

PHYSICIAN ASSISTANT STUDIES NEWSLETTER

Fall 2019
Vol. 2, No. 1



NEW DIRECTIONS

Greetings from the UND Department of Physician Assistant Studies! The fall brings excitement and energy to the campus and also to the PA Program. As we continue to adapt to an ever-changing profession, the program advances as well. This fall, we implemented several changes to the timing of content delivery, including a two-week on-campus session covering the family history and physical exam. Students will continue the basic science foundational courses and return in January to rotate the on-campus clinical medicine components with the integration of concepts in clinical experiences. This earlier exposure to clinical preparatory content will allow students to have additional time to study concepts and apply skills in a clinical setting and allow more flexibility for scheduling the clinical experiences required for the program. We are excited to see how this curricular modification impacts student learning, board pass rates, and clinical placement for students.



Speaking of students, congratulations to the Class of 2019, who are celebrating a 100% aggregate board pass rate! Further, all graduates are currently employed and of those:

- nearly 70% are working a primary care field,
- 47% are working in rural/underserved areas, and
- 41% are working in rural primary care.

These are outstanding statistics and evidence that our PA Program is meeting its mission of providing rural/underserved primary care.

Also of note, the Class of 2020 is finishing up the primary care clinical series, completing its scholarly projects, looking forward to specialty clerkships, and preparing for graduation in May. The Class of 2021 just finished its fall H&P didactic and is settling in to finish the fall semester strong. Meanwhile, the Class of 2022 has been selected as we gear up for matriculation in May. Things are always moving around the calendar and time just seems to go faster each year!

Many changes have occurred in terms of delegation of authority, supervising physician agreements, and state practice law in North Dakota. Essentially, as of August 1, PAs are no longer required to have a supervisory contract with a physician for licensure. In addition, new

Medicare rules will be in effect in January 2020. These changes are progress for our profession. Please find details in the NDAPA column of this newsletter.

The challenge of recruitment and retention of primary care and specialty clinical sites continues within the program. If you are serving as a clinical preceptor, my sincere gratitude for your dedication. It truly is an honor to work with such amazing people who are committed to educating future colleagues. If you are not yet serving as a clinical preceptor, please consider giving back to the profession by contacting Mindy Staveteig (mindy.staveteig@UND.edu), our Director of Clinical Education.

Finally, I'm extremely and humbly grateful for our students, alumni, clinical preceptors, clinical coordinators, staff, and faculty. Each day, you willingly share your knowledge, time, energy, and clinical expertise to develop exceptional PAs. We truly couldn't do this without you, and together we indeed exemplify the team approach to education and health care. Please join us as we celebrate 50 years of teaching PA students at UND, which will be celebrated throughout 2020. We will be sure to keep you updated on activities commemorating this anniversary of educating PAs in North Dakota.

Best wishes for a blessed holiday season!

Jeanie McHugo, Ph.D., PA-C
Chair, Department of Physician Assistant Studies
UND School of Medicine & Health Sciences



NDAPA UPDATE

The North Dakota Academy of PAs made history this year by pushing through legislation that allows PAs to practice without the requirement of a supervisory agreement with a physician. After unanimously passing through both the North Dakota House of Representatives and Senate, Governor Doug Burgum signed H.B. 1175 on April 4, 2019, finalizing efforts for Optimal Team Practice (OTP) in North Dakota.

The enactment of H.B. 1175 is a significant accomplishment for PAs in North Dakota and sets a precedent for PA regulation nationwide. Although a few states have made great progress towards OTP, North Dakota's H.B. 1175 is the most modern and comprehensive PA practice bill to date. PAs in North Dakota were also among the first to accomplish the Six Key Elements for Modern PA Practice back in 2010.

H.B. 1175 makes significant changes to PA practice, including:

- Removing the requirement that PAs have a written agreement with a physician if they practice at licensed facilities (e.g., hospitals and nursing homes), facilities with a credentialing and privileging process (clinics), or physician-owned practices;
- Allowing PAs to own their own practice with approval of the North Dakota Board of Medicine (PA practice owners with fewer than 4,000 hours of experience must have a collaborating physician);
- Defining PA scope of practice as determined by education and training;
- Removing from the Century Code references to physician responsibility for care provided by PAs; and
- Clarifying that PAs are responsible for the care they provide to patients.

