



Family Physicians of Oregon

VOL • XIV • NO 1 • Fall 2019

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THE OFFICIAL MAGAZINE OF THE
OREGON ACADEMY OF FAMILY PHYSICIANS

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VOL • XIV • NO 1 • FALL 2019

Family Physicians of Oregon

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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 1,600 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 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.

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About the cover:

One Foggy Morning at Poplar Tree Farm in Fall Season by David Gn.
These beautiful poplars once graced the landscape of the Boardman Tree Farm in Morrow County.



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OREGON ACADEMY OF
FAMILY PHYSICIANS

MAKING HEALTH PRIMARY

EDITION 51

• PRESIDENT'S MESSAGE



RUTH CHANG, MD, FAAFP, OAFP PRESIDENT
CHIEF PEOPLE OFFICER & VICE PRESIDENT, NORTHWEST PERMANENTE, PC

OAFP Moves to Support Family Medicine Residencies – ORCA-FM

It was the fall of 2001 and the tragedy of 9/11 was a recent event. As a fourth-year medical student, I was just starting to interview for residency programs in many states across the country. The security lines at the airports were long, tedious, and tense and I remember wondering why I was going through all this trouble to learn about different programs. In retrospect, the travel was worth it because I landed in Oregon, and along the way I learned about interesting programs such as the WWAMI network. The WWAMI Region Family Medicine Residency Network is based at the University of Washington in Seattle and comprises thirty family medicine residency programs across five northwestern states--Washington, Wyoming, Alaska, Montana and Idaho. I remember wondering why more regions or states did not have such a collaborative network.

In my seventeenth year living and practicing in Oregon, I am excited to see ORCA-FM evolve and am proud that the OAFP is serving in a pivotal role in the development of this network.

I am pleased to share with you that Oregon Academy of Family Physicians (OAFP) is facilitating the creation of a residency director's network. In 2017, we received a

planning grant from the Oregon Graduate Medical Education Consortium (OGMEC) to help develop a Family Medicine Residency Directors' network, to better support current residency directors and provide an architecture to support new and emerging residency programs.

Since 2017, OAFP staff has gathered residency directors together for five meetings to discuss strategy and shared interests, and consensus developed around key needs:

- Faculty development and cultivation
- Peer-to-peer networking at regular meetings and between (possibly supported by an online collaboration platform)
- Opportunities to collaborate with other residencies for common programming (e.g., ALSO courses)
- Opportunities to offer peer and mentor support among programs for learners
- Research support through access to information libraries and/or pooled access to statisticians/etc. to support research efforts for residents and faculty

Consensus also emerged that the network, whatever it might be called, should be launched from OAFP. All participants understand the venture may eventually expand or launch as a separate/independent entity, but the neutrality and authority of the OAFP was recognized as an important asset to help leverage institutional support and potentially financial support from other funders.

In 2019, OAFP Staff and **Roger Garvin, MD, FAAFP** who currently holds the role of Director of GME Expansion and Integration at OHSU Department of Family Medicine, worked with the Program Directors to develop a proposed charter for the OAFP Board, to constitute Oregon Residency

Collaborative Association-Family Medicine (ORCA-FM) as a Task Force or Committee of the OAFP. The board provided approval in concept, but also feedback to the ORCA-FM representatives regarding changes that would be necessary for the Charter to be approved by the OAFP Board.

As of late summer, the Charter and an affiliation agreement are under review and development by legal counsel, and the group applied for and received a further \$60,000 in continued funding from OGMEC to support the first year's activities.

A July meeting of the Practice Directors identified a Chair (**Justin Osborn, MD** of the Providence Oregon Family Medicine Residency Program), a Vice-Chair (**Joyce Hollander-Rodriguez, MD** of the Cascades East Family Medicine Residency Program). The group also selected an Education Chair (**Bob Gobbo, MD, FAAFP** of the Providence Hood River Family Medicine Residency program), who will help plan an educational event for students and residents to be hosted as a pre-conference event at the OAFP Spring Conference in April 2020.

Next steps include finalizing the legal documents, seeking additional funding, and planning and executing regular meetings of the Practice Directors to support them in the coming year. Ultimately ORCA-FM will help support the opening of new Family Medicine residency programs throughout the state, serving not only the incubator of new programs, but also as a platform to exchange best practices in curriculum and faculty development among programs over the long term.

In my seventeenth year living and practicing in Oregon, I am excited to see ORCA-FM evolve and am proud that the OAFP is serving in a pivotal role in the development of this network. As I had previously discussed last quarter, our state needs more family medicine residency programs and through ORCA-FM, the OAFP is working towards fulfilling that need. We look forward to giving you an update on ORCA-FM at our OAFP Spring 2020 conference that will be held in Portland from April 23-April 25. Please save the dates! If you would like to get involved, please contact me or our Executive Director, **Betsy Boyd-Flynn**.



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Ruth Chang, MD, MPH, FAAFP

President

Bylaws Committee, Nominating Committee

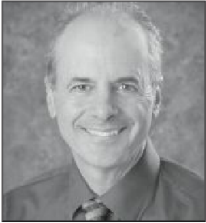
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Resident Director

Providence Hood River Family Medicine
Residency Rural Training (Hood River)



Madeline Boyd, MD

Resident Director

OHSU - Cascades East Family Medicine
Residency (Klamath Falls)

Too Much of a Good Thing? Not Everyone Needs a POLST Form

GARY PLANT, MD, FAAFP, AAFP DELEGATE
SUSAN TOLLE, MD, CHAIR – OREGON POLST COALITION



The Oregon POLST Taskforce (now Coalition) was founded in the early 1990s with the goal of building a statewide system of portable medical orders to honor patient treatment preferences across care settings. Over the past two decades, the distinctive pink POLST forms became ubiquitous throughout Oregon and spread across the country as the standard for ensuring clear communication of preferences for emergency care through transitions from home, to health care facility, to alternative living settings, and back home again in patients with advanced illness or frailty.

The 2019 version of the Portable Orders for Life-Sustaining Treatment (POLST) form is now white with a pink border and provides options for the patient to answer two questions regarding end-of-life or emergency care. Section A indicates the patient's wishes regarding resuscitation in the event of cardiopulmonary arrest (no pulse and not breathing). Section B indicates the desired level of treatment for illness up to but not including cardiopulmonary arrest. Options include: Comfort Measures Only, without a focus on curative or life-extending treatment; Limited Intervention, with basic medical interventions excluding intubation and mechanical ventilation and generally avoiding the ICU setting; and Full Treatment, including intubation and mechanical ventilation in the ICU setting.

Who needs a POLST form?

According to the Oregon

POLST Coalition, the opportunity to complete a POLST form should be offered to patients with advanced illness or frailty who wish to turn their preferences into action as medical orders. When death is expected in the foreseeable future, consider discussing wishes for care at the end of life and completion of a POLST form. Completion of a POLST form must be voluntary and should reflect informed decision making by the patient. Orders should be updated with changes in patient wishes or medical condition.

Who does not need a POLST form?

A recent concern in Oregon is patients

being asked to complete a POLST form who are neither frail nor dealing with advanced illness. A healthy 65-year-old does not need to complete a POLST form as part of a routine Medicare Wellness Exam. That person should complete an advanced directive, which is appropriate for every adult. Similarly, not every patient in a nursing home is there due to advanced illness or frailty. Many otherwise healthy patients require skilled nursing care for rehabilitation after injury or illness; and others may have chronic conditions requiring long-term care but unlikely to cause their death in the near future. While facilities may require a code status order upon admission, these otherwise healthy patients should

not be required to have a POLST form. The default for care in case of emergency is resuscitation with full treatment. A POLST form is most helpful when the patient desires something other than this default. A high number of POLST forms requesting resuscitation and full treatment probably indicates an overuse in patients that are "too healthy" for a POLST form.

Oregon is celebrated across the country for leading the way in care at the end of life. Responsible use of the POLST form will ensure that we provide only as much or as little medical treatment as the patient desires while their condition changes over time. For more information regarding the use of POLST in Oregon, or to order the 2019 POLST form, go to www.oregonpolst.org.

HIPAA PERMITS DISCLOSURE TO HEALTH CARE PROFESSIONALS & ELECTRONIC REGISTRY AS NECESSARY FOR TREATMENT

Oregon POLST™

Portable Orders for Life-Sustaining Treatment*

Follow these medical orders until orders change. Any section not completed implies full treatment for that section.

