

in our family



The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | SPRING 2016

Teaching SBIRT Skills



Screening, brief intervention and referral to treatment can help people overcome substance abuse issues. Richard Brown, MD, MPH, and his team developed a curriculum to teach residents and students to provide those services. Learn more on page 3.

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Home to Rural Practice

Baraboo alum Rachel Bassett, MD, returns to Wisconsin

For Rachel Bassett, MD, (Baraboo '03) full-spectrum family medicine is right at home in Viroqua, Wisconsin.

After eight years away, she's thriving at the Gundersen Viroqua Clinic and enjoying rural life with her family's newest additions: quarterhorse Yankie and German riding pony Vickie.

Baraboo's 'Professional Family'

At first, Dr. Bassett didn't seek a Rural Training Track (RTT) for residency, but says the Baraboo program was the best choice for her. She's grateful to have learned in a "professional family" that embodied teamwork, mentorship and respect.

Baraboo RTT founder James Damos, MD, particularly stands out in her mind. "Though he knows an incredible amount and can do everything, he is also good at teaching you how to learn and be curious and how to think—while not panicking," she recalled. "He is my role model for unflappability, caring, and always re-



Rachel Bassett

Above: Dr. Bassett at home with Vickie

membering that sometimes you just have to laugh at how things turn out."

She also remembers Linda Damos as a mother figure, and clinicians Shari Munneke, MD, Cheryl Goeckermann, MD, Karen Ailsworth, MD, and Mary Ellen Sabourin, MD, as excellent role models for women in medicine.

Continues on page 3



DEPARTMENT OF
**Family Medicine and
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UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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Dear Friends,

Spring has sprung for us here in Wisconsin! We're enjoying balmy weather and bright skies, and are excited to get in touch with you again.

In this issue, we feature Rachel Bassett, MD, an alumna of our Baraboo Rural Training Track. Dr. Bassett returned to rural practice in Viroqua, Wisconsin, after spending eight years out West. She has fantastic things to say about the Baraboo program and the people who made it so special.

You'll also read about an exciting educational initiative led by our own Richard Brown, MD, MPH. He's

developed an online curriculum that teaches health professionals how to deliver screening, brief intervention and referral to treatment services.

Thanks to his efforts, over 2,000 University of Wisconsin residents and health sciences students will enter practice better equipped to help patients overcome alcohol and drug issues and improve their overall health behaviors.

We also share news from our statewide education programs, including our newest academic partner, Gundersen Health System's La Crosse Family Medicine Residency Program. We're proud to be working together!

Finally, you'll hear from some of our 10-year alumni, who told us about their practice and the mentors they remember best from residency. I'm sure you'll enjoy reading what they had to say as much as I did.

On that note, we'd also love to hear from you and possibly share your story in a future issue. Just visit the alumni update form on our website (fammed.wisc.edu/alumni/alumni-form/) and let us know how you're doing!

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

**Benally-Thompson
Receives AISES Award**

The DFMCH's Bret Benally-Thompson, MD, received the American Indian Science and Engineering Society's (AISES) Ely S. Parker Award for his achievements and contributions to science, technology, engineering, and math.



WAFP Honors Beasley

The Wisconsin Academy of Family Physicians honored John Beasley, MD, with its first Lifetime Achievement Award for his "long-standing dedication to furthering the specialty of Family Medicine through excellence in care, community engagement and support of new physicians in the specialty."



More news at: fammed.wisc.edu

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The SBIRT Solution

Over 2,000 University of Wisconsin health professionals are learning to provide screening, brief intervention and referral to treatment (SBIRT) services for patients with alcohol and drug issues through a new curriculum developed by UW Department of Family Medicine and Community Health (DFMCH) Professor Richard Brown, MD, MPH.

UW family medicine and internal medicine residents, plus medical,

nursing, pharmacy, psychology and social work students learn the skills through online interactive modules and practice sessions with patients.

