



Clinical Region and Site Guide



Table of Contents

Your Guide to Selecting a Core Region.....3

Department of Clinical Education Mission Statement.....3

Clinical Regions:

ARIZONA

Show Low, AZ.....4

Tucson, AZ.....6

IDAHO

Blackfoot, ID.....8

COLORADO

Colorado Springs, CO.....10

Denver Metro, CO.....12

Grand Junction, CO.....14

Greeley, CO.....16

North Denver, CO.....18

Pueblo, CO.....20

MONTANA

Montana.....22

SOUTH DAKOTA

Rapid City, SD.....24

UTAH

Cache Valley, UT.....26

Capital, UT.....28

Price, UT.....30

Southern Utah, UT.....32

Uintah Basin, UT.....34

Utah Valley, UT.....36

Weber, UT.....38

WYOMING

Cheyenne, WY.....40

Evanston, WY.....42

Laramie, WY.....44

Rock Springs, WY.....46

Selecting a Core Site Region

Every year in early spring, 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 where 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.





Show Low

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."





Externships in Show Low, Arizona

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.

- **Summit Healthcare Regional Medical Center:** Summit Healthcare is a private, not-for-profit organization located in the beautiful White Mountains of Northeastern Arizona. It responds to the healthcare needs of more than 90,000 permanent and seasonal residents living in a 3,000 square mile area.



This 89-bed hospital employs over 1,500 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.

- **Flagstaff Medical Center Behavioral Health and Psychiatry:** Offering inpatient and outpatient services in Flagstaff, Arizona, RVU students can expect a Behavioral Medicine core rotation that is in-depth well rounded. Students in the Show Low region should plan to preform their Behavioral Medicine core rotation at this facility in Flagstaff, AZ unless otherwise notified by their Clinical Education Rotation Coordinator.



Tucson

Tucson, Arizona, a city that blends Native American, Mexican, Spanish, and pioneer influences in its culture, cuisine, and architecture. Tucson is surrounded by stunning natural landscapes, from the iconic saguaro cactus forests of Saguaro National Park to the cascading waterfalls of Sabino Canyon. For golf lovers, Tucson offers a variety of courses to challenge your skills and delight your senses, with views of mountains, deserts, and lush greens.

In the shadow of Pusch Ridge, the western end of the Santa Catalina Mountains, with the Tortolita mountains in the distance to the north and views of the Tucson skyline to the south, Oro Valley has a character and culture of its own, with all the conveniences of the bigger city nearby.

If you're interested in history and science, you'll find plenty of museums and attractions to explore, such as the Mission San Xavier del Bac, a Spanish colonial gem, and the Biosphere 2, a futuristic research facility. Tucson also boasts a vibrant downtown area, where you can enjoy the arts, nightlife, and dining options, from authentic Mexican food to innovative fusion cuisine. Whether you're looking for adventure, culture, or relaxation, Tucson has something for everyone. Come and discover why Tucson is a desert oasis of southwest charm and beauty.

The soul of the Sonoran Desert. The flavor of the Southwest. Tucson means Wide Open Spaces and plenty of room to unplug, explore, and free yourself.





Externships in Tuscon, Arizona

Given the large size of Tuscon, students are exposed to a wide range of medical specialties and pathologies, due to the presence of a large, state-of-the-art hospitals and medical centers. Students are able to complete the majority of rotations at St. Joseph's Hospital, creating a comfortable environment and allowing students to build professional working relationships with faculty and staff.

- **St. Joseph's Hospital:**

Established in 1961, St. Joseph's Hospital is a premier medical campus serving Tucson and Southern Arizona. St. Joseph's includes the Carondelet Neurological Institute and offers some of the most technologically advanced stroke care in a state-of-the-art healing environment.



St. Joseph's Hospital provides one of the region's most comfortable labor and delivery units, and their 486-bed hospital also features high quality, specialized care in programs, such as trauma and emergency medicine, cardiology, orthopedics, oncology and rehabilitation.

St. Joseph's Hospital and Medical Center, is a private, for-profit, 449-bed acute-care hospital on the east side of Tucson, Arizona. St. Joseph's Hospital is a level 1 trauma center and is part of Carondelet Health Network, owned by Tenet Healthcare, and has sister hospitals in Arizona St. Mary's Hospital in Tucson, Marana Hospital in Marana and Holy Cross Hospital in Nogales.



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.





Colorado Springs

As the second most populous city in the state, Colorado Springs is an economic and cultural hub with a long and varied history. Originally a gathering place for the Ute, Arapaho, and Cheyenne tribes, the search for gold brought explorers and settlers to the foothills of Pike's Peak, named Ta-Wa-Ah-Gath by the Ute. Mining for precious metals, in particular gold, influenced the development of the city, originally founded as a resort town. Today, Colorado Springs' economy is driven primarily by the defense industry, with a cache of military installations such as the U.S. Air Force Academy and Fort Carson, as well as high-tech businesses and the tourism industry. Yet despite the booming economy, Colorado Springs remains easily accessible with residents able to travel anywhere in the city within 20 minutes (and with many boast-worthy 'mom and pop' restaurants).

The city boasts fifty-five unique attractions, including access to historical sites and educational activities, and has expanded its network of footpaths and bike lanes in anticipation of continued growth. A variety of attractions include the nearby Colorado Wolf & Wildlife Center, the Royal Gorge Dinosaur Experience, the Colorado Springs Olympic Training Center, the Ghost Town Museum, and the Cottonwood Center for the Arts. By far, the biggest draw to the city is the opportunity to summit Pike's Peak.



