

in our family

The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | FALL 2015

Advancing Family Medicine in Ethiopia



DFMCH faculty and alumni helped establish the first family medicine residency program in Ethiopia. Find out more on page 8.

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A New Name, A New Era

July 1, 2015, was the start of a new era for our department.

It was the first day we used our new official name: the University of Wisconsin Department of Family Medicine and Community Health (DFMCH).

The name change reflects our commitment to and involvement in community health for the last 45 years.

It also speaks to the fact that medical care contributes only 10 to 20 percent to what keeps people healthy; the other 80 percent is determined by people's lives outside the clinic.

"Medicine continues to change," noted Chair Valerie Gilchrist, MD. "Our department recognized decades ago that social and economic factors were critically important to health. We are not just philosophically in communities, but want to be there working in collaboration with other groups to promote health."

Continues on page 10



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UNIVERSITY OF WISCONSIN
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Above: The volunteer garden at the Madison residency program's Verona Clinic yielded over 700 pounds of food for the community.

From left, community advisors Martha and Douglas Maxwell; resident Vincent Minichiello, MD; faculty Brian Arndt, MD; radiologic technician Elena Prozorova.



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Address changed? Accomplishments to share?
Let us know at: fammed.wisc.edu/alumni-update-form



Dear Friends,

Fall greetings from Wisconsin, where we're feeling the first chill in the air and starting to look forward to the holidays ahead.

This issue marks our debut as the University of Wisconsin Department of Family Medicine and Community Health (DFMCH). Our new name is a clear expression of our long-standing commitment to improve the health of not just individuals and families, but entire communities.

We share some of our community health efforts to date in the cover story, and on page 3, we spotlight one of our alumni who directs a residency

program responsive to the needs of his community in Colorado.

On pages 4 through 7, you'll meet our newest residency and fellowship graduates. Their enthusiasm for family medicine and the role they play in the health of their communities is truly inspiring.

As family physicians, we ourselves are also a community: locally, nationally and globally. On page 8, you'll see how members of the DFMCH have helped advance our discipline in Ethiopia by creating the first family medicine residency program there.

On page 11, we share updates from our alumni community—the great family physicians we taught, worked beside and befriended. I love reading what our alumni are up to, as I'm sure you do, too.

Finally, we'd love to feature you in a future issue. You can share professional or personal accomplishments, or simply update us on your practice and contact information. Just visit the alumni update form on our website (fammed.wisc.edu/alumni-update-form) and let us know what you've been up to!

Valerie Gilchrist, MD

Millard Professor in Community Health Chair, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health

News Briefs

AAFP Honors Our FMIG



Our Family Medicine Interest Group (FMIG) was one of 19 programs nationwide to earn a 2015 Program of Excellence Award from the AAFP. The award recognizes medical schools for outstanding activities in generating interest in family medicine.

Schwab Receives STFM Gold Humanism Award

Vice Chair for Education William Schwab, MD, received the STFM's 2015 Gold Human-



ism Award. He was honored for teaching family physicians to be humanistic, compassionate and respectful caregivers.



More news at: fammed.wisc.edu

Stay in Touch!

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Editor: Andrea Schmick

Altruism in Practice

Wausau alum leads residency program that meets community, learner needs

David Smith, MD, (Wausau '86) always promised his wife that someday, they would live in the Rocky Mountains.

After residency, the Monroe, Wisconsin, native began his career in Michigan's Upper Peninsula. Fifteen years and three states later, Dr. Smith made good on that promise.

Since 2001, he has been on the faculty of North Colorado Family Medicine (NCFM) residency—a program he now directs—and has made Greeley, Colorado, his professional and personal home.

Education for a Variety of Practices

The NCFM residency has four tracks: a core track, a community health center track, a rural training track (RTT) and a hospitalist track. A second RTT will open in 2016.

The community health center track fills a critical need in a community where 40 percent of residents are on Medicaid; it's the largest clinic in Greeley by volume. Approximately one-third of NCFM graduates now practice in community health centers.

Similarly, the program's RTT—the second of its kind in the nation—teaches residents to provide patient care in rural communities, where resources are also often limited.

Approximately two-thirds of NCFM graduates enter rural practice. “Lots of our residents go back to their rural hometowns,” Dr. Smith said. “They have an altruism to serve the community where they grew up.”

