Greetings from Director, Kirby Clark

During my travels around the state the past few weeks, I had a few conversations debating the pros and cons of snow tires versus all-season tires. I’ll leave the weather-talk at that. As most any Minnesotan would say, “could have been worse”.

Despite the weather, March another exciting and successful Match Day for RPAP and MetroPAP alumni. The programs continued their tradition of guiding students along their path to primary care specialties, particularly family medicine. 67% of RPAP/MetroPAP alumni matched into primary care this year, 54% in family medicine. 54% of alumni chose their residency training in the state of Minnesota. Of the University of Minnesota graduates who did not experience RPAP/MetroPAP, about 12% matched to Family Medicine, which mirrors the national average. Other specialties important to rural and underserved communities were also represented on Match Day, see page 3 for more Match Day statistics.

Our current students are in the final months of their RPAP/MetroPAP experience. The students have shared remarkable experiences and have become trusted teammates in their communities. See pages 5-6 for more on the student experience.

As I reflect on our class of students moving on the residency, I would like to recognize some of many doing remarkable work along our primary care workforce pipeline. I cannot exaggerate the impact of the Medical School at Duluth, it’s faculty, and it’s mission. They continue to be an inspiration.

Happy spring to all of you in our RPAP/MetroPAP family. Thank you for your support in it’s many forms. Thank you, to the backbone of our program, our dedicated preceptors, folks like Dr. Mark Deyo-Svendsen and his colleagues (highlighted on pages 7-9).

Sincerely,
Dr. Kirby Clark
Gold Humanism Award Winners

GHHS recognizes medical students, residents and faculty who consistently model humanistic values, such as integrity, excellence, compassion, altruism, respect and empathy. Medical students are nominated by their peers during their third year of study. Those students selected for membership in the GHHS were chosen by their classmates because of their commitment to humanistic, patient-centered care and to upholding the science and art of medicine. Congratulations to these RPAP and MetroPAP students:

• Anna Fuglestad  
  (Willmar 16-17)
• Caitlin Fujisawa  
  (Central Avenue 16-17)
• Courtney Klinkhammer  
  (Staples 16-17)
• Lucas Labine  
  (Waconia 16-17)
• Kelly McKinnon  
  (Grand Rapids 16-17)
• Michael Rose  
  (Creekside 16-17)
• Allison Spicher  
  (Broadway 16-17)

Alpha Omega Alpha Honor Medical Society (AOA) Awards

Senior Award Winners:

• Kathryn Chamberlain  
  (Faribault 16-17)
• Danielle Francen  
  (Aitkin 16-17)
• Lucas Labine  
  (Waconia 16-17)
• Kelly McKinnon  
  (Grand Rapids 16-17)

Senior AOA Election Criteria:

• Year 1 Grades 15%
• Year 2 Grades 15%
• Step 1 Score 10%
• Year 3 and 4 Grades 40%
• Essay 20%
Match Day 2018! Stats for RPAP & MetroPAP Alumni

2018 Match Class:

- **67%** matched in Primary Care – Family Medicine, Internal Medicine, Pediatrics, and Medicine-Pediatrics.
- **18%** matched in Obstetrics & Gynecology.
- **15%** Psychiatry, Diagnostic Radiology, and General Surgery.

By the numbers, 21 students matched in Family Medicine & Community Health, 7 students in Obstetrics & Gynecology, 2 students each in Pediatrics, Medicine-Pediatrics, Psychiatry, Diagnostic Radiology, and General Surgery. A single student matched in Internal Medicine.

Overall matches to the University of Minnesota Family Medicine Residency Programs lead the nation each year—and almost half of those are alumni of the RPAP and MetroPAP programs.

Medical Mission in rural Honduras: Daniel Harren (Glenwood 17-18)

Daniel Harren went on a two week medical mission trip in March to Gracias, Honduras and surrounding villages. He went with the International Health Service group of 12 healthcare professionals that included his preceptor Dr. Tom Haus and his daughter Anna Haus. Dr. Haus has done this trip several years. They were able to provide much needed medical to over 1,000 patients. Daniel personally cared for over 300 patients. Word of mouth was how most people heard about the clinics. They set up a whole clinic in each location.
Mid-Year Activities 2018

The week of March 19th, the Class of 2017-18 participated in Mid-year activities. OSATS, dinner and bowling.

