

RPAP AND METROPAP NEWS

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Greetings from Director Kirby Clark, MD



Greetings from the RPAP and MetroPAP team! Believe it or not, our students have already completed the first third of their program, now comfortably settled in at their hospitals and clinics. With a backdrop of snow and ice, we are excited to share updates, stories, photos, and positive energy as we all work through these cold days of January.

The pandemic continues to be at the top of mind each day as we step into our clinical homes. RPAP and MetroPAP students are learning with innovative and resilient preceptors and staff, staying flexible and positive for the good of their patients. The talking heads on our screens seem to be almost constantly arguing about the science of the pandemic. In contrast, folks in our medical community are living masterful works of art in medicine and creating amazing art about med-

icine. In this issue, we highlight RPAP/MetroPAP faculty member Dr. Javad Keyhani's poem, "[Two Weeks](#)", recently published in *Family Medicine*. We also congratulate RPAP alum Dr. Jon Hallberg (Red Wing, 1990), who was awarded an Emmy Award for his work on the show, "[Hippocrates Cafe: Reflections on the Pandemic](#)."

During the holiday season it was wonderful to hear from alumni who shared an update or accomplishment. Please feel free to email us anytime with an update - we would love to hear from you! We are also happy to share several student spotlights. Enjoy the great stories and photos from our students, including the "Photos from the Field" from our current class of RPAP and MetroPAP students. During the course of the summer and fall, we had the opportunity to meet with students at different stages of their medical education with a strong passion for serving our rural and urban underserved communities. We have a wonderful network of future physicians learning about the challenges of health in our Minnesota communities. Over the past few weeks, we have been excited to meet with an accomplished group of second year medical students seeking out an RPAP or MetroPAP experience for their third year.

Both programs have evolved, integrating multiple specialties, adjusting to healthcare organization mergers and re-organizations, and adding new medical school standards and competency-based assessments. The program foundation on patients, patient communication, service, and primary care has not changed. Thank you to the corps of preceptors across Minnesota and western Wisconsin who mentor and inspire the students to careers serving the underserved. The generous contributions of time and inspiration from the folks in our healthcare communities have led to the success of our students. We were humbled to recently publish an update on the workforce outcomes of the RPAP program, showing great outcomes in primary care, rural medicine, and in-state practice, with the article, "[Impact of the Rural Physician Associate Program on Workforce Outcomes](#)," published in *Family Medicine*. The RPAP and MetroPAP faculty and staff have worked on a number of publications and presentations, shared on page 21.

Greetings from Director Kirby Clark, MD

The work of the healthcare teams at our MetroPAP sites and our RPAP sites is truly inspiring. Thank you for your amazing service to your communities, particularly these past 22 months.

I would also like to thank the incredible staff of our programs. Thank you for your dedication to our current and future students. Our staff have continued to navigate an incredible amount of change with grace and creativity. For this newsletter in particular, all due credit to Madeline!

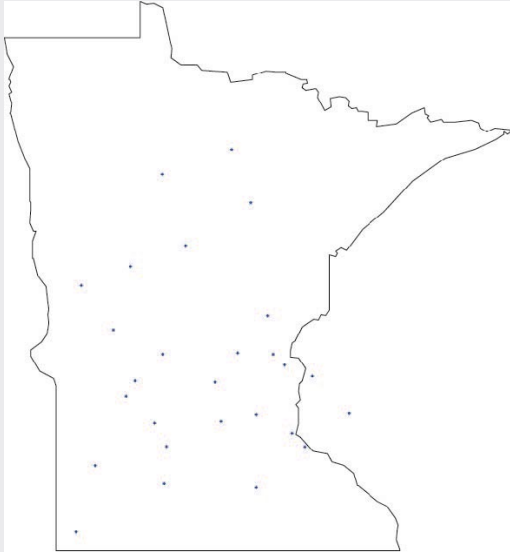
And as always, thank you to our preceptors, their colleagues and patients for teaching students about community and physician service!

Sincerely,

Kirby Clark, MD
Director, RPAP and MetroPAP Programs



Program News



RPAP and MetroPAP 2021-2022 Class

The RPAP and MetroPAP Classes of 2021-2022 are on their nine-month-long journeys in their communities! The cohort consists of 28 RPAP students and eight MetroPAP students, working and training at 34 sites across Minnesota and western Wisconsin. Students arrived at their sites in early October. This fall and winter, faculty have been visiting sites for Communication Session and Specialty Faculty visits, providing feedback for students on their clinic visits and interactions with patients.

RPAP Faculty and Alumnus Recognized in 2021 Upper Midwest Regional Emmys

From [UMN Medical School news](#): Two University of Minnesota Medical School faculty received 2021 Upper Midwest Regional Emmys presented by the National Academy of Television Arts & Science for their respective shows.



Associate Director **Dr. Raymond Christensen, MD** has been recognized for his participation in the “COVID-19 Vaccines: Finding Answers” special produced by WDSE TV in February 2021. Dr. Christensen has been partnering with WDSE for several years through a program called “Doctors on Call.” The program features a weekly physician panel discussion answering viewer questions. “My personal mission has always been to provide access to healthcare to rural citizens and our visitors,” Dr. Christensen said. “This was a way of spreading the word and maybe dispelling some of the rumors regarding vaccinations and COVID-19 at that time.”



RPAP alum **Dr. Jon Hallberg, MD** (Red Wing, 1990), associate professor in family medicine and founding director of the Medical School's Center for the Art of Medicine, was awarded an Emmy at the Upper Midwest Emmy Awards for his work on the production, “Hippocrates Cafe: Reflections on the Pandemic” with TPT. Hippocrates Cafe combines performing arts and medicine. It is a live show that uses professional actors and musicians to explore healthcare topics through story and song. “I hope the show revealed the importance of the art of medicine, storytelling and having curiosity that deepens our empathy,” Dr. Hallberg said. “That side of healthcare and medicine can get lost pretty easily in day-to-day activities. This program reminds us of the importance of human connection and understanding one another.”

