

# in our family



The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | Spring 2019

## Reducing the Impact of Addiction

Outreach, education, advocacy and research supports recovery

**T**he Midwest has been particularly challenged by the national opioid crisis. Between 2016 and 2017, opioid overdoses in the region jumped 70 percent, compared to a national average increase of 30 percent. In Wisconsin, emergency department visits for opioid overdose increased at least 50 percent—among the highest in the nation.

As part of the solution, University of Wisconsin Department of Family Medicine and Community Health (DFMCH) faculty lead initiatives to reduce the impact of not just opioid use disorders, but all addictions.

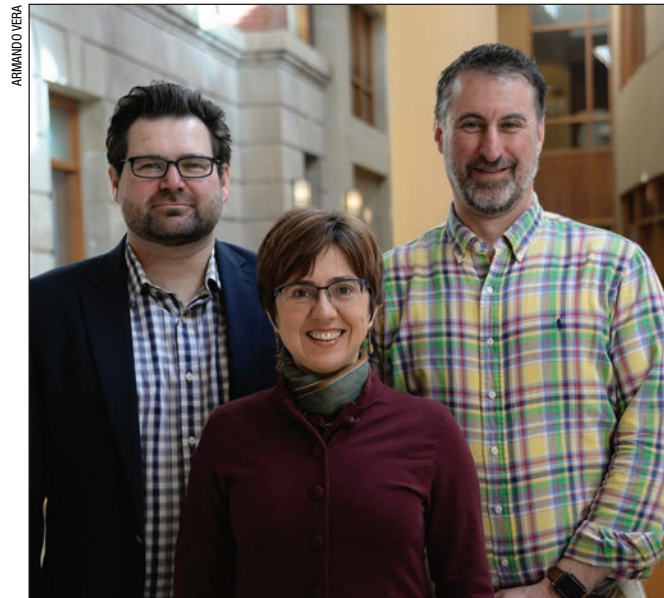
### CONSULT HOTLINE, VIRTUAL CONTINUING EDUCATION

In what is believed to be a national first, the DFMCH's **Randall Brown, MD, PhD, DFASAM**, leads the University of Wisconsin Addiction Consultation Provider Hotline, which provides daily on-call support to help Wisconsin primary-care providers

manage patients with addictions. The hotline team focuses on acute, clinic-based care of the full range of addictions, but also advises on longer-term care and follow-up.

Dr. Brown also leads a Project ECHO® series called ACCEPT (**A**ddiction & **C**o-morbid **C**onditions: **E**nhancing **P**revention & **T**herapeutics). These free monthly video-conferences connect addiction-medicine experts with providers statewide. Through a collaborative case discussion and a didactic presentation from a member of a multidisciplinary specialist panel, participants learn strategies for managing all substance use disorders, including opioid use disorders.

Funding for both programs comes from Wisconsin Department of Health Services (DHS) grants.



*Drs. Andrew Quanbeck, Aleksandra Zgierska and Randall Brown (pictured above, from left) lead numerous initiatives to tackle the many forms of addiction.*

*See page 7 for more of the article and how to participate.*



Department of Family Medicine  
and Community Health  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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Dear Friends,

**W**elcome to the spring issue of *In Our Family*. We lead off with an overview of initiatives our faculty lead to help reduce the impact of

addiction in Wisconsin and beyond. Several of those initiatives have an outreach component, especially for physicians in Wisconsin; please see page 7 for more information on how you can participate.

We also introduce **Lauren Walsh, MD, MPH**, a recent alumna of our Madison residency program whose passion for rural medicine and education led her to become the newest teaching faculty member at the Lakeland Rural Training Track.

You'll also enjoy updates from our statewide sponsored and partner programs, and from some alumni from the class of 1989.

As always, please keep in touch. We love to hear from you!

### **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

### **Dr. Randall Brown Inducted into AOA**

**Randall Brown, MD, PhD, DFASAM**, was inducted into Alpha Omega Alpha, the national medical honor society, in a ceremony on April 17, 2019.



