

Member of the Month – July 2021



NAME: Josy Hoff Rue

Undergraduate School: University of Mary

Medical School: UND

Residency: UND Center for Family Medicine in Bismarck

Current Position/Practice Location: Heart of America Medical Center

Family: Husband Jesse, Main Coon Bexley, Bouvier Des Flanders Buxton

Family Medicine Questions:

1. Who is someone along your path that inspired you and why?
 - a. My Mom is a family practice PA. I grew up being annoyed by people stopping her at the grocery store or calling the house so I couldn't use the dial up internet. As I got older I learned to appreciate the fact that those 'inconveniences' were there because she has had the opportunity to make an impact in so many lives. I have a lot of years to go before I make the impact she has, but I think it is an inspirational goal.
 - b. Another major influence was an ENT whose office I frequented as a kid. I remember being terrified of him as a small child as it was never fun having tubes placed or your ears cleaned. As I got older he always took a genuine interest in my future goals. He was always eager to let me--as a high school or undergraduate student--tag along and shadow. He took the time to teach not only medicine but about the wonderful opportunities to build relationships and truly take care of a person that come with being a physician.
2. What is the best part of your current position/practice?
 - a. I enjoy the variety that comes with rural family medicine. I find myself in the clinic, hospital, nursing home, assisted living, endoscopy suite, pain clinic, emergency department, and working with hospice. It is giving me the opportunity to try and figure out which type of work I like best and want to do for years to come.
3. What advice would you give to a young physician starting out?
 - a. Our fast paced medical culture, or maybe more so economic culture, has made it really difficult to give patients the time they deserve in order to feel heard and cared for. It can make a world of difference to someone who is struggling mentally or physically if you take the time to be present and really give them your full attention while they are in your exam room. Take the time to be present.

Fun Questions:

1. If you could be an animal, which would it be? I think I wouldn't mind being my dog. He has a pretty easy life!
2. What are you currently binge watching? We recently got Discovery Plus and have a fixer upper. So, I have been bingeing on everything HGTV.
3. How many states have you visited? Not nearly enough! I had ambitious travel plans for my first year out of residency, but then covid happened. My husband and I both like to travel and are hoping to make the list a lot longer.