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■ Let's Eat! Explore New Orleans Cuisine

■ Rural vs. Urban Practice: The Pros & Cons

■ Consider Working Overseas

Career Guide

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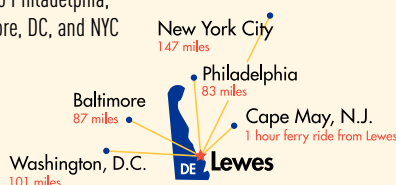
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About Beebe Healthcare BeebeHealthcare.org

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Physician Opportunities

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Read **Rural vs. Urban Practice: The Pros & Cons** to see which option works best for you.



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Read why you should **Consider Working Overseas**.

Let's Eat! Explore New Orleans Cuisine

Savor the french-inspired cajun cuisine of The Big Easy.

When you think about New Orleans it's easy to conjure up images of soulful blues or live jazz music, and a mysterious voodoo vibe. Yes, New Orleans is all of that and more – rich in history, tradition, and remarkable architecture. New Orleans is also one of the most welcoming places to visit. In fact, the city's motto is "Laissez les bon temps rouler!" (Let the good times roll!)

Tourists and residents alike agree that the friendly, laid-back ambiance in New Orleans (affectionately called NOLA) is palpable. However, NOLA is most famous for its amazing food. Here are just a few of our top picks. *Bon appétit!*

Café du Monde

The original French Market coffee purveyor, has been roasting and serving coffee since 1862. Their chicory coffee recipe is world famous as are their beignets (pronounced ben-yays). Served as a trio, these square doughnuts are covered with a veritable cloud of powdered sugar (that can become airborne if you breathe too close to them). They claim the secret to their beignets is the cottonseed oil they use to fry them. Whatever the secret ingredient is, they are wonderfully fluffy and delicious! You can also buy their beignet mix and experiment at home to make these sweet treats.

The Café has eight locations and is open 24 hours a day, 364 days a year (closed for Christmas). Cash only.

800 Decatur Street | New Orleans, LA 70116 | 504-525-4544
www.cafedumonde.com

French Truck Coffee

You can't miss the bright yellow and blue building, but the limited seating isn't conducive to lingering. That's OK, because

you can watch them roasting their beans through the window! Grab a (cold brew) coffee and your day will be off to an amazing start. Small selection of local pastries as food options, but the coffee is the real focus here.

1200 Magazine Street | New Orleans, LA 70130 | 504-525-4544
www.frenchtruckcoffee.com

Hotel Monteleone

This venerable hotel's Carousel Bar is credited with inventing the Vieux Carre cocktail. Even if you don't want to experiment with any of the local specialty drinks, just go for the fun of it – the bar rotates and is a fantastic place to people-watch!

