



NORTH DAKOTA MEDICINE

University of North Dakota School of Medicine & Health Sciences

Summer 2021
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STEPPING OUT OF THE DARKNESS

The UND Alumni Magazine's three-part series brings to light stories and resources related to mental health in medicine, education, and communities.

Part 1: The Weight of the White Coat is now available. Read our spotlight on behavioral health struggles faced by healthcare professionals and those working to stop the stigma at UNDalumni.org/magazine.



UND ALUMNI ASSOCIATION
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NORTH DAKOTA MEDICINE

University of North Dakota School of Medicine & Health Sciences

UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE & HEALTH SCIENCES

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ON THE COVER: Recent Doctor of Physical Therapy graduate Kayana Trottier with associate professor of physical therapy Schawnn Decker.



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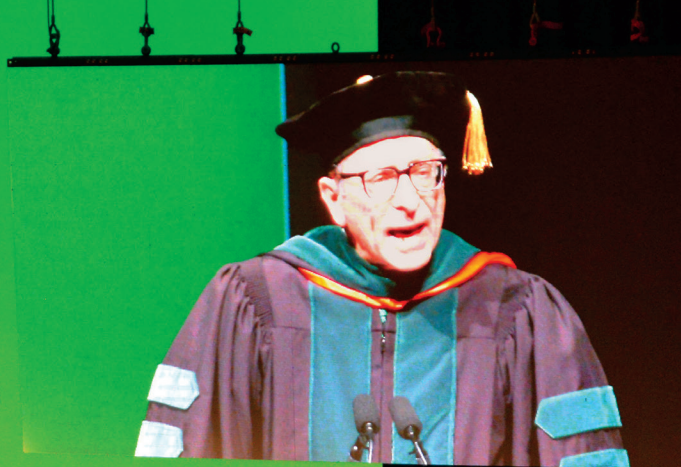
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Please note that photos in this magazine showing groups of people together without masks were taken before the COVID-19 pandemic had reached the United States.



**UND SCHOOL OF MEDICINE & HEALTH SCIENCES
DEAN DR. JOSHUA WYNNE**

speaks at the students-and-faculty-only 2021 MD Commencement Ceremony at UND's Chester Fritz Auditorium.



LOOKING BACK... AND FORWARD

As this extraordinary academic year comes to a close with the recent graduation of the Class of 2021 cohort of medical and health sciences students, and as we look forward to the incoming first-year students this summer and fall, it might be useful to look back—and forward. For the past 15 months, the School's activities continued—we educated students, did research and scholarship, and served the people of North

Dakota through a variety of service programs—despite the worst pandemic in more than a century. Although the state went through some tough times during the pandemic, the trajectory now is far improved, thanks in no small measure to the effective vaccination program that is in place. But the School would not have been able to keep up its educational, discovery, and service missions as well as it did without the

incredible grit, determination, dedication, and perseverance of our faculty, staff, and students. Sincere thanks and gratitude to all!

I'd like to thank in particular the many voluntary faculty members throughout the state who help educate our medical and health sciences students in the hospital and clinical settings. We truly could not do it without your kind help! For our medical student program, more than two out of three of the physicians in North Dakota are clinical (voluntary) faculty members at the School. Although we thank all who give so generously of their time, experience, and expertise, each year we recognize special contributors to our medical student program with two awards. These awards were announced during the recent medical student commencement ceremony. The first is the Dean's Recognition Award for Outstanding Volunteer Faculty. This year's recipients are:

- Dr. Hasrat Khan, Clinical Associate Professor of Internal Medicine, Fargo, N.D.
- Dr. Peter C. Kurniali, Assistant Professor of Internal Medicine, Bismarck, N.D.
- Dr. Wayne Martinsen, Clinical Assistant Professor of Psychiatry and Behavioral Science, Minot, N.D.
- Dr. Casey Ryan, Clinical Professor of Internal Medicine, Grand Forks, N.D.
- Dr. Rory D. Trottier, Clinical Instructor of Obstetrics & Gynecology, Grand Forks, N.D.
- Dr. Brian M. Wildey, Clinical Assistant Professor of Obstetrics & Gynecology, Grand Forks, N.D.

The graduating medical student class also selected the following outstanding physician-teachers at each campus:

- Dr. James Miles, Clinical Assistant Professor of Neurology, Northeast (Grand Forks) Campus
- Dr. James Schmidt, Clinical Instructor of Family and Community Medicine, Northwest (Minot) Campus
- Dr. Dane Breker, Clinical Assistant Professor of Neurology, Southeast (Fargo) Campus
- The Southwest (Bismarck) Campus in Bismarck saw a tie:
 - o Dr. Peter White, Clinical Professor of Internal Medicine
 - o Dr. Issa Al Rabadi, Clinical Assistant Professor of Family and Community Medicine

Thank you again, and congratulations to all.

Looking forward, we are hopeful that the pandemic situation will allow us to gradually get back to a "new normal," with largely in-person classes and other experiences by the start

of the fall semester in August 2021. And while some teaching still will incorporate distance and video-supported learning, we expect many more faculty and staff to be spending more time on campus as time goes on.

Moving forward, the School is well-positioned from a budgetary standpoint. The recently completed legislative session was a positive one. We received the full needs-based budget allocation that we had requested, along with funding for salary merit increases. In addition, we received an additional \$1M through a subcontract with the North Dakota Department of Health to support our highly regarded forensic pathology program. Finally, the School received Challenge Grant funding of \$1.5M that we can use to match on a 1:2 basis via philanthropic support from our donors, potentially raising an additional \$4.5M in endowed support for student scholarships and academic programs. All of this funding will cover our activities during the upcoming biennium that runs from July 1, 2021, through June 30, 2023.

As is evident, despite the hardships and difficulties due to the pandemic, the School is emerging strong and focused on the future as we strive to continue to fulfill our mission of educating the next generation of healthcare providers, discovering new knowledge that positively impacts North Dakotans, and serving the citizens of the state and beyond.



Joshua Wynne, MD, MBA, MPH
Vice President for Health Affairs, UND
Dean, School of Medicine & Health Sciences



TRAIN YOUR BRAIN

Dr. Jacque Gray (left) and SMHS Wellness Advocate Michelle Montgomery shortly after completing a first run of Mental Health First Aid training with second-year medical students in May 2021.

FIRST AID FOR THE BRAIN

Faculty at the SMHS introduce the Mental Health First Aid program to second-year medical students.

For most of us, particularly those trained in emergency medical services, first aid involves a series of tools or procedures designed to address a specific physical incident: a first-aid kit or CPR press, a roll of gauze or automated external defibrillator.

So what if the emergency in question doesn't automatically involve the body?

Good thing there's first aid for that too.

"It really is looking at how do you de-escalate the situation, assess for suicidality or harm, and get the person to the help that they need," explained Jacqueline Gray, Ph.D., of the new UND School of Medicine & Health Sciences Mental Health First Aid (MHFA) training program. "This interactive training gets people practicing some of these techniques [for dealing with colleagues in crisis], and gets them

comfortable using more productive words and thinking about what kinds of phrasing may be helpful—and what's not helpful."

The concept of mental health "first aid" has been around for more than a decade, said Gray, associate director and research associate professor at UND's Center for Rural Health. After learning about the MHFA concept from her Australian colleagues and being trained as a MHFA provider herself once the program was brought to the U.S. by the National Alliance on Mental Illness and National Council on Behavioral Health Care, she suggested exposing such training to both faculty and students at UND.

It took little effort to convince School Dean Dr. Joshua Wynne that embedding MHFA training in second-year medical students' last classroom-based unit before sending

them out for rotations in hospitals and clinics would be useful.

So Gray and SMHS Wellness Advocate Michelle Montgomery made it happen.

"The goal is to get more and more people trained so that when someone is struggling, there's a collection of people—peers—they can go to, whether Grand Forks or Bismarck," said Montgomery. "Because that might be more comfortable than talking to someone who's a staff member, more comfortable than talking to a faculty member."

Data don't lie

The statistics consistently show that the need for such a program is high—and growing amidst a global pandemic. Even before SARS-CoV-2 emerged last year, third-year medical students were more

vulnerable to anxiety, depression, and suicidal ideation than their first- and second-year mates.

One British study from 2015, in fact, argues that there is “a significant increase in perceived stress” among medical students as they move from second- to third-year. That same year, *JAMA Psychiatry* all but pleaded with medical colleges and clinical preceptors to address the fact that “A substantial body of evidence has demonstrated that [medical] trainees in particular are at high risk for depression and suicidal thinking.”

Because University of North Dakota medical students are not immune to such trends, Gray and Montgomery are rolling out a program that the data also show has a demonstrable benefit.

As Gray put it, researchers have found that after MHFA training, more people were willing to talk with a colleague about their depression or anxiety. One Australian trial of more than 300 randomized participants, for instance, found that individuals trained in Mental Health First Aid are more willing and able to offer help to others experiencing crises, advise people to seek professional help, and reduce stigmatizing attitudes.

“They were more comfortable stepping in, and their own mental health improved after going through these courses,” Gray said, “just because they had a better understanding of it. It also reduced their stigma [of mental illness].”

Not only is this extra “tool” in the student or faculty toolbox potentially life-saving, added Montgomery, but equally important is the culture-shift that she hopes will catch on schoolwide.

“If we can get to a culture where people are comfortable talking about this, it’s just better for everybody,” she said. “And not just comfortable talking about it, but knowing how to assess if someone is sort

of in a bad situation and knowing what to say. You know, saying ‘You haven’t seemed yourself lately—what’s going on?’ matters. It’s that simple.”

Interactive, broad-based discussion

Part of what makes the Mental Health First Aid program so beneficial, added Gray, is its broad approach. Everything is covered, she said: depression, anxiety, psychosis, and substance abuse. And the highly interactive training, which does make use of an MHFA manual, gets students talking openly about how conversations around mental health can be most productive.

“Where some suicide trainings are really specific, [MHFA shows how] you can use some of these questions in everyday conversation in a way that can help pull someone out of a negative spiral and maybe change the trajectory of their thinking,” she said.

And so far, students are coming away from the training not only impressed, but thankful.

“As medical students, we certainly learn about the pathophysiology, clinical presentations, and medical management of mental health disorders,” said second-year medical student Natisha Corum when asked about the mental health training she completed at UND. “What I believe MHFA offers that those other curricular elements may not is the framework for how to lead and guide the actual one-on-one conversations and interactions with a person in crisis, whether a friend, family member, colleague, patient, or stranger.”

Much in the way basic life support students learn the “ABCs”—Airway, Breathing, Circulation—of emergency cardiopulmonary care, she said, MHFA students too learn the ALGEE acronym: Assess for risk of suicide or harm, Listen non-judgmentally, Give reassurance, Encourage appropriate professional help, and Encourage self-help.

“I was very pleased to have the opportunity to be a part of the mental health first aid training,” Corum added.

Next steps

Moving forward, Montgomery said that she and Gray hope not only to get more medical students interested in the training, but expand it such that it can be its own elective course offering. They’re also looking to get health sciences students MHFA-trained and begin providing MHFA stickers and lapel pins for trainees to display.

“The goal is to get more and more people trained so that when someone is struggling, anybody in the building, there’s a list of people they can go to, who they can feel more comfortable talking to—whether that someone is a peer or staff member, or even a faculty member,” Montgomery concluded.

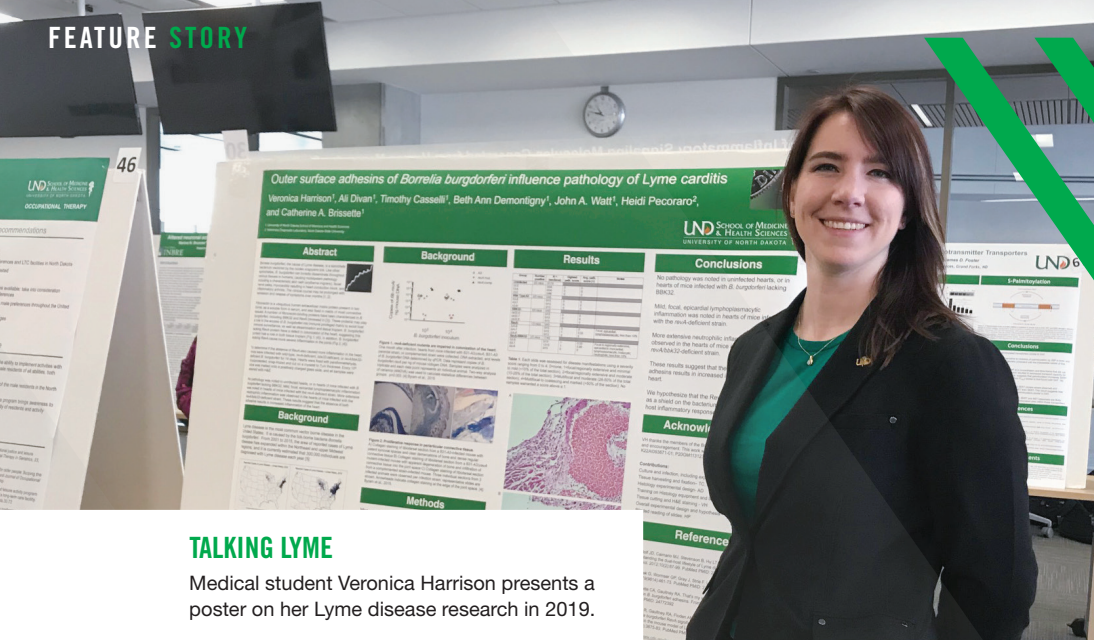
To that end, Montgomery will be joined by Melissa Naslund, Ph.D., who has assumed the role of “western” wellness advocate for UND medical students. Dr. Naslund, a Ph.D.-level mental health professional and director of behavioral science at the UND Center for Family Medicine in Minot, will provide health and wellness education and supportive services to third- and fourth-year medical students in the western part of the state. As time allows, this service may be expanded to residents, staff, and faculty.

