

# NORTH DAKOTA MEDICINE

UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE & HEALTH SCIENCES



**UND athletics, medical school  
team up for Division I**

**Improving the quality of hospital  
care in North Dakota**

**Life in the lab: There's no substitute  
for experience**

Fall 2008

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Department of Family and Community Medicine's  
Division of Sports Medicine scores big with athletes, coaches

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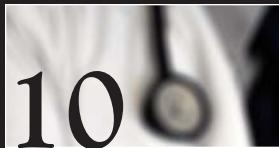
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Pictured from left: Division of Sports Medicine Director **Steve Westereng, MA, ATC (BSAT '94)**, and UND Athletic Director **Brian Faison**



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## NORTH DAKOTA MEDICINE

UNIVERSITY OF NORTH DAKOTA	
SCHOOL OF MEDICINE AND HEALTH SCIENCES	
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In the Summer '08 issue of **ND MEDICINE** (page 27), information about John Eickman, MD '04, and R.J. Moen, MD '00, was incorrect. Please see Alumni Notes in this issue for the correct text.

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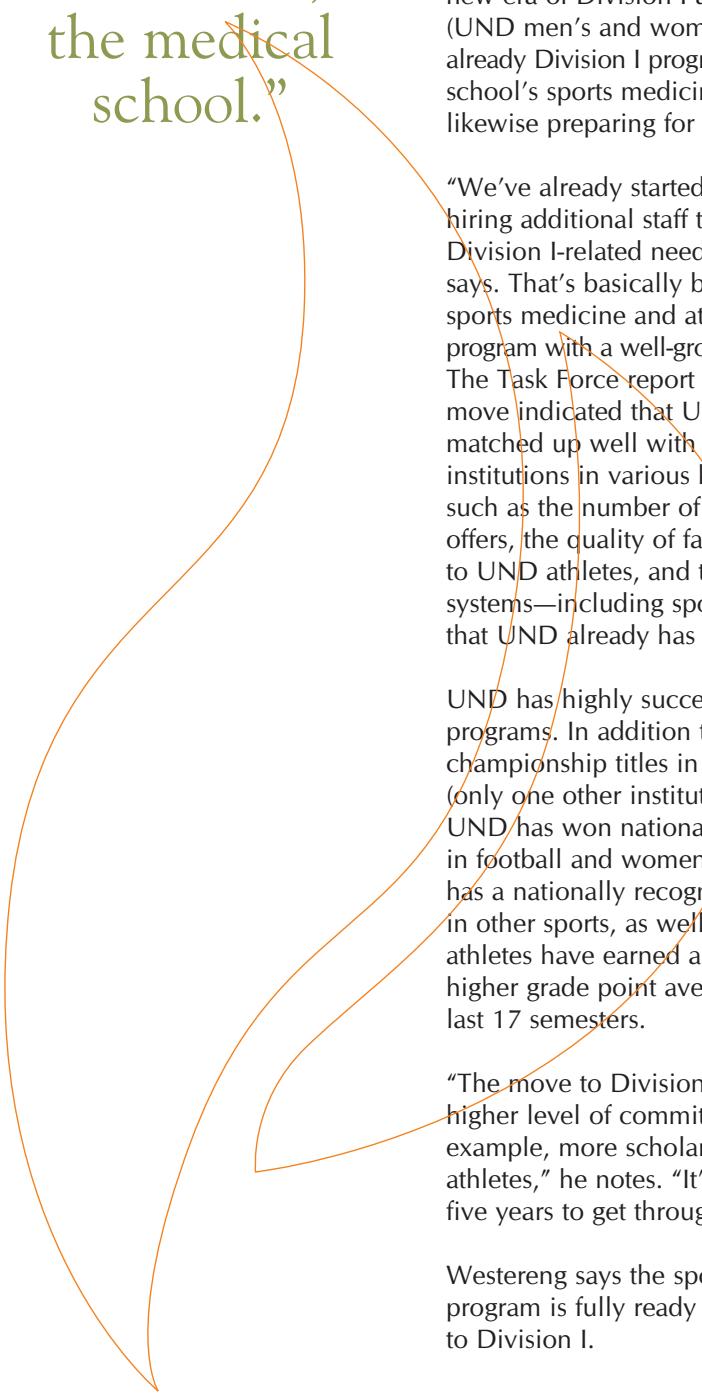
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The UND Athletic Training Program, a part of the Division of Sports Medicine, “was the first undergraduate athletic training program in the country to be located in a medical school,” Westereng notes. “We’re also actively involved in the education of family practice residents in the area of sports medicine.”

As the University’s athletics enter the new era of Division I across the board (UND men’s and women’s hockey are already Division I programs), the medical school’s sports medicine program is likewise preparing for some changes.

“We’ve already started recruiting and hiring additional staff to tackle our new Division I-related needs,” Westereng says. That’s basically building on a sports medicine and athletic training program with a well-grounded reputation. The Task Force report on the Division I move indicated that UND already matched up well with Division I institutions in various key measures, such as the number of sports UND offers, the quality of facilities available to UND athletes, and the support systems—including sports medicine—that UND already has in place.

UND has highly successful athletic programs. In addition to seven national championship titles in men’s hockey (only one other institution has more), UND has won national championships in football and women’s basketball and has a nationally recognized reputation in other sports, as well. UND’s student-athletes have earned a combined 3.0 or higher grade point average in 16 of the last 17 semesters.

“The move to Division I means a much higher level of commitment, for example, more scholarships for athletes,” he notes. “It’s going to take us five years to get through this process.”

Westereng says the sports medicine program is fully ready for the transition to Division I.

“With regard to football, for example, in Division I, every workout, every game, needs to be covered (by an athletic trainer),” he says. “Our program aims to provide the best, most comprehensive coverage that we can—we aim to take care of our student-athletes at a range of practice sessions and games. We have to prepare ourselves to meet this Division I transition and its higher expectations.”

“I have been a football trainer for nine years, and I oversee all the trainers in the other sports,” Westereng says. “Right now we have nine faculty, and together we teach 41 credits throughout the year; seven of us are service-oriented, and five of us are with athletic teams. We’re going to expand that. We’re unique in that we’re all in one house, in the medical school.”

Faison says a top-notch sports medicine program is essential to drawing high-caliber student-athletes to the school.

“The availability of a program like this is an integral part of the recruitment package,” he explains. “And we’ve absolutely got one of the best sports medicine programs going. Student-athletes and their parents want to be sure that you’ve got the kind of academic support and athletic training support that you need to have. We hope that nobody ever gets hurt, but the reality is that injuries happen, and folks want to know that they’re going to get the best care and treatment that’s out there—and that’s what we offer here at UND.”

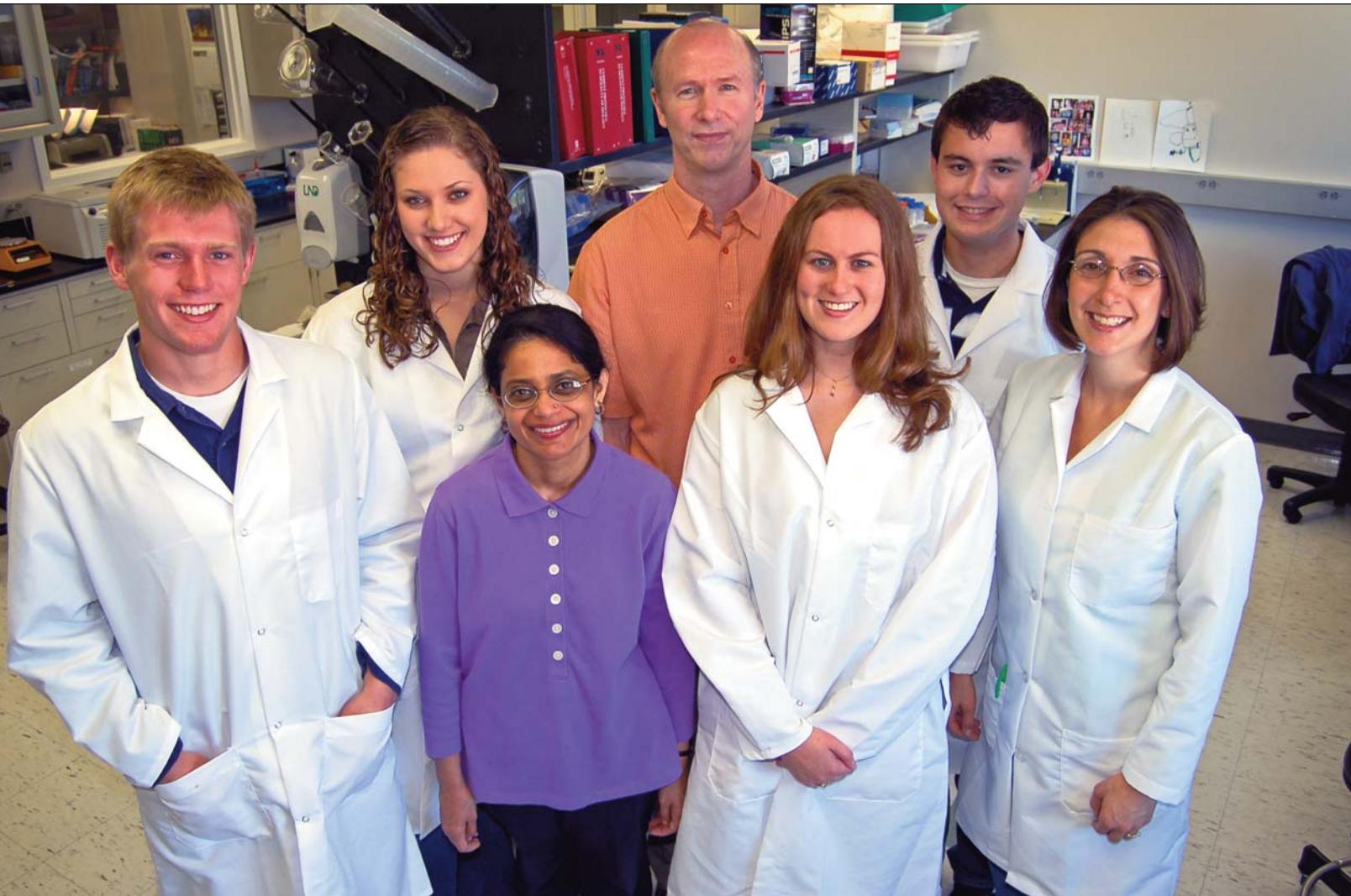
Faison says coaches also look to the sports medicine program on campus.

