

1. How many years have you been in practice?

- A: 2
- B: 7
- C: 3
- D: 4.5
- E: 3
- F: 5

2. How many hours per week are dedicated to patient care?

- A: 21
- B: 40-60
- C: 25
- D: 40
- E: 30+
- F: 30

3. What are you hoping to accomplish during your year in the fellowship (what did you accomplish)?

PRE A: Reset. Avoid burnout. Gain renewed sense of vision and purpose in my role as a primary care physician, and some additional tools to make it work for me.

POST A: I took action on my burnout and pursued a job change! Learned some tools for QI and teaching that I will carry with me into my new practice.

PRE B: I want to become a better medical educator. Specifically, I'd like to become better at teaching sessions for med students and residents, and also in designing curriculum. I want to learn about provider wellness and how to incorporate those concepts in to my life. I am hoping to learn ways to balance my primary care practice time/energy demands with other aspects of my career and life. I also am hoping this fellowship will help me become a better doctor for my patients.

POST B: I accomplished a lot -- I give credit to the leadership of this fellowship for setting us up to succeed with this fellowship. Highlights of what I accomplished include becoming a better clinician for my patients with OUD and mental health disorders. I learned to become a better teacher for medical students and resident physicians.

PRE C: I would like to expand my understanding of limitations of our current healthcare and identify/implement solutions. I am very passionate about taking the best care of my patients and helping mankind.

POST C: I accomplished a lot over the past year thanks to this fellowship. Specifically I benefited greatly from expanding exposure/knowledge to the social determinants of health. There were countless great resources provided (both tools and contacts).

PRE D: Develop a broader knowledge base about the curricular topics covered, particularly wellness, quality improvement, and med education, and be able to eventually apply these concepts into my own practice.

POST D: I managed to integrate various things learned from the fellowship into my own clinical practice, from a focus on personal wellness and mindfulness to being more cognizant of my patient's social and mental health needs. I also gained some great insight into how other primary care clinicians operate and think in their own practice differently than my own.

PRE E: Completion of QI project and development of teaching skills.

POST E: -- becoming a stronger patient / community advocate for health equality -- self reflection on my goals as an educator and provider -- Networking with other clinical providers and learning more community resources for my patients.

PRE F: A project that involves care of individuals with intellectual and developmental disabilities, whether it's the NCIDM grant or other project. I also want to improve my skills as an educator since I have so many medical students and residents rotating thru my office.

POST F: A quality improvement project with a collaborative care initiative in my office, waiver training, presented at a national conference, formed what I hope to be some lasting friendships with like-minded colleagues.

4. What concerns do you have embarking on the fellowship journey (What was your biggest barrier in completing your individual fellowship)?

POST A: The time/emotional energy devoted to my clinical duties during the pandemic

PRE B: Will I be able to accomplish the goals that I mentioned above?

POST B: Time and the Covid-19 pandemic.

PRE C: I do not have concerns, only eagerness and excitement.

POST C: COVID-19! I found this negatively impacting my QI project. Additionally I preferred meeting in person compared with our remote sessions.

PRE D: Making sure that I am keeping up with fellowship-related material and studies while on an asynchronous schedule with my current work.

POST D: The COVID pandemic certainly created an obstacle for me in many ways in completing my fellowship goals. Primarily, due to clinic constraints and protocol, my QI project had to be completely revamped which proved to be difficult given time constraints. I also have not been able to take on new PA students for clinical rotation due to changes in the practice setting. Secondly, my role as a primary care clinician has changed towards a more public health focus on COVID prevention and surveillance among our university students and employees. Although both an exciting and new, the role and tasks involved have proven to be difficult to balance alongside keeping with fellowship goals. Besides all things COVID, I believe it wouldn't have been an issue to complete my goals in a timely manner, otherwise.

PRE E: Balancing family, work, and the fellowship.

POST E: -- time; even with protected time from clinical responsibilities, there was always other personal and family responsibilities especially once I was working from home more consistently -- With the pandemic, I did not get nearly as much accomplished in my QI project as I had hoped. Without being physically present in the facility, we lost ground in completing appropriate transitions of care. We also had significant staffing turnover during the pandemic.

PRE F: That it will be too time intensive and add to the work burden that I already feel from clinical care

POST F: time due to clinical responsibilities especially related to COVID

5. Is there anything else you would like to share with the program director?

POST B: Thank you for your work on this fellowship -- it helped me become a better clinician and teacher, and I greatly appreciate the work you put in to helping us succeed.