### **Dr. Jennifer Edgoose Selected as a UW–Madison Outstanding Woman of Color**

**Jennifer Edgoose, MD, MPH**, was selected as a University of Wisconsin–Madison 2018–2019 Outstanding Women of Color. Dr. Edgoose has worked to create a definition of “continuity of care” that goes beyond the clinic to address social issues, and infused social justice principles into a community and population health curriculum.



### **Dr. Ann Evensen Receives AAFP Humanitarian Award**

**Ann Evensen, MD**, received the American Academy of Family Physicians (AAFP) 2018 Humanitarian Award. The DFMCH's director of global health, Dr. Evensen has interests in low-risk obstetrics, women's health, and the intersection of primary and emergency care.



### **Dr. Melissa Stiles Named WAFP Educator of the Year**

**Melissa Stiles, MD**, the DFMCH's director of faculty development, was named the Wisconsin Academy of Family Physicians (WAFP) 2018 Family Medicine Educator of the Year. Dr. Stiles is also one of the faculty in the University of Wisconsin School of Medicine and Public Health's Longitudinal Teacher-Coach program.



More news at: [fammed.wisc.edu/news](http://fammed.wisc.edu/news)

## Stay in Touch!

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# An Education Mission, A Rural Life

A Q&A with Dr. Lauren Walsh, Lakeland RTT's newest faculty member

*Recent alumna Lauren Walsh, MD, MPH (Madison '18), joined the Aurora Lakeland Rural Training Track (RTT) in October 2018.*

## How would you describe your clinical practice and teaching responsibilities?

I'm based at the Aurora Lakeland Family Medicine Clinic in Elkhorn, Wisconsin; we do full-scope, outpatient family medicine. I focus on women's health with obstetrics and am the first family physician in this part of the Aurora system to do that.

I'm in clinic two half-days per week. I also lead half-day per week didactic sessions, staff residents four half-days per week and supervise residents with obstetrics patients.

## Why academic family medicine, and why the Lakeland RTT?

I always knew I wanted to do rural medicine. I grew up on our family farm near Beloit, Wisconsin, and my husband grew up on a former dairy—now bison—farm north of Milwaukee. Coming back to a rural community was like coming home to me.

I'm still very close to my family's farm, and my husband and I play a huge role there on the weekends. We want to bring his family's bison onto our farm this summer or next.

I always thought I would be a rural doctor in my own clinic, with my own patients. But academic family medicine was appealing because I like teaching residents. The Wisconsin Office of Rural Health's physician recruitment program helped me get connected with the Lakeland program.

## What experience during residency best prepared you for your job now?

Being a chief resident during my third year was the best preparation I could have. I was also able to co-staff with my attendings, which was excellent preparation for building my confidence and skill set.

## Which mentors from residency stand out?

Dr. Jeni Carlson would always make sure the ball was in our court when we were talking with patients. She really wanted us to have ownership of that patient and their experience. That's something I've emulated with our residents and they love it.

Dr. Rich Roberts was such a great storyteller. He would always be able to bring it back to why family doctors were important and why we should value ourselves and our different skill sets. If having a therapeutic visit with a patient every month keeps them out of the hospital and gives them a listening ear, then it's doing a lot for them. I always remember that and try to remind my residents of that.

*At left, Dr. Walsh and daughter Saoirse at their family farm.*

AURORA HEALTH CARE



*Above, Dr. Lauren Walsh combines rural medicine, women's health with obstetrics and resident teaching in her role as a faculty member at the Lakeland RTT, an academic partner of the DFMCH.*

I also really enjoyed working with Dr. Brian Arndt. He's very efficient in his teaching; he instilled knowledge by not overwhelming us with information, but instead coming up with takeaways that would stick.

## What do you enjoy most about your work?

We have great residents who are eager to learn and excited about increasing their knowledge base. They have been just wonderful, and have embraced me as a new faculty member.

