicine as it is practiced in these selected underserved areas”
NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

Pitfalls of Start-up

#1: Internal Red Tape
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Time Line for Creating the Accelerated DO/Family Medicine Residency Continuum

- 2006: Internal Approval
- 2010: External Approval
- 2011: Planning
- 2012: Operation Cohort 1
- 2013: Operation Cohort 2
- 2014: Operation Cohort 2

Academic Years →
Terms of COCA Approval

1. Selection Criteria
   - MCAT 27 or above
   - Undergrad Science GPA 3.5 or above
   - Top 50% of NYITCOM Class
   - Medical Specialty Preference Inventory
   - Personal statement of desire for family medicine
   - Interview

2. Assessment of Students
   - All requirements for 4-year program (COMLEX I, COMLEX II-CE, and COMLEX II-PE)

3. OGME Participating Outcomes

4. Overall Program Effectiveness
   - Identical to NYITCOM traditional program
NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

Pitfalls of Start-up

#2: Overzealous Entry Standards:
Rely on data, not instinct
Accelerating Medical Careers:
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**Percentages of First Year Medical Students (N = 280) Meeting Admission Standards for Accelerated Family Medicine Program**

- **MCAT:** 66.7% (187)
- **Sci. GPA:** 45.0% (126)
- **MCAT + Sci. GPA:** 28.9% (81)
- **MCAT + Sci. GPA + Class Rank:** 27.9% (78)
  - Disqualified by MCAT & Sci. GPA
- **Sci. GPA + Class Rank:** 1.1% (3)
  - Interest in FM and Acc. Prog.
MCAT Scores and Undergraduate Science GPA as Predictors of Class Rank in NYITCOM Class of 2015
(Data points represent mean scores of 258 students grouped in tens from highest to lowest.)

Top Half Mean = 3.6
Bottom Half Mean = 3.5

Top Half Mean = 27.0
Bottom Half Mean = 26.5

MCAT Scores
Science GPA

TOP 50% ← Bottom 50% →
NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

The Program
### NYIT College of Osteopathic Medicine’s Accelerated D.O./Family Medicine Residency Continuum Curriculum Overview

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Lecture-Discussion Based (LDB) or Doctor-Patient Continuum (DPC) Curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year 2</strong></td>
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</tr>
<tr>
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<tr>
<td></td>
<td>Longitudinal Family Medicine Office Preceptorship</td>
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<tr>
<td><strong>Year 3</strong></td>
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NYIT College of Osteopathic Medicine’s Accelerated Curriculum

**Year 1**

**Lecture-Discussion Based (LDB) or Doctor-Patient Continuum (DPC) Curriculum**

- During the OMS-1 year students are introduced to the option of the Accelerated DO program through informational sessions and workshops.

- Students must be in the top 50% of their class as ranked during their OMS-1 year to be accepted to the program.

- Applications and interviews are conducted in the Spring semester of the OMS-1 year.
NYIT College of Osteopathic Medicine’s Accelerated Curriculum

Admission Process

**Year 1**

**Lecture-Discussion Based (LDB) or Doctor-Patient Continuum (DPC) Curriculum**

- Applicants apply in the Spring semester of their OMS-1 year

- Admission requirements include:
  - MCAT score of 27 or greater
  - Undergraduate science GPA 3.5 or greater
  - Be in the upper 50% of their class
  - Complete a Medical Specialty Preference Inventory Self Assessment

- Interviews of potential candidates are completed in an active, team-based interview session evaluates both the candidate and their ability to work in a team-based setting
NYIT College of Osteopathic Medicine’s Accelerated Curriculum

Year 2

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- Introduction to Family Medicine
  - 10 week course with focus on Family Medicine foundations
    - Roles and scope of Family Medicine
    - Preventive Medicine strategies
    - Cultural competency and health literacy
    - Health policy issues regarding
      - Access, quality, and cost
    - Perspectives of health covering a continuum of a patient’s life-span
    - Research models in Family Medicine

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Year 2

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- Longitudinal Problem-Based Family Medicine Seminars
  - 30 patient cases are introduced to the students throughout the year by standardized patients
  - Students explore the cases as they evolve in regard to the systems they are learning about

- Longitudinal Family Medicine Office Preceptorship
  - Students are assigned to a Family Medicine physician to gain a real-world clinical experience over their OMS-2 year
NYIT College of Osteopathic Medicine’s Accelerated Curriculum

### Year 3

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#### Longitudinal Family Medicine Clerkship

#### Longitudinal Osteopathic Manipulative Medicine (OMM) Clerkship

- Students are assigned to a mutually agreed upon hospital for their entire OMS-3 year (which will also be the site of their Family Medicine Residency)

- Clerkships are shortened to 4 week periods, however the focus is on learning skills needed by a Family Medicine during the rotations

