

Family & Community MEDICINE

Summer 2013

JAMES STEVERMER

SMALL TOWN FAMILY DOCTOR

CONNECTED TO HIS COMMUNITY AND THE PEOPLE HE CARES FOR

JAMES STEVERMER was six years old when he met Ed Rowley for the first time. Ed, brother of Jim's second grade teacher, talked to his class about the Peace Corps and his mission in South America. "Ed's story was great and made me think that joining the Peace Corps would be a cool thing to do," Jim says.

Sixteen years later, in 1983, Jim graduated with a degree in physics from Michigan State, and when he didn't get into medical school, he joined the Peace Corps instead. Acceptance in the Peace Corps was a lengthy process, so it took a few months for him to be approved, trained, and en route to his assignment in the Kingdom of Swaziland.

"I remember the day I arrived in Swaziland. When I stepped off the plane, I was surprised to hear a man yell my name, especially since he pronounced it correctly," explains

Jim. "But I was even more surprised to learn that the Peace Corps worker yelling to me was Ed Rowley ...

Ed, the man who originally recruited me at age six, was now my boss."

Jim Stevermer grew up on a livestock and crop farm in rural southern Minnesota. His upbringing gave him the practical skills needed for his first Peace Corps assignment – a pig project.

This project was developed to make money for the Swazis, but the way it was set up was not allowing that to happen. Frustrated, Jim quit the pig project after nine months.

His next assignment, and the one he kept until his Peace Corps mission ended, was teaching math and science to Swazi high school students. Jim taught these courses in both languages – English and Swazi.

He left Africa in 1987, after nearly four years as a Peace Corps volunteer. His work in Swaziland had a major influence on his life and career, he says. While serving there, he met Judy, a Peace Corps volunteer and forester who would eventually become his wife.

"But more than that, it was good for me, a midwest farm boy, to live and work in a place far away from home, experience a wide variety of people, and learn a new culture that was drastically different from anything I ever knew," he adds. "Immersing myself in it and the Swazi way of life made me appreciate the things I had in Minnesota."

Jim quit the Peace Corps grateful for the opportunities he had to make a difference in Swaziland.

In Missouri, he's known as **JIM STEVERMER** ... family physician, husband, and father. However, in the Kingdom of Swaziland, he was known as '**JABULANI NKAMBULE**' ... Peace Corps volunteer, high school math and science teacher, and Swazi warrior.



While serving in the Peace Corps, '**JABULANI**' demonstrated his commitment to the Swazi people and their way of life. He spoke their language, ate their food, wore their clothes ... even joined their army.

"There were three regiments in the King's traditional army. I belonged to Emasotja because the man who sponsored me was Emasotja," '**JABULANI**' explains. "To become a member, you had to be invited and then prove your worth."

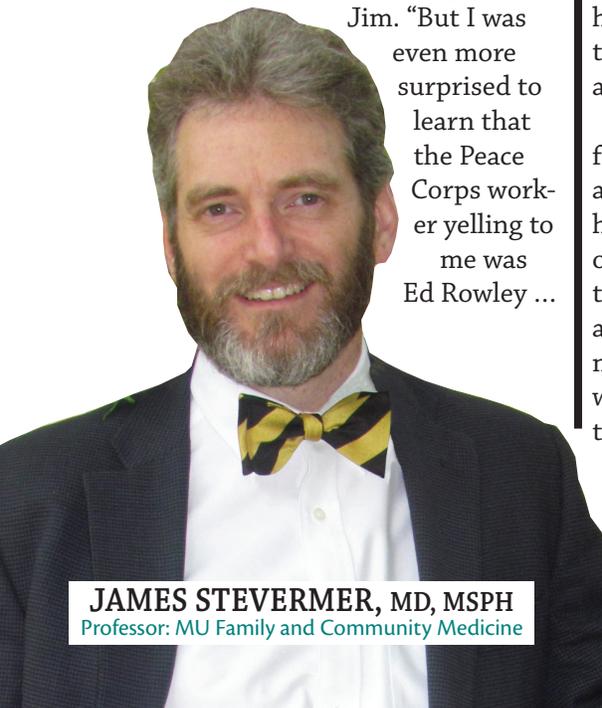
Swazi warriors wore kilts made of patterned cloth that were slit to the waist and tied on the right. They hung a piece of animal loinskin over the kilt, front and back, and they carried a spear in one hand and a shield in the other. Early every morning, before he went to teach at the high school, '**JABULANI**' was summoned to march and sing with the other Swazi warriors.