“Because of our highly specialized sports medicine program, we’re going to get our athletes back as soon as it’s safe and reasonable to have them back,” Faison says.

—Juan Pedraza

# *Life* in the lab

There's no substitute  
for experience



Undergraduate students and their mentors in the Department of Pathology are from left: Tom Botsford, Grand Forks; Kathryn Carlson, Brookings, SD; Assistant Professor Seema Somji; Assistant Professor Scott Garrett; Caitlin Johnson, Grand Island, NE; Ryan Zahn, Bottineau, ND; and Robin Johnson, Bismarck.

**O**PPORTUNITIES FOR UNDERGRADUATES TO GAIN RESEARCH EXPERIENCE AT THE SCHOOL OF MEDICINE and Health Sciences have never been better. This past summer, the addition of three new programs for undergraduates enabled more than 40 students to work in the lab with researchers. Studies included those focused on more effective drugs to treat epilepsy, potential breakthroughs in preventing Parkinson's and Alzheimer's diseases, the health effects of heavy metals in the environment, and the use of biomarkers to diagnose different types of cancer.

The undergraduate research programs not only provide a valuable source of paid labor for researchers, but they also give students insights that help them plan their careers.

"Part of the reason I wanted to go into medicine is because I like the science behind it," said **Jenna Wald**, from Dickinson, ND, a senior biology major who spent her summer working in a Department of Pharmacology, Physiology and Therapeutics lab.

An undergraduate might start out by performing such menial tasks as washing glassware or restocking supplies, but there can be great rewards for those who stick with it.

"Students can significantly contribute to a lab and an experiment," said **Seema Somji, PhD**, an assistant professor of pathology and an undergraduate mentor. "They've learned the basics. They know how an experiment goes.

## "The lab is what the environment is really like. You're giving them opportunities to test the water."

"There are physicians who do research in addition to practicing medicine," she explained. "I'm looking at incorporating research into my career as an option for my future."

While some students decide that life in the lab isn't for them, others decide that it's exactly what they want.

"Students, when they're going to school and taking science classes, interpret what the field is like based on what they're getting in the classroom," noted **Scott Garrett, PhD**, an assistant professor of pathology who serves as a mentor to the undergrads.

"The lab is what the environment is really like. You're giving them opportunities to test the water," he said. **Megan Fettig**, Bismarck, ND, a senior majoring in biology, chemistry and secondary education, thought she would go into teaching after graduating. But participating in a research project changed her mind.

"Part of my reason for not wanting to go to graduate school was that in the future, I wanted enough time for family and kids," she said. "Doing research and being exposed to women role models – seeing how they handled things and how it can be done – was really valuable."

"All these students can go back into a lab and really work on a project," she said. "They have a head start compared to other students."

That can lead to having their names on a published paper, which helps build an impressive curriculum vitae, Somji noted.

**Ryan Zahn**, Bottineau, ND, a senior majoring in biology, chemistry and music, hasn't decided whether he wants to go to medical school or graduate school. The opportunity to conduct research is what attracted him to an undergraduate program.

"We each have our own specific project that we work on," he said. "We get actual lab experience. We do everything ourselves. We run experiments. We analyze the data. It's been great and it's helped me a lot." Whether Zahn ends up in a doctor's coat or a lab coat, he'll have the benefit of firsthand experience to help him decide on a career path.

—Patrick Miller



Jenna Wald, a senior biology major from Dickinson, ND, hopes to combine careers by practicing medicine and conducting research.



# Improving the Quality of Hospital Care in North Dakota

OVER THE PAST FEW YEARS, A couple of major studies have shown, and the Institute of Medicine has emphasized, that the quality of health care in America is not even close to the level that we should expect from the world's most expensive health care system. Problems with quality are pervasive throughout both outpatient and inpatient settings and may be responsible for thousands of deaths each year.

Small rural hospitals are no exception in the continual reach toward a better, safer system, but they are at times forgotten both in terms of their contribution to health care and funding needed in order to maintain access to care for the country's 59 million rural residents. Small rural facilities are faced with many significant challenges, the most pressing today related to finance and workforce issues. Despite these

challenges, North Dakota's small rural hospitals are committed to providing quality care and have worked together to develop something innovative, not to mention smart. Seeing strength in numbers, they banded together to form a single network committed to sharing the effort to improve quality throughout the state.

The new Critical Access Hospital (CAH) Quality Improvement Network

(QIN) is a long and official way of saying the hospitals partnered together for a stronger voice. Supported by the North Dakota Medicare Rural Hospital Flexibility (Flex) Program and the North Dakota Small Hospital Improvement Program (SHIP), the Network is administered through the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences.

North Dakota's 34 small rural hospitals have been working toward the network's development over the past year, under direction from an executive committee. A full-time coordinator, **Jody Ward**, Minot, ND, acts as a clearinghouse for information, regulations and requirements for these hospitals, effectively saving the individual facilities a notable amount of time. She provides technical assistance throughout the state and serves as a liaison to stakeholders.

"The network is a valuable platform to make new connections with each other and maintain continuity among rural hospitals in North Dakota," said Ward. Representatives on the network are usually risk managers, quality experts and nurses. The goal of the group is not to discuss specific cases but larger themes and issues.

"We want to use best practices around the country to compare to internal data gathered by our facilities, and then exceed national standards," Ward said.

The hospitals are using the new network to ensure they are providing the highest quality of care for rural residents while leveraging limited resources across communities. Hospitals have access to a variety of state and federal experts in a number of fields, as well as education and training for staff. New employees will be paired with mentors to help with the acclimation process. The network acts as a collective voice for small hospitals throughout the state.

#### **What's driving the quality movement?**

According to **David Pate, MD**, CEO of St. Luke's Episcopal Hospital in Houston, TX, the Institute of Medicine (IOM) and Institute for Healthcare Improvement have increased both patient and hospital awareness of the

**"We are leveraging each other as resources to strengthen health care in North Dakota."**

importance of ensuring quality. St. Luke's is considered a leader in promoting clinical excellence.

"When IOM tried to quantify the number of patients who die each year in hospitals due to the consequences of their care, I think that really hit home," said Pate. "The field had to face up to the fact that care is not as safe as it could be and that our outcomes are not as good as they could be. The public and policymakers want to know why we spend so much money on health care and don't have the quality outcomes that other countries have. What we pay and what we receive in return are driving forces."

Closer to home, an advisory committee drives the quality movement for the network. The committee includes representatives from the Center for Rural Health, North Dakota Healthcare Review, Inc., North Dakota Hospital Association, and North Dakota Department of Health, along with larger hospitals which work collaboratively with small hospitals in their region.

"The new network will bridge knowledge and expertise across health systems," said **Marlene Miller, MSW**, director of the Flex and SHIP programs at the Center for Rural Health at the UND School of Medicine and Health Sciences. "We are leveraging each other as resources to strengthen health care in North Dakota."



**WEB EXCLUSIVE:**  
To learn more about the new quality network, visit :  
[www.ndmedicine.org](http://www.ndmedicine.org)

- Wendy Opsahl

STUDENT PROFILE



# from Firefighter to Physician

TAKING TIME OFF BETWEEN undergraduate and medical school turned out to be one of the best decisions for 31-year-old, Montana-born **Kevin Sullivan**, a fourth-year medical student at the UND School of Medicine and Health Sciences. For six years after graduating from the University of Montana, Sullivan continued a job he started in college: fighting wildfires.

Those years were anything but a waste, he says. They proved to be indispensable. Hand-in-hand with the blazes were lessons giving him leadership and teamwork skills he knows are crucial in the medical world. He had to interact constantly not only with his crew and the public, but also with fire, for him a comparably living organism. His experiences with the unpredictability of wildfire gave him valuable insights.

"It breathes, it eats, it moves, and it's unpredictable a lot of the time, much like patients. You can't always predict what it's going to do, and you have to always be on your toes for any kind of change," he says.

Although facing fires is unnerving, it gave Sullivan the ability to handle high-stress situations and to deal with difficult people in those stressful situations. It all boils down to being mentally mature.

"I thank fire big time for that, and for being able to step back from a process and being able to analyze it when things aren't exactly the best situations as far as danger and complexity goes," he says.

And when situations aren't out of control? Sullivan also believes his time off from school will help him to better connect with his patients. He understands going out and working

hard and sees this as a way of relating to, and gain confidence from, patients.

He'll never regret his choice to continue firefighting for those six years, but has always known medicine was the career for him. The Western Interstate Commission for Higher Education (WICHE) program gave him the chance to achieve it. Like other students from states without medical schools, Sullivan hoped for one of the few non-resident spots available in other states' medical programs.

**"It breathes,  
it eats,  
it moves,  
and  
it's unpredictable"**

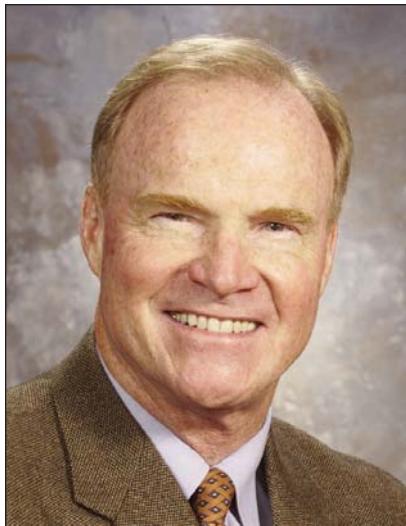
He wasn't let down. The UND medical school accepted him through WICHE, and he was glad, because the patient-centered learning program at UND turned out to be more beneficial than what many of his friends experienced at lecture-based medical schools.