Like the MHFA program, such a hiring is welcome, concluded Gray.

“[Mental health] was an issue with medical students even before COVID,” she said. “It’s very stressful. Anyone can have a crisis.”

And now—thanks to the MHFA program—more “first responders” will be on hand to help.

By Brian James Schill



TALKING LYME

Medical student Veronica Harrison presents a poster on her Lyme disease research in 2019.

UND's Research Experience for Medical Students (REMS) program influences not only lab research but clinical care.

FRESH EYES

"Fresh eyes on a problem is always good," smiled Catherine Brissette, Ph.D., associate professor in UND's Department of Biomedical Sciences. "[Medical students] often bring different skills or perspectives to the table that some students might not have."

The researcher specializing in Lyme disease was speaking of the Research Experience for Medical Students (REMS) housed within UND's School of Medicine & Health Sciences (SMHS). She's been involved with the program almost its inception nearly a decade ago.

Admitting a desire to have a diversity of research assistants on her projects, Brissette, arguing that such diversity is good for laboratory outcomes, was also thinking about the pedagogical benefit of such a program—what students get out of it.

"I get to impart the importance of research to someone who might not pursue bench research in the future," she said, "but who, in a clinical setting, will know why research matters when they think about which drugs to prescribe or what the research says about pathology."

The REMS program is a summer research experience that UND medical students participate in prior to or following their first-year courses. It is funded entirely by the SMHS.

The goal of the program, said outgoing director John Watt, Ph.D., also an associate professor of biomedical sciences, is to provide hands-on experience and training in basic, behavioral, social, or translational (clinical) research "to the future physicians of North Dakota."

"The REMS program provides an excellent training opportunity not only for those medical students who may be considering a joint M.D./Ph.D. degree, but also those expecting to engage in laboratory-based research even as practicing physicians," he said. "Typically about 30 to 40 students out of a class of 78 take part each year."

Program details

REMS, which in June will be managed by the School's new Director of Learner Research, Sarah Sletten, Ph.D., gives med students eight weeks of summer research experience under the direction of faculty members in the School. Before applying to the competitive program, interested participants identify a faculty researcher who has agreed to sponsor a summer research experience student. The student then contacts the faculty member to discuss potential projects and the sponsor and student jointly submit an application that contains all of the research proposal basics: a brief description of the project, a tentative hypothesis, project goals, and the hours the student expects to work each week.

Program participants—who are paid for their efforts—work alongside faculty and graduate and undergraduate students within the respective research environments either at the SMHS or in a clinical setting. Each REMS student is required to present a poster at the School's annual Frank Low Research Symposium, if not try to get the work published elsewhere.

One such student is Veronica Harrison.

"I got involved [in REMS] the year before med school," said the third-year med student on a break during her surgery rotation in Bismarck, N.D. "As a med student, you want to understand where the tools and knowledge we utilize in the clinic come from so you can best utilize that knowledge—and know how to go back to the researchers to ask for further studies or data based on what we're seeing in the clinic."

Coming to North Dakota from Mesa, Ariz., Harrison had studied Lyme disease in a laboratory setting before matriculating into UND, she said. Naturally, she ended up in Brissette's lab.

"We were doing pathogen DNA sequencing and Lyme disease happened to be one of the pathogens we were targeting," Harrison explained of her pre-UND work. "So, for Dr. Brissette's specific project, we were working with mice and exploring whether sex is an important factor for studying Lyme disease in animal models—should you use male or female mice? Does it matter? No one had really studied that before."

Although Harrison's REMS experience was lab-based, clinical research options are also available. Two of her classmates, said Harrison, did clinical research for REMS, developing projects involving cardiothoracic surgery in a clinical context.

Knowledge and confidence booster

This variety of opportunity makes the experience invaluable, added Harrison, who in April presented at an American College of Cardiology conference virtually, in so far as such experiences can pay dividends that classroom training cannot.

Calling the experience "very helpful for getting into residencies," Harrison clarified that the extra lab education not only helps students bolster their curriculum vitae, but helps first- and second-year students prepare for their "Step" exams, if only slightly.

"Since I was doing heart research on mice, it helped me understand the anatomy of the heart, but it depends on what you do research on," she mused, noting that her laboratory and anatomy work – and the terminology associated with a medical lab—translated perhaps into more confidence than knowledge come exam time. "But for clinical research that probably helps a lot more for Step exams—to know the different diseases people have and the medications they're using."

Perhaps former SMHS medical student Heather Liebe, M.D., said it best.

In a recent email to her advisor-mentor Brissette, the 2017 grad praised the REMS program for being the "formative

"It is incredibly rewarding to help my patients struggling with disease today and even more so knowing that my research could have an impact on improving the lives of patients in the future."

HEATHER LIEBE, M.D. //



experience" that turned her on to research and set her on her current career path of becoming a pediatric surgeon-scientist.

"Everything that I know about basic science research truly started with you," wrote Liebe, a general surgery resident at Ochsner Clinic Foundation in New Orleans, Lou., who is in the midst of a two-year research fellowship in pediatric surgery at Oklahoma University Health Sciences Center.

"Although I had a variety of options when applying to surgery research positions, I chose a basic science lab because of the wonderful experience I had in Dr. Brissette's lab," Liebe later told *North Dakota Medicine*. "The thing I love most about basic science is how every day I'm in the lab I know that I'm on the cutting edge of helping understand and treat diseases that I see as a physician. It is incredibly rewarding to help my patients struggling with disease today and even more so knowing that my research could have an impact on improving the lives of patients in the future."

Exactly the sort of reaction Brissette was hoping for.

By Brian James Schill

A NEVER-ENDING STORY

Researchers in UND's Department of Biomedical Sciences move the ball forward on developing vaccines for both bacterial pneumonia and COVID-19.

For veteran researchers especially, the race to develop effective immunizations against viral and bacterial infections can feel never-ending.

Just ask Nadeem Khan, Ph.D., associate professor in the Department of Biomedical Sciences at UND's School of Medicine & Health Sciences. For every successful SARS-CoV-2 (COVID-19), polio, or smallpox vaccine, he says, countless more infections await inaugural or better immunization options.

Bacterial pneumonia, in particular, has been a tough nut to crack.

"I'm a vaccine immunologist by training. I've worked on several pneumococcal vaccines before that were supposed to protect against all bacterial types or strains," Khan explains, speaking of pneumococcus or *Streptococcus pneumoniae*, one of the major pathogens that cause bacterial pneumonia, "but none have been successful in clinical trials."

If Khan has his way, though, the fight against pneumonia may just be turning a corner. And he's hoping that UND will soon be playing a key role in that turn.

Research funding public...

The researcher was, after all, recently awarded two grants totaling more than \$600,000 that are expected to expand the arsenal physicians and public health officials can use in the fight against such infections.

The first grant, a two-year, \$387,750 award from the National Institute of Health's National Institute of Allergy and Infectious Diseases (NIAID), is designed to bolster Khan's new adjuvanted vaccine targeting *Streptococcus pneumoniae*.

"There are vaccines available to counter [pneumonia], but the problem is that this bacterium exists in more than 90 types, called serotypes," Khan adds. "The vaccines currently available on the market cover only 13 of those strains. So we have 70-plus bacteria within that pool that remain uncovered."

Khan hopes his vaccine will reduce that number.

According to the Centers for Disease Control and Prevention (CDC), although the incidence of invasive pneumococcal

disease dropped dramatically in the United States following the introduction of a variety of pneumococcal vaccines starting in the 1980s, the infection still occurs. And it can be devastating for the elderly or those with compromised immune systems or conditions like asthma, chronic obstructive pulmonary disease (COPD), and lung cancer.

Furthermore, challenging researchers in their attempts to arrest the more than 70 outstanding strains of pneumococcus is the fact that bacteria continue to evolve—to the point of being able to resist not only antibiotic medications but some vaccines. In so far as bacterial evolution continues, then, so do efforts in the lab to keep up with changing pathogens.

Enter Khan, whose NIAID grant will study the role of enhanced T-cells in developing antibodies that do a better, more thorough job of killing the pneumonia-causing bacteria in a serotype-independent manner.

"The NIH has given my lab the resources to try to develop a vaccine that can work against all serotypes of bacteria, can fight all bacteria in the streptococcus pool," he says. "So this is a step in that direction of proving the immunogenicity of those vaccines by giving them a stronger adjuvant effect. This is an advanced version of those vaccines that failed in clinical trial."

The goal, says Khan, is that any vaccine developed in his lab would address the issue of bacterial diversity and could potentially be used as a "universal" vaccine effective against many more strains of bacterial pneumonia.

...And private

This effort to find a golden arrow for pneumonia builds upon a second grant Khan was awarded recently by Merck Pharmaceuticals—this time to the tune of \$275,000.

Focusing on a well-known vaccine called pneumococcal conjugate vaccine 13 (PCV13)—which covers the 13 most significant pneumococcus strains that cause respiratory infections in adults and children, including pneumonia, bacterial sepsis, and common sinus and ear infections—Khan in this case is looking to boost the effectiveness of an extant product, expanding it from 13 to 15 serotypes.



TEAM VACCINE

Dr. Nadeem Khan (center) and his crew of vaccine researchers at the UND School of Medicine & Health Sciences.

“The company has added two additional strains [to its vaccine] that cover the newer types of bacteria that have emerged and that are significantly associated with these diseases, in the hope that they can fight the new bacteria,” Khan continues. “Our task is to compare the immunogenicity of those two new serotypes with serotypes that are part of the existing vaccine to see if they are as good as current vaccines. That’s the question we’ll be investigating over the next two years.”

The amended Merck vaccine is already going through one clinical trial, with others likely to follow.

Then there’s COVID

Both of Khan’s recent grants are a testament to his track record of success in vaccine development, which includes a SARS-CoV-2 prototype vaccine that Khan and his associates developed in 2020.

What makes his group’s coronavirus vaccine different from others on the market, says Khan, is that whereas the two most popular vaccines are mRNA based, his is an adjuvanted, protein-based vaccine, meaning it doesn’t require freezing temperatures to stay viable.

“Ours could be shelf stable at more moderate temps,” he says. “Not room temperature, but not as cold as the other COVID vaccines.”

And so far, so good. After seeing encouraging results in the laboratory, Khan is moving forward on “repeating the experiment” to confirm that human antibodies respond favorably to what might amount to a new weapon in the fight against coronavirus.

“It looks like our vaccine is producing a very strong immune response,” Khan says. “The next step is to use those results to see if we can target the main strain of the virus and two or three of the variants that emerged in California and the [United Kingdom]. We now have to show it can react with all variants.”

If he can do so, then what has felt like a never-ending pandemic to many of us, might also see a more definitive end sooner rather than later.

By Brian James Schill

CLASS OF 2021 RESIDENCY SITES



Hallie Anderson (Internal Medicine), University of North Dakota School of Medicine & Health Sciences, Fargo, N.D.

Connor Baker (Obstetrics-Gynecology), Good Samaritan Hospital, Cincinnati, Ohio

Cassandra Ballantyne (Internal Medicine), University of Arizona College of Medicine, Tucson, Ariz.

Molly Benolken (Surgery-General), Mayo Clinic School of Graduate Medical Education-FL, Jacksonville, Fla.

Tyler Bilden (Orthopaedic Surgery), Spectrum Health/Michigan State University, Grand Rapids, Mich.