Finding Reasons for Change

In the SBIRT model, patients complete a form on alcohol and drug use. Medical assistants identify positive responses, and health educators talk with those patients to determine if further intervention is needed.

Studies show that the model works. According to Dr. Brown, if every risky drinker received SBIRT services, we could reduce emergency department visits by 20 percent, hospitalizations by 37 percent, arrests by 46 percent and car accidents by 50 percent.

Although the curriculum focuses on alcohol and drug screening, it also teaches motivational interviewing skills, so clinicians can help patients improve other health behaviors, such as smoking, diet and exercise.

As Dr. Brown explained, “we train people to help patients find their own reasons for change.”



Learn more at: fammed.wisc.edu/rich-brown-to-lead-new-sbirt-training-program-for-uw-health-professionals/



Armando Vera

At left: Richard Brown, MD, MPH, with team members Jade Goetz (left) and Mia Croyle

RURAL PRACTICE (continued)

Headed West

After graduation, Dr. Bassett practiced for three years at a community hospital and clinic in Boscobel, Wisconsin, while repaying a National Health Service Corps scholarship.

She then moved to Colorado, where she completed a fellowship in primary care for adults and children with developmental disabilities, and practiced at two community health centers, a small private clinic, and a larger multispecialty group clinic.

But she missed full-spectrum family medicine. That and a desire to be closer to family prompted her return to Wisconsin in 2014.

Full-Spectrum Comes Full Circle

In Viroqua, Dr. Bassett has the best of both worlds: the joys of being a small-town family doctor and the infrastructure of a larger organization. (Thanks to training and support from her new employer, she's even delivering babies again.)

She's happy to be professionally challenged, to be able to literally take care of her neighbors, and to spend



At left: Dr. Bassett at the Gundersen Viroqua Clinic

time with her family—Yankie and Vickie included—on the farm where she spent childhood vacations.

What a great welcome home.

Statewide Program Updates

Baraboo Rural Training Track

Baraboo residents **Matthew Herbst, MD**, and **Neil Cox, MD**, are enhancing the program's musculoskeletal curriculum to include training for ultrasound-guided injections. In addition, Madison residency program and DFMCH sports medicine fellowship alumnus **Masaru Furukawa, MD**, who now practices at the Sauk Prairie Healthcare River Valley Clinic in Spring Green, has agreed to expand the scope of the sports medicine curriculum next year.

*At right:
Dr. Furukawa*



La Crosse Residency Program

The DFMCH is proud to serve as the academic partner for Gundersen Health System's new La Crosse Family Medicine Residency Program. The partnership builds on Gundersen's commitment to educational excellence and the DFMCH's commitment to serve all citizens of Wisconsin. Directed by **Paul Klas, MD**, the La Crosse program will welcome its first class of residents in July 2016.

*At right:
Dr. Klas*



Eau Claire Residency Program

The Eau Claire residency program thanks alumnus **Brandon Parkhurst, MD, MBA, CPXP ('00)**, the medical director of patient experience for Marshfield Clinic, for serving as the keynote speaker for its faculty and resident retreat, held in September 2015. Dr. Parkhurst spoke on the topic of Communication in Residency and Beyond. The program would also like to thank **Ken Gale-Wyrick, MD ('84)**, **Pat Kress, MD ('89)**, **Don Weinmeister, MD ('89)**, **Amy Ludwikowski, MD ('02)**, **Lance Weagant, MD ('02)**, and all the other Eau Claire alumni who have served as volunteer faculty.

Above: Dr. Parkhurst



Madison Residency Program

Second-year resident **Bret Valentine, MD**, was featured in a *Wisconsin State Journal* article ([available at go.wisc.edu/sv28qd](http://go.wisc.edu/sv28qd)) about Centering Pregnancy, a national group prenatal care program that's been available at UW Health since May 2014. Centering Pregnancy encourages patient empowerment, strengthens the patient-provider relationship and builds communities. Studies have found that it can reduce preterm birth rates by a third.