Patient Last Name: _____ Suffix: _____ Patient First Name: _____ Patient Middle Name: _____

Preferred Name: _____ Date of Birth: (mm/dd/yyyy) _____ Gender: M F X MRN (optional) _____

Address: (street / city / state zip): _____

A **CARDIOPULMONARY RESUSCITATION (CPR):** *Unresponsive, pulseless, & not breathing.*
Check One
 Attempt Resuscitation/CPR Do Not Attempt Resuscitation/DNR
If patient not in cardiopulmonary arrest, follow orders in B.

B **MEDICAL INTERVENTIONS:** *If patient has pulse and is breathing.*
Check One
 Comfort Measures Only. Provide treatments to relieve pain and suffering through the use of any medication by any route, positioning, wound care and other measures. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort. *Patient prefers no transfer to hospital for life-sustaining treatments. Transfer if comfort needs cannot be met in current location. Treatment Plan: Provide treatments for comfort through symptom management.*
 Limited Treatment. In addition to care described in Comfort Measures Only, use medical treatment, antibiotics, IV fluids and cardiac monitor as indicated. No intubation, advanced airway interventions, or mechanical ventilation. May consider less invasive airway support (e.g. CPAP, BiPAP). *Transfer to hospital if indicated. Generally avoid the intensive care unit. Treatment Plan: Provide basic medical treatments.*
 Full Treatment. In addition to care described in Comfort Measures Only and Limited Treatment, use intubation, advanced airway interventions, and mechanical ventilation as indicated. *Transfer to hospital and/or intensive care unit if indicated. Treatment Plan: All treatments including breathing machine.*
Additional Orders: _____

C **DOCUMENTATION OF WHO WAS PRESENT FOR DISCUSSION** *See reverse side for add'l info.*
Check All That Apply
 Patient Surrogate for patient with developmental disabilities or significant mental health condition (Note: Special requirements for completion - see reverse side)
 Parent or minor Person appointed on advance directive Relative or friend (without written appointment)
 Court-appointed guardian
Discussed with (list all names and relationship): _____

D **PATIENT OR SURROGATE SIGNATURE**
Signature: *recommended* _____ Name (print): _____ Relationship (write "self" if patient): _____
This form will be sent to the POLST Registry unless the patient wishes to opt out, if so check opt out box

E **ATTESTATION OF MD / DO / NP / PA / ND (REQUIRED)**
Must Print Name, Sign & Date
By signing below, I attest that these medical orders are, to the best of my knowledge, consistent with the patient's current medical condition and preferences.
Print Signing MD / DO / NP / PA / ND Name: *required* _____ Signer Phone Number: _____ Signer License Number: (optional) _____
MD / DO / NP / PA / ND Signature: *required* _____ Date: *required* _____ *Signed* means a physical signature, electronic signature or verbal order documented per standard medical practice. Refer to CAR 333-270-0030

SEND FORM WITH PATIENT WHENEVER TRANSFERRED OR DISCHARGED
SUBMIT COPY OF BOTH SIDES OF FORM TO REGISTRY IF PATIENT DID NOT OPT OUT IN SECTION D

*Also known as Physician Orders for Life-Sustaining Treatment
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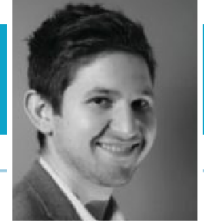
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SAM BARBER, OAFP LOBBYIST

How to Measure PC Spending, Patient Assignment in CCO 2.0 and Slowing the Growth of Health Care Spending in Oregon

Since the Legislature adjourned in July, the OAFP and its legislative team have shifted their focus to a variety of policy issues affecting family physicians and your patients. After the legislative session, state agencies must undertake rule making for the various bills that have passed. This rule making is used to determine the details and nuances that may have been left out of statute, but that are necessary to effectively implement the law.

Primary Care Spend

One place we have weighed in is on the Oregon Health Authority's (OHA) methodology for calculating primary care spending in the Oregon Primary Care Spend Report. Each year, the OHA reviews the list of CPT codes and definitions of non-claims spending that insurers will use to calculate primary care spending.

As you read in the last issue of this magazine, OAFP advocated for legislation that would have updated the report methodology to mirror national best practice. With the methodology as it currently stands, the story of Oregon's progress on primary care reporting and transparency cannot accurately be told to policymakers or community stakeholders.

We feel it is important that OHA pause and consider a more open, thorough review of the methodology, with input from stakeholders across the health care community. Though the Primary Care Payment Reform Collaborative gathers a cross-sector of stakeholders in the health care community, the topic of methodology has been kept out of the scope of the work of that group. We suggested that the state could find efficiency in utilizing that group for the necessary review of the report development. While statute does include some specific requirements regarding what must be included, we believe OHA has not used available discretion to ensure that primary care is defined usefully and accurately. Or, if

the OHA does not agree that it currently has the authority to make the necessary changes, we suggested they pursue legislation that will help support that refinement.

The integrity of the report is essential to encourage confidence in its contents. Nationally, Oregon has a reputation as a leader in working to increase transparency into our primary care systems financing and structure. However, as other states have been following Oregon's example, some have indeed surpassed Oregon's initial progress and have pursued primary care definitions that are aligned with more broadly accepted best practices. Their legislative efforts build on Oregon's learnings but rely on a narrower definition of primary care spending to evaluate their community's performance; stakeholders in their communities are better informed about spending and thus can better tie investment to outcomes.

OHP Member Assignment

Another issue the OAFP has weighed in on is the methodology used for member assignment in the next round of Coordinated Care Organization (CCO) contracting. With multiple contracts in a handful of communities (Portland and Lane County for example) it is critical that the state minimize the disruption of patient-provider relationships.

In the proposed methodology, if a member's records show a claim from a behavioral (BH) provider in the past 15 months, the member will be assigned to the CCO with which that BH provider is contracted, assuming the BH provider is contracted with only one CCO. In the case where a BH provider is contracted with both local CCOs, the member will preliminarily be assigned at random, with that pool of members to be divided evenly between the CCOs in the market. This assignment may or may not result in a change to the members' primary care provider (PCP).

If the member does not have a BH provider, the member will be preliminarily assigned based on the CCO with which the members' PCP is contracted, assuming the member has had a visit with a PCP in the past 15 months. Again, in

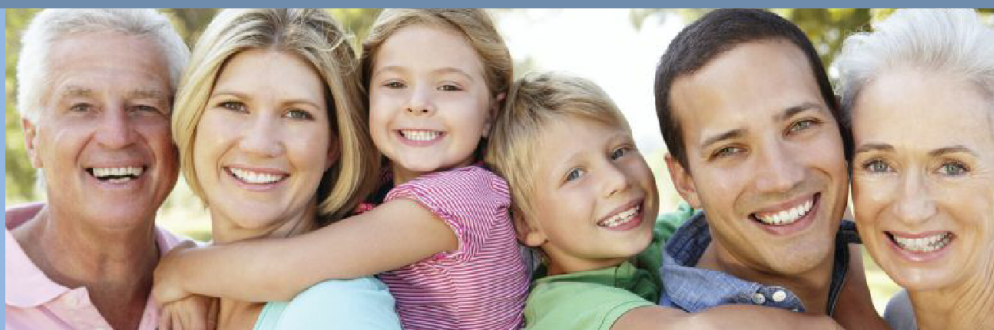
the case where a PCP is already contracted with both local CCOs, the member will be preliminarily assigned at random, with that pool of members to be divided evenly between the CCOs in the market. In either case, members can request which CCO they want to participate in, or the default will go into effect.

We understand that a top priority of the OHA in CCO 2.0 is improving behavioral health care. However, we believe that the continuity of care with a primary care provider is equally as important for the health of a patient. The value of continuity in the primary care provider relationship is supported by evidence from numerous studies. The experience of many of our family physician members is that patients tend not to see the same BH provider consistently, and that turnover in providers for mental health is a significant factor in that lack of consistency. The OHA must work to minimize the number of Oregon Health Plan members whose access to a trusted primary care provider will be disrupted because of CCO attribution changes.

Bending the Cost Curve

Beyond these policy areas, the OAFP is working to be an active participant in various committees, task forces and workgroups such as the Cost Growth Benchmark Program Implementation Committee. The cost of health care in Oregon has grown and is projected to grow faster than both the state economy and Oregonians' wages. A health care cost growth benchmark will serve as a target for the annual per capita rate of growth of total health care spending in the state. Cost increases of health insurance companies and health care providers will be compared to the growth target each year (similar to our 3.4% growth target for CCOs). The program will also evaluate and annually report on cost increases and drivers of health care costs. This Implementation Committee, with the help of the Oregon Health Authority and Department of Consumer and Business Services, will be responsible for recommending steps to the legislature in 2021 to operationalize the health care cost growth benchmark and how to measure spending.