## What do you hope to accomplish now?

I'm looking forward to changing the culture of medicine that patients have known: that they have to go to an OB/GYN for a well-woman exam. People are surprised that I do that; that it's a one-stop shop—but I think patients like it.

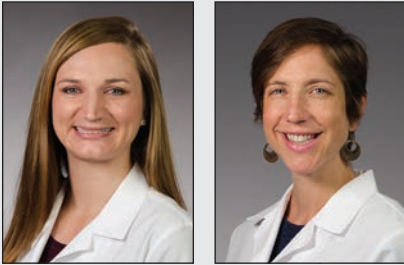


LAUREN WALSH

## STATEWIDE PROGRAM HIGHLIGHTS

### Baraboo Rural Training Track (RTT)

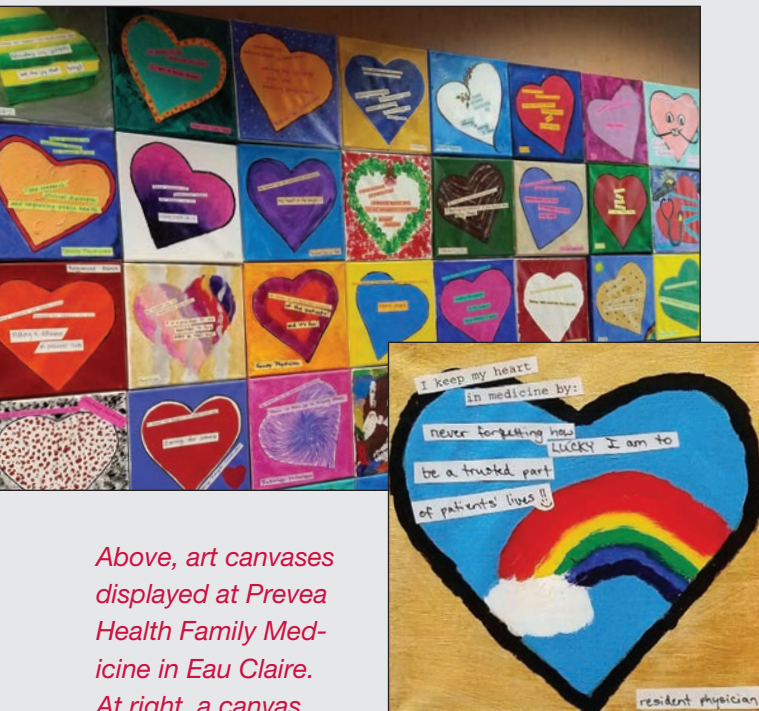
The Baraboo RTT welcomed two new faculty in the fall of 2018. **Kristine Johnson, MD**, and **Alyssa Tilhou, MD**, both provide full-spectrum family medicine and specifically came to Baraboo to be actively involved in resident teaching.



*From left: Dr. Kristine Johnson and Dr. Alyssa Tilhou*

### Eau Claire Residency Program

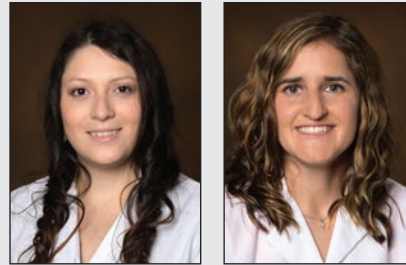
Eau Claire and Augusta faculty, residents and staff wore their hearts on their sleeves at a gathering late last year. To express how their hearts are in medicine, they created art canvases that are now displayed in their clinic waiting rooms. The idea was based on the HeARTS in Medicine program at the University of Arizona College of Medicine in Phoenix.



