

in our family



The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | Spring 2021

Rural Health and COVID-19

DFMCH Alumni Share Experiences from Rural Texas

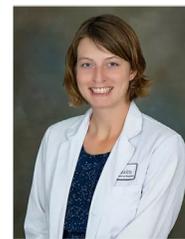


Dr. John Ray outside his clinic in Alpine, Texas.

When John and Katie Ray met at the University of Texas Medical Branch, they discovered a shared interest in serving rural communities. Both fell in love with small-town life during medical school rotations. Katie Ray, MD (Madison '13), grew up in a Houston suburb but had the opportunity to experience a more rural setting in Galveston, Texas. "It was small enough that I

could get a good sense of what life in a smaller place was like," shared Katie. "Shopping at stores where you know the owners, seeing friends around town—I love that feeling." John Ray, MD (Madison '12), had an opportunity to explore the

beauty of Far West Texas where he embraced the rugged terrain and the toughness and independence of the people. They would eventually settle in Alpine, Texas, population 6,006, but not before completing their residency training at the UW Department of Family Medicine and Community Health; an experience both credit with preparing them for the challenges of rural practice.



Dr. Katie Ray

RESIDENCY

Katie trained at the Wingra Family Medical Center in Madison and is grateful for the experience she had working

for a Federally Qualified Health Center (FQHC). She currently practices family medicine and obstetrics through an FQHC, Preventative Care Health Services (PCHS), at clinics in Marfa, Alpine, and Presidio. "We have a small staff, and we all wear many hats. I was familiar with the logistics of how to get the resources we need through an FQHC because of my experience at Wingra," said Katie.



Dr. John Ray

At the UW Health Clinic in Belleville, John trained in a more rural setting and is appreciative of the phenomenal faculty he worked

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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 spring issue of *In Our Family*.

I'm pleased to announce David Rakel, MD, has accepted the position of chair of

the Department of Family Medicine and Community Health, and I look forward to working with him when he steps into this role in July 2021. In this issue, you'll also read about two of our alumni who relied on their DFMCH training to navigate the everyday challenges of rural medicine made even more critical during the onset of the global pandemic. You'll also meet our 2020 graduates as we prepare for the arrival of a new class of residents in July, and see some highlights from our excellent residency programs. Finally, it has been my honor to serve as interim chair of the DFMCH during this past year. I'm inspired by the work of my colleagues during this challenging time and look forward to continuing my work in the department as vice chair for Education.

William Schwab, MD

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

News Briefs

Dr. David Rakel Named Chair of the UW Department of Family Medicine and Community Health

David Rakel, MD, a nationally recognized leader in integrative medicine, will join the DFMCH as chair in July 2021. Stepping into this leadership role is a homecoming for Rakel, who was a member of the department's faculty from 2001 to 2016, when he was recruited by the University of New Mexico School of Medicine to serve as chair of its Department of Family and Community Medicine.



Dr. Maria Mora Pinzon Recognized as a Rising Star by Medscape

Maria Mora Pinzon, MD, MS, was recognized out of hundreds of candidates as one of Medscape's 25 rising stars in medicine in 2020. She was honored for an award she received to establish an evidence-based program to reduce the risk for falls among Black and Latinx seniors and her research to address the disparity in health outcomes for minority seniors with Alzheimer's disease and related dementias.



Dr. Patricia Téllez-Girón Named One of the Most Influential Latinos in Wisconsin

Patricia Téllez-Girón, MD, was named one of the 39 most influential Latinos in Wisconsin by Madison 365 for her strong health advocacy work in the Latino community. Her practice is at the Wingra Clinic where more than 90% of her patients speak only Spanish. She is also the chair of the Latino Health Council in Madison and the medical director and main presenter, for the past 17 years, for a monthly health education Spanish radio program at La Movida.