Above: Dr. Valentine and patient at a Centering Pregnancy group session

Amber Arnold, Wisconsin State Journal

Milwaukee Residency Program

The Milwaukee residency program welcomed **Wilhelm Lehmann, MD, MPH**, as director in July 2015. Dr. Lehmann completed a family medicine residency and an MPH at the University of Utah, where he was also on the faculty for eight years. The former medical director of Aurora Walker's Point Community Clinic, Dr. Lehmann has interests in care for the underserved, geriatrics, and value-based care.

The program also welcomed **Loras Even, DO**, to the faculty. Dr. Even is a 2015 graduate of the Milwaukee residency program.



Above, from left: Dr. Lehmann and Dr. Even

Wausau Residency Program

John Wheat, DO, will become director of the Wausau residency program in July 2016. He succeeds **Kevin O'Connell, MD**, who has led the program for 25 years. Dr. O'Connell will remain on the residency program faculty. Dr. Wheat is a 2004 graduate of the Wausau residency program. He has been a preceptor to residents for several years during weekly clinic sessions, and has served as the program's associate director since July 2014.



Above, from left: Dr. O'Connell and Dr. Wheat

Statewide Osteopathic Program

Our osteopathic family medicine residency programs were among the first 13 in the nation approved for osteopathic recognition by the Accreditation Council for Graduate Medical Education (ACGME). This demonstrates that we offer osteopathic training in line with specific ACGME guidelines—part of a national initiative toward a single accreditation system for graduate medical education. DFMCH Director of Osteopathic Medical Education **Mark Robinson, DO**, said this accomplishment “clearly demonstrates our department's commitment to being a nationwide leader in osteopathic family medicine.”



Above: Dr. Robinson

Fellowships

The American Board of Medical Specialties recently recognized addiction medicine as a medical subspecialty, paving the way for ACGME accreditation of the DFMCH's addiction medicine fellowship. Fellowship director **Randall Brown, MD, PhD, FASAM**, was also elected to the Board of Directors of the American Board of Addiction Medicine (ABAM) and the ABAM Foundation, two national organizations that work to ensure that physicians have the necessary education to prevent, identify and treat addiction.



Above: Dr. Brown

Catching Up With the Class of 2006

We asked alumni from the class of 2006 to tell us about their practice and their most important mentor during residency. Here's what a few of them had to say!

Baraboo

Jamie Kling, DO, practices rural family medicine with obstetrics at Dean Clinic in Baraboo, Wisconsin. He also performs osteopathic manipulative treatment (OMT) and teaches OMT skills to residents.



Dr. [Jim] Damos was my most important mentor. His approach to family medicine, the relationships he had with his patients and his demeanor with co-workers were and continue to be an inspiration.

—*Jamie Kling, DO*

Eau Claire

Artin Gevorkian, MD, moved to California after residency, where he practiced in a high-volume primary care clinic for seven years. In 2013, he returned to Wisconsin, and now provides urgent care at Marshfield Clinic's Eau Claire Center.



I consider all the attending staff at the Eau Claire residency program phenomenal teachers and mentors. Thanks to each and every one of them for their commitment to training physicians and for their dedication to the community.

—*Artin Gevorkian, MD*

Muhammad Zafar Khan, MD, is a hospitalist at Providence Health & Services in Oregon City, Oregon. He remembers Eau Claire faculty Dennis Breen, MD, as a “very knowledgeable and excellent mentor.”



Fox Valley

Kit Vongsa, MD, practices at and has part ownership of Urgent Care Physicians, an independent urgent/acute care clinic in Appleton, Wisconsin. The clinic was founded by fellow Fox Valley alumnus **Bobby Yun, MD**, who serves as president and principal shareholder.



Dr. [John] Beasley was a very patient mentor. He would take time to listen and then offer advice. He smiles a lot and that made it comfortable for me to interact with him. He enjoys teaching and he's passionate about it.

