

# RPAP and MetroPAP News



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## Greetings from new Director, Kirby Clark

As an office visit with one of my long-time patients was coming to its end, he declared, “heard you got a new job”. “Yeah, I’ll be directing RPAP starting in a couple weeks. I’ll still see patients here though” I replied in an artless attempt to quickly summarize the essentials and postpone his worry to another day. He was double-booked as my ‘last patient of the morning’ and it was undeniably afternoon. Conversations with patients about my upcoming schedule change were now an added part of my routine; some patients were more anxious about it than others. I didn’t want to cause any more stress. I didn’t want to add anything more to his problem list. “Good for you”, he replied. I sensed he wasn’t particularly concerned how my new job might affect his medical care. “You know I was one of the first RPAP preceptors. That’s going to be a great for you. Good for you.” He was genuinely happy for me. And just that quickly he attended to my worry.



There is no doubt in my mind that we learn efficiently and effectively from genuine patient relationships over time. It is just as clear that physicians can be sustained as healers and teachers on a steady diet of continuity. The same goes for medical students. I hear the same sentiment from those rooted in RPAP/MetroPAP. In the past few weeks I have heard from a number of RPAP alumni about their influential experience, and I look forward to hearing from more.

I chose the birthplace of this innovative program, the University of Minnesota, for both medical school and residency. I have been a full-time faculty member in our Department of Family Medicine and Community Health for the past dozen years; associate program director for the St. John’s residency program for the past 9 years. I am passionate about building efficient medical education experiences for both medical students and residents. I practice inpatient and outpatient family medicine, including obstetrics. While my practice is in an east St. Paul urban underserved community, I have committed my curriculum building career to ensuring my students and residents are fully qualified to practice in rural communities. I am proud to see my former students dotted across rural Minnesota and western Wisconsin, and look forward to re-connecting through RPAP/MetroPAP. Serving patients in hard to reach rural and urban communities is what drives and connects us.

I write this as I wait on the labor and delivery unit. A pitocin infusion has finally nudged a primip into an active labor pattern. While I will likely have many of the wee hours of this morning to write, lucky for you, I am limited by word-count. I am honored by the opportunity to lead this extraordinary program. I am grateful for the robust and passionate RPAP/MetroPAP community, and I hope you feel free to contact me with your thoughts on the future of RPAP/MetroPAP.

Very Sincerely,  
Kirby Clark, MD

## Transitions



RPAP/MetroPAP is once again experiencing transitions in our staffing. I want to thank our program staff and core faculty for all their support during my brief tenure as Interim Program Director. I was honored to help with several projects, including the implementation of our 2017-2018 Pediatric, Ob/Gyn and Psychiatry 2-week "burst" experiences in Duluth and the Twin Cities. These will be followed by blocked, or threaded, child health, women's health and behavioral health experiences at each RPAP and MetroPAP site. It was exciting to develop and implement a new form of formative student assessment- Entrustable Professional Activities (EPAs)- with our 2017-2018 class. Finally, I'm thrilled I could help expand the MetroPAP program to include at least 2 new sites for our 2018-2019 class.

I will step down from RPAP/MetroPAP leadership August 1 when Kirby Clark assumes the role of Program Director. However, I plan to continue my part time position with RPAP as a regular communication skills (CS) and specialty faculty visit (SFV) participant, as well as supervising the October RPAP/MetroPAP Orientation and Community Health Assessment (CHA) projects. For now, however, I plan to head to the Gunflint Trail, for most of August, in order to savor wilderness living, where "less is more, and less is enough."

Katy Fredrickson is also taking a new position at UMD. August 1 she will commence her work as the Associate Director of Admissions. Thank you, Katy, for your efforts on behalf of our RPAP students & faculty these past 3 years. We extend a warm welcome to her successor, Kate Krasaway, who will take over as Program Associate in the Duluth office. Finally, we welcome back Ray Christensen, who has been on medical leave since late May. You go, guy. No more health scares please.

Best wishes to each and everyone of you. Be well. Be inspired, always.

Nancy Baker

## Thank you Dr. Keith Stelter



Dr. Keith Stelter: L to R, 1986 as RPAP student in Blue Earth, 1996 as Faculty, and 2017 on a SFV Visit.

This summer Keith Stelter, former RPAPer, RPAP preceptor and RPAP/MetroPAP faculty, is also "moving on" professionally. We can't thank Keith enough for his 25 years of service and dedication to our program. He has provided invaluable guidance and wisdom regarding many aspects of the RPAP/MetroPAP curriculum, but especially as it relates to providing learner feedback on patient centered communication.

