

in our family



The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | **Spring/Summer 2022**

Osher Foundation Gift

\$5.5 million award will improve access to UW Integrative Health Program

Equitable access to integrative health services has been the dream of **David Rakel, MD**, since his early days in private practice in Diggs, Idaho. Now the chair of the Department of Family Medicine and Community Health (DFMCH) at the University of Wisconsin School of Medicine and Public Health (SMPH), Rakel listened to his patients in that small rural practice and developed a lifelong passion for exploring the mind-body connection. He left Idaho to pursue an integrative medicine fellowship at the University of Arizona and later established the UW Integrative Health Program in 2001, but he's never forgotten the lessons he learned in the Pacific Northwest.

"That's where my patients taught me about the importance of going deeper into the context of one's life to uncover the path toward health," remembers Rakel.

Fast forward 28 years, and Rakel's dream of expanding integrative health is closer to reality thanks to a \$5.5 million award from The Bernard Osher Foundation. Based in San Francisco, the foundation was estab-

lished in 1977 to improve quality of life through higher education and the arts by supporting post secondary scholarships, life-long learning institutes and integrative health centers in the United States and Sweden.

This permanent, endowed funding for the UW Integrative Health Program, housed within the DFMCH, will help solidify the department's commitment to salutogenic science, a concept Rakel has elevated since he accepted the role as chair in July 2021. Salutogenesis—the origins of health—recognizes the complex system in which we live and the effect of historical, social-cultural and environmental conditions on our ability to thrive. As the department's focus moves toward the creation of a collaborative research network for salutogenic science, the generous funding aligns the SMPH with



Greta Kuphal, MD, and David Rakel, MD

an elite group of Osher Integrative Health Programs, including centers at the University of California, San Francisco; Harvard Medical School and Brigham and Women's Hospital in Massachusetts; Karolinska Institute in

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

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Dear Friends,

Welcome to the latest issue of *In Our Family*. I'm pleased to announce that our lead story details a \$5.5 million endowment received

by the UW Integrative Health Program from the Bernard Osher Foundation. Our goal is to use this award to improve access to integrative health services.

In this issue, you'll also read about some of our statewide program highlights including updates from our DFMCH sponsored and academic partner programs.

Finally, catch up with some of our alumni including Kjersti Knox, MD, who received the 2022 UW SMPH Dean's Teaching Award.

As always, please stay in touch. We want to hear from you too!

David Rakel, MD

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

News Briefs

Dr. James Bigham Selected for 2022 AAFP Vaccine Science Fellowship



James Bigham, MD, MPH, was selected as a 2022 American Academy of Family Physicians Vaccine Science Fellowship recipient. Through this fellowship, he will gain education and practical hands-on experience through meetings with experts in public health and immunization, federal and state vaccine policy groups, and vaccine manufacturers.

Dr. Kirsten Rindfleisch Appointed Senior Medical Director of Primary Care



Kirsten Rindfleisch, MD, was selected to serve as senior medical director of primary care for UW Health. She will use her ten years of progressive leadership experience and strength in systems thinking to provide clinical oversight to more than 300 clinicians caring for over 290,000 patients medically homed in UW Health's 36 primary care clinics.

Dr. Patricia Téllez-Girón Receives Superhero of Medicine Award from the Wisconsin Medical Society Foundation



Patricia Téllez-Girón, MD, was honored as a Superhero of Medicine for her work coordinating the community health response to the Latinx community during the pandemic. She worked to provide health care for Spanish-speaking individuals and families and served as an advocate and mentor for youth of color considering and pursuing careers in health and medicine.



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Published by the University of Wisconsin
Department of Family Medicine and Community Health

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INTEGRATIVE HEALTH (CONTINUED)

Sweden; Northwestern University in Illinois; Vanderbilt University in Tennessee; University of Miami Miller School of Medicine in Florida; University of Washington; and University of Cincinnati.

The ability to collaborate with these top institutions in clinical, educational and research endeavors to advance the field of integrative health is an important component for success, according to **Greta Kuphal, MD** '06 (PG '09, '11), clinical associate professor, DFMCH, and medical director, UW Integrative Health Program.

“This gift from the Osher Foundation will allow us an increased capacity to be present for a larger portion of our community. We want to expand our group medical visit program, which is centered around the ‘whole health’ model of care—an approach that starts with asking patients about what really matters most to them, and why it is important to maintain their health,” shares Kuphal. “We can then explore a variety of paths to help them work toward their goals.” She continues, “This shifts the model of care from a ‘find it, fix it’ mentality to one that fosters health and healing—truly implementing the principles of salutogenic science.”

