

I spent the month of September 2008 working at Dr. Greg Hinson's private family practice in Nantucket MA. I am a third year Family Medicine resident. The practice was located on the first floor of Nantucket Cottage Hospital, and is set up for 2 providers. The hospital itself has 18 beds, 4 of which are located in the labor and delivery wing, and serve as both laboring and postpartum rooms. The remaining 14 rooms are medical beds, and there are 2 OR's.

The majority of my month was spent in the out patient setting, seeing 15-20 patients per day, mostly for urgent visits. There is only one other female provider on the island, who happens to be in internal medicine, so I ended up doing a lot of women's health care for women who weren't interested in a male provider, or wanted to avoid the 45 minute ferry ride to the Cape to see a female provider there. We saw a full spectrum of care otherwise. With all the OB going on (see below), and the fact that there are no practicing pediatricians on the island, about 50% of the patients you see are kids.

There is a lot of obstetrics. I did 6 deliveries in the one month I was there. Two were elective repeat C-Sections with an off island Ob. Ob in general is very different in a hospital that doesn't have residents. I have become so programmed to write a progress note every time I go into a patient's room. On Nantucket, the admission note and delivery note are often written at the same time, and there's no documentation in between. The nurses provide all of the labor support and do all the cervical exams. Docs are called in if interventions are needed or if we're needed to glove up and catch a baby.

Being trained at the Barre Family Health Center, I'm used to dealing with lacerations, fractures, etc. There wasn't a lot of opportunity to do procedures because the ER was just down the hall.

Most of the patients admitted to the floor are non-critical cases. We admitted people for pneumonia, gastro, cellulitis, etc. Anything that seems like it might become complicated gets flown off the island to Boston.

Dr. Hinson was great as a preceptor. He gave me a lot of independence, but was readily available if I had questions. I feel like our attendings in Barre give us independence as well, but I became more self sufficient to accommodate the volume of patients I was seeing. I couldn't stop and ask him every little question, so I just figured out most stuff myself. Big things I definitely asked him about.

Dr. Hinson was a great role model in the sense that he took care of such a broad spectrum of patients and he was able to relate to each of them on such a personal level. I really didn't get to see how he interacted with other physicians because there weren't any that he worked with.

The hospital provides a dorm, directly behind the hospital for all visiting physicians/hospital staff. There are visiting nurses, ER docs, nurse anesthetists, and MRI techs. One of the 2 supermarkets on the island is 7-10 minutes away on foot, and the other is 15-20 minutes, depending how fast you walk. Downtown is an easy 10-15

minute walk from the dorm. Work days are generally Mon-Fri 8-5:30. Weekends can get busy because of inpatient rounding and Ob, but I had a few days off. There's plenty of time in the evenings to explore as well.

The nursing staff members were great. They were so excited to have a resident. They appreciated the detailed documentation (the attendings frequently didn't write progress notes, and if they did, they didn't contain a lot of information). The nursing staff was responsible for calling patients back regarding labs and med questions, which was a surprise for me.

I recommend this rotation to residents and students. You get a lot of experience in prenatal care/counseling, well child checks/counseling parents on norms and anticipatory guidance. Although the ob volume is high, there's not a lot of hands on management. You basically just show up to catch the babies. You do get experience with circs. It's a rural practice in the sense that there aren't specialists readily available (anything even somewhat complicated gets referred off island), but you don't get the urgent care that most rural practices get because there's an ER down the hall.

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9/08