

RPAP and MetroPAP News

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Greetings from Director, Kirby Clark

The end of the academic year is always bittersweet. Particularly for our RPAP and MetroPAP students who have to say goodbye (at least temporarily) to the community they have thrived in the past nine months. The joy is in reflecting on how much our students have grown toward their goal of becoming exceptional physicians. Students gathered on campus for end-of-year activities, including taking the time to reflect on meaningful patient experiences. It was powerful to hear the impact of these early clinical experiences on our future colleagues. Our students were able to connect with patients, and feel the art of medicine percolate through the science. It was inspiring to hear how thoughtful and proficient our students have become in reflecting on these experiences.



Students also shared their Community Health Assessment projects at our annual poster session. Projects included a wide variety of topics including health disparities, pediatric and adolescent health issues, mental health issues, senior health issues, and substance use disorders. The effort of our students and their community partners was remarkable. A number of these projects have sparked ongoing community or quality improvement projects.

Across our sites, our students share a passion for serving communities that may be difficult to reach, due to geographic factors, socioeconomic factors, or both. We are developing new ways to connect our passionate students and preceptors more regularly as a learning community. This year students connected with regularly scheduled seminars on substance use disorders using multipoint video conferencing technology. This format allows local experts, like Family Medicine physicians Dr. Heather Bell and Dr. Kurt Devine in Little Falls, and colleagues at the University of Minnesota and Hennepin County Medical Center to teach and interact with our group of students and preceptors across the state. We are excited develop more opportunities for our students and preceptors to learn best practice medicine together.

Our students expressed gratitude for their preceptors, their patients, staff and the medical community for providing a rich and formative experience during their 9-month adventure. I join them in thanking all of you in our RPAP and MetroPAP communities. Both programs continue to grow and flourish and we are looking forward to the start of 2019-2020 MetroPAP and RPAP just around the corner!

Sincerely,
Kirby Clark MD

Thank you, Dr. Nancy Baker



Our end-of-year celebration included a tribute to Dr. Nancy Baker as she retired from a remarkable career in teaching and medical practice. Her career and legacy as a Family Physician is truly inspirational.

Her work as a doctor has had a profound impact on thousands of patients, and their families. From the countless first breaths she witnessed in the delivery room to the peaceful last breaths of her hospice care.

As a teacher, she taught and mentored countless students, residents, and fellow physicians. Without exception, those around her felt welcomed.

She has been a leader for the University of Minnesota Medical School, our Department of Family Medicine, as well as within state and national organizations. She served as president of the Minnesota Academy of Family Physicians, and Associate Head of our Department of Family Medicine and Community Health. She is a versatile clinician, over the years providing the breadth of Family Medicine and serving in varied clinical roles as “duty called”. A blessing to our programs, she spent the past 8 years with the RPAP and MetroPAP programs.

In her retirement, Dr. Baker looks forward to time with her family and time in the Northwoods. We wish her all the best!

Sincerely,
Kirby and the RPAP and MetroPAP Staff and Faculty

Retirement Open House Celebration for Dr. Nancy Baker



End of Year – RPAP and MetroPAP Class of 18-19

The week of June 24th, the Class of 2018-19 participated in End of Year Activities which included the; Family Medicine exam, student interviews, reintegration panel, Significant Event Reflection Groups, Community Health Assessment Poster Presentation, and the End of Year Awards Luncheon.



RPAP Student Achievement Award: Carter Duncan (Fosston 18-19):



Carter Duncan and preceptor Dr. Cheryl White

How did you feel winning the Student Achievement award and what does it mean to you?

The Student Achievement award was a huge honor. It was humbling to have such a strong supporter in Dr. White who was my main preceptor and was the one who nominated me for the award. She treated me as a colleague and as a member of the team, and perhaps the most humbling and memorable experience of RPAP was delivering her baby. In this and many other ways she demonstrated her dedication to teaching and providing a high-quality RPAP experience.

How did doing RPAP impact your life?

RPAP has been an unforgettable experience for me as I'm sure it was for all my classmates. What I appreciate most is the confidence it has given me as a future doctor. There are still days that I wonder how I will ever be able to do what a doctor does or if I'll ever feel like I really know what I'm doing, but after going through RPAP I have started to have more and more days where I feel

like I do know what I'm doing and the thought of being a physician is becoming more and more of a reality.