Program News

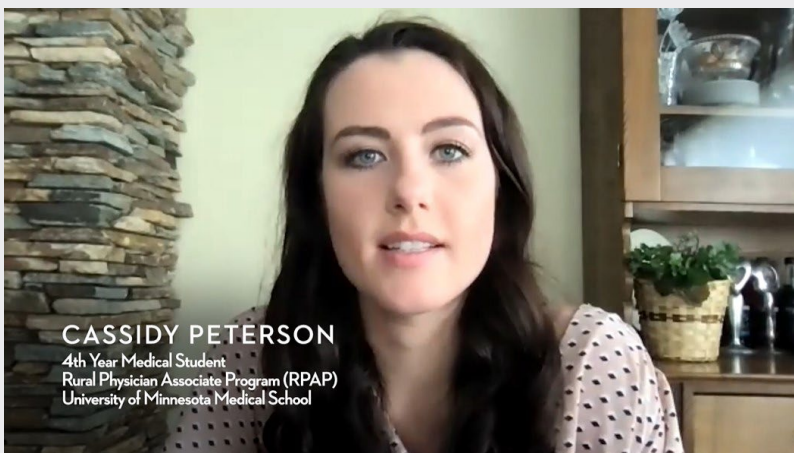


Team hosts info sessions for prospective students

This fall, the team was busy delivering informational sessions for prospective RPAP and MetroPAP students. This year featured a combination of virtual and in-person sessions. The team even took the show on the road, heading up to the Duluth campus for info sessions with MS1 and MS2 students. Around 200 students from the Duluth and Twin Cities campuses attended the sessions.

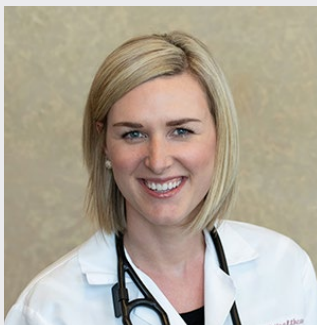
Where Discovery Creates Hope: Spotlight on RPAP

RPAP Staples alum **Cassidy Peterson** (2020-2021) was highlighted in the UMN Medical School's monthly series, Where Discovery Creates Hope. The series is also featured in the Star Tribune. With the help of her preceptor, Dr. Lindsay Leveille, Cassidy discovered a passion for OB-GYN and delivered up to 77 babies during her time in Staples! [Check out the article and video here.](#)

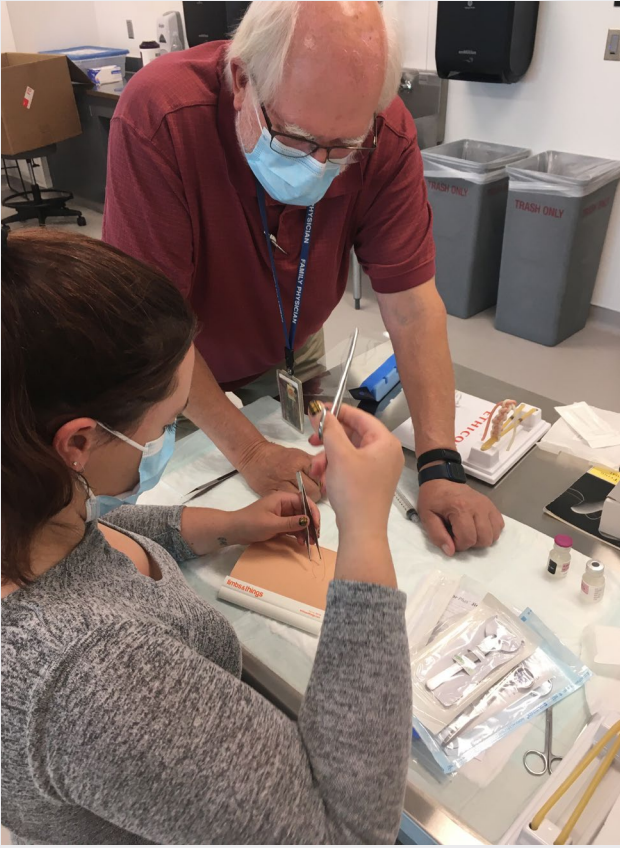


RPAP hosts Rural Health Panel

In September, RPAP hosted a virtual Rural Health Panel to help students learn more about what life is like for doctors practicing in rural areas. The discussion featured four panelists (clockwise from top left): **Rick Ash**, president and CEO of United Hospital District, Inc; **Dr. Melissa Herbranson, MD**, who practices in Aitkin, MN; **Dr. Josie Syverson, MD**, who practices in Benson, MN; and **Dr. Adam Armbruster, MD**, who practices in Sleepy Eye, MN. Panelists discussed day-to-day life practicing in a rural area, including work-life balance and being part of a community. RPAP and MetroPAP Director **Kirby Clark, MD**, and Associate Director **Raymond Christensen, MD**, moderated the discussion.