Colorado Springs is surrounded by towering mountains, national forests, open spaces, and wildlife reserves. Living up to its resort town origins, more than five million visitors are attracted to the city for its proximity to outdoor destinations like the Garden of the Gods and the Manitou Cliff Dwellings, as well as outdoor activities such as whitewater rafting, biking, rock climbing, horseback riding, and camping (many of which are closer and more convenient to Colorado Springs than Denver).



Externships in Colorado Springs, Colorado

Students appreciate the fact that there are only two main hospitals in the region, as well as many smaller externship sites. This is also a great location for those interested in military medicine.

- **Evans Military Hospital:** There are five major military installations in Colorado Springs: NORAD, Air Force Academy, Fort Carson, Peterson Air Force Base, and Schriever Air Force Base.
- **Memorial Hospital:** This hospital has been recognized as one of southern Colorado's top regional hospitals. Past students described the experience as "very conducive to learning and teaching."
- **Peak View Behavioral Health:** This inpatient psychiatry hospital allows students to interact more closely with psychiatric patients in a clean, learning-focused environment. One student described the site as the "most interactive and engaging externship," while another named it the "best psych externship at RVU."
- **Peak Vista Health Center:** This provides premier medical, dental, and behavioral health care to over 80,000 patients. Students appreciate the variety of pathologies, as well as the level of responsibility and feedback they are given.
- *Other sites include Penrose Hospital.*





Denver Metro

Originally established during the Pike's Peak Gold Rush as a supply town for ranchers and prospectors, Denver has since developed a strong, diverse economy with a connection to major transportation systems. The Mile High City (named so for being situated exactly one mile above sea level) has attracted a young, healthy, and highly educated workforce to its research institutions, telecommunications and finance companies, biotech and healthcare industries, and energy and defense sectors.

With a population of over 700,000, Denver is one of the fastest growing metropolitan areas in the nation. Most residents are out-of-state transplants and the presence of such a diverse community has given Denver a reputation as a progressive urban center. The city features several college campuses and 5,000 acres of urban parks, trails, and golf courses. Big-city amenities—such as acclaimed art museums, a performing arts complex, nearly one hundred breweries, and professional sports teams—promote an exceptional quality of life.

Unique experiences include a concert at the Red Rocks Amphitheatre, a tour of the Molly Brown House Museum, and the Great American Beer Festival, which showcase beers from breweries around the country. Options for travel within the city include the RTD light rail and the Denver B-cycle, a pioneering bike-sharing program.



The Rocky Mountains create a picturesque backdrop to Denver's skyscrapers and beckon residents to explore hiking trails, climb rock formations, and relax at backcountry campsites. Situated at the confluence of the South Platte River and Cherry Creek, water sports such as kayaking and water rafting are particular favorites. For ski and snowboard enthusiasts, the Winter Park Express ski train departs for the slopes during the winter season.



Externships in Denver Metro Area, Colorado

Denver currently has 16 major medical centers—and it's still growing! Student doctors will often travel to many of the major hospital centers across the region, allowing for more specialized externship opportunities. Often, they will also follow a single physician, allowing for a closer working relationship.

- **Swedish Medical Center:** Swedish is a 408-bed acute care hospital that has been servicing the Denver area for 110 years. It is also a level-one trauma and burn center. Annually, Swedish cares for more than 200,000 patients with a team of 2,000 dedicated employees, 500 volunteers and more than 1,400 physicians.
- **St. Anthony's Hospital:** This level-one trauma center provides a full range of medical specialties. The Joint Commission awarded St. Anthony's the Comprehensive Stroke Center Certification for aiding patients with the most complex stroke and heart issues.
- **Sky Ridge Medical Center:** Sky Ridge is a 284-bed hospital with a comprehensive Cancer Center, adult and pediatric emergency rooms, the award-winning Birth Place, and the Spine and Total Joint Center. It also serves as a teaching hospital in collaboration with RVU for residents of Neurology, Family Medicine, Internal Medicine, Traditional Rotating Internship, and NMM+1.
- *Other sites include the Adventist system, Medical Center of Aurora, National Jewish, North Suburban, Presbyterian St. Luke, Rose Medical Center, St. Anthony, and St. Joseph.*



Grand Junction

The city of Grand Junction is surrounded by stunning red rock vistas and the expansive desert lands of the Colorado Plateau. Since its founding by settlers in the 1880s, the city has diversified its economy to include cultural attractions, farm-to-table dining (sustained by the region's farming and cattle industries), and outdoor and recreational opportunities. With over 62,400 residents, it is the most populous municipality in Western Colorado.

While the region's climate is classified as semi-arid to arid, Grand Junction's location along the confluence of the Colorado and Gunnison Rivers makes it a phenomenal location for fishing, river expeditions, and guided rafting trips. Other outdoor activities include horseback riding and mountain biking over desert landscapes, skiing at Powderhorn Mountain Resort, and numerous trail systems for hiking at Grand Mesa (the largest flat top mountain in the world). Additional must-sees include the Colorado National Monument, known for its towering monoliths and sheer-walled canyons, and the Little Book Cliffs, home to bands of wild horses.