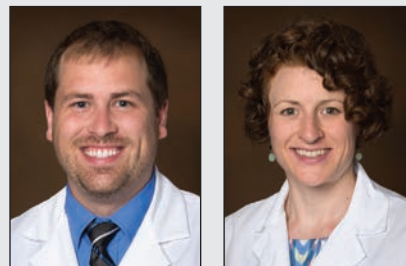
*Above, art canvases displayed at Prevea Health Family Medicine in Eau Claire. At right, a canvas created by a resident and displayed at the Prevea Augusta Health Center.*

### La Crosse Residency Program

The La Crosse program is proud to graduate its first class in June 2019. They will be family physicians in La Crosse, Viroqua, and Rice Lake, Wisconsin; and La Crescent, Minnesota. Those four pioneer residents were instrumental in establishing the program—which has since finished its expansion to six residents per class—at Gunderson Health System.



*The inaugural class of La Crosse residents will graduate in June 2019. Clockwise from top left: Dr. Katya Alcaraz Voelker, Dr. Victoria Bodendorfer, Dr. Wesley Fox, Dr. Elizabeth White.*



### Lakeland Rural Training Track (RTT)

The Lakeland RTT welcomed its second class of residents in July 2018, while residents in the first class began to grow their practices. The program also welcomed its newest faculty member, **Lauren Walsh, MD, MPH**, a 2018 alumna of the Madison residency program. (Read a profile of Dr. Walsh on page 3.)



*The second class of Lakeland RTT residents, from left: Dr. Anna Mirer, Dr. Nicole Hammes, Dr. Karlee LaFavor, Dr. Heather Cloum.*

## Madison Residency Program

Madison residency program director **Ildi Martonffy, MD**, was named to the Association of Family Medicine Residency Directors' newly created Diversity and Health Equity Task Force. Her participation will support the residency program's efforts to create a diversity and inclusion curriculum, which got underway in 2018 with a series of workshops on inclusive teaching.



*Dr. Ildi Martonffy*

## Milwaukee Residency Program

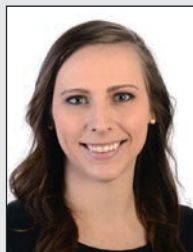
The Milwaukee residency program's Community Health, Advocacy, and Managing Populations (CHAMP) curriculum, directed by faculty member **Kjersti Knox, MD**, continues to thrive. This year, residents **Abdulrehman Siddiqui, MD**, and **Joseph Vogelgesang, DO**, led the VeggieRx project, which provides patients who screen positive for food insecurity with vouchers for free fruits and vegetables from the local Fondy Farmers' Market.



*From left: Dr. Kjersti Knox, Dr. Abdulrehman Siddiqui, and Dr. Joseph Vogelgesang*

## Waukesha Residency Program

**Kristen Fox, MD** (Waukesha '18), joined the Waukesha program as a new faculty member. Dr. Fox is a full-spectrum family physician working towards a dual board certification in addiction medicine. She has a special interest in treating opioid use disorder in pregnancy and alcohol abuse disorder.



*Dr. Kristen Fox*

## Wausau Residency Program

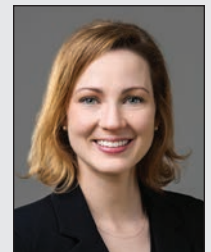
Alumnus **James Messerly, DO** (Wausau '95), received the Legend in Teaching Award at the program's graduation ceremony in June 2018. This annual award goes to a core or community faculty member who has significantly contributed to resident education. Dr. Messerly has given orthopedic and sports medicine lectures at the program's didactic conferences for at least 13 years.



*Dr. James Messerly received the Legend in Teaching award.*

## Statewide Osteopathic Collaborative

The Statewide Osteopathic Collaborative welcomed two alumni as teaching faculty: **Michelle Crane, DO** (Milwaukee '17), who practices at the Aurora Wiselives Center in Wauwatosa, as director of curriculum and instruction; and **Anna Veach, DO** (Madison '16), who practices at the UW Health Arboretum Clinic in Madison, as associate director of osteopathic education.