Keith has been especially busy the last few years, serving as President-Elect, then as President, and now Past President of the American Board of Family Medicine (ABFM). Keith continues to bike the roads in and around St. Peter. He will also be riding 50 miles in the Chainbreaker bike ride in August. With his wife and son, they cheer for his daughter Martha as she competes in sprint and Iron Man triathlons.

He also will be traveling this summer to Paris, France and Munich, Germany with his family.

A fun fact about Keith is that he met his wife while she was doing RPAP in Moose Lake. They worked at the same clinic together.

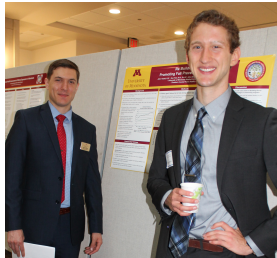
Thank you Keith for all that you have done for the RPAP and MetroPAP Programs. You will surely be missed. We wish you all the best.

Sincerely,

The RPAP and MetroPAP Staff and Faculty







## End of Year Activities 2017

The week of June 26th, the Class of 2016-17 participated in End of Year activities which included: Family Medicine exam, student individual interviews, Significant Event Reflection, CHA Poster Presentation and the End of Year Luncheon



## Friendly faces in rural Minnesota



Dr Vukovich and Katie Bressler in Fergus Falls



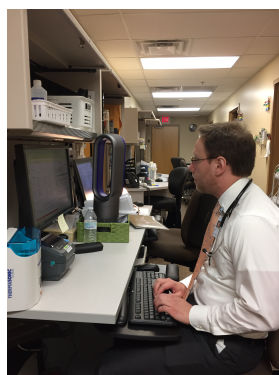
Lucas Labine Anita and Dr Holcomb in Chaska



Anna Fuglestad recognized as Emerging Rural Health Leader at the 2017 Minnesota Rural Health Conference



Dr. Ryan Kroschel, Sydney Notermann and Kathleen Kroschel at Firstlight Health System in Mora, MN during ROE experience



Lee Morris in Zimmerman for his CS2 Visit



Lucas Labine and Dr. Tara McMichael after finishing the Lola's Half Marathon in Waconia. She is an internal medicine physician who did RPAP in Waconia (04-05)



Brooklyn Leitch and Anna Fuglestad in Willmar

## Congratulations class of 2016-2017



Congratulations to our 2016-17 RPAP/MetroPAP classes on completion of nine months of training in your Urban and Rural sites. I am terribly disappointed that I was unable to join you in late June as you completed RPAP/MetroPAP.

A huge thank you to all our RPAP/MetroPAP preceptors (colleagues and staff) for the extra work and effort you provide to make these programs current and successful year after year. From the University we commend your efforts, but even more I want to commend you on behalf of your communities and patients who ultimately train our students and ourselves. Preceptors, we hope you continue to find joy in teaching and that your colleagues and staff share that joy; I look forward to seeing you next year.

Finally a huge thank you to RPAP staff and faculty and to Nancy Baker Interim Director who ably stepped in as our leader this past year. Nancy, wonderful job, thank you on behalf of RPAP/MetroPAP.

We all look forward to the direction and leadership of our new director Kirby Clark, MD who will assume the Director's position on August 1<sup>st</sup>.

Raymond Christensen, Associate Director



## Preceptor Recognition

### Dr. Glenn Nemec (Monticello 1992-2017):

Dr. Nemec has been an RPAP Preceptor since 1992. He has had 17 students over the years.



**How did you first get involved with RPAP?** My practice was directly approached by the then director of RPAP asking if I was interested, as the previous RPAP preceptor in our practice was retiring. I was intrigued by the idea of 9 months of medical school in the outpatient setting and felt it was an ideal way to train for primary care.

#### What is being an RPAP Preceptor like?

1. Energizing. The students add a great deal of interesting feedback during the sometimes monotonous routine of patient care.
2. Intellectually stimulating. You always have to be explaining why we do what we do, which keeps you thinking.
3. Time pressured. You do have to be really good at time management so that you can give the student the time they need to have things explained and taught and still give the patient the time they need, and then get all your paper/computer work done and leave enough time for family, food and sleep.
4. Over the long run, very rewarding. It's hard to explain how satisfying it is to see your former students become accomplished and recognized clinicians, leaders or researchers. When they come back to practice with you, as many do, there is a special level of comfort and communication with them that makes clinical life much easier.

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

Charles Mayo said it best: "a patient is never in better hands than those of a clinician who is actively involved in teaching". I have a lot of patients that are alive and/or in better health because in the midst of teaching, I realized an important diagnosis, or they came to understand and manage their disease better.