214 Royal Street | New Orleans, LA 70117 | 866-338-4684
www.hotelmonteleone.com

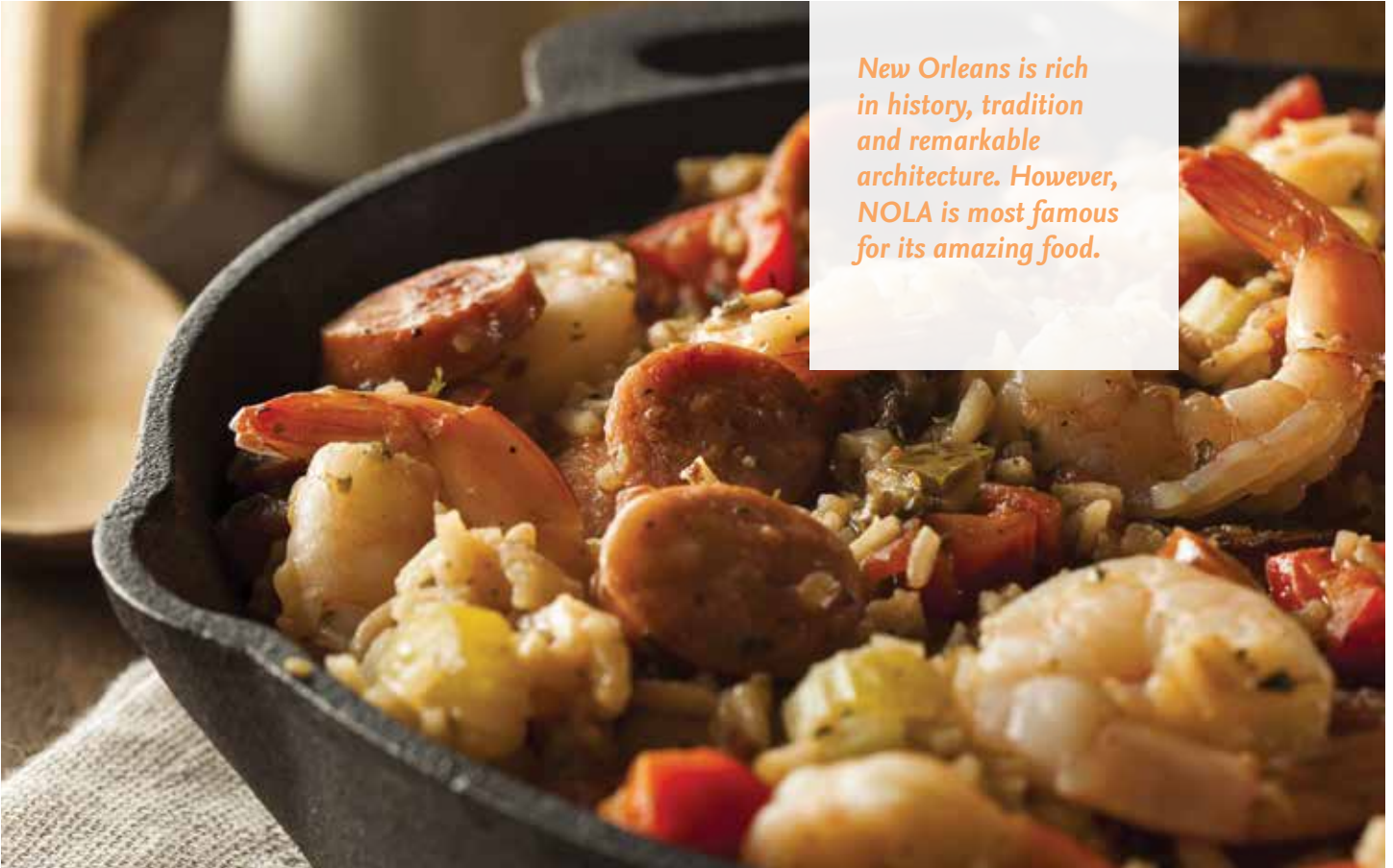
The Praline Connection

What started out as a home food delivery service for working women who were too busy to cook, The Praline Connection Restaurant is beloved for serving some of NOLA's best Cajun/Creole style food. If you are with a group, order the Connection Platter (crawfish, catfish, chicken livers, chicken wings, okra, and pickles). Two sizes – serves 4 or 8. And the delicious pralines (a New Orleans specialty) have inspired a separate candy shop.

542 Frenchmen Street | New Orleans, LA 70116 | 504-943-3934
www.pralineconnection.com

Brennan's New Orleans

An upscale dining experience for those who want Creole cuisine, fine breakfast fare and sinfully delicious desserts (try the Bananas Foster, flambéed tableside). Located in the French Quarter, this restaurant attracts locals and tourists alike. The building has a pink facade, eight dining rooms, a private wine



New Orleans is rich in history, tradition and remarkable architecture. However, NOLA is most famous for its amazing food.

room and a courtyard with an elegant setting especially suited for special occasions.

417 Royal Street | New Orleans, LA 70130 | 504-525-9711
www.brennansneworleans.com

Restaurant R'evolution

Another premier dining spot, Restaurant R'evolution is situated in the Royal Sonesta Hotel on Bourbon Street. This is a must-try stop for foodies. The menu is innovative, imaginative and impressive, with a price tag to match. Cajun/Creole dishes are given a modern twist and include Crawfish Stuffed Flounder Napoleon and the Gulf Shrimp and Grits. R'evolution offers a tasting menu where you can sample a bit of this and that. The bar is known for hand crafting a great Sazerac (New Orleans version of a Cognac or whisky cocktail).

777 Bienville Street | New Orleans, LA 70130 | 504-533-2277
www.revolutionnola.com

J's Seafood Dock

This no-frills neighborhood market catches, shucks, and serves your oysters fresh from the sea! They also do a great crawfish boil. J's Seafood Dock is open only for lunch and the earlier you go, the better the selection. Once it's caught, cooked, and served, that's it for the day.

