

# PHYSICIAN ASSISTANT STUDIES

# NEWSLETTER

Fall 2022  
Vol. 4, No. 2



## FROM THE CHAIR

Hello from the UND PA Program! I hope you and your family are well and enjoyed some summer rest and relaxation. The time to retreat from our daily responsibilities always seems so short, but here we are, right back into the season of fall.

We have enjoyed many great changes so far this year. Early in 2022, Kristen Carr joined our faculty team. Kristen comes to us from Sanford Health in Fargo and brings a wealth of knowledge from her internal medicine practice. She hit the ground running and is teaching the H&P course series this summer and fall. Welcome Kristen!

Additionally, we welcomed Vicki Andvik to the Department of PA Studies. Vicki, a 2017 graduate of ours, has a background in gastrointestinal medicine and joins us from Moorhead, Minn. She is working on our clinical placement team and is doing wonderful work streamlining placement processes and assisting with student placement needs. Welcome Vicki!

Students in the Class of 2023 received their white coats in January this year. This class is in the middle of their primary care clinical curriculum is enjoying everything the clinical preceptorships offer. Once again, we are forever grateful for our preceptors and clinical sites, who give of their knowledge, time, and expertise for the next generation of PAs. We are exceedingly grateful and would not be able to graduate students without you!

The Class of 2022 celebrated an in-person graduation ceremony this May. After beginning the program virtually and learning H&P skills in small groups, wearing masks with eye shields, they have successfully crossed the stage! Many have already taken their board exam and are credentialing for employment. More workforce information will be available in the fall – congratulations to the Class of 2022!

And the Class of 2024 began in May. It was great to have the new students on campus for a solid start of summer coursework. We welcome 35 students to this class and look forward to the next two years of teaching and preparing these well-equipped students to become extraordinary PAs!

Congratulations to the students who received research awards, invitations into the Pi Alpha Honor Society, and student scholarships. Your academic achievement, moral character, and future goals to lead successful careers in rural primary care is commendable. Great work!

Also, congratulations to Mindy Staveteig, PA-C, on her nomination and acceptance into the Pi Alpha Honor Society! Your perseverance and dedication to the clinical education of our students is recognized and much appreciated. Thank you, Mindy!

Further, congratulations to Dr. Michelle Murphy! Michelle graduated in May and now has a doctoral degree in Teaching and Learning with a concentration in Instructional Design and Technology. Her dissertation title was “Systems modeling as a means of building accurate mental models of physiology core concepts in undergraduate and graduate health sciences students.” Michelle worked hard to complete the requirements of this degree and much of her work was (and continues to be) related to her teaching role, as well as the variables of the admission process. Congratulations, Michelle, on a job well-done!

It is great to be able to celebrate these accomplishments in-person once again, of course with mindfulness of mitigation factors as necessary. As we prepare for the fall season, best wishes for continued health for you and your family.

Be sure to stay in touch! Give us a call or send us a quick note sometime – we would love to hear from you!

Jeanie McHugo, Ph.D., PA-C  
Chair  
Department of Physician Assistant Studies



# FACULTY SPOTLIGHT



**Kristen Carr** joined the Department of Physician Assistant Studies in January 2022. She grew up on a farm near Hartford, S.D., and has always loved taking care of others and learning about how things work. As a child, she was often seen splinting or casting her little brother's pretend injuries or performing checkups on her pets. While attending college at South Dakota State University in

Brookings, S.D., she learned more about the allied health professions and found that PA was the best fit—a holistic team approach to patient care that centers on prevention of disease. Throughout college, she worked as a patient care aide, physical therapy aide, and a credentialing specialist assistant to gain experience. She graduated with a Bachelor of Science degree in Biology in 2004, and then attended the University of Nebraska Medical Center in Omaha, Neb., graduating in 2006 with a Master of Physician Assistant Studies degree.

After graduation, Kristen practiced in internal medicine for nearly 15 years in Fargo, N.D. She was very active in creating mentorship programs for new PAs and NPs and served as a student preceptor. She also created and directed a Primary Care APP Fellowship program for recent PA and NP graduates. In 2021, she obtained additional certification as a Lifestyle Medicine Professional through the American College of Lifestyle Medicine to focus on prevention and education for her patients. Currently, she practices one day per week in a Family Medicine clinic in Fargo.



Kristen lives with her husband, Andy; two children, Molly and Connor; and dog, Zoe in Fargo. In her spare time, she enjoys golfing, gardening, hiking, traveling, and reading.