The students were very busy when they came back to campus in March. Activities for our program included an OSATS exam, where their surgical skills were put to the test. They took part “R.E.D.E. to Communicate”, a workshop on improving healthcare communication skills that was lead by Dr. Andrew Olson, a Faculty and Doctor in Internal Medicine. They also participated in a Significant Event Reflections: Diagnostic Errors where small groups discussed errors and near misses that they have seen and highlighted factors that lead to the mistake.

Some students opted to take one of their Shelf Exams during this week. We also had some social time for students and faculty by having dinner and bowling together at Bryant Lake Bowl in Minneapolis. These third year students prepared for their upcoming residency match process with a Residency Workshop put on by the Medical School and reflected on savoring their accomplishments by watching the artistry of Hippocrates Café arranged by RPAP alumnus Jon Hallberg (Red Wing, 1990-91).

MAFP Spring Refresher

The Minnesota Academy of Family Physicians (MAFP) Spring Refresher was held April 12-13 in downtown St. Paul. We shared a booth with the Department of Family Medicine and Community Health. At the booth we had a large state map with pins where all our preceptors are located. Was a great visual reminder that our programs at the U of M help put Family Medicine doctors throughout our entire state. We got to speak with many our Alumni, preceptors, and clinic contacts.

Specialty Faculty Visits (SFV)
come to an end for the year

There were 42 visits over the course of the past 4 months, visiting our students all across the state of Minnesota and also in western Wisconsin. The students and Specialty Faculty each prepare a case presentation for their visits, with a focus on Family Medicine, Medicine, Obstetrics & Gynecology, Pediatrics, Surgery or Urban Underserved Population depending on their type of visit. Specialty Faculty bring their expertise to bear on student case studies and provide an important faculty contact for the students.

Pat Schommer and Jim Boulger at the booth

Dr. Diane Kennedy and daughter. Was named MAFP Doctor of the Year 2018. Primary RPAP preceptor in Luverne, MN.

SFV at Central Clinic – Kale Siebert, Andre Scarlato, Dr. Price Isuk, Erin Anderson, Hanna Nedrud

SFV in Staples – Rachel Busko, Laura Lhotka, Dr. Mary Mahoney, Dr. Kirby Clark, Anne Gair, Chris Hughes, and Claudio Violato
As my time in the Rural Physician Associate Program winds down, I have had a few moments to reflect on my experience. Over the past 7 months, I have had the pleasure of working alongside the physicians and other medical providers at Lake Region Healthcare. I have thoroughly enjoyed my time in Fergus Falls, which has a population of over 13,000 people. This makes it one of the larger rural communities involved in the RPAP program. The hospital, where I spend the majority of my time, boasts 208-beds, an attached multispecialty clinic, a separate walk-in clinic, and many satellite clinics scattered throughout the surrounding counties. The level of care afforded to the people of this community is truly amazing. My time here has been the best experience of my entire medical training thus far. Functioning essentially as an intern, I am granted a tremendous amount of autonomy and responsibility. In speaking with my colleagues in the traditional clerkships about my experiences, they are always amazed at how involved RPAP students are in the care of our patients. I think it is for this reason that the learning is so outstanding. There is something else that makes RPAP so special that I will surely miss when I leave here. I was out in the community running errands one day and a woman came up to me in a store. I vaguely recognized her, but I could not recall where from. I realized quickly that I had met her and her daughter in the hospital a few weeks ago in the emergency department. She began to thank me for caring for her daughter when she was ill. I was glad to hear her daughter was doing much better now. She happened to be with some other people who were confused as to who I was. She turned to them and said, “this is the wonderful doctor that took care of my daughter”.

The path to becoming a physician is long and arduous. The end always seems so far away. We toil away for years, decades if you really think about it, to achieve our goal of becoming a physician. At times, it seems that a different path would be easier. It is moments like this that reinforce why we chose to become physicians and provides renewed motivation to continue on. It is a tremendous honor to be able to care for others in their times of need. It is extremely gratifying when they thank you for that care. As I have talked to my colleagues, I have found that my experience is not uncommon on RPAP. I share common sentiment in stating I wish I could stay. Like many of my colleagues, I will back after completing residency.

