Clinical Region Guide
Rocky Vista University - Southern Utah

As of March 5, 2019
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Your Guide to

Selecting a Core Region

Every year in February, the Department of Clinical Education at Rocky Vista University conducts a lottery to match students with one of many core externship sites. The core externships are set up in regions or cities that can support strong clinical education experiences.

With students’ relocation to various lottery externship sites for the duration of their third year education, it is important that students make wise decisions when planning for their clinical years, aligning their plans with their personal lives and future life goals.

This booklet is designed to be an informational tool in the RVU student’s regional selection process. Each regional site was researched regarding basic areas of interest and we have attempted to provide the most accurate and up-to-date information possible. However, we cannot guarantee that the following information will be applicable when you arrive at the site. It is possible that changes will be made without prior notification.

This book has been compiled and prepared by the Department of Clinical Education and is meant to be an open guide to the many core externship sites were RVU is currently placing students.

Department of Clinical Education

Mission Statement

To provide the third- and fourth-year students with quality clinical education experiences and support, in order to secure positions with competitive residency programs and become well-rounded physicians.
The Lottery Process

- **Phase One: Lottery Presentation**  
  *Approximate Date: Mid-January*

  All second-year students will be required to attend the Lottery Presentation. There will be time for questions and answers.

- **Phase Two: Special Needs Placement**

  Students who have special needs for the Lottery will need to meet with the Manager of the Department of Clinical Education and petition their needs. Forms for special needs placement consideration are due the Monday before Lottery List Submission.

- **Phase Three: Submission of Lottery List**  
  *Approximate Date: End of February*

  All students will submit Lottery list selection via ExamSoft by noon of the specified date.

- **Phase Four: Lottery Results Distributed**  
  *Approximate Date: Tuesday following Lottery List Submissions*

  Lottery will commence and results will be sent out by end of day on the specified date.

- **Phase Five: Trade Period**  
  *Approximate Date: Two weeks following Lottery Results List*

  Students will be allowed to “trade” their lottery location with another student. The form is available in the Clinical Education office.

- **Phase Six: Trade Period Ends and Students Lock in Region**

  Students are locked into their lottery regions.
Region Map
As with most cities in the Midwest, Show Low is historically a pioneer town with Native American heritage. In recent decades, it has transformed into a dynamic and thriving city that appeals to younger generations. Show Low has developed an interactive community with access to numerous athletic and recreational facilities such as an aquatic center, an archery range, ziplining, an 18-hole golf course, in-town fishing at Fools Hollow and Show Low Lakes, hiking on the White Mountain Trail System, and the Black Horse Brewery. Rich in culture, there are nearby opportunities to tour historic pioneer homes, shop for antiques, and visit with local and Native American artisans.

Located near the White Mountains, Show Low has access to skiing and snowboarding on what some consider to be the best snow in the world. The nearby Apache-Stigreaves National Forest is well-known for its hiking trails, wildlife sightings, and breathtaking fall colors. Fishing and camping are plentiful throughout nearby Arizona State Parks and the Fort Apache Indian Reservation.

According to the most popular legend, the city’s unusual name comes from a poker game held between Marion Clark and Corydon Cooley to dissolve their equal partnership of a 100,000-acre ranch. With no end in sight to the game, it was decided that whoever revealed the lowest card would be declared the winner. When Cooley won with the deuce of clubs, he exclaimed “Show Low, it is!” As tribute, the city became known as Show Low and its Main Street was named “Deuce of Clubs.”
Given the small size of Show Low, students are exposed to an unexpectedly wide range of medical specialties and pathologies, due to the presence of a large, state-of-the-art hospital and cancer center. This, as well as the neighboring private clinics, allows students to stay in one location for their externship.

• **Kingman Regional Medical Center**: This hospital is the largest healthcare provider in northwest Arizona and the only non-profit hospital in Mohave County. It is part of the Mayo Clinic Care Network and has 235 beds across multiple campuses. It has a range of services such as cardiac care, rehabilitation and pain management, and cancer care. It is also Arizona’s first rural teaching hospital for residents of family medicine and emergency medicine.

