



# Family Physicians of Oregon

VOL • XVII • NO 1 • FALL 2022

## Inside this Issue:

- Introducing Our New Family Medicine Residents
- OAFP 2022 Family Doctor of the Year
- Caring for All of Our Patients: Perspectives on Care for Gender-Diverse Patients



OREGON ACADEMY OF  
FAMILY PHYSICIANS

MAKING HEALTH PRIMARY

THE OFFICIAL MAGAZINE OF THE  
OREGON ACADEMY OF FAMILY PHYSICIANS





# Serving Oregon Physicians for More Than 50 Years

## **Customized Coverage for Oregon Physicians, Created by Oregon Physicians**

While other insurance carriers have come and gone, CNA has been a fixture in the Oregon marketplace, helping physicians navigate the healthcare landscape for over 50 years. Our tenured professionals average 32 years of experience, and our strong partnership with the OMA helps ensure you get the coverage you need. With local claim professionals and a comprehensive risk control program, CNA creates insurance solutions to help keep your practice running smoothly, year after year.

For more information, contact CNA's Portland office at 800-341-3684 or visit [theoma.org/cna](http://theoma.org/cna).



VOL • XVII • NO 1 • FALL 2022

# Family Physicians of Oregon

Oregon Academy of Family Physicians  
3439 NE Sandy Blvd. #264  
Portland, OR 97232  
503.528.0961  
Web site: [www.oafp.org](http://www.oafp.org)

FAMILY PHYSICIANS OF OREGON is published quarterly by Publishing Concepts, Inc. in cooperation with the Oregon Academy of Family Physicians.

FAMILY PHYSICIANS OF OREGON reaches more than 1,800 family physicians and their professional associates. Medical students and staff at Oregon Health Sciences University also receive the magazine. FAMILY PHYSICIANS OF OREGON assumes no responsibility for the loss or damage due to contributed material. Any material accepted is subject to revision as necessary. Materials published in FAMILY PHYSICIANS OF OREGON remain the property of the journal. No material, or parts thereof, may be reproduced or used out of context without prior, specific approval.

4	President's Message
6	Greetings from the OAFP
8	From the Hill
10	OAFP in Action
12	Public Policy and Legislative Affairs
13	OAFP 2022 Family Doctor of the Year
14	In My Own Words
16	Members In The News
17	From The Valley
18	Caring for All of Our Patients: Perspectives on Care for Gender-Diverse Patients
20	Students Speak Out!
22	Introducing Our New Family Medicine Residents
29	Foundation News
30	Save the Date



### About the cover:

Halfway up the hike to "The Knoll" north of Lincoln City. The hike continues on to "God's Thumb." Photo by Dr. Anne Wild.



[pcipublishing.com](http://pcipublishing.com)  
Created by Publishing Concepts, Inc.  
David Brown, President • 1-800-561-4686 ext. 103  
[dbrown@pcipublishing.com](mailto:dbrown@pcipublishing.com)  
**For Advertising info contact**  
Jesseca Youngblood • 1-800-561-4686 ext. 115  
[jyoungblood@pcipublishing.com](mailto:jyoungblood@pcipublishing.com)



OREGON ACADEMY OF  
FAMILY PHYSICIANS

MAKING HEALTH PRIMARY

EDITION 63

## • PRESIDENT'S MESSAGE



NATHALIE J. JACQMOTTE, MD, OAFP PRESIDENT  
NORTHWEST PRIMARY CARE, SELLWOOD

### Pay it Forward!

One of my first roles as OAFP president for the year was honoring **Dr. Tom Creelman** as the Oregon Family Doctor of the Year. What a joy that was for me! He was my preceptor for a six-week Family Medicine rotation at Warm Springs twenty-five years ago. He remained a role model and a mentor in my mind for all those years. He showed me the full breadth of family medicine and demonstrated cultural competence before that term entered my vocabulary. He was a kind and very generous teacher. I was truly honored to be able to speak personally to his capabilities as a person, teacher and mentor of many students and residents over his forty years of services.

One of our constant tasks as an Academy is to focus on our future. We honor the roles of students and residents and work on programs to encourage the choice of family medicine as a career. We are trying to encourage a diverse strong workforce of the future by working on mentoring early, and intentionally, in different communities.

I encourage you all to mentor students in whatever way possible. I know it has been a powerful experience for me. My colleague, friend and officemate of twenty years, **Dr. David McAnulty** was my preceptor in medical school. He made such a good impression on me I decided to work for him and have been there twenty years! We share OHSU students, hosting them in our busy office and practice. Dr. McAnulty has hosted over 200 students. I was number thirty-six. I was once at my daughter's basketball game and there were three of us chatting and we realized we had all been Dr. McAnulty's students. That is a powerful community experience in a city!

I have found mentoring students to be very rewarding. Their questions keep you questioning yourself and keeps you in a culture of learning and self-improvement. You have a lot of wonderful personalities that pass through. One of my favorite images was a student writing his notes with a Chihuahua puppy in his pocket. He had been a vet

tech and he was helping one of our nurses take care of the puppy while doing his work.

Watching students gain an understanding of the work we do over the course of their month is very satisfying. They comment on our ability to integrate preventative and acute care, the model of the medical home and the meaning of continuity to patients. There is satisfaction for students seeing a patient for the second or third time in the month and experiencing some continuity.

As an Academy, we continue to use OAFP/Foundation resources to fund scholarship and mentorship programs. We fund medical students going to the OAFP and AAFP conferences. We have allopathic and osteopathic scholarships. We have rural travel scholarships. We advocate for legislation around loan repayments, and encouragement of providers to underserved areas in primary care. We have participation of students and residents on our board.

I urge you all to pay it forward. Mentor if you can. Encourage people to participate. Donate to the OAFP/Foundation so we can continue our programs. Thank you to the people who have been my mentors and to people who have been my students. You have made it all a much more colorful and enriching experience. Share what we do. I look forward to the workforce of the future being people we have mentored on their path. I look forward to being taken care of by someone who has been one of our students someday!

Sincerely,

A handwritten signature in black ink, appearing to read 'Nathalie J. Jacqmotte'.

Nathalie J. Jacqmotte, MD





# Have a career. Have a life.

## LIFEPOINT HEALTH®

LifePoint Health offers unique opportunities for providers to prosper professionally and personally at hospital campuses nationwide. Quality care is our top priority – we give you access to the tools, resources, and support you need to help you care for your patients and grow your business. In addition, we offer competitive compensation packages, which may include a sign-on bonus, student loan reimbursement, and residency stipends.

Join us in Making Communities Healthier.®

For more information, visit [MeetLifePoint.com](https://www.meetlifepoint.com)  
Submit your CV for consideration to [LPNT\\_Provider.Recruitment@lpnt.net](mailto:LPNT_Provider.Recruitment@lpnt.net)

We are an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability or veteran status



**SCAN HERE**  
Family Medicine Opportunities

# • GREETINGS FROM THE OAFP



BETSY BOYD-FLYNN, OAFP - EXECUTIVE DIRECTOR

## Responding to Changing Times

The OAFP Board is meeting October 14 and 15 to work through a future planning exercise to determine where the staff and volunteers should focus in the next 2-3 years. Since 2019 when we last met,

- ORCA-FM, the collaborative that supports Oregon Family Medicine residency programs and sites, has established a core of activities and identified new opportunities to help contribute to the expansion

of family medicine training sites in Oregon. In 2019, there were 125 residents in Oregon. Now there are 159. That's exciting growth, but we still need to do more.

- We weathered COVID-19, and developed two programs out of what we saw and learned during the worst part of the crisis
  - Building Immunity by Building Community trains physicians and other

primary care providers to be able to talk with vulnerable Oregonians and help increase their confidence in the COVID-19 vaccines. Together with Boost Oregon and ORPRN, we are recruiting our members and supporting the development of events where they can connect with communities, helping to rebuild the trust that was so damaged by months of disinformation and uncertainty in the health care sector

- Primary Care Beyond Clinic Walls is a pilot project where five of our members can work with community-based organizations and their local public health authorities on a project outside their practice that addresses the causes of health disparities for that community. Projects include coordinating primary care for the severe and persistently mentally ill, helping to expand capacity and expertise for the provision of reproductive and gender affirming care for a community; raising suicide awareness in a community that has seen a disproportionate amount



## SAVE THE DATE Upcoming CME Events

2022 Musculoskeletal Update for Primary Care  
*November 4- Crowne Plaza, Lake Oswego*

54th Annual Primary Care Review  
*February 6-10- Hyatt Regency Portland at Convention Center*

7th Annual Adult Mental Health Update  
*February 7- Crowne Plaza, Lake Oswego*

6th Annual Pediatric Mental Health Update  
*March 10- Embassy Suites Washington Square, Tigard*

30th Annual Internal Medicine Review  
*April 6-7- Sentinel Hotel, Portland*

LEARN MORE AND  
REGISTER AT  
[WWW.OHSU.EDU/  
SOM/CME](http://WWW.OHSU.EDU/SOM/CME)



CONTINUING PROFESSIONAL DEVELOPMENT

of those deaths; working to develop a health care workforce that includes more underrepresented minorities; and specific outreach to the Latino community in Washington County around COVID vaccine access and confidence.

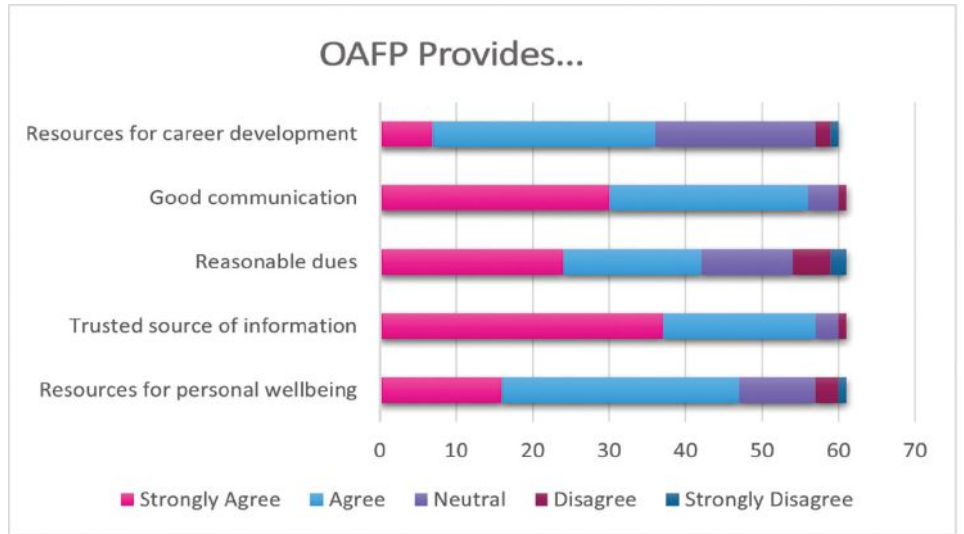
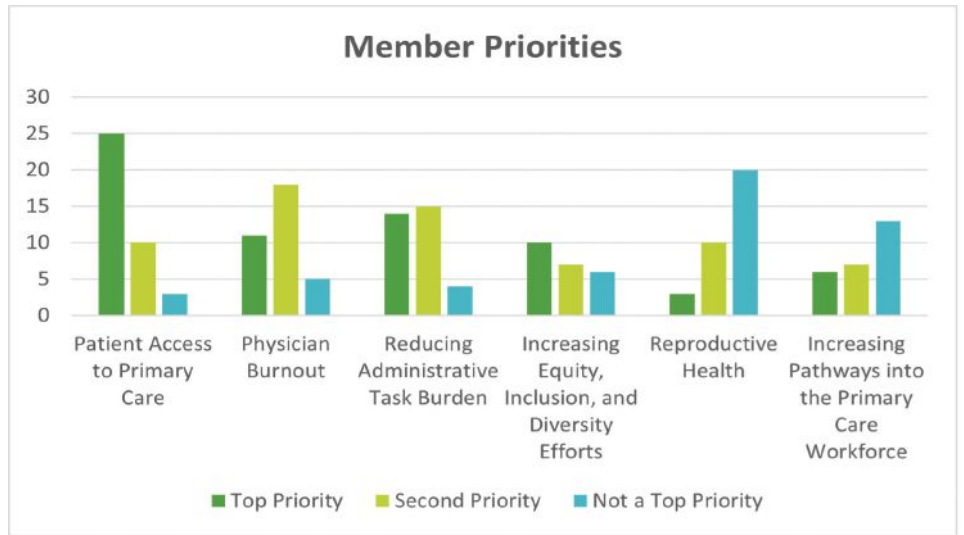
Each of these projects is connected to “moving the needle” on increasing Oregon’s investment in primary care.