Great generations of teaching in Fergus Falls: Castrenze Fricano, (2018 Fergus Falls) with his preceptor Dr. Mark Vokonich (RPAP 2009 Fergus Falls) with his preceptor Dr. Matthew Moser (RPAP 2002 Fergus Falls) along with preceptor Dr. David Bjork (1st preceptor in Fergus Falls)!
Greetings from St. Cloud, Minnesota! My name is Anna and I am currently a MetroPAP student training at CentraCare Health, which is an integrative medical system located in Central Minnesota. I work closely with the St. Cloud Family Medicine Residency Program and spend a majority of my time at the CentraCare Family Health Center and St. Cloud Hospital. This is the first time these institutions have housed a MetroPAP student, and it has been a joy to be a part of its founding year.

Throughout the past seven months, I have gained insight into the intricacies and nuances of practicing medicine – specifically family medicine, surgery, pediatrics, OB/GYN, and emergency medicine – in a large health system that serves a primarily rural population. Indeed, it is fun to look back on all that I have learned throughout my time in St. Cloud.

In this process of reflection, however, I realize that the greatest value of my MetroPAP education lies outside the procurement of clinical knowledge; rather, the most important aspect has been the personal and professional values instilled by my preceptors. These clinicians, many of whom have become my mentors, embody what it means to work with integrity and compassion. They show respect to all patients and have a sense of responsibility for their health and wellbeing. It has been an honor to train under their guidance. Overall, this experience has expanded my clinical acumen and imparted the fundamental values of medicine that I hope to emulate as a future clinician. I am grateful to MetroPAP for providing the environment and mentorship to start me on the path of becoming the physician I aspire to be.
What is your role with the RPAP/MetroPAP Programs? So far I have been most involved with developing and maintaining our online curriculum. Starting next month I will be participating in site visits and in the fall we will host our first MetroPAP student at my home clinic, Phalen Village.

What is your current clinical practice? I am faculty at the St. John’s Family Medicine Residency where I practice full spectrum family medicine including hospital rounding and obstetrics and teach residents and students in the hospital and clinic.

What is your experience with rural healthcare and underserved populations? I fell in love with family medicine in my third year family medicine clerkship in rural Indiana where I was able to see the impact of amazing family physicians who knew their patients and community well. I completed my residency and continue to work at St. John’s where we serve a diverse community of patients, many of whom face health disparities due to determinants of health that are often out of our control as their doctors. The merits of family medicine are well suited to caring for both rural and underserved communities and this is one reason I love my job.

What do you enjoy doing when you are not working? I love to run along the river road, play with my new and ever-enlarging lab puppy, bake items from the Great British Baking Show, spend time with my family, travel with my husband, and cheer on the Fighting Irish.

Alumni Preceptor Spotlight: Nouchee Vang (Broadway 2013-14)

I remember the first time I heard about MetroPAP and RPAP, I was intrigued by the stories of a longitudinal experience. As a young enthusiastic medical student, I wanted to become a “super” doctor whom took care of patients from birth till death, both in and out of the hospital. However, as a California girl, I knew I would not be able to handle the harsh winter in rural Minnesota. So I set my mind to join MetroPAP and was fortunate to be selected as one of three students that year.

I truly enjoyed my longitudinal experience at Broadway Family Medicine (so much so that I decided to return for residency). As a MetroPAP student, I loved seeing patients in clinic and continuing the care in the hospital. And best of all, despite being a student, since the patients knew me, I was always welcomed to be an active participant in the exam rooms. It was during this experience that I realized that a family medicine physician is the only type of physician who can provide full spectrum, longitudinal, intergenerational care for patients. This solidified my desire to be a family physician.

As a Resident Physician at Broadway Family Medicine, I am fortunate to be able to work with MetroPAP students. Compared to the traditional medical students with block rotations, I find that the MetroPAP students are more comfortable asking physicians to see patient and do procedures; physician, in turn, spend time teaching the MetroPAP students and learn to trust the student’s ability to care for patients. Moreover, due to ongoing feedback from a core set of faculty physicians, MetroPAP students are able to work on their patient interaction skills and tend to be very patient centered. It does not surprise me when Residents in the workroom do a little cheer when they are assigned to work with a MetroPAP student.