• **Summit Healthcare**: This 89-bed hospital employs over 900 employees, with nearly 200 physicians and allied health professionals. The fully-equipped medical center includes a transfusion and pathology lab, mobile health services, outpatient and occupational rehabilitation, inpatient and outpatient surgery, inpatient dialysis, a full diagnostic imaging lab, a cardiopulmonary department, a sleep lab, and the Summit Healthcare Cancer Center.

**Who would benefit from the Show Low region?**

• Looking for a small region, a rural setting, and great networking opportunities
• Open to any and all experiences in medicine
Blackfoot

In true Idaho fashion, the city of Blackfoot is all about potatoes. As the “Potato Capital of the World,” it boasts the largest potato industry in any one area and is the site of the Idaho Potato Museum, where you will find on display the largest potato chip in the world.

Located at the confluence of the Snake River and the Blackfoot River, the city has room to spare for its many parks, including Jensen Grove Park, and offers access to a multitude of outdoor activities such as golfing, swimming and RV camping. Multiple greenways link the city to surrounding towns and to the beautiful vistas of the Snake River.

Additionally, Blackfoot hosts the Eastern Idaho State Fair, an agricultural fair that attracts hundreds of thousands of visitors to the small town of 10,000, and Celebrate Blackfoot, an independence day celebration with activities such as a car and bike show, snowmobile races, and a watermelon eating contest.

Blackfoot is situated halfway between two larger cities—Pocatello and Idaho Falls—with a 30-minute drive to either. Being home to Idaho State University, Pocatello is one of the largest cities in Idaho with a population of 56,000. Idaho Falls is the second largest city in the state with a metro population of 133,000 and boasts several colleges, museums, and a robust economy. It was named one of the “Top 100 Cities in 2010” by CNN and one of the “Best Places to Raise Kids” by Business Week. Both cities host regional airports.
Externships in Blackfoot, Idaho

With a single hospital in the area, Blackfoot is ideal for students and providers who enjoy the simpler life. It is a rural region that handles a variety of ailments and pathologies, requiring a wide range of medical knowledge.

- **Bingham Memorial Hospital**: This hospital offers inpatient and outpatient care, critical care, emergency services, rehabilitation, plastic surgery, oncology, and transitional care services. It treats approximately 1,500 patients and admits 8,700 people in the emergency room each year. It is a teaching hospital with family medicine residency program. It is one of the leading health care providers in eastern Idaho with additional locations in Idaho Falls, Pocatello, and Shelley.

Who would benefit from the Blackfoot region?
- Interested in rural and wilderness medicine
- Interested in externships with residents
- Would enjoy the close proximity to Northern Utah
Cache Valley

Nestled between the Bear River and Wellsville Mountains, Cache Valley was originally named Seuhubebegoi, or “Willow Valley,” by the Shoshone tribe. The area soon attracted mountainmen and fur trappers who used the valley as a place to stash furs and other goods (i.e., a cache), popularizing the name Cache Valley amongst settlers. Today, the region is predominately known for manufacturing, trade, education, and the agriculture and dairy industries.

Situated along the Logan River, Logan is the largest city in Cache County with an population of over 48,000. Downtown Logan delights locals and visitors with its array of cafes, specialty shops, and historical attractions. Dining options include summer visits to the Cache Valley Gardeners’ Market and to production facilities of hand-dipped chocolates, cheeses, and Café Ibis coffee. For those seeking a feel of the Old West, the American West Heritage Center contains mock-pioneer settlements and a working farm where visitors can learn to spin wool and participate in a two-man log-sawing contest. Winter activities range from skiing at Beaver Mountain Ski Resort, a sleigh ride and wildlife sighting at the Hardware Ranch Elk Refuge, and snowmobiling at Beaver Creek Lodge. Logan is also home to Utah State University and is a 90-minute drive from Salt Lake City.

Brigham City’s prime location on the Wasatch Front Range has made it a popular base camp for adventures in the Uinta-Wasatch-Cache National Forest. A historic mountain town, Brigham City site seeing incorporates the Brigham City Museum-Gallery, the ATK Thiokol Rocket Garden, the Bear River Migratory Bird Refuge, and the one-hundred-year-old Capitol Theater. Local highlights include classic dining at Maddox Fine Food, art exhibits, and the famous Peach Days, a weekend event showcasing delicious peaches and Utah’s largest car show.

