

RPAP and MetroPAP News



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Greetings from Director, Kirby Clark

On my most recent RPAP visit it felt good to see the road-side snowdrifts and snowmobile tracks replaced with signs of spring. My visit was to Fergus Falls, where our student Dave and his preceptor Dr. Vukonich masterfully weaved medical education through a clinic schedule with patients of all ages. Dave and Dr. Vukonich (RPAP 2009-2010) accommodated two “add-on” patients, who were courteous enough to be delivered during the noon break in their clinic schedule. I appreciated the chance to see first-hand the success of our student and this community.

In addition to life without parkas, we have a lot to share and celebrate in both RPAP and MetroPAP in this newsletter.



I start with a heartfelt thank you to Dr. Nancy Baker as she approaches retirement at the end of this academic year. Dr. Baker has served the RPAP-MetroPAP programs as both an influential faculty member and as an interim director. She has an amazing ability to connect with students and colleagues, and has touched many in the medical family over the years. She has served our University of Minnesota Department of Family Medicine and Community Health for over 30 years, and has had broad influence through medical education at all levels, and leadership in the MAFP and AAFP. It is always easy to “be inspired” when spending time with Nancy.

Dr. Baker would be the first to change the subject to our students’ success, including another successful match day for RPAP and MetroPAP alumni. The programs continued their tradition of successful residency matches. 83% of RPAP/MetroPAP alumni matched into primary care this year, 57% in family medicine. Other specialties important to rural and urban underserved communities were also represented on match day. See page 2 for great photos from match day. Congratulations to our graduates, we wish you well in residency!

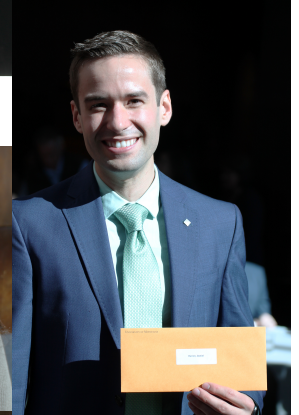
Our current students are in the final months of their RPAP/MetroPAP experience, fully immersed in their healthcare community. Two of our students share some of their formative MetroPAP and RPAP experiences in this newsletter. “It takes a village” to support our students. Thank you to all of you in our RPAP and MetroPAP communities!

Sincerely,
Kirby Clark MD

Match Day 2019! Stats for RPAP & MetroPAP Alumni

2019 Match Class:

- **57%** (25 students) matched in Family Medicine
 - **83%** matched in a Primary Care specialty!
-
- 91% of our students matched into their top 3 choices
 - 94% were Very Satisfied with their match



Mid-Year Activities 2019

The week of March 25th, the Class of 2018-19 participated in Mid-year activities. Activities for our program included an Anatomy Bequest Lab, an OSATS exam, where their surgical skills were put to the test. Some students also 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). They also attended workshops at the MAFP Spring Refresher where we shared a booth with the Department of Family Medicine and Community Health. We got to speak with many our Alumni, preceptors, and clinic contacts!



What is Your Secret? by: Bre Houss

There goes Sisy, digging her heels into the mud, stretching those broad shoulders back just enough to hint at a shape chiseled by the years of hard work and heavy thoughts she's carried. She cradles that boulder like an old friend, one that frankly hasn't done much to earn her persistence and passion. Every day, I see her pushing that boulder up the hill, calmly, slowly, steady in her pace like she's been doing this since the day she was born. For some of us, this struggle started when we first began our medical careers, but there are others who started this journey long ago, like Sisy. There are days she has her setbacks and the boulder slips from her grip: "No, I want a doctor, not a nurse." "Not this one." "Where are you really from?" "You look exotic." And then there are the expenses, the unforeseen financial roadblocks, another \$1000+ exam that residencies technically require but don't really care about. Sisy doesn't come from a family of doctors like some of us; she sends money back home to her family while studying at the plasma clinic, an IV pumping cool saline into her arm. And even with all of these impediments, I see her every day with the same steady rhythm, a weary but determined look on her face as she shoulders the burden of the boulder for another day.

"What is your secret?" I finally manage to ask as I see her readying for another push just as the boulder had slipped again.