For a more relaxed pace, the city offers amenities in the form of distilleries and breweries, antiques shops, and family-friendly activities like go-kart racing at the Bananas Fun Park. Downtown Grand Junction offers visitors cultural attractions like the Avalon Theatre and The Blue Pig Art Gallery, and entertainment options ranging from live music and dance, to museums and festivals. The city's Main Street features one of the nation's largest outdoor sculpture collections, with more than one hundred art pieces lining the sidewalks.



Externships in Grand Junction, Colorado

Grand Junction offers a versatile learning experience for students, allowing them to rotate through hospitals and surgical centers.

- **Grand Junction Community Hospital:** This is a general and surgical hospital that blends the complexities of modern medical technology, personalized care, and close coordination with medical providers.
- **Grand Valley Surgical Center:** This state-of-the-art facility offers cost-effective, high-quality medical care and is fully accredited by the Accreditation Association for Ambulatory Health Care.
- **St. Mary's Hospital:** Part of the SCL Health System, this hospital has been named one of the 50 great health care systems by Becker's Hospital Review magazine. It is the largest medical center between Denver and Salt Lake City. Its cancer center has been called "one of the best externship sites" by RVU students.
- *Other sites include Canyon View Surgery Center.*





Greeley

Founded during the Colorado Gold Rush, Greeley was one of the first planned communities in the United States. Despite having much of its economy centered on farming and agriculture, the city readily embraced new technologies. Its location on the Front Range Urban Corridor has resulted in a steadily growing population (now estimated at over 100,000 individuals) with access to national parks and nearby metropolitan centers.

In honor of its agricultural heritage, Greeley serves up the AgriCULTURE Feast each year, celebrating the creativity and craftsmanship of Weld County's local professional chefs. Additional attractions include Centennial Village, a living history museum featuring costumed

interpreters, the Colorado Model Railroad Museum, which houses a 5,500 square-foot operating miniature railroad, and live music at the Moxie Theatre. Undisputedly, the biggest draw to the city is the Greeley Stampede, featuring rodeo competitions, live country music, a demolition derby, and an art show. The city is also home to craft breweries and distilleries, like the WeldWerks and 477 Distilling, and the University of Northern Colorado.

Greeley's central location gives residents and visitors access to numerous national and state parks. Just outside of the city



is the Pawnee National Grassland, a popular place for birding, horseback riding, picnicking and fishing. Rocky Mountain National Park, which receives over four million visitors every year, is a short drive from Greeley. The park's protected mountains, forests, and alpine meadows are perfect destinations for climbing, hiking, backcountry camping and sight-seeing.



Externships in Greeley, Colorado

Students remain primarily on site for their externships, while also receiving one-on-one teaching attention. As one student said, “Greeley has a unique opportunity as a hospital that is big enough to see a broad array of patients but not too big that you feel underfoot all the time.”

- **Brush Family Medicine Clinic:** Students are given the ability to do procedures immediately, to see patients one-on-one, synthesize plans, experience guided learning, to work with a variety of patients and physicians. One student said, “This externship should be the model of what a strong externship [looks] like.”
- **North Colorado Medical Center:** Part of Banner Health, this highly rated teaching hospital has been described as very hands-on and is often the number one choice for students. The hospital serves a population of 272,000 and has a Level II trauma center and a Level III Intensive Care Nursery. This site offers unopposed training in Surgical Obstetrics, procedures, and advance rural training.



- *Other sites include Banner Healthcare System and clinical sites throughout Sterling and Wray.*



North Denver

Comprised of new and historic suburbs, the North Denver region is surrounded by towering mountain views, open spaces, and a vast network of biking and walking trails. Diverse economies, incredible amenities, access to outdoor recreation, and an overall high quality of life have made cities like Boulder and Longmont some of the most sought-after communities in the nation.

A veritable mecca for outdoor enthusiasts, **Boulder** is known for its laid-back lifestyle and highly active residents. Nestled in Boulder Valley, the city has access to hiking trails at the iconic Flatirons, dramatic slabs of conglomeratic stone that form a portion of Green Mountain. Popular trailheads and climbing hotspots can also be found at Chautauqua Park and, of course, nearby Rocky Mountain National Park. The city has developed walking and cycling paths, as well as an excellent public transportation system. In-town amenities center on eclectic culinary offerings such as pineapple upside-down pancakes at Snooze A.M. Eatery, beer tasting at nearly two-dozen craft breweries, and tea sampling at the Boulder Dushanbe Teahouse. Cultural and historic landmarks include the Boulder Contemporary Museum of Art, the Boulder Theatre, and the ever-lively Pearl Street.



Affordable housing and quality healthcare have made **Longmont** an appealing mountain community for its residents. Tech startups have materialized amid nonprofit, civic, and cultural organizations, diversifying the economy and attracting recent college graduates. A modernized downtown offers innovative craft breweries like Oskar Blues Brewery (the first brewery to can its beers), hundreds of restaurants, and many parks. Twenty-nine ski areas are within a day's drive and nearby Union Reservoir offers 736-acres for boating, kayaking, fishing, and camping. Other major cities in the region include Westminster, Broomfield, Wheat Ridge, Commerce City, and Arvada.



Externships in North Denver, Colorado

North Denver currently has eight major medical centers and is still growing. Students will often travel to one of three regions for externships: North Denver, Longmont, and Boulder.