Cache Valley also encompasses Cache National Forest, Logan Canyon, Hyrum Lake State Park, Logan Historic District, and the Nora Eccles Harrison Art Museum, to name a few. Other cities in the valley are Tremonton, North Logan, Providence, and Wellsville.
EXTERNSHIPS IN CACHE VALLEY, UTAH

The hospitals serving the Cache Valley area are part of the Intermountain Healthcare network, a medical group with close to 2,300 physicians and advanced practice clinicians.

- **Bear River Valley Hospital**: This site offers a variety of medical services, specializing in women's health, emergency medicine, surgical services, and physical therapy. It is a Level IV Trauma Center and a not-for-profit community hospital serving the city of Tremonton, Utah. Bear River also seeks to improve access to comprehensive healthcare for low-income populations.

- **Logan Regional Hospital**: This hospital is a Level III Trauma Center that serves residents of northern Utah, southeastern Idaho, and western Wyoming. Logan is accredited by The Joint Commission, and features cancer, heart and vascular, and women and newborn care services. Athletes have access to custom treatment plans in the orthopedics and sports medicine department and a sports performance training program.

**Who would benefit from the Cache Valley region?**

- Seeking exposure to a wide variety of specialties including oncology, cardiology, gynecology, physical therapy, emergency medicine, and more
The Capital Region is made up of several cities clustered at the base of the Wasatch Mountains. As the most populous area of the state, the region’s cities and towns, such as Salt Lake City and West Jordan, are culturally diverse and boast growing economies.

Located in the Wasatch Front valley (at 4,330 feet above sea level), Salt Lake City features a unique atmosphere that combines big-city life with the historic feel of the Wild West. There you will find a colorful nightlife, a reliable transportation system, eclectic local shops in the Sugar House neighborhood, and easy access to red rock country and world-renowned ski areas of Alta, Snowbird, and Solitude. City must-dos include the 9th & 9th District, the Natural History Museum of Utah, the Red Butte Garden and Arboretum, and the Great Salt Lake. Noteworthy features also include a downtown Farmers Market and the GREENbike SLC bike-sharing program.

A growing suburb south of Salt Lake City, West Jordan is situated between the Oquirrh Mountains to the west and the Wasatch Mountains and Jordan River to the east. The city is known for substantial shopping and dining options at Jordan Landing, as well as numerous local parks and trails like the Jordan River Parkway Trail. In-town attractions are include the Schorr Art Gallery, Veteran’s Memorial Park, and the West Jordan Symphony and Conservation Garden Park, where residents can learn about water conservation and sustainable practices. Those seeking more adventurous pursuits can book flying lessons at Randon Aviation or travel to nearby mountain trails for hiking, mountain biking, and rock climbing.

The Capital Region has recently seen a steady influx of residents, notably younger generations drawn to a growing economy, excellent amenities, and numerous outdoor activities. Additional cities in the region include Draper, Murray, Park City, Sandy, South Jordan, and West Valley.
As the most populous area of the state, the Capital region has several major medical centers. Students will travel to many of the area's varied sites, allowing for a more specialized experience.

- **St. Mark’s Hospital**: With more than six hundred physicians on its medical staff, this site is well equipped to handle over 80,000 a year. The only hospital in the state and among HCA hospitals to achieve the highest possible, three-star rating for performing isolated aortic valve replacement and repair surgery. It has earned The Gold Seal of Approval from the Joint Commission as a Top Performer on Key Quality Measures, as well as Excellence Awards for coronary intervention and joint replacement.

- **Jordan Valley Medical Center**: Since its founding, Jordan Valley has tripled in size and continues to grow with the completion of a major expansion project that increased its size to 171 beds. The center has invested in advanced technology and equipment to improve its wide range of services including the emergency department, ICU, and surgical services. This site also includes comprehensive cancer care at the Jordan Valley Cancer Center with specialties in hematologic services, breast, urological, and gynecological cancer treatment.

- **Salt Lake Regional Medical Center**: A physician-owned hospital, this medical center is conveniently located in the heart of Salt Lake City. Services include weight loss management at the Center of Excellence Weight Loss Surgery, the da Vinci® XI Surgical System, and a Pulmonary Clinic. It is a part of Steward Health Care system, which operates 36 hospitals as part of a physician led healthcare network.