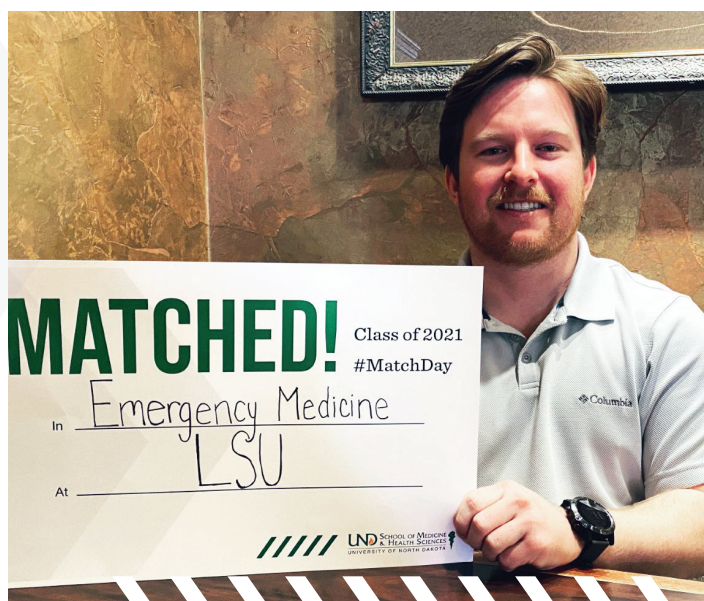
Alexander Buchholz (Emergency Medicine), Mayo Clinic School of Graduate Medical Education-MN, Rochester, Minn.

Michael Cerjance (Emergency Medicine), Louisiana State University, Baton Rouge, Lou.

Taylor Crothers (Family Medicine), Altru Health System, Grand Forks, N.D.

I MATCHED!

Graduating UND medical students share their residency match results with the world. Students matched at programs not only in North Dakota and across the Midwest, but Mayo Clinic, Yale University, California, and elsewhere.



UND BY THE NUMBERS

75

medical students matched with a residency program in 2021.

61%

of UND's MD Class of 2020 matched into primary care specialties (internal medicine, family medicine, ob/gyn, pediatrics).

17%

of graduates matched into a family medicine residency, nearly double the national average of fourth-year medical students matching into family medicine.

13

different specialties chosen by the MD Class of 2021.

Elena Danielson (Surgery-General), University of North Dakota School of Medicine & Health Sciences, Grand Forks, N.D.

Madeline DeFrance (Pediatrics), University of Nebraska Medical Center, Omaha, Neb.

Kaylee Dockter (Surgery-General), Central Iowa Health System-Iowa Methodist, Des Moines, Iowa

Rakan Dodin (Neurological Surgery), University of Kansas School of Medicine, Kansas City, Kan.

Scott Doheny (Anesthesiology), Boston University Medical Center, Boston, Mass.

Rebecca Dravland (Pediatrics), University of Nebraska Medical Center, Omaha, Neb.

Bethany Erickson (Obstetrics-Gynecology), University of Tennessee Health Science Center, Memphis, Tenn.

Brenna Espelien (Obstetrics-Gynecology), Ohio State University Medical Center, Columbus, Ohio

Heather Evin (Family Medicine), University of North Dakota School of Medicine & Health Sciences, Fargo, N.D.

Brooke Fettig (Family Medicine), Montana Family Medicine, Billings, Mont.

Marley Foertsch (Internal Medicine), University of Wisconsin Hospitals & Clinics, Madison, Wis.

John Gangelhoff (Surgery-Preliminary), University of North Dakota School of Medicine & Health Sciences, Grand Forks, N.D., (Interventional Radiology/Integrated), Mayo Clinic School of Graduate Medical Education-MN, Rochester, Minn.

Natasha Garcia (Internal Medicine), University of Nevada Reno School of Medicine, Reno, Nev.

Matthew Gerenz (Psychiatry), University of California Irvine Medical Center, Orange, Calif.

Nevin Gillis (Obstetrics-Gynecology), Nuvance Health Program, Poughkeepsie, N.Y.

Andrew Herting (Internal Medicine), University of North Dakota School of Medicine & Health Sciences, Fargo, N.D.

Austin Hewitt (Surgery-General), University of Wisconsin Hospitals & Clinics, Madison, Wis.



Kristal Hudson (Internal Medicine), University of Arizona College of Medicine, Phoenix, Ariz.

McKenzie Jackson (Obstetrics-Gynecology), University of Oklahoma College of Medicine, Tulsa, Okla.

Matthew Jacobson (Neurology), University of Utah Health, Salt Lake City, Utah

Mary Johanson (Internal Medicine/Pediatrics), West Virginia University School of Medicine, Morgantown, W.Va.

Heidi Johnson (Internal Medicine), University of Nevada Reno School of Medicine, Reno, Nev.

Melissa Johnson (Child Neurology), University of Wisconsin Hospital and Clinics, Madison, Wis.

Heather Kaluzniak (Emergency Medicine), Health Partners Institute-MN, Saint Paul, Minn.

Cassandra Kambeitz (Obstetrics-Gynecology), University Hospitals-Columbia-MO, Columbia, Mo.

Pranish Kantak (Neurological Surgery), Henry Ford Hospital-MI, Detroit, Mich.

Christy Kingfisher (Family Medicine), University of Oklahoma College of Medicine, Oklahoma City, Okla.

Lynn Kriengkrairut (Internal Medicine), St. Joseph Mercy Ann Arbor, Ann Arbor, Mich.

Megan Krotzer (Family Medicine), University of Minnesota Medical School, St. Cloud, Minn.

Hannah Kruger (Internal Medicine), University of Nebraska Medical Center, Omaha, Neb.

Christian Kulish (Emergency Medicine), University of Nebraska Medical Center, Omaha, Neb.

Audrey Lane (Internal Medicine/ Pediatrics), University of Nebraska Medical Center, Omaha, Neb.

Sarah Lewis (Emergency Medicine), Hennepin County Medical Center, Minneapolis, Minn.

Brett MacLeod (Internal Medicine), Gundersen Lutheran Medical Foundation-WI, La Crosse, Wis.

Alexis Malaterre (Pediatrics), University of Nebraska Medical Center, Omaha, Neb.

Natalie McIntire (Pediatrics), University of Iowa Hospitals and Clinics, Iowa City, Iowa

Riley Moore (Surgery-General), University of North Dakota School of Medicine & Health Sciences, Grand Forks, N.D.

Arna Mora (Family Medicine), Center for Family Medicine-SD, Sioux Falls, S.D.

Marcos Moreno (Psychiatry), Yale-New Haven Hospital-CT, New Haven, Conn.

Leo O'Day (Anesthesiology), University of Michigan Hospitals, Ann Arbor, Mich.

Andrew Obritsch (Family Medicine), Mercy One North Iowa Medical Center, Mason City, Iowa

Jon Pacella (Pediatrics), Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio

Quinci Paine (Obstetrics-Gynecology), University of Arizona College of Medicine, Tucson, Ariz.

Shrilakshmi Panjini (Pediatrics), Baylor College of Medicine, Houston, Texas

Mylan Panteah (Family Medicine), Rehoboth McKinley Christian Health Care Services-NM, Gallup, N.M.

Marisa Pinto (Family Medicine), University of California Davis Medical Health, Center-CA, Sacramento, Calif.

Katelyn Ruark (Psychiatry/Child), Samaritan Health Services, Corvallis, Ore.

Rachel Sakry (Family Medicine), University of Minnesota/St. Joseph's Hospital Program, St. Paul, Minn.

Daniel Sayler (Anesthesiology), University of Iowa Hospitals & Clinics, Iowa City, Iowa

Zoe Sayler (Obstetrics-Gynecology), University of Iowa Hospitals & Clinics, Iowa City, Iowa

Sarah Schaeffer (Family Medicine), Altru Health System, Grand Forks, N.D.

Logan Schmaltz (Internal Medicine), University of North Dakota School of Medicine & Health Sciences, Fargo, N.D.

Zachary Schmiess (Pediatrics), Naval Medical Center (San Diego) Program, San Diego, Calif.

Anastasia Schroeder (Transitional), University of North Dakota School of Medicine & Health Sciences, Fargo, N.D., (Radiology-Diagnostic) Medical College of Wisconsin Affiliated Hospitals Program, Milwaukee, Wis.



Connor Schweitzer (Emergency Medicine), Prisma Health-University of South Carolina School of Medicine, Columbia, S.C.

Matthew Soderberg (Surgery-General), Hennepin County Medical Center, Minneapolis, Minn.

Dre Steinwehr (Surgery-Preliminary), University of North Dakota School of Medicine & Health Sciences, Grand Forks, N.D.

Michael Storandt (Internal Medicine), Mayo Clinic School of Graduate Medical Education-MN, Rochester, Minn.

Andrea Taborsky (Anesthesiology), University of Iowa Hospitals & Clinics, Iowa City, Iowa

Kenneth Tharp (Internal Medicine), Boise VA Medical Center-ID, Boise, Idaho, (Radiology-Diagnostic), University of Washington Affiliated Hospitals, Seattle, Wash.

Noelle Torrance (Pediatrics), Mayo Clinic School of Graduate Medical Education-MN, Rochester, Minn.

Allie Trudel (Family Medicine), St Marys Medical Center SCL Health-CO, Grand Junction, Colo.

Lane Vendsel (Emergency Medicine), University of Kansas School of Medicine & Health Sciences, Kansas City, Kan.

Taylor Volberding (Family Medicine), Altru Health System, Grand Forks, N.D.

Christopher Walden (Internal Medicine), Gundersen Lutheran Medical Foundation, La Crosse, Wis.

Bradley Walker (Internal Medicine), Mount Auburn Hospital-MA, Cambridge, Mass.

Christopher Zumwalt (Surgery-Preliminary), University of North Dakota School of Medicine & Health Sciences, Grand Forks, N.D.

Graduates

Houda Abdelrahman (Internal Medicine), Brown University/Kent Hospital (2019), Warwick, R.I.

Travis Flick (Orthopaedic Surgery), University of North Dakota School of Medicine & Health Sciences (2020), Fargo, N.D.

Hart Brandon (Family Medicine), MercyOne North Iowa Medical Center (2018), Mason City, Iowa

Logan Richards (Radiology-Diagnostic), Dartmouth-Hitchcock/Mary Hitchcock (2020), Memorial Hospital Program, Lebanon, N.H.

■ '10s

Casey Murphy, DPT '19, has joined the staff at Summit Physical Therapy and Sports Performance in Carrington, N.D.

Siri Urquhart, MD '18, has been selected to receive the 2021 "J. Thomas Mangan M.D. Award for Clinical Excellence in Primary Care Clinic" for the Internal Medicine Residency Training Program of the Mayo Clinic School of Graduate Medical Education. As the Mayo selection committee noted, "Dr. Urquhart has performed in an outstanding manner throughout her training and has been recognized for her strong fund of knowledge, empathy, dedication to patient, professionalism, teamwork, and work ethic." Dr. Urquhart's academic work has been recognized elsewhere since she graduated from the UND SMHS, and she counts nine peer-reviewed publications and multiple published abstracts among her other accomplishments. The Mayo team also said it was "very pleased that she will begin a fellowship in gastroenterology" at the Mayo Clinic in Rochester, Minn., in July 2021.

Annah Preszler, MD '15, has joined Sanford Health in Bismarck. Dr. Preszler specializes in adult psychiatric services, such as depression, anxiety, mood disorders, and psychosis.



Siri Urquhart, M.D.



Annah Preszler, M.D.

■ '00s

David Appert, MD '00, has joined the Sanford North Clinic in Bismarck, N.D. As a dermatologist, he specializes in surgical and procedural dermatology, including Mohs micrographic surgery. His primary focus is treating patients with skin cancer.

Damian Schlenger, BSAT '01, has been selected by the North Dakota Department of Human Services to be director of its Vocational Rehabilitation Division. Schlenger joins the Department after serving as the enterprise senior director for strategy for occupational medicine at Sanford Health in Bismarck, N.D. Schlenger has been a part of the local health system for 20 years.



David Appert, M.D.

■ '90s

Myra Quanrud, MD '90, has joined the staff at the Anne Carlsen Center in Jamestown, N.D., as Medical Director. Quanrud is a board-certified pediatrician and has over 30 years of experience in caring for children, with a focus on children and youth with special healthcare needs. While she has served in the role of medical director at Anne Carlsen on a part-time basis since 1994, the move to a full-time role will benefit the organization and its clients. In addition to her serving as medical director, Quanrud is a clinical associate professor at the UND School of Medicine and Health Sciences, serves on the North Dakota Governor's Autism Task Force, and is a member of the North Dakota Chapter of the American Academy of Pediatrics.