- Longitudinal FM clerkship and OMM clerkship allow for understanding the role of continuity of care with patients through their medical care
### Year 1

**Lecture-Discussion Based (LDB) or Doctor-Patient Continuum (DPC) Curriculum**

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### Year 2

**Hospital Based Clerkships (4 weeks each)**

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<th>Peds</th>
<th>Psych</th>
<th>General Surgery</th>
<th>Surgical Selective</th>
<th>Medical Subspecialty</th>
<th>EM</th>
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**Longitudinal Family Medicine Clerkship**

**Longitudinal Osteopathic Manipulative Medicine (OMM) Clerkship**

**Osteopathic Family Medicine Residency**

**Links seamlessly into Residency**
Value-Added Family Medicine Component:

- Experiences in family medicine and continuity of care
- Experiences in community outreach
- Seamless integration of basic sciences, clinical rotations, and family medicine residency
- Team-based education experience for real-world success.

“If you have been thinking about family medicine, the Accelerated Program just makes so much sense. It ties us into the community and embodies everything that osteopathic medicine is.”

- Caitlin Stauder
  NYIT Accelerated D.O./Family Medicine Residency Continuum

Accelerated Program
in Family Medicine

NYIT College of Osteopathic Medicine offers:

- Innovative accelerated program (one of only 7 in the country)
- Emphasizes delivery of primary care and chronic disease services
- Seamless curriculum linking undergraduate and graduate (residency) medical education (3+3), accredited by the Commission on Osteopathic College Accreditation (COCA)
- Medical Education Continuum, reducing the traditional seven-years of education by a full year
- Early and continuous clinical contact
- Competency based instruction

“The Accelerated Program’s value added component allows you to finish medical school in three years instead of four and graduate with more intensive skills in family practice than would be possible in a traditional program.”

- William R. Blazey, D.O.
  Department of Family Medicine
NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

Program Evaluation
Goal-based Program Evaluation

**Goal 1:** “Increase the number of students who elect to enter Family Medicine . . .”

**Goal 2:** “Decrease the time and debt load needed to produce a quality family physician . . .”

**Goal 3:** “Provide exposure to, and experience of, Family Medicine . . .”
Goal-based Program Evaluation

**Goal 1:** “Increase the number of students who elect to enter Family Medicine . . .”

**Measurement Parameters:**

- **Short-term (1-3 year):** Accelerated Program enrollment
- **Medium-range (4-6 year):** Comparison of family medicine residencies: Accelerated Program vs NYITCOM vs National rates
- **Long-range (7-10 year):** Comparison of family medicine practices: NYITCOM vs. National norms
Goal-based Program Evaluation

**Goal 2:** “Decrease the time and debt load needed to produce a quality family physician . . .”

**Measurement Parameters:**

- **Ongoing:**
  Comparison of scores for COMLEX I, COMLEX II (CE), and COMLEX II (PE): Accelerated vs NYITCOM

- **Short-term (1-3 year):**
  Comparison of 3rd year rotation evaluations and [student satisfaction reports]: Accelerated vs NYITCOM

- **Medium- & long-range (4-10 year):**
  Comparison hospital and student evaluations of residencies: Accelerated Program vs NYITCOM
Goal-based Program Evaluation

Goal 3: “Provide exposure to, and experience of, Family Medicine . . .”

Measurement Parameters:

• Medium- & long-range (4-10 year):
  Comparison of activities involving underserved individuals and communities:
  Accelerated vs NYITCOM

• Long-range (7-10 year):
  Placement of graduates in underserved settings
NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

Accelerated Medical Education:

Pro and Con
Root of the controversy over accelerated programs: Purpose and outcomes of the fourth year of medical school:

“[In the fourth year,] students seek broad experience in fields in which they may soon choose a career. Most students spend several months pursuing electives at institutions that rank high among their residency-site choices. They also spend 2 to 3 months interviewing at the hospitals where they would consider pursuing postgraduate training.”

Stanley Goldfarb, M.D., and Gail Morrison, M.D.
The 3-Year Medical School — Change or Shortchange?
“If we had a different curriculum for the three-year programs—perhaps centered on primary care—that might help, but I’m not sure that’s what anyone is talking about that right now.”

Richard Schwartzstein, MD
Professor of Medical Education,
Harvard Medical School
Interview with NEJM, 9/19/13
DOI: 10.1056/NEJMp1304681
“Being able to mold future residents from the beginning of undergraduate clerkships allows us to create better future family doctors.”

Claudia Lyons, DO
Director of Medical Education
Lutheran Medical Center
Brooklyn, NY
NYITCOM’s Accelerated (3 + 3) DO/Family Medicine Residency Continuum

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Pre-doctoral Training
In Primary Care
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Questions & Comments