1100 N Peters Street | New Orleans, LA 70116 | 504-523-5757

The Munch Factory

This newest addition to the Smithsonian family opened This casual but innovative restaurant has recently moved to a new, larger location in the Lower Garden District and as it continues to expand its space and its menu, it offers some of the best Cajun/Creole food in NOLA. Their bread pudding in particular receives raves so definitely save room for dessert!

1901 Sophie Wright Place | New Orleans, LA 70130 | 504-324-5372
www.themunchfactory.net

Café Amelie

The lush courtyard of Café Amelie has been described as one of the most enchanting places to dine in NOLA. The Old-World courtyard with its lovely fountain and verdant plantings sets the stage for a romantic brunch, lunch, or dinner and is a serene oasis just steps away from the bustling French Quarter activity.

912 Royal Street | New Orleans, LA 70116 | 504-412-0198
www.cafeamelie.com

One last thing: before you bid NOLA adieu, make sure to pop into one of the many voodoo shops and purchase some gris gris (pronounced *gree gree*) souvenirs to take home to friends. They are good luck charms and are very inexpensive. ■

The University of New Mexico, Health Sciences Center, is seeking BC/BE Internal Medicine trained physicians to join our team in beautiful Albuquerque, NM. UNM HSC is the academic medical center providing care for 200,000+ New Mexicans with the only Level I trauma center in the state. Our outpatient clinics are Level III NCQA recognized Patient Centered Medical Homes serving a diverse community. Clinical sites include clinical pharmacists, behavioral health, and care management teams.

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One open position with the rank of Assistant Professor on the Clinical Educator track for Geriatrics. Apply at: <https://unmjobs.unm.edu> posting #3041.

Desirable Qualifications: 1) Training and education in Geriatrics; 2) Interest/experience in teaching residents and medical students; 3) Interest in caring for underserved population including the elderly; and 4) Training/experience in developing outpatient quality projects.

Two open positions with the rank of Assistant Professor on the Clinical Educator track for General Internal Medicine. Apply at: <https://unmjobs.unm.edu> posting #2692.

Desirable Qualifications: 1) Experience/skills in providing efficient general medical patients care including Prevention, Wellness, and Life Style Medicine; 2) Interest/experience in teaching residents and medical students; 3) Interest in caring for underserved populations; and 4) Training/experience in developing outpatient quality projects.

Positions open until filled.

Inquiries may be directed to Alisha Parada, MD, Search Chair, (AParada@salud.unm.edu)

Positions may be subject to a criminal records screening in accordance with NM law.

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Rural vs. Urban Practice: The Pros & Cons

CONTRIBUTOR: MELANIE GRANO

Hospitals and medical practices across rural America are facing a significant shortage of qualified medical professionals. Twenty percent of the country's population live in rural areas, yet only 9% of the nation's physicians work there. But it looks like this statistic may not improve for the foreseeable future. This could be because just three percent of medical school graduates plan to work in the countryside.

It's clear that medical school graduates are choosing a city practice over a rural one. Why? As a physician, you'll definitely face a different set of challenges when working in a rural practice compared to working in an urban practice. But is one really better than the other? It's a decision you will have to make in the near future. To help you in your decision and to give you a clearer picture of your options, let's look at life in a rural practice versus life in an urban practice to help you decide which direction could be right for you.

Treating Friends vs. Treating Strangers

Serving as a physician in a rural practice gives you opportunity to get to know your patients and the local community. Unlike urban work, you can get to know patients in the context of their community. They aren't just a name on a clipboard, they are your town grocer, the vicar or your child's school teacher. Patients prefer this kind of relationship, too. In general, it's nicer to have a medical professional treat you as if you are a member of your family than as a stranger. Nevertheless, some practitioners prefer to treat strangers and maintain a professional distance. It's easier to give bad news to someone you don't personally know.

Greater Autonomy vs. Better Support

In rural practice, you will often experience greater autonomy as a doctor. Physicians are seen as community leaders and are allowed greater freedom in patient treatment. Of course, greater autonomy brings its own challenges. Medical professionals can often feel isolated and unsupported. When communities depend on a single physician, they can often be

expected to be available all hours of the day. It also means they tend to work for longer periods without time off. This can lead to burnout for rural practitioners who can't or won't set limits to the amount of time they work. In an urban setting, physicians receive better support, but frustration can arise from the red tape of larger municipalities.