Although originally intending to become an orthopedic surgeon, Sullivan now plans to pursue anesthesiology. Why? It will allow him to interact with people while still being hands-on by performing procedures, two things he loves most.

- Andrea Herbst

**KEVIN SULLIVAN**  
MD CLASS OF 2009  
HOMETOWN: Superior, MT  
HIGH SCHOOL: Superior  
High School  
PARENTS: K.C. and Carol Sullivan

# UND School of Medicine and Health Sciences: A Jewel in the UND Crown



Dr. Robert Kelley began serving as  
UND's 11th president July 1, 2008

Dear Friends:

When I got the call last fall asking if I would be interested in being nominated as a candidate for the presidency of the University of North Dakota, it was easy to answer "Yes." It was easy because I already knew something about one of the jewels in the UND crown: the School of Medicine and Health Sciences. I had visited UND in the past, thanks to my good friend Dr. Ed Carlson of UND's Department of Anatomy and Cell Biology. He had brought me to UND as the guest speaker in an anatomy seminar.

Let me share some of the impressive things that I have learned about North Dakota's medical school:

- ◆ Hundreds of physicians around the state volunteer their valuable time to teach our students. That's a unique partnership that significantly enhances the quality of our medical education. I have been impressed by our patient-centered approach to medical education.
- ◆ Family medicine is the single most popular choice of members of the UND Doctor of Medicine Class of 2008. Sixteen graduates, about 27 percent of the 59-member class, have elected to pursue training in family medicine, mostly in North Dakota and other Midwestern states. That's why the School of Medicine and Health Sciences has consistently ranked among the top medical schools nationally for producing family physicians.
- ◆ I was particularly pleased to learn that the medical school produces or sponsors numerous community outreach activities in North Dakota, such as the annual Medical School for the Public; the North Dakota Women's Health Connection; and Science Day, an annual event put on by first- and second-year medical students for fifth- and sixth-graders that is designed to stimulate children's interest in science and features a hands-on approach to learning.
- ◆ INMED – Indians Into Medicine – has a national reputation. About 20 percent of the American Indian doctors working in the United States today were educated through the INMED program at UND, which reserves seven spots in each medical school class for Native Americans from around the country.
- ◆ Another gem in the School of Medicine and Health Sciences crown is the Center for Rural Health, home of the Rural Assistance Center, the country's only national health information clearinghouse for health care professionals and administrators.
- ◆ UND is becoming nationally recognized for what Sen. Byron Dorgan likes to call "deep brain research." The School of Medicine and Health Sciences has attracted millions of dollars for research in such critical areas as Alzheimer's and Parkinson's diseases.

These are just a few of the impressive and important aspects of the UND School of Medicine and Health Sciences. The research components will continue to be important as we move ahead. Working together with the faculty and other partners, we will look for synergies, for ways of interconnecting our current strengths. We will be creative, innovative, and entrepreneurial as we continue to build the best possible medical school for the citizens of North Dakota.

A handwritten signature in black ink that reads "Robert O. Kelley". The signature is fluid and cursive, with "Robert" and "O." on the first line and "Kelley" on the second line.

Robert O. Kelley  
President

# Life on the Cutting Edge

**Allen Van Beek, MD (BS Med '66)**, knows that plastic surgery is a growing obsession in our image-conscious culture. But rather than performing Botox on bridesmaids, Van Beek devoted his career to the delicate art of reconstructive surgery.

An adjunct professor at the University of Minnesota with a practice in Edina, the Westfield, ND, native is a pioneer in the field of microsurgery: the use of microscopes to fix nerves and blood vessels. It's a highly-specialized skill that helps him reconstruct the limbs — and lives — of his patients.

Although he envisioned life as a laid-back family doctor in Montana, his experience patching up combatants in Vietnam as a flight surgeon took him in a unexpected direction. After the war, Van Beek credits friend **Dennis Trzpuc, MD (BS Med '66)**, with leading him to the Indiana University School of Medicine, where he completed a surgical residency.

## A New Focus

The ready supply of injured veterans spurred his interest in an emerging specialty: microsurgery. He traveled to San Antonio, TX, to research nerves with expert **Sidney Ochs, PhD**, and developed a passion for the microscope: "I loved it, and have never stopped operating with the microscope."

At the time few centers for microsurgery existed, but the nearby University of Louisville was one of them. Van Beek jumped at the chance, and learned a new idea: "free-flap," whereby tissue is moved to new areas of the body. This was squarely the province of plastic surgery, and Van Beek's mentor, **Harold Kleinert, MD**, suggested he address it. Slyly, Kleinert already had a position in mind for his protégé. "I was sort of auctioned off."

After residency training at Southern University School of Medicine in Springfield, IL, Van Beek settled in Minneapolis, realizing his goal of establishing a microsurgery program. "It was as close to home as I could get."

North Dakota was a formative influence. As a youth, Van Beek experienced a 'limb trauma' first-hand when he fell from a tractor and broke his leg. The most colorful aspect, he says, was his transfer to a Bismarck hospital: "It took place in a hearse."

His father, Lester, an auctioneer, sometimes dealt with farm animals. Van Beek decided to become a veterinarian, until a real one advised him otherwise: "Son, become a doctor." The advice resonated.

## High Profiles

Van Beek's highest profile reattachment case was that of **John Thompson**. In 1992 the Hurdfield, ND, farm boy lost his arms to a spinning power take off shaft. Thompson eventually regained limited use of his hands and fingers and today does motivational speaking.

Even more daunting was a newborn with missing fingers, severed during a cesarean procedure. The case of **Kristen Meckle**, of Crosby, ND, remains the youngest successful finger replant ever. Lower-profile, but also important is his mission work through Grace Church in Eden Prairie. During trips to Central and South America, he treats defects of the hand and face. "These are kids who otherwise wouldn't be taken care of."

Van Beek knows that his pioneering and multifaceted work as a surgeon isn't just about limbs and faces: "We're really dealing with quality of life."

- Gary Niemeier



Allen Van Beek, MD (BS Med '66), receives the Sioux Award, the highest honor bestowed by the UND Alumni Association during Homecoming activities in October.

# One in Four MD '08 Grads Choose Family Medicine

Family medicine is the single most popular choice of members of the UND Doctor of Medicine (MD) Class of 2008. Sixteen graduates, 27 percent of the 59-member class, have elected to pursue training in family medicine, mostly in North Dakota and other Midwestern states. Emergency medicine, attracting eight graduates, is the second-most popular specialty, followed closely by general surgery, with seven. Six grads chose internal medicine and another six chose pediatrics. "We are very proud of our outstanding medical students, and very pleased that so many of them have elected to pursue medical specialties that are most needed in North Dakota," said **H. David Wilson, MD**, vice president for health affairs and dean of the UND medical school. Medical school graduates, who began training this past summer, generally pursue three to five years of residency training to become eligible for certification in the medical specialty of their choice. Other specialties selected by UND medical graduates of '08 are: obstetrics-gynecology (four); diagnostic radiology (three); anesthesiology (two); neurosurgery (two), and one each in dermatology, neurosurgery, plastic surgery, psychiatry and urology.

## MD Class of 2008 Residency Sites

NAME	LOCATION	PROGRAM
<b>Anderson, Christopher</b>	Mayo School of Graduate Medical Education Program Rochester, MN	EMERGENCY MEDICINE
<b>Barker, Kyle</b>	UNDSMHS Grand Forks, ND	GENERAL SURGERY
<b>Batcheller, April</b>	William Beaumont Hospital Royal Oak, MI	OBSTETRICS/GYNECOLOGY
<b>Beals, Bryan</b>	Creighton-Nebraska Health Foundation – Omaha, NE	PSYCHIATRY
<b>Bolander, Nevin</b>	Kalamazoo Center for Medical Studies/Michigan State Univ. Program – Lansing, MI	EMERGENCY MEDICINE
<b>Brantl, Rylan</b>	University of Missouri Columbia Program Columbia, MO	SURGERY (PRELIMINARY)
	University of Missouri Columbia Program – Columbia, MO	NEUROSURGERY
<b>Brickner, Derek</b>	Lincoln Medical Education Partnership Program Lincoln, NE	FAMILY MEDICINE
<b>Cawley, John</b>	Fort Collins Family Medicine Program – Fort Collins, CO	FAMILY MEDICINE
<b>Clapp, Allison</b>	UNDSMHS Fargo, ND	TRANSITIONAL (Year 01)
	Mayo School of Graduate Medical Education Program Rochester, MN	RADIOLOGY-DIAGNOSTIC
<b>Clauson, Ryan</b>	University of Nebraska Medical Center, College of Medicine Program Omaha, NE	SURGERY (PRELIMINARY)
	University of Nebraska Medical Center College of Medicine Program Omaha, NE	UROLOGY