As I am getting to the end of my residency, my plan is to continue to provide outpatient care with obstrics. Looking back on my experience as a MetroPAP student and resident, my advice for fellow MetroPAP students is to be proactive – ask to be a part of patient visits/procedures, get to know your patient/community, and find things you want to learn and time to read. As Dr. Renee Crichlow put it, spend every day trying to make a better version of yourself.
Alumni Preceptor Spotlight: Mark Deyo-Svendsen (Cambridge 81-82)

How did you first become interested/involved in RPAP?
I lived near Grand Marais during college and met Dr. McDonald, an RPAP founder and preceptor, when I was there. I knew that if I went to medical school, I wanted to be a small town Family Physician like he was. I was aware that RPAP created the opportunity to go to medical school in northern Minnesota, which was preferable to me.

What did you learn/take away from your RPAP experience in Cambridge?
Cambridge was a multispecialty group with Family Physicians in positions of leadership. Every provider, regardless of specialty, was allowed to provide the care that their patients needed, within the scope of their individual training and skill. My primary preceptor, Gerald Larson, had only one concern when he went to work, and that was to treat his patients and staff with love and respect. I hope I emulate that well.

Where have you practiced throughout your career? Have you had RPAP students at your practice?
I started my career here in Menomonie in 1986. For the first 7 years of practice, I also worked in Glenwood City, as the only provider in that clinic. I had an incredible team/staff working with me, and learned a lot from them. We have had RMSP students at my home and clinic for 20 years, but Maddie Grosland is our first RPAP student in Menomonie. This is going so well for us (Maddie is awesome!) so I hope we match a student yearly forever.

How do you feel about being an RPAP preceptor?
I wish I had a medical student with me every day. They invigorate and challenge me. I have to be careful that the things I say to patients are accurate, yet at their literacy level. I love my work and it is incredible to share it with someone who wants to do the same things in life.

What are the things you have you enjoyed most about your career?
The thousand or so patients that I see in my practice are my friends. I care about them and they care about me. In Family Medicine, we inspire hope in patients and their families, by finding solutions to simple or complicated problems and by walking alongside people through the bright and dark times in their lives. It amazes me to introduce my students to people I have known for 32 years – delivered their children and grandchildren, cared for their parents when they were ill, coached their basketball team or tech-directed a stage play with them at our local theater.

What are your future plans?
I just took my boards for the 5th time and they went very well. I think I have a lot more years in me. I am now vice chair of Family Medicine for Mayo Clinic, so administrative work is taking more of my time. I plan to work until I can pass the baton to a former RPAP student to be an RPAP preceptor in Menomonie.
Alumni Spotlight:  Dr. Michael Joe Walz (Aitkin 1982-83)

My interest in RPAP grew as I recognized the need for rural family medicine providers. I was excited by the exposure to many of the specialties and thought maybe this meant I was best suited for a career in primary care. RPAP could provide ample hands on experience and test me in a rural community to see if it might be a good match for my family. Other motives included having access to a long term preceptor relationship and being given more meaningful responsibilities in a comprehensive practice environment which included experience in OB/GYN, Emergency medicine, geriatrics, general and orthopedic surgery and general primary care. I was married and starting a family so the stipend was welcome as well.

I grew up in the Twin Cities but my parents were originally from Aitkin, MN, which is an RPAP site. When the RPAP director learned of this connection my assignment to Aitkin was decided even though our first choice was a college town. It turned out to be a great match for us sampling rural life and developing new relationships many of whom are our life long friends. I was grateful for the opportunity to be in medical school and it felt like I was giving back to consider a rural practice at a time when there was so much need.

I was grateful for the breadth of my experience mentored by some outstanding family doctors and a nurse practitioner who was among the wisest on our staff. I trained with a general surgeon and spent time with staff orthopedists, radiologists, a pathologist and lab and radiology technicians as well as a variety of visiting clinical specialists where I was their only pupil and all seemed committed to helping me become one of the best primary care providers able to serve the needs of a rural practice. They taught me how best to utilize consultants and how to judge my scope of practice. I was eventually able to perform at the level of a first year resident assisting in surgery, placing central lines and managing patients in our small hospital, which included a two bed ICU. I helped deliver dozens of babies (including one with a serious shoulder dystocia) and first assisted with a number of c-sections. We ran the Emergency Department of our hospital and two nursing homes. One of my wonderful preceptors was trained in Emergency Medicine and I felt I got great experience in this area which helped a lot as my career path evolved.