What are your current/future plans?

My current plan is to graduate in 2021, a year behind schedule, so that I can do the couples match for residency with my wife who is a current third year medical student. In that time I will be working with Dr. Power at the U of M on a project for educating Family Medicine preceptors on precepting skills, which fulfills their performance improvement requirement for board certification. I will also be traveling to Tanzania for a global medical experience to learn more about medicine in low resource settings.

What/where are you hoping to match into and eventually practice?

I hope to match into Family Medicine. I plan on practicing in rural Minnesota.

Do you have a memorable experience from your time in Fosston that you would like to share?

RPAP is full of unforgettable experiences and patients, but how can delivering my preceptor's baby not top the list? This experience really exemplified the rural experience where many of the people you work with become your patients. It was a unique experience that I was honored to be a part of.



Carter Duncan performing an EGD. The preceptor is Dr. Robert Wroblewski on the right side of the photo.

Preceptor Achievement Award: Dr. Jeffrey Lodermeier - Hastings



Dr. Jeffrey Lodermeier with Hastings RPAP student Mickey Moran.

How do you feel winning the Preceptor Achievement award and what does it mean to you?

I was surprised and honored to have left enough of an impression on Mickey for her to nominate me and write such flattering comments about her experience. I'm just happy to have been able to offer a worthwhile rotation and glad she had some fun while learning a little about surgery.

As to what it meant to me, I think it meant a lot more than anticipated actually, and it perhaps reinvigorated my interest in teaching. I've always enjoyed teaching, I had a mentor in residency that was a little disappointed I was not going into an academic career field. I've always held on to the idea that I still owed him, and probably myself, some contribution to the education of our future physicians. Sitting at the reception luncheon with all the other RPAP students and seeing people engaged and eager to do something good for humanity made me want to be part of something bigger and contribute more than what I could in my own isolated practice.

How did you first get involved with RPAP?

This was my first year and Mickey my first student. The surgeon who had been here before me was involved in RPAP and it was something I was interested in continuing.

What is being an RPAP Preceptor like?

We've had various students come through for short periods of time, but with RPAP I was able to have more time to make a connection. We were able to build on topics that had been discussed before or see enough together where things could really start to click. RPAP is a special program and I look forward to my future involvement.

What are your current/future plans?

No big changes on the horizon.

Do you have any memorable experiences from your time in Hastings that you would like to share?

As quick background, I grew up in Cottage Grove, went to medical school at the U, and then left with the military for 13 years. I've been back home now for the past couple years and working at Regina. If I have any particularly memorable experiences about Hastings it still would be from high school. I was smacked pretty hard on the Hastings football field and had a brief loss of consciousness. I was hauled off the field on a stretcher and then taken by ambulance to Regina. I told the story to people when I started working there that I was once a patient. The details are rather fuzzy, and in reality I guess not so memorable after all!

Do you have any advice or words of wisdom for the faculty/staff/future RPAPers or preceptors?

Life is hard for us all and medical school can be especially difficult and isolating. Know that it gets better and there's light at the end of it all. Keep working hard, learn everything you can now, try to have fun, and enjoy the journey!!

Preceptor Achievement Award: Dr. Denny Peterson (Canby 88-89) – St. Cloud



Dr. Denny Peterson with St. Cloud MetroPAP student Rachael Grundman.

How do you feel winning the Preceptor Achievement award and what does it mean to you?

I am certainly honored by my student Rachael Grundman's words and humbled as well. I have loved teaching students over the many years I have served as an RPAP/ MetroPAP preceptor. I am also recognizing the many preceptors out there in practice that have also given endless hours of service to this program and their students. I feel like I stand among an amazing group of men/women who also deserve this award.

How has MetroPAP and RPAP impacted your life? (from being a student to being a preceptor in Willmar and in St. Cloud)

It is hard to believe that my original RPAP experience in Canby, MN back in 1988 predates the births of many of our current students. I believe that the RPAP experience given to me is something I want to give back to my students as well I have to acknowledge also that all of my students have been "co educated" by my partners over the many years of practice and of course now with my residents and fellow faculty in St. Cloud Family Medicine Residency.

