

## Background

For all residents entering family medicine residency, they will develop an Individualized Educational Plan with their advisor. However, given the breadth of family medicine, a common framework to allow residents to obtain additional training that is above and beyond the core training in family medicine is available. This framework for optional additional training is known as an Individual Area of Concentration (AOC).

## Protocol

1. For residents interested in developing an AOC, this focused area should be within the scope of family medicine.
2. Residents should discuss their interest with their faculty advisor during their first year of residency and develop a plan for completing the AOC by the start of their second year.
3. Residents doing an AOC shall plan how to achieve their AOC by the start of their second year. Our residency program uses a template to guide the advisor and resident in developing their individual goals and objectives, curriculum, scholarly activity, CME conference, conference/presentation, and QI activity for the AOC.
4. The progress for completion of the AOC shall be followed by the resident and their advisor during the biannual program reviews.
5. If the resident is successful in completing the AOC, the faculty advisor will inform the Program Director in the spring of the third year so that the resident can obtain a certificate of completion at graduation which will be placed in the resident's permanent file at the residency.

## A Few Examples of Areas of Concentration

1. **Sports Medicine** – The Sports Medicine AOC involves additional rotations at the Little League World Series and sports medicine department, attending a conference related to sports medicine, presenting a focused QI project, to name a few of the activities available.
2. **Hospice and Palliative Care** – Hospice and Palliative Care AOC work with the Hospice and Palliative Care program for additional rotations and experience, attending a focused conference for Hospice and Palliative Care, performing a QI project within this field, and presenting the results of the QI project to the residency.
3. **Global Health** – The Global Health AOC has residents performing rotations in global settings such as Honduras, Zambia, Ethiopia, to name a few. The residency has staff that travel to Honduras each spring as able. In addition, for the Global Health AOC, residents attend a national conference on this topic, perform a QI project and a presentation regarding the findings.
4. **Rural and Underserved Medicine** – residents perform rotations in Tioga County and local FQHCs to learn about care of patients in these vulnerable communities. They attend a national conference and present a focused QI project to the residency staff.
5. **Other potential AOCs include: Chronic, Non-Malignant Pain/Medication Assisted Treatment, Emergency Medicine, Obstetrics, to name a few of the options.**