RPAP and MetroPAP Orientation 2021



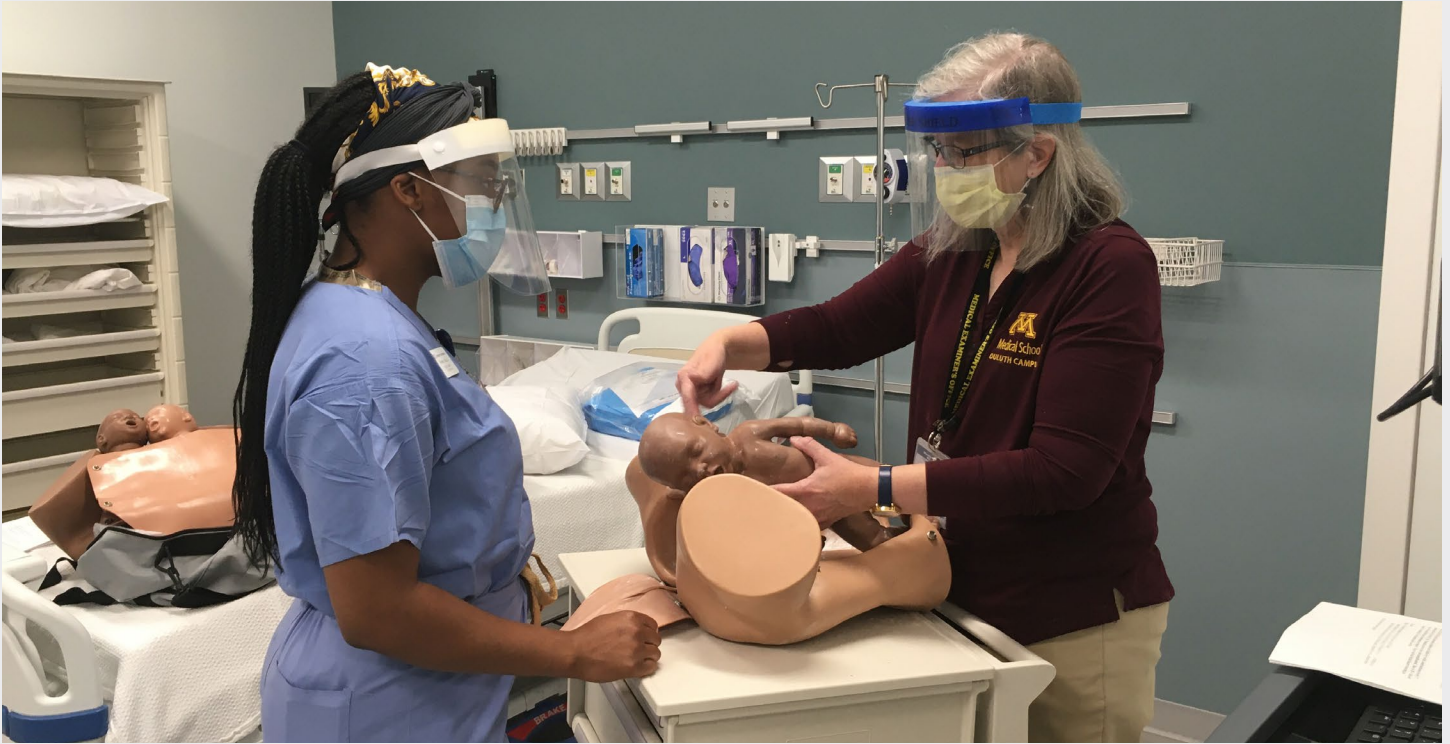
Students practiced suturing and knot-tying.

Orientation for the 2021-2022 class of RPAP and MetroPAP students took place September 27-30, 2021. Students participated in both virtual and in-person sessions, including a day and a half at the University's M Simulation center working with simulated medical situations. Students navigated simulated emergency medicine scenarios, tried their hand at suturing and knot tying, and worked with models to deliver babies and perform CPR. Students also worked with standardized clinic patients to prepare them for situations they might encounter at their sites.

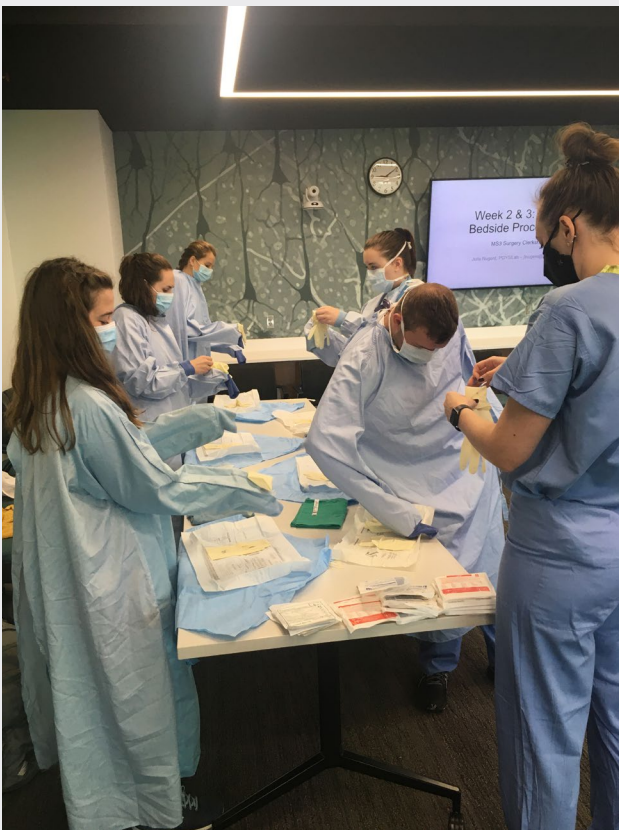
After orientation, the Class of 2021-2022 traveled to sites across Minnesota and western Wisconsin to begin their nine-month journey. Students started at their sites on Monday, October 4. We wish all of our students a fulfilling year at their sites!