What has being a MetroPAP and RPAP Preceptor meant to you and what is it like? Is precepting in St. Cloud the same as in Willmar?

Precepting in Willmar changed over the many years. Initially our students had more clinical / longitudinal time with the provider. The break up of "rotations" has changed that some, but the students continued to get an amazing experience. Our MetroPAP experience actually mimics an intern experience, getting to experience the daily didactic teaching. The student here in St Cloud could easily begin residency with our new class in July. (hint, hint)

What are your current/future plans?

My future is to continue to build the framework/ support for rural FM training in Central/W Central MN. I am actively cultivating my interest/passion in POCUS (point of care ultra sound) training for students/ residents and actively practicing Family Physicians. I would love to see more focused direction in FM training / education to bring more opportunity to FM residents who would love to expand into specialty training.

Do you have any memorable experiences from your time with MetroPAP or RPAP that you would like to share?

I love the way students can channel their learning to teach us as preceptors. That has happened so many times as we encourage students to review literature and current guidelines of care. In doing so, we continue to learn together.

Do you have any words of wisdom for the faculty/staff/future MetroPAPER/RPAPers or preceptors?

Dr Lyle Munneke shared this with me many years ago... and it may have also been said by Jack Verbe, MD:

"your illness affects your family, and your family affects your illness"

Only in FM are we trained to understand the fullness of that statement. So much of medical care has become fractionated and disrupted. Family Medicine providers have the capacity to sew the family unit together, healing not just the physical wounds, but also the behavioral health wounds of that family unit as well. I cannot take for granted the beauty of being a trusted family provider. I was interviewed recently for the UMD newsletter and shared the story of how our clinic used the motto, "It's like having a doctor in the family" as an advertisement. In many ways, that is the part of my practice I have loved the most. I can't imagine how many photo books/albums have a picture of me with a family member, baby, graduation, or athletic event. In many ways I have become a part of many, many families. What a privilege, honor and legacy.

Preceptor Achievement Award: Dr. Paul Van Gorp – Long Prairie

**Transcribed from a
phone interview June
2019. Pages 8 & 9.*



Dr. Paul Van Gorp and Long Prairie
RPAP student Emma Ostby.

How did you first hear about and get involved with RPAP? How did you decide to practice rural medicine? When did you know you wanted to be a preceptor? You are one of our beloved preceptors, a lot of people have a lot of good things to say about you.

Yeah thanks. It's been a joyful part of my practice of professional career to interact with all those students. What's happened to them and where they've gone and what they've accomplished. When I started at the practice in Long Prairie in 1976, I had two senior partners who had participated in RPAP for a couple of years. That was one of the attractive things about the practice to me, that they did have students and they were interested in teaching. John Billings was the first RPAP student I got to work with.

I kind of regretted not being able to participate in RPAP myself. The University of Minnesota was recognizing that there was a tremendous shortage of primary care physicians in rural Minnesota and they had been mandated by the legislature to do something about it. So they supported and funded all these family practice residency programs, one at Hennepin, and one at what was Saint Paul Ramsey, is now Regions. And so they had also decided to build in a track for medical students who had a high probability of spending their professional careers in rural communities, through medical school faster to get some of them out there because they're just was such a shortage of family

physicians. The Dean of the Medical School for the University of Minnesota came and asked all selected students with rural backgrounds who had express rural interest to try and do medical school in three years instead of four. They came and asked me to do that and I agreed to do that. So

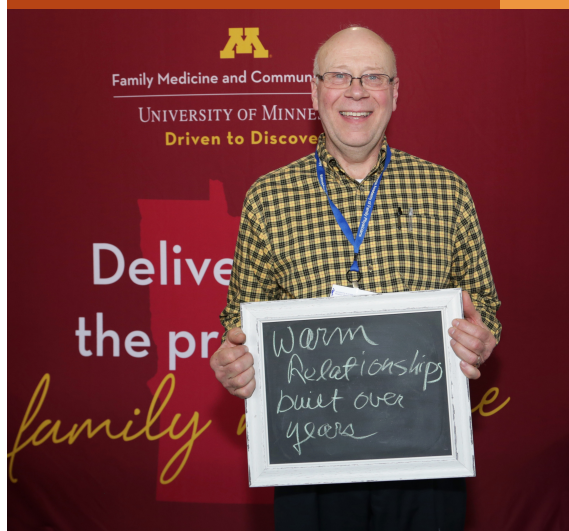
that eliminated the possibility of RPAP for me and we just essentially went straight through the summer and they took out a few electives and they eliminated all our vacations. We crammed all of medical school into three years instead of four. So even though I didn't have the opportunity to do RPAP, I certainly knew about it and a lot of my classmates did it. I was definitely interested in being a preceptor when I got out into practice.