Kuphal and Raket first crossed paths when she started her family medicine residency in the DFMCH. At that time, she was a

new mom struggling to find a balance with work and family.

“Through my residency, I was inspired by the exposure I had to Drs. David Raket and **Adam Rindfleisch** (PG '03, '05), who were the leaders in our Integrative Health Program at that time. They brought an approach to medicine that not only expanded the tools in the proverbial black bag, but also endorsed a humanistic approach to working with patients,” recalls Kuphal.

She went on to complete the UW Academic Integrative Health Fellowship and credits that experience with helping her find a place in medicine that kindled elements that were growing within her as a mother.

“There is value in being truly present with patients, to listening deeply and being curious about their lives, what is important to them, what goals they have for their health and why,” says Kuphal.

As for Raket, he's proud the Osher funding will help expand the program he founded 21 years ago that boasts milestones like a collaboration with the Veteran's Health Administration to develop and implement the Whole Health Initiative, emphasizing self care, prevention and the evidence-informed use of conventional and complementary care. Other projects over the years have included research designed to bring awareness to the healing process, group medical visits for people dealing with chronic pain, a library of physician/patient educational resources, training programs like



A group practices Tai Chi in the courtyard at East Madison Hospital.

the Academic Integrative Health Fellowship, and tools for clinician self-care.

“Establishing an Osher Integrative Health Center at UW-Madison gives us the resources to look outside of traditional health care and do better for our patients,” says Raket. “We have plans to bring integrative health to our communities and eliminate transportation and cost barriers that prevent people from gaining access to important services, including group medical visits.”

The UW Integrative Health Program has several integrative health physicians working with more than 30 allied health professionals to provide a range of services in UW Health primary care clinics, plus the UW Health Research Park Clinic and East Madison Hospital. In addition to physician consults, the program offers mindfulness classes, wellness focused group medical visits, acupuncture, massage therapy, healing touch and a wide variety of land and pool-based fitness programs. Raket and Kuphal agree that the ability to engage with community members, learn from them and bring these or other needed services directly to them is a top priority as part of the Osher collaborative.

“Wisdom will come from the communities we partner with,” concludes Kuphal. “What we learn from them will allow our work to be truly meaningful to the health of those we serve.”



Maddie Batzli participates in a meditation class.

STATEWIDE PROGRAM HIGHLIGHTS

Baraboo Rural Training Track (RTT)



The Baraboo Family Medicine Program transitioned to a new residency program manager this year. **Kellie Churchill** started on March 28th, 2022.

Eau Claire Residency Program

The Eau Claire Residency Program is grateful to be back in the community for educational presentations within the local schools after a two-year hiatus due to COVID restrictions. Since March, the program has presented on topics such as sex education, women and men's health, nutrition, internet safety, and hand washing.

La Crosse Residency Program



Dr. Paul Klas, program director, and Dr. Laura Krueger, PGY3, prepare to do mobile medicine in the community.

Six outstanding residents graduated in 2021. **Jacob Ball, MD, Cassandra Lanning, DO, Chris Laylan, MD, Mark McCabe, MD, Zach Meyer, MD, and Ian Stock, DO.** We continue to match and train exceptional residents with aspirations to provide family medicine to rural areas. Our program also continues to make inroads into the community, having established a mobile medicine (street medicine) program and are setting up to be the providers for a community school in an underserved area.

Aurora Lakeland Rural Training Track (RTT)

Current PGY3 resident, **Dr. Heather Cloum**, will join the Aurora Lakeland Rural Residency Program faculty in July. Dr. Cloum's insight and knowledge as a recent grad will benefit the growing program.



2022 Lakeland RTT grads are joined by Program Director Jeffrey Tiemstra, MD, FAAFP, and Medical Education Coordinator Stephanie Dunaway. From left: Stephanie Dunaway, Heather Cloum, MD, Karlee LaFavor, MD, Anna Mirer, MD, Nicole Hammes, MD, and Dr. Tiemstra.

Madison Residency Program

During the past year, the Madison residency began FAM Jam. FAM stands for "focus on ambulatory medicine" and the FAM Jam sessions are weekly time for co-learning with residents, faculty, social work, nursing, and pharmacy colleagues together in clinic. Each Friday afternoon starts with the group gathering to discuss interesting cases from the week. It is wonderful to gather and learn from each other!