As noted, H.B. 1175 advances PA practice in multiple ways that will enhance our ability to provide health care to the citizens of North Dakota. By far the most substantial change in the bill is that PAs will no longer be required to have a state-mandated supervisory agreement with a physician. While we all have great respect for our physician colleagues, the supervisory agreement requirement has created significant barriers for our ability to practice where we are needed. The NDAPA firmly believes that H.B. 1175 will not affect our relationships with our physician colleagues and our current level of collaboration will continue despite changes to our regulations. If you have any questions about H.B. 1175, please email me at NDAPAboard@gmail.com.

Jay Metzger, MPAS, PA-C
President, NDAPA

FACULTY SPOTLIGHT

Daryl Sieg, MPAS edu

Daryl Sieg grew up on a farm west of Thompson, N.D. and has been teaching in the UND Department of Physician Assistant Studies since 2015. After graduating high school, Daryl worked in construction and volunteered for the Thompson Fire and Rescue. It was this time as a volunteer on the ambulance that compelled him to learn more about



medicine. He obtained his AAS in paramedicine at Northwest Technical College in East Grand Forks, Minn. He then worked as a paramedic in Kansas City, Mo., and Oakes, N.D., while obtaining his prerequisites for PA school. He attended Stanford University School of Medicine's PA program and graduated in 1999. Daryl has practiced in emergency rooms in California and worked in neurosurgery and cardiothoracic surgery in Rapid City, S.D., and Fargo, N.D. While in Fargo, he helped to develop a large brain and spine center.

Daryl has always had an interest in teaching, dating back to his time educating emergency medical technicians and teaching advanced cardiac life support to physicians, nurses, and paramedics. In June 2019, he received his Master of PA Education from A.T. Still University. He has always been a lifelong learner and enjoys the constant changes and challenges of medicine and medical education. Daryl has a special interest in active learning. Daryl lives in the Fargo-Moorhead area and he enjoys camping, canoeing, and spending time with his five adult children and grandchildren.



RESEARCH AWARDS AND SCHOLARSHIPS

UND School of Medicine & Health Sciences Department of Physician Assistant Studies announces research awards and scholarships

The UND School of Medicine & Health Sciences Department of Physician Assistant Studies has recognized the research of members of the Class of 2019 and awarded scholarships to students from the Class of 2020.

Research Awards were presented to the following graduates of the Class of 2019 on May 10 at the Hooding Ceremony at the Chester Fritz Auditorium in Grand Forks:

- Outstanding Scholarly Project, Faculty Choice: Catherine Bopp of Bismarck, N.D., for her project titled "A Comparison of Pharmacologic Interventions in Pregnant Women with Opioid Use Disorder." Her preceptor was Brandon Price, DO, of Mandan, N.D.
- Outstanding Scholarly Project, Student Choice: Juan Carlos Garcia of Spring, Texas, for his project titled "Reducing the Health Care Burden Caused by Undocumented Immigrants." His preceptor was Victor Lugo Miro, MD, of Kingwood, Texas.

Class of 2020 Kathy Ohly Memorial Scholarship through the North Dakota Academy of Physician Assistants:

- Emi Binstock of Fargo, N.D. Her preceptor is Brian Cooper, PA-C, of Wahpeton, N.D.
- Erin Mondry of Grand Forks, N.D. Her preceptor is Kristi Midgarden, MD, of Park River, N.D.

The Kathy Ohly Memorial Scholarship was established in 1994 in loving memory of Kathy Ohly, a very active member of NDAPA. She graduated from the University of North Dakota Nurse Practitioner/Physician Assistant Program in 1976. Ohly was the president of the NDAPA from 1982 to 1984 and chaired the Public Education Committee from 1987 to 1991 and the Bylaws Committee. She served on the Continuing Medical Education Committee from 1985 to 1987. Ohly also was one of the North Dakota representatives

to the American Association of Physician Assistants House of Delegates during many national conventions. She organized and traveled with an orthopedic surgical team to Brazil to provide care for Brazilian children suffering from various orthopedic conditions. Her work in Brazil earned her the AAPA Humanitarian Award in 1987. She passed away on August 15, 1993, after a long and courageous battle with breast cancer.

Class of 2020 Mickey Knutson Scholarship:

- Peter Tronset of Grand Forks, N.D. His preceptor is Roshan Ghimire, MD, of Crookston, Minn., and Andres Makarem, MD, of Crookston, Minn. and Grand Forks, N.D.

The Knutson endowment provides scholarships to UND students, allowing them the opportunity to complete their studies and pursue careers in the health field. The Knutson endowment is awarded to a graduate who will be working in primary care in a rural or underserved area.

