

in our family



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

Honoring Kevin O'Connell



The longtime Wausau residency director will lead medical education at Aspirus. Read about his history with the program and what colleagues say on page 8.

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Reservation For Two

Alumni couple leaves 22-year practice to work at tribal clinic, promote health careers for Native people

A career shift for Fox Valley alumni Kristan Wegerson, MD ('94), and her husband, John Ipsen, MD ('93), is ushering in new professional rewards and strengthening a commitment to community service.

Earlier this year, the couple left a 22-year practice in Duluth, Minnesota, to join the medical staff of the Bad River Health and Wellness Center in Odanah, Wisconsin. Today, they care for tribal patients from two northern Wisconsin counties, and are working to help Native people there pursue health care careers.

Family Roots

Drs. Wegerson and Ipsen met in 1986, while students at the University of Minnesota Medical School's Duluth campus.

In their third year, they married and transferred to the school's Minneapolis campus. They joined its



The Bad River clinical staff, from left: Dr. Ipsen; clinic manager Deb Tutor, MSN; Sharon Handy, MD; Elizabeth Webster, NP; Dr. Wegerson

Rural Physician Associate Program and spent nine months practicing in a small town in southern Minnesota. In their fourth year, they welcomed the birth of their first daughter.

Continues on page 9



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

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



Dear Friends,

Happy fall! I'm so proud to share this issue of our alumni newsletter, full of good news from the DFMCH.

Six faculty and our Family

Medicine Interest Group all received AAFP awards this year—an amazing accomplishment!

You'll read about two Fox Valley alumni who are now practicing at the Bad River Health and Wellness Center, and about our teaching nursing home, which provides learners with critical geriatric care skills.

We also celebrate our new residency graduates, and honor Dr. Kevin O'Connell, who completed his last year as Wausau residency program director and is now stepping into a medical education leadership position at Aspirus.

Finally, we hope you enjoy catching up with some of our 20-year alumni—and we encourage you to stay in touch!

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

Six DFMCH Faculty, FMIG Win AAFP Awards

The American Academy of Family Physicians (AAFP) recognized six of our faculty, plus our Family Medicine Interest Group, with awards in 2016.

This is a remarkable achievement for our department. Congratulations to all the winners!



Professor John Beasley, MD,
FAAFP: Thomas W. Johnson Award for Career Contributions to Family Medicine Education



Associate Professor Patricia Tellez-Giron, MD:
Arnold P. Gold Foundation Humanism in Medicine Award for Practicing Doctors



Professor Cindy Haq, MD:
Exemplary Teaching Award for Full-Time Faculty



Professor Richard Roberts, MD, JD, FAAFP, FCLM:
Award for Distinguished and Meritorious Service to Family Medicine



Honorary Fellow David Gaus, MD, MPH:
Humanitarian Award



Clinical Adjunct Professor Nick Turkal, MD:
Robert Graham Family Physician Executive Award



AAFP

University of Wisconsin School of Medicine and Public Health Family Medicine Interest Group: Program of Excellence



Adapted from our e-newsletter:
fammed.wisc.edu/six-dfmch-faculty-fmig-receive-aafp-awards/

Stay in Touch!

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Department of Family Medicine and
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1100 Delaplaine Court
Madison, WI 53715-1896
Phone: (608) 263-4550
Email: alumninews@fammed.wisc.edu
Web: fammed.wisc.edu

Editor: Andrea Schmick

The Teaching Nursing Home

Innovative rotation prepares learners to care for geriatric patients

Department of Family Medicine and Community Health (DFMCH) Associate Professor and Geriatric Services Director Irene Hamrick, MD, believes that every clinician, regardless of specialty, should have the essential skills needed to care for geriatric patients.

That's why three and a half years ago, she established a teaching nursing home: a two- to six-week rotation that blends didactics with hands-on practice in the clinic, hospital, nursing home and community.

To date, over 60 UW family medicine residents, internal medicine residents, geriatric fellows, and MD and physician assistant students have completed the rotation—and are entering practice or residency better equipped to meet the medical needs of an aging population.

Diverse Learning Experiences

The teaching nursing home is based at Capitol Lakes, a continuing care retirement community in Madison, Wisconsin. Learners provide direct patient care there during rounds held three times each week.

They, along with Capitol Lakes residents, also attend one of Dr. Hamrick's 30-plus lectures on dementia, hearing loss, nutrition or other topics relevant to the geriatric population.