Myra Quanrud, M.D.



CONGRATS GRADUATES!

Editor's note: Although we prefer to publish photos of each of our programs' graduating classes in our summer issue of *North Dakota Medicine*, the pandemic had other ideas. Instead, please see this list of graduates by program.

Doctor of Philosophy in Biomedical Sciences

Ashrifa Mohamad-Ali

Doctor of Medicine

Connor Baker
Cassandra Ballantyne
Molly Benolken
Tyler Bilden
Heather Bruggeman
Alexander Buchholz
Michael Cerjance
Taylor Crothers
Elena Danielson
Kaylee Dockter
Rakan Dodin
Scott Doheny
Rebecca Dravland
Bethany Erickson
Brenna Espelien
Brooke Fettig
Marley Foertsch
John Gangelhoff
Matthew Gerenz
Nevin Gillis

Andrew Herting
Austin Hewitt
Kristal Hudson
McKenzie Jackson
Matthew Jacobson
Mary Johanson
Heidi Johnson
Melissa Johnson
Heather Kaluzniak
Cassandra Kambeitz
Pranish Kantak
Christy Kingfisher
Lynn Kriengkrairut
Megan Krotzer
Hannah Kruger
Christian Kulish
Audrey Lane
Sarah Lewis
Brett MacLeod
Alexis Malaterre

Madeline Mangin
Natalie McIntire
Riley Moore
Arna Mora
Marcos Moreno
Andrew Obritsch
Leo O'Day III
Jonathan Pacella
Quinci Paine
Shrilakshmi Panjini
Thomas Paul
Marisa Pinto
Katelyn Ruark
Rachel Sakry
Daniel Sayler
Zoe Sayler
Sarah Schaeffer
Logan Schmaltz
Zachary Schmiess
Anastasia Schroeder

Connor Schweitzer
Matthew Soderberg
Dre Steinwehr
Michael Storandt
Andrea Taborsky
Patrick Tamukong
Kenneth Tharp
Hallie Thompson
Noelle Torrance
Allie Trudel
Lane Vendsel
Taylor Volberding
Christopher Walden
Bradley Walker
Christopher Zumwalt

Doctor of Physical Therapy

Kaiann Arellano
Mckinley Bender
Ashley Bergerson
Morgan Bicker
Hannah Brennan
Morgan Burrer
Zachary Burtsfield
Erin Bussman
Alissa Dahle-Koch
Hannah Dekrey
Mackenzie Dumm
Brianna Erickson
Delaney Faiman

Jacob Fixell
Mark Geerdes
Mary Gray
Hannah Gregg
Ellie Hagen
Brienne Halstead
Mary Haman
Brian Illing
Lydia Jacobson
Lucas Keller
Brita Kihle
Kelsey Knutson
Martina Mack

Kaitlyn McClaflin
Lauren McIntosh
Samantha Miller
Winter Monette
Paige Mriden
Anna Murphy
Taylor Nord
Brooke Rehm
Stacy Remer
Colin Renfandt
Hannah Riveland
Riley Ryan
Megan Siebert

Cassidy Stienessen
Kaley Stotz
Abigail Stroup
Austin Stueve
Amy Svir
Erin Syverson
Alyssa Theede
Jacob Todd
Kayana Trottier
Jayce Turner



Master of Science in Medical Laboratory Science

Jamie Benjamin	Melissa Hayes	Kelli Maddock	Samantha Quinn
Amanda Buettner	Larisa Jensen	Kayla Moehnke	Paolo Ramos

Master of Occupational Therapy

Lauren Anderson	Dalton Fetsch	Brianna Peterman	Ivy Steiger
Emily Annen	Janice Finley	Malea Peters	Audrya Tarango
Michelle Arnhalt	Sara Gregoire	Aspen Pitcher	Annabelle Tarnowski
Hailey Axtell	Alexandra Grosser	Samantha Plutko	Ashley Timm
Taylor Beatty	Rachel Grubb	Kalindi Rachev	Emily Utech
Ty Berg	Katelyn Jennings	Amira Ragab	Brock Wahlert
Kaitlyn Berglund	Hailey Johnson	Macie Romsdal	Gabrielle Wavra
Emma Chafin	Vanessa Johnson	Jacey Savage	Abby Wendel
Roxana Chirinos	Kelsey Tadman	Bailey Schumacher	Shelby Wittenberg
Lexie Coalwell	Jonah Kratochvil	Hope Schuster	Meaghan Wolfgram
Danielle Cox	Jessica Lambert	Kelsey Sherry	Michaela Mayhood
Nathina Crabtree	Kaylee Loken	Rylee Skyberg	Hope Nelson
Carly Derouin	Sarah Lovelace	Tristen Smith	
Seira Dick	Allison Moran	Grace Spanos	
Bethany Easthouse	Alycia Peacock	Brandon Steffen	

Master of Physician Assistant Studies

Sierra Baxter	Savanna Kramer	Steve Moore	Samantha Simley
Rebecca Beyer	Stephanie Kroger	Aunica Novacek	Toby Steen
Ben DeVries	Katelyn Krueger	Christina Rasanen	Kelli Stregre
Cherie Dowell	Breanna Krueger	Natasha Richesin	Kayla Terrel
Stephanie Frentzel	Alexander Lee	Brian Schiller	Jenna Zwiers
Julie Harmon	Traci Leitheiser	Heidi Schmaltz	
Quinn Jacobs	Drew Marx	Melissa Severson	
Shelby Knox	Abigail Moeller	Manpreet Sheabat	

Master of Public Health

Spring 2021

Pramod Sukumaran	Amy Breigenzer
Dana Kitsch	Roselle Martin
Soojung Kim	Natalie Reed
Matthew Campion	Jessica Winberg
Angela Novak	Shelby Brossart
	Josey Umthun

Austin Barnhardt
(Certificate)

Summer 2021

Kalisi Uluave
Arun Bhatta
Vianca Farfan Cuela

Bachelor of Science in Athletic Training

Elise Anderson	Elizabeth Dub
Madison Bakken	Cassandra Lynch
Abigail Brockhouse	Justin Perreault
Kyler DeLancey	Paige Peterson
Maari Dolan	Tyler Wheeler

Bachelor of Science in Medical Laboratory Science

Sophia Atkins	Kelsie Brott
Miranda Bonnet	Nicole Detches
Mika Bordak	Ciara Fineday
Tanner Duppong	William Getzin
Devin Evavold	Erin Gordon
Megan Guillory	Thodah Hovor
Amber Hansen	Tori Jones
Bryan Helminski	Noah Knick
Elise Horkey	Jordan Kucksdorf
Luke Huff Towle	Bich Ngoc Nguyen
Elisa Kaitfors	Tri An Nguyen
Haylea Kern	Jena Socha
Samuel Kjonaas	James Soumpholpakdy
Amanda Kunde	Camden Tolvanen
Damon LaFord	Kjersti Wiser
Benjamin Lagein	Amanda Wright
Yonas Legese	Katie Basson
Andrea Lerick	Daniel Gemechu
Jade McFarren	Bridget Hill
Ashley Olinger	Wesley Walters
Joseph Petres	Jessie Adams
Elsa PromSchmidt	Veronica Garcia Batres
Grace Schneider	Kathryn Capranica
Joseph Steinhauer	Stephanie Dorcely
Brianna Tetrault	Hannah Geringer
Catherine Tisi	Kelly Hullihen
Alleysia Ugofsky	Dymond Johnson
Kenedee Kristjanson	Emma Moran
Tess Skinner	Karen Perez
James Tucci	Tara Rosales
Marah Wittenburg	David Spies
Cole Brand	Macy Van Ert



THE CHANGE- MAKER

Distance Medical Laboratory Science student Kelli Maddock discusses using her skills in the service of animals.

If you go to the doctor, you will most likely see a nurse and a physician. If you bring your pet to an animal clinic, you will interact with a veterinarian. In both cases, whom you probably won't meet is a medical laboratory scientist.

In either case, though, these behind-the-scenes providers are a key piece to the diagnostic puzzle, if more in a supporting role.

"We are the unseen professionals behind the scenes in medicine," said Kelli Maddock. She is a lab section head at the North Dakota State University Veterinary Diagnostic Laboratory and a student at the University of North Dakota School of Medicine & Health Sciences, pursuing an online master's degree in medical laboratory science.

Medical lab scientists play a critical role in diagnosing the ailments of patients, both human and animal. It is like being a detective, Maddock said, looking for abnormalities in samples and helping provide an appropriate cure. This is what attracted her to the profession.

After obtaining her bachelor's degree, Maddock got her start in human medicine in molecular diagnostics and microbiology at Sanford Health. Then, five years ago, she switched to the animal side. Prompted by her love for animals—Maddock has been a pet owner her whole life—the transition revealed a different, "eye-opening" side of medicine, she said.



“There’s so much that can be done with veterinary medicine than translates into human health too,” Maddock said. “It’s so interesting to see all different species. Human medicine is complicated, even with a single species, because every person is different. But in animal medicine, you have any number of species, whether it’s your cat or dog in your house, the zoo animal that you get to visit or the cow you see on the side of the road. We have so much impact. There are so many interesting things to delve into.”

Maddock’s desire to continue learning led her to UND, where she started the online master’s program in 2018. The flexibility of the online coursework allowed her to continue working and spending valuable time with her daughter. At the University, the program focuses on human medicine, which is serving as a well of ideas for Maddock.

“Some things that we talked about [in class] spark curiosity in wondering if there are similar biomarkers for veterinary tests,” she said. “It allows me to think a bit outside of the box.”

Aside from working and studying, Maddock is engaged in bench research. Her current project is an animal-world replica of what is commonly studied in hospitals. Maddock is looking into pathogens that can transmit from animals to veterinarians, which is a little-explored phenomenon, she said. The goal is to limit exposure to harmful microorganisms that can be resistant to treatment.

After graduating, Maddock wants to spread her passion for medical lab science through teaching and mentoring students.

“There is so much about [our profession] that is overlooked and underappreciated,” she said. “The instructors at UND helped me see the importance of sharing our profession and how widely we can have an impact.”

By Dima Williams

LAYING THE FOUNDATION

Youth across North Dakota to learn about health professions through the annual Scrubs Camps.

Many healthcare professionals will often recall the exact moment they realized they wanted to enter the healthcare field. For Liz Tofteland, a registered nurse, it was witnessing a helicopter ride to the hospital for her grandfather when she was young. Now, she is creating opportunities for students to have their own “aha” moment through local Scrubs Camps.

Unlike Scrubs Academy, which brings sixth- through eighth-grade students from all over the state to the UND School of Medicine and Health Sciences for a 4-day health career immersion camp, the Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL-Health) Scrubs Camps are one-day camps hosted in rural communities.

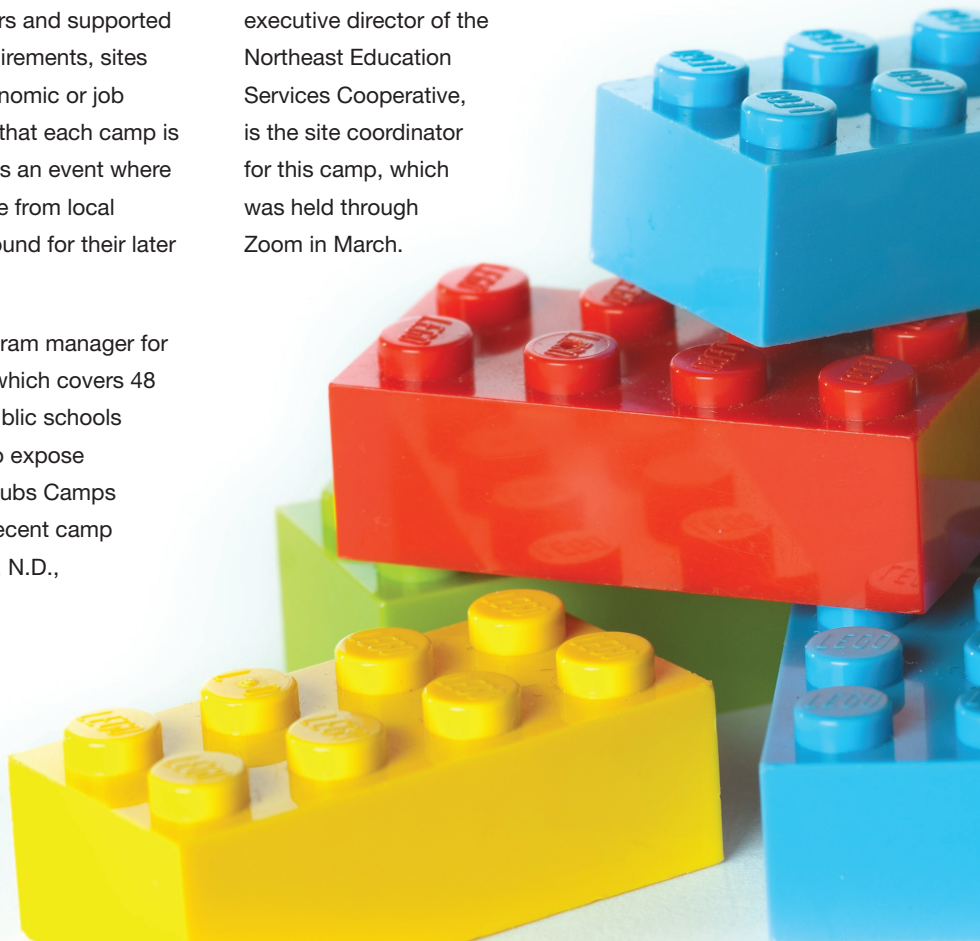
The Scrubs Camps program is operated by the UND Center for Rural Health (CRH), and focuses on students in grades 5-12. Camps are organized by local site coordinators and supported by CRH grant funds. As part of the grant requirements, sites must work with a local healthcare facility, economic or job development authority, and a local school so that each camp is a community-wide effort. The collective goal is an event where students can learn about careers in healthcare from local healthcare professionals, which clears the ground for their later entry into the health workforce pipeline.