- **St. Anthony North:** This level-three trauma center provides a full range of medical specialties including treatment of respiratory failure, esophageal/stomach surgeries, pancreatitis, and sepsis. The Joint Commission awarded St. Anthony's the Comprehensive Stroke Center Certification for aiding patients with the most complex stroke and heart issues.



- **North Suburban Medical Center:** This full-service community hospital is the only level-two trauma center north of I-25. Its comprehensive array of offered specialties is supported by its equipment, including a new cardiac catheterization lab, a new ICU, and a remodeled Labor and Delivery.
- *Other sites include Avista Adventist Hospital, Boulder Community Health, Good Samaritan, and Lutheran Hospital.*



Pueblo

Considered the Melting Pot of the West in the early 1900's, Pueblo has continued to be a vibrant, multicultural community with a population now estimated at over 100,000. Migrant labor and an abundance of coal allowed Pueblo to quickly become one of the largest steel producing cities in the United States, earning it the nickname "Steel City." As the coal era comes to an end, the city's mills are giving way to upscale restaurants, galleries, museums, an urban waterfront and more.

Downtown Pueblo features the historic Arkansas Riverwalk, a part of the city's three-district Creative Corridor that also includes galleries, museums, live music and other artistic endeavors. The Sangre de Cristo Arts Center offers live theatre, while Buell Children's Museum features interactive exhibitions on art, science and history. During the last days of summer, Pueblo hosts numerous attractions that honor its cultural heritage, including the Colorado State Fair with livestock shows and hot-rod expos, and the Chile & Frijoles Festivals, a celebration of prized, locally-grown green chilies.



Located on a Banana Belt (an area that enjoys warmer weather than the surrounding region), Pueblo is surrounded by a high desert landscape and panoramic views of the Rocky Mountains. Despite its semi-arid climate, water activities are popular, especially on hot, summer afternoons. The Lake Pueblo State Park gives residents access to fishing, boating, and jet skiing, in addition to trails for hiking and mountain biking. The Arkansas River offers an urban kayaking course with eight drops and a view of the Pueblo Levee Mural Project, which holds the Guinness Book of World Record's distinction as being the largest continuous painting in the world.



Externships in Pueblo, Colorado

With two major hospital centers and a variety of clinical settings, students are able to see a variety of patients and pathologies. The externships are in close proximity — within a 20-minute drive — to one another. Students are often able to even find affordable housing within walking distance of the hospitals.

- **Parkview Hospital:** This is the region's only certified Level II Trauma Center, as well as the first certified Stroke Center. It is a leader in cardiac, women's, emergency, and neurological services. It has an internal medicine residency program and fellowships in cardiology, gastroenterology, pulmonary/critical care, and nephrology. Students rotate through many different divisions, including behavioral services, family medicine, and residency inpatient services (of which a student said, "I was given a lot of freedom to see my own patients and I received feedback on my notes from the residents, as well").



- *Other divisions of this site include Behavioral Services, Family Medicine, Orthopedics, Residency Inpatient Service, and Urology.*