In addition, educational experiences take place at Capitol Lakes' pharmacy, physical and occupational therapy facilities and nutrition clinics; at UW Health clinics and hospital services; and at senior centers, adult day care centers or other community organizations.

Valuable Skills for Any Specialty

The rotation raises learners' awareness of medical issues unique to the geriatric population—knowledge they may not otherwise have.

Dr. Hamrick also teaches how to write hospital discharge summaries for nursing home patients, and what services the nursing home can provide, which can help reduce readmissions.

Finally, she encourages connecting with local senior agencies, so that when learners get into practice, they can refer patients and families to appropriate community resources.

Dr. Hamrick emphasizes that geriatric care skills are needed in all specialties. "A learner who goes into radiology, gastroenterology or cardiology will need knowledge about aging changes and geriatric syndromes,"

"It is so important that we learn how to care for our elders in a respectful and medically appropriate way, and this rotation provides ample opportunity for learning."

—Madison residency graduate Walker Shapiro, MD



Above: Dr. Hamrick talks with Lynn Phelps, MD, the founder of the DFMCH's Wingra clinic and a resident at Capitol Lakes

she notes. "Even a pediatrician must be able to identify if a caregiving grandparent is developing dementia."

'Respectful and Medically Appropriate' Elder Care

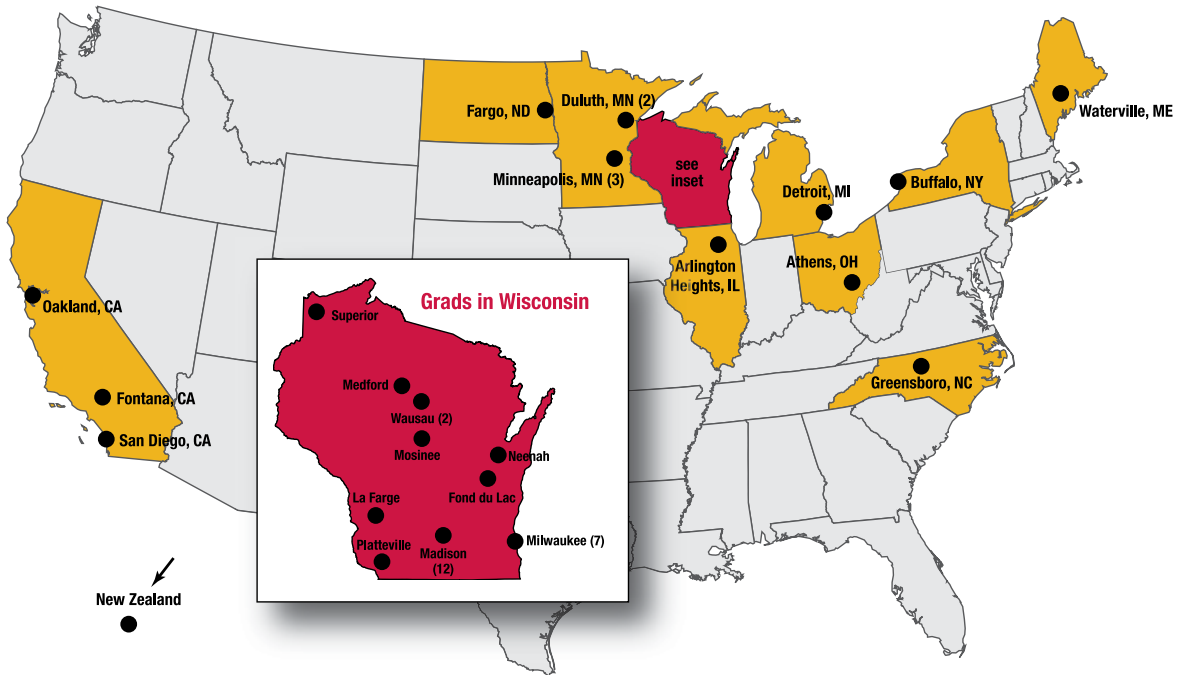
Feedback from those who have completed the rotation is positive. Dr. Hamrick consistently receives high learner evaluations, and in 2015, the DFMCH's Madison residents awarded her with the William Scheibel, MD, and the Baldwin Lloyd, MD, Clinical Teacher Awards.

"Teaching nursing home has been a really valuable experience," comments recent Madison residency graduate Walker Shapiro, MD. "It is so important that we learn how to care for our elders in a respectful and medically appropriate way," he continues, "and this rotation provides ample opportunity for learning."