How do you feel winning the RPAP Preceptor Achievement award and what does being a preceptor meant to you? And what memorable experiences from your time in Long Prairie that you would like to share?

It's been a great big year. It's my last year of practice because I did retire May 15, 2019. So it's kind of a nice capstone on a great career. Emma and I had a good relationship and I have really enjoyed all the students over the years. It's amazing how many preceptors are former RPAP students. RPAP has been so successful in terms of getting people to consider working in critical access hospitals in rural communities. I think the students gained a lot of confidence, skills and so forth during that year in RPAP that really helps them in their fourth year and then they have a jumpstart on residency.

One of the greatest things and real joys of my RPAP teaching career is three different times that Long Prairie high school students have decided to go to medical school and asked me for mentoring and letters of recommendation and all that kind of thing. And then when they've gotten to the part where they could do it, they'd come back to Long Prairie for their RPAP year. That was certainly memorable. One of them even came back here to practice for a while and then moved on. But it's really great to have that kind of experience with people; one of them actually I delivered, participated in his birth!

I'd also say that RPAP helps the students figure out the fact that maybe Family Medicine and a critical access hospital isn't right for them and they therefore take a different path. Which saves them probably from having a false start. I can recall one really outstanding student who I just really liked was Ken Talbert. He was a tremendous guy. One day, after a patient we saw with a shoulder injury, we went to lunch and of course I was quizzing him and trying to try teach him while we were having lunch about how to do a property shoulder exam, revealing what all the muscles of the rotator cuff were and so forth and he looked at me, he said, you know, I think this is why I can't see family medicine. Cause you got to know something about everything. So he became a retinal vitreous ophthalmologist! And a wonderful one, as he has had a great career in Ames, Iowa. For him it was key to have that enlightenment moment of his education/career so he didn't take the wrong path for himself. A lot of the students decide during their RPAP year what they want to do or don't want to do and get to know what some of the challenges might be. It's an opportunity for them to kind of experiment with their career choice and make sure it's the right one for them. I find OB to be one of the most joyful and family - centered parts of my practice. Even now when I'm in my seventies I still enjoy doing it even though it sometimes gets me up at night.



Dr. Paul Van Gorp at the MAFP Spring Refresher 2016.

Now that you are retired or what are your current and future plans?

I still have a little bit of involvement, we have a big Amish community in Long Prairie and a lot who don't have health insurance. I have been working hard on getting self-insurance assistance set up for them so they have a way of paying for their medical care. And also we do a free clinic for them one Saturday a month which I've usually done with the RPAP student. One of the RPAP students, Caitlin Hill, started that clinic as her RPAP Community Health Assessment Project. The free clinic has persisted and thrived and is very busy now. We have involved others in public health, nursing, and dental, to try and provide those services to the Amish people. To help inspire them to get immunizations, normal dental hygiene, restorative dental care, and regular periodic checkups. That's been very successful. I will continue to be involved in that clinic. One of my interests has always been maternity care and I have provided almost all the c-sections in Long Prairie for 40 years. If no one is available to do c-sections then I make myself available to do those. So I am still involved in OB a little bit. Also, my wife has been sick this last year so that one of the reasons I want to be home more with her. We also have a little farm that has sheep, cattle, goats, and chickens. It's more than a hobby, its 220 acres!

Do you have any advice or words of wisdom for the faculty/staff/future RPAPers or preceptors?