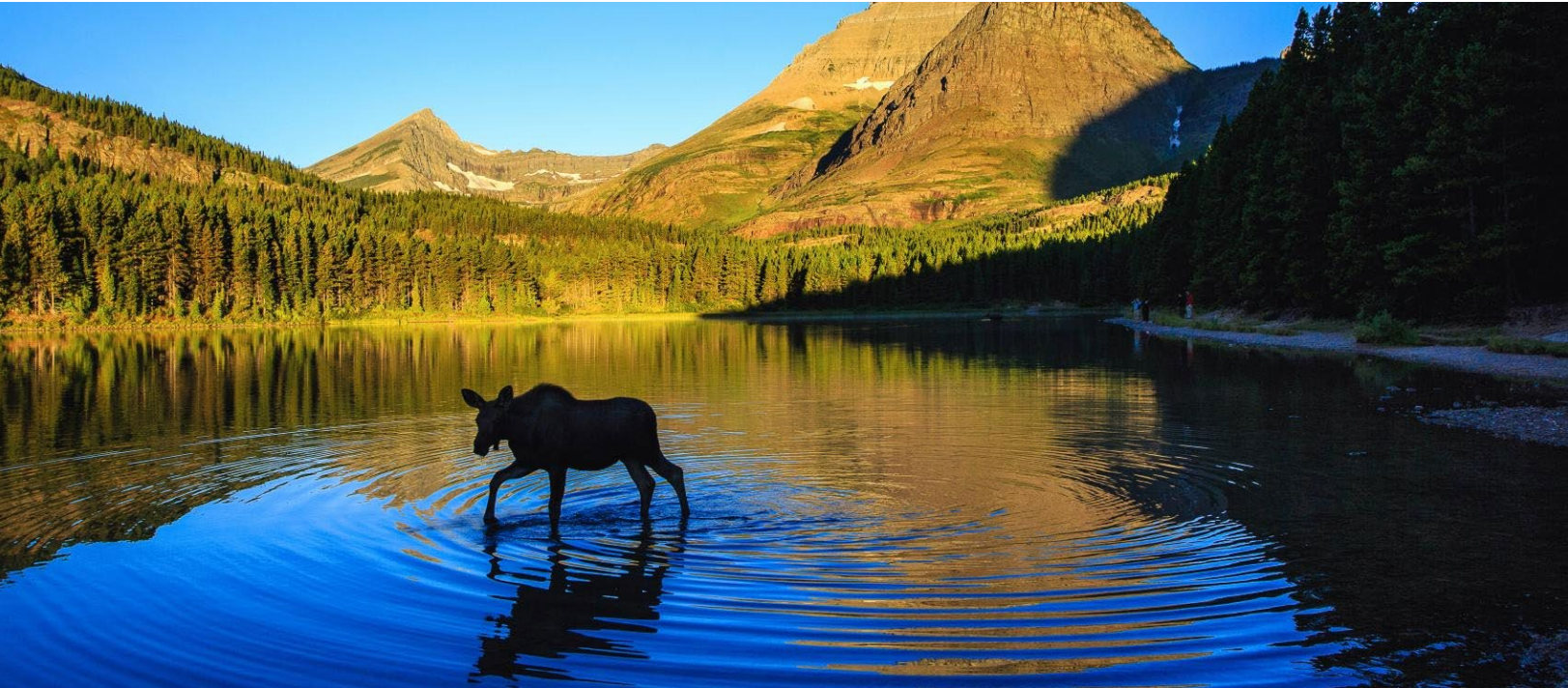
Montana

Montana has the distinction of being blessed with dramatic scenery and small-town hospitality. It is largely a rural state with agricultural communities in the eastern portion and mountain resorts in the western portion. Interspersed throughout the state are twelve Native American tribal reservations, which provide additional depth to the state's heritage. In addition, Montana has multiple state parks and is the gateway to both Yellowstone National Park and Glacier National Park.

Billings, located in the southeastern area of the state, is Montana's largest city and is home to RVU's newest campus, the Montana College of Osteopathic Medicine (MCOM). Billings is a thriving urban area that is supported by one of the largest medical communities in the region. With a heavy emphasis on outdoor activities, the city of Billings hosts an extensive walking/biking trail that is maintained throughout the year, and it boasts easy access to lakes and rivers as well as skiing and hiking areas.

The state of Montana is divided into five main regions: Western, South Central, North Central, Eastern, and North Eastern. Although Billings is the primary medical corridor, there are large major hospitals or hospital systems within each of these regions, most of whom RVU has established an affiliate partnership.





Externships in Montana

Even though there are several centralized and extensive medical communities in Montana, students can anticipate that they will work in both cities and in rural communities. From Level 1 Trauma Centers to small rural clinics and hospitals, students will experience a broad range of clinical experiences. An effort is made to provide exposure to tribal health and addiction medicine. In addition, RVU provides options within the state's VA system and attempts to provide exposure to family medicine, surgical, and psychiatric residency programs. These diverse offerings will require some degree of travel. Primary areas of clinical focus are in the Eastern/North Eastern and South Central/Western regions.

- **Eastern/North Eastern Montana:** As the primary area for Montana's externships, rotations will be focused around the Billings area. With two large health care systems that support the region, Billings provides students with experience both in-patient and out-patient settings and with exposure to residency programs in family medicine, internal medicine, surgery, and psychiatry. Travel will be required for tribal and rural settings.
- **South Central/Western:** This area includes Bozeman, Helena, Butte, Missoula, and Kalispell. While rotations are available in these regions, they are scattered throughout an area that encompasses over 51,000 square miles. There is no centralized site for this area of the state, and housing is expensive. A predominant feature of the region is the Western Montana Family Medicine Residency.



Rapid City

Known as the “City of Presidents” and the “Gateway to the Black Hills,” it is the second largest city in South Dakota with a population of over 67,000 residents. Due to its geographical location, Rapid City boasts a thriving tourist and service industry, extensive cultural resources, and a major transportation hub not usually found outside of major urban centers.

Rapid City’s Native American heritage is an integral part of the city’s cultural experience. Historical exhibits at The Journey Museum & Learning Center provide visitors with an in-depth experience of Native American culture, in addition to Sioux Pottery, the Black Hills Powwow Festival, and Crazy Horse Memorial. For American history aficionados, attractions include the venerable destinations of Mount Rushmore National Memorial, Badlands National Park, Memorial Park, and the Apex Gallery. Residents and tourists alike can choose from amenities and events such as Sick N Twisted Brewing Co., Oktoberfest in Deadwood, and the Farmers Market at Prairie Berry Winery.

Due to its location on the eastern slope of the Black Hills Mountain Range, the city attracts outdoor enthusiasts from all over the world. Activities include rock hounding at the Buffalo Gap National Grassland, rock climbing, horseback riding, and camping and hiking at Bear Butte State Park (a place of worship for many Native American tribes). The area’s seventeen clear-water lakes provide opportunities for plenty of water sports ranging from canoeing and sailing, to scuba diving and wind-surfing.





Externships in Rapid City, South Dakota

Rapid City is the second largest city in South Dakota, with a population of over 65,000. It also has a sizable military population due to the proximity of Ellsworth Air Force Base and the South Dakota Army National Guard's Camp Rapid. The region has a higher rate of diversity than many neighboring areas, with a large Native American population.