She pauses a moment, then answers. "I keep going because of them. It's the voices of my ancestors, of future generations. My journey might not be easy, but I'm following in the steps of others, and it's their stories that inspire me to keep going. They're the ones who made it possible for me to be here today, and the hope that I can make this process easier for others like me in the future is the reason I haven't given up."

I watch her as she falls into her usual groove, tracing the footsteps she has followed for so long, and I know that despite the seeming futility of our task, that Sisy will make it.

*Bre's poem was featured and read on March 29th at the Hippocrates Café: Sisyphus Reimagined.



Current MetroPAP Student Spotlight: Jazzy Abraham (Broadway):



Jazzy Abraham

We can all agree that surgery is a notoriously demanding clerkship. This year the North/Northeast MetroPAP students were blocked like traditional medical students. It was nice to be immersed in a clerkship for 8 weeks and at the same time, it was challenging to balance our MetroPAP obligations and keep up with the fast-paced environment of surgery service. Being with my fellow MetroPAP students at North Memorial made the demands of basically doing two simultaneous clerkships manageable.

I would argue that North Memorial is hands down the best surgery clerkship site. The surgeons and APPs created a welcoming and safe learning environment. As students we were encouraged to scrub in to any surgery that interested us. North Memorial is one of the few sites that has an anesthesiology sub-specialty (cue

Metallica's Enter Sandman). Ben, Emily and I got to rotate in anesthesia for 2

weeks and we all got to intubate patients...real-live-human-beings. And let me tell you, it's nothing like intubating a mannequin. At a level 1 trauma center, we got to see some pretty amazing cases; and Megan even got to place a chest tube during a trauma stabilization!

I love that MetroPAP also gives you a golden pass to have continuity with patients, something that most traditional medical students don't get to experience. One of my patients needed to be transferred to the U for a same day procedure performed by an advanced endoscopist. I got to scrub into his surgery and provide information about his case that did not transfer between

EHR platforms. I am still following that patient and am in communication with his surgeon months after my rotation is done. How cool is that?!

During lunch and between surgeries our little MetroPAP crew would study and quiz each other. All of our studying combined with the rich learning environment that North Memorial provides paid off because many of us felt more prepared for the surgery clerkship exam than any other clerkship final.

After our final we got together with the rest of our MetroPAP comrades and Lanre taught us how to make Macarons. I can confidently say my pipetting skills got a major

upgrade, but I need to step my game up on my egg

white separating skills. The macarons were delicious by the way!



MetroPAP Crew with Dr. Davis



All smiles the day before our final



Great British Bake Off... Here we come!

Current RPAP Student Spotlight: Evan Loukusa (New Ulm)



Evan and his wife Maria with their daughter Amalia

How has RPAP impacted your life/what are you grateful for? My time spent in New Ulm for RPAP has been wonderful for all sorts of reasons! I tell anyone that asks about the great learning environment that RPAP provides - the flexibility and autonomy is so appreciated by independent and self-driven RPAPers. I love being able to float between family medicine clinic, emergency room, specialty clinic, and inpatient wards in pursuit of valuable learning opportunities. RPAP in New Ulm has been such a good learning environment! It's also been good for family life. Choosing an evening ER rotation in order to work with a physician that loves to teach also gives me a morning to spend time with my family. As our 10 month old daughter starts to explore her world, my wife and I have cherished time we can spend together watching her grow.

I am also thankful to have met so many wonderful people. New Ulm has been very kind to me. Medical center colleagues introduced me to the volleyball community in New Ulm, which provided a great outlet for energy and many new friends. The proverbial anecdote of seeing your patients at the grocery store isn't even awkward! I have a new appreciation for continuity of care, one example that I've observed is the trust that people place in the judgement of their physician they have seen for nearly 30 years.



Evan and his wife Maria with their daughter Amalia

As you reflect on your time in New Ulm, are there any memorable experiences you would like to share? In my experience, the most memorable moments highlight the continuity of care that RPAP provides. Where else can a medical student see a woman for prenatal care, admit her husband for inpatient treatment of a retropharyngeal abscess, round on him before clinic hours, see him in follow-up after

discharge, deliver their baby, and follow the child at their well-child checks? Where else can I be greeted by name when I walk into an ER room to see a child with suspected appendicitis: "Look honey, it's the student that delivered your baby sister!" Other things that stick out are opportunities to be involved with the local community. I was able to work with a school counselor to teach stress reduction techniques to middle schoolers. When asked if I would like to continue the prior RPAP student's work teaching families to cook healthy food, I certainly didn't have to think long. When the time comes to move back to the cities, I'll leave New Ulm with many wonderful memories.