More news at: fammed.wisc.edu/news

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The Rays enjoy a recent outing as a family of five.

with at the clinic. “Kathy Oriel suggested the Belleville Clinic, and I’ll always be grateful for that experience and the amazing mentors I trained with,” added John. Dr. Oriel, now in private practice, was the director of the DFMCH Family Medicine Residency Program for nine years. John currently practices family medicine in PCHS clinics caring for patients across two of the largest counties in Texas, Presidio and Brewster. It’s a part of the country where the nearest Walmart is over 70 miles away, and patients must rely on weekly prescription deliveries instead of local pharmacies. Together the counties cover over 10,000 square miles with a total population of around 16,000. “That’s a lot of miles to cover to get patients the care they need,” he said. In addition to the excellent training they received in the clinic settings, John and Katie were impressed with the amount of time they both received training in the ICU and the breadth of patients they encountered. “We both chose this residency program because we wanted to have a lot of ICU time,” said Katie. “If our plan was to work in a rural area, we needed to know how to take care of really sick people when the nearest hospital could be hours away. Training at UW gave us the confi-

dence to take care of critically ill patients with limited resources,” she added.

A GLOBAL PANDEMIC

It wasn’t long before planning for the care of the critically ill tested the husband and wife team as the COVID-19 pandemic spread across the US. As hot spots emerged in Washington and New York, Katie and John met with physicians across their counties preparing for the worst case scenario. With the nearest large hospital, Big Bend Regional Medical Center, almost 4 hours away for some patients, planning was crucial. “It was terrifying

at the start as I imagine it was for most people,” said Katie. “I didn’t worry about the illness as much as I feared overwhelming our capacity and our resources. We didn’t want to fail the community by coming up short or having to ration ventilators.” Plans included regularly rotating the few available physicians throughout the area to prevent them from getting sick. The money would be dealt with later. “We weren’t sure what would happen financially, but we needed to take care of our patients,” added Katie. Thankfully, the isolated lifestyle of the Big Bend Region of Texas likely slowed the spread. The first COVID-19 case in the area wasn’t reported until June 2020. A manageable spike followed in early July with the largest one descending in the fall of 2020, making Alpine the subject of a *New York Times* article, “Small Town, No Hospital: COVID-19 Is Overwhelming Rural West Texas.” John and Katie were both featured in the article but are thankful the ominous predictions of possibly running out of beds for their escalating COVID patients never came to pass. The carefully constructed emergency plan was not needed. “We don’t have a lot of staff to begin with and couldn’t afford to have them in quarantine,” said

John. With proper precautions in place, their team remained healthy.

THE HOPE OF SPRING

Cases declined through the winter months and vaccines became readily available. They are currently monitoring 10-20 active cases at one time, down from over 1,100 cases just 6 months ago. Their service area also boasts one of the highest vaccine rates in the country. The initial 500 vaccine doses received, a lot for such a sparsely populated area, allowed distribution to the general population to start in February, a month that also marked a different kind of milestone for the Rays; they also welcomed a baby girl to their family. As Katie finishes her maternity leave, she and John both look forward to seeing fewer COVID-19 cases as they get back to helping patients with routine checkups and the typical challenges that accompany life on one of the final frontiers.

The Aurora Lakeland Rural Training Track (RTT) Program graduated its first residency class in 2020. It is a DFMCH Academic Partner Program. See page 6 for all graduates.



Munish Kaushik, MD
Gundersen Health System
Lacrosse, WI



Shivani Bhatnagar, MD
University of Tennessee
Memphis, TN



Eftu Boru, MD
Aurora Family Medicine
Mount Pleasant, WI



Jace Varkey, MD
Franciscan Health
Hammond, IN

STATEWIDE PROGRAM HIGHLIGHTS

Baraboo Rural Training Track (RTT)

In the midst of a global pandemic, the Baraboo residency completely overhauled their inpatient service and implemented a standardized clinic scheduling system that further supports practice management skills. In addition, the standardized clinic template allows for increased patient access, which not only helps meet community need, but accrediting body requirements as well.



La Crosse resident class of 2020. From left: Laura Jacobson, MD, Kara Kamps-Schmitt, MD, Sarah Brown, MD, Karissa Sanchez Traun, MD.

Eau Claire Residency Program



David Helland, MD, was voted Teacher of the Year by residents in the Eau Claire Residency Program. Dr. Helland was recognized for his kind, gentle and patient role in the family medicine residency clinic at a graduation event in June 2020.

Dr. David Helland

Aurora Lakeland Rural Training Track (RTT)

The Aurora Lakeland RTT program thanks all residents for their commitment and resilience when faced with the challenges of a global pandemic. The program continues to grow its OB and Suboxone programs and successfully graduated its first class of residents.