In mid-summer we began planning in earnest for the 2023 Oregon legislative session, when we will introduce several bills to advance our goals. Since we introduced SB 231 and SB 934 to create the primary care payment reform collaborative and count and report primary care spending, other states have adopted legislation that echoes our efforts, and in some cases, those states have stronger provisions around accountability for increasing investment. The Commission on External Affairs is looking for opportunities to simplify how primary care is paid for, to make good on our state’s intention to increase investment in primary care while ensuring access and affordability to health care for all, and to fund the continued work of ORCA-FM.

Especially as we have a new crop of legislators and a new governor taking office in 2023, we have an opportunity to shift in this environment of profound strain to make things different.

This summer, we fielded a membership survey that asked you all to share with us what issues are most important to you, what the chapter is doing well, and where we need to make changes.

The charts on this page show some of the survey results. The survey got 65 responses; this is too



small a sample to draw definitive conclusions, but taken together with AAFP member satisfaction data, we have helpful data with which to go forward.

From the narrative comments, we heard several areas for improvement, including:

- Improving resources for practice management, leadership development, financial education;
- Improved dissemination of patient education tools in both English and Spanish;
- Improved connections to behavioral health resources;
- Creating more task forces for various issues; e.g. value based care and practice transformation; overcoming OHA burdens; etc.; and

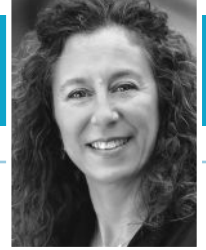
- Creating a space for conservative voices.

The data we gathered from this survey, along with the work attendees did at our 2022 Annual Conference to identify what barriers and opportunities lie ahead will inform the planning process in October. Importantly, that work will be done with an eye to embedding equity and racial justice into our operations and our policy advocacy.

Thanks for your time.



JENNIFER DEVOE, MD, DPHIL, FAAFP - OHSU FAMILY MEDICINE CHAIR  
DEBORAH COHEN, PHD – OHSU FAMILY MEDICINE VICE CHAIR OF RESEARCH



## An Update on Our National Work to Spotlight the National Academies' Primary Care Report

Last year, a committee of the National Academies of Sciences, Engineering, and Medicine (NASEM) completed a report titled "Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care."<sup>1</sup> This report was the culmination of a multi-year effort sparked by the Family Medicine for America's Health strategic initiatives.

### The Why

Some sobering information came out of the 2021 report. Clinicians know that without access to high-quality primary care, preventive care lags, minor health problems can spiral into chronic disease, chronic disease management becomes difficult and uncoordinated, with unnecessary visits to emergency departments increasing and health care spending soars to unsustainable levels.

Further, primary care adds value: "primary care is the only part of health care where an increased supply is associated with better population health and more equitable outcomes." The report found that declining primary care workforce capacity is associated with a loss of 85 lives per day overall.

It's truly a matter of life and death.

The report establishes five objectives to ensure high-quality primary care is available to all people living in the U.S.:

1. Pay for primary care teams to care for people, not doctors to deliver services.
2. Ensure that high-quality primary care is available to every individual and family in every community.
3. Train primary care teams where people live and work.
4. Design information technology that serves the patient, family, and the interprofessional care team.
5. Ensure that high-quality primary care is implemented in the U.S.

The release of this report – the first NASEM report to spotlight primary care since 1996 – felt like we had finally crossed the finish line. And, this report also signaled a new starting line and outlined a roadmap to be followed in this next phase of work.

The report called for the U.S. Department of Health and Human Services (HHS) to establish a Secretary's Council on Primary

Care and make it the accountable entity for primary care. For implementation to happen, the U.S. needs a government entity that is responsible for defining and overseeing implementation of a coordinated national primary care strategy. An HHS Secretary's Council on Primary Care, the NASEM report recommended, should coordinate primary care investment throughout government agencies, and establish accountability measures for a national "health of primary care" scorecard and track progress.

The committee also made recommendations on the percentage of total health spending going to primary care, the number of primary care clinicians per 100,000 people in underserved areas, and the percentage of various clinicians working in primary care. Currently, the onus of achieving targets for these measures falls on clinicians themselves.

### What's Happening Now

Many people from across Oregon's family medicine community were instrumental in launching the report, informing the evidence base, and are continuing to play active roles



in the journey to implement it. For example, research conducted by faculty in OHSU's Department of Family Medicine contributed vital evidence to inform recommendations in the report. Innovative work in practices across Oregon to create patient-centered primary care homes gave relevant case examples for the committee. Oregon's work to transform primary care payment provided new models for the nation. We are proud and honored to be part of a national team of researchers involved in this work and wanted to share a few updates on work happening with a new group of primary care research centers.

In anticipation for an ongoing need to produce research that informs action at the national level, a group of U.S.-based primary care centers came together and created the Primary Care Centers Roundtable (PCCRT) in 2016. The PCCRT has been working on ways to synthesize important primary care research findings and deliver this evidence to advise the HHS team tasked with creating an action plan. The PCCRT also embarked on a social media campaign (Twitter: @Primary\_Cares; #PrimaryCareLeads), which has included writing commentaries that all aim to elevate the importance of the Secretary's Council to policy makers and the public. PCCRT members are also contributing to several other efforts, including the creation of longitudinal measures that report on the health of the U.S. primary care system and a storytelling project to help promote better understanding of the important role primary care plays in health and health care.

OHSU Family Medicine's Center for Primary Care Research and Innovation (CPCRI) is one of the nine volunteer primary care research and

policy center members of the PCCRT.

Other members include:

- Center for Community Health Integration at Case Western Reserve University
- Center for Excellence in Primary Care at University of California, San Francisco
- Center for Primary Care at Harvard Medical School
- Center for Professionalism and Value at the American Board of Family Medicine Foundation
- Farley Health Policy Center at University of Colorado
- The Larry A. Green Center
- The National Center for Primary Care at Morehouse School of Medicine
- The AAFP's Robert Graham Center

PCCRT members collectively and separately are working on elevating the NASEM report. The Robert Graham Center is partnering with other national groups to develop a health of primary care scorecard – they're selecting metrics and compiling data, and will publish their first report in January 2023. Collectively the PCCRT has written editorials and guest essays aimed at enhancing understanding of the value of primary care<sup>2</sup> and elevating the need for the Secretary's Council to policy leaders<sup>3,4</sup> and the public.<sup>5</sup>

All of these efforts call for tangible change and outline how it can happen. Ongoing research from each of the centers shows where transformation can occur. PCCRT is committed to continuing our work together at the national level and focused on translating ideas and innovation into action.

Learn more at [primarycarecentersroundtable.com](http://primarycarecentersroundtable.com).

## References

1. The "Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care" report is available at [www.nationalacademies.org/our-work/implementing-high-quality-primary-care](http://www.nationalacademies.org/our-work/implementing-high-quality-primary-care)
2. Getting primary care – a life-saving intervention – off life support by Jennifer DeVoe, MD, DPhil, in *Mayo Clinic Proceedings* (April 1, 2021)
3. Revitalizing the U.S. Primary Care Infrastructure by Kevin Grumbach, MD, in *The New England Journal of Medicine* (Sept. 23, 2021)
4. Strengthening Primary Care to Improve Health Outcomes in the US by Lauren Hughes, MD, in *JAMA Health Forum* (Sept. 2, 2022)
5. Primary care clinicians are the glue to health and wellness. Their shortage spells trouble. by Deborah Cohen in *STAT* (Feb. 4, 2022)



**TOURO UNIVERSITY**  
CALIFORNIA  
COLLEGE OF  
OSTEOPATHIC MEDICINE

**Touro University California COM** is looking for primary care physicians interested in teaching preclinical students on its Vallejo campus as well as delivering patient care.

Assistant, associate, or full professor rank benefits and Northern California lifestyle await you!

Contact Jay Shubrook, DO, at  
[jshubrook@touro.edu](mailto:jshubrook@touro.edu)



KAYLA WRIGHT  
OAFP - ADMINISTRATIVE COORDINATOR

## What's Happening Beyond Clinic Walls

OAFP has been working on two exciting projects this year. Both aim to build meaningful relationships and take primary care and public health into the community. Here are updates on our exciting endeavors, Building Immunity by Building Community and Primary Care Beyond Clinic Walls.

### Building Immunity by Building Community (BIBC)

OAFP has partnered with Boost Oregon and the Oregon Rural Practice-Based Research Network (ORPRN) to increase vaccine confidence within communities most impacted by COVID-19: rural communities and communities of color. Beginning in January, we began recruiting clinicians and providing them with motivational-interviewing based, culturally-robust training so they could go into communities and facilitate vaccine confidence workshops.

The first workshop took place on August 3<sup>rd</sup> and was hosted by North Bend Public Library. Provided in a hybrid format, the workshop helped the citizens of Coos County better understand the way we make decisions, evidence-based information about the vaccines, and how to make the choice that is healthiest for them and their community.

Currently, we are continuing to recruit interested community-based organizations (CBOs) who are interested in hosting these events. Presentations can be delivered in-person, virtually, and in a hybrid format. They last approximately two hours in length, and we encourage participants to ask questions and engage in discussions. Stipends are available to assist CBOs needing translation services.

If you know of any organizations that may be interested in hosting a vaccine confidence workshop for their community, please contact me at [kaylaw@oafp.org](mailto:kaylaw@oafp.org).