I think one of the things that I've noticed in the latest generation of young physicians and, and medical students too, is that they seem to be reluctant to connect to the community. And a lot of times they want to kind of have their cake and eat it too in the sense that they choose to live in a metro area, but then they want to work in a small rural critical access hospital community. They might only be in the community three or four days a week and have an apartment there. That means they don't really connect to the community and become integrated into it. And I think that's a tremendous loss for them that they don't realize it. In order to really get the benefit of a community you need to actually commit to live there, stay there for a number of years, send your kids to school there, and go to church there. Get integrated into the community so that they get to know you and you develop bonds and relationships with families and people there. The rewards are tremendous if you do that. The greatest joy of my professional career is with the relationships I've built in this community and the appreciation of the love of the people in this community.

2019 Pisacano Scholar: Kyle Lau (MetroPAP-Phalen Village 2018-2019)



Congratulations to Kyle Lau, who was recently selected by the Pisacano Leadership Foundation (PLF) as a 2019 Pisacano Scholar!

Kyle is one of six medical students in the country awarded with the scholarship. The scholarships are awarded to students attending U.S. medical schools who demonstrate a strong commitment to the specialty of Family Medicine.

RPAP/MetroPAP Staff Spotlight: Liz Sopdie, PhD



During a trip through Amsterdam.

Liz just completed her PhD training in Organizational Leadership, Policy and Development here at the University of Minnesota. She served as the Program Manager at the Center for Integrative Leadership, Humphrey School of Public Affairs for the past 3 years. Prior to that, she was the Curriculum Coordinator for the Department of Family Medicine and Community Health.

What is your role with the RPAP/MetroPAP Programs?

I am thrilled to join the team as the new administrative director for the RPAP and

MetroPAP programs. I will be working on a variety of projects including building and



Liz and her husband at the MN State Fair.

sustaining relationships with regional health systems, managing student recruitment, selection, and placement, promoting faculty research and scholarship, and driving program innovation. I look forward to meeting you all in time and can always be reached by email or phone! (espodie@umn.edu, 612-625-1582)

How will you bring your PhD thesis work to the RPAP/MetroPAP Programs?

My PhD research focused on international service-learning experiences in medical education, primarily around how medical schools can best support students over distance while promoting positive learning outcomes for students and, equally as

important, positive health outcomes for the communities in which students learn. There are similar themes, challenges, and opportunities between research on international and rural experiences in medical education, so I'm looking forward to applying some of the lessons I've learned through my research to my work. Other topics I have researched include global health education, organizational perspectives on change and adaptation, experiential and active learning for adult learners, evaluation, and curriculum design.



Habitat for Humanity Women's Build team that Liz has been volunteering with since 2014.

What is your experience with rural healthcare and underserved populations?

I have seen and studied health education programs in underserved areas from Iowa to India and worked previously with the Department of Family Medicine residency programs, but this is my first opportunity to

work directly with a mission-driven program dedicated to rural and underserved health. I look forward to learning from all of you and contributing my expertise to continue expanding the success of these programs.

What do you enjoy doing when you are not working?

When I'm not working, I love to do anything outside - biking, gardening, kayaking, or fishing. I also love to read, knit, travel, and spend time with family and friends. My husband and I also enjoy cooking together and trying new recipes from all over the world.

RPAP/MetroPAP Faculty

Kirby Clark, MD, Director

Late Summer Activities: Enjoying time outside with my family. Although it is a sign the summer is slipping through our fingers, we will get out to some county fair fun, and of course the state fair. Hopefully we'll have Saturday afternoon or two more in a canoe, or finding the elusive late summer Crappie!

Ray Christensen, MD, Associate Director

Late Summer Activities: Enjoying Duluth "summer" which extends into September and October. Still good daylight, great sunrises on Lake Superior, and the cool hint of change coming. I am planning a few days visiting friends in AK in August. As always time with grandchildren. Also, preparing for our new class in Duluth. MMA's annual meeting is in Duluth this year and I serve on the planning committee and will also be on a panel.

Jay Dirks, MD, Faculty

Late Summer Activities: My wife and I will be traveling to San Diego in August. I will be enjoying the MN Twins playoff run and eventual World Series championship!!! I will be starting my annual Vikings/tailgate season!!

Anne Keenan, MD, Faculty

Late Summer Activities: I love to be outdoors and lately I've been doing a fair amount of paddle-boarding. I love to garden and this time of year is a gardener's delight.

Javad Keyhani, MD, Faculty

Late Summer Activities: We took our annual trip to St. Louis in June and did our 1 mile family run. We are going to southern California then staying in a tree house resort in Oregon in August. We have also spent weekends in the cabin near Brainerd. We also participated in the Montevideo Untalent show and our family won the award for most untalented.