PRE C: Thank you for accepting me into this program. I am very excited to begin!

POST C: Megan/Dan and all faculty did a great job and we were blessed with a great cohort!

PRE D: Not at this time.

POST D: I believe this fellowship is a fantastic opportunity that only has room to grow. I benefited from the experience and would recommend it to others. I think Megan and the team have done a wonderful job in organizing the program and hope it only keeps going!

POST F: I really appreciate the opportunity to have participated in this experience. I feel like I have really grown as an educator, learned so much about curriculum design which is very relevant to my current role, and became much more confident with research (have even started more projects!). I'm grateful for the opportunity!

Quality Improvement, Continued

5. How confident are you with each of the following steps involved in implementing a QI project?

	Data Collection		Designing an intervention		Evaluating Outcomes	
	Pre	Post	Pre	Post	Pre	Post
A	3	4	3	4	3	4
B	1	4	1	4	1	4
C	2	3	3	4	2	5
D	2	4	1	4	1	4
E	3	3	3	4	3	4
F	1	3	1	3	1	3

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

6. How confident are you working in interprofessional teams to provide patient care?

	Pre	Post
A	4	5
B	4	5
C	5	5
D	3	4
E	4	5
F	4	5

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

Social Determinants of Health

1. How confident do you feel creating a plan for the health-related social needs of your patients?

	Pre	Post
A	3	4
B	3	4
C	3	5
D	2	4
E	3	3
F	4	4

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

2. How knowledgeable are you about community resources for patient referrals?

	Pre	Post
A	3	3
B	3	4
C	3	4
D	2	4
E	4	3
F	3	3

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

3. How knowledgeable are you about the needs of your office's surrounding community such as social determinants of health (SDH), health inequities and community resources?

	Pre	Post
A	3	4
B	4	4
C	2	4
D	3	4
E	3	4
F	3	3

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

4. How knowledgeable are you about public policy (at local, state or national level) regarding the practice of primary care?

	Pre	Post
A	2	2
B	4	4
C	1	4
D	1	4
E	2	4
F	1	2

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

5. How confident are you being an advocate for policy change?

	Pre	Post
A	2	3
B	4	5
C	2	3
D	1	3
E	3	4
F	1	5

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

Substance Use Disorder

1. How comfortable are you having opioid dependent patients come to your practice?

	Pre	Post
A	3	4
B	4	5
C	1	4
D	2	3
E	1	3
F	2	2

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

2. Are you currently licensed to provide Medication Assisted Treatment (MAT) for opioid dependence (such as with buprenorphine and/or Suboxone)?

	Pre	Post
A	Y	Y
B	Y	Y
C	N	N
D	N	N
E	N	N
F	N	N

3. Are you currently prescribing buprenorphine (and/or Suboxone)?

	Pre	Post
A	N	N
B	N	Y
C	N	N
D	N	N
E	N	
F	N	N

4. Please estimate the number of unique patients you have prescribed MAT in the past 30 days:

	Pre	Post
A		
B		1
C		
D		
E		
F		

Substance Use Disorder

5. Within the next year, how likely are you to pursue offering Medication Assisted Treatment services (such as with buprenorphine and/or Suboxone)?

	Pre	Post
A	N/A	N/A
B	N/A	5
C	2	3
D	1	2
E	1	1
F	1	1

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

6. How confident are you diagnosing substance use disorders?

	Pre	Post
A	3	4
B	5	5
C	2	4
D	2	4
E	3	4
F	2	2

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

7. How knowledgeable are you about local treatment services and community resources for patient with substance use disorders?

	Pre	Post
A	3	4
B	4	4
C	2	4
D	2	3
E	1	4
F	2	3

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

8. How likely is it that increased public access to naloxone will increase risky opioid use?

	Pre	Post
A	1	1
B	1	1
C	2	1
D	2	2
E	2	1
F	3	2

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

9. In the past 30 days, how many prescriptions for naloxone (Narcan) have you provided to patients using opioids or their family members?

All responded 0.