Adapted from our e-newsletter:
fammed.wisc.edu/teaching-nursing-home-innovative-learning-experience/

Meet Our New Grads



Graduates of our class of 2016 are in 10 states across the nation. Is one near you?

Baraboo Rural Training Track



Caitlin Hill, MD
Essentia Institute of Rural
Health Obstetrics Fellowship
(Duluth, MN)

“After three years in the program, I leave having gained experience in balancing a traditional full-scope practice with daily clinic, obstetrics (including higher-risk and surgical obstetrics), and hospital medicine. The training and skills I developed in Baraboo will serve me well in any rural and resource-strained area. Although I know I will find myself in uncomfortable situations, I feel confident knowing I have my Baraboo training to guide me.”

—Caitlin Hill, MD



Learn more about our 2016 graduates and new residents at:
<http://www.fammed.wisc.edu/welcome-new-residents-congratulations-grads/>

Eau Claire



Megan Hoel, DO
Mariner Clinic
(Superior, WI)



Harry Kahlon, MD
Mercy Hospital
(Buffalo, NY)



Jessie Lindemann, MD
Sanford Health
(Fargo, ND)



Alena Marozava, MD
Allina Health
(Coon Rapids, MN)



Chameng Vang, DO
Allina Health
(Champlin, MN)

“Eau Claire Family Medicine is such a positive environment and the program really supports the residents, proactively helping them in pursuing any areas of interest they may have. I know I made the right decision in choosing Eau Claire.”

—Harry Kahlon, MD

Madison



Alison Brock, MD
Hennepin County
Medical Center
Geriatrics Fellowship
(Minneapolis, MN)



Christopher Danford, MD
Triad Hospitalists
(Greensboro, NC)



Maria Din, DO
Dean Clinic West
(Madison, WI)



Sean Duffy, MD
UW DFMCH
Academic Fellowship
(Madison, WI)



Jasmine Hudnall, DO
UW Palliative Care
Fellowship
(Madison, WI)



Rachel Lee, MD
Henry Ford
Health System
(Detroit, MI)



Julia Lubsen, MD
UW Geriatrics
Fellowship
(Madison, WI)



Julia McMillen, MD
Dean Clinic
(Sun Prairie, WI)



Vincent Minichiello, MD
UW DFMCH Integrative
Medicine Fellowship
(Madison, WI)



Lisa Netkowicz, MD
Dean Clinic East
(Madison, WI)



Jessica O'Brien, MD
Aurora Midtown
Health Center
(Milwaukee, WI)



Joshua Schulist, MD
Locum Tenens
(New Zealand)



Walker Shapiro, MD
Access Community
Health Centers
William T. Evjue Clinic
(Madison, WI)



Anna Veach, DO
Neuromuscular medicine
residency, Maine-Dartmouth
Family Practice
(Waterville, ME)

“I will be working as a family physician for a rural community in New Zealand for the next year prior to returning to Monroe, Wisconsin, where I look forward to continuing my career in a local rural practice.”

—Joshua Schulist, MD

Milwaukee



Kayla Flores, MD
Aurora Health Center–
Firehouse
(West Allis, WI)



Nicole Mubanga, MD
Milwaukee Health Services,
Inc., MLK Heritage Health
Center (Milwaukee, WI)



Krystina Pischke, DO
ThedaCare Physicians
(Neenah, WI)



Elizabeth Quiroz, MD
Kaiser Permanente
(Oakland, CA)



Keisha Rogers, MD
Lincoln Avenue
Health Center
(West Allis, WI)



Jessica Schmid, DO
Southwest Health
(Platteville, WI)



Kara Stoll, DO
Fellowship, Aurora
Wiselives Clinic
(Milwaukee, WI)



Arianna Sundick, MD
Aurora Urgent Care
(Milwaukee, WI)



Ima Tanner, MD
Undecided at the
time of publication



Leah Welsh, DO
Neuromuscular
medicine fellowship
(Athens, OH)

“My time at Aurora St. Luke’s in Milwaukee gave me such a great breadth of experiences, in all aspects of modern family medicine, that I now feel prepared enough to work in any possible practice setting.”

—*Jessica Schmid, DO*

Wausau



Leanne Anderson, DO
Aspirus Medford Clinic
(Medford, WI)



Matthew Callahan, MD
Scripps Coastal Medical
Group (San Diego, CA)

“I will be practicing as a hospitalist at St. Agnes Hospital in Fond du Lac, Wisconsin. I am most looking forward to helping those patients in the most dire state of illness. I am hoping to build strong bonds with my new community and provide the best care possible to those who need it most.”