What are your current/future plans? I have all sorts of dreams for the future. In the immediate future, I look forward to my

fourth year electives (and some time off) and shooting for a spot in the internal medicine/pediatrics program here at the U of M. However, I can't shake the possibility of a psychiatry residency, as I hope to develop a behavior change skill set to help people across the life span live healthy in every sense of the word. My wife and I would love to work together in the future in this regard. She is pursuing a health coaching certificate and will be (is already) a wonderful partner. An independent clinic focusing on healthy living and innovative care is our shared dream - we'll see how a growing family will play into that vision.



Baby Amalia



Evan and preceptor Dr. Roger Lindholm holding baby Amalia. Photo credit to Jessi Domeier



Evan and preceptor Dr. Roger Lindholm. Photo credit to Renee Kluis

Alumni/Preceptor Spotlight: Dr. Christine Albrecht (Mora 01-02)



Dr. Christine Albrecht, Courtney Klinkhammer, and Dr. David Freeman

I first heard of RPAP while in Duluth in the first year of medical school. I grew up on a dairy farm in the small town of Pierz, MN. When I found there was an opportunity to have nearly a year of medical school in a small rural town, I would not have to pay the high rent/cost of living of the Cities, and I would receive a stipend so that my third year would cost less money—it was a no brainer. I had no idea that the learning opportunity that I would embark upon would be so fantastic and really develop my love of Family Medicine. I had two family physicians that I followed for most of my RPAP experience, Terry Johnson, MD and Randy Bostrom, MD. I also lived in the downstairs duplex of Dr. Larry Brettingen's house during my RPAP experience. Through these men, I saw how much trust and relationship building was necessary for excellent primary care. I was able to assist in many deliveries and spent a lot of my evenings hanging out in the Emergency Department. I loved all of it. When my RPAP experience was complete, I begrudgingly moved to St. Paul and started rotating through the hospitals again. I hated how when I finally got it all figured out where to park, where the bathrooms and cafeteria were—it was time to move again. None of the attendings outside of my Family Medicine preceptors had the ability to gain the trust of the patient and know their generational history because they had lived it with the patients. When the other attendings and residents found out that I had done RPAP, they were all excited and you were treated differently than the other 4th year medical students. RPAP students were given more responsibility, as it was known that they had more experience. This carried through to the first year of residency as well.



Dr. Christine Albrecht with student Stephanie Smith when she won the Preceptor Achievement award in 14-15

When Dr. Freeman approached me to be a RPAP preceptor, as we were going to be getting two students for the first time in Staples, I was really excited. I love to teach and I know how having a student really keeps you on your toes and helps you practice better medicine. I stay in touch with all of the students that I have been their primary RPAP preceptor. It is fun to watch these bright young and enthusiastic medical students turn into fabulous physicians.

My next hope with our RPAP students at Lakewood Health System in Staples is to get them to come on our mission trips to Kenya or Haiti. I have been to Tabaka, Kenya intermittently since 1997 when I did a study abroad year through the University of MN. The Tabaka Mission Hospital is now our sister hospital and we have groups going every year to teach and we have had one of their physicians and the current CEO come to Lakewood. I think it is imperative to have reality checks about how blessed

and lucky we are with medicine in this country. It makes one pause when there is a minor glitch with the electronic medical record or we are unable to order a certain test or procedure on a particular day—and you think about your counterpart physician in Africa who gets excited when there is electricity that day in his clinic. It improves clinical exam skills tremendously as well as plain film x-ray reading when you don't have the ability to order a lot of fancy exams and tests. I think we have found a way to fund the students at our facility for this learning adventure and I am very excited to get it going.

My words of wisdom for both future students and preceptors of RPAP would be that RPAP is the best way of learning and teaching in medicine. As a student, to have a 9 month experience in one location where everyone in the building knows who the RPAP students are and loves having them around is such a different experience from being the medical student that no one really remembers or really cares if you show up during the rotation. Every interesting case, all the physicians in our building are looking for the RPAP student so they get in on the learning. As a preceptor, I gain from the program as I am always learning from the excellent questions the students ask and invigorated by seeing the future of medicine and knowing that I have played a role in shaping it and making it better.