Tofteland is the ND eCare School Health program manager for the Central Regional Education Association, which covers 48 public school districts, plus additional non-public schools and colleges. As part of her role, she works to expose students to healthcare careers by hosting Scrubs Camps in various areas within her region. The most recent camp hosted by Tofteland was on April 15 in Linton, N.D., reaching 44 junior and sophomore students. The camp was initially going to be virtual, but Tofteland, who has hosted camps in the past, did everything she could to have the event in person.

“I know how good Scrubs Camps are in person,” Tofteland said, “and I know how impactful these hands-on sessions are. I just didn’t want to do the virtual route if we could help it.”

Following all appropriate COVID-19 precautions, and keeping participants distanced, she was able to have an in-person event with eight presenters, all from the local Linton community. “I am a nurse, and I know how important connection and engagement is. I think these camps are so important,” she said.

So far this year there have been eight Scrubs Camps in North Dakota, reaching an estimated 1,400 students in all. The largest camp took place virtually for the Devils Lake region, with 630 fifth- and sixth-grade student attendees from 14 area schools. Jennifer Carlson, executive director of the Northeast Education Services Cooperative, is the site coordinator for this camp, which was held through Zoom in March.



“We knew it was really important to hold the camp virtually, rather than not have it at all.”

////// JENNIFER CARLSON

“We knew it was really important to hold the camp virtually, rather than not have it at all,” Carlson said, noting that this camp has been annually held since 2010 and teachers from her region’s schools eagerly await the announcement of the camp each year.

With the virtual platform, a lot more work went into preparation ahead of the event, which featured ten different health career sessions. Each school needed supplies mailed to them so students could use the appropriate materials during various sessions. For example, Legos were used during the pharmacy session where the activity demonstrated the process of creating medicine. As such, Lego packets needed to be sorted and mailed out to students ahead of the camp.

Both Tofteland and Carlson agree that even though the camps are a lot of work, it is more than worth it to give students a glimpse at a possible future career. Through local programs like Scrubs



SCRUB UP

Students learn about health professions at the April 2021 Scrubs Camp in Linton, N.D.

Camps, area students may start showing early interest in healthcare, which ultimately can lead to them coming back to their community to live and work in a healthcare setting. Donna Weigel, a nursing instructor at Lake Region State College (LRSC), has seen firsthand the effect the camp has on future health professionals.

“LRSC has many nursing students, and nearly all got their interest in healthcare from Scrubs Camps,” she said.

An average of nine Scrubs Camps are held each year in rural North Dakota communities. To learn more about hosting a Scrubs Camp, visit: ruralhealth.und.edu/projects/scrubs-program/camps.

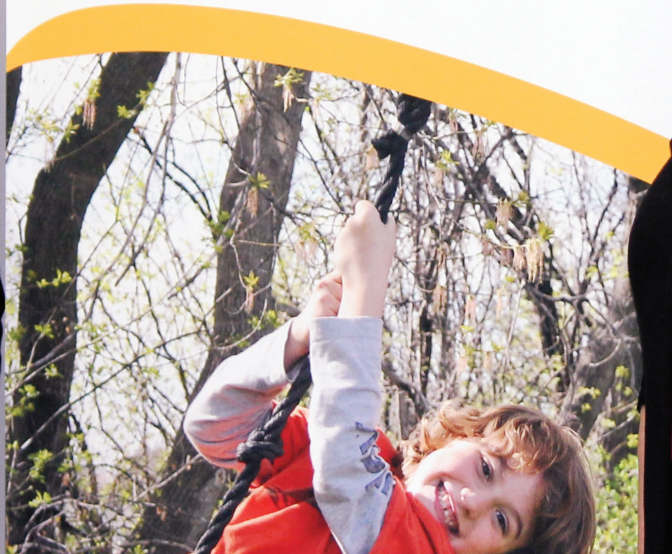
By Stacy Kusler





NORTH DAKOTA BRAIN INJURY NETWORK

*It can happen to anyone,
at anytime, anywhere.*



SPREADING THE WORD

Carly Endres (left) and Rebecca Quinn share their knowledge of brain injury at the 2021 Mind Matters Conference.

MIND MATTERS

Pandemic makes the annual North Dakota Brain Injury Network conference even more accessible.



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

“Always try to find the sunshine in the dark cave,” said Alex (a brain injury survivor panelist who was identified by his first name) during his talk at the 2021 Mind Matters Conference held virtually in March 2021.

Sandi Gruhot agreed. During a different presentation of her own, Gruhot spoke about her stroke journey. A wife, mother, and registered nurse, Gruhot said she first lived in denial that she’d had a stroke that left her with a brain injury. Later she came to realize that the stroke

was likely the second brain injury she’d sustained, the first occurring during a water-skiing accident 20 years earlier.

Sponsored by the North Dakota Brain Injury Network (NDBIN), the annual Mind Matters Conference features nationally renowned speakers and highlights new research, trends, interdisciplinary practice strategies, and collaborative models of care for brain injury.

Increased access

Tales from survivors such as Alex and Sandi proved among the most impactful of all the presentations this year, according to feedback from those attending the conference. The survivor

panel, in which Alex was involved, included several men who shared how they sustained brain injuries and the struggles and triumphs they've experienced during their recoveries. They also discussed therapies that have been helpful, as well as challenges they still face.

Feedback from the event also suggested that more people were able to attend the conference because it was held virtually this year due to COVID-19.

"I have to say, it was my first Mind Matters Conference, and I kind of love the commute to my kitchen table, casual attire, and the Zoom was easy to access," one attendee remarked.

And because the 2021 virtual Mind Matters Conference was so well received, NDBIN is exploring the possibility of holding future conferences both in-person and online.

"We were happy to be able to hold it at all this year, but even more happy to see the virtual platform was well received," said NDBIN Outreach Coordinator Carly Endres, remembering how last year's conference was canceled due to the pandemic.

"Ideally, we will offer a virtual and in-person format. We would like to be able to offer both formats and are exploring those options."

Building on the survivors' panels, Wendelin Hume, Ph.D., associate professor in the UND Department of Criminal Justice, discussed the balance between best-case and worst-case brain injury recovery scenarios. She talked about her own brain injury experience and offered tips from her perspective. As several other presenters also suggested, Hume said that brain injury survivors can still continue to improve years after their injuries. She asked that healthcare providers be more encouraging and supportive, listening to their patients and letting the patients help guide their own recoveries.

Along with presenters offering information on the latest brain injury research, healthcare professionals also discussed a variety of treatments available to survivors. During her keynote speech, Jena Gorden, a speech-language pathologist, talked about yoga and meditation and their benefits for brain injury survivors.

The conference also looked at telerehabilitation. Nealey Hoffman, a speech-language pathologist, addressed using virtual care to promote learning following a brain injury.

"This is probably something we are going to have to get used to, the use of technology, whether we like it or not," she said.

Hoffman discussed the pros and cons of telerehabilitation. The pros include everything from not having to travel to being able to use objects in the clients' own homes for therapy rather than just random items pulled from a box. Cons can include internet connectivity and insurance coverage issues for virtual appointments. Hoffman and others also showed videos of clients using teletherapy services effectively.

All in good fun

This year's conference included some fun activities as well, such as a virtual scavenger hunt and Bingo game. And 2021 marked the first conference to recognize the Volunteer of the Year and Certified Brain Injury Specialist of the Year awards, according to NDBIN Director Rebecca Quinn. Winners of those recognitions were Sandi Gruhot and Sarah Ring, respectively.

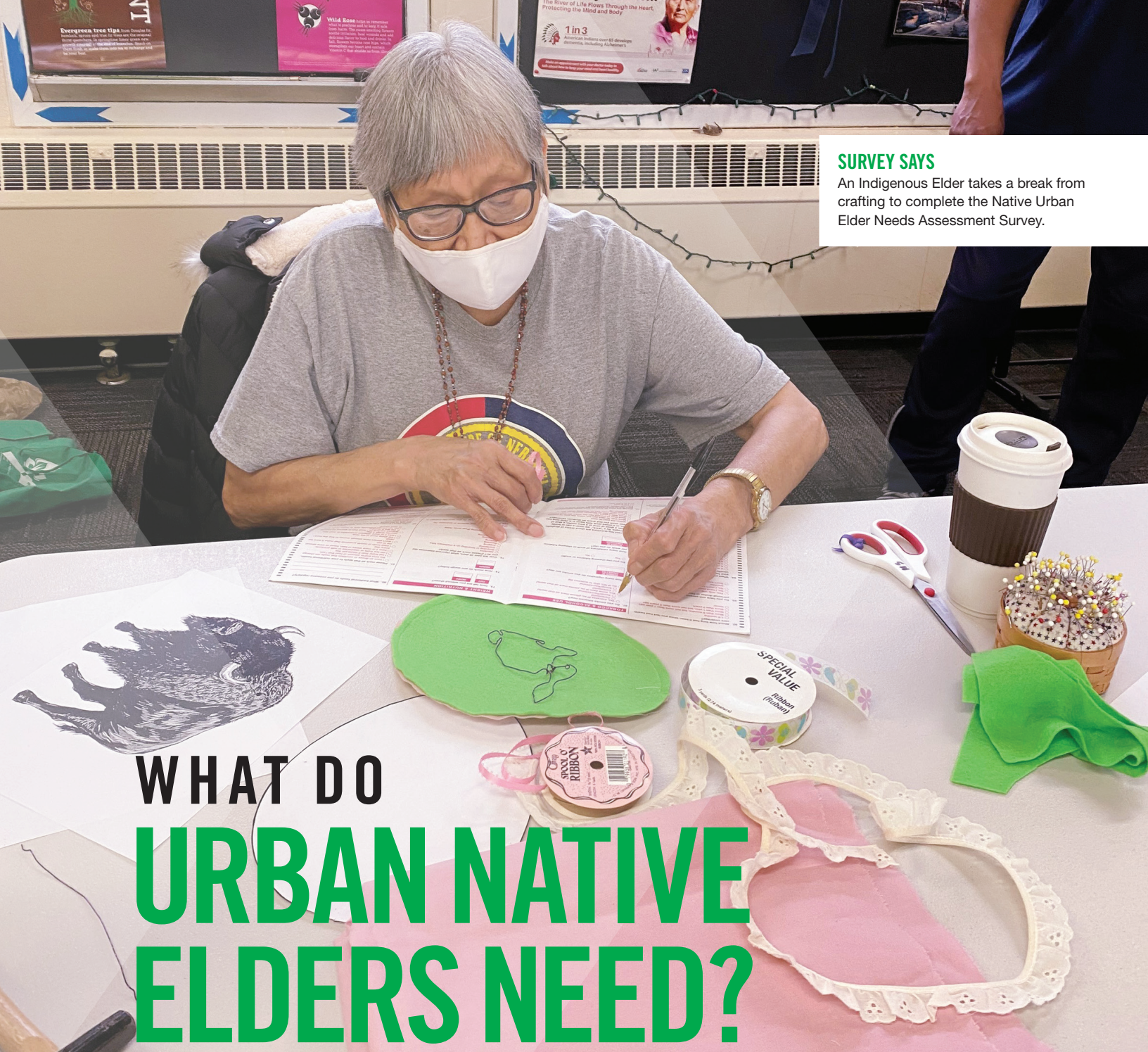
"We wanted to establish these awards as a way of recognizing those who are vital assets and work tirelessly to improve services for individuals with brain injury in North Dakota," Quinn said.