Health for the Underserved

NCFM residents are also engaged in community health activities outside of the clinic. They teach classes at high schools on human biology and reproduction; perform physicals, screenings and other services at a refugee center to provide care for workers in agricultural fields.

Their efforts help meet the needs of Greeley's underserved, which includes many people from Mexico, Central America, Somalia and Myanmar.

Kindness and Respect

Dr. Smith's “heart beats for the care of rural and underserved patients,” but he also recognizes that one of NCFM's biggest strengths is its variety. For example, residents in the core and community tracks can choose paths on advanced maternity care, sports medicine, hospital medicine or global health.

Left: Dr. Smith with a colleague and residents.



Above: Wausau alum David Smith, MD, shows his Badger pride in Greeley, Colorado.

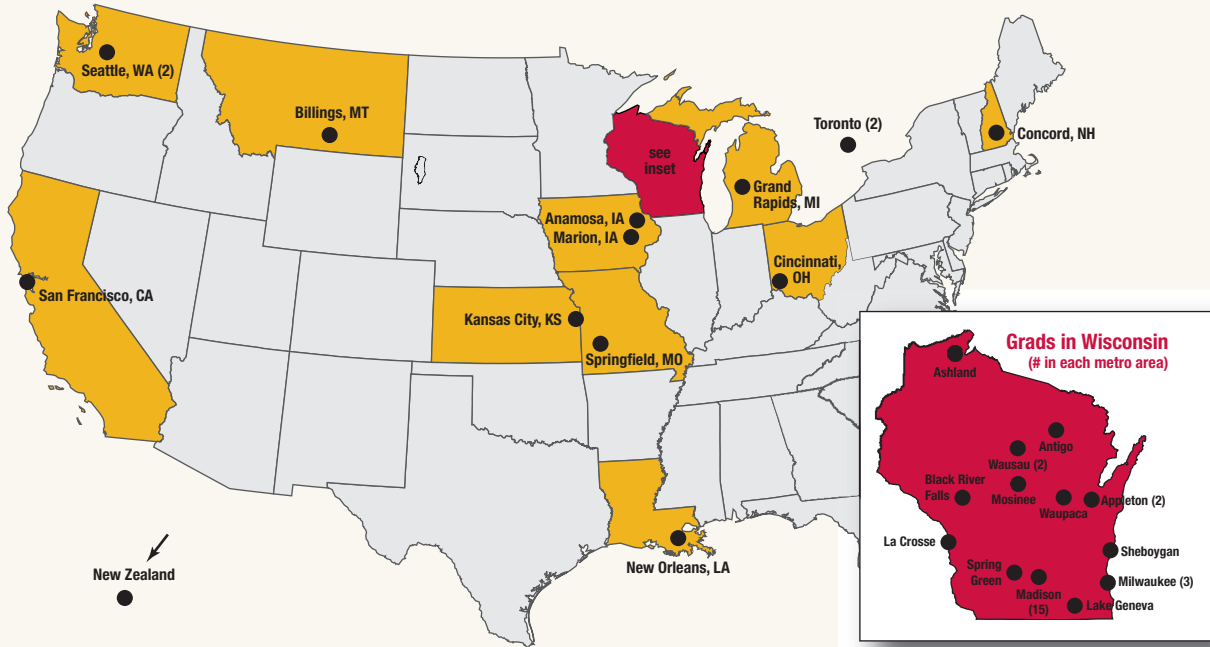
Today, the program attracts approximately 700 applicants for 9 positions each year. Besides building an outstanding curriculum, Dr. Smith has worked hard to create a supportive environment for learners—just as he experienced in Wausau.

“The most important training I received in residency was how to relate to people.”

“The most important training I received in residency was how to relate to people,” he reflected. “That’s what I’ve carried on as faculty in these 23 years: how to treat people with kindness and respect.”



Meet Our New Grads



In July, 39 residents and 10 fellows graduated from our sponsored and affiliated programs. The map above shows where they entered practice—is one near you?