NAME	LOCATION	PROGRAM
Cook-Shimanek, Margaret	University of Colorado School of Medicine Children's Hospital Denver, CO	PEDIATRICS
Dahl, Brian	St. Joseph Hospital Program Chicago, IL	SURGERY (PRELIMINARY)
Delgado, Jamael	Banner Good Samaritan Medical Center Program - Phoenix, AZ	FAMILY MEDICINE
Duty, Laura	University of Utah Program Salt Lake City, UT	PEDIATRICS
Eckardt, Gerald	Medical College of Wisconsin Affiliated Hospital Program Milwaukee, WI	NEUROLOGICAL SURGERY
Fenstad, Eric	Mayo School of Graduate Medical Education Program Rochester, MN	INTERNAL MEDICINE
Froelich, Joy	UNDSMHS Bismarck, ND	FAMILY MEDICINE
Gelderloos, Irminne	UNDSMHS Grand Forks, ND	GENERAL SURGERY
Gullickson, Nicole	Siouxland Medical Education Foundation Program Sioux City, IA	FAMILY MEDICINE
Hatlestad, Preston	University of Minnesota/St. John's Hospital Program – St. Paul, MN	FAMILY MEDICINE
Hegge, Ryan	Southern Illinois University Program – Springfield, IL	DIAGNOSTIC RADIOLOGY
Hegge, Theresa	Southern Illinois University Program – Springfield, IL	PLASTIC SURGERY
Hoovestol, Ryan	University of Nebraska Medical Center, College of Medicine Program - Omaha, NE	INTERNAL MEDICINE
Hope, Brian	University of Minnesota Medical School - Minneapolis, MN	PEDIATRICS
Keene, David	University of Illinois College of Medicine Program/Methodist Medical Center – Chicago, IL	FAMILY MEDICINE
Keup, Christine	University Hospital/University of Cincinnati College of Medicine Program – Cincinnati, OH	OBSTETRICS/ GYNECOLOGY
Knoll, Katherine	University of Missouri Children's Mercy Hospital Kansas City, MO	PEDIATRICS
Knudson, Joshua	TriHealth (Good Samaritan Hospital) Program – Cincinnati, OH	GENERAL SURGERY
Knudson, Richelle	UNDSMHS Fargo, ND Mayo School of Graduate Medical Education Program – Rochester, MN	TRANSITIONAL (Year 01) DERMATOLOGY

NAME	LOCATION	PROGRAM
Knutson Bueling, Robyn	University of Minnesota/ Methodist Hospital Program St. Louis Park, MN	FAMILY MEDICINE
Kvamme, Corrine	Synergy Medical Education Alliance/Michigan State University Program – Saginaw, MI	EMERGENCY MEDICINE
Lindgren, Christopher	University of Nebraska Medical Center Program – Omaha, NE	EMERGENCY MEDICINE
Longfors, Nancy	Eastern Virginia Medical School Program – Norfolk, VA	GENERAL SURGERY
Longhurst, Claire	Phoenix Children's Hospital/ Maricopa Medical Center Program Phoenix, AZ	PEDIATRICS
Magura, Lindsay	Duke University Hospital Program Durham, NC	INTERNAL MEDICINE
McCann, Michelle	Grand Rapids Medical Education and Research Center/Michigan State University Program Grand Rapids, MI	OBSTetrics/ GYNECOLOGY
Miller, Jessica	UNDSMHS Bismarck, ND	FAMILY MEDICINE
Narloch, Jennifer	University of Nebraska Medical Center College of Medicine Program Omaha, NE	INTERNAL MEDICINE
Nybakken, Mary	UNDSMHS Bismarck, ND	FAMILY MEDICINE
Ostlie, Jane	Altru Health System Grand Forks, ND	FAMILY MEDICINE
Pedersen, Chad	Gunderson Lutheran Medical Foundation Program La Crosse, WI	INTERNAL MEDICINE
Peters, Shannon	UNDSMHS Fargo, ND  Mayo School of Graduate Medical Education Program – Rochester, MN	TRANSITIONAL (Year 01)  ANESTHESIOLOGY
Price, Tyler	University of Nebraska School of Medicine Program – Omaha, NE	EMERGENCY MEDICINE
Ranum, Joshua	Altru Health System Grand Forks, ND	FAMILY MEDICINE
Reisenauer, Justin	Kalamazoo Center for Medical Studies/Michigan State University Program – Kalamazoo, MI	EMERGENCY MEDICINE
Roers, Stacy	Altru Health System Grand Forks, ND	FAMILY MEDICINE
Samaraweera, Ravinda	University Hospital/University of Cincinnati College of Medicine Program - Cincinnati, OH	NEUROLOGY

NAME	LOCATION	PROGRAM
Scherber, Holly	Mayo School of Graduate Medical Education Program Scottsdale, AZ	INTERNAL MEDICINE
Shaffer, Andrew	William Beaumont Hospital Program - Royal Oak, MI	SURGERY (PRELIMINARY) (Year 01)
Splichal, Katherine	Case Western Reserve University University Hospitals of Cleveland Program – Cleveland, OH	PEDIATRICS
St. Germain, Chad	Hennepin County Medical Center Minneapolis, MN	TRANSITIONAL (Year 01)
	Creighton University Program Omaha, NE	RADIOLOGY DIAGNOSTIC
Steinle, Jill	University of Wisconsin Hospital and Clinics Program Madison, WI	OBSTETRICS/GYNECOLOGY
Stoy, Sean	University of Colorado Program Denver, CO	SURGERY (PRELIMINARY)
Voigt, Matthew	Medical College of Wisconsin Affiliated Hospitals Program Milwaukee, WI	ANESTHESIOLOGY
Wagner, Todd	Case Western Reserve University University Hospitals of Cleveland Program – Cleveland, OH	FAMILY MEDICINE
Welsh, Megan	UNDSMHS Bismarck, ND	FAMILY MEDICINE
Wiest, Eric	Grand Rapids Medical Education and Research Center/Michigan State University Program Grand Rapids, MI	EMERGENCY MEDICINE
Wilson, Winter	Altru Health System Grand Forks, ND	FAMILY MEDICINE
Zimny, Matthew	William Beaumont Hospital Program - Royal Oak, MI	EMERGENCY MEDICINE



Medical students anxiously open their Match Day envelopes to discover their residency placements.

## UND Center for Rural Health, Fargo VA Medical Center Share \$10 Million Rural Health Resource Center Project

The Fargo VA Medical Center and the Center for Rural Health at the University of North Dakota (UND) medical school were awarded federal funding from the U.S. Department of Veterans Affairs to enhance health care delivery to rural veterans and close gaps in quality and access to care that result from geographic isolation. The five-year, \$10 million grant supports a new network of VA health care facilities and academic institutions that will work together to develop and disseminate strategies that optimize care for rural veterans. The partnership includes VA hospitals and community-based clinics located in Iowa, Illinois, Nebraska, Minnesota, North Dakota and South Dakota, as well as university partners at the UND Center for Rural Health, the University of Iowa, University of Minnesota, and University of Nebraska. In addition to developing and disseminating strategies to optimize care for rural veterans, the new multi-state Rural Health Resource Center will also assist the VA Office of Rural Health in Washington, DC, in creating policies to eliminate potential disparities in care faced by rural veterans.

The Rural Health Resource Center director is **Peter Kaboli, MD, MS**, VA staff physician and associate professor of general internal medicine, University of Iowa; the deputy director is **Alana Knudson, PhD**, associate director for research at the UND Center for Rural Health, Grand Forks. Knudson is an accomplished investigator and program leader whose research includes population health, quality and safety, and financial access for rural and frontier populations. "What we discover through this Center's projects will influence how veteran health care is delivered across rural America," said Knudson.

The Rural Health Resource Center will focus on identifying gaps in rural health care and unique barriers to care faced by rural veterans and then use this knowledge to develop and test innovative strategies to improve access and quality and eliminate disparities. The funding allows the VA and university research team to bring together experts in health services research, public health, health care policy and financing, and dissemination and implementation of best practices.



**Alana Knudson, PhD**

## Senator Dorgan Talks Diabetes Funding for Native American Programs

**Senator Byron Dorgan (D-ND)** visited with staff and students from the UND Center for Rural Health recently in Grand Forks regarding the importance of continued federal funding of diabetes research, prevention, treatment and education. **Twyla Baker-Demaray, MS**, Mandan, Hidatsa and Arikara Nation; **Jacque Gray, PhD**, Choctaw and Cherokee; **Sierra Abe**, Mandan, Hidatsa and Arikara Nation; **Erin Martin**, Turtle Mountain Band of Chippewa, and **Alana Knudson, PhD**, thanked Dorgan for his support of diabetes-related funding and expressed the importance of funding to several of the Center's projects affiliated with Native American health. Dorgan was in Grand Forks to receive the 2008 Congressional Leadership Award for his leadership on extending the Special Diabetes Program (SDP) in Congress from the Juvenile Diabetes Research Foundation International, the American Diabetes Association and the National Indian Health Board (NIHB).

The SDP includes two programs – the Special Statutory Funding Program for Type 1 Diabetes Research which funds type 1 diabetes research through the NIH, and the Special Diabetes Program for Indians (SDPI) which funds prevention, treatment and education programs for Native Americans with type 2 diabetes through the Indian Health Service. Both programs have demonstrated a significant return on the federal investment and are transforming the lives of people with diabetes, Dorgan said.

"Diabetes is a serious problem for our tribal communities," said Gray, assistant professor at the Center for Rural Health. "Funding is essential for continued improvement of Native American health. The federal diabetes programs are making a positive impact, as are the Center's."

Dorgan has authored legislation to extend the SDP for an additional five years, and the bill currently has 48 co-sponsors in the Senate. As chairman of the Senate Indian Affairs Committee, he has also worked to raise awareness about the significant progress that has been made in tribal communities struggling with diabetes.

"I plan to keep pushing for policies that will support innovative ways to deal with this disease," Dorgan said.

"Diabetes is a serious problem that hits our American Indian communities particularly hard. It's important that we find ways to educate the public about how to prevent diabetes and how to treat it effectively once they have been diagnosed." Last year, Congress renewed the Special Diabetes Program for an additional year as part of the Medicare bill, and this year Dorgan is working to ensure that Congress renews the program for an additional two years as part of the Medicare bill.