Diverse Work vs. a Chance to Specialize

The scope of work is often much more diverse in rural practices. Rural physicians typically deliver more babies and make more house calls than their urban counterparts. Doctors in rural areas are also more likely to receive uncommon patient cases. Often, there isn't a specialist in rural communities, so patients have no choice but to go to the only doctor available. There are more opportunities to specialize in an area of medicine in an urban practice. While rural practitioners often have to be a jack of all trades, the sheer number of urban practitioners means that specialization is often necessary.

Better Salary vs. Better Quality of Life

Urban practices tend to offer a higher salary compared to rural ones, mostly because the cost of living is much higher in cities. Conversely, rural practitioners may be able to save on student fees in the form of federal and/or state-funded loan reimbursements. And because the cost of living is much lower in rural areas, practitioners can find that their salary goes much further. A bigger house and more spending money are not uncommon among rural physicians. As a result, rural practitioners can often end up significantly better off than their urban counterparts. Also, the pace of work will tend to match the town. In a rural setting, you'll be able to take your time with patients and will rarely have to rush anyone out the door. On the other hand, in an urban practice, practitioners can often feel rushed off their feet and patients barely have time to get comfortable before they are out the door with their diagnosis.

So where do you stand? As you can see, there are pluses and minuses to either choice. Will you head for the bright lights of the big city? Or will you head to the country and experience the quieter, potentially more fulfilling life of a rural practitioner? ■

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Quick Facts

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Consider Working Overseas

CONTRIBUTOR: MELANIE GRANO

One of the best aspects of being medically qualified is the complete portability of your skills. Wherever you are in the world, people always need doctors. US-trained doctors are in demand in many places in the world; your choice of career and high-quality training gives you unparalleled opportunities to work overseas – whether in a paid position or in a voluntary role. There are many reasons physicians choose to work abroad: to develop a specific skill or knowledge in a prestigious world-leading center; the opportunity to experience different cultures, sightseeing and activities in another country; or perhaps for an improved work/ life balance.

Deciding which country offers the greatest potential for you to work abroad will very much depend on what your priorities are and what you are looking to gain from practicing medicine overseas. For that reason, it is important to think about what you want to achieve from working overseas before looking at the possible options available. Think about what is important to you. In fact, according to the Association of Staff Physician Recruiters (ASPR), nearly 60% of in-house physician recruiters are using behavioral interview questions to determine factors such as:

- Potential for travel within the country
- Opportunities to move from job to job
- The salary you can expect
- Available technology
- The healthcare environment in which you'll be working
- The type of care you'll be able to deliver to patients.

Giving thought to what you want from a job will help you to narrow down the choice of countries in which you might wish

to work. There are other important factors that may further influence your decision.

Speaking a Foreign Language


Things are far easier if you choose a country where you speak the language. The practicalities of diagnosing and treating patients without being able to speak their language are a difficult hurdle to get over, especially in emergency relief teams.

However, to gain employment in a national health service, a practice or hospital overseas, you'll need to demonstrate proficiency in the local language. In most cases, this will mean a language test. For example, to work in the Netherlands as a physician coming from overseas, you will need to demonstrate language competency in Dutch to the NT2-B2 level – although the advice is that in practice you will need a level of C1 or C2.

For this reason, for US physicians, Canada, Australia, New Zealand, Ireland and the UK are the most obvious options for working overseas. If you are fluent in Spanish, your employment target widens to most of Latin America, Mexico, South America and Spain, although salaries and conditions vary considerably.

Salary Considerations

A 2016 survey featured on career addict cited the USA as the country with the third highest salaries in the world in which to work as a physician – with salaries for specialists averaging

A close-up photograph of a silver stethoscope with black tubing and earpieces, resting on a map of the United States. The map shows various states and cities, with the words 'UNITED STATES' prominently displayed in the center. The stethoscope's chest piece is positioned over the map, and its tubing loops across the top left. The background is a soft-focus map of the United States, with various state names and city names visible.

Deciding which country offers the greatest potential for you to work abroad will very much depend on what your priorities are and what you are looking to gain from practicing medicine overseas.