Baraboo Rural Training Track



Rachel Hartline, MD
Upland Hills Medical
Center (Spring Green, WI)



Rebecca Pfaff, MD
Advanced obstetrics
fellowship, Swedish Medical
Center (Seattle, WA)

“I’m excited to practice in rural Wisconsin, and to put down roots in the community where I will practice and live. I’m also excited about the flexibility my new employer has given me to continue work I started during residency in global women’s health: cervical cancer screening in low-resource settings.”

—Rachel Hartline, MD



Learn more about our 2015 graduates and new residents at:
<http://www.fammed.wisc.edu/our-department/newsletter/summer-2015/new-residents-grads>

Eau Claire



Michelle Clark-Forsting, MD
Krohn Clinic
(Black River Falls, WI)



Shawndeeep Dhaliwal, MD
Malton Medical Centre
(Mississauga, Ontario, Canada)



Syed Hasan, MD
Locum Tenens



Rajiv Mohan, MD
Dusk Medical Centre
(Brampton, Ontario, Canada)



Mandira Rajkarnikar, MD
Encompass Medical Group
(Kansas City, KS)

“I am happy to be back in my hometown community. In Black River Falls, we practice full-scope family medicine and are really integrated in the community we serve.

“Each of the physicians here has a different way of giving back, whether it be through physician leadership, staffing local sports teams or supporting local foundations and charities.”

—Michelle Clark-Forsting, MD, MPH

Fox Valley*



Erin Fisk, MD
Otautau Medical Centre
(Otautau 9610, New Zealand)



Amy Romandine Kratz, MD
Montana Family Medicine
Residency—Riverstone
Health Sports Medicine
Fellowship (Billings, MT)



Angela Sargeant, DO
Affinity Medical Group
(Appleton, WI)



Joseph Schumann, MD
Affinity Medical Group
(Greenville, WI)



James Spencer, MD
ThedaCare Physicians
(Waupaca, WI)



Ashley Warmoth, DO
Aurora Lake Geneva
Family Practice
(Lake Geneva, WI)

“I have moved to a small community where I will be doing full-scope family medicine, including inpatient care and obstetrics.

“As I begin my career, I am most looking forward to building lifelong relationships with my patients—seeing them through all stages of life, from birth to end-of-life-care and everything in between.”

—James Spencer, MD

* On July 1, 2015, the Fox Valley residency program transitioned to a new organization, Mosaic Family Health, which is a collaboration with ThedaCare, Ministry Health Care and the Medical College of Wisconsin.

Madison



Laura Flanagan, MD
Dean Clinic
(Stoughton, WI)



Erin Hammer, MD
UW primary care sports
medicine fellowship
(Madison, WI)



Patrick Huffer, MD
UW DFMCH academic
fellowship (Madison, WI)

“I work at a clinic with a largely underserved patient panel in the heart of Cincinnati. I will be an advocate for patients left behind in the city’s gentrification process. I also hope to plant roots of service-oriented care in the impressionable soil of those in training.”

—Zachary Thurman, MD



Stephen Humpal, DO
Undetermined at the time
of publication



Eugene Lee, MD
UW DFMCH integrative
medicine fellowship
(Madison, WI)



Melissa Mashni, MD
Cherry Street Health
Center (Grand Rapids, MI)



John McKenna, MD
Dean Clinic East
(Madison, WI)



Christa Pittner-Smith, MD
UW Health Cottage Grove
Clinic (Cottage Grove, WI)



Trisha Schimek, MD
Heal Initiative global
health fellowship
(San Francisco, CA)



Sagar Shah, MD
UW DFMCH integrative
medicine fellowship
(Madison, WI)



Jonathan Takahashi, MD
UW DFMCH integrative
medicine fellowship
(Madison, WI)



Zachary Thurman, MD
University of Cincinnati
Health Primary Care
(Cincinnati, OH)



Aistis Tumas, MD
Chequamegon Clinic
(Ashland, WI)

Milwaukee



Crystal Cichon, DO
Aurora Health Center
(Waukesha, WI)



Loras Even, DO
Aurora Wiselives
Center
(Wauwatosa, WI)



Nora Guschwan, DO
Undetermined at the
time of publication



Bethany Howlett, MD
UW Health DeForest-
Windsor Clinic
(Windsor, WI)



Khalyne Johnson, MD
Aurora Sheboygan
Clinic (Sheboygan, WI)



Jessica Konarske, DO
UnityPoint Health
(Marion, IA)

“I practice full-scope family medicine with a focus on women’s health and long-term continuity care. As a family physician, I play a role in the health of the community by focusing on preventive medicine and controlling chronic medical issues.”