### Primary Care Beyond Clinic Walls (PCBCW)

PCBCW is OAFP's groundbreaking pilot project that aims to form an iron triangle between primary care, public health, and community-based organizations. Five physicians have been

chosen to partner with CBOs to co-create projects that meet the organizations' needs. While creating these projects, our physicians are seeking key officials within their local public health offices to communicate their work and findings.

The pilot project is currently a third of the way through its first iteration, and each of our physician's projects are reaching exciting milestones. One physician is working on building relationships with local organizations that provide Oregon's transgender and non-binary citizens with gender-affirming reproductive health care. Another physician is building a bridge between a local clinic and community college to create a longitudinal curriculum that will allow students of color to enter the health care workforce and serve their communities. Integrating primary care and behavioral health is the focus of a third clinician; they are serving as a primary care coordinator to help those with severe, persistent mental illness receive the wraparound treatment they need to thrive. A fourth clinician is raising suicide awareness within their clinic and helping a grassroots organization identify needed resources and trainings so they may provide supportive, peer-led services within their county. Finally, our fifth physician has helped coordinate three health fair and vaccine outreach events, facilitated working relationships between their clinic and their partnered CBO, and started creating a repository of recorded webinars to best meet the needs of Oregon's Latino/x/e communities.

OAFP continues to provide support to our physicians and their partnered CBOs, record lessons learned, and strategize ways this project can grow in its second iteration. Our findings will be disseminated at the 2023 annual conference, and recruiting for the second cohort will begin in the winter. Our ultimate hopes for this project are to build strong connections and relationships, to find ways to share and scale this project for replication from other chapters and organizations, and to find ways for this project to inform advocacy and policy within primary care payment and delivery reform.





## VA Northern California Health Care System

# WE ARE HIRING!

### Primary Care Physicians - Supervisory and Staff Opportunities

Modesto, CA - Yuba City, CA - Chico, CA - Redding, CA

To apply, email current CV to: [Crystal.Keeler@va.gov](mailto:Crystal.Keeler@va.gov)

The Department of Veterans Affairs (VA) needs primary care professionals who possess the energy, compassion, and commitment to serve those who served our country. Eligible applicants must be able to provide comprehensive general primary care and comprehensive women's health care.

**Whether you're a new graduate or an experienced professional,  
physicians are always needed at the VA.**

These locations have a lot to offer to those seeking good weather and an abundance of outdoor activities such as hiking, snow skiing, boating, hunting and fishing. Enjoy the area's beautiful rural settings with access to many national parks, rivers, and lakes at your fingertips. Whether you're interested in work/life balance, research or academics you will find that working for the VA offers many benefits not to mention the great honor we have in serving our nation's heroes.

#### Available benefits:

- Insurance for Medical, Dental, Vision and Long
- Term Care Sick and Annual Leave accrual starting on day one Education Debt Reduction Program
- Recruitment/Relocation Incentives
- Some positions offer partial tele-work opportunities, but **are not virtual assignments**

**Candidates must:** 1) be US Citizen or Green Card Holder; 2) BE/BC Family Medicine or Internal Medicine; 3) have a medical license in any State; and 4) confirm vaccination for seasonal influenza and Coronavirus Disease 2019 (COVID-19), which are both requirements for all Health Care Personnel (HCP) employed by Department of Veterans Affairs.

**Supervisory candidates should:** have demonstrated leadership experience or demonstrate informal leadership training, experience and skills.

VA



U.S. Department  
of Veterans Affairs

## • PUBLIC POLICY AND LEGISLATIVE AFFAIRS



IRIS MARIA CHÁVEZ  
EQUITY ACTION PARTNERS - OAFP LOBBYIST

Everywhere around us the end of summer is evident: students are back in their classrooms, election season has entered full swing, the Oregon legislature begins in earnest to work toward the 2023 legislative season, and OAFP is hard at work developing our policy proposals for 2023.

Labor Day is said to mark the official beginning of election season as people are back home from their summer journeys to collect campaign mail pieces, see the plethora of TV and streaming political advertisements, and to participate in fundraisers and town halls. You'll notice the increased outreach from candidates vying for local and state office, and with a record number running this year it's important for you to engage with these candidates (new and incumbents) to hear their positions on health care access and affordability, and to help them understand these issues within your own communities. Take advantage of the local town hall meetings they'll be holding but don't be afraid to also reach out directly, most candidates are more than happy to schedule a one on one coffee to learn about your ideas and concerns. With only seventy days between election day and the first day of legislative session we need to find as many opportunities as possible to help state elected officials be ready to pass smart health care policy in 2023.

The Oregon legislature is also working hard to prepare for the 2023 legislative session. The quarterly Legislative Work Days (September 21 - 23, 2022) provide a signal of what we can expect them to work on in 2023. For example, the Health Care committees will have presentations from the Joint Legislative Bridge Plan Task Force, which is designing a "bridge program," to offer health care coverage to people leaving the the Oregon Health Plan (OHP) at the end of the Public Health Emergency (PHE). Related to that work, we expect to see a presentation on legislation that would create a low-cost, high-quality public

health insurance option available on and off the health insurance exchange and to lower costs for individuals, families, and small businesses in Oregon (referred to as the "Public Option" bill.)

Outside of the presentations on potential legislation during the September workdays we're paying attention to what legislators and our partner organizations say they'll be bringing forward in 2023, some of which will be new ideas and others that are follow up to work done in past sessions.

In response to the opioid overdose epidemic in Oregon we expect to see a good amount of legislation on this topic. Some which would provide treatment providers and clinics with additional resources to treat individuals with substance use disorder, and others specifically addressing the rise of the prevalence of deadly Fentanyl (we expect to see legislation on the substance use/health aspects of this issue as well as the criminal/legal side.)

We expect there to be legislation to follow up on work from past session related to: the 9-8-8 crisis services hotline; training and recruitment in the health care workforce; Child and Family Behavioral Health Continuum of Care; and Race, Ethnicity, Language, Disability (REALD) and Sexual Orientation, Gender Identity (SOGI) data implementation.

It will be some time before any of these ideas are official, the first bill filing deadline is in late December 2022, but we'll be staying engaged with legislators and partners as these bills develop over the coming months.

At OAFP the External Affairs Committee members are busy developing legislative concepts for a number of items, including state funding for ORCA-FM (the family medicine residency collaborative.) Launching soon is this year's Policy Scholars program and we're eager to engage our family medicine scholars in the policy and legislative advocacy process at OAFP.



# OAFP 2022 Family Doctor of the Year



*Photo: Dr. Creelman and Mrs. Creelman pose with Dr. Nathalie Jacqmotte, President of the OAFP Board of Directors and a former student of Dr. Creelman.*

**Thomas J. Creelman, MD, FAAFP**, a recently retired medical director from Warm Springs, was named the OAFP's Family Doctor of the Year on April 9<sup>th</sup> at the 75<sup>th</sup> annual conference in Bend. He is celebrated for his commitment to his community, his service to his patients, and his impact on future generations within family medicine.

Dr. Creelman graduated from the University of Washington School of Medicine in 1974. He completed his internship at Santa Clara Medical Center in San Jose, CA. After he became board certified in 1979, he began practicing with the Warm Springs Indian Health Service, and he has served the Confederated Tribes of Warm Springs for over forty years. Over twenty of those years were spent as the medical director of the Warm Springs Fire and Safety program, during which Dr. Creelman had a major impact on shaping the education and professionalism of the paramedics, EMTs, and first responders. Dr. Creelman provided expert guidance and perspective on the needs of rural clinical and emergency medical providers during the birth of the Cascade East AHEC program. He was an active member and served as Chief of Staff in the Mountain View Hospital District.

Colleagues and patients share Dr. Creelman's steadfast efforts to understand the Tribe's culture and to create a practice in which his patients feel like family.

Dr. Creelman has served many generations of families, and many consider him to be part of their own families. Patients shared stories in which Dr. Creelman provided aid and comfort to them and their family members during challenging times. Many expressed awe in Dr. Creelman's abilities to take patients' emotions into consideration during every encounter and to explain medicine and treatment in friendly and approachable ways to youth and elders alike.

Dr. Creelman has left a lasting impact on Warm Springs IHS and family medicine. One colleague stated, "Through the teaching efforts and direction of Dr. Creelman, Warm Springs IHS became a most sought after rural medicine, primary care rotation for medical students and physician assistant students, and nurse practitioner students primarily from OHSU, University of Washington as well as other institutions." Others share Dr. Creelman's constant curiosity and desire to learn about medicine, the families he serves, and his community. His values of lifelong learning, compassion, and putting patients first have been imparted on those who he has taught over the course of his career.

Dr. Creelman recently entered retirement but continues to serve as an excellent role model for family physicians, and those he has taught continue to carry his legacy into their pursuit of health and wellness for Oregon.

## • IN MY OWN WORDS



GILLIAN FRENEY  
OREGON CTR FOR CHILDREN & YOUTH WITH SPECIAL NEEDS – COMMUNICATIONS SPECIALIST

## New Resource Helps Families Prepare for Medical Emergencies: Health Emergency Ready Oregon (HERO) Kids Registry

### Discover Work-Life Balance in the Columbia River Gorge

Located 85 miles east of Portland, but a world away, The Dalles is a scenic and friendly small town located on the shores of the historic Columbia River. We have year-round access to outdoor recreation, affordable housing, award-winning wineries, great food and local arts. Come live, work and play here.

#### Immediate openings for: Internal Medicine, Pediatrics & Family Medicine

Apply online or learn more by contacting:

**Audra Schmidt**, Physician Recruitment  
audras@mcmc.net | 541.296.7510

Laura Ann Flath, MD  
Internal Medicine



[mcmc.net/careers](http://mcmc.net/careers) | Primary Care | 20+ Specialties | Person-Centered Care

Mid-Columbia Medical Center is a nonprofit health care system with a 49-bed hospital, 24/7 emergency care, immediate care center, cancer care, breast center, cardiovascular services, surgery, physical therapy, behavioral health, and more.

More than 12,000 Oregon children had a medical emergency requiring an Emergency Medical Services (EMS) call in 2020 (Oregon Health Authority). EMS providers often have to make split-second decisions with limited information about their patient's health history. The HERO Kids registry helps fill the pre-hospital information gap in emergencies.

HERO Kids Registry is a voluntary, no-cost system that lets any Oregon family record critical health information about their child *before* an emergency. Registry information can be accessed quickly by EMS and hospital emergency departments at the moment they need it.

*"For emergency responders, especially transporting ambulance providers, having access to patient history is vital to providing timely, quality, and compassionate patient-centered care. It helps providers make informed decisions in critical moments. HERO Kids has the potential to improve the health and safety of children with medical conditions.*

- Matt Philbrick, Oregon  
Emergency Medical Services for  
Children  
Advisory Committee Chair, and  
Paramedic



Registering with HERO Kids is especially useful for young people who are medically fragile, or for those who have complex conditions, developmental disabilities, or mental health conditions. Young people in a crisis can't always communicate their needs. Family members may not be present, or they may be too distressed to help. Language barriers can impede communication. HERO Kids Registry can help offset some of these challenges.