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2019 AAFP National Conference of Family Medicine Residents & Medical Students



BRITTANY WHITAKER, DO, PGY-2
GOOD SAMARITAN FAMILY MEDICINE RESIDENCY

Doors to the Convention Center in Kansas City opened for the annual three-day AAFP National Conference of Family Medicine Residents and Medical Students this past July. At the conference, medical students had exposure to hundreds of family medicine residency programs from across the United States, while residents were presented with an expansive variety of future employment opportunities in different care settings. The conference had multiple lectures and workshops to improve procedure skills, increase medical knowledge, and discuss health policy. Looking over the expansive room, full of pictures, posters and lively people, it was easy to be overwhelmed, as it was my first attendance at this conference. However, it was extraordinarily humbling to see so many people come together in one place, with a shared interest in family medicine.

As a second-year resident, junior chief, and delegate to the Oregon Academy of Family Physicians, I was offered the opportunity to assist in representing the Samaritan Health Services Family Residency Program at the conference. Alongside were Chief residents **Hylke Sneider, MD** (PGY-3) and **Allie Styke, DO** (PGY-2), and co-junior chief **Claire Unruh, DO** (PGY-2). Also present, were program director **John Edwards, MD, MPH, FAAFP** and core faculty, **Amber Vester, DO**.

With each conference, there are a multitude of events happening at the conference center itself and within the surrounding town. This year, a large effort



Samaritan Residents (from left to right): Hylke Sneider, MD, PGY-3 (Chief Resident), Allie Styke, DO, PGY-3 (Chief Resident), Brittany Whitaker, DO, PGY-2 (Junior Chief Resident), Claire Unruh, DO, PGY-2 (Junior Chief Resident)

was made to discuss movement towards making future conferences family-friendly, and to allow equal access to all candidates. In order to meet this goal, the

Resident Congress voted to recommend onsite childcare at future AAFP events. Other important motions were discussed during the Resident Congress this year



From left to right: John Edwards, MD, MPH, FAAFP (Program Director), Brittany Whitaker, DO, PGY-2 (Junior Chief Resident), Amber Vester, DO (Core Faculty), Allie Styke, DO, PGY-3 (Chief Resident), Hylke Sneider, MD, PGY-3 (Chief Resident) and Claire Unruh, DO, PGY-2 (Junior Chief Resident)

as well, such as adopting an action to affirm access to safe and legal abortions across the United States, and an action encouraging electronic health records vendors to make data affecting sexual and gender minority patients universally incorporated into their products.

The representatives from our program were excited to share our new accomplishments and upcoming expansion with prospective applicants, including plans for a rural training track at Pacific Community Hospital in Newport. The SHS Family Medicine Residency applied for and recently received two grants totaling 1.25 million dollars to work towards closing the gap of medical disparities in rural areas, specifically on the Oregon coast. One grant was from Oregon Health Authority and the other from HRSA. Plans are to have rural track interns start in 2022, with the first class being on the coast in 2023. Other exciting innovations within the residency include OB Centering, where residents assist in leading groups of prenatal visits, which provides family centered care for patients, and increases the residents' exposure to continuity maternity care and deliveries. Our program has also recently opened a continuity pediatric clinic with the Corvallis Boys and Girls Club. This clinic is regularly staffed by residents and faculty and serves to help strengthen our relationship within the communities we serve, as well as provide additional pediatric experience for our residents.

We were joined at the conference by representatives from all of Oregon's family medicine programs, who did a fantastic job representing Oregon at this year's conference. The booths included individuals from the six Oregon residency programs: OHSU – Cascades East Program, OHSU-Portland, Providence Health Hood River Rural Program, Providence Milwaukie Hospital Program, OPTI West Program-

Roseburg Family Medicine, and Samaritan Health Services Program. This year we saw more people than previous years, who were specifically seeking out residency programs within Oregon, presenting with a strong interest and lists of questions specific to each residency and location. A large number of students stopped by to see

what Oregon had to offer and we saw a great turnout at the reception after the exhibit hall closed, which was supported by the OAFP. We're looking forward to a strong recruiting season this year, which will help us achieve our goal of training physicians to stay in Oregon and help meet the primary care needs of our great state.



MEMBERS IN THE NEWS



The OHSU Family Medicine Interest Group (FMIG) was one of national recipients of the 2019 Program of Excellence Award. The award was presented to the group at the National Conference of Family Medicine Residents and Medical Students. On hand to receive the award were FMIG members: **Siri Erikson, Monique Hedmann, Emily Macias** and **Alexandra Ninneman**.



OAFP Executive Director, **Betsy Boyd-Flynn**, has taken a seat on the AAFP Chapter Executive Advisory Council as an at-Large Member. The CEAC provides the AAFP Executive Vice President with an opportunity to gain a better understanding of issues and challenges at a chapter level, and provide the perspective of

chapter executives on various issues throughout the year. Betsy was elected to a two-year term starting in January 2020.



Heather Diaz, MD, Clinical Medical Director at Yakima Valley Farm Worker Clinic's Lancaster Family Health Center, received the Oregon Primary Care Association Health Equity Award. Dr. Diaz was recognized for her work stewarding rapid growth at a new community health center in Salem.



Deepthika Ennamuri, MD was awarded the Dean's Award for Exemplary Contributions to the MD Program at OHSU.



Omar Fares, MD was this year's student recipient of the Leonard Tow Humanism in Medicine Award presented by the Arnold P. Gold Foundation. This award is given to a graduating medical student who is judged by their peers to best exemplify the humanistic qualities of a physician and their consistent expression of

compassion, empathy, respect and sensitivity toward their patients and colleagues, while maintaining the highest professional and ethical standards and devoting themselves to the welfare of our citizens who are most vulnerable and in need of their care.



Clea Lopez, MD, Adjunct Instructor in OHSU Department of Family Medicine received the OHSU Community Preceptor Award for her outstanding dedication to the education of medical students.



Kristina Van Nuys was part of a team from Western University of Health Sciences, COMP – NW whose poster was presented at the National Conference of Family Medicine Residents and Medical Students this past June. Her poster was titled: Nutrition in Medicine: Educating

Medical Students on the Plant-based Diet as a Way to Combat Preventable Diseases.



Nicholas West, MD was this year's recipient of the prestigious Edward S. Hayes Gold-Headed Cane Award. The award recognizes the compassionate devotion and effective service to the sick, with the conviction that its holder will forever epitomize and uphold the traditions of the true physician.

If you know of a member who has been in the news, please contact Louise Merrigan so that she is able to share the news with other Oregon Academy of Family Physicians members.

The American Board of Family Medicine Diplomates are eligible for three years of PRIME enrollment FREE. After the first three years, the price per Diplomate is only \$260/year.

PRIME Registry: Building the Future of Primary Care

The PRIME Registry is unleashing the potential of patient and community data to build better primary care, helping shift the focus beyond individual disease diagnoses to measuring what really matters to patients and clinicians. Join PRIME Registry, and help shape the future of primary care.

PRIME Includes:

More Measures that Matter—through PRIME's improved array of high-value primary care measures with demonstrated connection to improved outcomes and quality of life.

Doctors and patients agree that Patient Reported Outcomes (PRO) is meaningful. The PRO pilot launched in PRIME in April 2019 gives patients a voice, while giving clinicians valuable feedback. The PRO will roll out to all of PRIME later in 2019.

Improved Health for Communities:

PRIME's quality dashboard helps identify patients with quality gaps and helps practices see how they are doing compared to their peers.

The PHATE tool helps identify patients at risk due to social determinants and provides an in-clinic connection to resources in the patient's community, while also illuminating areas where resources are needed. PHATE has the potential to help guide more personalized risk-assessment and access to patient resources.

Reduced Burden for Clinicians:

PRIME's quality data tracking and benchmarking, paired with the implementation of more "measures that matter" (comprehensiveness, continuity, PRO, low-value care) enables participating physicians to demonstrate high value in practice which has the potential for a positive affect on payments from both CMS and private payers.

Learn More:

email PRIME@theabfm.org
visit www.primeregistry.org

Join a Demo:

Join one of our twice-monthly demos <https://primeregistry.org/join-a-demo/>

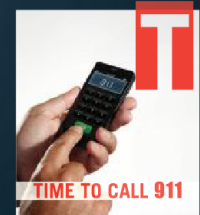
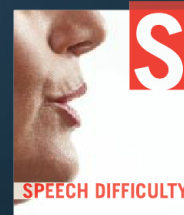
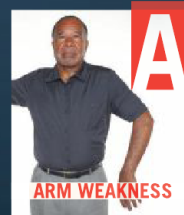
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Visit PRIMERegistry.org to join, or for more information.