\$230,000 per year, and GP salaries averaging around \$161,000 per year.

On pure salary alone, only two countries rank higher: Australia and the Netherlands. Salaries in Australia average \$247,000 for specialists and \$91,000 for GPs. The Netherlands took the top spot with salaries averaging \$253,000 for specialists and \$117,000 for GPs.

Denmark, Switzerland, Ireland, France, the UK, Canada and Belgium comprise the rest of the top ten countries to work in as a doctor in terms of salary. Of course, this measurement doesn't take into account the general cost of living in those countries – or the cost of malpractice insurance. The spiraling cost of insurance in the US would see it fall a few places in the table, were it to be taken into account.

You will also need to consider which specialties are most in demand in each country as this will have an impact on the salary you can expect to earn as a specialist. If you are thinking of staying in a country long-term, specialists will also need to consider the opportunities for private practice in conjunction with their salary. In both Ireland and the UK, experienced specialists have plenty of opportunities for lucrative private work and most specialists will split their time between public and private practice.

Bear in mind, however, that if you are an American citizen, you'll need to pay US taxes on the income you earn overseas, as well as any local taxes in the country in which you are working.

The Local Culture

Local culture is another important factor to consider. For example, in the United Arab Emirates (UAE) physician salaries are among the highest in the world. And one major benefit in the UAE is that your salary is not subject to local taxes. However, this opportunity to put significant savings away does require some compromises. Foreign workers in the UAE live in gated ex-pat communities; while they afford many luxuries, this isn't for everyone. And while cities like Abu Dhabi and Dubai are among the most westernized in the Middle East, the way of life is very different.

By contrast, the cultural shift required for a move to an Australasian country is much less dramatic. Added to this, the work-life balance in Australia and New Zealand, with the focus on outdoor activities and the unique and wonderful sightseeing and scenery, make these countries an appealing prospect for US-trained physicians.

Meanwhile, the UK and Ireland afford easy travel access to Europe for short breaks and vacations to experience the culture and many historical cities and regions on the continent.

Local Conditions

The local health care delivery model can also impact significantly on your experience working as a physician abroad, so it is important to do your research about the local delivery models, services and conditions before making the move.

For example, in the UK, the National Health Service (NHS) is undergoing a lengthy and serious funding crisis. This underfunding is making conditions in many facilities highly pressurized and salaries are not what they once were. The exception to this is if you go and work as a locum, filling staff shortages on a temporary basis, in which case NHS staff shortages are driving up the salaries you can expect to command. The pay-off for this is, of course, the uncertainty of income. And it does nothing to address the underfunding and diminishing morale in the state-run facilities.

Meanwhile, in Belgium, physicians are rewarded with high salaries – but their work week is one of the longest in Europe. Doctors there average a 51-hour work week. These differing conditions make it essential to do your research thoroughly before you apply. Arrange to speak with other physicians who have worked abroad.

Seeking a Position

International online job boards make it much easier to seek and find international employment opportunities today than it was just a couple of decades ago. There are many locum agencies that specialize in international placements and it is also worth investigating local Temp and Permanent agencies.

One of the best ways to find potential opportunities to work is through the local medical publications in your chosen country. For example, the BMJ in the UK, the Medical Journal of Australia in Australia, or the New Zealand Medical Journal in New Zealand.

If you need to be in a particular location (for example, to follow your partner's job, or other family commitments), you may need to search for local facilities and hospitals and approach the appropriate specialties directly. This way, you benefit from the in-depth contact with medical staff to know when a vacancy is available and gain more knowledge of the facility and team.

If you are interested in humanitarian work, the best places to start are respected medical organizations such as Médecins Sans Frontiers or Medical Emergency Relief International. If you are able to give your time voluntarily, Voluntary Service Overseas and Médecins du Monde are other possible routes which rely on international health professionals.

Securing a Job Offer

One of the benefits of applying through an agency is that they are likely to help you with the visa and registration process if you are offered a position through them. If you aren't using an agency, make the effort to investigate what support your future employer can offer in this regard.

You can find more information online with the local medical boards for the country or, in Canada, the province in which you intend to work. ■

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Employees must be licensed to practice in the State of Maryland and Board Certified/Board Eligible in Internal Medicine or a comparable adult medical specialty.