—Crystal Cichon, DO



Katherine Meyers, DO
UnityPoint Health
(Anamosa, IA)



Aylssa Mohorek, MD
Aurora Advanced
Health Care Northwest
Clinic (Milwaukee, WI)



Anthony Sturm, MD
Wildwood Clinic
(Madison, WI)

Wausau



Adam Clements, DO
Aspirus Wausau Hospital
(Wausau, WI)



Kyle Dembowiak, MD
Langlade Memorial
Hospital (Antigo, WI)



Tou Shoua Lor, MD
Aspirus Kronenwetter
Clinic (Mosinee, WI)



Minh Nguyen, MD
Mercy Clinic
(Springfield, MO)

“I grew up in Wausau and am excited to come back and serve those who helped me along the way to becoming a family physician. I’m looking forward to making and developing relationships with patients in the community I grew up in.”

—Tou Shoua Lor, MD

Fellows



Thomas Hahn, MD (A)
Assistant professor
(CHS), UW DFMCH
(Madison, WI)



Adrienne Hampton, MD (IM)
Assistant professor
(CHS), UW DFMCH
(Madison, WI)



Supriya Hayer, MD (CAM)
Research specialist and
lecturer, UW DFMCH
(Madison, WI)



Jeremy Johnson, MD (SM)
Primary care sports
medicine physician,
The Polyclinic (Seattle, WA)



Molly Rossignol, DO (AM)
Addiction specialist,
Concord Hospital
(Concord, NH)



Tanya Schlam, PhD (PCR)
Associate scientist,
UW Center for Tobacco
Research and Intervention
and Department of Medi-
cine (Madison, WI)



Sandra Sulzer, PhD (CAM)
Assistant professor
of sociology,
Xavier University
(New Orleans, LA)



Kevin Thao, MD (PCR)
Faculty, Aspirus family
medicine residency
program, UW DFMCH
(Wausau, WI)



**Rachel Thompson-
Fleming, MD (PCR)**
Pediatric hospitalist,
Gundersen Health System
(La Crosse, WI)



Andrew Watson, MD (PCR)
Assistant professor,
UW Department of Ortho-
pedics and Rehabilitation,
Division of Sports Medi-
cine (Madison, WI)

“I am excited to be the project director of a study that will soon launch with 1,000 smokers in primary care clinics. The study, which is part of a National Cancer Institute grant to the UW Center for Tobacco Research and Intervention, examines what treatments are most effective following a failed quit attempt.”

—Tanya Schlam, PhD (primary care research fellow)

DFMCH FELLOWSHIP PROGRAMS

A = Academic

IM = Integrative medicine

CAM = Complementary and alternative
medicine research

SM = Sports medicine

AM = Addiction medicine

PCR = Primary care research

Making a Difference in Ethiopia

Faculty, alums advance family medicine education, gender equity



Above, clockwise from left: Addis Ababa University (AAU) family medicine faculty and international partners; Ann Evensen, MD (second from left) with three AAU residents who taught Advanced Life Support in Obstetrics courses with her; Cindy Haq, MD, and James Conniff, MD, in Ethiopia with Elfenesh Abera, the mother of AAU family medicine residency program director Dr. Dawit Wondimagegn.

University of Wisconsin Department of Family Medicine and Community Health (DFMCH) Professor Cynthia Haq, MD, has been instrumental in establishing the first family medicine residency program in Ethiopia.

The Addis Ababa University (AAU) program is now in its third year, and to date has enrolled 22 residents.

Dr. Haq's work is remarkable, but it would not have been possible without UW vascular surgeon Girma Tefera, MD, who spearheaded collaborations; DFMCH colleague Ann Evensen, MD; resident alum Elizabeth Kvach, MD (Madison '13); resident alum and current fellow James Conniff, MD (Madison '14); and partners at the University of Toronto, the Ethiopian Ministry of Health and AAU.

Supporting a New Residency

The AAU family medicine residency program launched on February 4, 2013, with eight residents.

Dr. Dawit Wondimagegn, the program's inaugural director, said in the opening ceremony, "I think family medicine is going to change the face of primary care in Ethiopia."

