More than half of this year’s class will remain in New England for their residency, primarily in Maine, Massachusetts, Vermont, New Hampshire, and Rhode Island. Six graduates of the Class of 2019 matched to Maine Medical Center!

Four of this year’s class have matched to residencies with an explicit focus on rural medicine, including our own Rural Internal Medicine Maine residency program at Stephens Memorial in Norway, Maine. There are relatively few of these programs, and often there is only one spot available each year, which speaks to the high qualifications of our Maine Track graduates.
Welcome, Maine Track Class of 2023!

This class is the first to matriculate under the new 10-year agreement between Maine Medical Center and Tufts University School of Medicine. As part of the new agreement, students will spend their entire second year in Maine, instead of splitting their time between Maine and Boston. Also, this class will be the first to adopt a revised curriculum that will provide greater exposure to the clinical environment, make them even more familiar with Maine’s culture, significantly improve their educational experience, and ideally increase the number of students who choose to practice in Maine.

For the Maine Track Class of 2023, 278 applications were received in competition for only 40 seats.

Of these 278 applicants, 86 were from Maine - compared with 26 Maine applicants for the first Maine Track class that started in 2009.

This class will be the first to be matched with one of four physician coaches, who will mentor them throughout the next 4 years.

Maine Track Student Hometowns
Maine is the oldest state in our nation, with the highest percentage of residents over the age of 65. This statistic alone indicates an increased demand for physicians in Maine, since advanced age and increased instance of serious diseases like cancer, cardiovascular disease and stroke are strongly correlated. The demand for physicians in Maine has not decreased since the inception of the Maine Track 10 years ago.

The older-skewing age of Maine’s population extends to our physician workforce as well. In 9 of Maine’s 16 counties, 50% or more of physicians were over age 55 in 2018, which suggests a major retirement wave over the next decade. This current and projected shortage of physicians—particularly rural primary care physicians—is a problem that the Maine Track set out to solve 10 years ago. We are pleased to share evidence that the Maine Track is effectively addressing this problem.

As of August 2019, the Maine Track has added 32 new doctors to Maine’s physician workforce.

“ I matched at Maine Medical Center for internal medicine. I’m doing what’s called the Rural Internal Medicine Maine program. For me, it’s the best of both worlds. I’ll be at Maine Med getting my critical care training, my general ward service training, some subspecialty training, but I’ll get to go to a small community out in Norway, and get to do my primary care and some rural medicine. I’m really excited about that.”

—Adriana Eurich Nadeau, MD

**A Physician Pipeline Flows in Norway, Maine**

- At Stephens Memorial Hospital in Norway, one of the Longitudinal Integrated Clerkship (LIC) sites, the physician pipeline is working. Dr. Samuel Ferguson, who completed his residency at Maine Medical Center and Stephens Memorial Hospital as part of our new Rural Internal Medicine Maine (RIMM) Residency Track, just accepted a position as a family physician there. By setting up practice in Norway, Dr. Ferguson will make it possible for other physicians to retire without feeling like they are leaving their patients without adequate care.

- As Dr. Ferguson moves up, a new generation is rising: Dr. Adriana Eurich Nadeau, a graduate of the Maine Track Class of 2019, has matched for residency at Stephens Memorial as part of the RIMM Residency Track. She cites her LIC experience at this same location as greatly impacting her choice to specialize in internal medicine, especially rural medicine.
Increasing Rural Residency Options

- Where a physician trains is highly associated with the location where a physician chooses to practice, and the population they prefer to serve. Data from the American Association of Medical Colleges (AAMC) shows that, nationally, 67% of physicians who complete medical school and residency training in the same state will remain to practice in that state.
- 90% of Maine Track graduates who completed residency in Maine are currently practicing in Maine.
- Maine Medical Center is working to expand its rural residency options to keep more Maine Track graduates in-state for residency:
  - The Rural Internal Medicine Maine (RIMM) program was the first of its kind in the U.S. This residency was created to help fill a major gap between a rural-based undergraduate medical education like the Maine Track and a rural-based internal medicine practice.
  - We are not stopping with the RIMM program; we have recently secured funding to establish a rural training track for our psychiatry residency at Pen Bay Medical Center that will focus on behavioral health in rural communities—another area of great need.

PRIMARY GOAL

Offering Maine’s brightest students the financial means to pursue a career in medicine

Scholarships remain essential to the success of the Maine Track. Each year, the Maine Track provides $2 million in tuition subsidies through outright and endowed scholarship funds to support 20 recipients in each of the four class years. This financial assistance of $100,000 per student over the course of four years of medical school allows Maine Track scholarship recipients the flexibility to pursue a career in rural medicine, instead of having their specialty choice be dictated by the burden of student debt.

For many Maine Track students, scholarship support is the bridge between their aspirations of becoming a physician and the reality of financing medical education.