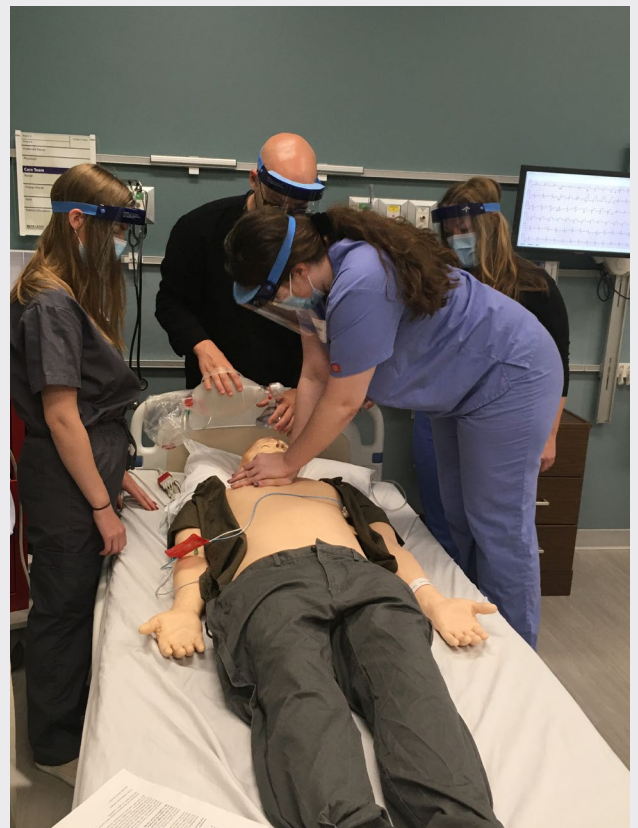
RPAP and MetroPAP Orientation 2021



At the OB stations, students learned about normal delivery as well as shoulder dystocia.



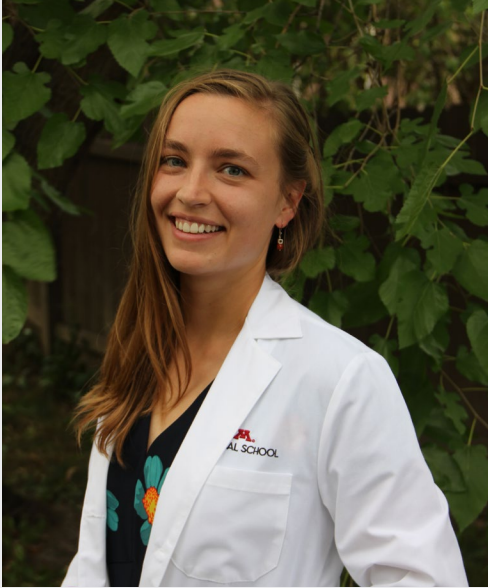
Students practiced properly donning surgical gloves and other equipment to maintain a sterile environment.



In the Emergency Medicine simulations, students practiced performing CPR on a model.

ROE Profile: Sarah Rasmussen

This summer, 16 incoming UMN Medical School students participated in the Rural Observation Experience (ROE), a two-to-three-day shadowing experience with a rural family physician. At rural sites across Minnesota, students saw firsthand the rewards and challenges of rural medicine. Sarah Rasmussen completed her shadowing experience in Ely, MN.



Where were you placed for the Rural Observation Experience and who did you work with?

I did my Rural Observation Experience at the Essentia Health Ely Clinic in Ely, MN. My preceptor was Dr. Joe Bianco, and I also shadowed Dr. Brielle Loe. Both are family medicine physicians.

What led you to sign up for ROE?

I am interested in living and working as a physician in rural Minnesota because I think it would combine my desires to practice medicine in an underserved area, develop long-term relationships with my patients, and live in an area where I can spend lots of time outdoors. The Rural Observation Experience was my first chance to see what life as a rural physician would be like.

What did you learn while on ROE? What were some highlights of the experience?

I was feeling very nervous and anxious before my first semester of medical school, but the ROE re-energized me. Being in the clinic and seeing the physicians at work with their patients, I was reminded of why I wanted to be a doctor in the first place, and why I am willing to put myself through so many years of training.

I was also inspired by the breadth of knowledge the family medicine physicians had, and their drive to serve every patient that walked through their door. This commitment was evident in the relationships they had with their patients, built through many years of caring for and investing in their communities. While coordinating complex care, the physicians I shadowed still found time to connect with their patients about their lives - travel, family, books. I hope to someday develop the same strong, trusting relationships with my patients.

Lastly, by lucky coincidence, my preceptor's wife is also a family medicine physician. Because my husband is also in medical school, it was invaluable for me to see what life might be like for us as two doctors, raising a family in rural Minnesota.

"I was feeling very nervous and anxious before my first semester of medical school, but the ROE re-energized me. Being in the clinic and seeing the physicians at work with their patients, I was reminded of why I wanted to be a doctor in the first place, and why I am willing to put myself through so many years of training."

ROE Profile: Sarah Rasmussen

What was life like outside of the clinic?

I was generously hosted by Dr. Bianco and his family, who live on a beautiful lake in Ely. I have long heard of the beauty of the Ely area, and I got to experience it first-hand when Dr. Bianco (and his dog!) gave me a boat tour of their lake and nearby portages. We also went to a chamber music concert that was part of the Northern Lights Music Festival, an event that brings musicians from all over the world to the Iron Range. It was my first time back at a live concert since the start of the pandemic!

Did ROE change your perceptions on practicing rural medicine, or how you think about your future plans?