**What are the things you have you enjoyed most about your career?** Seeing the "light bulbs" come on, in both my students and the patients as they listened to and watched me teach. Then seeing the students become better doctors than I am.

#### What you will be doing for the rest of 2017 and 2018.

I am president elect for the MAFP, which entails frequent travel and more time off.



## Alumni Recognition Dr. Mac Baird (Wabasha 73-74) RPAP Reflection:

\*Transcribed from a phone interview May 2017.



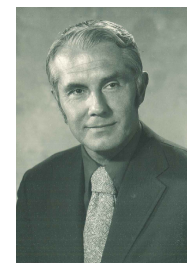
Part 2 - Continued from the May 2017, Issue # 22 Newsletter:

After RPAP I came back to the Twin Cities campus to finish medical school. I was honored/awarded by my classmates as the most promising clinical practitioner at graduation. I didn't expect it, I was shocked. After graduation from medical school I wanted a residency that could send me back to Wabasha with some sort of procedural skills but also with what I was then calling Office Counseling. I chose Bethesda for my Residency. Most of the residents didn't have interest in Office Counseling so it was easy for me to get time/learn with other doctors. I was also interested in pursuing Family Therapy and learned that I was doing most of the work already that was needed to earn a certificate in that. There were just a few extra steps to do and I was able to complete Residency and at the same time also earn a certificate as a family therapist. What started all

that residency interest was RPAP. In RPAP I learned that people came in with a wide variety of problems that they had to deal with, and it may or may not relate to their medical complaint that brought them in to see me. That triggered my career into family therapy and family medicine. After residency I practiced in Wabasha for 5 years.

After practicing in Wabasha I went to Oklahoma as a faculty. I was trying to come back to Minnesota and teach. I learned I would have to take another fellowship to learn how to teach. After residency I was flying all around the country teaching. I wanted to humanize medical education. I would go about once a month for a day or two. I was not eager to leave practice because I loved it. After 3 years there I went to Syracuse, NY where I became professor and chairman. Right after I got there I invited Dr. Jack Verby to come there and help me replicate RPAP. So he took a sabbatical and he landed in Syracuse in late August. I asked him if he could spend a year here with me and the following year if we could get it launched. He (Jack Verby) said we are going to launch it this winter we don't need a whole year! I said that's impossible. He said we will do it! So we went to all the departments and sold RPAP. By golly it worked and they adopted a pilot of RPAP which is still there today. I also tried to do that at Oklahoma but wasn't able to start one there.

Jack was a very strong willed fellow. He was a pioneering educator. He came from Olmsted Medical Center to the University of Minnesota with several others to set up the department. For a while he was the 1st chair. Jack was asked to lead RPAP because the state had asked that we find a way to get more rural physicians in practice across Minnesota. Nobody had a clue as how to do that. So Jack started RPAP from scratch in 1971 and the 1st class was in 1972. He wrote his masters degree on what RPAP is. He was the expert. He created RPAP out of nothing. I had no idea how new the program was when I did RPAP. I was in the second class of RPAP. RPAP was a big success in Syracuse and of course has spread around the country and around the world. It (RPAP) was also the model for WWAMI. Jack initiated what we now call longitudinal integrated curriculum. Nobody else had one until RPAP. He was a true pioneer. To show you how single minded he was about RPAP, when he came to join us that year (in Syracuse), he and Jane, his wife, and my wife Chris and I went to New York City for about 4 days to see the sights and visit a family doc there that I knew and we went to places like the Metropolitan Museum of Art, Jack NEVER stopped talking about RPAP. We would be looking at world famous art and nothing changed his pace. He was always on RPAP. Jack was my role model and mentor.



Dr. Jack Verby

**What are some of the most memorable things that have happened over your career?** The baseline that I think has

been my great fortune. Every one of my jobs if you reframe it a bit, all have one thing in common. To help other people grow and develop to the best of their abilities. So if somebody is sick my job was to get them to adapt to the illness or help them get over it, to continue to grow and develop themselves as a person. As a teacher, mentor and administrative leader my job was to do that for everyone from the staff person in front of my office here to a resident, fellow or faculty or student. My job is to grow and develop other people to the best of their ability. It has always been my job. I have been lucky to be paid to do such things for 40 years and I consider that good fortune. In that journey I have the fun of seeing how people do grow and develop and they have grown to other department chairs and other kinds of leaders. When I am down in Lake city, I bump into people I delivered 40 years ago. They often recognize me and say hello and I have enjoyed that. I have particularly enjoyed being anywhere connected to the longitudinal learning associated with RPAP. Because I know that is a better experience, students can learn more and at a faster rate. If you notice where ever I went during my career I always tried to replicate it. It's been a privilege to be around dedicated people that are so intent on trying to find and do the right thing. I have run into so many wonderful people over my life. That have nurtured me along my journey.