- **Other sites include** Alta View Hospital, Intermountain Medical Center, Granger Medical Clinic, Lone Peak Hospital, and Physician Group of Utah.

Who would benefit from the Capital region?

- Interested in sub-specialties in internal medicine
- Would enjoy a fast-paced and big city environment
- Interested in advanced and emerging healthcare treatments and technologies
Price

With the arrival of the railroad in the late 1800s, Price evolved from a small ranching and farming community to a transportation and commercial hub. Coal mining became a prolific activity in the region, attracting immigrants from all over the world. The impact of this mass migration into Price can be seen in the town’s cultural and religious diversity. As of the most recent census, Price’s population is estimated at over 8,700.

South of Price is the San Rafael Swell, high desert country sculpted by streams and gales and traversed by antelope and wild horses. The vast desert land appeals to hikers and mountain bikers looking for more isolated areas to adventure in. Goblin Valley State Park (named after goblin-like rock formations) and the Cleveland-Lloyd Dinosaur Quarry contain hiking trails and camping spots perfect for a day outing or family vacation. The area also features incredible petroglyph rock art at the Nine Mile Canyon and old cowboy and decommissioned mines throughout the area.

During the summer months, residents have a variety of options for in-town recreation including the Desert Wave Pool at the Aquatic Center and the Farmer’s Market at Pioneer Park. Residents and tourists can learn to fly planes at Desert Wings or attend a concert or trade show at the Carbon County Events Center. Price is also home to Utah State University, Eastern and The Prehistoric Museum, USU Eastern.
EXTERNSHIPS IN PRICE, UTAH

For those looking to immerse themselves in a rural setting, Price is the ideal town for them. The region’s only hospital provides a variety of services to different patients and requires extensive medical knowledge.

• **Castleview Hospital:** This site serves communities in the Carbon and Emery Counties. Despite its rural setting, it offers a wide range of medical services such as bariatric surgery at the Castleview Hospital Weight Loss Center, comprehensive ENT services, and imaging services. The emergency department holds an American College of Cardiology Chest Pain Center accreditation and received the status of “Stroke Receiving Facility” from the Utah Department of Health. Additionally, Castleview Hospital operates Emery Medical Center, a family practice and urgent care clinic in Castle Dale, which offers occupational medicine and physical therapy, black lung testing, and family and women’s health services, among others. The hospital also runs an urgent care clinic in Price.

• **Other sites include Emory Medical Center.**

**Who would benefit from the Price region?**

• Interested in rural and wilderness medicine
• Seeking family medicine and sub-specialty internal medicine opportunities
Central to the Richfield region is Fishlake National Forest, an oasis containing aspen groves and pristine alpine lakes and reservoirs. The towns and cities that surround the forest include Beaver, Delta, Gunnison, Milford, Richfield and Fillmore. The region's proximity to an abundance of natural wonders in the form of state parks, national monuments, and recreation areas has introduced successful outdoor and tourist industries to its cities and towns.

Richfield has embraced the outdoor recreation business through its many hotels, restaurants, and the local shops that line its Historic Main Street. Nearby attractions include a soak at Mystic Hot Springs Resort, whitewater rafting on the Sevier River at Big Rock Candy Mountain, hiking through a stand of aspen trees known as Pando (the largest single organism on Earth), and premier riding at the Paiute ATV Trail. Richfield’s major employers include Sevier Valley Hospital and Lin’s Fresh Market. The city also houses campuses for both Snow College and Utah State University, and hosts the Sevier County Fair in August and the Rocky Mountain ATV/UTV Jamboree in September.

Located between Salt Lake City and St. George, the town of Fillmore (named for U.S. President Millard Fillmore) rests at the foot of the Pahvant Mountain Range. The combination of mountain territory and desert land produces the perfect environment for a variety of outdoor recreation like camping at Meadow Lava Tubes (an extinct volcano), soaking at Meadow Hot Spring, and hiking and mountain biking at Chalk Creek Canyon and Pahvant Valley (known for its volcanic vestiges). Fillmore’s unique heritage includes Territorial Statehouse State Park and the Historic Walking Trail. From RV parks and a local acre golf course to multiple restaurant dining options and the Veterans Memorial, Fillmore offers and assortment of local attractions and amenities.
Despite being located in a rural area, the healthcare providers in the Richfield region offer an array of quality surgery services at a lower cost to surrounding communities.