Such fun is vital, not only for survivors, but also for brain injury caregivers. While Alex advised fellow survivors to stay positive, Alex's mother, who is also his caregiver, suggested that those who find themselves in her position should research brain injuries and network with others who can guide them to the help they need.

Gruhot talked about living with the fear of a second stroke happening and the realization that she had been wasting precious time worrying about a future she couldn't control. Instead, she now chooses to live fully every day and find true purpose. She also discussed the importance of support groups and praised NDBIN for connecting survivors, offering learning opportunities through "Webinar Wednesdays," and providing a wide range of other resources for survivors, caregivers, and healthcare professionals on its website.

"I really encourage you to check it out," Gruhot said.

By Brenda Haugen



SURVEY SAYS

An Indigenous Elder takes a break from crafting to complete the Native Urban Elder Needs Assessment Survey.

WHAT DO URBAN NATIVE ELDERS NEED?

New survey of urban native Elders dives deep into what they need to be healthy.

Indian Elders living in urban locations are seeking health equity. After all, inequity is all they have known and, often, the lack of resources and historical trauma means that preventive care and serious illness go untreated.

Until now. In 2019 the Coalition on Urban Indian Aging (CoUIA) was created through a unique partnership among six organizations with one goal in mind: improving health equity for Elders. They have planned how to find the data needed to recognize what urban Elders need.

Who is an Elder?

Urban Elders, for the purpose of this project, are defined as American Indian or Alaska Native (AI/AN) people older than the age of 50 and living in an urban area, not on a reservation. In order to increase resources for such people, needs must be identified, which led to the creation of the Native Urban Elder Needs Assessment Survey (NUENAS 1.0).

Dr. Collette Adamsen is the director of the National Resource Center on Native American Aging (NRCNAA), which is administering the survey.

“This project is important because it is about supporting the urban centers who serve our Native urban Elders,” said Adamsen, “by using the identified needs gathered from the survey to assist in connecting them with resources and funding to address those needs. Our Native urban population is underrepresented in national data sets, which is key to identifying and addressing the needs of this population.”

As Adamsen put it, if there are no data to justify the needs, then Native urban Elders are left out of the conversation, especially when it comes time for the allocation of resources and funding.

“This survey will give the Native urban Elders a voice to tell their story through the data to ensure they are represented and not left behind,” she said. “It is our hope that this project will help improve the quality of life for the Elders and work in partnership with the urban centers to provide the support system to accomplish this goal.”

Working Together

Partners leading this effort include: the Administration for Community Living, the National Council of Urban Indian Health, National Indian Council on Aging, Inc., Kauffman and Associates, Inc., and the NRCNAA, AARP, and UND Center for Rural Health.

Members from each organization came together to create CoUIA, to ensure representation from various groups while focusing on the bigger picture: helping urban Indian Elders. There are 137 questions on the survey covering topics such as physical, social, emotional, and mental health service quality; overall quality of life; unidentified needs; COVID-19 resources and care; and others. All questions asked are to provide data to support improvement of health equity, quality of life, and overall cultural responsiveness. The survey was designed to be taken online using computers, tablets, or smart phones – or on paper. Assistance may be given to help Elders fill out the surveys.

The pilot survey site

“There has been a renewed focus on Elders in Nebraska, focusing on kinship roles,” said Dr. Donna Polk, chief executive officer of the Nebraska Urban Indian Health Coalition (NUIHC). “We know there are a lot of Elders who are caring for young people in their homes, and we need to make sure that these Elders are capable and have the resources required in order to do a good job. Whether [the issue] is food security, home security, environmental security, financial security, all of this ties into their health. I was pleased to have been asked not only to participate in the survey but to be the first urban program to do so.”

NUIHC, which is located in Omaha, Neb., was the first site to facilitate the survey. It hosted the first group of Elders to take the survey at the Nebraska Urban Indian Medical Center in Lincoln, Neb., and had 26 respondents. Appointments were made so everyone could be spaced in time and physically distanced while in the room. The second survey site was at the NUIHC office in Omaha with four respondents.

Paper surveys were used, and staff was available if anyone needed help or had trouble understanding the questions. An online survey is also available.

“We need this information to justify getting money to increase access,” said Dr. Polk. “If you can’t get to the hospital, it will not have the type of effect we want to see. If you can’t get there, but you had a tablet and knew how to do telehealth, then you increase access. That is why this information is so valuable, so we can figure out who needs what and when and how.”

Recruiting Urban Centers

In April, CoUIA began recruiting urban Indian health organizations (UIO) to participate in the survey. The initial focus is on those organizations with an Elder program. The survey will be administered from May to November 2021. Each UIO will receive an incentive for the organization, as well as funds to provide honoraria for the participants.

“We know this is a first round project with a learning curve,” said Adamsen. “We would be happy to have around 1,000 Elders participate in the survey. If there are more, that would be fantastic. But we want to build partnerships and trusting relationships with the urban centers and the Elders.”

Once the survey is complete, each organization will receive its specific data, as well as access to the aggregate data for urban Elders. Once data from the survey are collected and analyzed, work can begin to increase health equity for this population.

“Working with the urban organizations,” said Adamsen, “allows us to use the data to help tap into funding streams and resources that were not available to them previously. We want to help empower our Native urban Elders to connect them with needed resources to assist them in having a better quality of life.”

To learn more about the survey and the CoUIA, visit uiacoalition.org or email info@uiacoalition.org. The website provides information on the survey, participation forms, release information, marketing material support, and other connections to the survey and the coalition.

By Jena Pierce

RUNNING DOWN A DREAM

Turtle Mountain Community College transfer Kayana Trottier finds a second family in the UND Department of Physical Therapy.

When Kayana Trottier transferred to the University of North Dakota, she followed her passion for physical therapy despite the challenges in her personal life.

Retracing the footsteps of her mother, who earned a master's degree in education at UND, Trottier wanted to pursue physical therapy at the university. Months before Trottier applied, however, her mom passed away. Devastated by the loss, Trottier said she struggled in her courses at first. Her mother was not there to hear her concerns and tell her that "you worry too much."

"But I ended up getting through it with my family, friends, and professors," she said.

Prior to UND, Trottier attended Turtle Mountain Community College. An enrolled member of the Turtle Mountain Band of Chippewa Indians in Belcourt, N.D., she moved to the reservation as a teenager. The college there provided an opportunity to learn about her heritage.

The college had a "big family dynamic," she said. But so does the physical therapy program at UND. When she mourned the death of her mother, professors helped her in and outside the classroom.

"It meant the most to me as somebody who was struggling because they didn't have to do that for me," Trottier said. "They want you to be successful not just as a professional or as a physical therapist but in your personal life, too."

Now, having just graduated from UND with her doctorate in physical therapy, Trottier is proud to have earned a degree in the health sciences. It was one of her goals.



"I'm helping people get better," she said.

"I am helping them in the long term versus the short term because physical therapy is a long-term fix. It's something to include in your daily life all the time."

Academically, it was not easy. Aside from classes, Trottier had to prepare extensively for her clinical practices, where students interact with patients.

"If I knew that there was a person coming with a certain body part I had to know about, I would study that beforehand," Trottier said. "And then, I was able to apply that information. As a physical therapist, you are a learner your entire life. So every day, I'm learning things over and over."

Having just completed clinical placements in Bemidji, Minn., and San Antonio, Texas, Trottier intends to remain in San Antonio, where her mother's twin sister lives. She hopes to secure a sports physical therapy residency with Evidence in Motion, a renowned educational institution.

Looking back on her experiences at UND and heading toward a career she has always dreamed of, Trottier has a piece of advice for other transfer students: "If you have what you want in mind, then do it and stay on the right track. And, don't be afraid to ask for help. People at UND are willing to help you right away when you come here."

By Dima Williams

GIVING ROUND-UP

Thank you to our thoughtful donors who recently gave gifts or made pledges

Dr. Julie Blehm of Fargo, N.D., for her continuing support of the Drs. David and Julie Blehm Endowment.

Dr. A Marvin & Beverly Cooley of Grand Forks, N.D., Erling D. Martinson, M.D., of Michigan, N.D., Dr. Donald Person of San Antonio, Texas, and Steven and Sarah Sarbacker of Sioux Falls, S.D., for contributing to the UND School of Medicine and Health Sciences Annual Excellence Fund.

Madelyne Camrud of Grand Forks, N.D., for giving a generous gift to the Jean Beach Memorial Fund.

Dr. John and Karen John Gray of Plymouth, Minn., for their continuing support of the Dr. John and Karen Gray Scholarship Endowment.

Julie R. Feasel of Tampa, Fla., for a gift to the Physical Therapy Salute To Excellence.

Larry Knutson of Maple Grove, Minn., for his support of the Mickey Knutson Scholarship Endowment.

Dr. Desirae & Keith Muirhead of Sioux Falls, S.D., for their gift to the SMHS Class of 2003 Scholarship Endowment.

Thanks also to **Trisha and Rick Sather of Lakeville, Minn., Dale & Bonnie Zahradka of Lankin, N.D., and Jason T. Zahradka of Purdy, Mo.**, for their contributions to the Buck Zahradka MD Memorial Scholarship Endowment.

Adopt-a-PA Student

Thank you to all the generous donors who gave to our Adopt-a-Med-Student program! We've now shifted gears to our Adopt-a-PA-Student program where our alumni and friends can provide professional white coats for second-year physician assistant students who are about to begin their clinical experiences.

The white coats will be formally presented to students during a ceremony this winter. Similar to the Adopt-a-Med-Student Program, we also encourage donors to write letters to the students to be included in their coat pockets. Our goal is to provide a lasting, supportive connection between students and donors.

How do you participate?

Gifts of \$100 per student can be:

Mailed to the UND Alumni Association & Foundation, 3501 University Ave., Stop 8157, Grand Forks, ND, 58202. Please include "PA White Coat" in the check's memo line.

Or

Submitted through UNDalumni.org/smhs. Under Comments, please put "PA White Coat."

Letters to students can be included in Option 1 above or emailed to kristen.peterson@UND.edu.

Jeff Dodson

Director of Development
701.777.5512
jeffd@UNDfoundation.org



Brian Schill, '00, '05

Director
Office of Alumni & Community Relations
701.777.2733
brian.schill@UND.edu

UND awarded \$10 Million NIH grant to study Indigenous resilience and health effects of trauma

The UND School of Medicine & Health Sciences (SMHS) has received a five-year award from the National Institutes of Health totaling more than \$10 million to develop an Indigenous Trauma & Resilience Research Center.

According to Dr. Don Warne, director of the School's Indians Into Medicine (INMED) and public health programs, the goal of the research center will be to address the impact of historical and unresolved trauma on health inequities within the American Indian and Alaska Native population.

"Historically, most of the health research among Indigenous populations has used a disparities and deficits model," said Warne. "It is important to understand and quantify disparities; however, Indigenous populations also have unique strengths in culture that have an impact on health."

For example, said Warne, the poor health outcomes that result from childhood trauma require a holistic approach to healing, which can include greater exposure to Indigenous histories, ceremonies, and foods, all of which may be included in the broader American Indian definition of "medicine."

The data suggest that the need for such a center is great. American Indians in North Dakota and the region suffer from significant health disparities, relative to the non-Native population, and much of this is related to historical trauma, adverse childhood experiences, forced boarding school participation, social marginalization, and toxic stress. On the Pine Ridge Reservation in South Dakota, for example, life expectancy is lower than anywhere in the western hemisphere, with the exception only of Haiti.

"We need to build the evidence base of culturally relevant interventions to improve health outcomes, which can lead to more resources for our communities to implement



effective health programs," added Warne, an enrolled member of the Oglala Lakota Tribe in Pine Ridge, S.D. "The other focus of this program will be to provide research mentorship to early career faculty and to establish them as independent investigators. This will lead to ripple effects in terms of additional grants, studies, resources, and programs through UND."

Assistant professors of public health Ursula Running Bear, Ph.D., and Andrew Williams, Ph.D., and Nicole Redvers, N.D., M.P.H., assistant professor in the School's Indians Into Medicine and Family & Community Medicine Department, are the other faculty investigators whose work will be financed by the grant.

"Indigenous communities deserve representation not only in research as leaders and participants, but also in the development of relevant research questions that amplify community strengths while getting to the heart of what matters most in

communities," added Redvers, a member of the Deninu Kué First Nation, who will direct the trial. "I am humbled and proud of the support we've seen from the School, our partners, and faculty mentors at UND that have enabled me to lead the first clinical trial hosted at the SMHS. I am even more proud that this clinical trial will be investigating a traditional Indigenous food with a long history of use for healing in Indigenous communities."