*"My son has ADHD, anxiety, PTSD and other emotional disorders. I have had to call 911 to get help for him many times. It's hard to explain his diagnoses, behaviors, and needs quickly...He freezes up when he's anxious. He's afraid of needles, and he has adverse drug reactions which can exacerbate the situation...The time it takes to explain it all has sometimes led to harmful delays and misunderstandings..."*

– Anonymous  
Oregon parent

HERO Kids is the first registry of its kind, and is modeled on Oregon's POLST (Portable Orders for Life-Sustaining Treatment) Registry. It was developed by the Oregon Center for Children and Youth with Special Health Needs, in partnership with Oregon Health Authority's Emergency Medical Services for Children program. Input and advice came from family members of children with special health needs, young adults with special health needs, emergency medical services agencies, pediatric health care providers, hospitals, clinics, and public health programs.

Parents and legal guardians can register their child or young adult with HERO Kids online, and there is a paper registration option for people who prefer it. Young adults aged 15-26 may register themselves. HERO Kids Registry is secure and HIPAA-compliant. When it is accessed by EMS or emergency

department providers, registry information is available in under 90 seconds.

Prelaunch registration begins September 12, 2022. The system launches for EMS and emergency departments in October 2022.

Learn more at the HERO Kids website: [www.herokidsregistry.org](http://www.herokidsregistry.org).

UW Medicine  
VALLEY  
MEDICAL CENTER



**Primary Care Physician**, opportunities | MD/DO Full-Time, 1.0 FTE South King County, WA

UW Medicine | Valley Medical Center has received many awards including recognition as one of the **Best Places to Work**. *Modern Healthcare* has listed Valley Medical Center as one of the nation's "Best Places to Work in Healthcare." *Seattle Business* magazine names VMC the #1 Non-Profit in Washington for 2011, VMC's tenth consecutive year winning a Best Workplace award.

**Qualifications:**  
**BE/BC in Family Medicine**

We welcome full-time (1.0 FTE) Primary Care Physicians with a desire to build a practice working in a collaborative, collegial, work environment. Team-based model approach to patient-centered care. Ability to communicate and work effectively with the physical and emotional developments of all age groups appropriate to specialty training. Limited call expectations.

**Competitive compensation \* Hiring Incentives \* Relocation Package \* Work Life Balance \***

Ability to obtain a medical professional license in the State of WA.

Ability to obtain a DEA with full prescriptive authority needed for specific practice

Valley Medical Center offers much more than a comprehensive, competitive compensation and benefits. There is also the lifestyle benefit that comes with finding yourself in the heart of the Pacific Northwest. Surrounded by the vibrancy and sophistication of one of the country's most livable cities, finding the perfect urban or outdoor pursuit will instinctively and pleurably become second nature. Our locations in south suburban Seattle allow you to enjoy a great northwestern lifestyle without the high prices and traffic found in the heart of the metro.

- Access to multiple strong school districts
- Within 10 minutes from the main hospital campus
- 30 minutes south of Downtown Seattle and Bellevue – **at nearly half the cost!**
- Magnificent views of Cascades and Mt Rainier
- Access to multiple parks, hikes, and Golf & Country Club
- Amazing Community for Families
- No state income tax
- Professional sports - Seahawks, Mariners, Storm and Kraken,
- Amazon, IKEA, Microsoft and Boeing
- Participate in the Public Loan Forgiveness Program

Please apply by submitting your CV and Cover letter to Physician Recruiting at [physicianrecruiting@valleymed.org](mailto:physicianrecruiting@valleymed.org)

or check us out here : <https://www.youtube.com/watch?v=RVjJivfJ10w>

## MEMBERS IN THE NEWS



**Jinnell Lewis, MD**, has been named as Program Director of OHSU's newest Family Medicine Residency Program. Three Sisters Rural Track will open in 2025 and serve rural communities in central Oregon. It will be located in Madras.



**Michelle Scheurich, MD**, spent three weeks on a family medicine rotation at St. Charles in Madras. It is not uncommon for medical students to do rotations in Madras. However, Dr. Scheurich is a family medicine resident at OHSU Portland Family Medicine Residency Program.



**Eva S. McCarthy, DO**, has joined the faculty of Samaritan Family Medicine Residency. The Family Medicine Residency has two program locations, Corvallis and Newport and several clinic locations, Albany, Corvallis, and Lebanon. The Newport program is a rural training track which is in its first year.

Eva was also recognized by the OMA at their annual meeting in October for chairing the OAFP Task Force on Equity, Inclusion, and Diversity, for spearheading OAFP's Racial Justice Charter Work and for creating pathways for students of color to enter family medicine.



**Amy Cantor, MD, MPH, FAAFP**, published a study in the *Annals of Internal Medicine* in late July. The study "Telehealth Strategies for the Delivery of Maternal Health Care" was a rapid review of the effectiveness and harms of telehealth strategies for maternal health care. The study was conducted in response to the expansion of telehealth which arose from the COVID-19 pandemic. The article can be found at: <https://www.acpjournals.org/doi/10.7326/M22-0737>.



**Bradley Buchheit, MD, MS**, was part of a Harm Reduction and Bridges to Care (HRBR) clinic response to the opioid crisis in observance of International Overdose Awareness Day. The clinic, set up near OHSU's Marquam Hill campus, provided training on the use of naloxone to anyone interested. Dr. Buchheit is the Director of the HRBR clinic. More clinics will take place in the future.



**John Heintzman, MD**, was one of the authors of a study published in the *Annals of Family Medicine*. The article "Racial and Ethnic Disparities in Acute Care Use for Pediatric Asthma" published the results and conclusion of a study measuring disparities by race, ethnicity, and language in pediatric acute asthma care.





JEFF MALET  
WESTERN U./COMP-NORTHWEST  
MULTIMEDIA MANAGER



## National Public Health Service Excellence Award Honors COMP-Northwest Student

Second-year WesternU/COMP-Northwest student Madeleine Duncan will be awarded the prestigious United States Public Health Service Excellence in Public Health Award for 2022. She will receive the award during a formal ceremony in May.

This national award is a distinguished honor and was achieved through the establishment of the medical student-to-high school student healthy lifestyles mentoring program in Sweet Home. This unique partnership between COMP-Northwest, Sweet Home High School, and the MIKE Program has been recognized as best practice in promoting the national Healthy People 2030 initiatives. Adolescent education on healthy lifestyles, rural health outreach, building health care workforce pipelines, and mentoring and inspiring adolescents in support of high school graduation and mental health are all key components of Healthy People 2030 for improved public health in local communities. Madeleine and her fellow medical student mentors have positively impacted the health and wellness of program participants, serving as role models for future physicians.

"We are thrilled for Madeleine Duncan to receive the United States Public Health Service Excellence in Public Health Award," said Justin Zellinger, Executive Director of MIKE Program. "Madeleine exemplifies what public health can and should be throughout this nation. Her work and leadership in mentoring health education for students at Sweet Home High School illustrates the very best of Healthy People 2030, Western University of Health Sciences-COMP Northwest and the

MIKE Program, as well as what we can achieve toward improving the health of everyone."

Duncan said she appreciates the city of Sweet Home, the MIKE program, COMP-Northwest, her team of mentors and the high school students for trusting her to help grow and lead this program.

"Having this opportunity gave me the unique ability to improve my collaboration skills, teaching skills, and advocacy skills, all of which are vitally important when seeing patients," she said. "As future physicians, my colleagues and I need to understand the importance of knowing our patients as well as treating them with genuine compassion and respect. There are so many factors that play a role in health, and medicine is only one small part. Each of us can lead by example and encourage our co-workers in health care to recognize the social determinants of health and treat the entirety of each person."

WesternU Oregon Associate Vice President Di Lacey said the partnership with the MIKE Program and Sweet Home High School has been highly impactful.

"It has been incredible to watch the growth of our medical students in this near-to-peer health education and mentoring program, Lacey said. "They learn leadership skills, program development, community engagement, health coaching, and most importantly, how to authentically connect with people who have different lived experiences. These are the skills they can't Google. The skills they need to become exceptional future physicians."

# Caring for All of Our Patients: Perspectives on Care for Gender-Diverse Patients

At the 2022 annual conference, **Dr. Ruth Chang** gave a talk titled “Creating a Bigger Table” and discussed the need to provide excellent care for transgender and gender-diverse Oregonians. As a follow up on this talk, we interviewed Drs. Ruth Chang, **Christina Milano**, and **Kyle Kurzet**, each of whom has significant experience providing care for patients identifying as transgender or nonbinary.

**OAFP very likely has members who have never treated a patient who identifies as anything other than cisgender, and those members may be uncertain about why they should become knowledgeable about the needs of this patient population. What do you say to that?**

**Chang:** My wakeup call came two years after I had been taking care of a patient who was experiencing depression and suicidal ideation. At the time, they had gender dysphoria (that was the term used at the time) and wanted to transition. I missed it. I missed the cues and what they were telling me. There was this painful realization that they were struggling for two years as I was trying to figure out the care they needed, and I am sure they were not the only one. It was like wow. How do we learn this language and ask patients what this is and what care they need? This was 8 or 9 years ago, and I had already been in practice for 8 or 9 years. Now we have more education.

**Kurzet:** This is an access issue for me. I previously thought about barriers to access [to gender-affirming health care] being language, lack of interpretation services, finances, and geographic locations. I realized some of my patients [still] had fear as a barrier. They were afraid of the responses they would get because they didn't have trust and they didn't feel safe in medical spaces. I realized it's important for us as doctors to be able to ask those questions patients don't feel comfortable raising themselves.

**Milano:** Both of those comments resonate for me. My experience has been driven by the number of patients seeking gender-affirming services. Looking back to when I was a resident, I could count the number of patients seeking this care on one hand. Now we're witnessing increases in [the number of people we're caring for] to thousands. There has been a seismic shift in how patients are accessing gender-affirming hormone

care. Previously, people were accessing hormones outside of the primary care setting. That benefit is now available by more traditional insurance means, and that means it is a more pertinent part of my practice. That really elevates the importance of everyone having a baseline understanding of that care.

**Should we hold it as a goal that every patient who seeks gender-affirming care get it from their primary care clinician?**

**Milano:** This becomes a semantic issue. When we say “gender-affirming” we are talking about clinical environments being affirming, that they respectfully hold space clinically. When patients see the language “gender-affirming” there can be confusion because there are procedures people associate with that term. Every clinician has to figure out to what degree they need to train up to support their patients... There still are areas where they may be many primary care providers, but not gender-affirming spaces.

**Kurzet:** You can provide gender-affirming care even if you don't provide the clinical services typically associated with that term. There are some patients who don't know how to ask for their preferred names and pronouns to be used. When the medical office doesn't ask, or if patients' requests are not honored, they get misgendered. This can be so detrimental to patients that they may not come back because they don't get the barest minimum of gender-affirming care.

