



Drs Matt & Lorrie Downs
Arbor Medical Associates
105 Nathan St., Elkins, WV 26241

Practice Specialty: General Pediatrics
Medical School: Marshall University School of Medicine
Residency: Penn State Hershey Children's Hospital

1. While in school, did you work with any preceptors who made an impact on you?

Matt: Dr. Indacochea in Petersburg. He is the reason Dr. Matt went into peds. Dr. Indacochea would make Dr. Downs study topics every night and present those topics the next day. Made Dr. Downs really work hard. But most of all...Dr. Downs enjoyed seeing how much of an impact a rural pediatrician can have on a community. Got to see how Dr. Indacochea really advocated for his kids. Dr. Indoocha was very highly respected in his community and by Dr. Downs.



Lorrie: Enjoyed working with Drs Hummers (spelling?) in Elkins. Married family medicine doctors who worked together. "allowed us to see the community we would settle in." Dr. Downs said she really "enjoyed the community here in Elkins." She wanted to see what it was like working along side her spouse in a practice.

2. Why do you volunteer to teach medical students?

Matt says he "loves it! I love teaching." He mentioned that one of the great things about residency is you're always at a larger institution so you get the opportunity to always be teaching. Outside of a university setting, as is their rural practice, they don't get much opportunity to teach. Accepting medical students is a way to continue teaching while being in the rural setting which they enjoy tremendously.

Lorrie says that for her it is "important to give back." She says that there were a lot of physicians along the way that helped to train her and Matt so she likes to return the favor. She also states that it is important for students to get a glimpse of what pediatrics and medicine, in general, is like outside of a university setting. Medicine outside of the university is very different. Not everyone is made to be a university physician...so it's important to be exposed to the rural and private practices.

Lorrie also states that the students "challenge you." She loves the challenges students bring to the table at times. They may ask challenging questions or may even make her second guess something she always thought to be true. Students might bring another perspective into a case that she might not have thought of. She hinted at the fact that the common things in medicine are just that...common...so sometimes it's helpful for her when the students add their rare, medical student answers into the clinical equation.

3. Memorable experiences while precepting students?

No particular experience stood out...but Dr. Lorrie Downs says that she loves that almost all the students get sick at some point. She loves the phone calls they get in the mornings when a sick student is on the other end of the line, with their raspy, sick-sounding voice saying they will come to work/clinic but they are under the weather. Lorrie says that she doesn't want to share their germs....keep your germs to yourself.

4. Background, work experience and why you selected the area to practice in.

Both Matt and Lorrie are originally from West Virginia so following residency they knew they wanted to come back to WV. Their honest answer was they did a rural rotation with Drs Hummers in Elkins as a part of RHEP and truly enjoyed the Elkins area. They stated the lifestyle and nearby hunting, fishing and skiing choices as a large part of the reason they came back to Elkins.

As far as coming back to WV and serving in a rural community...they mentioned that there are plenty of pediatricians in larger communities and it's important to serve those in need in the more rural of settings. They "wanted to serve the children of rural WV." They recently went into private practice with some family medicine providers. They are part of a group of 6 providers, all under the same roof. This group setting allows them to practice in a big group setting and allows them to provide more services for their patients.

5. Family information: Married to each other. Live in Elkins with their two kids, Anna and Josh.

6. Hobbies:

Matt enjoys training and competing in triathalons (I can't even spell that word let alone bike, swim and run for mile after mile...yikes!). **Lorrie** enjoys knitting as she gets to "turn her brain off" for a few minutes.