Milwaukee Residency Program

Aurora welcomed one of their fellow chief residents, **Keyonna Taylor-Coleman, MD**, as a new faculty member in the fall. Additionally, they have signed with three other residents who will become faculty and have ties to the program. **Lawrence Moore, MD**, with TRIUMPH; **Zeeshan Yacoob, MD**, in research/rotations; and **Alexandrea Spindler, DO**, as a member of the DMU WI Cohort.



Dr. Lawrence Moore



Dr. Alexandrea Spindler



Dr. Keyonna Taylor-Coleman



Dr. Zeeshan Yacoob

Statewide Osteopathic Collaborative



The Statewide Osteopathic Collaborative continues to provide hands-on learning (with safety measures taken) at conferences four times a year. **Sarah James, DO**, the director of osteopathic education and program director for DFMCH-sponsored programs, is currently serving as the vice chair of the

ACGME Osteopathic Recognition Committee and was selected as the recipient of the DFMCH Hansen Lectureship in recognition of her substantial contribution to the education of residents and medical students. **Yusuf Abdullah, DO**, and **Nathan Gorman, DO**, have been selected as next year's osteopathic chief residents, with current osteopathic chiefs, **AJ Sheehan, DO**, and **Nick Sullivan, DO**, graduating at the end of the year.

Waukesha Residency Program



Dr. Kristen Fox

Kristen Fox, MD (Waukesha '18), is a member of the Waukesha program faculty. She is a full-spectrum family physician and recently became dual board certified in addiction medicine. She specializes in treating opioid use disorder in pregnant and parenting women as well as integrating addiction treatment into primary care. She is passionate about training family medicine residents to provide evidence-based addiction care in their primary practice.

Fellowships

Asma Ali, PharmD, PhD, was welcomed to the Primary Care Research Fellowship. **Jane Evered, PhD, RN**; **Tana Chongsuwat, MD**; and **Julie Kirsch, PhD**, will complete their second year as primary care research fellows in the summer of 2022. All three will continue for a third year on the T32 research training grant funded by the Health Resources and Services Administration. **Kellia (K.J.) Hansmann, MD, MPH**, and **Maria Mora Pinzon, MD, MS**, will complete their third year of the fellowship and continue with additional training or in faculty positions.



Fellows and faculty enjoyed the Spring Fellowship Symposium. From left: Jane Evered, PhD, RN; Rachel Grob, PhD; KJ Hansmann, MD, MPH; Christina Swords, fellowship coordinator; David Feldstein, MD, associate director; Tana Chongsuwat, MD; Bruce Barrett, MD, PhD, director; Julie Kirsch, PhD; John Beasley, MD; Asma Ali, PharmD, PhD; Elizabeth Cox, MD, PhD, associate director; Earlise Ward, PhD, director.

Catching Up With Our Alumni

Class of 2014

Taryn Lawler, DO, practices full scope family medicine, including obstetrics and hospital care, at The Richland Hospital and Clinics in Richland Center, Wis.



“Dr. Damos’s compassion, kind heartedness and commitment to teaching helped to shape my desire to continually learn and pass my experience onto others through teaching.”

—Peter Schill, MD

Class of 1997

Robert Peterson, MD, has practiced rural Family Medicine at Mayo Clinic Health Systems-Northland in Barron, Wis., for almost 25 years. His practice has narrowed from full scope family medicine to working as a full-time hospitalist in recent years. Dr. Peterson served as the medical director for the hospital ER, two local ambulance services, and the EMS training program at WITC-Barron County and currently serves as medical director for a local nursing home. In addition, he provides sideline coverage for the Barron High School sports teams and occasionally mentors medical students and PA students. Dr. Peterson credits **Rich Roberts, MD**, with giving him the inspiration and confidence to practice in rural setting.



Class of 2015

Patrick Huffer, MD, works at a small FQHC in Denver which mostly serves Colorado’s immigrant, Spanish-speaking population. They provide primary care, pre- and postnatal care, and have integrated behavioral health, case management, and dental services. He received his board certification in addiction medicine and is working on expanding addiction services in the clinic.



Class of 1994

Amy Slagel, MD, is the clinical director for the Menominee Tribal Clinic in Keshena, Wis. She is also the Public Health Officer for the Menominee Indian Tribe COVID Response Incident Command and received an Indian Health Service 2020 Pandemic Heroism Award. Dr. Slagel considers **Dr. Bill Scheibel** to be one of her most important mentors.