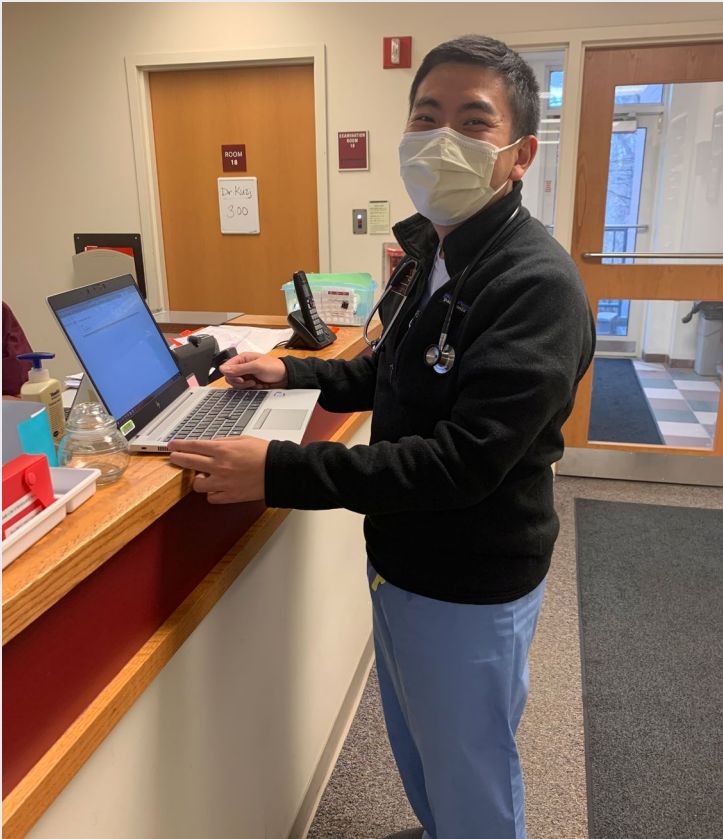
I was drawn to a career in medicine because I want to have a positive impact on my community, and the physicians at the Ely Clinic do that in a major way. Seeing their work and the role they play in their community strengthened my interest in rural medicine. Thank you to the Biancos, Dr. Lowe, and the entire Ely Clinic for a great and inspiring experience!

Sarah's preceptor's dog makes a great case for living in Ely!



MetroPAP Student Profile: Billy Moua

Billy Moua is a MetroPAP student at Phalen Village Family Medicine Clinic in Saint Paul for the 2021-2022 program year.



What led you to join MetroPAP?

I was really excited to join MetroPAP for two main reasons: First, working with urban, underserved communities! I grew up in St. Paul, and my upbringing within a low-income, limited-English speaking household has lots of parallels to the patient population that my clinic serves. I hope to work with the urban underserved for the rest of my career and I saw MetroPAP as a great opportunity to work with communities that I care deeply for while developing my skills.

The second reason: Longitudinal learning experiences. I really like forming and maintaining relationships with patients, and I wanted to have this as part of my medical school experience. Moreover, I know that I learn best when I feel comfortable in the learning environment. The thought of having to meet an entirely new crew of people, learn new work cultures, and acquainting myself with a new clinic/hospital every month or two while trying to discern whether a specialty was right for me was very daunting. In MetroPAP, I feel like I have a home base with just one clinic and hospital site, and I get to connect with our faculty and residents with more depth: For me, it's the best of all worlds!

What community are you working in? Can you tell us a bit about this setting?

The Phalen Village Family Medicine Clinic is situated on the east side of St. Paul within striking distance of beautiful Lake Phalen. The clinic serves a diverse patient population including refugee/immigrant populations as well as a large number of patients with medicaid insurance.



Billy and his partner

MetroPAP Student Profile: Billy Moua



What have you enjoyed so far about the experience? Have there been any key stories or insights you have learned?

I've really enjoyed building relationships with patients at our clinic. It's really exciting to be able to have a patient encounter and know that I will be present at their next appointment in one or two months to see whether or not our treatment plans helped. It's also been super cool to use my Hmong language skills to speak with patients and talk about their health while sharing a similar cultural background; this has been really special for me (and I hope for my patients too!)

What advice would you give to students considering MetroPAP?

My advice to students considering MetroPAP would be to reflect on how they want their third year to look like. Being in MetroPAP (or any LIC) is not for everyone, and that's totally okay! I'd recommend MetroPAP to students

who want to forge relationships with others and be okay primarily working at one clinic and hospital site for nine months. MetroPAP also offers room to have "threaded" clinical experiences over the course of the program rather than the traditional lanes where you get to dedicate one block of time for a certain speciality. I really enjoy having the option to craft a schedule that has a variety of learning experiences; it's also great knowing that if something piques my interest that I can seek more of those experiences throughout my time in the program.

What are your current thoughts on your plans for the future?

Currently I'm debating between pediatrics and family medicine, but I'm still keeping my mind open to other specialties in case something grabs my attention. No matter where I end up, I know that I want to practice in an urban city where I can work with communities that are disproportionately affected by the various -isms that plague our society.

"No matter where I end up, I know that I want to practice in an urban city where I can work with communities that are disproportionately affected by the various -isms that plague our society."

RPAP Student Profile: Mikayla Hong

Mikayla Hong is an RPAP student in Alexandria for the 2021-2022 program year.



Hello! My name is Mikayla Hong and I'm an MS3! A little about myself - I grew up in Anoka, Minnesota. After high school, I moved to Minneapolis to attend the University of Minnesota - TC and got my Bachelors in Biology with a minor in Spanish. After undergrad, I spent a year working as a dialysis tech before starting medical school. In my free time, I enjoy hanging out with my cat, Butters, and my fiancé. We enjoy camping, pottery, and watching Netflix - we recently finally finished all 40 seasons of Survivor which we thought was quite an accomplishment! We are all really enjoying our time in Alexandria!

What led you to join RPAP?

After spending seven years in Minneapolis, I was ready for a change of pace. While I didn't grow up in a small town, many of my favorite memories were spent up north on the lake so I decided I'd love to try out living in a small town! After learning more about the program, I knew it would be a great fit for me and I counted down the days until I got to move into my assigned community!

What have you enjoyed so far about the experience? Have there been any key stories or insights you have learned?

I have been loving my time in Alexandria! Before the temperature dropped, I loved going on walks by the nearby lakes, shopping at the farmers market, and feeding the ducks at the duck pond. I've also been really enjoying my clinical time and getting to know my preceptors. I've had the opportunity to see patients with different preceptors in different specialties and it's been super valuable to see the various aspects of care in these patients. The preceptors have made me feel so welcomed and part of the team.