## North Dakota Team Advises National Summit on Nursing Faculty Shortages

A team of nursing experts from North Dakota shared their expertise at the first Nursing Education Capacity Summit in June at Washington, DC. Sponsored by the AARP, the Robert Wood Johnson Foundation (RWJF) and the U.S. Department of Labor (DOL), the Summit was created to identify solutions to the nurse faculty shortage that is forcing nursing schools to turn away thousands of qualified nursing candidates each year. Summit participants developed approaches to improving nursing education capacity, with the ultimate goal of reversing the persistent nursing shortage that could leave the United States without enough nurses. North Dakota's delegation included **Jacqueline Mangnall, PhD, RN**, Jamestown (ND) College; **Chandice Covington, PhD**, and **Julie Anderson, PhD**, UND College of Nursing, Grand Forks; **Evelyn Orth, MSN, MMGT, RN**, United Tribes Technical College, Bismarck; **Jan Kamphuis, PhD**, Medcenter One, Bismarck; **Larry Anderson**, North Dakota Department of Commerce, Bismarck; **Jane Roggensack, MS, RN**, MeritCare Health System, Fargo; **Patricia Moulton, PhD**, UND Center for Rural Health (CRH), Grand Forks; **Constance Kalanek, RN**, North Dakota Board of Nursing, Bismarck, and **Linda Wurtz, AARP**, Bismarck.

North Dakota is uniquely positioned to contribute to the summit because of its commitment to team work, demonstrated best practices related to increasing the

nursing workforce, and excellent capacity to build even more effective partnerships for solutions in the future, according to Moulton, assistant professor at the CRH. "This team comprises a well-connected, representative body of nurses, workforce development representatives, and consumer advocates who are fully committed to implementing initiatives geared toward assuring that nursing education in North Dakota will be able to meet the growing demand for nurses now and in the future," said Mangnall, leader of the state's team.

The Summit comes at a critical time for nursing, she said. Latest surveys project that the United States could fall short by close to half a million registered nurses by 2025 without aggressive action. The supply of new nurses is failing to keep pace with rising patient demand, in part because a significant number of interested and qualified nursing school applicants have been turned away in recent years due to a growing shortage of nursing faculty.

For more information on the Nursing Education Capacity Summit, visit: <http://www.ndmedicine.org>



## Medical school scientist earns major international award for pace-setting research in the biochemistry of free-radical damage

**Matthew Picklo, PhD**, a scientist at the University of North Dakota School of Medicine and Health Sciences neuroscience lab, has been awarded the prestigious international Esterbauer Award for 2008 for his research into the damage caused by free radicals in the body. The award, given to one researcher worldwide every two years, will be presented to Picklo at an international meeting in Nagano, Japan, this fall. "I was very surprised that I got this award, but also very pleased," says Picklo, associate professor in the medical school's Department of Pharmacology, Physiology and Therapeutics and adjunct professor in the UND Department of Chemistry. Picklo has been invited to present his work at the fall meeting in Japan. He studies oxidative damage to lipids, caused by what commonly are known as "free radicals," products of normal, everyday living that accumulate with age. Usually, the body disposes of these free radicals, but this requires the presence of antioxidants (found in popular nutritional supplements, such as vitamins E and C and omega-three fish oil).

"Oxidative (or free radical) damage is a toxic hallmark of multiple diseases including Alzheimer's disease, Parkinson's disease, diabetes, and atherosclerosis," notes Picklo. "My laboratory studies how the brain gets rid of these toxins" produced by the action of free radicals in the body. By understanding these pathways, we can develop potential therapeutic strategies."

The Esterbauer Award is given by the Vienna, Austria-based International HNE-Club, an informal group of researchers with wide interests spanning all aspects of lipid oxidation and other types of oxidation. The International HNE-Club is a Group of Interest within the International Society for Free Radical Research.



## Researcher Nets \$1.52 Million RO1 to Probe Anxiety Secrets

UND School of Medicine and Health Sciences neuroscientist **Saobo Lei, MD, PhD**, has been awarded a prestigious and highly competitive RO1 five-year grant totaling \$1.52 million by the National Institutes of Health (NIH) National Institute of Mental Health to study, at the cellular level, the mechanisms that trigger anxiety.

"Anxiety is among the most common psychiatric disorders and affects about 20 million American people," says Lei, assistant professor of pharmacology, physiology and therapeutics. "Everyone at some time or another feels anxious, sometimes enough to warrant medical treatment. But even though there are drugs which can be used to treat anxiety, we are still achieving only modest success in treating and curing this disorder."

"It is of significant interest to further explore these anxiety-producing mechanisms in the brain," says Lei, who grew up in central China and obtained his medical degree there. "Of course, we expect our research to lead to novel and much more effective therapeutic strategies to deal with anxiety." Lei's five-year NIH RO1 grant will support several researchers. The Research Project Grant (RO1), the original and historically oldest grant mechanism used by NIH, provides support for health-related research and development based on the mission of the NIH.



**Saobo Lei, MD, PhD**

## CRH Funds Scholarships for Health Quality Conference Participants

The Center for Rural Health at the University of North Dakota (UND) School of Medicine and Health Sciences funded scholarships through its SHIP program for three North Dakota health professionals to attend national conferences on providing quality health care in rural communities. **Charlene Hansen**, nursing services director and quality improvement (QI) director/manager at Southwest Healthcare Services, Bowman; **Paula Brown, ADON, QI, RM**, at McKenzie County Healthcare Systems, Watford City, and **Jody Ward**, North Dakota Critical Access Hospital Quality Improvement Network coordinator, Minot, attended the National Rural Health Association's Annual Quality and Clinical Conferences in July at San Diego, CA. Participation in the conferences is funded by the Small Hospital Improvement Program (SHIP) at the UND School of Medicine and Health Sciences' Center for Rural Health in Grand Forks. A goal of SHIP, a federally funded initiative sponsored by the Office of Rural Health Policy, Health Resources and Services Administration, is to help hospitals reduce medical errors and support quality improvement initiatives.

## Amundson Testifies on Sustainability of Rural Community Access to Physicians

If not for the Conrad J-1 Visa Program, a federal program which provides all states with visa waivers for international physicians, "more of our rural health care facilities all across the country would be closed today," said UND Center for Rural Health Assistant Professor **Mary Amundson, MA**, in testimony recently to the U.S. House Subcommittee on Immigration, Citizenship, Refugees, Border Security and International Law.



**Mary Amundson, MA**

In her invited testimony, Amundson explained the current state of access to rural health care, citing statistics on declining rates of medical students choosing family medicine and warnings of physician shortages. Although there is a call from the Association of American Medical Colleges to increase medical school class size, "this will take time which our fragile rural health care systems don't have; our health care systems simply won't survive. Immediate policy solutions to the physician shortage problem are needed today."

Amundson explained the importance of the Conrad State 30 Improvement Act, which would address necessary changes due to a decrease in the number of physicians entering training on the J-1 Visa. It includes such reform measures as making the program permanent, providing increased flexibility for states to manage the program, and creating a mechanism that allows the 30-doctor-per-state cap to increase under certain conditions.

"This is a very successful program and it is helping to address our needs as a nation to improve access to care among the nation's most vulnerable populations," Amundson testified. "The amendments in the Conrad State 30 Improvement Act are important to further improve the program and ensure that physicians are available to serve the nation's underserved."

This legislation, sponsored by **Senator Kent Conrad (D-ND)** in 1994, temporarily amended the Immigration and Naturalization Act to authorize state or equivalent departments of health to directly act as IGAs (Interested Government Agencies) in support of waiver requests of petitioning facilities located in the state.

## Hospitals Form Network to Enhance Care

The Critical Access Hospital (CAH) Quality Improvement Network (QIN) is supported by the North Dakota Medicare Rural Hospital Flexibility (Flex) Program and the North Dakota Small Hospital Improvement Program (SHIP), administered through the Center for Rural Health. North Dakota's 34 small rural hospitals have been working toward the network's development over the past year, under direction from an executive committee. A full-time coordinator, **Jody Ward**, Minot, will act as a clearinghouse for information, regulations and requirements for these hospitals, effectively saving the individual facilities a notable amount of time. She will provide technical assistance throughout the state and serve as a liaison to stakeholders. A registered nurse, she has experience providing support to critical access hospitals throughout the state.

"The network will be a valuable platform to make new connections with each other and maintain continuity among rural hospitals in North Dakota," said Ward. The hospitals will use the new network to ensure they are providing the highest quality of care for rural residents while leveraging limited resources across communities. Hospitals will have access to a variety of state and federal experts in a number of fields, as well as education and training for staff. New employees will be paired with mentors to help with the acclimation process. The network will act as a collective voice for small hospitals throughout the state.

Executive committee members include: **Cathy Swenson**, chief executive officer, Nelson County Health System, McVille; **Doris Vigen**, director of nursing, Union Hospital, Mayville; **Louise Dryburgh**, chief executive officer, First Care Health Center, Park River; **Candy Thompson**, director of nursing, St. Aloisius Medical Center, Harvey; **Bert Speidel**, quality improvement (QI) coordinator, Sakakawea Medical Center, Hazen; **Charlene Hansen**, QI coordinator, Southwest Healthcare Services, Bowman, and **Shawn Smothers**, chief executive officer, Trinity Kenmare Community Hospital, Kenmare.

Assisting the network with its efforts is an advisory committee which includes representatives from the Center for Rural Health, North Dakota Healthcare Review, Inc., North Dakota Hospital Association and North Dakota Department of Health, along with larger hospitals that work collaboratively with small hospitals in their region.

"The new network will bridge knowledge and expertise across health systems," said **Marlene Miller, MSW**, director of the Flex and SHIP programs at the Center for Rural Health at the UND School of Medicine and Health Sciences, Grand Forks. "We can leverage each other as resources to strengthen health care in North Dakota."

## Center for Rural Health Strengthens

### Services for People with Head Injuries

The federal Health Resources and Services Administration (HRSA) has awarded the North Dakota Department of Human Services (DHS) a grant to strengthen the coordination of services for individuals with traumatic brain injuries (TBI). The \$118,000 award is for year 2 of a three-year project designed to help North Dakota better address the needs of military veterans, American Indians, and others with traumatic brain injuries.