The project described was supported by Funding Opportunity Number CMS-1L1-15-002 from the U.S. Department of Health & Human Services, Centers for Medicare & Medicaid Services. The contents provided are solely the responsibility of the authors and do not necessarily represent the official views of HHS or any of its agencies.

SPOT A STROKE



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LYNN ESTUESTA,
OAFP FOUNDATION EXECUTIVE DIRECTOR

Changes Ahead

I know many people look at the month of January as a time for new beginnings – new resolutions, new goals, new challenges – but I have always thought of September as my kick start month; maybe that’s due to all of those years getting kids off to school! No matter what time of year you have an epiphany regarding your own personal or career growth, I do know that one thing will remain constant and that is the OAFP/Foundation mission to invest in future family physicians – medical students and residents – serving our Oregon communities.

A few of the ways the Foundation supports students is by funding their travel expenses while precepting in rural communities and attending the AAFP National Resident and Student Conference held every summer. Both areas allow medical students to explore the specialty of family medicine and to see themselves as part of this special world.

Here are a few reflections from students participating in these programs over the past spring and summer months:

Alexandra Ninneman, OHSU Medical Student, Class of 2020
AAFP National Conference for Residents and Students Awardee

I was so excited to attend the AAFP National Conference for residents and students in Kansas City and am very grateful for the OAFP/Foundation’s generosity and support of my trip. As a fourth-year student applying in Family Medicine this fall, the opportunity to meet future colleagues and peers from all over the country was both an inspiration and a confirmation that Family Medicine is where I belong. From the hands-on joint injection workshop, to the engaging break-out sessions on physician advocacy and tech in medicine, to the meaningful conversations with residents and program directors from programs across the U.S., it was a jam-packed and education-filled trip! I was also lucky to serve as an alternate delegate for Oregon in the AAFP Student Congress along with my classmate **Monique Hedmann**. As delegates, we helped select the future student leaders of Family Medicine and made our voices heard to the entire AAFP about the issues that students are passionate about. The whole weekend left me feeling empowered and excited about both the application season ahead and the career that awaits me in Family Medicine. Thank you again for helping me make this experience happen!



Here we are accepting the Family Medicine Interest Group Program of Excellence Award for OHSU. We are all fourth-year students applying in Family Medicine this year. Left to right: Emily Macias, Alexandra Ninneman, Siri Erickson and Monique Hedmann.



OHSU students, residents and faculty with full stomachs and happy hearts after enjoying some BBQ in Kansas City.

Sherry Liang, OHSU Medical Student, Class of 2020
AHEC Scholar Travel Scholarship

I am extremely fortunate and grateful to have been an AHEC Scholar with the Samaritan Family Medicine Resident Clinic in Lebanon. Over the course of my three-month rotation, I fell in love with bringing primary care to the underserved and found the greatest teachers to be the patients themselves. Coming from all walks of life, the patients taught me about the humanistic and societal burden of diseases, shared with me the resilience and pain of living with trauma, and shed light on the enormous amount of work left to do to fix our broken health care system. I learned about the power of embracing solace and support in a medical team and was repeatedly reminded that the difficult work in medicine does not have to be navigated alone. I felt tremendously blessed to have been part of a family of hardworking, resilient and compassionate healers in health care.

Huge shout-out to my mentors: **David Simmons, MD** for his undying commitment to making his patients feel safe, listened to and cared for; **Gina Martin, MD** for her unabashed truth-telling of working in a broken system; **Mary Lou Belozor, MD** for her contagious fiery enthusiasm in teaching students; **Kathryn Bachman, MD** for her inspiring approach to evidence-based systematic clinical doctoring, Kye Dixson for her rapid-fire teaching pearls; Tim McCarley, MD for his wisdom in primary care psychiatry; **Mary Wunderle, MD, FAAFP** for reinvigorating the fun in obstetric care; and Rick Wopat, MD for his profound legacy in training the next generation of clinicians to be competent and compassionate change agents in health care.

Emma Felzien, OHSU Medical Student, Class of 2020
AHEC Scholar Travel Scholarship

I just finished spending three months in rural Oregon, at the Madras Medical Group, with family physicians **Gary Plant, MD, FAAFP, Kristine Delamarter, MD, FAAFP, Tom Manning, MD** and **Nicholas Blake, MD** on my Family Medicine rotation.

Immediately, I was saturated in full spectrum family medicine. Day one started with endoscopies and colonoscopies, followed by an afternoon in the clinic. The providers in the clinic knew I was interested in procedures, so anytime we had a nexplanon placement, cyst removal, joint injection, or laceration repair, they called me to join them, "See one, do one, teach one" was the rule we lived by! (One morning I saw my first toenail removal, and in the afternoon, I took a toenail off by myself!). I was privileged to participate in the full spectrum of life on this rotation: from delivering babies to visiting patients in the nursing home. I gained deeper understanding of acute illness management in the hospital, and I learned the value of continuity care in the clinic. What a joy to be inspired by excellent providers and nurses alike!

I found that I valued rural Oregon, not only for the freedom I had to engage in patient care, but also for the beautiful scenery and the community that I built while I lived there. Weekends were made for hiking and climbing over Smith Rock, enjoying the views of the mountains at sunset, and wandering the local trails near all the farmland. But most importantly, the weekday evenings were prime time for coaching soccer! I fell in love with the community, my team of soccer champions, the clinic staff and providers, and the joys and challenges of rural medicine. It was just the confirmation I needed to pursue a career in rural Family Medicine.

Michael Cook, OHSU Medical Student, Class of 2020
Family Medicine Rural Elective Travel Scholarship

My experience rotating at the Warrenton CMH Primary Care Clinic with **Carin Pluedeman, MD** was easily one of the best and most important experiences of my medical education. Dr. Pluedeman is an exemplary teacher and student advocate. The staff and administrators at CMH were welcoming and helpful in making the most of my time in Astoria. I was



Emma with her youth soccer team.



Emma with her middle and high school soccer team.

provided with opportunities for community outreach including helping **Kevin Baxter, DO** to provide school physicals at Astoria High School to raise money in support of the athletic program. Overall this preceptorship exceeded my expectations and helped to confirm my interest in practicing rural medicine in my future career. Thank you to everyone at the Warrenton clinic and the CMH team for a great time!

The OAFP/Foundation is thrilled to provide these and many other like opportunities for our medical students and residents knowing that the support of the OAFP membership and its network can be instrumental in molding the next generation of family medicine professionals.

Now for a few more changes on a personal level. After 10+ years serving the membership of the OAFP, this will be my last column and my last few days working as the OAFP/Foundation Executive Director. I have cherished the opportunity of working with the most dedicated group of physicians I have ever met; always keeping the needs of their patients in the forefront of everything they do. I have seen this over and over again and have been so impressed with the tenacity of the OAFP members and the hardworking members of the OAFP/Foundation board. The generosity of these groups has made the mission of the OAFP/Foundation one that is attainable and sustainable so I know that the Foundation is in good hands upon my departure. I hope that I have the opportunity to continue to see many of you "on the other side" of this career move, but know that you have made an incredible impression on my heart.

In the infamous words of Winnie the Pooh's Tigger, "TTFN – Ta-ta for now!"

Lynn

• FROM THE HILL

FRANCES BIAGIOLI, MD, PROF. & VICE CHAIR FOR ED., OHSU FAMILY MED.
HOLLY MONTJOY, MD, ASST. PROF. & ASSOC DIR. FOR RESIDENCY ED, OHSU-CASCADES EAST



Pennington's Educational Legacy

Merle Pennington, MD, Professor Emeritus, created a lasting educational legacy for Oregon family physicians. Dr. Pennington graduated from the University of Oregon Medical School (Oregon Health & Science University) in 1944, practiced family medicine near where he was raised in the Tualatin Sherwood area, and helped found Tuality Hospital in 1954. He then pursued a career in medical education, first in Arizona and then in Oregon. Dr. Pennington was one of the founders of the OHSU Department of Family Medicine. Dr. Pennington served on the OHSU faculty from 1977 until his retirement in 1985 and continued to teach for many years after.

During his career, Dr. Pennington was instrumental in developing the first program in the United States of required continuing education for physicians, and he helped develop medical education programs for small Oregon towns. He was named the Oregon Doctor-Citizen of the Year in 1965 by the Oregon Medical Association and the Family Doctor of the Year in 1991 by the Oregon Academy of Family Physicians. Dr. Pennington was a role model and mentor to medical students and residents. He brought wisdom and maturity to the faculty, and served as a senior statesman and liaison to the community. Scores of physicians whom he helped to teach now serve patients throughout the Northwest.