Mental Health

1. How knowledgeable are you about the Collaborative Care Model for the care of patients with mental illness?

	Pre	Post
A	4	4
B	4	5
C	1	4
D	1	4
E	3	4
F	3	5

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

2. How confident are you in your ability to assess suicide risk of your patients?

	Pre	Post
A	4	4
B	4	4
C	2	4
D	3	4
E	2	4
F	3	3

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

3. How many of your patients have died by suicide?

	Pre	Post
A	0	0
B	0	0
C	0	1
D	0	0
E	n/a	0
F	1	3

4. How often do you refer patients to use mental health apps?

	Pre	Post
A	3	4
B	1	3
C	1	4
D	2	4
E	1	3
F	1	2

1= Almost never
2= Once in awhile
3= Sometimes
4= Often
5= Almost always

5. Are you currently performing pharmacogenomics testing on your patients?

	Pre	Post
A	Y	Y
B	N	N
C	N	N
D	N	N
E	N	N
F	N	N

Mental Health, Continued

6. How many times have you ordered the test or interpreted the results with a patient (if ordered by a colleague)?

	Pre	Post
A	Too many	
B	N/A	N/A
C	N/A	N/A
D	N/A	N/A
E	N/A	
F	N/A	

7. How familiar are you with different models which integrate behavioral health services into the primary care setting?

	Pre	Post
A		4
B		5
C		4
D		3
E		3
F		4

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

8. How knowledgeable are you about screening tools for psychiatric illness?

	Pre	Post
A		4
B		5
C		5
D		4
E		4
F		3

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

9. How confident are you in your ability to form a treatment plan for individuals with mild-moderate psychiatric illness?

	Pre	Post
A		4
B		5
C		5
D		5
E		4
F		5

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

Medical Educator

1. What is your current level of mastery as a medical educator?

	Pre	Post
A	1	2
B	3	4
C	3	4
D	1	2
E	3	3
F	2	4

1= Novice
2= Advanced beginner
3= Competent
4= Proficient
5= Expert

2. How confident are you teaching adult learners in the clinical setting?

	Pre	Post
A	2	3
B	3	4
C	4	5
D	2	3
E	4	4
F	2	4

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

3. How confident are you teaching adult learners (such as residents, students, or peers) in the classroom setting?

	Pre	Post
A	1	1
B	3	4
C	2	5
D	1	2
E	3	3
F	1	4

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

4. How many presentations have you given to learners (students, residents, or peers) in the past one year?

	Pre	Post
A	0	0
B	20	15
C	12	20
D	0	1
E	12	10
F	5	2

Medical Educator, Continued

5. How confident are you creating an individualized learning plan?

	Pre	Post
A	1	3
B	2	3
C	2	3
D	1	2
E	3	3
F	1	2

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

6. How knowledgeable are you in creating a welcoming and safe learning climate?

	Pre	Post
A	2	4
B	4	5
C	1	4
D	2	3
E	4	4
F	1	5

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

Wellness & Burnout

1. How important is provider wellness or well-being to your continued development as a primary care provider?

	Pre	Post
A	5	5
B	5	5
C	5	5
D	4	5
E	5	5
F	5	5

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

2. How often do you assess your wellbeing in the following ways:

	Signs/Symptoms of		Work Satisfaction/		Level of stress	
	Pre	Post	Pre	Post	Pre	Post
A	3	3	3	3	3	3
B	1	3	1	4	1	4
C	1	4	5	4	3	3
D	2	4	4	4	4	5
E	3	4	4	4	4	4
F	2	4	5	4	5	4

1= Almost never
2= Once in awhile
3= Sometimes
4= Often
5= Almost always

Wellness & Burnout, Continued

3. How satisfied are you with your current work-home boundaries?

	Pre	Post
A	2	2
B	2	4
C	4	4
D	5	3
E	3	3
F	3	2

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

4. How knowledgeable are you about resources to improve your personal wellness?

	Pre	Post
A	2	3
B	2	4
C	2	3
D	4	5
E	2	3
F	1	3

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

5. How knowledgeable are you about resources to improve the wellness of your organization (such as your clinical practice site)?

	Pre	Post
A	1	3
B	1	4
C	1	3
D	2	3
E	2	3
F	1	2

1= Not at all
2= Slightly
3= Moderately
4= Quite
5= Extremely

6. Do you currently have a personal wellness goal?

	Pre	Post
A	Y	Y
B	Y	Y
C	Y	Y
D	N	Y
E	Y	Y
F	N	N

7. Have you had a personal wellness goal in the past?

	Pre	Post
A	N/A	
B	N/A	
C	N/A	
D	N	
E	N/A	
F	N	Y

7a.. Did you accomplish your goal?

	Pre	Post
A		
B		
C		
D		
E		
F		Y