## Anna Fuglestad



### RPAP Student Published

**Rural Family Medicine Outcomes at the University of Minnesota Medical School Duluth.** By: Anna Fuglestad; Jacob Prunuske, MD, MSPH; Ronald Regal, PhD; Courtney Hunter; James Boulger, PhD; Amy Prunuske, PhD. Background and Objectives: The U of M Medical School Duluth (MSD) opened in 1972 with a mission to train physicians serving rural Minnesota, emphasizing family medicine and American Indian (AI) communities. Nationwide there are shortages in family medicine and AI physicians, and MSD is a leader in these outcomes.

## Dr. Roger MacDonald

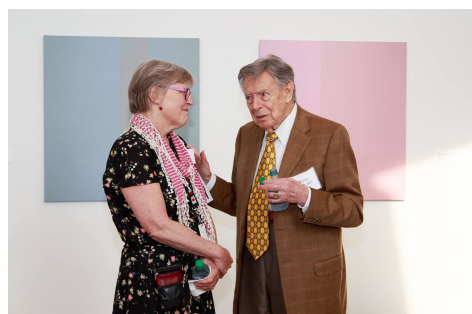
### Interviewed by Nate Ratner

"Access to adequate medical care is a right and not a privilege." Dr. Roger MacDonald. Dr. MacDonald is a longtime champion for RPAP and rural healthcare. He was an early RPAP Faculty Member and Associate Director. He has been enjoying



his retirement for several years now. To hear more of the interview visit:

[https://drive.google.com/file/d/0B4HNrXYHn\\_2Rc3NDTGc5bFNySHM/view?usp=sharing](https://drive.google.com/file/d/0B4HNrXYHn_2Rc3NDTGc5bFNySHM/view?usp=sharing)



Dr. Nancy Baker and Dr. Robert Fisch

### Fisch Art of Medicine Student Awards

For the last several years, the RPAP/MetroPAP program has been pleased to have several of our alumni receive the Frisch Art of Medicine Student Awards. These include former students Emily Wolfe (Lake City), Casey Sautter (Neighborhood Health Source), John Hokanson (Wadena), Dane Schaleben-Boateng (Neighborhood Health Source), Robin Sautter (Willmar), and Evan Eide (Perham).

This award honors Dr. Robert Fisch, retired faculty in the UMN Department of Pediatrics and a world-renowned expert on PKU. Dr. Fisch was born and raised in Budapest, Hungary. He witnessed first-hand the horrors of the holocaust and Hungarian revolution. Despite these challenges, at 92 years of age, Dr. Fisch remains young at heart, ever committed to celebrating the human spirit through his life's work as a pediatrician and as a visual artist.

The Art of Medicine award is designed to encourage medical students to explore the arts as a means for self-expression and to bring joy. Interim RPAP/MetroPAP faculty member Nancy Baker has served on the award selection committee for several years.



Quote from 2016-2017 Fisch Art of Medicine award winner Evan Eide:

"I am very appreciative of the award and came away with a greater appreciation for web development and the wide breadth of unique technical skills one can develop... I have not always been creative, nor would I consider myself creative now! I would like to use some of the web development skills... to experiment with a private blog."

\*Fisch Art of Medicine Award Applications for 2017-2018 are due August 11<sup>th</sup> and awardees will be announced mid September.

## Evan Eide







Dr. Virji and Elizabeth Kim in Dawson, MN



Gnome Park in Dawson, MN

## ROE

The Rural Observation Experience (ROE) is a voluntary extracurricular program offered to incoming medical students. This is a 2-3 day shadowing (only) experience. Students who participate are paired up with a physician at a clinic in rural MN. The student will accompany the physician at the clinic, on rounds, or at the hospital and nursing homes, and attend any staff meetings or case conferences. We had 18 students who just completed their ROE experience in July. They were at sites throughout Minnesota. For more than 20 years the ROE program has given many students the opportunity to shadow a rural family physician and see first-hand the rewards and challenges of rural medicine.

## SIM

The Summer Internship in Medicine (SIM) is an elective experience offered to students during the summer between their first and second year of medical school. Students are immersed into a community to experience life as a rural health professional. They participate in clinical/hospital medicine for 2-4 weeks. Experiences could include: routine office visits, ER, delivery room, surgery, pharmacy, home care, public health nursing, law enforcement, dentistry, chiropractic, laboratory, medical records, x-ray/radiology, social services, morticians, hospice, pathology, anesthesiology, PAs, NPs, PharmDs, administration, staff or medical director meetings, ambulance services, etc. This year there are 55 students in SIM. The majority of the sites are in Minnesota but there is also participation from Wisconsin, New Mexico, Idaho and Michigan. The overwhelming majority are rural placements with some smaller urban communities. Hundreds of SIM students have gone on to participate in RPAP.