"The scholarship helps me achieve my goals because it allows me to follow the path that I’m most passionate about with less regard for how much I’ll make and whether I’ll be able to pay off my loans in a timely manner. It also makes me feel like the community that I grew up in is investing and believing in me and, since I want to practice in Maine, it motivates me to do my best."

—Jennifer Scontras, Maine Track Class of 2020, Hometown of Saco

"Quite simply there is not a day that goes by that I do not feel lucky and grateful for [my benefactor’s] generosity. Medical school is a challenging process on top of the cost. Having the opportunity to minimize my debt has allowed me to feel like I can choose any specialty, and return to Maine to practice without concern for paying my loans. I cannot express the gratitude for that opportunity alone. I love the goals of this program and am excited to fulfill its mission by practicing in Maine."

—John “Jackie” Royal, Maine Track Class of 2020, Hometown of Ellsworth
Scholarship Funding

As of August 2019, through the generosity of individuals, corporations, foundations, and the state of Maine, a combined $46 million has been secured in outright and endowed support of Maine Track scholarships. This includes 56 scholarship funds that have been added to our endowment to ensure long term sustainability of this scholarship program.

<table>
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<tr>
<th>Scholarship Endowment:</th>
<th>$30.2 million</th>
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<tr>
<td>Outright Scholarship Support:</td>
<td>$15.9 million</td>
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This year, the following new and renewed named scholarships are funding students in the Class of 2023.

- Doctors for Maine’s Future Program (supporting 2 students)
- Richard & Rakia Hatch Endowed Scholarship Fund (supporting 2 students)
- Bingham Scholarship Fund
- Bramhall Family Scholarship Fund
- President George H.W. Bush & Barbara Bush Scholarship Fund
- William V.K. & Elizabeth M.K. Fletcher Scholarship Fund
- Louis A. Hanson, D.O. Endowed Scholarship Fund
- MMC General Scholarship (supporting 3 students)
- Bank of America Scholarship Fund
- The Welch Charitable Fund Endowed Scholarship Honoring Merton G. and Harriet P. Henry
- Walter E. Webber Endowed Scholarship Fund
- TUSM Alumni Scholarship Fund for the Maine Track
- Roland & Nancy Sutton Scholarship Fund
- Bacow Endowed Scholarship Fund
- Penley Eberhardt Family Maine Track Scholarship Endowment Fund
- Brighton Medical Center Endowed Scholarship Fund

Pictured from left to right: Danielle Li (Louis A. Hanson, DO Scholar), Karen Marie Reilly and Henry Saunders (scholarship benefactors), Austin Steward (Brighton Medical Center Scholar), and Robert Hallinan (Walter E. Webber Scholar).

“The scholarship made it possible for me to attend Tufts Medical School. Had I not received it, I likely would have chosen to attend a less expensive medical school and would not have had the opportunity to learn here in Maine, my home state.”

—Jessica Evans, Maine Track Class of 2020, Hometown of Van Buren
The Longitudinal Integrated Clerkship (LIC), offered to students during their third year, continues to be the centerpiece of the Maine Track’s innovative curriculum. Through the LIC, students spend 9 months at one of 11 hospitals throughout the state. Students are given the opportunity to follow a personalized panel of patients, allowing them to develop meaningful relationships and come to understand the culture of care in Maine’s rural communities.

Students in the Maine Track Class of 2023 will be the first to experience a revised Tufts curriculum, which will provide them with greater exposure to the clinical environment and to MMC. The new curriculum at Tufts emphasizes the four-year integration of basic science, clinical medicine, the science of healthcare delivery, and personal professional development. Additionally, the second year of Maine Track classes will take place entirely in Maine, as opposed to the year being divided between Maine and Boston. The added class time in Maine and the change in curriculum will add Maine themes to be delivered in multidisciplinary discussions throughout course content that will challenge students to consider the complexities of medical practice unique to a rural setting.

“With the LIC model, I have been able to follow my patients through office visits, surgeries, recovery, and follow-up visits. I have seen patients return to the ER or hospital and have been able to provide my preceptors with detailed information on their past medical health because I have a relationship with my patient, both in and outside the hospital. This is only made possible by being a part of the LIC model. I have also had the unique opportunity to spend time with my physicians and learn more about their lives and experiences, and I feel much more comfortable learning from them and asking questions.”

—Hannah Martin, Maine Track Class of 2020, Hometown of Yarmouth

The state of Maine is our campus.

Scholarships are essential to the success of the Maine Track program, but what sets the program apart is its innovative curriculum, with its focus on primary care and its deep engagement with Maine communities.

Through the Competency-Based Apprenticeship in Primary Care (CAP) program, each 1st year student spends a month with a primary care provider in a different Maine community. This experience opens students’ eyes to the realities of rural primary care early on in their education. Three members of Class of 2013 who are practicing in Maine—Dr. Chad Szylvian, Dr. Mayra Spurling and Dr. Megan McBrady—are currently serving as CAP preceptors, helping to teach next generation Maine Track students about the dire need for rural primary care physicians. 61% of Maine’s population lives in a rural area.

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