- **Rapid City Regional Hospital:** This is a verified Level II Trauma Center and is designated as a trauma receiving hospital—the highest verification obtained in most rural states. It was ranked as one of the best hospitals in the state and was honored for high performance in several specialty areas. With origins as a hospital in a gold rush mining camp, Rapid City Regional Hospital has a combination of rich history and modern-day innovations. It is now part of Monument Health, a community-based healthcare system, as well as the Mayo Clinic Care Network. It offers 31 specialties, employs over 5,000 physicians and caregivers, and has more than 130 active research studies.
- *Other sites include the VA at Fort Meade and divisions of Monument Health: Monument Health Hospital, Custer Hospital, and Spearfish.*





Cache Valley

Nestled between the Bear River and Wellsville Mountains, Cache Valley was originally named Seuhubego, 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 a 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 sightseeing 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 Health 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.
- **Wyoming State Hospital:** For students interested in Behavioral Health, the Wyoming State Hospital offers quality psychiatric care. It is the only state-operated psychiatric hospital in Wyoming and, as a result, services a population that encompasses individuals from around the state. Established in 1887, it is also a prominent part of Wyoming history and is constantly adapting to better serve its patients in terms of treatment, rehabilitation, and recovery. Students in the Cache Valley region should plan to perform their Behavioral Medicine core rotation at this facility in Evanston, WY unless otherwise notified by their Clinical Education Rotation Coordinator.





Capital

The Capital Region is made up of a 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.



Externships in Capital, Utah

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 health-care network.
- **Wyoming State Hospital:** For students interested in Behavioral Health, the Wyoming State Hospital offers quality psychiatric care. It is the only state-operated psychiatric hospital in Wyoming and, as a result, services a population that encompasses individuals from around the state. Established in 1887, it is also a prominent part of Wyoming history and is constantly adapting to better serve its patients in terms of treatment, rehabilitation, and recovery. Students in the Capital region should plan to perform their Behavioral Medicine core rotation at this facility in Evanston, WY unless otherwise notified by their Clinical Education Rotation Coordinator.
- *Other sites include Alta View Hospital, Intermountain Medical Center, Granger Medical Clinic, Lone Peak Hospital, and Physician Group of Utah.*



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.

- **Castlevue 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 Castlevue 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, Castlevue Hospital operates Emory 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.*





Southern Utah

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.



Externships in Southern Utah

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.
- **St. George Regional Medical Center:** A Level II Trauma Center and a major medical referral center, St. George 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.



Uintah Basin

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.





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.



Externships in Utah Valley, Utah

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.*



Weber

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.