—*Kit Vongsa, MD*

Madison

Carrie Gerhard, MD, practices family medicine with a focus on geriatrics at Gundersen Health System's La Crescent Clinic in La Crescent, Minnesota.



She is the medical director for Gundersen's four Minnesota clinics, and serves on several quality improvement committees there.

Each provider at Belleville was influential, [but] if I had to choose one, it would be Rich Roberts for being an excellent clinician and respected leader. Plus, he had a great story about how his son swallowed a quarter that still cracks me up!

—*Carrie Gerhard, MD*

Mark Huth, MD, has had many roles at Group Health Cooperative of South Central Wisconsin (GHC-SCW). He started in 2007 as a full-time family physician with OB, became chief of staff in 2011, chief medical officer in 2013, and was named permanent CEO in January 2016.



Doug Smith was a particularly powerful and special influence. His excellence as a clinician and his kind, compassionate nature were always appreciated—and he has a great gift for teaching. He will always be a great role model to me.

—*Mark Huth, MD*

Sarah Lowery, MD, practices full-spectrum family medicine at Wildwood Clinic in Madison, Wisconsin. She rounds at St. Mary's Hospital, delivers babies at St. Mary's and UnityPoint-Meriter Hospitals, works with DFMCH residents at St. Mary's and precepts UW School of Medicine and Public Health students in the Patient, Doctor and Society course.



I remember the diversity of the faculty at the Verona Clinic and how watching all of them approach issues differently. It helped me appreciate the art of family medicine, where there is rarely one right answer or approach.

—Sarah Lowery, MD

John Porter, DO, enjoys practicing full-spectrum osteopathic family medicine with maternity care, medical acupuncture and prolotherapy at Gundersen Health System's Viroqua Clinic in Viroqua, Wisconsin. Outside of work, he "loves fishing too much," and spends time with his wife, five children, four dogs and seven chickens.



Dr. Jeff Patterson taught me the wisdom of a calm but thorough approach to patient care, and that the key to enjoying practice is to find joy in service to others.

—John Porter, DO

Robyn Titel, MD, practices outpatient and inpatient family medicine at UW Health's DeForest-Windsor Clinic in DeForest, Wisconsin.



John Wilson, MD, practices primary care sports medicine at UW Health in Madison, Wisconsin. A team physician for the University of Wisconsin Athletic Department, he provides medical coverage for the UW men's football and wrestling teams, the UW men's and women's swimming and diving teams and the United States Hockey League's Madison Capitols.



Milwaukee

Elizabeth Bade, MD, is the medical director for Scenic Bluffs Community Health Centers, a federally qualified health center in Cashton, Wisconsin. She provides outpatient and some inpatient care, has interests in integrative and functional medicine, teaches medical students and enjoys rural life after moving from Milwaukee.



My advisor, Tito Izard, MD, helped to shape my practice of medicine and foster my commitment to provide care to people who may not have access to it otherwise.

—Elizabeth Bade, MD

Wausau

William Johnston, MD, practices family medicine at the Aspirus Kronenwetter Clinic in Mosinee, Wisconsin. He has special interests in travel medicine and preventive care for diabetes and cardiology.



Dr. Tom Strick is an encyclopedia of medical knowledge. He always had time to discuss a patient's care and our plan.

—William Johnston, MD

Nicole (Eisenhardt) Wade, DO, practices family medicine at Aultman Medical Group in Carrolton, Ohio. The three-year-old practice now has five providers; Dr. Wade enjoys having a focus on preventive health and pediatrics.



[Preceptor] Dr. David Jenkins knows everything, but more importantly, he cared about my learning."

—Nicole (Eisenhardt) Wade, DO

Alumni, we want to feature you!

Share news, accomplishments or updates at: fammed.wisc.edu/alumni/alumni-form/

Ready for a change? Come home to Wisconsin, where it all began!

Explore practice opportunities at UW Health. Contact Joanne Looze at (608) 265-2386 or joanne.looze@fammed.wisc.edu





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