When I completed my Family Medicine residency Aitkin was in desperate need of another provider. I was on their list of candidates but worried about opportunities for my wife if we should go there. We now had three children and she was making a career change to full-time mother and I worried about opportunities in a small town if/when she wished to change back. Their list was short and I decided I could help out in Aitkin until a more permanent provider could be hired. We soon experienced a sense of community and purpose which made the decision feel right. I spent the next 10 years working in Aitkin as a Family Medicine physician, while also serving eight years on the local school board before being hired along with my wife as the high school tennis coaches. This new opportunity created serious conflicts with my practice and at this time a former classmate took a job in an Emergency Department in the neighboring community of Brainerd (also an RPAP site). When he learned of my situation he offered me a position in the Emergency Department where the combination of weekend work and night shifts would allow me to coach tennis where my daughter and my two sons were on the respective girls and boys tennis teams. My sons were actually instrumental in getting a boy’s tennis team started in Aitkin. I became the director of the Emergency Department and also arranged for the family medicine trained ED physicians to help out at the several satellite clinics operated by St. Joseph’s /Essentia in Brainerd. I was very fortunate to be assigned to the satellite clinic in Pierz where my passion for Family Medicine was fueled again. Sixteen years later I transferred to an Emergency Department at a smaller hospital closer to home in Crosby, MN and made a final switch 3 years later when our family situation made it important to return to the Twin Cities. As graduates, the University of Minnesota had provided an important foundation for me, my wife, my children, my nephew, two of my brothers and my sister and it seemed like I could offer a little in return by taking a position that opened up at Boynton Health, which is where I currently work.

As I grow older I would like to think I have gotten a little wiser. I have learned a lot from the years of experience and training and I continue to learn each and every day. The scope of my practice has changed once again. The foundations of critical thinking and experiences learned as an RPAP student still help me to serve well. My son stated it best when he was pursuing his own career path that he could choose to work primarily to make a living or to make a difference. He wants to make a difference. So do I.
Kirby Clark, MD, Director
Spring Activities: - Starting to play softball and hopefully cut the grass sometime soon

Ray Christensen, MD, Associate Director
Spring Activities: - I am enjoying not shoveling snow. While out walking I have enjoyed the early morning night sky. Jupiter is bright in the SSW and Saturn and Mars have been dancing together the past month in the SE with the moon joining them occasionally. The sun is coming up over Lake Superior with wonderful sunrises.

Nancy J. Baker, MD, Faculty
Spring Activities: - Shoveling snow, but I’m looking forward to getting out on my bike and paddling canoe in the Minnesota and Mississippi Rivers, below Fort Snelling State Park

Darin Brink, MD, Faculty
Spring Activities: - I am enjoying longer bike rides and less falls on the ice! In a little over a month we will be saying good bye to our exchange student from Korea; we have enjoyed the last nine months that she has lived with us and wish her well in her future endeavours

Anne Keenan, MD, Faculty
Spring Activities: - Gardening at our new home, exploring regional parks with my husband and dog, running along the river road-anything outside

Javad Keyhani, MD, Faculty
Spring Activities: - My family went to Mexico over Spring Break and got to snorkel in underground caves. I am enjoying bike riding, ping pong, reading ‘The Tennis Partner’, and reading poetry with my 2 kids (Oliver 13, and Zora 9)

Pat Schommer, MA, Administrative Director
Spring Activities: - Getting outside, watching the snow finally melt, seeing the eagles return to their nests

Patty Bailey, Executive Assistant and Office Coordinator
Spring Activities: - Going for walks with my family at Central Park, teaching Bennett how to play soccer, working in my garden/yard.

Brinsley Davis, Program Specialist
Spring Activities: - I look forward to riding my new, comfortable bike, making dinner on the grill, and spending time in parks and playgrounds

Kate Krasaway, Program Associate
Spring Activities: - In the spring months I enjoy gardening, fixing up my home, and taking my dog for walks on the Lake Superior lake walk and up the north shore

Come see Rachel Busko
Rachel will perform a vocal and piano recital on Wednesday, June 13 from 6:30-8:30 PM at Karvonen’s Funeral Home, located at 419 2nd Street NE in Wadena. She is not only an excellent medical student, but a very accomplished operatic singer. Concert is 1 hour in length followed by desserts, coffee, and punch.