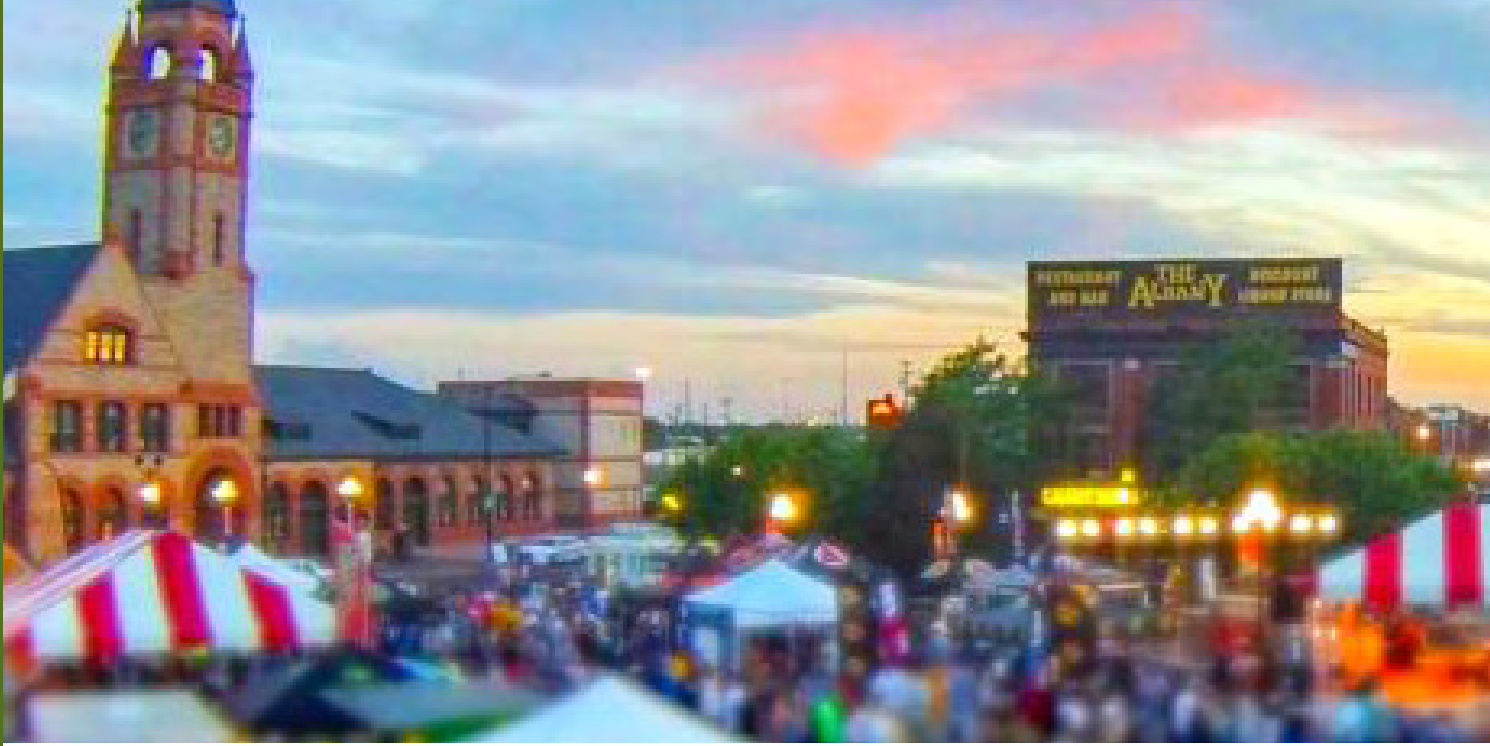


Externships in Weber, Utah

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 311-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.
- Wyoming State Hospital:** For students interested in Behavioral Health, the Wyoming State Hospital offers quality psychiatric care. It is the only state-operated psychiatric hospital in Wyoming and, as a result, services a population that encompasses individuals from around the state. Established in 1887, it is also a prominent part of Wyoming history and is constantly adapting to better serve its patients in terms of treatment, rehabilitation, and recovery. Students in the Weber region should plan to preform their Behavioral Medicine core rotation at this facility in Evanston, WY unless otherwise notified by their Clinical Education Rotation Coordinator.
- Other sites include Tanner Clinic and Ogden Clinic.*





Cheyenne

Like most Midwestern cities, Cheyenne's earliest residents were ushered in by the promise of riches in the West and by the construction of the Union Pacific Railroad. Its history is marked by Native American lore, most notably that of the Cheyenne Nation, the railroad's early cultural and commercial reach, and a successful cattle industry. Cheyenne continues to be a developing center for commerce and a major transportation hub due to its strategic location on the Front Range of the Rocky Mountains. As the capital city of Wyoming, Cheyenne enjoys a thriving arts scene and access to popular outdoor destinations, as well as being the site of the F.E. Warren Air Force Base.

For more outdoor minded individuals, Cheyenne's location puts it in close proximity to Medicine Bowl National Forest, which includes the Vedauwoo Recreation Area and granite rock formations (dating back over a billion years) that are ideal for hiking, camping, and climbing. Nearby, Curt Gowdy State Park boasts more than 35 miles of scenic trails, a dozen campgrounds, and several reservoirs for fishing and boating. In-town attractions and entertainment include multiple museums, the Cheyenne Botanic Gardens, the Cheyenne Symphony Orchestra, Danielmarks Brewery and Tap Room, and the Cheyenne's Farmers' Market, and more.



In honor of its Wild West days, the city annually hosts the Cheyenne Frontier Days festival, the world's largest outdoor rodeo and Western Celebration. Also known as "The Daddy of 'em All", the ten-day festival features rodeo and bullrider events, concerts and parades, a western art show, the USAF Thunderbirds, and a Native American village.



Externships in Cheyenne, Wyoming

Cheyenne offers two hospital centers to its residents and surrounding towns. There is also a residency program on site. For students interested in military medicine, there are both military externships and the opportunity to work with veterans.

- **Cheyenne VA Medical Center:**

This is the largest medical facility in the city. It serves veterans and their families. They are committed to the advancement of knowledge base and promotion of continuous learning for staff, residents, and medical students.

- **University of Wyoming Family Medicine Residency at Cheyenne:**

This externship encourages students to think critically while growing their interviewing and differential skills. As one student said,

“The residents were super helpful in answering questions and providing feedback. I also enjoyed the noon-time didactic sessions.”



- *Other sites include the Cheyenne Medical Center.*



Evanston

Founded in 1868 as part of the First Transcontinental Railroad project, Evanston outlasted the fate of most railroad towns, establishing a hub of businesses that grew through the years. The town embraces ranching, agriculture, and the development of natural resources, as well as its history as a frontier town. Every Labor Day weekend, Fort Bridger State Historic Site, a former trading post for pioneers and miners, hosts the Mountain Man Rendezvous, a festival where locals and visitors alike can experience the frontier life.

Evanston has remained a small town through the decades, but a vibrant business district with restaurants and shopping opportunities is changing that. Currently, over 12,000 people call Evanston home; in recent years, natural gas drilling and outdoor recreation have revitalized the area's economy.



Surrounded by the Uinta Mountains on all sides, Evanston offers hunting, hiking, mountain biking, wildlife viewing, hot springs, rock climbing, and camping. Bear River, which flows through the heart of the city, is perfect for water activities such as fishing, float trips and rafting. You'll have your pick of national parks and monuments to travel to on the weekends, including Grand Teton National Park. For those interested in viewing wildlife, Bear River State Park, home to bull elk and buffalo, is just a five-minute drive away.

Part of the Uinta County School District, Evanston has four elementary schools, two middle schools, one public high school, and one alternative secondary school. Western Wyoming Community College also has a campus in the city.



Externships in Evanston, Wyoming

Evanston is located in Southwest Wyoming, about an hour from Salt Lake City. This region features Evanston Regional Hospital, which is a 42-bed, inpatient and outpatient facility. This hospital is located in a spacious landscape, with low traffic, and a strong sense of community.

- **Evanston Regional Hospital:** This hospital provides care not only to the city of Evanston, but to many of the surrounding rural areas. They focus on patient care and medical improvement, earning several national recognitions and awards (including several from the American Heart Association).
- **Wyoming State Hospital:** For students interested in Behavioral Health, the Wyoming State Hospital offers quality psychiatric care. It is the only state-operated psychiatric hospital in Wyoming and, as a result, services a population that encompasses individuals from around the state. Established in 1887, it is also a prominent part of Wyoming history and is constantly adapting to better serve its patients in terms of treatment, rehabilitation, and recovery.