—*Taha El-Shahat, MD*



Taha El-Shahat, MD
St. Agnes Hospital
(Fond du Lac, WI)



Benjamin Kaster, MD
Aspirus Wausau Hospital
(Wausau, WI)



Eric Moeker, MD
Aspirus Wausau Hospital
(Wausau, WI)



Sandra Molteni, DO
Undetermined at the
time of publication



Ashley Wirtz, MD
Aspirus Kronenwetter
Clinic (Mosinee, WI)

Fellows



Angela Black, PhD
(CIHR)
Founder/CEO,
Mindfulness for the
People, LLC
(Madison, WI)



Suhani Bora, MD
(IM)
Family physician,
Access Community
Health Centers Joyce and
Marshall Erdman Clinic
(Madison, WI)



James Conniff, MD
(PCR)
Faculty physician,
Duluth Family Medicine
Residency Program
(Duluth, MN)



Shalu Gugnani, MD
(AM)
Assistant medical director,
Northwest Community
Health Behavioral Health
Services (Arlington
Heights, IL)



Erin Hammer, MD
(SM)
UW DFMCH Primary
Care Research
Fellowship (Madison, WI)



Patrick Huffer, MD
(A)
Clinical instructor,
UW Health Belleville
Family Medicine
(Belleville, WI)



Taryn Lawler, DO
(IM)
Family physician,
LaFarge Medical Clinic
(La Farge, WI)



Jordan Mills, DO, PhD
(AM)
Addiction medicine
specialist, Kaiser
Permanente (Fontana, CA)



Bethany Weinert, MD, MPH
(PCR)
Pediatrician, Children's
Hospital of Wisconsin
Midtown Clinic
(Milwaukee, WI)

“I will be working as a faculty physician with the Duluth Family Medicine Residency, where I’m looking forward to the trifecta of research, full-spectrum clinical practice, and residency education—and plenty of time for hiking and canoeing on the side!”

—James Conniff, MD

DFMCH FELLOWSHIP PROGRAMS

A = Academic

IM = Integrative medicine

CIHR = Complementary and integrative health research

SM = Sports medicine

AM = Addiction medicine

PCR = Primary care research

Alumni: Consider coming home to the DFMCH!

Rejoin our top-ranked family medicine department and world-class academic health system. UW Health family physicians enjoy:

- A wide range of practice opportunities
- Team-based care and a high staff retention rate
- A progressive compensation plan
- Outstanding teaching and research opportunities

Contact Joanne Looze (608-265-2386 or joanne.looze@fammed.wisc.edu)



The Madison area offers gorgeous landscapes, a clean environment, a variety of lifestyle opportunities and great schools!

A Tribute to Kevin O'Connell

Longtime Wausau residency director transitions to leadership role at Aspirus

The DFMCH celebrates Kevin O'Connell, MD, who completed his final year as Wausau residency program director in June 2016.

Dr. O'Connell remains on the faculty, and in September became Aspirus' director of medical education, a role in which he will coordinate and maintain the Wausau health system's medical education programs.

Leading the 'Family Farm'

Dr. O'Connell came to Wausau in 1979 as a resident in the program's second class. Colleagues remem-

ber him arriving with all of his possessions on a motorcycle, ready to start a career he'd aspired to since he was 14 years old.

After completing residency in 1982, he asked program founder Tom Peterson, MD, for a one-year job. "Thirty-seven years later, I'm still here," he laughs, acknowledging that he couldn't imagine being anything other than an academic family doctor.

Dr. O'Connell was instrumental in developing the Wausau residency program's curriculum, and residents have always appreciated his enthusiasm and approachable teaching style. In 1993, he became the program director, leading it as if it were "my family farm."

At left: Dr. O'Connell (on right) with Wausau program director Robert Cadwell, MD, in 1986



Above, from left: Diane O'Connell, Tom Peterson, MD, Lucy Peterson and Dr. O'Connell at the 2014 Wausau residency program's graduation ceremony

'Service For All'

Dr. O'Connell's belief in "service for all" has made him a champion of health care for marginalized and underserved populations in north-central Wisconsin.

He has also held many leadership positions at Aspirus Wausau Hospital and in the community. He was named Aspirus Physician of the Year in 2015, and received two Aspirus Hero awards in August 2016.