**Milano:** A huge thing for Oregon is that the SBIRT tool had a sub-question that specified either men or women in terms of possible response [categories]. The developers, after receiving feedback about how this could be alienating, went through the work of ensuring how you could go about achieving equally sensitive screening without using the previously alienating language. It is hugely impactful to the patient.

**If a family physician isn't able to provide the clinical services for gender-affirming care, how do you manage a referral in a non-traumatic way? What is the ideal handoff?**

**Chang:** Our main driver for building the Center of Excellence at Kaiser Permanente, is because that is what our patients



asked for... Referral is a straightforward process, where one can say "I want the experts to be the ones providing care for you and coordinating your surgeries." We also have primary care providers providing those services who are not in our center, so we really are giving them a choice. Our call center keeps a list of primary care providers who are gender-affirming care providers.

**Milano:** One model I hope to see more of, and there's a family physician in Hood River who is doing this, is to have at least one more highly trained provider in clinic so [that PCPs] can say "I have a colleague who can start your hormone therapy, and then they will hand you back to me and I can continue prescribing them." Building confidence over time and then taking the lead is probably the best over time [for family physicians]. The greatest barrier is the fear and discomfort over assessment, and then making the best recommendation for treatment. The idea of a combination of initial referral and then managing prescriptions is ideal.

### **What can OAFP do to help our members understand the importance of providing gender-affirming care and a welcoming environment?**

**Chang:** If we can be inclusive, it's not just about [better care for] trans patients, it's about everyone.

**Kurzet:** If we think about this in a much broader context, [all] patients want their [preferred] names to be used. The majority of Americans are going to be on hormones at some point in their life. Hormone therapy is not unique to gender-diverse patients.

**Milano:** We can continue to expand what "family" means and work on avoiding perpetuating stereotypes and heterogeneity. Even the language and scenarios in (Family Medicine Board) exam questions perpetuate those stereotypes.

### **What can physicians do to start opening up conversations about gender-affirming care with their patients?**

**Chang:** Make them more routine. The more you ask, especially in childhood, the easier it will be. We meet patients where they are at. We know we can be more inclusive of their language, and that helps meet patients where they are at. This is our profession. This is our duty.

**Milano:** We are still trying to find the best ways to ask the questions. Ideally, you want everyone asking the questions to be prepared and ready to navigate the range of responses.

Medicine is not isolated in a bubble. There are so many other systems that exist in our society that create a paradox about putting people into boxes. There's a lot of collective discussion that needs to be had to make our community a welcoming and safe place.

**Kurzet:** That can be helpful. As can introducing oneself with name and pronouns so that patients feel more comfortable sharing theirs.

### **References:**

<https://onlinelibrary.wiley.com/doi/abs/10.1111/andr.13052>

The Williams Law Institute at UCLA\* has released estimates of the size of the transgender population nationally.

- .5% of US adults (18 and over) or 1.3m people identify as transgender.
- 1.4% of US youth (13-17) or 300k.

\*<https://williamsinstitute.law.ucla.edu/subpopulations/transgender-people/>

In Oregon, they estimate that 1.18% of the total population identifies as Transgender, or 2,900 individuals. Among adults, 0.59% identify as transgender, and 1.18% of youth 13-17.

**Cisgender Definition** - <https://www.merriam-webster.com/dictionary/cisgender>

**Mental Health Outcomes in Transgender and Nonbinary Youths Receiving Gender-Affirming Care:** <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2789423>

**Association of Gender-Affirming Hormone Therapy With Depression, Thoughts of Suicide, and Attempted Suicide Among Transgender and Nonbinary Youth:** <https://www.sciencedirect.com/science/article/pii/S1054139X21005681>

**Suicidality Disparities Between Transgender and Cisgender Adolescents** <https://publications.aap.org/pediatrics/article/144/5/e20191183/38246/Suicidality-Disparities-Between-Transgender-and>

## STUDENTS SPEAK OUT!



ERIC ARDMAN, MD, PGY3 - OHSU PORTLAND FAMILY MEDICINE RESIDENCY  
SPENCER T. HILLS, OHSU FMIG LEAD

Oregon Health & Science University



FAMILY MEDICINE  
interest group

## Mentoring Medical Students at OHSU Interested in Family Medicine

Mentorship plays a key role in facilitating reflection and connection to future careers in medicine. Due to the immense variety within medicine, it is often overwhelming for students to explore what they are interested in and to develop professional relationships to learn more about specific specialties. Additionally, for potential mentors who are further along in their careers, it can be difficult to connect with students interested in their field.

Earlier this year, we renewed collaboration between OHSU Family Medicine residents and OHSU medical students who participate in the Family Medicine Interest Group to facilitate this mentorship process. The goal of the collaboration is to connect residents with students to provide another resource for exploring passions and careers in Family Medicine. Students and residents were paired as best as possible based on these passions and interests. The program facilitated initial connections; the rest was up to these dyads to determine how best to proceed. Months later, we contacted these dyads to reflect on their mentor/mentee relationships.

One resident, **PGY-2 Nick Nowell**, reflected, "Overall, it's been fun! I think the pairing at the end of PGY-1 [residents in their first year of training] with start of MS3 [third year medical students] is a perfect pairing for peer mentorship. First-year residents aren't so far removed from clinical years that they have forgotten what it's like, but there's a definite difference in experience that makes mentorship worthwhile. I felt like I had some set of experiences, between rotations, the Match, and intern year, on which I could draw to give [my mentee] some useful advice or reassurance."

"I feel spoiled to have had a mentee so excited about clinical medicine and patient care, and to see that mentee

dive right into wards and settle in so well. She went from apprehensive about setting foot in an OR, to comfortably talking about new consults and rounds and staffing, in just the span of few weeks. I can't take credit for any of this at all -- it's all Keaton being super prepared -- but it's refreshing and invigorating to see firsthand someone new to medicine get joy from each new experience."

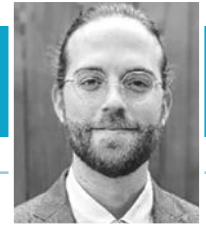
A medical student, Lenora Waconda, described her experience, "Primary care, in general, is special in that physicians are truly able to develop long-term relationships with their patients and their ailments in a way that might not be as possible in other specialties. There are so many routes to go down, patients to see, and procedures that can be performed as a Family Medicine physician – even more than I imagined. Having found an amazing mentor in **Dr. Katie Pavlat**, she was able to give me great insight into what a residency in Family Medicine entails.

... As a medical student, it can be extremely difficult to seek out mentors we can not only shadow or gain advice from, but mentors we can form connections and lasting relationships with. Dr. Pavlat was beyond helpful and encouraging – she is someone I feel comfortable around to ask honest questions and I know she will be a great resource to have as I continue to navigate my medical interests."

With feedback from the first cohort of mentors and mentees, we plan to foster this mentorship program and to improve in the ways we connect medical students interested in Family Medicine with mentors to assist in their journeys into medicine. We hope that by continuing this mentorship program, we can see more connections between medical students and residents sharing their passion for Family Medicine.



# STUDENTS SPEAK OUT!



WESTERN UNIVERSITY OF HEALTH SCIENCES COMP - NORTHWEST



FORREST BLISS, OMS-3  
OAFP BOARD STUDENT DIRECTOR

## Doctor, Student, or Teacher? Why not all three?

There is an oft-cited truism in medical education: “doctor means teacher”. Amidst the flurry of physiology, pathology, pharmacology, and flashcards that comprise pre-clinical education, I never thought to investigate the truth behind this saying. I reasoned that the sentiment had value whether or not it was etymologically accurate and, frankly, I had little time for such exercises.

The beginning of another academic year is upon us and the role of medical students, residents, and physicians as teachers feels as prominent as ever. First-year students are beginning to appreciate the (metaphorical) truth behind another cliché of medical education, that taking in the sheer volume of information can feel like trying to drink from a firehose. Second-years have transitioned to a new phase of preclinical education, from anatomy and physiology to pathology, pharmacology, and microbiology, and are learning to adapt their study strategies accordingly. Third-years have survived their first couple of rotations and are discovering that those “high-yield” topics they worked so hard to master for board examinations are low- or even no-yield in the world of clinical medicine. Fourth-years are frantically preparing their residency applications and simultaneously enduring the pressure of audition rotations. All these transitions are challenging, but they would be impossible without the generous guidance and teaching of those who come before us and decide to generously volunteer their time to teaching.

I would like to take a moment to appreciate the culture of teaching that has been fostered at COMP-Northwest, particularly within the Department of Family Medicine. The first-year Clinical Medicine and Reasoning course, which delivers the fundamentals of history-taking and physical exam that students will use throughout their careers, is provided with significant contributions from second-year Teaching Assistants and fourth-year students on academic rotations. These students deliver lessons, grade assignments, and provide curriculum input. I was honored to serve as a TA last year and can attest to the value of the experience for both the students learning and those teaching. Delivering

materials that, a year previously, were completely foreign is a powerful method to recognize progress while also uncovering gaps in knowledge. I believe that this juxtaposition gives students an appreciation for the immense value of teaching while also setting them up to be lifelong learners.

Though still early in my medical training, I can already appreciate that this process of learning and teaching does not stop upon earning a degree. I have already benefitted from the residents on my rotations who have selflessly taken time out of their unimaginably busy schedules to counsel students, and I have seen those same residents receiving clinical pearls and guidance from their attending physicians. Most importantly, I have observed medical students, residents, and attendings delivering the most important teaching of all: that which is delivered to the patient.

As I reflected on this idea that teaching is essential to practicing as a physician, I figured I should take a moment to investigate the truth of the saying. As it turns out, the word “doctor” is derived from the Latin *docere*, which means “to teach”. Does it matter, though? If “a rose by any other name would smell as sweet”, as Shakespeare contended, then might we also surmise that “a doctor by any other name is bound to teach”? I would argue that it’s not as simple as that. Although many of the essential practices of medicine have been codified, the complexity of modern medicine and the importance of clinical judgment makes direct teaching and experience an essential component of medical education. The practices and guidelines are always evolving, but the centuries-long practice of learning by direct instruction has remained steadfast. That the very understanding of our profession was, at its inception, defined by the importance of teaching, is not something that should be overlooked. As a new cycle of learning, teaching, and healing begins, let us all embrace our roles as doctors, students, teachers, or, perhaps, all of the above.

### References

1. Shapiro I. Doctor means teacher. *Acad Med.* 2001;76(7):711. doi:10.1097/00001888-200107000-00013

# Introducing Our New Family Medicine Residents

Earlier this summer, Family Medicine residents from around the country arrived in Corvallis, Hillsboro, Hood River, Klamath Falls, Milwaukie, Newport, Portland, and Roseburg, to begin their residencies. Each one of them brings their unique talents and perspectives to their programs and patients.

OHSU Portland is a four-year family medicine residency while the other Oregon residencies take three years to complete. Providence Hood River offers training in Rural Family Medicine. Providence Oregon is located in Milwaukie at the Providence Milwaukie Hospital. The Corvallis program is part of Samaritan Health Services and has three clinic locations. Samaritan has expanded its program to include a rural training track in Newport. OHSU extends its program to Klamath Falls with the Cascades East Family Medicine Residency, another program offering rural training. Roseburg also offers rural training and will graduate its first class of interns next year. OHSU Hillsboro Health, a community-based program welcomed its second class of interns this year. In 2025, OHSU will expand into central Oregon with a rural training program in Madras.