Class of 1999

Peter Schill, MD, continues to practice full spectrum family medicine in a community of 20,000 people. Since 2001, he has hosted a third year medical student from the University of Minnesota medical school for 9 months as part of the Rural Physician Associate Program (RPAP). Dr. Schill considers **Dr. Jim Damos** to be a true mentor and one of the most influential people in his development as a physician.



Class of 2015

Rebecca Pfaff, MD, provides care to family medicine and obstetrics patients at Forks Community Hospital and Bogachiel Clinic in Forks, Wash. She considers **Drs. Anne Eglash, Eric Hamburg, and Stuart Hannah** to be some of her most important mentors.



“Dr. Bill Scheibel was my constant mentor as I learned from his dedication to patients, excellent care, thoroughness, and embodiment of being a full-scope family physician. My gratitude to him has never waned.”

—Amy Slagel, MD

STAY IN TOUCH!

Got news or updates? Share them at: fammed.wisc.edu/alumni/alumni-form

Kjersti Knox, MD

Dean's Teaching Award highlights a career of service

Kjersti Knox, MD, received a 2022 UW School of Medicine and Public Health (SMPH) Dean's Teaching Award for her outstanding contributions in student education in medical programs. Dr. Knox, director of the UW SMPH Training in Urban Health and Public Medicine Program (TRIUMPH), also maintains a clinical practice at Aurora Family Care Center in Milwaukee. She is grateful for her experiences as a medical student at UW and resident at Aurora Health Care, a DFMCH academic partner program, crediting each with forming her path as a physician educator.

A PUBLIC HEALTH FOCUS

As a new medical student, Knox was excited about the public health curriculum, outstanding mentorship available from the DFMCH, and the MEDiC program—a student-led organization that runs six free health clinics throughout the Madison area.

"I believe to take care of patients we must care for the community that creates and influences their health," shared Knox. "We must partner with neighbors, outside of clinics and hospitals, to care for patients where they live, work, and play and train physicians to be community engaged, community driven, and responsive."

That desire to engage the community made Knox the perfect candidate for the TRIUMPH program when it launched in 2008. The TRIUMPH program was designed to address health professional shortage areas in Wisconsin's urban areas. TRIUMPH offers medical students a 2 1/2 year clinical, community and public health,

and advocacy and leadership skills training curriculum in Milwaukee.

"I was extremely lucky that TRIUMPH was created while I was student," shared Knox. "As soon as I learned of the program, I knew I needed to apply."

Knox considers **Cynthia Haq, MD**, TRIUMPH cofounder and first director, an important mentor who taught and modeled an asset-based approach to community responsive care and engagement. Though Haq left the program for a role as chair of the Department of Family Medicine at the University of California, Irvine, Knox continues to use this lens to approach community health. Having a clear vision of the rich strengths in every community, in contrast to the standard needs or deficit approach, resonated with Knox as she learned from her inspiring patients and the many communities that together build Milwaukee.

TEACHING AS A TEAM

As she gradually transitioned to a leadership role with TRIUMPH follow-

I believe to take care of patients we must care for the community that creates and influences their health.
—Kjersti Knox, MD

ing her residency, Knox worked with **Drs. Anne Getzin**, also a 2011 graduate of the TRIUMPH program, and Haq to create Community Health, Advocacy and Managing Populations (CHAMP) and the Lead for Health programs—both offer additional



Kjersti Knox, MD, received the Dean's Teaching Award for her outstanding contributions to student education.

training for residents and often attract TRIUMPH alumni. While training future physicians in public health is a passion for Knox, it's one that she views as a team effort. In addition to the TRIUMPH leadership team of **Drs. Michelle Buelow** and **Theresa Umhoefer-Wittry**, Program Manager **Melissa Lemke** and Medical Education Coordinator **Justin Heitman**, Knox considers the teaching award a shared honor with Advocate Aurora and FQHC caregivers and coordinators, and partners at UW SMPH.

"It strikes me that our students or community partners or any of my patients would best accept the award, as my experience is that they are truly the best teachers," offered Knox. "Perhaps other teachers feel similarly that the teaching roles we share we sought to secretly be taught ourselves—taught always to be learning and always be accountable to the care we offer our patients and community."



Department of Family Medicine and Community Health

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