Efforts to introduce family medicine education in Ethiopia had already been underway for several years, but were strengthened by a National Institutes of Health-funded Medical Education Partnership Initiative (MEPI) between AAU and the University of Wisconsin–Madison.

Through that grant, the DFMCH and the University of Toronto were able to host a faculty development fellowship for AAU faculty in 2012.

Fellows visited with DFMCH leaders, including Gene Farley, MD; Marc Hansen, MD; John Frey, MD; Kathy Oriel, MD; Michelle Grosch, MA; and Jacob Bidwell, MD.

"I think family medicine is going to change the face of primary care in Ethiopia."

They learned about the development of family medicine in the U.S., and visited hospital teaching services and community practices to see family physicians in action.

Continues on page 10

Farley Lecture & Frey Writing Awards



From left: Former DFMCH Chair John Frey, MD; Farley Professor Jeanette South-Paul, MD; DFMCH chair Valerie Gilchrist, MD

On September 16, 2015, we welcomed Jeannette South-Paul, MD, as our 2015 Farley Visiting Professor.

Dr. South-Paul is the Andrew W. Mathieson professor and chair of the University of Pittsburgh Department of Family Medicine.

That evening, we also announced the recipients of the 2015 Frey Writing Awards. These awards recognize individual creative writing by DFMCH faculty, learners and staff. Read the winning poems below.

Diagnosis: MRI With And Without Contrast

Deb Schultz, MD

Light and shadow
Shadow and light
Stark images
Cast grey and white
Cast cold and harsh

Only these remain

There were no colors
No warmth, no softness
To embrace, enfold
To promise possibilities
To speak of hope

All lost. Forever gone.

Your body betrayed
Our souls laid waste
Ravaged
By desolate dark truths
That echo still across the years

Aggressive. Widespread. Terminal.

Disseminated Death.

Sickle cell

Parker Hoerz, MD

She comes in monthly,
Reciting an old story to new ears that can't register her frequency.

Microscopes obscure the pathology she knows too well.

Trapped inside a sickle-shaped cell

Cutting off her hands, infarcting her life.

Together we live in the hospital,

My classroom, her prison.

I graduate in three years.

Her residency goes on.



Read the prose winners and more writing submissions at:
https://inside.fammed.wisc.edu/sites/default/files/JFrey_Writing_Award.pdf

NEW NAME (continued)

Several DFMCH faculty are already leading projects that reflect community needs.

Faculty at Madison's Northeast Family Medical Center partner with



Above: Northeast Family Medical Center faculty, staff and students at Lake View Elementary's Math Night.

nearby Lake View Elementary to support the health of students there, many of whom live in poverty.

In addition to creating a volunteer garden (see page 1), faculty at the Verona Clinic are collaborating with a local gym and supermarket on an initiative that helps patients eat better, exercise more and live healthier lives.

The Wausau residency program's Kevin Thao, MD, MPH, (Madison '14) oversees a coalition to improve the health of Hmong people in their community.

The Eau Claire residency program partners with Chippewa Valley Technical College and the University of Wisconsin–Eau Claire to help employees meet health goals.

And in Milwaukee, a long-standing collaboration with the Walnut Way Conservation Corporation promotes health, wellness and community revitalization in the Lindsay Heights neighborhood.

Residency Curriculum Adapts

The DFMCH's residency curriculum is also evolving; residents now design a community health learning plan, which can consist of hands-on projects, research or writing.

"Our goal is to prepare family physicians to respond to the general health of their communities, as well as provide personal care for individuals and families," Dr. Gilchrist explained.

ETHIOPIA (continued)

Impressed with what they learned, the fellows returned to Ethiopia with a vision of how to improve access to high-quality primary health care for their nation of 90 million.

"The primary contribution of the UW team was to serve as teachers, catalysts and facilitators of work in progress at AAU," Dr. Haq explained.



Left: Elizabeth Kvach, MD (center), talks with AAU gender equity fellows Dr. Yimtu (left) and Dr. Tewabech (right) during a visit to Ethiopia.

A Return to Celebrate, Teach

Since the launch, the DFMCH team has traveled to Ethiopia several times to celebrate and recommend future developments, which include expanding to two more universities.