DHS has partnered with the Center for Rural Health at the UND School of Medicine and Health Sciences to administer the project. The Center managed the state's original planning grant for traumatic brain injury. Additional funding partners include the Dakota Medical Foundation—which recently provided \$20,000 to support the North Dakota TBI Partnership—the North Dakota—the Head Injury Association, and the Anne Carlsen Center.

Nationally, the Centers for Disease Control estimates about two percent of the population is affected by traumatic brain injuries that disrupt the normal function of the brain. Using this estimate, about 12,800 North Dakotans have brain injury-related disabilities. The main causes of such injuries include falls, traffic accidents and assaults.

In North Dakota, tribal injury prevention experts have helped focus attention on brain injuries and the need to address the leading causes of TBI hospitalizations among American Indians. The North Dakota Administrative Committee on Veterans Affairs says more soldiers are surviving traumatic brain injuries, and understanding their concerns and enhancing services is important.

Grant funds will be used to improve screening and referrals for needed services and service coordination. Other goals include strengthening cultural awareness, implementing a peer mentoring pilot program involving American Indians, promoting education and awareness through a statewide summit this fall, targeted medical education, and developing a resource library. Resources may also be used to explore ways to track the incidence of traumatic brain injuries in North Dakota.

"The Center for Rural Health has a 28-year history of connecting resources and knowledge to strengthen the health of people in rural communities," said **Rebecca Quinn**, TBI program coordinator at the Center for Rural Health. "We look forward to enhancing the delivery of services to individuals and their families affected by traumatic brain injury."

## MD Class of 2012 Begins Studies

Sixty-two new freshman medical students, members of the Doctor of Medicine (MD) Class of 2012, started their journey to become physicians in August at the UND School of Medicine and Health Sciences. The students, 26 men and 36 women, range in age from 21 to 37 years, with the average age of 24. They come to medical school with work experience in an array of fields and academic degrees in biology, chemistry, psychology, nutrition and dietetics, psychology, nursing, and engineering. Two students hold the PhD degree, one has earned a law degree, and others hold master's degrees.

"We always look forward with great anticipation to welcoming a new class," says **Judy DeMers, MEd**, associate dean for student affairs and admissions. "The Class of 2012 is a group of exceptional students, reflecting the high academic standards of the UND medical school. They enter medical school with a variety of impressive health care and humanistic activities to their credit. "It should be a wonderful year." Medical students' first week is dedicated to orientation, including introduction to the four-year, "patient-centered" curriculum. Special emphasis is placed on the students' new roles and expectations of them as health care professionals.

Orientation concludes with the White Coat Ceremony during which students receive their first white coats, the physician's traditional garment, donated by the North Dakota Medical Association. They recite the Oath of Hippocrates, an ancient vow to uphold basic professional principles. **Nicholas Neumann, MD**, associate dean for the school's Southwest Campus, Bismarck, presented the keynote address, "Set Your Expectations High, Serve the People, and Change the World."

## Foundation Grants \$170,000 for Surgical Simulation Lab

The Dakota Medical Foundation recently announced a grant of \$170,000 to the University of North Dakota School of Medicine and Health Sciences' Department of Surgery to support the development of a simulation skills center. The center will be based at Altru Hospital in Grand Forks and at the medical school's education building in Fargo.

"The Dakota Medical Foundation is honored to partner with the UND medical school and Altru as they work together to ensure the region has a sufficient number of well-trained medical professionals," says **J. Patrick Traynor, JD '91**, president of the Foundation. The new center will provide simulation-based training for physicians in the school's general surgery residency program.

"We are really excited about this grant," says **David Antonenko, MD, PhD**, professor of surgery and director of the Surgical Simulation Center. "The center will meet the Accreditation Council for Graduate Medical Education's requirements for simulation training of general surgery residents." Family practice and internal medicine residents, medical students, and some allied health professionals will also have access to the center.

## Dammen Scholarship Presented to Outstanding Third-year Student

**Megan Miller**, a third-year medical student from Dickinson, ND, is the first recipient of the Gertrude Dammen Scholarship. The scholarship is funded by the Gertrude Dammen/Allison Gentle Medical Education Endowment established last year with a \$100,000 gift to the UND Foundation from **Allison and Milton "Bud" Gentle**, San Antonio, TX, daughter and son-in-law of Gertrude



**Megan Miller**

Dammen. Miller, who earned an undergraduate degree in biochemistry and chemistry from the University of Colorado, Boulder, served as treasurer of the student section of the local chapter of the American Medical Association and chair of the Pediatric Interest Group. She represents her class on the state medical association's Commission on Medical Services and is a member of the class's Social Committee. In 2002, she received the ASCP Book Award.

The Dammen scholarship is intended for a medical student who has a proven record of academic achievement, the strong potential to succeed in the future, and financial need. The scholarship will be renewed if the recipient continues to meet scholarship criteria. Preference is given to a student who graduated from a North Dakota high school.

Mrs. Dammen, a native of Wisconsin, earned a degree in music from Augsburg College in Minneapolis and ventured to North Dakota where she taught all subjects through eighth grade in rural schools including those near Blanchard and Mayville. She and her husband, George, also a teacher, started farming in 1939 and bought a farm near Mayville in 1940; the farm remains in the family.



**David Antonenko, MD, PhD**



<http://www.dakmed.org/>

## PA Professors Receive AAPA Recognition

**Mary Ann Laxen, PA-C (FNP '91)**, director and associate professor, and **Annette Larson, PA-C (FNP '79)**, assistant professor, Physician Assistant Studies Program, Grand Forks, have been recognized as Distinguished Fellows of the American Academy of Physician Assistants. They have joined a select number of outstanding physician assistants who have distinguished themselves among their colleagues, as well as in their communities, by their service to the PA profession, their commitment to advancing health care for all people, and by their exemplary personal and professional development, according to **Cynthia Lord, MHA, PA-C**, AAPA president. Laxen, associate professor of community and family medicine, has directed the PA program since 1999. Larson, assistant professor of family and community medicine, has been a faculty member with the program since 1991. The PA Program offers a Master of Physician Assistant Studies degree for experienced health care professionals.

Physician assistants are licensed health professionals who practice medicine as members of a team with their supervising physicians. PAs deliver a broad range of medical and surgical services to diverse populations in rural and urban settings. AAPA, the only national organization representing physician assistants in all medical and surgical specialties, is one of the largest medical societies in the United States.

## PA Faculty Member Earns a 'Best-of-Show' Award for Poster Presentation

**Jeanie McHugo, PA-C, MS**, assistant professor in the UND School of Medicine and Health Sciences' Physician Assistant program, earned a "best-of-show" award for a poster presentation titled "Inter-Rater Reliability in Clinical Testing" at the American Academy of Physician Assistants annual conference in May at San Antonio, TX. McHugo holds a Bachelor of Science (BS) degree in human biology from Mankato (MN)

State University and a BS degree in physician assistant studies from the University of South Dakota. She earned an online transitional master's degree in physician assistant studies from the University of Nebraska, Omaha, and is pursuing a PhD degree in education at UND. Her clinical background is in family medicine and orthopedics. She has been a faculty member of the UND Physician Assistant Program for four years. She acknowledges **Richard Landry, PhD**, UND College of Education and Human Development, and **Charles (Clint) Hosford, PhD**, assistant professor, Office of Medical Education at the UND medical school, for their assistance in statistical analysis for this project. McHugo joined the UND medical school in 2004.



**Jeanie McHugo,  
PA-C, MS**

## Majority of Buckingham Award Recipients

### Practice and Teach in North Dakota

Fifteen of the 18 recipients of the William M. Buckingham Outstanding Resident of the Year Award are MD graduates of the UND medical school, practice in North Dakota and serve on the faculty of the school's Department of Family and Community Medicine.

The Buckingham Award, presented by the North Dakota Academy of Family Physicians (NDAFP) since 1991, is named for one of the physicians who established the UND Family Medicine Residency Program in Bismarck in the early-1970s. **William Buckingham, MD (BS Med '49)**, and **Ralph Dunnigan, MD (BS Med '53)**, were the first directors of the program. Among award-winners who took family medicine residency training in North Dakota and have established their practices in-state are:

**Biron Baker, MD '95 (Bismarck Residency '98)**, Bismarck; **Eric Bakke, MD '88 (Grand Forks Residency '91)**, Grand Forks; **Heidi Bittner, MD '91 (Minot Residency '94)**, Devils Lake; **Chuck Breen, MD '90 (Bismarck Residency '93)**, Hillsboro; **Joseph Burns, MD '93 (Fargo Residency '96)**, Fargo; **Mark Christenson, MD '94 (Grand Forks Residency '97)**, Grand Forks; **Jeff Hostetter, MD (Bismarck Residency '03)**, Bismarck; **Scott Knutson, MD (Minot Residency '04)**, Minot; **Kimberly Krohn, MD '96 (Minot Residency '99)**, Minot; **Candelaria Martin, MD '04 (Minot Residency '07)**, Fort Totten; **Kristi Midgarden, MD '97 (Grand Forks Residency '00)**, Grand Forks; **Ben Muscha, MD '92 (Bismarck Residency '95)**, Bismarck; **Heidi Philpot, MD '03 (Grand Forks Residency '06)**, Grand Forks; **Todd Schaffer, MD '02 (Grand Forks Residency '05)**, Carrington, and **Robert Wells, MD (Bismarck Residency '01)**, Jamestown. The remaining award recipients, who are not UND MD graduates, are practicing in South Dakota, Wisconsin and Florida. **Tomasz Jarzemowski, MD (Grand Forks Residency '08)**, is the most recent recipient of the William M. Buckingham Outstanding Resident Award.

The purpose of the William M. Buckingham Outstanding Resident of the Year Award is to encourage family medicine residents in the practice of family medicine and in the activities of the North Dakota Academy of Family Physicians. It was also created to encourage better role modeling among family practice residents and to recognize positive attributes in future practicing family physicians.