The five-year grant may be renewed twice for a possible grant period of 15 years.

Warne said that immediate next steps for the team are to establish the infrastructure to support the research projects, including implementing its administrative core, and hiring several new staff and faculty members to conduct community engagement and outreach. Research priorities for the center will be community-based and revolve around the UND team's long history of community engagement.

UND School of Medicine & Health Sciences announces 2021 Sophomore Awards

Several second-year UND medical students received sophomore awards on Monday, April 5, when the UND School of Medicine & Health Sciences announced its 2021 Sophomore Awards winners through a virtual awards ceremony.

Academic, teaching, and service awards were awarded on behalf of the School and the North Dakota Medical Association, including:

NORTH DAKOTA MEDICAL

ASSOCIATION AWARDS: Awarded to second-year students nominated by their peers, the M.D. Class of 2023, and recognized for outstanding performance in the following three curricular areas:

Group Leadership and Professionalism: Engages in ethical conduct, facilitates group interaction and productivity, motivates others to learn, exhibits personal integrity, and interacts with others appropriately with respect and courtesy.

- Anja Selland, Rugby, N.D.

Peer Teaching: Outstanding contributions to the group's database and facilitating group learning, skillful and accurate presentations, and willingness to assist fellow classmates to learn concepts they do not understand.

- Nadia Toumeh, Fargo, N.D.

Integration of Basic Science and Clinical

Application: Ability to analyze problems, generate hypotheses, set priorities, test hypotheses and formulate alternative hypotheses, draw appropriate conclusions, and apply the knowledge to patient cases.

- Peter Bueide, Fargo, N.D.

Faculty were also nominated for Outstanding Teacher Awards by first- and second-year medical students:

Portrait Award: For outstanding support of students during their first two years of medical education.

- Rhome Hughes, M.D., M.S.

Golden Apple Awards: For excellence in teaching, given to the instructor whose teaching has had the greatest impact:

Nominated by second-year students:

- Rhome Hughes, M.D., M.S.

Nominated by first-year students:

- Patrick Carr, Ph.D.

SMHS ACADEMIC AWARDS: The following awards are given to second-year medical students in recognition of their overall academic achievements:

The DeBoer Memorial Award: Given in memory of Mrs. Benjamin DeBoer and presented by the Department of Biomedical Sciences.

- Keaton Rummel, Bismarck, N.D.

Philip H. Woutat Memorial Scholarship

Award: Presented by the Department of Biomedical Sciences on behalf of Mrs. Philip Woutat in memory of her husband for his service as a radiology instructor.

- Kirsten Bokinskie, Fargo, N.D.

William Eugene Cornatzer Award:

Presented by the Department of Biomedical Sciences in memory of Dr. Eugene Cornatzer, founder and inaugural chair of the Department of Biochemistry & Molecular Biology, and a pioneering and innovative leader in medical education and biomedical research.

- Sarah Wherley, Velva, N.D.

James Kelleher Award: Presented by the Department of Biomedical Sciences in honor of Dr. Kelleher's outstanding service to the School of Medicine & Health Sciences, and his dedication and contributions to the teaching of medical students.

- Mikeala Herberg, Mandan, N.D.

KEVIN MONK AWARD:

Given to a second-year medical student for outstanding service to the School of Medicine & Health Sciences.

- Anja Selland, Rugby, N.D.



Kirsten Bokinskie



Anja Selland



Peter Bueide



Nadia Toumeh



Mikeala Herberg



Sarah Wherley



Keaton Rummel

School of Medicine & Health Sciences hosts 41st Frank Low Research Day virtually

The 41st annual Frank Low Research Day was held virtually by the UND School of Medicine & Health Sciences (SMHS) on Thursday, April 22, 2021.

Named in honor of the former SMHS anatomy professor who came to UND in the 1960s and pioneered a series of new techniques for the electron microscope, Frank Low Research Day is the culminating event of the academic year for many area researchers working in the biomedical and health sciences.

At this year's event, SMHS faculty members, postdoctoral fellows, residents, and graduate, medical, and health sciences students presented prerecorded presentations on a wide range of basic biomedical, health sciences, translational,

and clinical topics with live question-and-answer sessions for each presenter.

"We were excited as always about Frank Low Day," said Jamie Foster, Ph.D., assistant professor in the SMHS Department of Biomedical Sciences. "Despite the continuing pandemic, we're happy to continue to offer an online event that not only contributes to the intellectual culture of the community but to the health and workforce needs of North Dakota."

This year's virtual guest speaker was Dr. Eliezer Masliah, who was named director of the Division of Neuroscience at the National Institute on Aging (NIA) in July 2016. Before joining NIA, Dr. Masliah held joint appointments in the departments of pathology and neurosciences at

the University of California, San Diego (UCSD).

"We have been able to keep our research enterprise going despite COVID, and I'm very pleased that we are able to now showcase the outstanding work that our faculty and trainees have been doing," added Marc Basson, M.D., Ph.D., M.B.A., the School's senior associate dean for Medicine and Research. "Now, more than ever, we understand the importance of scholarship that not only advances science but also contributes to public health."

UND's Department of Biomedical Sciences among top recipients of NIH grant funding of comparable departments for second year straight

For the second year in a row, the University of North Dakota (UND) Department of Biomedical Sciences, housed within UND's School of Medicine & Health Sciences (SMHS), has been listed in the top three recipients of National Institutes of Health (NIH) grant dollars among comparable biomedical sciences departments nationwide.

As noted by the Blue Ridge Institute for Medical Research, which tabulates and ranks NIH award data annually, the biomedical sciences team at UND came in third overall for NIH dollars awarded out of more than 30 biomedical sciences departments nationwide in 2019-20. The rank matches the department's third-place

national ranking the previous year (2018-19). UND is the only Midwestern school listed in the top five for the past two years.

But according to Department of Biomedical Sciences Chair Colin Combs, Ph.D., even a third-place rank means the School has more work to do.

"We would like to be the number one NIH funded biomedical science department," Combs said, adding that the department has been in the rating agency's top-five for such departments for three years straight.

Combs added that the SMHS is coming off its best research year ever in terms of dollars awarded. Researchers based at the school pulled in a record \$30.8

million in 2019-20 from all external sources for projects focused not only on neurodegenerative conditions like Alzheimer's and Parkinson's, but cancer, Indigenous health, and various infectious diseases, including COVID-19.

Grants awarded to the Department of Biomedical Sciences by the NIH in 2020 include one to assistant professor Motoki Takaku, Ph.D., to study breast cancer; a grant to assistant professor Kumi Nagamoto-Combs, Ph.D., exploring the connection between food allergens and Alzheimer's; and multiple awards to associate professor Catherine Brissette, Ph.D., that will help her advance her work on Lyme's disease.

Physical Therapy Students at UND School of Medicine & Health Sciences receive scholarships

Nearly 30 physical therapy students at the UND School of Medicine & Health Sciences recently received scholarship awards for the 2021 year.

"We are very grateful for the tremendous support from UND PT alumni, friends, and the UND Alumni Association & Foundation," said David Relling, P.T., Ph.D., chair of the UND Department of Physical Therapy. "These scholarships will help address the substantial financial needs that students face as they complete their professional education. The scholarships acknowledge the academic accomplishments and service contributions of these very deserving future physical therapists."

Academic, leadership, and service awards given by the Department on behalf of the UND Alumni Association & Foundation and its many donors include:

Mohr Emerging Leader in Pediatric

Physical Therapy Scholarship: Awarded to third-year PT students who have demonstrated: 1) leadership during undergraduate and graduate experiences; 2) a strong commitment to the profession of physical therapy; 3) high academic performances and the desire to expand knowledge and leadership skills in pediatrics; and 4) high potential as a clinician in pediatric physical therapy.

- Hannah Brennan (Sartell, Minn.)
- Abigail Stroup (Fargo, N.D.)
- Amy Svir (Thief River Falls, Minn.)

Thomas and Peggy Mohr Physical

Therapy Scholarship: Awarded to second-year PT student(s): 1) in good academic standing; 2) with financial need; and 3) a potential for professional service.

- Briton Bussman (Milnor, N.D.)
- Kayla LeBon (Sioux Falls, S.D.)
- Lauren Marshall (Kason, Minn.)
- Brooke Millerbernd (Littlefork, Minn.)
- Tyler Schauer (East Grand Forks, Minn.)

Arnold "Arnie" Keck Memorial

Scholarship: Arnie Keck was a long-time anatomy instructor and an assistant professor in UND's PT Department from 1968-1973 and 1981-1996.

- Andrew McCarthy (Minnetrista, Minn.)

Clarence Blecha Physical Therapy

Scholarship: was established by Clarence's wife, Esther, to honor Clarence. Although not an alumnus or faculty member at UND-PT, Clarence was a long-time friend of the program and one of the first physical therapists to practice in North Dakota.

- Katie Running (Rogers, Minn.)

Karl Stadem Memorial Scholarship:

Karl Stadem graduated from the UND-PT program in 1980. The scholarship is given to a student interested in practicing in the rural Great Plains who has a high motivation for the profession of physical therapy, demonstrates perseverance and strong character, and is independent of family support.

- Nasya Sechser Roth (Hartford, S.D.)

Marilyn Horner Rose Memorial

Scholarship: Marilyn Horner Rose graduated from UND-PT program in 1981. The scholarship bearing her name is given to a physical therapy student who has earned a high GPA and who shows great promise as a clinician.

- Kaitlin Feist (Bismarck, N.D.)

Jodi and Scott Boettner Physical Therapy

Scholarship: The Boettners provide one or more academic scholarships to second- and third-year PT students in good academic standing at UND. Preference will be given to motivated and caring students who show interest in practicing PT in a geriatric setting.

- Samantha Lankow (Rothsay, Minn.)
- Cassidy Koski (Gillette, Wyo.)

Wesley Hoffman Physical Therapy

Scholarship: For students enrolled in the professional physical therapy program.

- Chelsea Edwards (Grand Forks, N.D.)
- Kerry Hoffman (Glasgow, Mont.)
- Cassidy Limke (Carpio, N.D.)
- Matthew Soltis (Plymouth, Minn.)

Stoney Gessner Scholarship: Preference shall be given to North Dakota residents who are in their second or third year of the PT program and who are actively involved with the North Dakota Physical Therapy Association.

- Briton Bussman (Milnor, N.D.)

PT 50th Anniversary Scholarship:

- Hunter Huschka (Hope, N.D.)
- Dustin Koehnen (Winsted, Minn.)

Bud Wessman Scholarship: For students who display strong leadership qualities, a strong commitment to the profession of physical therapy, and a strong commitment to community service.

- Rachel Beaner (Sioux Falls, S.D.)
- Katie Running (Rogers, Minn.)
- Kaitlin Feist (Bismarck, N.D.)

Larry Mullins Physical Therapy

Scholarship Fund: Larry Mullins is a UND PT alumnus who funds the scholarship to enhance diversity in the profession and decrease PT student debt. Preferences for the scholarship are: the primary caregiver of a minor child or minor children, veterans, a member of an LGBTQ+ organization or working for or promoting the needs of LGBTQ+ community, or members of underrepresented groups.

- Ashley Hadrava (Hibbing, Minn.)
- Katie Harris (Andover, Minn.)
- Olivia Smith (Sheyenne, N.D.)