*From top: Dr. Michelle Crane and Dr. Anna Veach*

## Fellowships

The Accreditation Council for Graduate Medical Education (ACMGE) officially conferred accreditation status—with no citations—on the DFMCH's addiction medicine fellowship, led by **Randall Brown, MD, PhD, DFASAM**. The accreditation, which became effective July 1, 2018, demonstrates that the program meets ACGME quality standards for preparing graduates for practice as addiction medicine physicians.



*Dr. Randall Brown*

# Catching Up: The Class of 1989

## Eau Claire

**Patricia Kress, MD**, left private practice in 2016, and is now the medical director at the University of Wisconsin–Eau Claire student health clinic. For 20 years, she was a staffer one half-day per month at her former residency clinic; in 2010, she was named Sacred Heart Hospital’s “Physician of the Year.” Her daughter Katie is a first-year rural family medicine resident in St. Louis Park, Minnesota.



*Dr. Richard Swenson was always so calm. He taught us about keeping “margin” in our lives and helped me balance a career in medicine with a family.*

—Patricia Kress, MD

**John (Jack) Gucciardi, MD**, worked in primary care for six years, and has done urgent care for 24 years. He provides urgent care services at Froedtert Health in Wauwatosa, Wisconsin. His interest in health empowerment led him to found a nonprofit organization that’s collaborating with the Froedtert Wellness Center on a pilot study to improve behaviors around routine exercise, healthy eating, and weight management. He and his wife Caroline, a school teacher, have three children: Ben, a high school English teacher in Chicago; Grace, an RN in Davis, California; and Sophie, an OT in Cleveland.



## Madison

**Rebecca Bull, MD**, began practice at Group Health Cooperative of South Central Wisconsin right after residency. She still practices full-spectrum family medicine with obstetrics at its Capitol Clinic in Madison, Wisconsin, and interacts with DFMCH residents on rotations at UnityPoint Health – Meriter.



**Kevin Carr, MD**, is the lead physician at The Platteville Clinic at Southwest Health in Platteville, Wisconsin, and a member of Southwest Health’s board of directors. He provides full-scope family medicine and delivered his 2000th baby two years ago. His daughter is a fourth-year OB/GYN resident at the University of West Virginia and his son is an Army officer specializing in engineering. Dr. Carr and his wife also own 25 Appaloosa horses, which they breed and sell.



*Drs. William Scheibel and Jim Damos were amazing to work with. They both had great experiences to teach the tools needed to practice in a rural setting.*

—Kevin Carr, MD

**Elissa Palmer, MD**, is the chair of the University of Nevada, Las Vegas (UNLV) Department of Family and Community Medicine, a role she has held since 2007, when the department was part of the University of Nevada, Reno School of Medicine. She was named founding chair in 2017, when the UNLV School of Medicine was created. Dr. Palmer has held positions as program director, senior associate dean clinical affairs, and board member and president of national organizations, and has practiced full-scope family medicine in rural, suburban and urban areas. She received the Society of Teachers of Family Medicine Advocacy Award in 2010, the American Academy of Family Physicians Nevada Chapter Family Physician of the Year Award in 2011 and the Johns Hopkins School of Medicine Distinguished Alumnus Award in 2015.



**Brad Roter, MD**, has been on the faculty of the University of Washington Department of Family Medicine since completing residency. For 22 years, he practiced as a family physician with obstetrics and inpatient care in a Seattle community health center. He also worked as an HIV specialist, helping to run the Washington State HIV AIDS Drug Assistance Program for 12 years. Now, he is a locum tenens in community clinics; does housecalls; works with disabled soldiers; and leads training sessions for healthcare professionals on clinician vitality, patient-centered care and behavior change.



*Dr. Jeff Patterson was an inspiring mentor [on issues of] transgender medicine and sexual dysfunction, and with Physicians for Social Responsibility.*

—Brad Roter, MD

Are you a 2013 or 2018 alum? If so, be sure to keep an eye out for the annual graduate survey from Dr. Bill Schwab!