Bouncy House Fun at the 25th Annual Reunion in Klamath Falls



Class of 2005 (left to right): Alberta Laktonen, MD, Molly Fauth, MD, Emily Sheahan, MD and Kirsten Caine, MD



Reunion of earlier classes



Fans photographing CEFMR teaching legacy at 2019 25th CEFMR Anniversary Reunion and Pennington Celebration



Attendees of 25th Annual ReunionFalls

The Dr. Pennington educational legacy is kept alive through annual continuing medical education (CME) events. This year, the annual Pennington Lecture series was held in Klamath Falls, OR in collaboration with the Cascades East Family Medicine Residency to celebrate the program's 25th year of graduating rurally-trained family medicine physicians. The event was a huge success with over 80 participants attending the CME portion of the event and over 180 graduates, current residents, family members, friends, staff and leaders from the OHSU Department of Family Medicine attending the reunion picnic.

The CME portion of the 2019 Pennington series was rich with varied content and was presented by graduates dating back to 2003, current residents and all three program directors both past and present. This included a pre-conference, hands-on workshop focused on point-of-care ultrasound techniques. Just as one expects a spirit of collaboration in rural communities, the residency, the department, and Sky Lakes Medical Center all came together to celebrate the legacy and outcomes of Cascades East and create a uniquely personal learning experience and an unforgettable weekend.

Practicing clinicians must manage competing priorities when selecting educational events in which to participate. Looking ahead to 2020, we have determined that Oregon's family physicians are better served if we coordinate with our Academy's signature CME event at the OAFP/ORPRN Annual Conference, rather than create a stand-alone program. This collaborative

approach would best honor Dr. Pennington's legacy and his state-wide contributions. Thus, moving forward the Pennington lectures will be incorporated into the OAFP's Annual Conference program. This approach not only honors Dr. Pennington's educational legacy, but also his emphasis on the importance of being active with the academy of medicine.

Save the date for the 2020 Pennington educational offerings to be held within the OAFP/ORPRN 2020 Annual Conference, April 23 – 25 at the Embassy Suites in Portland, Oregon.

Register at <https://oregonacademyoffamilyphysician.regfox.com/2020-annual-conference>

The planning committee will be meeting in the coming months; if you are interested in helping to plan the educational program for the event, contact Betsy Boyd-Flynn.

Highlights

- Thursday, April 23 Leadership Workshop
- Friday, April 24 Physician Health First
- Saturday, April 25 KSA Study Hall

MOVING
forward

COLLABORATIVE HEALTH CENTER

Illustration by PKA Architects

The Sky Lakes Collaborative Health Center will change the future of health care in Oregon. Our investment consolidates local primary care and supports the OHSU Campus for Rural Health. The building opens for patient care in January 2020.

 **SKY LAKES**
COLLABORATIVE HEALTH CENTER

On the Sky Lakes campus
Klamath Falls
SkyLakes.org

A Medical Student's Perspective on John Day

MARTA SCHENCK, AHEC SCHOLAR



I spent a beautiful day wandering the Painted Hills (part of the John Day Fossil Beds National Monument) outside of Mitchell, OR

When I first applied for the AHEC scholarship (at that time Oregon Rural Scholars Program), my primary motivation was to have a longitudinal experience. The rural aspect was just an interesting side effect. After working for several years as an emergency room scribe prior to medical school, I knew that while I enjoyed the adrenaline of ER medicine, whatever specialty I entered, I wanted more longitudinal patient care than emergency medicine provided. Except from this desire for longitudinal care, I did not have other clear focus areas entering medical school. Then I did my AHEC rotation in John Day, OR last summer and fell in love with rural family medicine.

I arrived in John Day late on a Sunday evening, disoriented and quite tired from the long drive. I only knew one person living in the area prior to arriving and was apprehensive about being away from my support network for the three months I would be living in John Day. I quickly learned that I had little to worry about. The overwhelming atmosphere was one of acceptance, from the providers to the medical staff to the patients. After being in town only a week, **Dr. Emily Lieuallen** and **Dr. Raff Betza** invited me to watch the Fourth of July parade in Prairie City with them, and then join their BBQ afterwards. The next weekend I joined Elliot, a PT on staff at the hospital, and a group of his friends for a work party on a nearby disc golf course. Instead of the isolation I worried about, I was roundly welcomed and included by the community.

Not only was I welcomed by the people, I was also thoroughly included in the routine of the clinic/hospital. Rather than a slow

integration into the medical practice in John Day, I was quickly immersed in the clinic/hospital culture. From the first few weeks the providers pushed me to think through the differentials for each patient and come up with specific plans. They quickly involved me in all procedures and by the end of the second week I had placed both an IUD and Nexplanon by myself.



Fourth of July parade in Prairie City

The broad scope of family medicine in John Day was beyond what I expected. At least once a week I worked in the ED, where I saw both the more common complaints as well as the very out-of-the-ordinary. On one particularly memorable day, **Dr. Janessa Sickler** and I were working in the ED when a woman came in with a rectal prolapse the size of a softball. We immediately called the trauma surgeons in Bend for advice. And their recommendations? Pour some sugar on it and push it back in. Slightly appalled by this suggestion, we nevertheless ran to the cafeteria and picked up a Tupperware of white sugar. And it worked in the end. That evening as I reflected on my day, I realized that rural family medicine provided not only the longitudinal aspect of medicine, but also the adrenaline rush too.

One of my favorite parts of medicine in John Day was caring for the obstetric patients. Here I also found an element of longitudinal practice mixed with adrenaline. For multiple patients, I met with them for prenatal visits, attended their deliveries, and continued to follow for well child checks. One afternoon towards the end of my rotation I spent about 2.5 hours coaching a new mom through pushing and when her baby boy finally arrived I cried along with everyone else in the room. The sum total of my experiences in John Day strongly solidified my intention to pursue family medicine.

This summer as I have been working on my residency applications, I find myself reflecting often on my time and experiences in John Day. Not only did my medical knowledge and skills increase significantly, but I had a delightful summer exploring the country around John Day. I spent at least one day outside every weekend of the summer. The area has so much to offer at such close range — from day hikes in the Strawberry Mountains to backpacks in the Ochoco and Elkhorn Mountains to explorations of the John Day Fossil Beds National Monument.

As I try to synthesize what I want from a residency program, I find all of these things playing a role. I want access to the outdoors, wonderful people to work with, and hands on learning with a broad spectrum. I do not know where I will end up, but if I enjoy it at least half as much as I enjoyed my time in John Day, then I will be happy.



Backpacking in the Elkhorn Mountains



Housesitting was a lot more interesting in John Day as it included caring for Dr. Betza's alpaca (Meepster), lambs, and chickens!

2020 FAMILY DOCTOR OF THE YEAR NOMINATIONS

Do you know someone who has the necessary qualities to be considered for the 2020 Oregon Family Doctor of the Year? If you have someone you would like to nominate for this prestigious award, please contact us at your earliest convenience. Once we confirm that your nominee is an OAFP member, we will discuss the process and timeline for your candidate. Next year's Oregon Family Doctor of the Year will be announced at our Annual Conference which will be held in Portland from April 23 to 25. Nominations and all supporting materials must be submitted by February 15, 2020. Please contact Louise Merrigan. We look forward to hearing from you soon!

STUDENTS SPEAK OUT!

Update from OHSU FMIG

September 2019

Oregon Health & Science University
F M FAMILY MEDICINE
I G interest group

We are excited to welcome OHSU MD Class of 2023! In August, we greeted the first-year students by playing lawn games and eating ice cream sandwiches at the FMIG Ice Cream Social. We also had a booth at the Student Interest Group Fair, during which first-year students could meet our leadership team and find out how to get involved in FMIG events and activities.

FMIG has been busy throughout the summer and fall, finding numerous ways for current students to engage with different realms of family medicine from scholarship, clinical practice, and community engagement. In June our students were joined by **Dr. Amy Wisner** for an introductory talk and workshop on the wide variety of contraception options available to our patients. Students also had the opportunity to gain hands-on practice with some papaya IUD placement! We hosted a research panel in July with panelists **Dr. Erik Brodt**, **Dr. John Muench**, **Dr. David Buckley**, **Dr. Brigit Hatch**, **Dr. John Heintzman** and current fourth year medical student Katie Murphy. Students were excited to learn about the breadth of research within family medicine and to hear about potential upcoming research opportunities.

What's to come in Fall 2019

This September, we will host our annual "Meet the Docs" event, where a panel of family physicians and residents will share their stories and expertise with first and second year students. This event was particularly compelling for many of the current FMIG leads, and we hope to spark interest for family medicine among new students and present a vast array of career paths within the specialty.