Mikayla's cat, Butters, checking out ornaments from a local Alexandria store

RPAP Student Profile: Mikayla Hong

What advice would you give to students considering RPAP?

I would say if you're considering it, do it! I have loved being at a single site and spending entire rotations with a single preceptor. This has allowed me to form connections with them which makes it easy to ask for and receive feedback and make serious progress in a short amount of time. I feel lucky to be a part of this program and am very sad with how fast it is flying by!

"From my first day of RPAP, I have felt like I belong. This has solidified my decision to pursue family medicine and I will be looking into residency programs with a solid rural curriculum."

What are your current thoughts on your plans for the future?

From my first day of RPAP, I have felt like I belong. This has solidified my decision to pursue family medicine and I will be looking into residency programs with a solid rural curriculum. Long term - I hope to end up in a smaller town as a broad spectrum family medicine doctor with a nice piece of land where my partner and I can have a small homestead with ducks, goats, and a beautiful garden. While I can't wait to see what the future brings, I'm just trying to soak in everything I can while I'm here in Alexandria.



Mikayla and her fiancé at Gooseberry Falls, where they got engaged this winter!

Student Intern Profile: Blake Barber

The Office of Medical Education runs an internship program for University of Minnesota students. Blake Barber has been an integral part of the RPAP/MetroPAP team since May 2021.



Hiking in Aspen, Colorado



Getting RPAP/MetroPAP coffee mugs to the office

What is your role with RPAP/MetroPAP?

I am an Office of Medical Education Administrative Intern lucky enough to have been designated to RPAP/MetroPAP since May! I help the RPAP/MetroPAP team with assignment tracking, scheduling, data entry, and general office assignments they need help with. I just recently helped coordinate and source our 50th Anniversary RPAP gear and MetroPAP gear.

What are you doing outside of your work with the programs?

I am an undergraduate student at the U studying finance and data analytics, so RPAP/MetroPAP has taught me a lot about the medical field that I didn't know before. I hope to take my degree to a corporate environment to work in financial analysis and budgeting. Other than working with RPAP/MetroPAP and the Office of Medical Education, I occasionally take orders and create designs for my t-shirt business.

What do you like to do outside of work and school?

In my free time, I enjoy exploring the city with my film camera, trying new foods and walking around nature trails. I love to paint, write music, and travel. I watch a lot of movies and TV—some of my favorite series right now are Atlanta, Brooklyn-99, and Only Murders in the Building. I spend lots of time with friends and family, playing board games and going out. I'm originally from Wisconsin, so I'm back and forth between states a lot. I also have a small cat named Teddy that lives with me and my roommates.

Alumni Updates

Calling All Alumni!

We want to hear from you! Please take a moment to fill out this survey to send us your updated contact information and any additional updates:

https://umn.qualtrics.com/jfe/form/SV_dbQm00YnblWf7ls

You can also send stories, photos, and updates to rpapumn@umn.edu.

We look forward to hearing from you soon!



Dr. Elizabeth Maloney, MD (RPAP Forest Lake, 1984) was selected to serve on the Tick-Borne Disease Working Group, a federal advisory committee mandated under the 21st Century Cures Act. The group aims to provide recommendations for the federal response to tick-borne disease prevention, treatment and research, as well as how to address gaps in these areas. Dr. Maloney is the founder and president of the Partnership for Tick-borne Diseases Education in Wyoming, MN, a nonprofit organization providing educational resources on tick-borne illnesses to the general public and accredited online continuing medical education modules for physicians and other healthcare professionals.



UMN fourth year medical student **Cassidy Peterson** (RPAP Staples, 2020-2021) presented a project she completed during RPAP at the Society to Improve Diagnosis in Medicine Conference. Her work was selected for the "Best of the Best Research" session! Andrew P.J. Olson, MD, Missy Lindow, and Heather Keyes also contributed to the project. From Cassidy: "This project used an innovative approach of an academic-community partnership between the University of MN Medical School, Stratis Health, the Minnesota Alliance of Patient Safety, and Lakewood Health System with the goal of decreasing follow-up system failures in a rural health care system. Through chart reviews, we aimed to identify unique patient demographics or Emergency Department contextual factors at the time of a patient's visit that may be associated with lack of follow-up for incidental findings during their ED visit. Risk factors for being lost to follow-up included being a non-Staples resident, having no primary care provider, having a primary care provider from an outside facility, being a resident of a long-term care facility, and having medicare insurance. Protective factors for increased follow-up compliance included having a primary care provider; 100% of the patients who followed up had a primary care provider."

Alumni Updates

"Nothing outstanding other than working in a variety of situations in Bemidji and surrounding area where I was an RPAP student in the first year of the program. I still recall things I learned way back in 1971." -**Dr. John Parkin, MD**, RPAP Bemidji, 1971

"I spent 12 months in Pipestone, Mn. 1975-1976 under Dr Frank Boyd. I had a great experience. I performed 52 deliveries and found this to be an enjoyable part of my future private practice." -**Dr. Jim Steinmueller, MD**, RPAP Pipestone, 1975



From **Dr. Kimberly McKeon, MD** (RPAP Wells, 1986): "I have recently transitioned into physician leadership, serving as Division Chair of Hospital and Surgical Services here at OMC (Olmsted Medical Center in Rochester, MN) for past 3 years while still carrying on as one of our staff obstetricians. I am looking forward to my next exciting transition, as I have planned my career retirement for December 31, 2021! I hope to hit the road thereafter, check off a few travel sites on my bucket list and meet up with friends and family for long over due visits."



From **Dr. David Johnson, MD** (RPAP Mora, 1988): "Absolutely loving my career doing full-service (but non-OB) family medicine in a multi-specialty clinic. I do most of the procedures in my 13 physician practice, including colposcopy, cosmetic and general dermatology, pessary placements, etc. I have a (mostly) wonderful group of patients, many of whom I have the privilege of caring for over decades. Despite the positives I get from working, having 4 days off each week is awesome."