**ERIKA M. BENNETT, MD** (*she/her*)  
OHSU Portland Family Medicine Residency  
**MD:** Tulane U. School of Medicine  
**Hometown:** Toronto, CANADA

Queen's U. of Kingston **BA:** Political Science/Global Dvpmnt U. Ottawa **Masters in Public and International Affairs**  
**Honors & Awards:** Gold Humanism in Medicine Honor Society, Louisiana AFP FM Excellence Award  
**Other Languages:** Chinese and French

*Dr. Bennett enjoys hiking, gardening and cooking.*



**ALEC BOIKE, MD** (*he/him*)  
Samaritan Health Services Family Medicine Residency Rural Track  
**MD:** U. Minnesota Medical School, Duluth Campus

**Hometown:** Crookston, MN  
Concordia College (*Moorhead, MN*) **BA:** Biology  
**Honors & Awards:** Conrad I. Karleen & Ruth V. Karleen Primary Care Scholarship

*Dr. Boike is passionate about sports and weightlifting. He was a senior captain on his college's track and field team. He also loves hiking and spending time outdoors.*



**CALEB BRACKETT, MD** (*he/him*)  
OHSU Cascades East Family Medicine Residency  
**MD:** U. Washington School of Medicine - Laramie

**Hometown:** Big Piney, WY  
U. Wyoming **BS:** Microbiology  
**Volunteer Work:** Hospice of Laramie, Downtown Clinic, and Interfaith Food Pantry  
**Medical Interests:** Rural medicine, emergency medicine, wound care, and community needs.

*Dr. Brackett has canoed over 100 miles in Canada and taught canoeing at a Boy Scout summer camp.*



**G. AUSTIN BROWN, MD, MPH** (*he/him*)  
OHSU Cascades East Family Medicine Residency  
**MD:** U. Arkansas for Medical Sciences College of Medicine

**Hometown:** Spring Creek, NV  
**MPH:** U. Arizona for Medical Sciences College of Public Health  
U. Arkansas **BS:** Physics **BS:** Chemical Engineering **BA:** Biology  
**Honors & Awards:** US Public Health Service Excellence in Public Health

*Dr. Brown grew up riding horses, trained them in college, and is passionate about horsemanship. He also enjoys playing the guitar, reading, hunting, and travel.*



**MARISSA L. BRUNO, DO** (*she/her*)  
OHSU Hillsboro Health Family Medicine Residency  
**DO:** A.T. Still U. School of Osteopathic Medicine - Arizona

**Hometown:** Ridgefield, WA  
U. Washington **BS:** Public Health **Minor:** Bioethics & Humanities  
**Work:** Roosevelt High School – Health Center Coordinator, Boys & Girls Club – Youth Development Specialist, American Heart Association – Health Equity Intern

*Dr. Bruno has an interest in primary care and community health. She also has a passion for women's health and chronic disease management.*



**(BIN) ZHONG CHEN, MD** *(he/him)*  
 Providence Oregon Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** SE Portland, OR

Oregon State U. **BS:** Biochemistry/Biophysics

Dr. Chen is excited to continue serving his community with his passion for advocacy work for the underserved. He loves learning new skills or advancements in technology and applying them to improve patient care.

*Dr. Chen enjoys repurposing electronics, playing pickup basketball, running, hiking, building a camper van, and traveling*



**PAUL CHO, DO** *(he/him)*  
 Samaritan Health Services Family Medicine Residency  
**DO:** Western U. of Health Sciences COMP

**Hometown:** Highlands Ranch, CO  
 Portland State U. **BS:** Micro/Molecular Biology  
 Pacific U. **MS:** Healthcare Administration

*Dr. Cho played college football.*



**ALEX CONWAY, MD, MPH** *(he/him)*  
 OHSU Portland Family Medicine Residency  
**MD:** U. Minnesota Medical School  
**Hometown:** Wauwatosa, WI

**MPH:** The George Washington U. Milken School of Public Health

U. Wisconsin at Madison **BS:** Biology

**Other Languages:** Spanish

*Dr. Conway has a goal of visiting every National Park in the US. He likes to be outside as much as possible, ideally on a hike with his wife, Jane, and their dog, Gus. He is always ready and willing to discuss movies and TV shows, and he loves to cook (and, more importantly, eat) fun new recipes with friends and family.*



**(MADI) MADISON EGAN KEARNS, MD, RD** *(she/her)*  
 OHSU Cascades East Family Medicine Residency  
**MD:** OHSU School of Medicine

**Hometown:** Portland, OR  
 U. Arizona **BS:** Dietetics; Molecular and Cellular Biology

**Honors & Awards:** Gold Humanism Honor Society, National Health Services Corps Scholar

**Other Languages:** Conversational Spanish

*On a day off, you can find Dr. Egan Kearns working on house projects or hiking with her two dogs.*



**(OBY) OBIAGERI EGEOLU, MD** *(she/her)*  
 Roseburg Family Medicine Residency  
**MD:** Oba Okunade Sijuade College of Health Sciences, Igbinedion U. Nigeria

**Hometown:** Abuja, NIGERIA

Brandeis U. **MS:** Global Health Policy & Health Management

**Honors & Awards:** Leadership Excellence Award (2009-2011), Dean's List Top 5 Graduating Students 2020

**Other Languages:** Kru, Ibo, Yoruba

*Dr. Egeolu is passionate about global health.*



**AMRO ELGEZIRY, MD** *(he/him)*  
 Samaritan Health Services Family Medicine Residency  
**MD:** Faculty of Medicine, Ain Shams U.

**Hometowns:** Cairo, EGYPT & Colorado Springs, CO

**Military Service:** Army Active Duty 2017 - 2021

**Other Languages:** Arabic

*Dr. Elgeziry graduated medical school with honors. He and his two brothers all competed in the Olympics in the Modern Pentathlon. Dr. Elgeziry set an Olympic record for the 200 meter swimming portion of the Modern Pentathlon at the Tokyo Games in 2021.*



**NAEEMA ELMI, MD** *(she/her)*  
 Roseburg Family Medicine Residency  
**MD:** American U. Antigua College of Medicine  
**Hometown:** Portland, OR

Concordia U. **BA:** Biology

*Dr. Elmi loves nature, traveling around the world and spending time with friends and family. She was born in Somalia, lived in Pakistan (ages 3 - 9) and then moved to Portland.*



**SHELBY FELICIANO, DO** *(she/her)*  
 OHSU Portland Family Medicine Residency  
**DO:** Touro U. Nevada COM  
**Hometowns:** Winchester, VA & Los Angeles, CA

College of William & Mary **BS:** Biology

**Honors & Awards:** Dean's List, Berkley Scholar Award

**Other Languages:** French, Spanish

*Dr. Feliciano is a long-distance runner who also enjoys rock climbing. She also loves spending a day at home cooking and listening to records with her partner.*

*continued on page 24*





**MAI'ANA FEUERBORN, MD** (she/her)  
Providence Oregon Family Medicine Residency  
**MD:** Medical College of Wisconsin  
**Hometown:** Corvallis, OR

U. Oregon **BS:** Human Physiology

*Some of Dr. Feuerborn's interests include ukulele and kickboxing. She also just enjoys listening to music while walking around the neighborhoods. Her current favorite podcast: "On Being with Krista Tippett."*

*Her current favorite book is, "When Things Fall Apart" by Pema Chodran.*



**KYLE HAGGERTY, MD** (she/her)  
OHSU Cascades East Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Canby, OR

Oregon Health & Science U. **Fellowship:** Pathology

U. Oregon **BS:** Biology with Honors

**Other Languages:** Intermediate Spanish

*Dr. Haggerty was recently married and had a very Portland reception, complete with food carts and "the wedding llamas."*



**JUSTIN H. W. HARRIS, DO** (he/him)  
Samaritan Health Services Family Medicine Residency  
**DO:** Western U. of Health Sciences COMP/Northwest  
**Hometown:** Sublimity, OR

Oregon State U. **BS:** Biology with Honors **BA:** International Studies with Honors

**Honors & Awards:** Magna cum laude

**Medical Interests:** Underserved medicine, mental health, rural medicine, and global medicine

*Dr. Harris plays the saxophone and loves to sing. He often writes song lyrics and makes music with his best friend from high school. He also loves to work with his hands and has built six computers for other people within the past two years.*



**JACOB HUEGEL, MD** (he/him)  
OHSU Hillsboro Health Family Medicine Residency  
**MD:** Geisinger Commonwealth School of Medicine  
**Hometown:** Aloha, OR

Geisinger Commonwealth School of Medicine **MS:** Biomedical Sciences

Oregon State U. **BS:** Biochemistry & Biophysics

**Honors & Awards:** National Health Corps Scholarship Program, Eagle Scout

*Dr. Huegel actively practices Kendo (Japanese Fencing) and achieved the rank of Shodan (1<sup>st</sup> degree black belt) while in college.*



**LISA HUYNH, DO** (she/her)  
OHSU Hillsboro Health Family Medicine Residency  
**DO:** Western U. of Health Sciences/

COMP-Northwest

**Hometown:** Portland, OR

U. Oregon **BS:** Biology & Human Physiology

**Honors & Awards:** 2020, 2021 Northwest Osteopathic Medical Foundation Scholar; 2019 Rott Scholar (WesternU/COMP-Northwest)

*Dr. Huynh has a black belt in the martial arts of binh đinh. Her hobbies include hiking, eating, traveling and decorating.*



**MEGAN KING, MD** (she/her)  
OHSU Portland Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Corvallis, OR

Carleton College **BA:** Biology

AmeriCorps **Service:** Boston elementary school teacher

**Other Languages:** French

**Medical interests:** Preventative medicine, reproductive health and obstetrics, breast feeding, addiction medicine, gender-affirming care, and geriatrics.

