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## INTEGRATED HEALTHCARE STRATEGIES™

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ATTN: Reporters can access the Guide book at:  
<http://www.adventuresinmedicine.net/residents-guide/>

### For Immediate Release

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### Integrated Healthcare Strategies Contributes to Revolutionary Medical Residency Guide

Integrated Healthcare Strategies (IHStrategies), a Minneapolis and Kansas City based human capital advisor to healthcare organizations is very excited to announce the publication of *Adventures in Medicine: The Resident's Guide to Life and Practice (AIM)* a first ever, comprehensive career guide for graduating residents looking for more than a career, but looking for quality of life. IHStrategies saw a need for this type of manual and jumped at the chance to be a part of such a ground-breaking and unique movement.

Through the unique expertise and knowledge of Senior Vice President James Rice, Ph.D., FACHE on the subject of market trends and trials, IHStrategies added valuable content and advice to the guide.

IHStrategies saw this as a very unique and innovative opportunity to give back to the residents and physicians of the hospital and health system organizations they work with every day. Startling statistics are emerging on the state of physician satisfaction. 40-80% of physicians report moderate levels of physician exhaustion. Up to 93% of physicians report moderate to high levels of depersonalization. *Adventures in Medicine* was created to help stem a downward spiral. The book is being distributed to more than 20,000 residents graduating in July 2011.

*Adventures in Medicine* is a 212-page guide book filled with surveys, personal interviews, and advice. It was written with the aid of Mr. Rice's expertise and unique view point. Additional noted Hospital CEOs, job coaches, financial counselors, recruiters and legal advisors contributed across the nation to make AIM a unique and ground-breaking addition to healthcare.

"Physician leadership is essential to reform our health systems. This text helps plant the seed that new graduates should be mapping their future roles in governance and leadership positions as soon as they find their first practice location," said James Rice, Ph.D., Executive Vice President with Integrated Healthcare Strategies in Minneapolis.

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“I’ve never seen a tool as comprehensive, useful, and engaging as *Adventures in Medicine*,” said Dr. Kenton Lee, Family Medicine Program Director, University of Illinois School of Medicine at Rockford, IL. “This book provides a great service for medical students everywhere. AIM is a superb ‘job and life’ guide aimed at helping residents find the right job and transition successfully from residency to practice. It’s a critical tool to help my students, and any student, prepare for the other side of medicine.”

The health care industry is changing. Government legislation, managed care, hospital consolidation and physician compensation models continue to change daily, impacting the industry and residents’ future. *Adventures in Medicine* address these changes by providing detailed sections covering: the job search process; current health care stats, facts and information; new skills and relationships; and counsel from experts. Even more help is available online in the digital version of AIM by visiting [www.adventuresinmedicine.net](http://www.adventuresinmedicine.net).

“The guide will help you engage your imagination, mind and heart to the level where you will start to see clearly all the things you have worked so hard for,” said Dr. Adriana Tobar, Family Medicine Physician. “I could have used numerous tips from the Guidebook that would have saved me a lot of time and even money.”

The guide book was created by Arlington HealthCare, Inc., an innovative and comprehensive provider of physician recruitment, management and retention programs for medical staff planning, physician sourcing, job transition and leadership development.

For more information about *Adventures in Medicine* email [info@adventuresinmedicine.net](mailto:info@adventuresinmedicine.net) or visit [www.adventuresinmedicine.net](http://www.adventuresinmedicine.net).

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### ***About Integrated Healthcare Strategies***

*Integrated Healthcare Strategies provides not-for-profit healthcare organizations with direct access to a comprehensive array of healthcare-specific services, delivered by professionals from the industry who understand the rigors of running a healthcare organization – from the lunchroom to the Board Room. Its client list is a “who’s who” of healthcare organizations including over 1200 major healthcare providers, 1,800 hospitals, and 700 independent and affiliated medical groups. Integrated Healthcare Strategies specializes in the areas of physician strategy and compensation, employee compensation, executive compensation, human capital solutions, labor relations, leadership transition planning, executive search, employee surveys, performance management and board governance solutions. For additional information, contact Julie McCauley at 800-327-9335 or at [julie.mccauley@IHStrategies.com](mailto:julie.mccauley@IHStrategies.com). Visit Integrated Healthcare Strategies online at [www.IHStrategies.com](http://www.IHStrategies.com).*