Laramie

Laramie, the third largest city in Wyoming, sits between two mountain ranges and offers much to the outdoor adventure seeker. As a city elevated at 7,220 feet and surrounded by alpine lakes, peaks, and wildflowers, Laramie is a setting for rugged hikes, sightseeing, climbing, camping, and wildlife watching. Medicine Bow National Forest features year-round recreational activities and is home to a vast array of wildlife. During the winter months, individuals can enjoy skiing, snowmobiling, and snowboarding at the Snowy Range Mountains.

Laramie is home to the University of Wyoming, which hosts the Geological Museum, the Planetarium, the Insect Gallery, the Archaeological Repository, the Museum of Vertebrates, the Anthropology Museum, and the Art Museum. Beside these various opportunities for learning and discovery, sports events and nightlife also emphasize Laramie's role as a vibrant cultural scene. For instance, at the Downtown Historic District, people can enjoy both historical tours and craft beer while being surrounded by echoes that reflect Laramie's origins as a major stop on the Union Pacific transcontinental railroad founded in 1868.



Other attractions in Laramie include the Albany County Fair and Larimie Jubilee Days, both of which celebrate western culture. However, whereas the Albany County Fair is a gathering event for livestock enthusiasts, Larimie Jubilee Days' main attraction is its rodeo. Events in Laramie are a sight to behold, right alongside the area's scenery.



Externships in Laramie, Wyoming

With a population of over 30,000 people, Laramie is the third largest city in the state. However, due to the presence of the university, it hosts a much younger overall population—the median age is 25.4—than either Cheyenne or Casper.

- **Ivinson Memorial:** Ivinson Memorial Hospital in Laramie is notable for its community philanthropy and education. The hospital has 99 licensed beds, an Emergency Department, and a Cancer Center. The facility also offers a chest pain, stroke, and trauma center, radiology services, and on-site lab work as well as audiology, general surgery, and psychology specialties on staff. It is accredited by the Joint Commission and is designated as an Area Trauma Hospital. Ivinson Memorial Hospital is part of the Summit Medical Group.





Rock Springs

Rock Springs, the largest city in Wyoming's Sweetwater County, hosts a culturally diverse community, rising from a foundation built by its immigrant coal miners. The city's origins as a mining town that supported the Union Pacific transcontinental railroad is celebrated by the Rock Springs Historical Museum, housed in the original 1894 Rock Springs City Hall. The Museum emphasizes a rich multi-national heritage by hosting a self-guided walking tour through Rock Springs. By exploring Rock Springs, visitors can experience its plethora of restaurants, event spaces, and entertainment venues.

Foodies can enjoy everything from all-American fare at Broadway Burger Station to Mexican food at Los Primos, from Remedies—a retro diner—to Bitter Creek Brewery, which offers microbrews. Boschetto's European Market & Deli, a Rock Springs landmark since the 1930s, was founded by Ben Boschetto who immigrated to Rock Springs from northern Italy. For after-dinner drinks, the Park Lounge not only serves up spirits but also hosts live local music.



Despite Rock Springs' lively disposition as a city, individuals can also enjoy the outdoors. As a high-desert oasis, Rock Springs is home to the Killpecker Sand Dunes, the largest sand dunes in North America and the second largest in the world. Those who fish, swim, boat, and mountain bike can do so at Flaming Gorge National Recreation Area. Seekers of western culture can find annual rodeos at Sweetwater County Events Complex and Wyoming's Big Show at the Sweetwater County Fair and Rodeo.



Externships in Rock Springs, Wyoming

Considered a micropolitan city, Rock Springs balances small-town living with the perks of a larger city. Many residents both work and play in the vast outdoors of the surrounding area, which can lead to increased injuries.

- **Memorial Hospital of Sweetwater County:**

The Memorial Hospital of Sweetwater County is a 99-bed short-term acute care facility that is designated as an Area Trauma Hospital. The services it features include cardiac rehabilitation, cardio and respiratory, diabetes education, dialysis, emergency care, intensive care, laboratory services, medical imaging, medical and surgical, nutrition therapy, and rehabilitation. The Hospital is accredited by the Joint Commission, the American Academy of Sleep Medicine, and the American College of Radiology. It houses the Sweetwater Regional Cancer Center.



- **Wyoming State Hospital:** For students interested in Behavioral Health, the Wyoming State Hospital offers quality psychiatric care. It is the only state-operated psychiatric hospital in Wyoming and, as a result, services a population that encompasses individuals from around the state. Established in 1887, it is also a prominent part of Wyoming history and is constantly adapting to better serve its patients in terms of treatment, rehabilitation, and recovery. Students in the Rock Springs region should plan to preform their Behavioral Medicine core rotation at this facility in Evanston, WY unless otherwise notified by their Clinical Education Rotation Coordinator.



Achieving New Heights in Medical Education

Colorado Campus

8401 South Chambers Road
Englewood, CO 80112

Montana Campus

4130 Rocky Vista Way
Billings, MT 59106

Utah Campus

255 East Center Street
Ivins, UT 84738

oca@rvu.edu
www.rvu.edu