We want to feature you in our next issue! Share your news or updates at: [fammed.wisc.edu/alumni/alumni-form](http://fammed.wisc.edu/alumni/alumni-form)

## ADDICTION (continued)

### STATEWIDE RECOVERY NETWORK

The DFMCH is also home to Wisconsin Voices for Recovery, a statewide network that aims to create sustainable peer-to-peer recovery support resources across Wisconsin.

With funding from the Wisconsin DHS (principal investigator: **Aleksandra Zgierska, MD, PhD**) and support from the DFMCH, the program offers education, connections to community resources and an advocacy platform focused on reducing stigma and promoting recovery.

It also awards seed funds through its ED2Recovery program to organizations, including recovery community organizations, for peer-to-peer services provided by recovery coaches and certified peer-support specialists to individuals with an opioid use disorder who are referred from emergency departments or other settings.

Membership in Wisconsin Voices for Recovery is free and open to anyone interested in improving recovery support services in Wisconsin.

### ADDICTION MEDICINE FELLOWSHIP

The DFMCH has been instrumental in training physicians to become board certified in addiction medicine.

In 2010, Dr. Brown established and began directing the DFMCH's multidisciplinary addiction medicine fellowship. It was one of the first in the nation and was recognized as a National Model Program by the American Board of Addiction Medicine.

Fellows learn to prevent, assess and manage patients with substance use disorders and related illnesses, focusing on medication-assisted treatment and integrating addiction treatment into primary care.

The fellowship received formal accreditation from the Accreditation Council for Graduate Medical Education in 2018, soon after national application requirements were released.

### RESEARCH INNOVATION

DFMCH researchers also focus on innovative therapeutic approaches and system-level improvements to help prevent and treat addiction.

Dr. Zgierska is leading a five-year multisite clinical trial (**STAMPstudy.org**), supported by the Patient-Centered Outcomes Research Institute, to compare the effectiveness of mindfulness meditation with cognitive behavioral therapy in patients with opioid-treated chronic low back pain.

And in one National Institutes of Health (NIH)-funded project, the DFMCH's **Andrew Quanbeck, PhD**, along with Drs. Brown and Zgierska, works to better integrate opioid prescribing guidelines into 38 Wisconsin primary-care clinics.

The project builds on a pilot study that found that distilling clinical guidelines into an implementation guide, and providing six months of coaching to clinical teams at four family medicine clinics, resulted in an 11 percent reduction in opioid doses in those clinics. Other guideline elements implemented included mental health screening, treatment agreements, and regular urine drug testing.

More recently, Dr. Quanbeck began a second NIH-funded project to investigate whether a smartphone app that monitors the activity of people with alcohol use disorders and delivers interventions as needed could be integrated into primary care.

Together, these initiatives are critical steps for addressing the impact of addiction on individuals, families and communities in Wisconsin—and beyond.

## How to Participate



### University of Wisconsin Addiction Consultation Provider Hotline

- Open to Wisconsin providers only
- Available weekdays, 8 a.m. to 5 p.m.
- For assistance, call the UW Health Access Center at 608-263-3260 (800-472-0111 outside Madison)



### Project ECHO® Series: ACCEPT (Addiction & Co-morbid Conditions: Enhancing Prevention & Therapeutics)

- Live conference sessions open to
- Wisconsin providers only (video archives of didactic presentation available to the public)
- Sessions held the third Friday of each month, 12:30 p.m. to 1:30 p.m.
- Continuing education credits available for physicians, nurses, pharmacists and pharmacy technicians who attend the live session.
- Details at: [fammed.wisc.edu/echo](http://fammed.wisc.edu/echo)



### Wisconsin Voices for Recovery

- Public advocacy and education
- Provides seed funds to organizations to employ recovery coaches and certified peer-support specialists
- Membership is free and open to anyone interested in improving recovery support in Wisconsin
- Details at: [wisconsinvoicesforrecovery.org](http://wisconsinvoicesforrecovery.org)



## Department of Family Medicine and Community Health

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## THE DFMCH'S 50TH ANNIVERSARY CELEBRATION



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