*Dr. King plays on a coed soccer team. She enjoys cooking, trailrunning and spending time outdoors.*



**ALYSSA KRAMER, MBChB** (she/her)  
OHSU Portland Family Medicine Residency  
**MD:** Trinity College Dublin School of Medicine  
**Hometown:** Yorba Linda, CA

U. California at Davis **BS:** Neurobiology, Physiology and Behavior

**Honors & Awards:** Donald Anderson Pegg Award

*Dr. Kramer loves the outdoors, from hiking to running. When not outside you can find her cooking or baking, she has a sourdough starter that has been around the world with her!*



**SAPNA KRISHNAN, MD** (she/her)  
Roseburg Family Medicine Residency  
**MD:** Ross U. School of Medicine - Barbados  
**Hometown:** Fairfield, CA

U. California at Berkeley **BA:** Molecular and Cellular Biology

**Other Languages:** Hindi, Spanish, Tamil

*Dr. Krishnan loves to cook, home organization, interior design, and spending time with family and friends.*



**ALISSA C. KUMMER, MD** (*she/her*)  
 Providence Oregon Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Oakdale, CA

Oregon State U. **BS:** Nutrition & Health Science  
**Medical interests:** Inpatient, women’s health and reproductive medicine, OB, obesity, and sports medicine  
*Dr. Kummer enjoys running, backcountry skiing, surfing, rock climbing, backpacking, mountaineering, scrapbooking and drawing. She also rowed crew and was a rowing coach in Eugene.*



**TARYN K. LAI, MD** (*she/her*)  
 OHSU Hillsboro Health Family Medicine Residency  
**MD:** U. Queensland Medical School, Brisbane  
**Hometown:** Los Angeles, CA

Columbia U. **Post-Baccalaureate Certificate:** Pre-Med U. California at Irvine **BA:** Art History & English  
*Dr. Lai can snap an apple in half with her bare hands.*



**CLARA LEDSKY, MD** (*she/her*)  
 OHSU Portland Family Medicine Residency  
**MD:** Rush Medical College of Rush U. Medical Center  
**Hometown:** Chicago, IL

Carleton College **BA:** Chemistry  
**Honors & Awards:** Dean’s Research Fellowship, Family Medicine Leads Scholar, Gold Humanism Honor Society, AOA member  
*Dr. Ledsky loves bicycling, hiking, and camping.*



**DAMON LERMA, MD** (*he/him*)  
 OHSU Cascades East Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Chiloquin, OR

Oregon Institute of Technology **BS:** Biology Health Sciences  
**Honors & Awards:** Scholar for Healthy Oregon Initiative  
*Dr. Lerma is a self appointed jedi of the culinary arts. Before medical school, he spent his summers traversing the West as a wildland firefighter. He loves going on walks, running, weightlifting, golfing, and spending time with his wife, Erika, infant son, Cruz, and golden retriever, Churro.*



**ISAAC LICHTENSTEIN, MD, RN** (*he/him*)  
 Samaritan Health Services Family Medicine Residency Rural Track  
**MD:** The George Washington U. School of

Medicine & Health Sciences  
**Hometown:** Greensboro, VT  
 Allegheny College **BS:** Biochemistry  
 Marymount U. **BS:** Registered Nursing  
 California State U. at East Bay **Post-Baccalaureate:** Pre-Med. Studies  
*Dr. Lichtenstein was a traveling ER nurse for six years before medical school. He founded the company Singularity Sciences during his time in medical school. There he invented, developed, and tested a novel diagnostic device that focuses on making blood testing easier, less painful, faster, and more accessible. He is passionate about helping develop medical technologies that can reach patients in the most rural settings and work towards greater health equity and support for those who need it the most.*



**KELLEN MANDEHR, DO** (*he/him*)  
 Samaritan Health Services Family Medicine Residency  
**DO:** Michigan State U. COM  
**Hometown:** Newton, MA

Boston U. School of Medicine **MS:** Medical Sciences  
 U. California at San Diego **BS:** Human Biology  
*Dr. Mandehr’s father is an actor who has had roles in films such as Bubble Boy, SWAT, and White Oleander. He enjoys cycling, running, skiing and baking. He has worked as a ski instructor and a lifeguard.*



**(EDE) EDELYN MANNING PAGAN, MD** (*she/her*)  
 Roseburg Family Medicine Residency  
**MD:** Caribbean Medical U. School of Medicine  
**Home Country:** PUERTO RICO

Walden U. **MS:** Health & Medical Physiology  
 Ashford U. **MA:** Health/Health Care Admin/Mgmt  
 Foreign Credits Credential Evaluation **BS:** Medical Science  
**Honors & Awards:** Public Health Leadership Award, Graduated Summa cum laude  
**Other Languages:** French, Spanish

*continued on page 26*



**GRANT MARQUART, MD** (he/him)  
Roseburg Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometowns:** Patuxent River, MD; CA; VA; Okinawa,  
JAPAN; and Medford, OR  
Portland State U. **BS:** Biochemistry with Honors  
**Military Service:** United States Marine Corps

*Dr. Marquart enjoys running trails, running in ultramarathons, road biking, snowboarding, swimming, and traveling.*



**(WILL) WILLIAM MOORE, MD** (he/him)  
OHSU Hillsboro Health Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Bellingham, WA

Oregon State U. College of Engineering **BS:** Radiation Health Physics

**Military Service:** United States Navy  
**Honors & Awards:** AHEC Scholar

*Dr. Moore is extremely interested in rural family medicine. He has been involved with the OAFP since early in his medical school career.*



**EMILY MOUNTZ, DO** (she/her)  
OHSU Cascades East Family Medicine Residency  
**DO:** Arkansas COM  
**Hometown:** Pojoaque, NM

Colby College **Bachelors:** Geology and Studio Art  
**Honors & Awards:** Gold Humanism Honor Society, 2020 Student Doctor of the Year, Sigma Sigma Phi, ARCOM Legacy Award  
**Other Languages:** Some Spanish

*Dr. Mountz was a member of the US Alpine Ski Team, an AmeriCorps Volunteer, and a high school teacher before medical school. She likes cycling, skiing, backpacking, oil & encaustic painting, and dog rescue.*



**(MURPH) MACKENZIE MURPHY, DO** (he/him)  
Samaritan Health Services Family Medicine Residency  
**DO:** Western U. of Health Sciences/COMP-

Northwest  
**Hometown:** Yamhill, OR  
Oregon Institute of Technology **BS:** Biology, Health Sciences  
**Honors & Awards:** Gold Humanism Honor Society, Rural Health Scholar

*Dr. Murphy worked in the wine industry, both in the cellar and in the tasting room for four years at Ken Wright Cellars before attending medical school. He played collegiate soccer at Oregon Tech for four years throughout his undergraduate education.*



**TIFFANY BOA-TU NGUYEN, DO** (she/her)  
Providence Oregon Family Medicine Residency  
**MD:** Rocky Vista U. of Osteopathic Medicine  
U. Los Angeles **BS:** Physiological Science

**Additional:** Sierra Club Wilderness Travel Course

*Dr. Nguyen's interests and hobbies include graphic design such as posters, T-shirts, and digital media for health fairs as well as rock climbing: bouldering and sport climbing, hiking and backpacking.*



**MEGHAN O'BRIEN, MBChB** (she/her)  
Samaritan Health Services Family Medicine Residency  
**MD:** U. Cape Town Faculty of Health Sciences

**Hometown:** Tustin, CA

U. California at Berkeley **BA:** Integrative Biology

*Dr. O'Brien has recently returned from living in South Africa for the past twenty years.*



**STEPHANIE OSHAI, MD** (she/her)  
Samaritan Health Services Family Medicine Residency  
**MD:** College of Medicine, U. Lagos

**Hometown:** Chicago, IL

**MBBS:** U. Lagos

**Hobbies:** Traveling, self care, taking pictures of her baby  
**Medical Interests:** Full spectrum family medicine, in-patient medicine, and addiction medicine

*Dr. Oshai has lived on six out of seven continents and 35 countries. She is hoping to make it seven!*



**KRISTINE J. PARK, DO** (she/her)  
Providence Oregon Family Medicine Residency  
**DO:** Western U. of Health Sciences/COMP - Northwest

**Hometown:** Skokie, IL

U. Illinois at Urbana-Champaign **BA:** Sociology

**Volunteer Work:** Oregon Veteran's Home – emotional and recreational support, and navigating health care system, Lebanon H.S. – intergenerational educational event on neurodegenerative disease

*Dr. Park enjoys propagating plants from pothos to monstera, and culinary gardening. She enjoys playing doubles in tennis, painting landscapes, sketching, going to concerts, and traveling with family and friends.*





**MARY K. PARKER, MD** (she/her)  
 Providence Oregon Family Medicine Residency  
**MD:** OHSU School of Medicine  
**ND:** National U. of Naturopathic Medicine  
 U. Missouri, Columbia **BAS:** Biological Sciences  
**Volunteer Work:** Rural Health College leader, Global Health Promise volunteer

*Dr. Parker enjoys hiking and backpacking, restoring and reupholstering vintage and antique furniture, watercolor painting, and landscape gardening.*



**ANNA PERSMARK, MD, MPH** (she/her)  
 OHSU Portland Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Eugene, OR  
**MPH:** Lund U. (Sweden)  
 Carleton College **BA:** Latin American Studies  
**Honors & Awards:** AHEC Scholar, ORCA-FM Policy Scholar  
**Other Languages:** Spanish, Swedish  
**Medical Interests:** Sexual and reproductive health, LGBTQ+ care, community organizing and health equity

*Dr. Persmark likes roller derby, cross country skiing, and gardening.*



**SEAN PHILLIPS, DO** (he/him)  
 Roseburg Family Medicine Residency  
**DO:** Western U. of Health Sciences COMP  
**Hometown:** Eugene, OR

U. Oregon **BS:** Psychology  
**Honors & Awards:** Nutrition in Medicine Scholar

*Dr. Phillips likes to garden and get his hands dirty, cook, workout and play basketball.*



**JUAN RAZO, DO** (he/him)  
 OHSU Hillsboro Health Family Medicine Residency  
**DO:** Pacific Northwest U. of Health Sciences  
**Hometown:** Grandview, WA

Eastern Washington U. **BS:** Biology **AM:** Arts in Medical Sciences  
**Other Languages:** Spanish

*Dr. Razo likes to run, play disk golf, do calisthenics, and "work" as a barber in his spare time.*



**CATHERINE REID, DO** (she/her)  
 OHSU Hillsboro Health Family Medicine Residency  
**DO:** Pacific Northwest U. of Health Sciences  
**Hometown:** Silverton, OR

Portland State U. **BS:** Science  
 Lewis & Clark College **BA:** Political Science  
**Other Languages:** Spanish

*Dr. Reid loves watching and playing sports.*



**ERIC RICE, DO** (he/him)  
 Samaritan Health Services Family Medicine Residency  
 Rural Track  
**DO:** Western U. of Health Sciences/COMP - Northwest

**Hometown:** Lewiston, ID  
 Whitworth U. **BA:** Economics

*Dr. Rice loves the natural beauty of Oregon, from the Coast to Smith Rock.*



**ARIEL N. B. RINALDI, MD, RN, BSN** (she/her)  
 Samaritan Health Services Family Medicine Residency  
**MD:** U. Nevada, Reno School of Medicine  
**Hometown:** Reno, NV

U. Nevada at Reno **BS:** Music Performance **BSN:** Nursing  
**Honors & Awards:** Magna cum laude

**Other Languages:** Japanese

*Dr. Rinaldi lived in Kobe, Japan for a year while studying as a high school exchange student.*



**(STEPHANIE) JULIA S. RODRIGUEZ, MD** (she/her)  
 Providence Oregon Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Hillsboro, OR

U. Portland **BS:** Biology and Spanish  
**Volunteer Work:** Virginia Garcia Memorial Health Center – migrant camp visits and COVID-19 vaccination