What Colleagues Say About Dr. O'Connell

Dr. O'Connell is quite possibly the most understanding person I have ever met... His ideas and dedication to family medicine, patients and families, education, and central Wisconsin are the main reason the residency program has existed and been so successful for so many years. He will be dearly missed as program director. I am glad to say he will be my friend forever.

—Kyle Dembowiak, MD, Wausau residency alumnus

Kevin O'Connell is a born teacher: natural, casual, a good listener with a comfortable style. He was steadfast in his dedication to the residency program. There were pulls in many directions, but he kept his eyes on the prize: the building of the Wausau program to be the strongest it could be. He never lost his ambition to make it the best.

—Carrol Christman, former residency and faculty development coordinator in Wausau and Madison

Kevin O'Connell's impact goes well beyond his role as program director—he is a respected, integral part of our community. He has never said no to anything Aspirus has asked of him.

—Charles Shabino, MD, former Wausau residency program faculty and Aspirus chief medical officer, and current Wisconsin Hospital Association chief medical officer



Adapted from our e-newsletter: fammed.wisc.edu/tribute-kevin-oconnell/

RESERVATION (continued)

They matched at the UW Department of Family Medicine and Community Health's Fox Valley residency program, following in the footsteps of several fellow medical students the previous year.

"It's good to know that people you know and trust are in the residency ahead of you," Dr. Wegerson recalls. "It was a very thorough program," notes Dr. Ipsen. "It gave us a solid foundation in family practice."

A Life in Duluth

Two weeks after Dr. Wegerson completed residency, the couple's second daughter was born in Appleton, Wisconsin. They returned to Duluth to be closer to family, and lived and worked there for 22 years.

Recently, however, they found themselves seeking a professional change—but didn't want to leave the area.

Visits with a daughter who attended college in Ashland, Wisconsin, showed them the beauty of Lake Superior's south shore. When opportunities opened up at the Bad River Health and Wellness Center, they made the leap.

Bad River Practice

On April 11, 2016, Drs. Wegerson and Ipsen joined the clinic, which serves approximately 2,900 members of the Bad River Band of Lake Superior Chippewa across Ashland and Iron counties. Their arrival doubled the existing care team of one physician and one nurse practitioner.

They were impressed by the clinic's resources, which include adult and pediatric dental services; an on-site substance abuse program; and two community health outreach nurses who perform home visits, labs and vaccinations.

Their practice is more hands-on and procedure-oriented than before. Because the clinic serves everyone from the tribe, often on a walk-in basis, they try to integrate screening and longer-term comprehensive care into acute-care visits.

Although it can be challenging, Drs. Wegerson and Ipsen find this way of working rewarding. "We get to do more things that we wouldn't do in a more urban practice," comments Dr. Wegerson.

Supporting Future Native Clinicians

Working on the reservation also taps into the couple's deeper professional mission: to encourage more members of the Native community, especially young people, to pursue health care careers.

They explained that although there is a substantial shortage of clinicians in tribal clinics, Native clinicians—who could serve as role models and sources of trust for tribal patients—are particularly underrepresented.

"It can be painful...but change is good. It stresses you in ways you should be stressed and brings you to a new level."

—Kristan Wegerson, MD



Above: Drs. Ipsen and Wegerson hiking on Madeline Island, in the Apostle Islands of Lake Superior

Together with Bad River Health and Wellness Center Clinic Director Deb Tutor, MSN, they are working to establish local programs to address that need.

In addition, the clinic has already connected with the Native American Center for Health Professions at the University of Wisconsin School of Medicine and Public Health, a program designed to recruit and support future Native health professionals.

'Change is Good'

Six months into their new work and life, the couple has no regrets. "It can be painful landing in a new town, finding a place to live, and selling the house you've been in over 20 years, but change is good," reflects Dr. Wegerson.

"It stresses you in ways you should be stressed and brings you to a new level."

Catching Up With the Class of 1996

We asked alumni from the class of 1996 to tell us about their practice and their most important mentor during residency. Here's what some had to say!

Eau Claire

Robert Lazo, MD, just completed his 20th year in practice at the Carilion Clinic in Galax, Virginia—his first and only job since completing residency.



Jill Lenhart, MD, has a family medicine practice and is a vice chief medical officer at Mayo Clinic Health System in Chippewa Falls, Wisconsin.