"I'm very grateful for my RPAP experience. While I didn't get back to small-town life, I still see myself as a small-town doctor, wanting to take care of the 90% of issues FP can manage."

Photos from the Field

We've received many great photos from our students and faculty at RPAP and MetroPAP sites. Here are just a few!



North Branch: Brendan Johnson learned about the Libre continuous glucose monitor from diabetes educator Amy Dronen, RD, LD, CDE.



Red Wing: Emily Ortiz in front of her clinic



Glencoe: Annie Kleinschmidt and Dr. Tyler Helland, MD

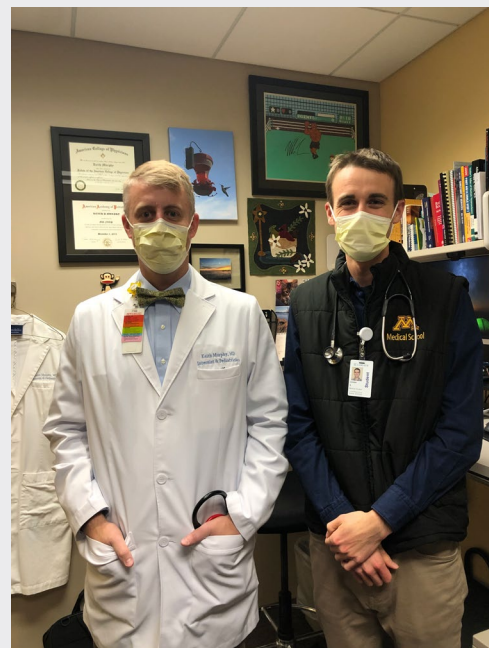


Hutchinson: Brynna Goraczkowski and Dr. Jalayna Smith, MD

Photos from the Field



Mora: Morgan Russek and Dr. Kathleen Kroschel, MD on a virtual visit with Dr. Sandy Stover, MD



Grand Rapids: Jordan Stipek and Dr. Keith Murphy, MD



Luverne: Kynzie Smedsrud and Dr. Diane Kennedy, MD



New Ulm: Alexa Alfred and Dr. Roger Lindholm, MD



Saint Croix Falls: Kaitlin Geisenhof and Dr. Ruth Smith, MD

Two Weeks

A poem by Dr. Javad Keyhani, MD

Fifty faces,
around the conference room of my clinic,
lit by the large monitors,
fighting to stay awake.

The pandemic seeped out in the news.
Terrible images from China:
The whistleblower doctor,
young but with oxygen flowing into his nose,
a selfie before he died.
Italy: hospital hallways
crammed with older sick patients.
New York: lined faces of young health workers,
marked by masks worn eight to twelve hours at a
time.
Here in Minnesota:
A full room in the clinic early on a Monday, no masks.
This would be the last time we would meet
together, so many, so close.
I wondered,
which of these fifty people would not survive?

Two weeks—
beginning at the time a droplet carrying virus enters
your nose
and latches onto a cell;
a few days later fever, then aches and a cough,
then oxygen,
then a plastic tube
pushed down your throat,
then a ventilator blowing,
then
nothing.

There was a lot of nothing
in those early days of the pandemic—
empty roads,
no children in the parks.
The airplanes,
that had paused conversations every two minutes,
stopped flying over.
Birds chirped.
Kids slept late.
The internet creaked
with the strain of Netflix and Zoom meetings,
an endless torrent of ones and zeros.

The grocery stores had scattered empty shelves.
I struggled—
to fill my cart only every two weeks,
to plan for meals
two weeks at a time—
scrawled out on the chalkboard
on the door in the kitchen.

“There are not enough of those for all of us,”
my coworker chastised, seeing my surgical mask.
I ordered cloth stitched masks with a pocket for a
filter.
“Arriving in two weeks.”

I called my parents each day
for the first time ever.
They were ill, scared, and in
two weeks they might be gone
forever.
No one was coming to the rescue.

We, as doctors, received cheers,
me in the cul-de-sac
around the corner from my house.
My neighbor invited the block to
listen to her sing Brazilian songs capped by
a serenade and cheers for the
health care workers—my neighbor Travis,
a nurse at the psychiatric ER, and I.
I shifted uncomfortably,
knowing all we could offer was
“Supportive Care.”

We could only hang on.
But for what?
Slow, quiet nights,
cooking a new dish,
playing “Pandemic,”
watching “Contagion”—
pretending that the corpses
were just fantasy.
Quietly hoping for
two more weeks.

Source:

Keyhani J. *Two Weeks*. *Fam Med*. 2021;53(9):807-808. <https://doi.org/10.22454/FamMed.2021.291696>.
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Faculty and Staff: *What are you looking forward to this winter?*

Kirby Clark, MD, Director

Looking forward to trying out fat tire biking with my son this winter and getting back to some cross country skiing.

Ray Christensen, MD, Associate Director

Family, moonlit winter nights, burning wood, watching Lake Superior, and digging out from snowstorms.

Jay Dirks, MD, Faculty

My favorite thing about winter is when it's over.

Anne Keenan, MD, Faculty

Winter running, reading some good books, and getting to celebrate Christmas with family in person this year.

Javad Keyhani, MD, Faculty

We are planning trips to New York to visit family for Thanksgiving and also a trip to New Orleans after Christmas.

Keith Stelter, MD, MMM, Faculty

As always, I look forward to finding DEEP snow to snowshoe in and cross country ski in. I have a quick link on my phone and computer to get the "snow report" from the Department of Natural Resources. Visiting our state parks and other outdoor areas is always relaxing and gives me back energy!

Sandy Stover, MD, Faculty

My daughter (Julia) joined the National Guard and is completing her 16 week training on December 2nd. It will be good to see her again!