Survey Completed
Nancy Baker, MD, and MPH student Madison Cutler completed a survey of the 480 Alumni who completed CHA projects between the academic years 2004-2017 re: the perceived value of this curricular requirement. Thank you to all of the alumni who answered their questionnaire! Also invaluable assistance for the survey came of Deborah Finstad in the DFMCH and Scott Lunos from Biostatistics and Data Management Support. They are currently analyzing the results.
Faculty Presentations /Awards/Publications

Nancy Baker, MD, Kirby Clark, MD, Javad Keyhani, MD, presentation, “Entrustable Professional Activities in a Longitudinal Integrative Clerkship” at Society of Teachers of Family Medicine (SFTM) Conference 5-6-18.

Nancy Baker, MD, and Kirby Clark, MD, presented “Teaching Community Health Assessment to 3rd Year Medical Students on an LIC” at SFTM Annual Spring Conference Washington, DC 5-8-18.

Nancy Baker, MD, Poem Titled “Now and Then”, STFM Member Blog 4-2-18.

Darin Brink, MD, Kirby Clark, MD, Javad Keyhani, MD, presented “EPAs in a Longitudinal Primary Care Clerkship” STFM Annual Spring Conference, Washington, DC 5-6-18

Darin Brink, MD, Ruth Westra, DO, and others, created and validated, “Core competencies for community preceptors”, will be published in the May issue of Family Medicine.

Darin Brink, MD, David Power, MD, presented “Teaching about Diagnostic Errors (and how to avoid them)!” STFM Medical Student Education Conference 2-11-18.

Faculty Presentations /Awards/Publications

Darin Brink, MD, Douglas Bower, MD, Byron Crouse, MD, Linda Meurer, MD, Ruth Westra, DO, presented “Community Preceptor Faculty Development Competencies” STFM Medical Student Education Conference 2-10-18.

Darin Brink, Kirby Clark, Andrew Olson, presentation “The Humble Improve: Teaching Medical Students About Diagnostic Errors to Improve Patient Safety”, STFM Conference on Medical Student Education, Austin, TX, 2-2-18


Raymond Christensen, MD, presentation “Three Minute Tour of MN Rural Medical Education” at the Rural Medical Educators meeting New Orleans, LA 5-8-18. I will also assume leadership of RME on that date.

Raymond Christensen, MD, panel presentation “The Panel Topic: Key Strategies and issues for Rural Hospitals and Health Systems” Becker Hospital Review in Chicago 4-11-18.

Alan Johns, MD, Med, Raymond Christensen, MD, published article “A Preclinical Course to Develop Clinical Reasoning Skills of First-year Medical Students” Journal of Regional Medical Campuses 1-11-18.

Faculty Presentations /Awards/Publications

Nicholas LeFevre, MD; Kirby Clark, MD; Nicholas Weida, MD, presented “Building a POCUS (Point of Care Ultrasound) Program in a Family Medicine Residency Program: Experience From Three Institutions”, STFM Annual Spring Conference, Washington, DC 5-7-18

Ellen McCreedy, PhD; Robert Kane MD; Sarah Gollust PhD; Nathan Shipee PhD; Kirby Clark, MD, publication “Patient-Centered Guidelines for Geriatric Diabetes Care: Potential Missed Opportunities to Avoid Harm” Journal of the American Board of Family Medicine 2018 31 (2) 3-1-18.

Michele Birch, Kirby Clark, Joanna Drowos, Mandi Sehgal, Preconference workshop “Longitudinal Integrated Clerkships Clinical Teaching Pearls: Opportunities and Challenges with Longitudinal Relationships and Continuity”, STFM Conference on Medical Student Education, Austin, TX, 2-1-18

Brown K, Montag-Schafer K, Horst A, paper accepted for publication “In patients prescribed chronic opioids for pain management, do pill counts prevent diversion?” Family Physicians Inquiries Network.

Javad Keyhani, MD, lecture “Obstructive Sleep Apnea” Smiley’s Family Medicine Clinic.

Anne Keenan, MD, Specialty Faculty Visit presentation “Motivational Interviewing” 4-26-18.

Keep in touch and stay up-to-date

Like our FaceBook page!

http://www.facebook.com/rpapumn/

The University of Minnesota is an equal opportunity educator and employer.