The first residents to graduate from the Aurora Lakeland Rural Training Track. Front row from left: Munish Kaushik, MD, Shivani Bhatnagar, MD, Eftu Boru, MD, Jace Varkey, MD. They are joined in the back row from left by: Program Director Jeffrey Tiemstra, MD, Associate Program Director Lauren Walsh, MD, and Program Coordinator Stephanie Dunaway.

La Crosse Residency Program



Five outstanding residents graduated in 2020. **Kara Kamps-Schmitt, MD**, **Karissa Sanchez Traun, MD**, and **Lisa Hayes, MD**, are heading into rural areas to serve in the Midwest. **Laura Jacobson, MD**, is pursuing a fellowship and career in sports medicine. **Sarah Brown, MD**, is pursuing her passion of caring for the marginalized and homeless population by developing a mobile medicine (or street medicine) program in the La Crosse community.

Dr. Lisa Hayes

Madison Residency Program

During the past year, Madison residents formed the Anti-Racism Education and Advocacy (AREA) group to support each other in working to become actively anti-racist. This group initially met outside of curricular time but has now been incorporated into residency learning time.

* On June 14, 2021, the DFMCH will end its institutional sponsorship of the Wausau Residency Program. DFMCH continues as an academic partner of the program which is now part of the Wisconsin Northern and Central GME Collaborative (WiNC) that is supported by UW SMPH and MCW. The final DFMCH resident class will graduate from the program on June 30, 2021.

Milwaukee Residency Program

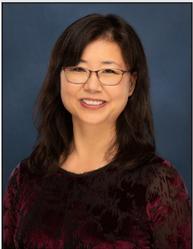
Aurora welcomed Joseph Vogelgesang, DO, as a new osteopathic faculty member last fall. He served as a chief resident for the program prior to attending the Good Samaritan NMM fellowship in Oregon.



Dr. Joseph Vogelgesang

Wausau Residency Program*

New faculty member, **Michaela Tong, MD**, brings rural medicine experience to the Wausau Program. Pediatrician, **Jane Frankson, MD**, transitioned her practice to the residency and will be instrumental in developing robust pediatrics training. The Wausau residency's NRMP Innovative Curriculum (IC) was a success with one Medical College of Wisconsin-Central Wisconsin (MCW-CW) graduate joining the residency in 2021 outside the match, and two additional MCW-CW students starting their IC in July 2021.



Dr. Michaela Tong



Dr. Jane Frankson

Waukesha Residency Program



Dr. Maureen Longeway

Maureen Longeway, MD (Waukesha '12), is a member of the Waukesha program faculty. She is a full-spectrum family physician with interests in obstetrics, medication-assisted treatment, innovative resident didactics, medical ethics, and medical student engagement.

Statewide Osteopathic Collaborative

Magnolia Larson, DO, has taken on the role of associate director of Osteopathic Education. **Elizabeth Abbas, DO**, from Gundersen Health La Crosse has taken on the role of director of Curriculum and Instruction. **Sarah James, DO**, the director of Osteopathic Education and program director for DFMCH-sponsored programs, is now on the Osteopathic Milestones 2.0 Revision Committee for ACGME.



Dr. Magnolia Larson



Dr. Elizabeth Abbas



Dr. Sarah James

Fellowships

Jane Evered, PhD, RN; Tana Chongsuwat, MD; and Julie Kirsch, PhD; were welcomed to the Primary Care Research Fellowship. **Kellia (K.J.) Hansmann, MD, MPH; Kathryn Schmit, MD; and Maria Mora Pinzon, MD, MS**; will complete their second year as Primary Care Research Fellows in the summer of 2021. Dr. Schmit will then transition to a pediatric infectious disease fellowship, and Drs. Hansmann and Mora Pinzon will continue for a third year on the T32 research training grant funded by the Health Resources and Services Administration.



