

## Rachel Thomas travels south for emergency medicine, adventure



**Rachel Thomas** has matched to a residency in emergency medicine at the University of Arizona Medical Center in Tucson. "I've pretty much known all along that emergency medicine is what I was going to do, although I tried to keep the blinders off and stay open to other specialties. My problem is I loved them all, which is what kept me on track to emergency medicine because you get exposure to everything."

Rachel relied on her mentors and queried OHSU interns who had gone through it the year before to help her winnow through the 144 emergency medicine residencies around the country and ended up applying to 30. Twenty-nine offered interviews including OHSU.

She cut her list to 12 and set off on the interview trail, using kayak.com to string together a money-saving itinerary of flights. After painstakingly charting and gridding the possibilities, she put Arizona on top.

"It was never about a name or who was the most prestigious." It came down in large part to location. Where would her husband, marketing director at a retirement facility, be happy? Equally important: "Where am I going to fit in the best and where can I excel? I needed an environment that was going to do that, where people work well together, because that's your family for the next three years. I work hard, but I also play hard. I love being outdoors, I run marathons, I ski and snowboard and I wanted a community that supported all those things."



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