Dr. Bill Hueston's commitment to family medicine, education and research encouraged me to work hard, improve and always focus on patients. Dr. Richard Swenson taught me the importance of balance and self care, which not only helps in my personal life, but also makes me a better physician and administrator.

—Jill Lenhart, MD

Alessandra Gadsby, MD, practices at the Prevea Ashwaubenon Health Center with Fox Valley residency classmate Gail Carels, MD. The two had offices across the hall from each other when they joined the clinic 20 years ago, and now share a practice.



Dr. Robin Price was amazing to work with! She had a lot of real-life practical knowledge and became more than a mentor—she was also a good friend. Dr. Michael Reinardy was also a strong mentor. If I needed him in the emergency room at 3 a.m., he was there.

—Alessandra Gadsby, MD

Suzanne Hecht, MD, is an associate professor at the University of Minnesota Department of Family Medicine and Community Health, where she also directs a sports medicine fellowship and is a team physician for UM athletics and U.S. figure skating.



Dr. Lou Sanner taught me so many important things about taking care of patients that I still use in my practice. He was also a great role model in terms of leadership. Many of the reasons I have been a successful academic physician are directly attributable to you!

—Suzanne Hecht, MD

Madison

Gary Grunow, MD, is a 20-year partner in the independent Mineral Point Medical Center in Mineral Point, Wisconsin, where four of the current partners are DFMCH residency graduates. He also owns a 1,000-acre tree farm, and was named the Iowa County Wildlife Conservationist/Habitat Manager of the Year.



Andy Pasternak, MD, MS, practices at Silver Sage Center for Family Medicine in Reno, Nevada, is president-elect of the Washoe County Medical Society and recently received a "Healthcare Hero" award from *Nevada Business* magazine.



Dr. Jonathan Temte and Dr. Pat McBride were examples of great clinicians, researchers and most important, really good people! I think of them regularly as the kind of doctor I try to be every day.

—Andy Pasternak, MD, MS

Fox Valley

Gail Carels, MD, practices family medicine at the Prevea Ashwaubenon Health Center in Green Bay, Wisconsin. She also serves on a variety of committees, volunteers at the Northeastern Wisconsin Community Clinic and enjoys her three daughters and four grandchildren.



Jennifer Pearson, MD,

is an assistant professor at the University of Minnesota Department of Family Medicine and Community Health's Duluth campus. She received Clinical Faculty Teacher of the Year Awards in 2014 and 2016.

**Wausau****Loren Fuglestad, MD,**

is celebrating 20 years of practice at Bellin Health in Howard, Wisconsin, where he enjoys providing prenatal care and obstetrics. He has served as president of the Bellin Hospital medical staff, and is on the executive committee of Bellin Health's medical group.



Dr. Kevin O'Connell was the most influential mentor during my residency. His breadth of knowledge, his humor and his easygoing personality helped shape me as a clinician.

—Loren Fuglestad, MD

Leo Young, MD, serves veterans in North Carolina's Piedmont region at the Veterans Health Administration's Hickory Community-Based Outpatient Clinic in Hickory, North Carolina. *(No photo available)*

Alumni: We want to feature you in our next issue!

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

News Briefs**25 Years of the ALSO® Course!**

In August, we celebrated the 25th anniversary of Advanced Life Support in Obstetrics (ALSO®), a course originally developed by **James Damos, MD,** and **John Beasley, MD.** The celebration was held in Madison during the AAFP's national Family-Centered Maternity Care conference.

More at: fammed.wisc.edu/also-course-celebrates-25-years/



Above, from left: Former ALSO program manager Diana Winslow, RN, BSN, with Drs. Damos and Beasley

Study Compares Treatments for Patients Using Opioids for Back Pain

The Patient-Centered Outcomes Research Institute recently awarded DFMCH Assistant Professor **Aleksandra Zgierska, MD, PhD,** a five-year, \$8.5 million grant to compare the effectiveness of mindfulness meditation with cognitive behavioral therapy for patients with opioid-treated chronic low back pain.



Above: Dr. Zgierska

More at: fammed.wisc.edu/zgierska-grant-compare-treatments-patients-using-opioids-back-pain/

Introducing the Visionaries Fund

Many physicians, teachers, researchers and leaders built the DFMCH into the outstanding department it is today. By donating to the Visionaries Fund, you can honor those who shaped our department. **To learn more, contact Tom Hecht (608-572-4511 or tom.hecht@supportuw.org) or visit our website at fammed.wisc.edu/donate/opportunities/visionaries-fund.**



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