Dr. Christine Albrecht and Alana Jackson in Kenya

Specialty Faculty Visits (SFV)

There were 44 SFV 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. Now we are in the final third of the program for the 18-19 class. We will be visiting all 45 students for their final Communication Session Visits in May and June.



Specialty Faculty Dr. Brad Segura, Special Guest Janet Fulk (Assistant Director of The University of South Dakota Sanford School of Medicine FARM Program) Beth Orr, Alexis Gunderson, Luke Loeggering, Tasha Gallett, Brinsley Davis, Dr. Javad Keyhani



MAFP Medical Student Leadership Award: Hanna Nedrud

Hanna Nedrud (MetroPAP Alumna - Broadway 17-18) is the recipient of the MAFP Medical Student Leadership Award from the Minnesota Academy of Family Physicians (MAFP). This is the 31st year of the award and 14 of the winners have been either RPAP or MetroPAP alumni! The award recognizes a fourth-year medical student for family medicine activities on a local, community, medical school, state or national level. Hanna was nominated by fellow students, residents, educator or other MAFP members, and her award was presented at the annual Spring Refresher.



N.L. Gault, MD Honorary Scholarship – Andre Scarlato

Andre Sarlato received the 2018-19 N.L Gault, MD Honorary Scholarship in the amount of \$7,500. The scholarship is awarded on a competitive basis to 4th year medical students nominated by members of the Medical School faculty. Andre was nominated by Dr. David Power and Dr. Shailey Prasad.



Congratulations to the AOA Honors and Gold Humanism Honor Society (GHHS). Award winners. Pictured are the GHHS 2019 Award Winners.



U of M Medical School Graduation 2019

The commencement ceremony was held on May 3rd, 2019. Congratulations to all the graduates. We are excited for you and wish you all the best. We know you will be great doctors!



Farewell from RPAP/MetroPAP Faculty, Dr. Nancy Baker



I'm looking forward to being fully retired at the end of this academic year. I've thoroughly enjoyed my career working as a Family Physician. I've been blessed time and again by the deep and meaningful relationships I've had with my patients, their families, my colleagues and the medical students and residents with whom I've worked. They've taught me many life lessons, but perhaps the most meaningful has been to take nothing for granted and to be profoundly grateful.

In a short poem included in his collection titled "A Timbered Choir," Wendell Berry talks about the impact of others on our lives.

My sincere thanks to each of you for your friendship and support over the years. Share the extraordinary gifts you've been given.

Be well. Be inspired, always. Nancy

A Timbered Choir, By Wendell Berry

No, no, there is no going back.
Less and less you are
that possibility you were.
More and more you have become
those lives and deaths
that have belonged to you.
You have become a sort of grave
containing much that was
and is no more in time, beloved
then, now, and always.
And so you have become a sort of tree
standing over a grave.
Now more than ever you can be
generous toward each day
that comes, young, to disappear
forever, and yet remain
unaging in the mind.
Every day you have less reason
not to give yourself away.



RPAP/MetroPAP Faculty

Kirby Clark, MD, Director

Spring/Summer Activities: - "Riding bikes" with family, and hoping I fall less than my 4 year old.

Ray Christensen, MD, Associate Director

Spring/Summer Activities: - Life on the North Shore of Lake Superior is always exciting. I have shoveled and blown snow all winter, especially since Christmas. And very recently Grand Marais just received another ten inches! I lucked out. We have had a severe high wind storms since last fall which had again eroded and changed the shoreline and pulled last years rocks back to the lake.

Nancy J. Baker, MD, Faculty

Spring/Summer Activities: - I'm looking forward to doing more bike riding this spring.

Jay Dirks, MD, Faculty

Spring/Summer Activities: - I will be enjoying the start of Twins baseball season

Anne Keenan, MD, Faculty

Spring/Summer Activities: - I am loving the opportunity to tend to my gardens and go on walks with my dog.



Dr. Javad Keyhani and family just went to North Carolina and hiked trails with old friends from when they lived in Montevideo, MN.

Javad Keyhani, MD, Faculty

Spring/Summer Activities: - Just went to North Carolina and hiked trails with old friends from when we lived in Montevideo.