Dr. Jane Evered



Dr. Tana Chongsuwat



Dr. Julie Kirsch



Dr. Kellia Hansmann



Dr. Kathryn Schmit



Dr. Maria Mora Pinzon

Meet the 2020 Graduates

DFMCH-Sponsored Residency Programs

BARABOO RTT



Zachary Droeszler, MD
Southwest Health Center
Platteville, WI



Molly Olson, DO, MPH
Regional Medical Center
Manchester, IA

WAUSAU RESIDENCY PROGRAM



Erik Gustafson, DO
Aspirus Family Physicians
Wausau, WI



Jeffrey Jast, MD
Ascension Medical Group
Woodruff, WI

EAU CLAIRE RESIDENCY PROGRAM*



Aleksandra Babiarz, MD
Prevea Health Center
East DePere, WI



Danielle Helmick, MD
Prevea Health
Altoona, WI



Charles Steinmetz, DO
Prevea Health
Altoona, WI



William Monge, MD
OakLeaf Clinic
Chippewa Falls, WI



Shavith Samson, MD
Honor Health Medical Group
Anthem, AZ



Thomas Steigerwald, MD
Ascension Medical Group
Sussex, WI

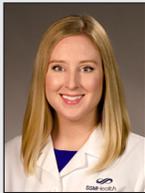
MADISON RESIDENCY PROGRAM



Kao Feng Moua, MD
Aspirus Kronenwetter
Clinic, Mosinee, WI



Aroba Sadaf, DO
Froedtert Urgent Care
Milwaukee, WI



Sadie Mitten, MD
SSM Health Dean Medi-
cal Group, Madison, WI



Kristi Smith, DO
SSM Health Dean Medical
Group, Madison, WI



Evan Nolander, DO
Access Community Health
Centers, Madison, WI



Alexander Trecartin, MD
Aspirus Weston Clinic
Weston, WI



Karyn Cecele, MD
Mayo Clinic Tomah
Tomah, WI



Ezra Lyon, MD
ThedaCare Medical Center
Waupaca, WI



Alyssa Bruehlman, MD
DFMCH Academic
Fellowship
Madison, WI



Kelli Heinrich, MD
DFMCH Academic
Fellowship
Madison, WI



Lashika Yogendran, MD
DFMCH Academic
Fellowship
Madison, WI



Jeffrey Berry, MD
Meritas Health Gashland
Kansas City, MO

*On June 15, 2020, the DFMCH ended its business relationship with the Eau Claire Residency Program. The program remains an academic partner. The final DFMCH resident class graduated from the program on August 26, 2020.



Nina Piazza, MD
Highland Family Medicine
Rochester, NY



Chelsea Thibodeau, DO
UMN Medical Center
Minneapolis, MN



Rachel Erickson, DO
University of Iowa
Hospitals and Clinics
Iowa City, IA



Mehwish Moinuddin, DO
Penn State Health
Sports Medicine
State College, PA



Katrina Weimer, MD
West Suburban Medical Center
Oak Park, IL

Academic Partner Residency Programs

MILWAUKEE RESIDENCY PROGRAM



Carl Bellinger, DO
Aurora Franklin
Urgent Care
Franklin, WI



Vy Dinh, MD
Ascension Racine
Racine, WI



Thomas Harrington, DO
Aurora 6 Points Clinic
West Allis, WI



Priti Rana, DO
Aurora Southpointe
Greenfield, WI



Yelena Goschin, MD
Aurora Northwest Clinic
Milwaukee, WI



Melissa Grube, MD
Ascension Family
Medicine Clinic
Mequon, WI



Dane Olsen, MD
River Center Clinic
Milwaukee, WI



Levi Stodola, MD
Aspirus Doctor's Clinic
Wisconsin Rapids, WI



Itamar Gnatt, MD
Aurora St.Luke's Medical
Milwaukee, WI



Leslie Rabaut, DO
Plum Health
Detroit, MI



Alice Shallcross, DO
Florida State University
Fort Meyers, FL



Kyna Shnayderman, MD
Alta Medical Group
Orange, CA

WAUKESHA RESIDENCY PROGRAM



Anjali Best, DO
Sunnyslope Health Center
Brookfield, WI



**Jessica Miller, MD,
MPH**, SSM Health
Baraboo, WI



Stephanie Thurman, MD
Advocate Aurora
Menomonee Falls, WI



Sarah Brown, MD
Gundersen Health System
La Crosse, WI



Lisa Hayes, MD
Mayo Health
Owatonna, MN



**Kara Kamps-
Schmitt, MD**
Gundersen Health
Tomah, WI



Kelsey Bierdeman, MD
Valley Clinic
Rockford, IL



Jaclyn Hastings, MD
TruHealth Family
Fayetteville, AR



Laura Jacobson, MD
MAHEC Sports Med-
icine Fellowship
Asheville, NC



Karissa Sanchez Traun, MD
Crescent Community Health
Dubuque, IA

LA CROSSE RESIDENCY PROGRAM



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john renner



lynn phelps



rudy hecht

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