Class of 2020 Katherine Maryann Rasmussen Scholarship:

- Brenton Green of Bismarck, N.D. His preceptor is Jessica Carlson, MD, of Bismarck, N.D.
- Steffani Johnston Mack of Fargo, N.D. Her preceptor is Wendy Riva, PA-C, of Pelican Rapids, Minn.
- Dustin Voss of Onamia, Minn. His preceptor is Thomas Bracken of Onamia, Minn.

The Rasmussen endowment provides scholarships to one or more high-achieving and qualified students enrolled in the Physician Assistant Program at the UND School of Medicine & Health Sciences. Recipients shall be of high moral character and demonstrate the potential to lead successful lives and careers.



SOON TO BE PA-C

Emi Binstock, Erin Mondry, Dane Rasmussen, and Matthew Hockert celebrate PA Week.

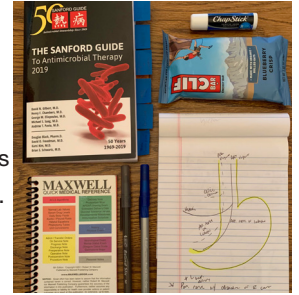


PHYSICIAN ASSISTANT STUDIES A DAY IN THE LIFE OF A STUDENT

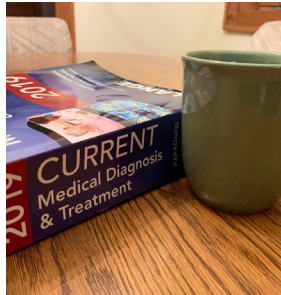
Hi, I'm Steff! I'll be taking you on a tour through a day in the life of a second-year PA student. Right now, my classmates and I are out on our clinical rotations throughout clinics and hospitals in various communities. Today, we're heading to my shift at the hospital!



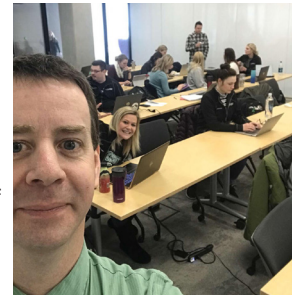
While my preceptor and I try to see all of our patients in a timely manner, most days we get unexpected interruptions. New admissions, procedures, and emergency test results, oh my! My white coat essentials pictured here help me when surprises arise. Most important item? Snacks.



5 am: My day starts with a little bit of studying and a lot of coffee. Even though we're on rotation, we still have class! I'm reviewing coagulation disorders for an upcoming exam. Other mornings, I can be found working on my scholarly project or other assignments.



Lecture time! We have the privilege of learning from providers who are among the best in their field. Our content covers anything from the basics of a physical exam to chronic disease management to trauma and more. Pictured here is one of our favorite professors, Russ!



To the hospital we go! I arrive before my preceptor to round and chart my own notes, so I am prepared when he and I round together. I make sure to chat with nursing staff, too. Their insight and expertise are invaluable, and nothing would get done without them. Thank you, nurses!



When we're not in lecture, you can find us in the skills or sim labs. Here we're practicing ultrasound techniques. This is a valuable skill for PAs and other providers, particularly in the ER setting.



These empty halls will soon be bustling with all members of the health care team – nursing, therapies, specialties, and more. Working with so many disciplines is what makes the hospital so fun, and the team-based approach to medicine is the No. 1 reason I chose to become a PA.



UND's PA program focuses on preparing PAs for practice in primary care, including diagnosing the cysts, abscesses, and other dermatologic conditions that abound there! We also learn IVs and joint injections.



For the rest of my shift, I'll be answering calls and seeing new admissions with my preceptor. While the majority of our days as second-year students are spent on rotation, we do return for some quality time on campus. Let's take a peek at what we do when we're at UND SMHS!

Casting! Kelsey's hand will heal perfectly with a cast that beautiful.



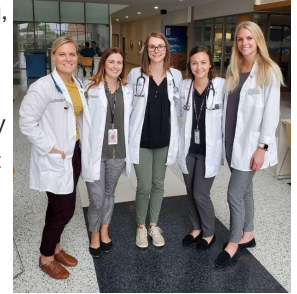
OB day!
We were in awe of witnessing the miracle of (plastic) life.



OR day! I was particularly excited for this experience. The PA's role in surgery is to be the surgeon's first assist. We learned OR etiquette, advanced airways, chest tubes, and cricothyrotomies in preparation for our surgery and ER rotations this coming winter.