September will also bring this year's "circ-shop" with **Dr. Ben Schneider** to introduce students to the practice of circumcision. At the end of the month, FMIG will be partnering with the Wilderness Medicine Interest Group (WMIG) to host a sports medicine workshop. **Drs. Sean Robinson** and **Ryan Petering** will be teaching students how to treat common marathon race-day injuries in preparation for the Portland Marathon on October 6th, where students will have an opportunity to volunteer in the medical tent.

Since January, two of the FMIG co-leads, **Alexandra (Alex) Kiesling** and **Ryley Saedi-Kwon**, have been serving on the leadership team for OHSU's Health Care Equity Fair (HCEF). The HCEF is an annual student-



OHSU Student Interest Group Fair, picturing leads (left to right) Damon Lerma, Ryley Saedi-Kwon, Alex Kiesling, Anna Persmark, and Erin Heath.

run health fair that provides primary care services, vision exams, dental services, vet services, eye appointments, shower stations, and more to underserved Oregonians. As leaders of the HCEF Community Outreach committee, Alex, Ryley, and their committee members have been recruiting organizations around Portland to volunteer their services at the fair. They look forward to volunteering day-of at this year's fair on November 16th!

A brief reflection

No matter what specialty a medical student ultimately chooses to pursue, family medicine touches each of us along the way. FMIG reached out to some of our peers to hear about their own family medicine experiences; the following are moments that our peers found particularly meaningful:

"For two school terms, I've had a Family Medicine preceptorship at OHSU's Center for Health & Healing with Dr. Amy Wisner. Working with Dr. Wisner and her team has been the highlight of every week since I started. Each day brings new opportunities, questions, and answers. I am consistently able to take complete histories and perform physical exams independently, which has greatly increased my confidence in the clinical setting. What's more, Dr. Wisner is a wonderful mentor. She is

open about her clinical thought process, and has shown genuine interest in my own journey as a student physician. Opportunities surrounding patient advocacy and health policy work in Family Med are also a huge plus. Considering the diverse patient base and amazing physician mentors, I would recommend a Family Med preceptorship to any student, period!”

– Bram Rickett, MD Class of 2022

“In my longitudinal preceptorship with **Dr. Holly Hofkamp**, she and the CHH staff at OHSU’s Family Medicine clinic have been very supportive, inclusive, and friendly, and their teachings have shown me how primary care can provide interdisciplinary care that’s high quality while remaining personalized.”

– Shelby Van Leuven, MD Class of 2022

“Every experience I have had with family medicine at OHSU has been positive. On an enrichment week ward walk, **Dr. Ben Colburn** really took the time to teach myself and the other medical students, and to let us practice our physical exam skills. More than this though I was moved by how he built rapport with the patient we were seeing. He was so compassionate and really took the time to get to know the patients full story, and also to

let the patient participate in the teaching and physical exams. I could tell the patient both enjoyed and was empowered by the opportunity to teach medical students about his condition. It really made me appreciate how family medicine looks at the whole patient, and takes their full story into account when providing care. It was very inspiring to watch this in action, and I hope I can practice this way one day.”

– Nonda Hanneman, MD Class of 2022



June’s IUD and Contraception Workshop.

We want to thank all of the above family medicine practitioners and their continued support of our education. If you are interested in getting involved, OHSU FMIG leads welcome any advice, assistance, or ideas. Please email Rachel Faino at holguira@ohsu.edu if you have available resources or are willing to volunteer for lunchtime talks, workshops, or medical student mentorship.

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Introducing Our New Family Medicine Residents

Thirty-eight interns from around the country arrived in Portland, Hood River, Klamath Falls and Corvallis this summer to begin their Family Medicine residency. 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. OHSU extends its program to Klamath Falls with the Cascades East Family Medicine Residency, another program offering rural training.



Brooke Bachelor, DO

Oregon Health & Science University Family Medicine Residency
Des Moines University College of Osteopathic Medicine

Before pursuing family medicine, Dr. Bachelor worked in Chicago as a bedside nurse in general and cardiac intensive care, in rural Peruvian

mountain communities for a year as a community health nurse educator through a Princeton in Latin America fellowship, and finally in urban Uganda for a year as a quality improvement nurse through a Global Health Corps fellowship. She feels especially energized when working with Spanish-speaking and pregnant patients, patients who are motivated to use lifestyle change to improve their health, patients who have difficulty accessing care, and when she can use unbiased counseling and offer comprehensive reproductive health services to empower patients to make the best choices for their own reproductive health. In her free time, you can find her hiking, running, foraging, paying a visit to local farmers' markets and coffee shops, writing poems, meditating, playing banjo (or at least trying), searching for the best travel deals, and preparing plant-based meals and sourdough pancakes from scratch.



Madeline Bierle, MD

Providence Hood River Family Medicine Residency Rural Training Program
The University of New Mexico School of Medicine

Dr. Bierle grew up in southern New Mexico and traveled north to Albuquerque to study. She earned both her medical and undergraduate

degrees from The University of New Mexico. She learned Spanish in Cuba and participated in the Somos Hermanos program in Xela, Guatemala. The Hood River rural program will offer her many opportunities to do what she enjoys most - hiking, camping and river rafting. She is also a passionate Portland Timbers Fan!



Sean Brachvogel, MD, MPH

Providence Oregon Family Medicine Residency
St. George's University School of Medicine

Dr. Brachvogel is happy to be back in the Pacific Northwest. He grew up on Bainbridge Island, completed his undergraduate degree at Santa

Clara University in English, then traveled further south to earn his Master of Public Health from UCLA. After graduating from medical school, he moved to the New York city area, where he completed rotations. A true Pacific Northwesterner, Sean grew up helping his dad restore a wooden boat built in 1966. In the warmer weather, he enjoys sailing and kayaking. When winter arrives, he enjoys downhill skiing, whittling, sketching, attempting to memorize poetry, and experimenting with pesto recipes.



Heather Christianson, DO

Samaritan Health Services Family Medicine Residency Program (Corvallis)
Western University of Health Sciences College of Osteopathic Medicine of the Pacific

Born in the Tacoma area, Dr. Christianson studied at University of Washington, where she earned a BS in Molecular, Cellular and Developmental Biology. Pursuing a medical degree, enabled her to explore science, interact with patients, and make a difference in her community. Self-described as a "Pacific Northwest lifer", she

and her husband enjoy spending time with family, all of whom still live in Washington. In her limited free time, she enjoys musical theatre, cooking, cycling, rock climbing, weightlifting, and all the other outdoor opportunities that Oregon offers.



Katherine Cobb, MD, MPH

Providence Oregon Family Medicine Residency
Oregon Health & Science University School of Medicine

Dr. Cobb completed her undergraduate degree in Biology at the University of Oregon and then continued with a Master of Public Health in Global Public Health from George Washington University. She enjoys distance running (marathons and half marathons). Her interests also include rock climbing, travel, rugby, backpacking, gardening, piano playing, and collecting and reading antique books.



Ben Coffey, MD

Providence Hood River Family Medicine Residency Rural Training Program
University of Washington School of Medicine

Dr. Coffey grew up in Mt Vernon, Washington where his parents were both physicians. In addition to earning his Bachelors in Natural Science from the University of Puget Sound, he studied in Granada, Spain. Before attending medical school, where he was a rural scholar in the WWAMI program, he was a math teacher in the Navajo nation. This experience helped him to better understand social determinants of health. He describes himself as a "very amateur banjo, fiddle and guitar player" and enjoys running, backpacking, and skiing. He is also the proud owner of a rescue dog named Xavi.



Sarah de Forest, MD

Samaritan Health Services Family Medicine Residency Program (Lebanon)
University of Illinois College of Medicine (Chicago)

Dr. de Forest was motivated to become a physician because of her strong interest in behavioral health in the primary care setting. As a child, she lived off and on in California, where she later attended graduate school and taught college chemistry. Her younger daughter was born in Berkeley. While a wife, and mother of two teenage daughters, she earned her medical degree. She enjoys reading, writing, gardening, cooking, traveling, puzzles and animals. She even ran a pathology lab for a wild animal rehabilitation center in New York for a couple of years.



Michael Dirks, DO

Providence Oregon Family Medicine Residency
Lake Erie College of Osteopathic Medicine (Erie)

Dr. Dirks completed his undergraduate degree in Biochemistry from Southern Oregon University. After leaving Oregon for medical school, he has finally returned for residency. He is a classically trained pianist and enjoys incorporating music into mental health and healing. Being a Spanish speaker, he volunteered at an orphanage in Cusco, Peru. Additional interests include running marathons, nutrition, soccer, snowboarding, playing guitar and piano, and hiking and backpacking.