Keith Stelter, MD, MMM, Faculty

Spring/Summer Activities: - I will be working on my vegetable garden once again, mostly trying to keep deer and rabbits from eating my "bounty". In my other spare time, I look forward to some bike rides on trails and exploring new places to get an ice cream cone!!

RPAP/MetroPAP Staff

Patty Bailey, Executive Assistant and Office Coordinator

Spring/Summer Activities: - Swimming classes with 1 and 3 year old.

Brinsley Davis, Education Associate

Spring/Summer Activities: - This Spring I will plant a vegetable garden, eat dinner outdoors as often as possible, and learn a few more piano tunes for beginners.

Kate Krasaway, Program Associate

Spring/Summer Activities: - Spend time at the lake, gardening, taking my dog for walks on boardwalk and park point.

Liz Sopdie, PhD, Administrative Director

Spring/Summer Activities: - I look forward to biking, gardening, fishing, and kayaking, and taking my book outside



Located in the Allina Health Faribault Clinic.

Presentations and Publications

Kirby Clark, MD, and Javad Keyhani, MD, presented at the Society of Teachers of Family Medicine Conference on Medical Student Education "Incorporating Entrustable Professional Activities (EPA's) into Medical School Curricula" on behalf of the RPAP Program, on January 31, 2019 in Jacksonville, Florida

Kirby Clark, MD, article "[Are transcutaneous bilirubin measurements in newborns a suitable estimate of serum bilirubin?](#)" Evidence-Based Practice Journal: March 2019 - Volume 22 - Issue 3 - p 16

LeFevre N, Bergman K, Chase B., Kirby Clark, MD, Presented at the Society of Teachers of Family Medicine Conference "The point-of-care ultrasound curriculum symposium: Curricular experience and insights from multiple training programs" on April 28, 2019 in Toronto, Ontario, Canada

Nancy Baker, MD, and Madison Cutler, MPH, presented poster at the UMN Best Practices in Medical Education conference "A Value Analysis of Community Health Assessment (CHA) Projects within an LIC" on May 1-2, 2019 in Minneapolis, Minnesota

Ray Christensen, MD, panel presentation at Becker's Hospital Review "Rural hospital concerns and workforce" on April 1, 2019 in Chicago, Illinois

Ray Christensen, MD, chaired the Rural Medical Educators meeting. This is a national group meeting at NRHA and includes different specialties and professions, on May 7, 2019 in Atlanta, Georgia

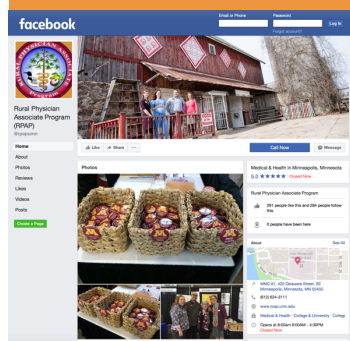
Anne Keenan, MD, presented at St. John's Hospital noon conference "Sleep medicine and didactic on motivational interviewing" in Maplewood, Minnesota

Javad Keyhani, MD, lecture for residents "Hypertensive Urgency. Is it really a diagnosis?" and "Introduction to Buprenorphine/Suboxone"

Javad Keyhani, MD, named as a co-investigator for a state grant for Medically Assisted Treatment for Opioid Addiction, along with Dr. Bob Levy (Lead investigator)

Keith Stelter, MD, MMM, elected President of the Minnesota Medical Association and will take that office formally in September 2019. Has been attending a lot of meetings to further increase his understanding of health policy issues in Minnesota and working on strategy on how all physicians across the state can work together to make Minnesota the healthiest in the nation

Sharon Toor, MD, Rebekah Pratt, PhD, Nicole Chaisson, MD, and **Jay Dirks, MD,** co-authored article "[We are Muslims and these diseases don't happen to us](#)": A qualitative study of the views of young Somali men and women concerning HPV immunization, Vaccine journal, Volume 37, Issue 15, 3 April 2019, Pages 2043-2050



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**Rural Physician Associate Program
Metropolitan Physician Associate Program
University of Minnesota Medical School**

420 Delaware St. SE, MMC 81
Minneapolis, MN 55455
612-624-3111
Fax: 612-624-2613

Email: rpapumn@umn.edu
Web: www.rpap.umn.edu

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