Dr. Heidi Lako-Adamson, MD '04, age 45, of Fargo, N.D., died Wednesday, March 31, 2021, at Sanford Health, Fargo. Heidi Lako was born November 28, 1975, in Fargo, the daughter of Wayne and Viola (Brasel) Lako. She grew up on a farm near Arthur, N.D., and graduated from Dakota High School. Heidi received a Bachelor's degree in zoology from NDSU. She fell in love with EMS at an early age and began as an EMT with F-M Ambulance of Fargo in 1997. She then attended Paramedic School and became a Paramedic with F-M Ambulance. On June 26, 1999, Heidi was united in marriage to Mark Adamson at Arthur, N.D. She was accepted to the UND School of Medicine & Health Sciences in 2000, and in 2004 began her residency as Dr. Heidi Lako-Adamson at Regions Hospital in Minneapolis. Dr. Lako worked as an Emergency Room Physician with MeritCare in Fargo from 2007 to 2011. In 2009, she became Medical Director of F-M Ambulance. In 2017, she received her Board Certification in Emergency Medicine. Dr. Lako-Adamson was the medical director for many ambulance squads, including F-M Ambulance, Harwood Rescue, Horace Rescue, Mapleton Rescue, as well as the Fargo, Moorhead, and West Fargo fire departments and numerous rescue squads in Clay County, Minn. She also provided medical direction for Red River Regional Dispatch Center and their Emergency Medical Dispatch program. She was extremely involved with her rescue squads and took an active role in the development of new protocols for her squads. Dr. Lako worked hard to make sure that her squads were always up to date on the most cutting-edge technology in emergency medicine and was a big advocate for F-M Ambulance and rural EMS in North Dakota. She was active in the classroom, teaching her squads, and was also passionate about staying involved in the training of new paramedic students. Dr. Lako had many other duties at Sanford Health and in the community; she also served as the health officer for Cass County Public Health and Clay County Public Health. Always proud of her EMS roots, she just renewed her National Registry Paramedic for the eleventh time, signifying over 20 years in EMS. She served as a volunteer physician for the NDSU women's soccer and volleyball programs and was Medical Director for the Fargo Marathon. She was also a product of her farm roots—she loved to garden, raise flowers, can her garden produce, and cook. Her animals were family (along with Mark!) and they always had cats and dogs. She was passionate about decorating for the holidays and had 16 Christmas trees to put up each year. In addition to enjoying reading, her family remembers that she always loved to add to her extensive shoe collection! In addition to the many friends and colleagues in EMS and the Emergency Medicine field, Dr. Lako will be mourned by

her husband Mark; her mother Viola Lako, Arthur; her brother Jason (Deborah) Lako, Fargo; her sister Angela (Rob) Quinn, Rochester, Minn.; brother and sister-in law, Darwin (Stacy) Adamson, Harrisburg, S.D.; and six nieces and nephews: Kenzie Lako, Wyatt Lako, Robbie Quinn, Nathan Adamson, Christa Erickson, and Dustin Adamson. She was preceded in death by her father Wayne Lako.

Pastor Brian Dean Erickson, BS OT '92, was born in Detroit Lakes, Minn., on May 21, 1960, to Donald and LaVonne Erickson. He grew up in Detroit Lakes and fondly remembered his years at Rossman Elementary. He was a 1978 graduate of Detroit Lakes High School and later the North Dakota State College of Science, in 1989, and UND in 1992. Always having a farmer's heart, he enjoyed many childhood years showing animals at the county fair. This love of farming followed him throughout his life resulting in a small hobby farm near Frazee. Pastor Brian enjoyed raising cows, chickens, burrows, goats, and pigs. He proudly drove a John Deere tractor for chores, much to his grandsons' delight. His love of country life continued with the purchase of a dream home on a lake where he could be found taking in a sunset on summer evenings. Pastor Brian proudly served in the Minnesota National Guard and Navy Reserves. He was an accomplished Occupational Therapist and later served at risk students in the Detroit Lakes and Frazee school districts. In 2005 he followed God's calling and formed the Cowboy Church in rural Detroit Lakes. His church was a place of warmth and love. All were welcome. In 2020 he became pastor of Pinewood Church in Menahga, Minn. Pastor Brian was proud to join this already formed congregation, which welcomed him with open arms. In August 27, 1987, Pastor Brian was united in marriage to the love of his life Sandy Neisen. Together they enjoyed serving through ministry, spending time with their daughter, son-in-law, and grandsons, and visiting his favorite place, the Black Hills. Pastor Brian and Sandy made many moves throughout the years, until finally finding their dream place on Big Rock Lake. In his spare time, Pastor Brian enjoyed hunting, fishing, and four-wheeling all day with his brother Brad. He loved being outdoors. He spent many hours praying and writing sermons in his hideaway, the glory barn. Nothing gave him more peace than sitting by a cozy fire with family. Pastor Brian passed away on January 29, 2021, at 60 years of age. He is survived by his wife of 33 years, Sandy; his daughter Katie (Steven) Palmer and grandsons Oliver and Harvey of Hawley, Minn.; his brother, Bradley Erickson, and his daughters Kristen and Lauren of Lockhart, Texas; as well as a large extended family. He will be missed by many and loved for a lifetime.

James L. Frisk, BS Med '67, age 80, of Fargo, N.D., died Sunday, March 14, 2021, surrounded by his loving family, under the care of Ethos Hospice at his home in Fargo. Jim, the only child of Malcom and Myrtle (Olson) Frisk, was born in Fargo, on September 27, 1940. Jim graduated from Oak Grove Lutheran High School in 1958. He served his country in the U.S. Air Force, and the Air Force Reserve. On September 1, 1961, he was united in marriage with Julie Shirley at First Lutheran Church in Fargo. Jim loved helping people and became interested in medicine. He obtained his undergraduate degree from Moorhead State University. He later applied to the University of North Dakota. He was granted an interview for medical school at UND and drove up to Grand Forks in a blizzard in his old Ford. The interviewers were ready to close the doors as no one was able to attend the interview due to the storm; then Jim walked in. The interviewers stated, "Anyone that determined to drive from Fargo for an interview during a blizzard, was determined enough to become a doctor." He received his BS Med degree from the University of North Dakota and then his Medical Doctorate from the Ohio State University in 1969. He completed his residency at the Medical College of Wisconsin in Milwaukee. In 1975, Jim moved his family back to Fargo where he started practicing at the Fargo Clinic as an ear, nose, and throat specialist and a head and neck surgeon. He started in private practice in 1988 and continued his outreach in Carrington, N.D. Jim loved caring for people and practiced medicine for over 45 years. He was well known for his kindness, compassion, integrity, and skills as a surgeon. It was not uncommon for him to see patients from early morning until late into the evening. He was also known to make the occasional house call. Jim loved to fly airplanes, downhill ski, ride motorcycles, work on classic cars, and spend time in Montana and Arizona with his wife and family. Above all, Jim loved Julie, his wife of 59 years. They had known each other since grade school. Together they enjoyed traveling, bargain shopping, dining, and spending time with their children and grandchildren. Jim was a true mentor and role model for his family. Jim was preceded in death by his parents, Myrtle and Malcolm Frisk; and his mother and father-in-law, Helen and Al Shirley. He is survived by his loving wife of 59 years, Julie, Fargo; a daughter, Laurie Corliss, West Fargo, N.D.; sons, Daniel (Jennifer) Frisk, West Fargo, and Matthew (Cari) Frisk, Fargo; and eight precious grandchildren: Hannah (Eric) Steuck, Nolan Corliss, and Garret, Evan, Adam, Ella, Tia, and Ford Frisk.

Kenneth Lowell McCoy, BS Med '40, of Syria, Virginia, died peacefully at his home, surrounded by his family on March 5, 2021, living to be 103 years old. He was born on April 12, 1917, in the small town of Hamlet, N.D. He was a physician,

pilot, Purple Heart recipient, photographer, and long distance hiker. The son of the late Franklin Enoch McCoy and Emma Grefshim McCoy, he was also preceded in death by his three brothers, Morris, Richard, and Franklin; and his precious daughter, Jean Shephard Miller. He is survived by his two sons, Ken, Jr. and Tom, their wives, Kirsten and Diana, and their children, Jessica Skye McCoy and Kylie Grace McCoy.

Robert C. McKone, BS Med '56, passed away on February 21, 2021, in Winston-Salem. He was born in Minot, N.D., on July 23, 1927, to the late Edward C. and Esther McKone. On June 7, 1952, he married Marjorie Wahlberg who was his loving wife and true life partner for 68 years. After completing his tour of duty in the Army at the end of World War II, Bob did his undergraduate work and first two years of medical school at the University of North Dakota. He completed the final two years of medical school at Bowman Gray School of Medicine in 1958. He joined the faculty of Bowman Gray in 1964 as a pediatric cardiologist and retired in 1989. In addition to his parents, Bob was preceded in death by his wife, Marjorie, and daughter-in-law Kimberly Whitt McKone. He is survived by his daughter Kelly McKone Ghassemian and son-in-law Morad of Oak Park, Ill., son Mark McKone and grandson Matthew of Jamestown, N.C., and brother-in-law Charles Wahlberg of Burnsville, Minn.

Susan M. Paul, BS PT '84, peacefully passed away on March 18, 2021, with her family by her side. Susan's 60 years of life were characterized by her tremendous heart and deep love for people. A breast cancer survivor, she sought to live life to the fullest, making the most of every day with joy and positivity. Susan was a passionate supporter of her Green Bay Packers, but never turned down an opportunity to watch football. She appreciated adventure, experiencing new places, and making new memories. Susan enjoyed reading and spending time in the sunshine with her family and friends. Raised in Sioux Falls, S.D., Susan studied physical therapy at South Dakota State University and the University of North Dakota before calling Illinois home. She dedicated 27 years to helping others at the Institute of Physical Medicine and Rehabilitation and five years at Comprehensive Prosthetics & Orthotics. Susan was preceded in death by her parents, William and Ruth (Voltz) Barlow. Susan is survived by her husband, Brett, of Mapleton; one son, Corey (Abbie) Paul of Des Moines, Iowa; one daughter, Caitlin (Tyler) Kai of New Orleans, Lou.; four grandchildren, Ethan, Garrett, and Camryn Paul and Harrison Kai; one sister, Rebecca Givens of Denver, Colo.; one niece, Jane (Shane) Rugg; and one nephew, Jackson Givens.

‘WHY YOUR SCHOOL’

Outgoing medical student Audrey Lane reflects on her time at the UND School of Medicine & Health Sciences.



This fall while preparing for residency interviews, I looked through an old folder of materials I'd used to prepare for my medical school interviews. For each school I interviewed, I had listed out specific reasons why I'd like to attend that school. The following is what I'd written for UND more than four years ago:

"Why your school:

1. REMS (Research experience for medical students) summer
2. Clinical epidemiology 3rd year course
3. Total Wellness
4. Smaller, more closely knit community
5. ROME - not sure how it works, but I think it's exciting that some students have the opportunity to be at rural hospitals."

It's surreal to read this list today. Despite my unfamiliarity with many of the programs I noted, I went on to participate and thrive in each of these opportunities.

1. Prior to medical school, I had enjoyed research and so I was excited about the REMS program. I was able to present my findings at the North Dakota American College of Physicians meeting. But more important than any addition to my CV, by participating in this program I gained a close friend and mentor, Dr. Jessica Schweigert, a 2020 UND graduate. Among many things, she's the person I called crying the first time a patient I was taking care of died.

2. I took the Clinical Epidemiology course to great effect. The results of hard work by Jon Pacella, myself, and Drs. Sahmoun, Beal, Bellas, and Brower-Breitwieser can be found in an upcoming publication of The Journal of Perinatology.

3. In terms of Total Wellness, it's difficult to say exactly what I meant when I wrote this in 2016, but the telecare services the University Counseling Center provides (free!) to students is great. To every medical student: if you're having a hard time, don't hesitate to use this service. Your clinical preceptors won't think twice if you tell them you have a one hour Zoom meeting you need to attend once a month.

4. And as I soon learned, the "Closely knit community" is real and speaks for itself.

5. Finally, through ROME (Rural Opportunities in Medical Education) I delivered babies, was a first-assist on surgeries, provided longitudinal care, and developed strong patient-physician (me!) relationships. As with my time in traditional rotations, I had high quality preceptors who provided a great one-on-one education. Out of the more than 1,800 practicing patient care physicians in North Dakota, more than 1,300 are volunteer clinical preceptors; my sincerest thanks to each of you. Thank you for preparing us to be your colleagues.

As easily as I can praise my education, I can also list things I'd like to see improved. But even in this there is a positive: there are avenues accessible for students to express concerns. Despite the slow nature of change, I feel the UND SMHS is sincere in its desire to improve.

Writing this reflection nine days prior to graduation, I am awestruck by the big picture of my education. How often are people able to accomplish all of their goals? Yet, everything I listed as a 21-year-old medical school applicant that I wanted to do, I did. And the experience exceeded my expectations.

By Audrey Lane, M.D.



NEW PHYSICIANS

Images from UND's 2021 MD Commencement Ceremony. **Top-left:** Dr. Willie Kemp (right) speaks to students as UND Pres. Armacost looks on. **Top-right:** SMHS Dean Dr. Joshua Wynne (left) chats with Pres. Armacost. **Center:** The MD Class of 2021 taking the Hippocratic Oath. **Bottom-left and right:** New grads and UND's Indians Into Medicine MD Class of 2021 pose for pictures outdoors.



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UPCOMING EVENTS:



UND NIGHT AT TARGET FIELD

Thursday, July 8, 2021 at 7 p.m.

The UND Alumni Association & Foundation is hosting a UND Night at Target Field in Minneapolis, Minn.

This special ticket package includes your ticket to the game plus an exclusive co-themed UND/Twins cap!

Visit twinsbaseball.com/UND for more information and to order tickets.



HOMECOMING 2021

Mark your calendars for Homecoming 2021, to be held Oct. 18-23 in Grand Forks. Events and locations TBD.