- **Sevier Valley Hospital**: Accredited by The Joint Commission, Sevier Valley provides low-cost healthcare to the Sevier, Wayne, and Piute counties. Generalized and specialized care includes sleep medicine at The Sleep Disorders Center, mental health services, surgical services, and cancer prevention and care.

- **Fillmore Community Hospital**: Fillmore holds the first level V trauma center designation in Utah, allowing it to provide advanced urgent medical care to the surrounding rural population. Inpatient and outpatient medical services include back and neck therapy, behavioral health, and chronic pain management.

- **Sevier Valley Specialty Clinic**: The clinic specializes in general surgery, orthopedic surgery, and urology. They offer personalized care to patients of all ages, and are part of the Intermountain Healthcare system.

**Who would benefit from the Richfield region?**
- Prefers fewer externship sites in a rural area
- Wants to see a variety of patients across a broad spectrum of specialties
Southeast Utah

The Southeast Utah region’s temperate climate and ecologic diversity, from eroded sandstone formations and coral sand dunes to wildlife sightings of kit foxes and golden eagles, make it the perfect place for adventure and relaxation.

Walls of coral sandstone rise up on all sides of Moab, creating magnificent redrock views for all to enjoy. Nearby trails at Arches National Park, Canyonlands National Park, and Monument Valley maintain a steady flow of hikers and mountain bikers, while the mighty Colorado River and nearby Glen Canyon and Lake Powell attract rafters and fishermen. For a slower pace, Sand Flats Recreation Area, Goblin Valley State Park and the Dinosaur Tracks Trail make for great family hikes. Local favorites include the Moab Farmers Market, Castle Creek Winery, and beloved restaurants like Eddie McStiff’s.

Monticello lies on the eastern slope of the Abajo Mountains, also known as the Blue Mountains, giving residents and visitors unparalleled views of surrounding peaks. The small town is connected to a spectacular trail system in the Manti La-Sal National Forest, nearby Canyonlands National Park, and Bears Ears National Monument. Unique landmarks are Newspaper Rock and its 2,000-year-old petroglyphs and the Trail of the Ancients National Scenic Byway, a 480-mile highway loop. Despite a population of roughly 2,000, Monticello hosts the Blue Mountain Triathlon, a Pioneer Day Parade, and cultural performances from Blue Mountain Entertainment.

Along with Moab and Monticello, Blanding is a gateway town to the Four Corners Area, with access to the Four Corners Monument and located near Monument Valley Navajo Tribal Park and Natural Bridges National Monument (a certified Dark Sky Park). Blanding’s diverse culture is represented in a trifecta of museums based in-town: The Dinosaur Museum, the Edge of the Cedars State Park & Museum, and the Pioneer Museum. Every summer, Blanding hosts an array of events including the Hillman Triathlon, The Four Corners Indian Art Market, and the San Juan ATV Safari.
Students will see a variety of patients with injuries (including life-threatening injuries) stemming from nearby hiking locales (such as Arches National Park and the Colorado River). Many patients will have come from far distances, with many arriving by helicopter from remote areas of the state.

- **Moab Regional Hospital**: This is a critical access hospital with 17 beds and is a Level IV Trauma Center. It is considered a leader in healthcare in Southeast Utah with state-of-the-art technology such as cardiac monitoring and defibrillation, telestroke technology, digital mammography, remote hemodynamic monitoring, and ophthalmologic assessment equipment. It also offers OB/GYN, infusion, orthopedics, hospice, and behavioral services.

Who would benefit from the Southeast Utah region?

- Interested in working in a rural region
- Interested in wilderness medicine and care
- Interested in emergency medicine, particularly in a rural area
- Interested in family medicine in a hospital setting
- Unsure about a specialty and would like to experience a variety of experiences
The Southern Utah region is an expansive area made up of arid deserts, vast sand dunes and slot canyons. The region, shaped by earthquakes, volcanos and erosion, has extreme temperature variations throughout the year. Despite its cold winters and record-setting summer heat, cities and towns thrive amongst renowned national forests and state parks, with cities like St. George and Cedar City serving as popular basecamps.