**Vicki Andvik** was born in the mountains of Montana and moved back to her family farm outside of Edgeley, N.D., shortly after, where she lived until she graduated from high school. She received her Bachelor of Science degree in food, nutrition, and dietetics from North Dakota State University and spent most of her dietetics career at Essentia Health in Fargo, N.D. In 2015 she was accepted into the Physician Assistant Program at the University of North Dakota and received her master's degree in Physician Assistant Studies in May 2017. She then returned to Essentia Health in Fargo as a PA in gastroenterology. In March 2022 she joined the Department of Physician Assistant Studies at the University of North Dakota as an assistant professor and clinical coordinator.

Vicki has always had a love of learning, mentoring, and leading, and is excited for the opportunity to be back in that role. In her dietetics career, she served as the clinical nutrition manager for 10+ years and found her love of advising students and mentoring employees, as well as gained a wealth of knowledge in what it takes to be in a position on leadership.

Vicki lives in Moorhead, Minn., with her husband, Chris; their two children, Mya and Liam; and their mini-goldendoodle, Gunnar. In her spare time, she enjoys spending time outdoors, golfing, fishing, and spending time with her family.

# CONGRATULATIONS CLASS OF 2022



The Hooding Ceremony for the Class of 2022 was held on May 13 at the Empire Arts Center in Grand Forks, N.D. Congratulations on this accomplishment as the grads begin their future as healthcare providers.

Jenae Arnold  
Anthony Beaty  
Heather Brekke  
Rachel Bruening  
Hugh Cline  
Travis Cook

Sean Core  
Angie Emerson  
Kylie Engebretson  
Jessica Gifford  
Paul Gillispie  
Ben Graf

Brandon Harthan  
Jessie Johnson  
McKenzie Kemmet  
Karen Kenny  
Kelsey Krueger

Stephen Leard  
Bennett Leitch  
Rachel Levy  
David Majewski  
Katie Matzke

Chase McGlinchey  
Miranda Nygaard  
Kylie Pastian  
Lizzie Perkins  
Shacara Pratt

John Seifert  
Rachel Sper  
Kelsie Tescher  
Krista Thielges  
Danielle Tretbar

## ALUMNI NEWS AND UPDATES



Pete Baker, '14, received his Doctor of Medical Science in June 2022 from A.T. Still University. He is pictured with his wife Ashlee and baby Delanee.

Kelsey Krueger, '22, has joined the emergency medicine department at Essentia Health in Fargo, N.D.

Kylie Pastian, '22, has joined the orthopedics department at Altru Health System in Grand Forks, N.D.

Heather Brekke, '22, has joined the orthopedics department at Sanford Health in Wahpeton, N.D.

## PI ALPHA HONOR SOCIETY

Pi 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, and one faculty, were inducted into the Pi Alpha Honor Society this year. Congratulations!

- Angie Emerson – North Pole, Alaska
- Ben Graf – Fergus Falls, Minn.
- Jessie Johnson – Spearfish, S.D.
- Karen Kenny – Dickinson, N.D.
- Mindy Staveteig – MMS, PA-C, Assistant Professor



# ALUMNI WE WANT TO HEAR FROM YOU

## DIDACTIC SESSION

Labs, Simulation, and more for the PA Class of 2023 during their didactic sessions





**CHALLENGE ACCEPTED**  
PA Class of 2022 participate in the Challenge Bowl

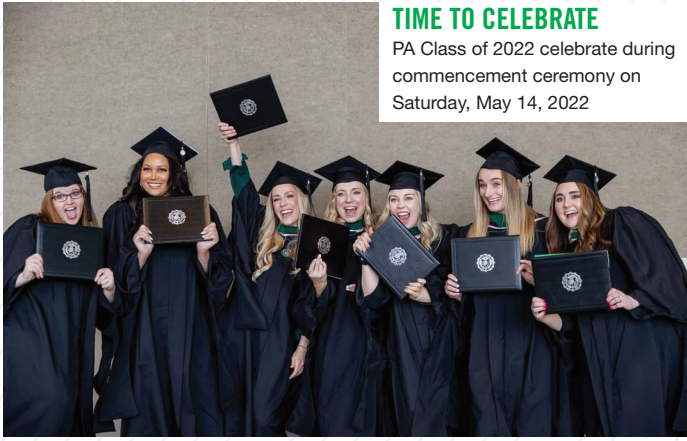


**TEAM PA**  
Team building activities for the Class of 2024 during their first week in the program



**CONGRATULATIONS, DR. MURPHY!**  
Michelle Murphy, M.S., Ph.D. celebrates her commencement from UND with a doctoral degree in Teaching and Learning.





### TIME TO CELEBRATE

PA Class of 2022 celebrate during commencement ceremony on Saturday, May 14, 2022

### SEE THE FUTURE

Students in the PA Class of 2023 view into their future



## WELCOME CLASS OF 2024



There was much excitement as the UND PA Class of 2024 was welcomed for their first week to campus on May 17, 2022.