Emily Dollar, MD

Oregon Health & Science University Family Medicine Residency
Geisel School of Medicine at Dartmouth

Dr. Dollar chose primary care because she loves developing longitudinal relationships with patients and empowering people to meet their health goals and stay well. She is passionate about creating a health care system that is accessible and affordable to all people. Dr. Dollar's interests include trauma-informed care and the relationship between adverse childhood experiences and health, women's reproductive health, obesity and nutrition. She is also passionate about providing care to Spanish speaking members of the community as well as immigrants and refugees. Outside of work, she loves trail running, hiking, cooking and eating good food. She also loves to garden, knit, and read. She loves to travel and has been fortunate enough to collaborate on public health programs in Ethiopia, Haiti, and Guatemala.



Daniel Ebert, DO

Samaritan Health Services Family Medicine Residency Program
(Corvallis)
Touro College of Osteopathic Medicine (Middletown)

If you visit Corvallis, you will see Dr. Ebert exploring local trails and visiting the Farmer's Market with his wife and two young daughters. He studied Molecular and Cellular Biology at UC Berkeley after which he worked in both private and academic biotechnology and research labs for ten years before embarking upon medical school. He and his wife love crossword puzzles, trivia and spending time together as a family. Appreciative of the natural beauty of Corvallis, he is excited to incorporate nature and wildlife into his practice, believing they have a profound impact upon our physical and mental wellbeing.



Omar Fares, MD

Oregon Health & Science University Family Medicine Residency
Oregon Health & Science University School of Medicine

Dr. Fares was born and raised, the youngest of four brothers, in metro-Detroit, Michigan. His parents emigrated there from the Middle East to establish a stable living. He was raised on the pillars of respect, inclusivity, and hard work. He attended the University of Michigan where he graduated with a Neuroscience major. Dr. Fares loves the variety that family medicine offers and draws deep satisfaction from building long-term relationships with his patients. Outside of the workplace, he enjoys singing and dancing with his nieces and nephews, traveling, and exploring the outdoors by foot, bike, snowshoes, and skis. On more restful days, you can find him listening to Motown and rooting for Detroit and University of Michigan sports teams.



Jordan Hoese, MD, MPH

Oregon Health & Science University Cascades East Rural Residency
University of Texas Southwestern Medical School

After completing her undergraduate studies in Neuroscience at the University of Southern California, Dr. Hoese completed her medical studies and earned her Master of Public Health. Her interest in low-resource medicine, reproductive health, community and public health, education and advocacy, and culinary medicine brought her to rural health. In her free time, she embraces what the west coast has to offer - hiking, camping, backpacking, kayaking, and many other outdoor adventures.



Jessica Hu, DO

Providence Oregon Family Medicine Residency
Western University of Health Sciences College of Osteopathic Medicine of the Pacific

Dr. Hu completed her undergraduate degree in Public Health education at Portland State University before entering medical school. She enjoys spending time with her children and family but also participates in local races, weightlifting and hiking. She also likes cooking and trying new foods.



Hannah Kadavy, MD

Providence Oregon Family Medicine Residency
The University of Oklahoma College of Medicine

Dr. Kadavy completed her undergraduate degree in Physiology. She has represented her alma mater, participating in multiple local advocacy days at the Oklahoma state capital. Her other interests include reading, writing, running, baking, music, and travel.



Joel Klas, MD

Oregon Health & Science University Cascades East Rural Residency
University of California San Diego School of Medicine

Dr. Klas earned his undergraduate degree from the University of Virginia. After working with Habitat for Humanity and AmeriCorps, he was inspired to pursue medicine. While in medical school, he participated in the school's Free Clinic System, Tijuana Wound Clinic, and a summer research project in rural Ecuador.



Erin Hoppin Lee, DO

Samaritan Health Services Family Medicine Residency Program (Albany)
Touro University College of Osteopathic Medicine

Dr. Lee is happy to return to the Pacific Northwest. She grew up on Bainbridge Island but left for East Asian Studies at Yale University. After completing her undergraduate degree, she attended Mills College and then medical school. She enjoys hiking, yoga, mindfulness and meditation, farmer's markets, travel, and spending time with her husband and two young daughters.



Margaret Leland, MD

Oregon Health & Science University Cascades East Rural Residency
University of Texas Southwestern Medical School

Dr. Leland graduated from medical school after completing her undergraduate degree in International Relations in western Massachusetts. Her interest in rural medicine was inspired by her parents, both of whom grew up in small towns. Her passions include public and community health, patient-centered health care, and women's health.



Aaron Livingston, MD

Oregon Health & Science University Cascades East Rural Residency
University of Washington School of Medicine

Dr. Livingston completed his undergraduate degree at Black Hills State University in South Dakota. After earning a PhD in Biochemistry from Washington State University, he taught biology at Portland Community College. He spent his graduate and post-graduate time as an enlisted member in the Air National Guard and completed multiple tours of duty, including Operation Iraqi Freedom. As much as he enjoyed the challenge of being a scientist, the privilege of being a teacher, and the service of being an Airman, he was excited to embark upon and complete his medical degree.

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Starr Matsushita, DO

Samaritan Health Services Family Medicine Residency Program (Corvallis)
A.T. Still University School of Osteopathic Medicine

Dr. Matsushita left home in Hawaii to attend the University of Puget Sound where she earned a Bachelors in Biology with a minor in

Chemistry. She had not planned on pursuing a career in medicine until a DO in Washington taught her about osteopathic manipulative medicine. She left the research lab and pursued her medical degree in Mesa, Arizona. She is excited to be living in the Pacific Northwest; she loves the forward-thinking culture and the opportunities for outdoor frolicking. She and her newlywed husband are the parents of a dog and cat. She plays the cello and wants to learn to play the ukelele. She is looking forward to jam sessions with other OAFP physicians.



Brittany McAdams, MD

Oregon Health & Science University Family Medicine Residency
University of Wisconsin School of Medicine and Public Health

Dr. McAdams was born and raised in northeast Portland, within a large family that has called Portland home for over 100 years. She decided to

become a family medicine physician after hearing so many patients' stories about how difficult it can be to access and navigate our complex, imperfect health care system. During medical school she received extra training in public health in the hopes of making the system work better for more people. Outside of medicine, you can find her hiking in the Gorge, joining a neighborhood walking tour, and spending time with her husband, Max, who is an Internal Medicine resident at OHSU. In their free time they are slowly working towards their goal of visiting all 58 national parks.



Lauren Moore, MD

Providence Oregon Family Medicine Residency
Western University of Health Sciences College of Osteopathic Medicine of the Pacific

Dr. Moore earned her undergraduate degree in Biology from Portland

State University. During medical school, she enjoyed conversing with her Latino patients and hopes to keep improving her Spanish language proficiency. She has special interests in women's health, and underserved and marginalized populations, including the LGBTQ community. Lauren's other interests include art (she was featured in the Lake Oswego Art Festival), music (playing violin and guitar), travel and animals (currently she has two cats - Doug and Bork).



Emma Murugaverl, DO

Samaritan Health Services Family Medicine Residency Program (Corvallis)
Lake Erie College of Osteopathic Medicine (Erie)

Dr. Murugaverl earned her undergraduate degree in Chemistry with a double minor in Biology and Medical Physics from the University of

Denver. While an undergraduate student, she completed a year abroad in London. Pursuing a career in medicine would allow her to meet people from all walks of life and make a difference every day. She is excited to be engaged to her best friend and is looking forward to adding a dog to their family. In her free time, Dr. Murugaverl enjoys creating art, going on hikes, learning new skills, traveling and growing plants. Fun facts - she had never been to Oregon before residency at Samaritan and she is an only child.



Sienna Nelson, MD

Oregon Health & Science University Family Medicine Residency
The University of Tennessee Health Science Center College of Medicine

Dr. Nelson is happy to be a first-year Family Medicine resident at OHSU. She studied medicine at The University of Tennessee College of

Medicine in Memphis.



Ryan Nesbit, MD

Oregon Health & Science University Family Medicine Residency
Oregon Health & Science University School of Medicine

Dr. Nesbit grew up in West Linn and has always been a Pacific Northwesterner at heart: a lover of the rain and resulting greenery,

an avid outdoor adventurer, a vocal supporter of the Thorns, Timbers, and Blazers. He stayed near for undergraduate studies, attending Whitman College and living in Walla Walla for two years afterwards working at a free medical clinic with AmeriCorps, before returning home to continue his medical education at OHSU. He is particularly interested in transgender care, child and maternity health, rural health, addiction therapy, behavioral and mental health, and working to create better health access.