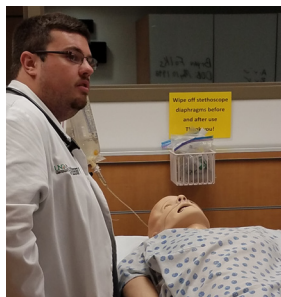
Some afternoons we have clinical testing, where we are evaluated on our ability to conduct a history and physical, select proper diagnostic studies, and accurately diagnose a disease. This prepares us not only for our clinical rotations, but for our future as PAs, where we will be doing all of those things!



Our days in PA school are pretty jam-packed, but we still make time to give back to the community. The UND PA program has volunteered at missions, middle schools, marathons, and more!



The Simulation Center is a state-of-the-art experience where we practice realistic emergent and inpatient scenarios in the comfort of our own school. We practice different scenarios and then debrief with our professors, which is an invaluable learning tool.



Time to go home for the night. It's been a busy day, and I hope you've enjoyed following along. PA school is tough work, but it's a privilege to be getting this education and to have the opportunity to make a difference in the lives of others.



[instagram.com/UNDSMHS](https://www.instagram.com/UNDSMHS)



[facebook.com/UNDSMHS](https://www.facebook.com/UNDSMHS)



twitter.com/UNDSMHS



[flickr.com/photos/UNDSMHS](https://www.flickr.com/photos/UNDSMHS)



COLLABORATION

The first interdisciplinary collaboration between the UND Physician Assistant and Physical Therapy programs occurred this fall during an anatomy lab.

PRECEPTORS

A pivotal component of the program is the incorporation of a primary care preceptor throughout the entire clinical portion of the program. The clinical experience is structured on a rotating basis with on-campus didactic sessions, allowing for an ongoing student-preceptor-faculty relationship and educational experience. The clinical experience is not considered a practicum or an internship, but is an integral part of the student's learning process.



Would you like to share your clinical experience through preceptorship? We would be happy to discuss opportunities available. Please contact our Director of Clinical Education, Mindy Staveteig, PA-C, at mindy.staveteig@UND.edu for more information on how you can help educate future providers in your area.

PA OF THE YEAR

The North Dakota Academy of Physician Assistants presented Jay Metzger, MPAS, PA-C, with the 2019 Outstanding Physician Assistant of the Year award during the Spring Primary Care Seminar in May. Jay was recognized for his work on the NDAPA board, including the redesign of the website, his tireless efforts at several legislative issues designed to enhance the PA profession, and his dedication and commitment to PA students.



Jay has been an assistant professor in the Department of Physician Assistant Studies at the UND School of Medicine & Health Sciences since 2013. He is currently pursuing his doctorate in education research at UND.

WHITE COAT & ADOPT-A-PA STUDENT



In conjunction with the program's 50th anniversary, we relaunched our Adopt-A-PA-Student program. We would like to provide white coats for our second-year physician assistant students who are about to begin their clinical experiences. The white coats are formally presented at a ceremony in January.

We are 81% of the way to our goal for the Class of 2021. To help us reach our goal, submit a gift through undalumni.org/smhs. Under "Comments," please put "PA White Coat."

If you have any questions, please contact Kristen Peterson at 701.777.4305.

PHI ALPHA HONOR SOCIETY

Phi Alpha is the national physician assistant honor society organized for the promotion and recognition of both PA students and graduates. Membership signifies the inductees' significant academic achievement and honors them for their leadership, research, community/professional service, and other related activities. The society also encourages a high standard of character and conduct among students and graduates. With this in mind, we are pleased to announce that the following SMHS Physician Assistant Studies students, all of whom maintained a 4.0 GPA, were inducted into the Phi Alpha Honor Society this year. Congratulations!

- Riann Collar – Neenah, Wis.
- Philip Heiden – Grand Forks, N.D.
- Tracy Kirchner – Reiles Acres, N.D.
- Stephanie Severson – Tower City, N.D.
- Kaitlyn Wirtz – Grand Forks, N.D.

50TH ANNIVERSARY

The Department of Physician Assistant Studies will be celebrating 50 years in 2020! We are planning a celebration to coincide with Homecoming in October. More information will be provided as activities are finalized. Save the date: October 9, 2020!



SERVING THE COMMUNITY

PA students volunteered in an anatomy course at a local rural high school.

Department of Physician Assistant Studies

1301 N Columbia Rd Stop 9037

Grand Forks, ND 58202

Phone: 701.777.2344

med.UND.edu/pa

Non Profit
Org
US Postage
Paid
Grand Forks ND
Permit #10

CONGRATULATIONS, CLASS OF 2019!



All the best to our graduates! Congratulations on this accomplishment as they begin their future as health care providers.