Liz Sopdie, PhD, Operations & Program Development Director

Winter walks and snowshoeing, and being cozy inside with tea and knitting projects.

Laurel Sweeney, Education Program Coordinator

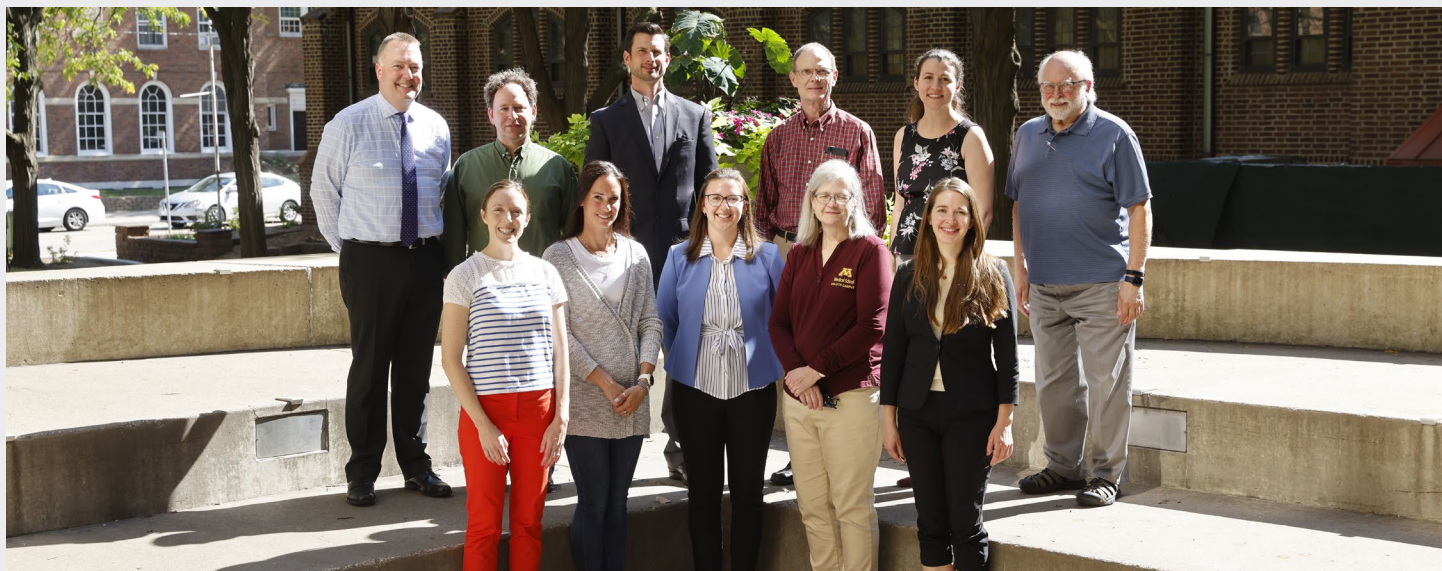
This winter, I'm looking forward to visiting my parents and snowshoeing on the frozen lake near their place. I also hope to do some ice skating with my family.

Natasha Jauss, Program/Project Specialist

Tubing, sledding and trying cross country skiing with my 5 year old.

Madeline Christensen, Office & Faculty Coordinator

Last year I got a pair of cross country skis on Craigslist and never actually used them. But this year's the year! Hoping I can visit some local parks and enjoy the wintery beauty.



Presentations, Publications, Special Projects

Presentations

Drs. Sopdie, Clark, Keenan, and Summer Intern in Medical Education MS2 student **Jack Keilty** are analyzing data from a three year project studying students' self-reported knowledge change after addiction medicine curriculum is delivered during RPAP and MetroPAP through the ECHO model. The group presented preliminary findings at the Consortium of Longitudinal Integrated Clerkships (CLIC) virtual conference hosted out of Stellenbosch, South Africa in October.

Publications

Dr. Kirby Clark, MD contributed to an exciting new article on the impact of the Rural Physician Associate Program on workforce outcomes. The study analyzed workforce outcomes for UMN Medical School graduates who completed postgraduate training between 1975 and 2017, comparing RPAP participants to nonparticipants. The study found that proportionally, more RPAP graduates practice in state (65.7% vs 54.4%), in primary care (69.0% vs 33.4%), in family medicine (61.1% vs 17.3%), and rurally (41.2% vs 13.9%) than non-RPAP graduates. This research demonstrates a significant association between participation in RPAP and a career in family medicine, rural practice, and primary care, all outcomes that promote meeting urgent rural workforce needs.

Butler L.; Rosenberg M.E., Miller-Chang Y.M., Gauer, J.L., Melcher, E., Olson, A.P.J., & **Clark, K.** (2021). Impact of the Rural Physician Associate Program on workforce outcomes. *Family Medicine*, 53(10), 864-870. DOI: 10.22454/FamMed.2021.563022 <https://doi.org/10.22454/FamMed.2021.563022>. Link: <https://journals.stfm.org/familymedicine/2021/november-december/butler-2020-0520/>

Dr. Javad Keyhani, MD contributed to a Q&A about water immersion during labor and the number of women receiving epidural anesthesia:

Gair, A. & **Keyhani, J.** (2021). In healthy women at low risk of complications, does water immersion in first stage of labor decrease the number of women receiving epidural anesthesia? *Evidence-Based Practice*, 24(11), 46-47.

Doi: 10.1097/EBP.0000000000001341. Link: https://journals.lww.com/ebp/Citation/2021/11000/In_healthy_women_at_low_risk_of_complications,.39.aspx

Dr. Sandra Stover, MD has two articles in the submission process: "Outcomes of a rural focused family practice residency: Exploring influences impacting obstetric practices", and "Post-delivery care for unplanned labor and delivery in Critical Access Hospitals in Minnesota: An initial look at an unexplored need in rural perinatal care."

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