





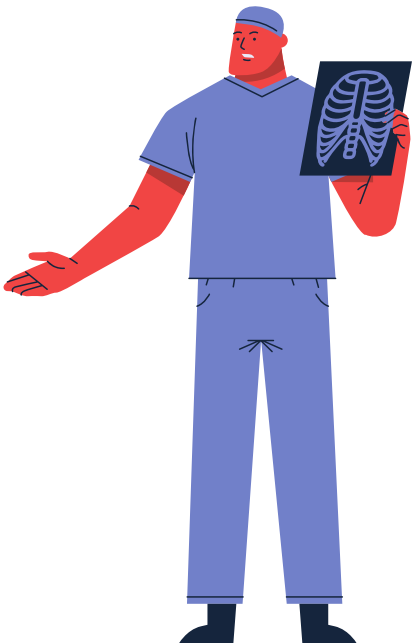



# Attention medical students and residents!

## Thinking of starting your career in a rural community?

We interviewed 18 family physicians in their first 5 years of practice to understand what it was like to start their careers in rural areas.

### Here is what we learned!

<b>1. Physicians often start practice in familiar communities</b>	<b>2. A rural generalist practice is both rewarding and fulfilling, involving work in clinics, hospitals and ER.</b>	
 <b>PRO TIP</b> Seek rural opportunities during training, especially in communities one would consider practicing in before committing.	 <b>PRO TIP</b> Start planning for rural practice early to gain a broad skill set. If it's not already on your radar, go for an elective and see what you are missing!	
<b>3. New physicians identify business aspects of practice as a training gap.</b>		
 <b>PRO TIP</b> Ask questions and seek training on things such as billing and practice management.		
	<b>4. Other early career physicians offered a unique form of support.</b>	
	 <b>PRO TIP</b> Make and maintain connections with other early-year physicians to support you in both clinical and non-clinical contexts when you start to practice.	
<b>5. Seasoned mentors were identified as enablers of success during the transition to practice.</b>		
 <b>PRO TIP</b> Seek out mentorship from experienced physicians, especially in areas of medicine one wants to practice such as emergency medicine, hospitalist, etc.,		

Read full article here: [Starting out rural: a qualitative study of the experiences of family physician graduates transitioning to practice in rural Ontario](#)

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Infographic by K. Passi, NOSM U