Keith Stelter, MD, MMM, Faculty

Late Summer Activities: I am going to be exploring some more state parks and bike trails as well as harvesting stuff from my garden. This fall I will also take the office of President of the Minnesota Medical Association.

RPAP/MetroPAP Staff

Patty Bailey, Executive Assistant and Office Coordinator

Late Summer Activities: Como Relays every Wednesday in August are a family tradition!

Brinsley Davis, Education Associate

Late Summer Activities: My family will be going on some camping trips throughout the beautiful state of MN. We are excited for the State Fair, including the Weird Al Yankovic concert!

Kate Krasaway, Program Associate

Late Summer Activities: I enjoy spending time outside with my dog, going swimming in Lake Superior, and rollerblading on the boardwalk.

Liz Sopdie, PhD, Administrative Director

Late Summer Activities: - Trying new foods at the State Fair, canning salsa from this year's garden, and trying to soak up as much summer sun as possible before the fall.



Dr. Javad Keyhani and his family at a 1 mile fun run in St. Louis, Missouri.



Dr. Javad Keyhani and his family winning most untalented at the Montevideo Untalent show.

Presentations and Publications

Raymond Christensen, MD; Renee Crichlow MD, FAAFP; John Wood, MD, panel presentation "Workforce Pipeline", Minnesota Medical Association 2019 Annual Conference, Duluth, Minnesota, September 20, 2019.

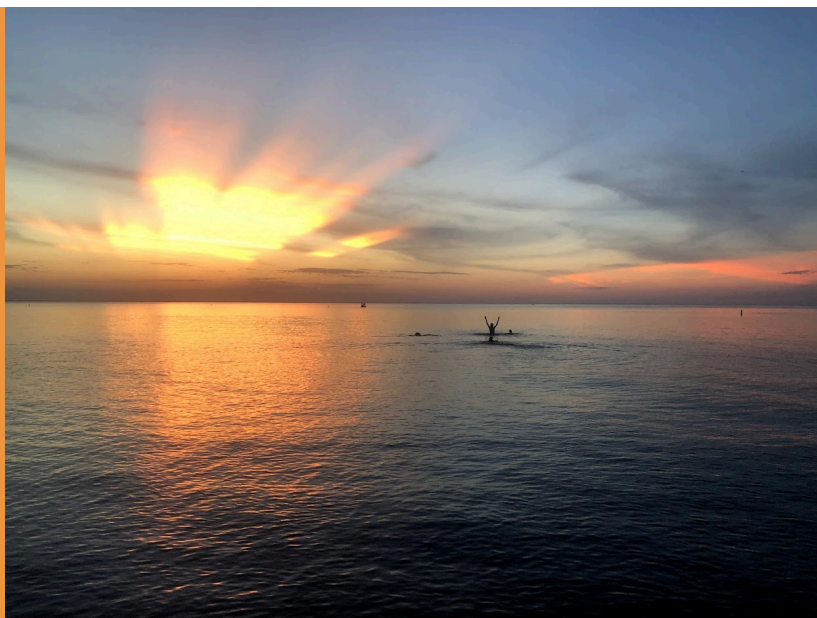
Jay Dirks, MD, presenting a lecture "Office Based Emergencies" at the HealthPartners Primary Care Update: Pathways to Knowledge Conference, St. Paul, Minnesota, September 19, 2019.

Anne Keenan, MD, presenting a didactic to residents "Abnormal Uterine Bleeding" at St. John's Hospital, Maplewood, Minnesota, September, 2019.

Javad Keyhani, MD, morning lecture for residents "Antibiotic Selection" at Smiley's Family Medicine Clinic, Minneapolis, Minnesota, August, 2019.

Javad Keyhani, MD, morning lecture for residents "Wellness" at Smiley's Family Medicine Clinic, Minneapolis, Minnesota, July, 2019.

Javad Keyhani, MD, morning lecture for residents "Substance Abuse Disorder" at Smiley's Family Medicine Clinic, Minneapolis, Minnesota, July, 2019.



Dr. Anne Keenan's family enjoying lake Mille Lacs at sunset.



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