Award recipients have demonstrated an exceptional interest and commitment to family medicine, and exemplify the qualities of a family physician including providing caring and compassionate patient care, scholarly inquiry, community and social awareness, and a maturity in all phases of practice. They also exhibit a balance between personal and professional activities and involvement in the NDAFP.

## Retired Associate Dean Plans Second Edition of Pharmacology Text

**Manuchair "Mike" Ebadi, PhD**, retired associate dean for research and program development and professor emeritus of pharmacology, physiology and therapeutics, is preparing a second, expanded edition of the award-winning book, Parkinson's Disease, which he edited with **Ronald Pfeiffer, MD**, professor and vice-chair of neurology at the University of Tennessee Health Science Center. Another editor, with the Mayo Clinic-Jacksonville, FL, will also participate in the project.

"Parkinson's disease has a genetic component that opens up a whole new area of importance to neurologists," he said. Ebadi, who retired from the UND medical school June 30, 2007, resides with his wife, Pari, in Laguna Niguel, CA.



**Manuchair Ebadi,  
PhD**

## PA Program Aims to Improve Health Care for Rural and Underserved People

The needs of the most medically underserved and vulnerable people are at the center of a project launched by the Physician Assistant (PA) Program at the UND School of Medicine and Health Sciences. The three-year, \$463,000 grant from the federal Health Resources and Services Administration aims to enhance the education of PA students to deliver primary care which meets the special needs of five segments of the population:

- Families with children with disabilities, including blindness and physical disabilities
- Elderly living alone in rural areas
- Farm and ranch families without health care insurance
- American Indian youth who, as a group, have a high rate of suicide
- Veterans returning from military duty with physical or mental disabilities

Focus groups representing each of the targeted populations will be conducted statewide in North Dakota and in Minnesota, Iowa, Arkansas and Oklahoma, according to **Mary Ann Laxen, PA-C (FNP '91)**, director of the PA program and the grant's principle investigator. "What we learn from the focus groups will be used to identify and prioritize the special needs of these populations," Laxen says, "and to help us to develop learning tools, such as case studies, to better prepare them to provide effective health care." Sixty-five students will participate in the enhanced training. The project addresses "so many pressing issues in health care today," Laxen says. "We have young veterans returning from the war, many of them right here in North Dakota, and, as people live longer and want to remain in their homes, more elderly living alone in rural areas."

"The suicide rate on our state's Native American reservations is tragic," she adds. "Because of our current economic situation, so many people have dropped or lost their health insurance. These issues are on the forefront of our health care system today."

The grant is titled "Educational Training Modules for Physician Assistant Students Serving High Risk Populations in Rural and Underserved Regions of the United States." PA program faculty members plan to share new knowledge gained from the project with colleagues throughout the country.

The PA program prepares clinically competent physician assistants, working with and under the supervision of physicians, to provide primary health care for the people in North Dakota and other rural and underserved areas of the United States. Its goals are to alleviate the shortages of primary care providers and to provide access to comprehensive and affordable health care services to rural and underserved populations. Most PA students who come from rural and underserved areas, after graduation, have gone on to establish their practices in primary care in such areas.



**Audrey Bercier, PA '07, Turtle Mountain Chippewau, is a physician assistant at the Quentin N. Burdick Memorial Indian Health Facility in Belcourt, ND.**

'00s

**Sara Sailer, DPT '08**, has joined Altru Clinic-Lake Region, Devils Lake, ND. She provides physical therapy at Altru's outreach site in Devils Lake.

**Angel Overvold, DO (Family Medicine Residency '05)**, practices family medicine at the Innovis Health clinic in Wahpeton, ND. She completed family medicine residency training at the UND program in Bismarck.

**John Eickman, MD '04**, Winston-Salem, NC, recently passed the American Board of Neurological Surgery written board exam and earned the distinction of scoring above the 99th percentile for the nation. Originally from Grand Forks, he completed his undergraduate education at Concordia College, Moorhead, MN. He is completing his residency in neurological surgery at Wake Forest University Baptist Medical Center. His wife, **Kara (Loosyen) Eickman, MD '04**, has recently completed her residency in neurology at Wake Forest University and was selected as chief resident for the past academic year.

**Andrea Howick, MD '04**, has joined the Altru Health System's obstetrics and gynecology department in Grand Forks. She completed her training at Loyola University Medical Center in Chicago, where she received awards as Outstanding Junior Resident of the Year and Outstanding Resident Educator. She completed a sub-internship in obstetrics and gynecology at Southern Illinois University, as well as a medical education elective at James Cook University School of Medicine in Queensland, Australia.



**Cathy Urlaub, PA '04**, practices urology with Innovis Health in Fargo.

**Amanda Diamond, MD '03**, a neurologist, has joined MeritCare Health System in Fargo, where she practices at the Neuroscience Center. Originally from Devils Lake, ND, she completed residency training in neurology and a fellowship in neurophysiology at Brown University/Rhode Island Hospital in Providence, RI. Her fellowship studies included training in electroencephalogram and electromyography studies. She has a special interest in the care of patients with epilepsy.

**Wesley Papenfuss, MD '03**, has joined MeritCare Health System's surgery department in Bemidji, MN. A general surgeon, he specializes in the surgical treatment of a wide range of diseases and conditions which involve the breast, stomach, esophagus, pancreas, gallbladder, lower intestines, hernia and abdomen. Papenfuss completed his residency in general surgery at Iowa Methodist Medical Center in Des Moines.

**Brandon Helbling, MD '03**, has joined the surgery department of Mid Dakota Clinic in Bismarck. He provides general surgical services and performs weight-loss surgery. A native of Mandan, ND, he completed general surgery residency training at Michigan State University/Kalamazoo (MI) Center for Medical Studies, where he was honored with the Robert H. Hume Excellence in Research Award. He is a member of several professional associations including the Society of American Gastrointestinal Endoscopic Surgeons. He is certified in basic life support, advanced trauma life support and advanced cardiac life support.

**Rachel Miller, MD '02**, began practicing as a pediatric surgical child and adolescent gynecologist Sept. 1 at Children's Hospital of Minnesota. She recently completed two years as a faculty member and a fellow in the pediatrics-gynecology program at Cincinnati Children's Hospital. There are very few -- only about four -- such fellowship programs in the country, says her father, **Ron Miller, MD**, clinical associate professor of pediatrics, Fargo, and "only about 100 people in the country" who practice in this field. She completed four years of obstetrics-gynecology training at the Oregon Health Sciences University in Portland.

**Talitha Sannes-Venhuizen, MD '02**, practices family medicine at Innovis Health clinics in Detroit Lakes and Frazee, MN. Originally from Frazee, Sannes-Venhuizen earned a bachelor's degree from the University of Minnesota-Morris. She completed family medicine residency training at the Mayo School of Graduate Medical Education program in St. Cloud, MN.

**R.J. Moen, MD '00**, an emergency room physician, practices at Medcenter One in Bismarck.

'90s

**Matthew Stayman, MD '98 (Family Medicine Residency '01)**, is a family physician with MeritCare Health System in East Grand Forks, MN.

**Erik Dickson, MD '97**, practices family medicine at Marshfield (WI) Clinic-Cornell Center. He married Deborah Weiss on March 20, 2008 in Tampa, FL. She is a flight nurse with Mayo Clinic Medical Transport, based in Eau Claire, WI. They live in Chippewa Falls, WI. Dickson completed residency training in family medicine with the Eau Claire Regional Education Consortium.

**Denise Mortenson, PA '94**, has joined the practice of **Jeffrey Smith, MD '85 (Family Medicine Residency '88)**, in Bismarck. She is certified with the National Commission on Certification of Physician Assistants with special recognition in primary care and surgery. She also holds certifications in advanced and basic cardiac life support and advanced trauma life support. With an extensive background in rural health care, she has worked in Hazen, ND, since 1995.

**Marcia Bahl, BSOT '93**, a licensed occupational therapist, has joined Altru Health System's outreach therapy department in Grand Forks. She has experience in providing inpatient and outpatient services, and has worked in mental health, home health, rehabilitation and hand therapy, and in a sub-acute care facility and several nursing homes. Bahl has an advanced certificate in lymphedema.

**Cynthia Kortum, MD (Family Medicine Residency '91)**, is with the Urgent Care department at Innovis Health in Fargo.

—'80s—

**Scott Fillmore, MD '87**, has joined MeritCare Health System's Broadway Health Center, Fargo, and Thief River Falls (MN) Southeast Clinic. A board-certified specialist in physical medicine and rehabilitation, he completed residency training at Baylor College of Medicine in 1991 at Houston. He has special interest in sports injuries and spine, musculoskeletal, electrodiagnosis (electromyography) and work-related injuries. Before joining MeritCare, he was in private practice in Houston.

**Jerry Obritsch, MD '87**, of the Mid Dakota Clinic Center for Women, Bismarck, was recently awarded the 2008-09 ACOG Community Service Award for District VI. The American College of Obstetricians and Gynecologists (ACOG) established the Community Service Award to recognize a fellow or fellows who are or were recently actively involved in a community program that is designed to help underserved or poorly served patient populations within the district. The award was presented at the group's annual clinical meeting in May at New Orleans. Since 1991, when he finished residency training at the University of Missouri-Columbia, Obritsch has traveled to Standing Rock Indian Reservation, south of Bismarck, to provide prenatal and ambulatory gynecological services.

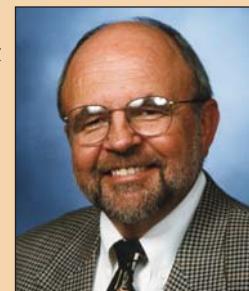
**Jeffrey Smith, MD '85 (Family Medicine Residency '88)**, practices family medicine at Healthways clinic in Bismarck. A native of McHenry, ND, he is board-certified in family medicine with added qualifications in sports medicine and geriatrics. He graduated magna cum laude from Valley City (ND) State University and, after earning the MD degree at UND, went on to complete residency training at the UND family medicine program in Bismarck, where he received the Resident Teacher of the Year Award.