As one of the fastest growing cities in the United States, St. George is known as a year-round destination city because of its warm-weather and distinct landscape. Activities involve relaxing at luxury spas, considerable shopping, and top-rated restaurants. Arts enthusiasts will find plenty to do such as attending a show at the Center for the Arts or seeing the Southwest Symphony in concert. Additionally, St. George sits in a unique landscape that incorporates red rock mesas, lush waterways and desert habitat (specifically the Mojave Desert). Climbers, hikers and backpackers will find plenty to see at Pioneer Park, Snow Canyon State Park, and nearby Zion National Park.

Situated in the Great Basin, Cedar City is surrounded by a diverse array of wildlife, flora, and breathtaking geological formations. Hidden in the mountains, Cedar Breaks National Monument (a natural amphitheater) offers visitors access to hiking trails, high elevation camping, incredible views of the “Circle of Painted Cliffs”, and stargazing programs as part of its Dark Sky Parks certification. Weathered rock pinnacles at Bryce Canyon and the red cliffs and giant ponderosa pines in Dixie National Forest are amongst some of Cedar City’s best-known geological wonders. Cedar City is also home to a 90-mil cycling loop, Utah Shakespeare Festival (hosted at the Southern Utah University campus), the Utah Summer Games, and an up-and-coming culinary scene featuring woodfired pizza and fine Mexican dining.

Other cities in the region for clinical rotations are Hurricane, Utah and Mesquite, Nevada.
The expansive Southern Utah region is home to major medical centers and clinics that are part of the Intermountain Healthcare system, a not-for-profit system of 23 hospitals and 170 clinics. The region services not only Southern Utah, but also northwestern Arizona and southeastern Nevada, allowing students to care for many different patients.

- **Cedar City Hospital:** This site offers a wide range of services including comprehensive cancer treatment, management of acute and chronic pain, and women and newborn care. It employs doctors in specialties ranging from dermatology and radiation oncology, to neurosurgery and emergency medicine. Since its construction in 2003, the hospital campus has had major additions and grown to a 48-bed hospital.

- **Mesa View Regional Hospital (Mesquite, NV):** This community healthcare provider has a full range of services such as diagnostic imaging, and emergency, medical and surgical services. A featured program offered at this site is the Total Joint Replacement program, which is accredited by The Joint Commission.

- **Dixie Regional Medical Center:** A Level II Trauma Center and a major medical referral center, Dixie Regional’s services include heart care, surgical care, and women and newborn care. State-of-the-art facilities are River Road Campus with 132 acute inpatient beds and the emergency department, the Women’s and Children’s Care Center at the 400 East Campus, and a Health and Performance Center for rehabilitation services, sports medicine, and sports training programs.

- **Intermountain Medical Group Clinics:** With over 1,400 physicians in over 185 Intermountain Clinics, these sites coordinate preventative care and wellness services to manage personalized treatment and primary care plans. Patients are encouraged to actively participate in the decision-making process to better manage their health.

**Who would benefit from the Southern Utah region?**
- Would appreciate its close proximity to the RVU campus
- Interested in programs accredited by The Joint Commission
The Uintah Basin region is tucked away in the northeast corner of the state, and is famous for its indigenous heritage, paleontological history, and the almost 2,000 alpine lakes scattered throughout the Uinta Mountain Range. Kings Peak (the highest peak in Utah) towers over the surrounding wilderness and the towns of Vernal and Roosevelt. While in the past agriculture and mining were the major economic drivers, the region has made a push to diversify its economy with the energy and tourist industries.

As the largest community in the Uintah Basin, the quintessential town of Vernal provides residents with a unique experience shaped by the fossilized remains of dinosaurs and the alpine lakes and granite hiking trails found in the surrounding wilderness. Due in part to its geographical location, Vernal has cultivated an identity as “Dinosaurland,” which people can immerse themselves in at Dinosaur National Monument (a certified Dark Sky Park), Red Fleet State Park’s dinosaur trackway, and the Utah Field House of Natural History State Park Museum. Vernal attracts outdoorsmen and adventurers to its stunning environment, like the High Uintas Wilderness Area, Starvation Reservoir State Park, and Flaming Gorge National Recreation Area. Main Street offers a growing list of amenities such as homemade sodas and IPAs at Vernal Brewing Company, comfort food at Antica Forma, and golfing at Dinaland Golf Course.