## Chainbreaker: August 11-13, 2017

The Chainbreaker is a weekend fundraiser that includes cycling, entertainment, and volunteerism. 100% of the funds raised by riders goes to fund life-saving cancer research at the Masonic Cancer Center, University of Minnesota.

This year Dr. Keith Stelter, Dr. Darin Brink and Dr. Ruth Westra will be participating in the Chainbreaker bike ride. Dr. Stelter will be riding 50 miles. Dr. Brink will be riding 100 miles. Dr. Westra will be riding 180 miles! Way to go! You all will do great.

Options to ride are: 25, 50, 100, or 180 miles. On the 12<sup>th</sup> all riders will start their journey in Eagan, MN. The miles marks /finishes are at 25 miles in Hampton, 50 miles in Welch Village, 100 miles in Northfield/St. Olaf College. Riders going 180 miles will stay there overnight and finish their ride on the 13<sup>th</sup> at the Excelsior Commons in Excelsior, MN.

**\*To donate to the riders or for more information:**

<https://chainbreakerride.org/pelotons/u-of-m-family-medicine/>



Dr. Brink always commutes into the office on his bike.

## Meet our Newest Staff



**Kirby Clark, MD**, Director

MD, University of Minnesota

Family Medicine Residency, University of Minnesota St. John's Hospital

**Summer Activities:** - Watching Japanese Beetles feast on my garden



**Kate Krasaway**, Program Associate

**Summer Activities:** - This summer I am enjoying fixing up my new home, preparing for our first puppy to join us, working on my vegetable/flower gardens, hiking the trails behind my home, rollerblading on the canal park boardwalk, running races, and spending time with my family and friends outdoors.

### RPAP Faculty

**Ray Christensen, MD**, Associate Director

**Summer Activities:** - Being healthy.

**Nancy J. Baker, MD**, Faculty

**Summer Activities:** - Swimming, biking, canoeing, spending time with family.

**Darin Brink, MD**, Faculty

**Summer Activities:** - I am enjoying biking, camping, reading, and most of all time with my family.

**Javad Keyhani, MD**, Faculty

**Summer Activities:** - We are traveling in a camper van down the west coast in July. In August we will meet my extended family for a few days in Flagstaff, AZ.

**Ruth Westra, DO, MPH**, Faculty

**Summer Activities:** - Enjoyed the Internal Medicine Conference sponsored by the University of Colorado at the YMCA Conference Center in Estes Park near the Rocky Mountain National Park with hiking at high altitudes. Riding bicycle to prepare for the Chainbreaker Bike Ride in August.

### RPAP Staff

**Pat Schommer, MA**, Administrative Director

**Summer Activities:** - Volunteering, voyaging, and vegging.

**Patty Bailey**, Executive Assistant and Office Coordinator

**Summer Activities:** - Playing with my 1 year old son, volunteering at the Como Park Relays, finding the bench with my grandma's name and picture at the State Fair.

**Brinsley Davis**, Program Specialist

**Summer Activities:** - Growing giant zucchini, biking to work, grilling, and walking around barefoot.



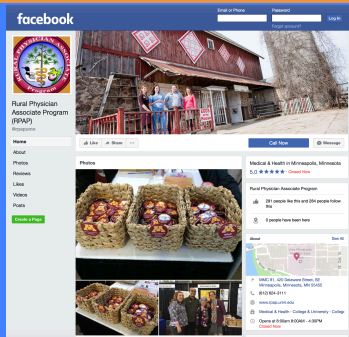
## Faculty Presentations

**Kirby Clark, MD**, "Launch Point of Care Ultrasound Training: Build a Burning Platform With Triple Aim Fire", Society of Teachers of Family Medicine Annual Spring Conference in San Diego, California 05/08/17.



Director Kirby Clark with previous Director Kathy Brooks at the End of Year Luncheon.

\*Staples will celebrate 25 years of RPAP and hold a reunion for former students and preceptors on August 12<sup>th</sup>. Look for more in our next newsletter.



Keep in touch and stay up-to-date

Like our FaceBook page!

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

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## Request for RPAP/MetroPAP News and Pictures

Any updates to your home, family, residency, or practice status? Any publications that reference your RPAP experience? Any fun photos? Please let us know!

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