*Dr. Rodriguez is a proud Latina, first-generation college graduate. She is passionate about cooking, hosting gatherings, and spending time with family. She enjoys hiking, camping and swimming in the PNW.*



**JORGE L. RODRIGUEZ TORO, MD** (he/him)  
 OHSU Hillsboro Health Family Medicine Residency  
**MD:** Loyola U. of Chicago Stritch School of Medicine  
**Hometown:** Beaverton, OR

Linfield U. **BS:** Biochemistry

**Other Languages:** Spanish



**JACOB ROGERS, MD** (he/him)  
 OHSU Cascades East Family Medicine Residency  
**MD:** The U. Oklahoma College of Medicine  
**Hometown:** Greeley, CO

The U. Oklahoma **Bachelors:** Biochemistry

*Dr. Rogers likes woodworking, kayaking and canoeing, and reading classic novels. He and his wife, Rachel, are incredibly eager to explore southern Oregon with their rescued Swiss mountain dog, Finn.*

*continued on page 28*



**JOEBERT L. ROSAL, MD** (he/him)  
OHSU Portland Family Medicine Residency  
**MD:** U. California - San Diego School of  
Medicine

**Hometown:** San Diego, CA

U. Pennsylvania **BA:** Neuroscience & Healthcare Mgmt

**Other Languages:** Spanish

**Medical interests:** Pediatrics, behavioral health, POCUS,  
procedures, and integrative medicine

*Dr. Rosal is proud to be a first generation college graduate. In college, he was a swing dancer, choreographer, and dance teacher. He loves being a runner/hiker, amateur foodie, and board/video game enthusiast.*



**(MADDIE) MADELINE SANDS, MD, PhD** (she/her)  
OHSU Portland Family Medicine Residency  
**MD:** U. Arizona College of Medicine - Tucson

**Hometown:** Phoenix, AZ

London School of Hygiene and Tropical Medicine **PhD:**  
Disease Control

Arizona State U. **BA:** Anthropology **MA:** Global Health

**Honors & Awards:** Phi Beta Kappa, Marshall Scholar (2014)

*Dr. Sands likes running, basketball, painting, and reading.*



**TAHA SARMAST, MD** (he/him)  
Roseburg Family Medicine Residency  
**MD:** Al-Ameen Medical College  
**Hometown:** Houston, TX

Al-Ameen Medical College **MBBS:** Bachelor of Medicine,  
Bachelor of Surgery

**Other Languages:** Urdu, Hindi

*Dr. Sarmast played goalkeeper on his medical school soccer team. He enjoys soccer, cooking, baking, traveling, calligraphy, and gardening.*



**(NAVI) NAVDEEP SHARMA, MD** (she/her)  
Samaritan Health Services Family Medicine  
Residency  
**MD:** Medical U. of Lodz

**Hometown:** Sacramento, CA

U. California at Davis **BS:** Biology with an Emphasis in  
Psychobiology

**Other Languages:** Punjabi, Hindi, Urdu

*Dr. Sharma enjoys working out, kick boxing, and interior design. She has lived in Portland for three years.*



**LUCAS SHORT, DO** (he/him)  
Roseburg Family Medicine Residency  
**DO:** Western U. of Health Sciences COMP  
**Hometown:** Roseburg, OR

U. Oregon **Bachelors:** Biology, Anatomy & Physiology

**Honors & Awards:** Dean's List Awardee: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>  
semester Class of 2022

*Dr. Short enjoys playing guitar, disc golf, hiking, and camping.*



**CARINA A. SOUFLÉE, MD, EdM** (she/her)  
Providence Hood River Family Medicine Rural  
Training Program  
**MD:** U. Texas at Austin – Dell Medical School

**Hometown:** Arlington, TX

Harvard U. **EdM**

**Other Languages:** Spanish

**Honors & Awards:** Dell Medical School Scholarship  
(2018-22); Denius Scholar (2021-22), Dr. Timothy George  
Traiblazer Award (2022), Gold Humanism Society Member

*Dr. Souflée enjoys the outdoors, especially backpacking with her husband. She also enjoys reading, bike rides, and spending time with her cat.*



**DAVID SUNCIN, MD** (he/him)  
OHSU Portland Family Medicine Residency  
**MD:** OHSU School of Medicine  
**Hometown:** Beaverton, OR

U. Oregon **BA:** Psychology, Organic Chemistry

**Honors & Awards:** Pathology Star Award, Phi Beta Kappa

**Other Languages:** Spanish

**Medical Interests:** Obstetrics, reproductive health,  
addiction medicine, and mental health

*Dr. Suncin is a trained singer who also plays the ukulele. He can often be found going to concerts, attending touring Broadway shows, adding to his vast record collection, and doing karaoke with friends.*



**RITA A. SWARTZWELDER, MD** (she/her)  
OHSU Portland Family Medicine Residency  
**MD:** U. North Carolina at Chapel Hill School of  
Medicine

**Hometown:** Chapel Hill, NC

Oberlin College **BA:** Law and Society

**Honors & Awards:** AMSA Reproductive Health Scholar, Phi  
Beta Kappa

**Medical interests:** Reproductive health, obstetrics, LGBTQ+  
health, addiction medicine, and health equity

*Dr. Swartwelder loves puzzles, being outside and baking.*



**JOHN UTLEY, DO** (he/him)

OHSU Cascades East Family Medicine Residency

**DO:** A.T. Still U. Health Sciences COM

**Hometown:** St. George, UT

Dixie State U. (UT) **BS:** Biology

**Other Languages:** Spanish proficiency

*Dr. Utley and his wife, Morgan, have four young sons.*



**MAKO WAKABAYASHI, MD** (she/her)

OHSU Portland Family Medicine Residency

**MD:** Nippon Medical School, Bunkyo-Ku

**Hometown:** Zushi, JAPAN

**Honors & Awards:** 2<sup>nd</sup> Prize – 2021 Program Director Award; Honorable Mention – 2020 Call for Trainee-Authored Letters to the Editor; 1<sup>st</sup> Prize – 2020 Best Research & Presentation (22<sup>nd</sup> Congress Japanese Society of Neurogastroenterology); 1<sup>st</sup> Prize – 2020 Best Research & Presentation (99<sup>th</sup> Congress of Japan Gastroenterological Endoscopy Society Radiology Asst.); 2018 Sakura Award of Nippon Medical School

**Other Languages:** Japanese

*Dr. Wakabayashi likes playing tennis and pickleball, skiing, running, zazen, and playing the piano.*



**OWEN WILLIS, MD** (he/him)

Providence Hood River Family Medicine Rural Training Program

**MD:** U. Toledo College of Medicine & Life Sciences

**Hometown:** Cleveland, OH

U. Miami Miller School of Medicine **MS:** Cancer Biology Case Western Reserve U. **MS:** Molecular & Cellular Basis of Disease

American U. **BS:** Biology

**Other Languages:** Spanish

*Dr. Willis loves to travel and has been to 48 US states and four continents.*



OREGON ACADEMY OF  
FAMILY PHYSICIANS  
FOUNDATION

Oregon Dairy & Nutrition Council, in conjunction with Rogue Creamery, is sponsoring a **Virtual Cheese Tasting** for members on the evening of **Wednesday, November 30<sup>th</sup>**. Tickets are \$100 each and very limited. You will receive an overnight delivery of Oregon Rogue cheese in the mail, a couple of days prior to the event. Last year's box had three delicious cheeses. The virtual tasting will be conducted by Rogue Creamery Founder, David Gremmels. He will discuss the nuances and flavor profiles of the delicious offerings as well as tasting tips. We will send out a suggested pairing tips sheet beforehand.

**Use this QR code to buy your ticket for the Virtual Cheese Tasting.**



This past year, the Foundation supported:

- Four medical student graduates with scholarship and stethoscopes as they enter their family medicine residencies with the McCarthy and Lundy Awards.
- OHSU's Health Equity Fair
- Three medical students with National Conference scholarships
- One medical resident with the Resident Emergency Fund
- Several students with rural health travel stipends
- OHSU's Meet the Doctor's Luncheon



# SAVE the DATE

April 13 - 15, 2023

## Building Better Healthcare

2023 Coastal Conference



Salishan Coastal Lodge

### Join us at Salishan April 13-15.

Back in 2019, OAFP staff and leadership began discussing the idea of collaborating for an annual meeting with the Oregon Pediatric Society (OPS). As we think about strengthening our connections with our colleagues in Oregon's primary care community, it seems like a natural fit to bring the two groups together. We returned to an in-person meeting in 2022 after a two-year delay due to COVID. For 2023, we are excited to work with the team at OPS to bring you a program packed with great education.

We're working together to ensure that plenty of sessions at the meeting will feature topics relevant to the care of children and adolescents. We will also still work with the Oregon Rural Practice Based Research Network (ORPRN) to feature their on-the-ground learning from around the state.

Of course, the program this year will also include clinical workshops and breakout sessions targeted at family physicians. Over the course of the weekend in the beautiful setting of Salishan, we'll ensure plenty of time to socialize and connect with peers, both from the family physician and pediatrician communities.

Stay tuned for updates on registration and programming.

**Mark your calendar – Registration opens December 20th!**

#### OAFP PROGRAM HIGHLIGHTS

- ALSO Instructor Course (April 13)
- ALSO Provider Course (April 15)
- LARC Placement workshops (Nexplanon, IUD placement)
- Vasectomy workshop
- Joint Injection workshop



# Incorporating Lifestyle Medicine Into Everyday Practice

Free Lifestyle Medicine Resources for Physicians

THE JOURNAL OF  
**FAMILY PRACTICE**

Read *The Journal of Family Practice's* **A Family Physician's Introduction to Lifestyle Medicine** supplement.

 **AAFP**  
AMERICAN ACADEMY OF FAMILY PHYSICIANS

Use the American Academy of Family Physicians' **Lifestyle Medicine Toolkit**.

Full Plate  
**LIVING**

Prescribe free **plant slanted nutrition programs** available online on demand.

Access these and more resources at:  
[ardmoreinstituteofhealth.org/resources](http://ardmoreinstituteofhealth.org/resources)

 **Ardmore Institute of Health**  
Home of Full Plate Living



Oregon Academy of Family Physicians  
3439 NE Sandy Blvd. #264  
Portland, OR 97232

Presorted Standard  
U.S. Postage PAID  
Fayetteville, AR  
Permit No. 986

Lorie Morgan, MD  
Gynecology, Asante

Chris Morgan, MD  
Primary care, Asante

# LOVE WHERE YOU LIVE. LOVE WHERE YOU WORK.

*We value a work and life balance.*

The quality of life in Southern Oregon is as outstanding as our health care. Mountains, lakes and trails await our new physicians, advanced-practice clinicians and new graduates, offering an adventurous work-life balance.

Asante is an IBM Watson Health 15 Top Health System in the nation for nine years, with three CMS five-star hospitals. Led by a regional board that cares about you and your family, Asante is an excellent choice for work in a beautiful area to live in.

Visit [asante.org](https://asante.org) or send your CV to [provider-recruitment@asante.org](mailto:provider-recruitment@asante.org)