**Kimberly Kelly, MD '84**, practices dermatology at Innovis Health in Fargo.

**Lori McDonald, PhD (BSMT '82)**, King of Prussia, PA, is vice president for quality and compliance with MDS Pharma Services. She will lead the company's ongoing program to build and manage quality and regulatory compliance systems across its global business platforms. MDS Pharma Services is a leading provider of innovative drug discovery and development solutions for the pharmaceutical and biotechnology industries. McDonald holds a Master of Science degree and a doctorate in pharmaceutics from the University of Michigan.

—'70s—

**Robert Grossman, MD (BS Med '71)**, has retired after 34 years of practice at West River Health Services in Hettinger, ND. He has dedicated his professional career to advancing the quality and availability of rural health care in the state and region, and has served as president of the North Dakota Medical Association, a member of the Blue Cross Blue Shield board of directors for the past 10 years (currently serving as chairman), and board member for the North Dakota HealthCare Review. He has been a very active teacher for the UND medical school. Grossman received his medical degree from the University of Colorado.



—'60s—

**C. Milton Smith, MD (BS Med '69)**, Minot, has joined St. Alexius Medical Center and PrimeCare Health Group in Minot. The board-certified family physician is a former director of the UND family medicine residency program in Minot.

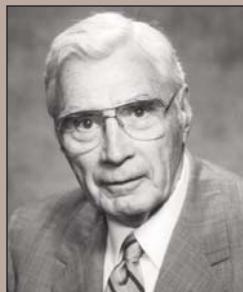
**Delbert Nelson, MD (MS Pharmacology '61, BS Med '61)**, board-certified family physician, practices part-time at the Southeast Medical Center in Ellendale, ND; the Oakes (ND) clinic, and emergency room at Oakes Hospital. He recently retired from HealthEast Health Care System in St. Paul, MN. With 42 years' experience in family medicine, he is providing locum tenens services for physicians who take time off, including those at the Nelson County Health System, Carrington, Hazen and Wishek, ND.

He earned the MD degree at Baylor College of Medicine in Houston in 1963. He took his internship at Bethesda Lutheran Hospital in St. Paul, and served two years as a doctor in the U.S. Air Force. After his discharge from the military, he and his family settled in St. Paul where he worked until his retirement.

**C. Keith Barnes, MD (BS Med '33)**, Austin, TX, passed away May 17, 2006. After graduating from UND, he completed the MD degree at the University of Illinois Chicago Health Sciences Center. He was an ophthalmologist.

**Edward "Bud" Hagan, MD (BS Med '40)**, Williston, ND, died June 1, 2008 at his home. He was 91.

Born to Joan and E.J. Hagan, MD, a pioneer surgeon and physician in Williston, he earned a Bachelor of Arts degree in 1939 and Bachelor of Science in Medicine degree in 1940, both from UND. He earned the MD degree at Rush Medical College, an adjunct of the University of Chicago, and took internship training at Ancker Hospital in St. Paul, MN. During his service in the U.S. Navy in World War II, he received the Purple Heart, Silver Star, two Bronze Stars and two Presidential Unit Citations, along with many other decorations. He married Kathleen O'Connor in 1949 at Culbertson, MT. In Williston he founded, along with **John Craven, MD**, the Craven-Hagan Clinic where he practiced general medicine until his retirement in 1984. He was very active in numerous organizations and committees dedicated to community development, including the Friends of Fort Union, leading a group of visionaries who devoted time and effort to re-creating a national historical site that flourishes today.



**Wesley Levi, MD (BS Med '43)**, Boise, ID, died Aug. 4, 2008. He was 90. A native of South Dakota, he earned the MD degree from Temple University School of Medicine in Philadelphia. After military service during World War II on a naval hospital ship in the Pacific near Guam, he moved to Omaha, NE, and later practiced in Beulah, ND, from 1949 to 1950. He went on to complete a three-year residency training program in radiology at Bismarck and became board-certified in radiology. In 1960, he established his practice in Boise. He was preceded in death by his wife, Rosemary.

**Newell Braatlien, MD (BS Med '45)**, Moline, IL, a pathologist with the Quad City Pathology group for 41 years, died May 22, 2008 at Arkansas Hospice. He was 84. He grew up in Crosby, ND, attended the University of North Dakota, and earned the MD degree from the University of Illinois Medical School at Chicago Health Sciences Center. Dr. Braatlien was board-certified in anatomic and clinical pathology.

**Anthony "Jim" Lund, MD (BS Med '48)**, passed away July 7, 2008 in Los Gatos, CA. He was 85. A native of Leeds, ND, he earned a Bachelor of Arts degree in chemistry in 1946 and a Bachelor of Science in Medicine degree in 1948, both from UND. He received the MD degree from the University of Illinois Chicago Health Sciences Center. A board-certified obstetrician-gynecologist, he practiced in Santa Clara County, CA, for 30 years. He was preceded in death by his wife of 52 years, Junieve Lund.

**James O'Toole, MD (BS Med '52)**, St. Cloud, MN, died July 21, 2008 after a battle with multiple myeloma. A native of Grafton, ND, he earned the MD degree from Stritch School of Medicine of Loyola University in Chicago and took internship and residency training at St. Luke's Hospital in Fargo. He was in private practice in Park River, ND, from 1956 to 1962 and then continued his medical training at Menninger School of Psychiatry in Topeka, KS, where he was also employed by the Topeka State Hospital. He also took a fellowship in community psychiatry at the Menninger Foundation from 1965 to 1966. Dr. O'Toole served as a psychiatric consultant to the North Dakota Board of Public Welfare and director and medical director of Memorial Mental Health and Retardation Center of Bismarck-Mandan from 1969 to 1975. He was associate medical director of Prairie View Mental Health Center in Newton, KS, from 1975 to 1984 and clinical associate professor with Kansas University School of Medicine in Wichita from 1976 to 1984. Dr. O'Toole is survived by his wife, Georgine.

**Marcia Anderson (BSMT '57)**, Bismarck, died May 30, 2008 after a year-long battle with cancer. She was 72. A native of Glendale, CA, she grew up in Grand Forks and, after earning her degree, moved to Bismarck where she worked as a medical technologist at the Bismarck Hospital. She is survived by her husband, Gary.

**Robert Cox (MEDEX '75)**, Kalispell, MT, died June 25, 2008.

**Bonnie Bata-Jones (FNP '78)**, Excelsior, MN, former faculty member of the Physician Assistant (PA) Program at the UND medical school, died July 24, 2008 after a battle with cancer. She was 61. A native of Grafton, ND, she attended St. Francis School of Nursing in Minot where she completed the RN program in 1968 and earned a bachelor's degree at Western Michigan University in 1977. In 1980 and 1981, she served as an instructor in UND's PA program. In 1989, she earned a master's degree in education at UND and later taught in the family nurse practitioner program at the University of Minnesota. A lieutenant colonel in the U.S. Army Reserves, she retired in May 2007 after 24 years of service that took her around the world. She was a veteran of the Gulf War, serving in Abu Dhabi in 1991. She is survived by her husband, Darrel Jones.

# Celebrate UND's past



Today's medical students must always wear their white coats when working with patients.  
Second-year medical students Kassi Roselius and Kyle Marthaller listen to the lungs of Annika Opsahl  
under the watchful eye of Year 2 Clinical Science Director Jon Allen, MD '84

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UNIVERSITY OF NORTH DAKOTA  
**FOUNDATION**



At the American Medical Student Association (AMSA) national convention, this past spring at Houston, medical students raised awareness of UND's medical education program and encouraged undergraduates to apply. Tyler Brolin (from left), Michael Greenwood, Morgan Skalsky, Kyle Marthaller and (not pictured) Nicole Saur, who was elected Region 8 co-director, gathered with other students from throughout the country to take a look at their future as physicians. UND received an award for recruiting to AMSA (more than 70 percent).



The MD Class of '11 hosted freshman medical students at a picnic in August at University Park in Grand Forks. The annual event gives students and their families, as well as faculty and staff, a great opportunity to have some fun and get acquainted informally before the rigor of school begins.



Members of the Doctor of Medicine (MD) Class of 2012 received their first white coats during a ceremony ending the first week of classes in August at the UND medical school. The first-year students, 26 men and 36 women, recited the modern version of the Oath of Hippocrates, an ancient vow to uphold basic professional principles.



Calling it "the most exhilarating experience I've ever had," Mary Ann Laxen, MAL, PA-C, MAB (FNP '91), recalls her first parachute jump this summer as part of a nationwide

project to raise money for programs aimed at fighting violence against women and for scholarships for underprivileged women. Her flight took off June 21 from West Fargo (ND) Airport. Through sponsorships, she raised more than \$1200 for SOAR (Speaking Out Against Rape) and local anti-sexual violence organizations. Laxen is director of the Physician Assistant Program and associate professor of family and community medicine at the UND medical school.



**UND President Robert Kelley, PhD, (left) chats with Roger Gilbertson, MD, president and chief executive officer of MeritCare Health System, Fargo, during the first stop on the recent UND New Faculty Bus Tour, an annual three-day excursion that showcases the state's diverse geography and culture. Kelley, newly installed as UND's 11th president, was paying a visit to the state's largest hospital and the most comprehensive health care system between Minneapolis and Seattle. MeritCare works closely with UND to train resident-physicians and medical and other health sciences students; it is one of many health systems with which UND partners to provide health professions education throughout the state and region. Gilbertson welcomed the tour group with a presentation about health care in North Dakota and how medical education is provided in a rural state. For more about the bus tour, go to [www.ndmedicine.org](http://www.ndmedicine.org).**



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