Kayli Anderson  
 Steven Bateman  
 Katja Berge  
 Bailee Blickensderfer  
 Justis Caldwell  
 Maren Carlson  
 Zachary Carlson  
 Stephany Dimoulas  
 Brianna Droessler-Aschliman  
 Shelby Gawarecki  
 Jessica Haugen-Frenkel

Mackenzie Holland  
 Matthew Kalonick  
 Rachel Kisse  
 Isaac Knutson  
 Cayla Mahrer  
 JoAnna McClelland  
 Madison Nitschke  
 Andrea Rieder  
 Alexis Roth  
 Chelsea Scheil  
 Tania Schnepf

Kelsey Sederquist  
 Rachel Skoglund  
 Valerie Snelling  
 Allison Stoeffler  
 Lauren Topp  
 Karina Van Slyke  
 Robert White  
 Emily Yenter  
 Molly Zak  
 Lacey Zeiszler

# RESEARCH AWARDS AND SCHOLARSHIPS

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

Research Awards were presented to the following graduates of the Class of 2022 on May 13 during the Hooding Ceremony at the Empire Arts Center in Grand Forks.

- Outstanding Scholarly Project, Faculty Choice: Ben Graf of Fergus Falls, Minn., for his project “The Impact of Continuous Glucose Monitoring in the Management of Type II Diabetes.”
- Outstanding Scholarly Project, Faculty Choice: Lizzie Perkins of Fargo, N.D., for her project “Diagnosing Mild TBIS with Fluid Biomarkers.”
- Outstanding Scholarly Project, Student Choice: Karen Kenny of Dickinson, N.D., for her project “Biomarkers in the Detection of Alzheimer’s Disease.”
- Outstanding Scholarly Project, Student Choice: Bennett Leitch of Willmar, Minn., for his project “Vitamin D Concentrations and COVID-19 Outcomes.”

Class of 2023 Kathy Ohly Memorial Scholarship through the North Dakota Academy of Physician Assistants:

- Samantha Braaten of Fargo, N.D.
- Brittany Liljenquist of Cooperstown, 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 1982-1984 and chaired the Public Education Committee and the Bylaws Committee from 1987 to 1991.

She served on the Continuing Medical Education Committee from 1985 to 1987. Ohly served as 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 2023 Mickey Knutson Scholarship

- Alexie Harms of Crosby, 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 2023 Katherine Maryann Rasmussen Scholarship

- David Franta of Winnebago, Minn.
- Timothy Fresonke of Perham, Minn.

The Rasmussen endowment provides scholarships to one or more high-achieving and qualified students enrolled within 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.

Class of 2023 Daryl A. Sieg Memorial Scholarship through the North Dakota Academy of Physician Assistants

- Melanie Loehrer of St. Augusta, Minn.

Daryl Sieg, assistant professor in the Department of Physician Assistant Studies, passed away suddenly on May 5, 2021. He joined the department in 2016 where he enjoyed teaching and sharing his knowledge with students. In March 2019, Daryl received his Master of Science in Physician Assistant Studies degree from A.T. Still University of Health Studies with a concentration in education and leadership. Daryl will be remembered for his many contributions to the Department, School, and University. The Daryl A. Sieg Scholarship Fund was established by the UND PA Class of 2022.

Class of 2023 Wyoming Association of Physician Assistants

- Rodney Palmer of Lovell, Wyo.

Scholarship award to deserving current or former residents of Wyoming. The applicant must be a PA student who will be entering a program or is already attending PA school for the upcoming year.

**Department of Physician Assistant Studies**

1301 N Columbia Rd, Stop 9037

Grand Forks ND 58202-9037

Phone: 701.777.2344

[med.UND.edu/pa](http://med.UND.edu/pa)

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# CLASS OF 2023



The following students progressed to the clinical phase of their PA education on January 21, 2022:

- |                  |                      |                   |
|------------------|----------------------|-------------------|
| Morgan Bernhardt | Victoria Gingrey     | Allison Obritsch  |
| Ashley Black     | Heather Greenwood    | Rodney Palmer     |
| Samantha Braaten | Alexie Harms         | Katie Prochnow    |
| McKenzie Burke   | Jenni Hetletved      | Molly Ruebke      |
| Chelsey Clark    | Sasha Hopfauf        | Daniele Schroeder |
| Matthew Davis    | Monica Hurst         | Mandy Stenehjem   |
| Cody DeWitt      | Kaylina Kelley       | Mary Weisberg     |
| Anthony Douthit  | Alexandra Laber      | Tyson Williams    |
| Breanne Dunn     | Brittany Liljenquist | Jenna Zaeske      |
| Kristopher Flynt | Melanie Loehrer      | Joshua Zetocha    |
| David Franta     | Brittany McPherson   |                   |
| Timothy Fresonke | Jared Mouw           |                   |