In the early days, Roosevelt City (named after President Teddy Roosevelt) was a tent and shanty town that slowly flourished as a result of its central location in the Uintah Basin. Today, Roosevelt City is a modern community with vast oil reserves and home to Uintah Basin Medical Center, Utah State University’s Uintah Basin Regional Campus, and Uintah Basin Technical College. In addition to great hiking, camping, and fishing opportunities in nearby Ashley National Forest, the city hosts an 18-hole golf course, two co-operatives (Moon Lake Electric and Strata Networks), and the Uintah Basin in Celebration annual event, which features a parade, talent show, concerts, and dances.
EXTERNSHIPS IN UINTAH BASIN, UTAH

The Uintah Basin serves the population of Uintah, Duchesne, Daggett, and Rio Blanco counties, for a total of approximately 50,000 residents.

- **Ashley Regional Medical Center:** This 39-bed hospital offers services in chemotherapy, orthopedics, surgery, sleep studies, cardiac rehab, physical and speech therapy, and emergency medicine. The emergency room treats approximately 14,000 patients per year. ARMC has been designated as a Stroke Receiving Facility and is Chest Pain Accredited. It features a brand new Infusion Center, as well as a three-story Women’s Center (with state-of-the-art technology such as 3D and 4D ultrasound and mammography) and Level IV Trauma Center.

**Who would benefit from the Uintah Basin region?**
- Would enjoy a small town with all the amenities and luxuries of a larger town
- Would appreciate a smaller hospital setting
- Interested in OB/GYN and/or emergency care
- Interested in cardiology and strokes
Utah Valley

Utah Valley is a dynamic region driven by innovation and the outdoor recreation business, and houses two major educational institutions: Brigham Young University and Utah Valley University. The region’s safe, family-friendly communities coupled with growing economic opportunities in the tech and outdoor sectors have placed cities like Provo and Heber City on the map. Other cities benefiting from the region’s growth include American Fork, Spanish Fork, and Pleasant Grove.

South of Salt Lake City is Provo, Utah’s second largest city. A bustling metropolis in the heart of Utah Valley, Provo has found the perfect balance between an abundance of outdoor opportunities and a thriving business center with a focus on technology, health care and education. In downtown Provo, there is a striking culinary scene that promotes Chilean and Indian restaurants, Native American inspired cuisine at the Black Sheep Cafe, and farm-to-table dining at the Communal Restaurant. The city is home to the Sundance Art Studio, the Thanksgiving Point (a dinosaur museum), and Provo Canyon. Surrounding mountains host an intricate trail network for hiking, biking, horseback riding and mountaineering. Water activities abound on the Provo River and Utah Lake State Park include kayaking, boating, paddling and fly-fishing.

The self-proclaimed “Heart of the Wasatch Back”, Heber City is in close proximity to Wasatch Mountain State Park. Residents are immersed in a culture of outdoor recreation with access to cross-country skiing on pristine trails, tree-top canopy zip lining along the Provo River, and boating and paddling at Jordanelle State Park. Other local recreational gems include fishing at Strawberry Reservoir, farm-fresh cheese and milk from Heber Valley Artisan Cheese, and scuba diving and snorkeling at Homestead Crater, a geothermal spring. Residents look forward to popular events like the Wasatch County Fair and the Western Music & Cowboy Poetry Gathering.
Despite the area being smaller than other metropolitans in terms of population, the Utah Valley region has been a leader in healthcare for over 100 years, particularly in the area of mental and behavioral health. This region has one of the highest concentrations of hospitals and medical centers in the state, making it a top spot for those seeking specialized medical care.

- **Utah State Hospital**: This psychiatric hospital is a 324-bed mental health facility for patients with severe illnesses. It serves both the adult and pediatric population, as well as forensic services, in its secure treatment facility. Originally built in 1885 as the Territorial Insane Asylum, the city of Provo has built up around the hospital, which has become one of the leaders in psychiatric care in the state of Utah.