They've also led Advanced Life Support in Obstetrics (ALSO®) Provider and Instructor courses—critical education in a nation where 16 percent of deaths in reproductive-age women are due to maternal causes.

Dr. Evensen, who serves as a resident supervisor, is also conducting a faculty development needs assessment with AAU resident Dr. Sawra Getnet. They are part of

an international network of family physicians doing similar work across sub-Saharan Africa.

An Action Plan for Gender Equity

DFMCH and UW School of Medicine and Public Health (SMPH) faculty are also promoting gender equity among Ethiopian female faculty and learners.

Nine women faculty from three Ethiopian universities attended SMPH-hosted fellowships to promote leadership development. Follow-up meetings at AAU formally identified gender equity concerns and wove them into an improvement plan.

Gratitude and Optimism

Dr. Haq thanks her colleagues in Wisconsin, Canada and Ethiopia for working towards change.

"It is gratifying to see that AAU has made important strides to establish family medicine and lay the groundwork to promote gender equity," she reflected.

"There is a great deal of work ahead, but if our collective efforts are successful, many lives could be positively affected."



Adapted from our e-newsletter:
<http://www.fammed.wisc.edu/our-department/newsletter/summer-2015/strengthening-family-medicine-ethiopia>

Catching Up With Our Alumni

Baraboo

Bridget DeLong, MD ('11), practices outpatient family medicine with obstetrics at Dean Clinic in Baraboo, Wisconsin, and is on the faculty of the DFMCH's Baraboo Rural Training Track.



Eau Claire

Amy Coulthard-Atwater, DO ('07), practices at Aurora Health Care in Kaukauna, Wisconsin. She is married with a son and is expecting a daughter in October.



Erik Dickson, MD, FAFAP ('00), practices at Marshfield Clinic in Cornell, Wisconsin, and recently received the AAFP's Degree of Fellow.



Fox Valley

Andrew Villamagna, MS, MD, FAFAP ('09), is a family physician at JSA Medical Group in Pinellas Park, Florida. Before that, he was a National Health Service Corps scholar, caring for the underserved in St. Petersburg, Florida.



Bobby Yun, MD ('06), is the founder of and a physician at Urgent Care Physicians, Ltd, an independent urgent/acute care clinic in Appleton, Wisconsin.



Madison

Marjorie Bass, MD ('85), was the only physician on Washington Island, Wisconsin, for 16 years. She retired in 2001, but still lives on the island, as do seven of her 23 grandchildren. She enjoys gardening, reading and quilting.



Michelle Brogunier, MD ('99), practices at UW Health Urgent Care in Madison, Wisconsin, and is an active member of the Wisconsin Environmental Health Network and Physicians for Social Responsibility.



Jennifer Mastrocola, MD ('14), practices full-scope family medicine in an underserved area of Hartford, Connecticut, and is an assistant professor and assistant residency program director at the University of Connecticut family medicine residency program. She and her husband welcomed a daughter, Emma Marie Mastrocola, on September 28, 2015.



Joseph Mattern, MD ('03), is the chief medical officer for Jefferson Healthcare in Port Townsend, Washington, a rural health system that includes a critical access hospital, rural health primary care clinics and specialty practices. In addition to his clinical and administrative duties, he is the hospice medical director, chairs the ethics committee and is preparing membership with an Accountable Care Organization in 2016.



Milwaukee

Mark Robinson, DO ('08), is the associate director of the Aurora family medicine residency program in Milwaukee, Wisconsin, and is the director of the DFMCH's statewide osteopathic residency program. He partners with the Aurora Sports Medicine Institute as a consultant for Marquette University Athletics, and is the lead physician for the Marquette women's volleyball team.



Paul Hartlaub, MD, MSPH ('90), is the medical director for population health and clinical quality for Wheaton Franciscan Healthcare, in Milwaukee, Wisconsin, and developed "Prevention Checklist," an iPhone app that provides evidence-based clinical prevention recommendations.



Wausau

James Dickman, MD ('02), is vice president of Richland Medical Center, in Richland Center, Wisconsin. He the proud father of five children, and he and his wife love going to Packer games every year.



We want to feature you! Share news, accomplishments or updates at: fammed.wisc.edu/alumni-update-form



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