Employees must also fulfill the requirements for medical staff membership at Anne Arundel Medical Center.

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- Board Certification in Internal Medicine
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#1

Best State to Practice Medicine - *WalletHub*, 2017

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To apply contact Stephanie Hutchens, Physician Recruiter at sxhutch@sentrara.com or call 540-564-7126.



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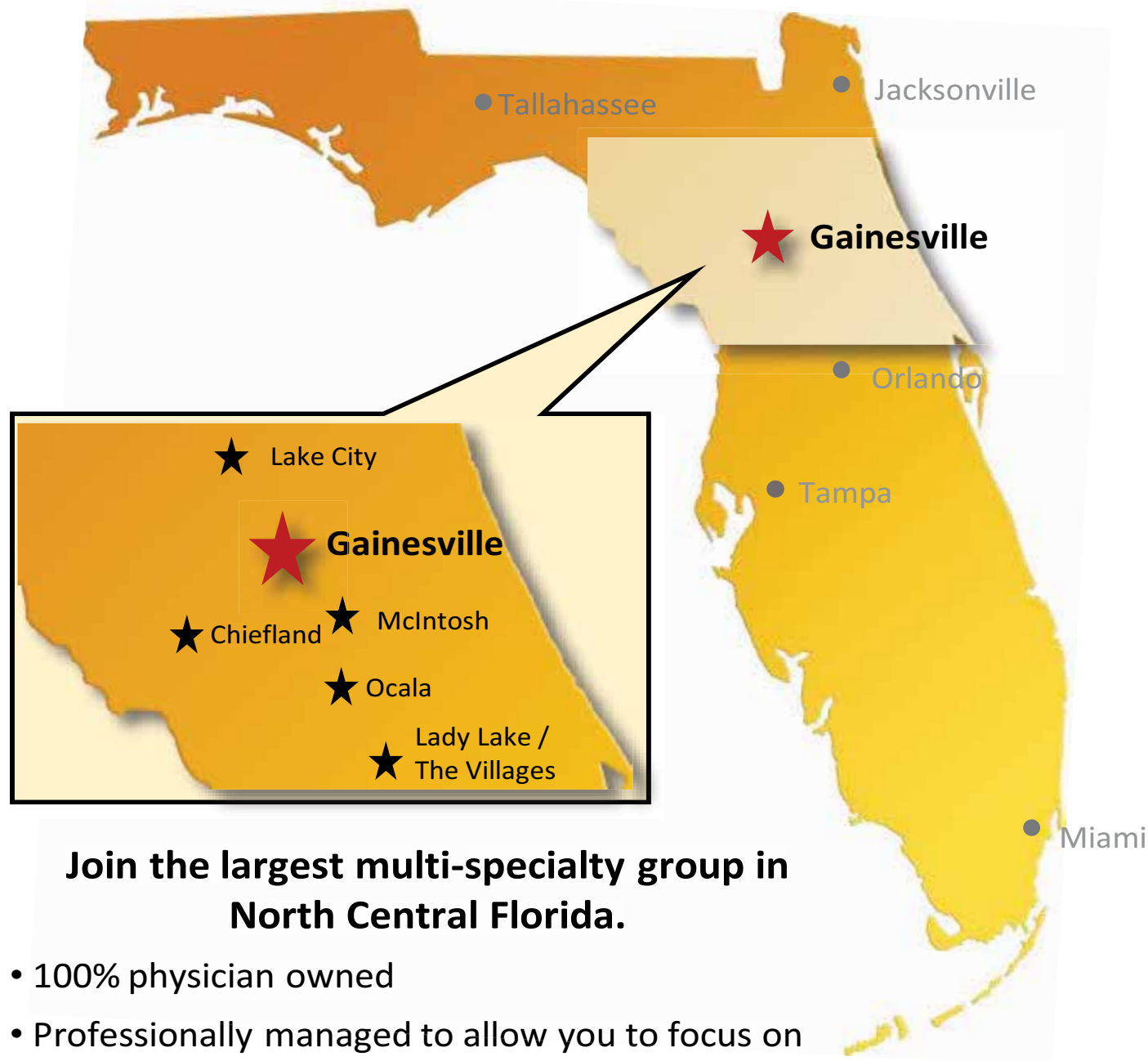
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