- **Utah Valley Medical Center**: Part of the Intermountain Healthcare network, UVMC is a Level II Trauma Center located in the heart of Utah county. The 395-bed hospital (formerly known as Utah Valley Hospital) offers a pediatric intensive care unit, an emergency room with 28 dedicated beds, a Life Flight crew, and a Live Well Center. It features Utah’s only hyperbaric chamber and was designated Stroke Center of Excellence. It has a large maternity unit in which 4,400 babies are born each year. The range of services include oncology, emergency and intensive care, women’s services, cardiology, palliative care, sleep services, and stroke treatment.

- **Other sites include** Timpanogos Regional Hospital, Mountain View Hospital, Canyon View Medical Center, American Fork Hospital, Heber Valley Hospital, Orem Community Hospital, and Sanpete Valley Hospital.

Who would benefit from the Utah Valley region?
- Interested in OB/GYN and women’s services
- Would enjoy the environment of a busy hospital in a less urban setting
- Interested in psychiatry and behavioral health, either pediatrics or adult population
- Would enjoy a variety of hospitals and sites within a single externship
The Weber Region consists of a geographically diverse area defined by the Wasatch Mountains and the eastern shores of the Great Salt Lake. The region is home to Weber State University, Ben Lomond Mountain, and thriving aerospace, manufacturing and commerce industries.

Once a trading fort along the First Transcontinental Railroad, Ogden has evolved into a modern mountain city with unique neighborhoods and the only urban, blue-ribbon trout fishery west of the Mississippi River. The Historic 25th Street District displays boutique shops and eclectic art galleries and, at night, transforms into a popular destination for evening cocktails and comedy shows. Besides stellar amenities, Ogden ensures year-round community involvement with a culinary festival, summer concerts, the Ogden Pride Festival, the Ogden Marathon, and the Wasatch Yeti Bash. Some of the world’s best snow for skiing, snowshoeing, fatbiking, and snowmobiling can be found at Snowbasin Ski Resort, Powder Mountain, the Bonneville Shoreline Trail, and Beus Canyon.

One of several bedroom community tucked between Thurston Peak and Farmington Bay, the city of Layton has direct a connection to Salt Lake City, Antelope Island, and the FrontRunner commuter rail. After a population boom following World War I, Layton has slowly become an economic powerhouse. Successful retail and hospitality districts include amenities and enterprises such as Layton Hills Mall, cinemas, “Restaurant Row,” the East Gate Business Park, and the Davis Conference Center. Residents and visitors can enjoy a wide array of recreation opportunities, such as hiking at Adams Canyon and golfing at Valley View Golf Course. Interestingly, its location also makes it susceptible to the Great Salt Lake Effect, a climate disturbance along the shores of Great Salt Lake that manifests as powerful snowstorms every year.

Additional cities situated in the Weber Region include Bountiful, Clinton, Roy, Syracuse, Centerville, Clearfield, and Farmington.
EXTERNSHIPS IN WEBER, UTAH

Situated north of Salt Lake City and conveniently along the I-15 corridor, the Weber region serves Northern Utah and much of its suburbs and its interstate travelers. The area’s hospitals boast nationwide accolades and award-winning programs, leading many to travel specifically to receive the top-rate care found in this region.

• **McKay Dee Hospital**: For over 100 years, this 310-bed hospital has served Weber County as the top hospital of the region. They offer services in behavioral health, cancer care, cardiology, stroke treatments, surgery, and women’s health. As part of the Intermountain Healthcare network, McKay Dee is nationally recognized for its heart and stroke programs, its Spine Institute, its Heart and Vascular Institute, and the new Stewart Rehab Center. It is a Level II Trauma Center. Their Breast Cancer Treatment Center is Northern Utah’s only breast cancer center accredited by the American College of Surgeons.

• **Ogden Regional Medical Center**: This hospital offers services in behavioral health, oncology, cardiology, orthopedic and joint care, surgery, a sleep center, women’s care, and emergency care. It offers Utah’s only Cesarean Wing at its Family Birth Place and is accredited as a Stroke Center of Excellence. It is also the only hospital in Utah to have earned a five-star ranking for maternity care.

• **Other sites include Tanner Clinic and Ogden Clinic**.

**Who would benefit from the Weber region?**

• Interested in high-quality OB/GYN, cardiology, and stroke care programs
• Would enjoy a slightly larger town with a rich culture and history
• Would appreciate a variety of specialties within a few locations
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