Katelyn Parlat, MD

Oregon Health & Science University Family Medicine Residency
Oregon Health & Science University School of Medicine

Dr. Pavlat specializes in primary care for children and adults and chose family medicine because she values building long-term

relationships with patients and their families. She believes in working closely with patients to meet their desired health care goals and supporting them in all facets of their life. In her time away from work, Dr. Pavlat enjoys spending time outside backpacking, paddle boarding, and roaming farmers markets. She grew up playing basketball and lacrosse, and currently fulfills her competitive spirit by attending a variety of sporting events in the Portland area.



Charles Price, DO

Oregon Health & Science University Cascades East Rural Residency
Western University of Health Sciences College of Osteopathic Medicine of the Pacific

Dr. Price was working in a local school when he realized that he

wanted to be a doctor. He earned his undergraduate degree in Biochemistry from the University of Nevada and graduated from medical school at Western COMP. While performing sports physicals for high school athletes, he made the discovery that he is passionate about rural health.



Jordan Reader, DO

Samaritan Health Services Family Medicine Residency Program
(Lebanon)

University of New England College of Osteopathic Medicine

After studying Biology and Chemistry at Point Loma Nazarene

University in San Diego, Dr. Reader moved across the country to study medicine in Biddeford, Maine. While a medical student, he volunteered at a local center to assist refugee students with homework, played cards and board games at a senior citizen center, and worked as a ski guide for people with various disabilities. Now a family medicine resident in Oregon, he is looking forward to hiking, cycling, camping, fishing, and running. He recently won a 100-mile ultramarathon. He hopes to join the local running club and attend OSU games.



Tyler Reimann, MD

Providence Oregon Family Medicine Residency
Oregon Health & Science University School of Medicine

Dr. Reimann earned his undergraduate degree in Accounting and Spanish from the University of Washington before coming to Portland

for his pre-med courses. As an advanced Spanish speaker, he served as Treasurer for the Latino Medical Student Association during his first year of medical school and participated in health screenings at migrant farmworker camps. Some of his other interests include, music, hiking, travel, running, and cycling.



Elizabeth Robb, DO

Samaritan Health Services Family Medicine Residency Program (Albany)
Western University of Health Sciences College of Osteopathic Medicine of the Pacific

Although she enjoyed studying Chemistry at Skidmore College on the east coast, Dr. Robb is happy to be home in Oregon. She and her husband are looking to expand their family to include a dog in the future. She enjoys going for walks, watching movies, playing games, knitting and solving puzzles. She is also a Certified Nursing Assistant.



Michelle Scheurich, MD

Oregon Health & Science University Family Medicine Residency
Geisel School of Medicine at Dartmouth

For many years before medical school Dr. Scheurich was an emergency room social worker; she loved the opportunity to support patients on what often felt like the worst day of their life. In medical school she had opportunities to care for people in resource limited settings in Central America and Asia. Dr. Scheurich chose Family Medicine because she wants the skills to care for anyone in her community that needs help. Outside of work, Dr. Scheurich and her partner like to go hiking with their two Golden Retrievers and watch movies. She loves cooking, and dreaming up new recipes based on the contents of the fridge is her favorite procrastination tool. She also likes to run (very slowly) and lift weights and when she's not exercising or eating she is probably reading a book.



Sara Shimanek, MD

Oregon Health & Science University Family Medicine Residency
The University of Oklahoma College of Medicine

Dr. Shimanek chose the path of medicine after watching her mother provide exceptional care as a nurse in their community hospital in rural Oklahoma. Her goal as a resident physician is to listen well and provide evidence-based, equitable care to all of her patients. She was uniquely suited to Family Medicine and appreciates the variety, as well as the familiarity, that comes with caring for people throughout the span of their lives. Dr. Shimanek relocated to Portland with her partner, William, who is also a resident physician at OHSU in the Department of Neurology. Together, they spend their free time partaking of Portland's array of amazing food, riding bicycles, and going birdwatching at the many nearby state parks.



Eliza Slater, MD

Oregon Health & Science University Family Medicine Residency
University of Washington School of Medicine

After studying medicine at University of Washington, School of Medicine, Dr. Slater is happy to remain in the Pacific Northwest. She is a first-year Family Medicine resident at OHSU.



Alexa Tyler, DO

Oregon Health & Science University Family Medicine Residency
Rocky Vista University College of Osteopathic Medicine

Dr. Tyler's father is a family physician and over time she realized that she had a passion for people as dynamic beings with intrinsic worth and value. The opportunity to practice Family Medicine gives her the ability to affirm value in her patients throughout their lifetime and she considers that to be a true joy and privilege. In her free time, she enjoys reading both fiction and non-fiction, singing, and trying her very best to learn to play the piano.



Andrew Wang, MD

Oregon Health & Science University Family Medicine Residency
Oregon Health & Science University School of Medicine

Dr. Wang was born in New England, spending most of his childhood in the small town of Millbury, Massachusetts. He later moved to the Portland area during his teenage years, where he graduated from Westview High School and earned his Bachelors degree in Biology from University of Portland. Dr. Wang's path towards medicine started with volunteering for a free clinic in the Portland area. His time spent as an emergency department medical scribe at Adventist Medical Center gave him exposure to an ever-growing need for primary care. He enjoys being able to establish long-term relationships with his patients that will last generations and working together with his patients towards management of health. Outside of working, Dr. Wang spends his free time with his wife, a registered nurse, and his two young children. Dr. Wang is a diehard fan of the Portland Trailblazers and Seattle Seahawks. He enjoys running and has finished the Portland Marathon twice. He also enjoys trips to the Oregon coast, you will often find him searching for glass floats in Lincoln City.



Nicholas West, MD

Oregon Health & Science University Cascades East Rural Residency
Oregon Health & Science University School of Medicine

Dr. West earned his undergraduate degree in Bioresource Research from Oregon State University. Growing up, he developed his passion for serving the small towns of Oregon and was intent upon medical school at OHSU. He found that family health fit his values of compassion, curiosity, and broad scope competence. He spends his free time mountain climbing, mountain biking, skiing, running, backpacking, and traveling.



Eleanor Wiggins, MD

Oregon Health & Science University Cascades East Rural Residency
Louisiana State University School of Medicine (Shreveport)

Dr. Wiggins earned her BS in Biology with a Minor in Chemistry from Millsaps College in Jacksons, Mississippi. During medical school, she was an active board member of AMWA and was instrumental in starting a puberty workshop for underprivileged girls. Her passion is providing health care education to those who need it most.



Morgan Wimmer, DO

Samaritan Health Services Family Medicine Residency Program (Corvallis)
Western University of Health Sciences College of Osteopathic Medicine of the Pacific

Dr. Wimmer plans to stay in Oregon for the remainder of her career. She grew up in Lebanon, Oregon, with a younger sister, younger brother, stepbrother, and two sets of loving parents. While she was studying Biology and Chemistry at State University of New York at Pottsdam, she missed her beautiful evergreen home in Oregon. She returned to Lebanon to study medicine at Western COMP. In her spare time, she enjoys hiking, camping, collecting rocks and shells from local water sources, playing the piano, and embroidery. She is proud to be the pet-mom of two adorable cats, Rahjah and Lilo.



Jennifer Wooley, MD

Oregon Health & Science University Cascades East Rural Residency
University of Washington School of Medicine (Alaska)

Dr. Wooley studied Biochemistry and English at University of San Diego before attending medical school. She has also spent time in the US Peace Corps in Kenya, where she taught at a school for the Deaf. At UW, she participated in the WWAMI program in Alaska, exposing her to medicine in rural communities.

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St. Jude patient Santiago
brain cancer
pictured with his dad, Omar

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In Their Own Words: Since coming alongside Medical Teams, Dr. Paul Neumann has been deployed five times, from Somalia to Uganda to Lebanon. After the 7.8- magnitude earthquake in Nepal, Dr. Neumann helped assess health systems, attend patients, and devise future plans for work in the country. His most memorable moment was when - after helping her sick child - a woman said it had been the first time anyone had done anything for her. The first time anyone had done...*anything*. These words remind Dr. Neumann that he's not just a volunteer, but also an ambassador of compassion. His advice to other volunteers: "just do it...it takes time, but it's worth it."

CURRENT OPPORTUNITIES

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Family Practice Physicians, Pediatricians, OB/GYNs, Nurse Practitioners, Physicians Assistants, Nurse Midwives, RNs

QUALIFICATIONS

Current license to practice
Previous international medical experience
Ability to travel internationally for up to 8 weeks
Mentoring and training experience
In good physical health
Flexible and compassionate team member

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