



DR. SHAELYNN ZOUBOULES

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RURAL FAMILY
MEDICINE

What attracted you to medicine?

I have always loved science and this was even further reinforced when taking physiology courses and doing basic science research during my undergraduate studies. I also always knew I wanted a career that allowed me to connect with others and help them in meaningful ways. Hearing about the inequities in health care really frustrated me and so I wanted to try to be a part of the solution in any way I could. The ability to combine my love of science and strong desire to help others in a career is what drew me to medicine!

What attracted you to your specialty?

I had no idea what field I wanted to go into when starting medical school. As a result, I found myself desperately searching for the one course that stood out to me, or “my people”, or a specific population I wanted to work with, just as everyone advised me to do when exploring careers. The irony of it all was that while searching for my chosen specialty, I feel that family medicine kind of chose me by showing me that I was a generalist at heart; someone who wasn’t ready to limit herself to a single body system, patient population, practice setting, or even place to live. And that’s the beauty of rural family medicine— you don’t have to, which is why I fell in love with it!

What do you find the most rewarding in your residency training?

What I find most rewarding is being able to serve rural populations, which we all know are populations that have a longstanding history of inadequate access to health care. When you work rurally, you truly become a part of the community you work in, which I find to be incredibly special! The medicine and broad scope of practice encountered when practicing rurally can be challenging but is ultimately very fulfilling and offers great learning opportunities!

What do you find the most challenging in your residency training?

While I love how diverse rural family medicine is, it can be challenging and intimidating to realize the amount of knowledge required to practice in this field. As a learner, this can feel overwhelming at times. However, I have always felt very well supported in my residency training.

What energizes you outside of residency?

Spending time with my partner, friends and family! I really enjoy hiking, cross-country skiing, biking, and cooking. Travel is another passion of mine; whether it be a weekend trip to the mountains or backpacking on the other side of the world, I am always super excited to get away when I can!