"We performed at social functions, and sometimes we'd march with the real army," he says. "Every year we danced at the Incwala, Swaziland's most important cultural event that's all about celebrating kingship."

Experiencing Swaziland was meaningful and life-changing for Jim and his wife. A few years ago, they returned for a visit with their daughter, Fern Lindiwe – excited to introduce her to the Swazi people, culture, and unique way of life. Even before she arrived, Fern felt a connection to the country.

"Our daughter's name has an interesting story," Jim says. "Judy did forestry work in Swaziland, so she chose the name Fern. I picked her middle name, Lindiwe, which in Swazi means *the one waited for*."

Fern, who starts college this fall, is proud of her name and the special way it connects her to her parents and their Swaziland experience.



JAMES STEVERMER, MD, MSPH
Professor: MU Family and Community Medicine

SMALL TOWN FAMILY DOCTOR:
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CHAIR'S MESSAGE

FACULTY FOCUS

AS usual, it is great to hear from so many of our resident and fellow grads and be reminded about how they have touched the lives of people around the world. This year we graduated our 400th resident. Twelve fine, well trained young physicians leave here to have an impact untold. What a joy for us here in Columbia!

Frederick Buechner wrote:

Humanity is like an enormous spider web, so that if you touch it anywhere, you set the whole thing trembling ... As we move around this world and as we act with kindness, perhaps, or with indifference, or with hostility, toward the people we meet, we too are setting the great spider web a-tremble. The life that I touch for good or ill will touch another life, and that in turn another, until who knows where the trembling stops or in what far place and time my touch will be felt. Our lives are linked together. No one is an island.

This has been a challenging year as we strive to balance our missions of patient care, teaching, and scholarship. While we talk of mission based budgeting, our missions are necessarily interconnected. We cannot train residents without providing exemplary care. We shouldn't do research on problems unimportant to our patients and society. We would be remiss to teach only those students going into family medicine without being concerned with the holistic development of all physicians. While it's hard to implement a mission without a margin, a margin without a mission is without purpose or meaning.

We forge ahead with great promise as the following pages will reveal. We do this together – clinician, teacher, scholar – both alone and together: *setting the great spider web a-tremble.*



STEVEN C. ZWEIG, MD, MSPH
PAUL REVARE FAMILY ENDOWED
PROFESSOR AND CHAIR

WELCOME — — —

KARLA WASHINGTON, PhD, LCSW, joined the faculty and is an assistant professor here at MU Family and Community Medicine. A healthcare researcher, Dr. Washington has a long-standing connection with the University of Missouri. She earned her master's degree and PhD from MU's School of Social Work. MU Family and Community Medicine Professor Dr. Debra Oliver, PhD, MSW, chaired Dr. Washington's dissertation committee.



Since completing her doctoral degree in 2009, Dr. Washington has served on faculty at University of Louisville Raymond A. Kent School of Social Work, where most of her work – publications, presentations, and funded projects – has focused on hospice and palliative care. She also taught graduate-level courses in the Kent School of Social Work.

Dr. Washington has a passion for research that makes a difference in the lives of patients and families living with advanced illness, and she looks forward to further pursuing this passion with physicians and researchers at MU.

CONGRATULATIONS — — —

UNIVERSITY OF MISSOURI was recently honored by the American Academy of Family Physicians (AAFP) for contributing to the pipeline of family physicians. MU was one of 12 medical schools to receive the **2013 AAFP Top Ten Award**.

Every year at the Society of Teachers of Family Medicine (STFM) spring conference, AAFP recognizes schools that – during a consecutive three-year period – graduated the greatest percentage of students who chose family medicine residency positions. On average, 15.4 percent of MU's medical school graduates are deciding to pursue family medicine training.



PHOTO (L-R): Steve Zweig, MD, MU Family Medicine Chair; Jeffrey Cain, MD, AAFP President; and Betsy Garrett, MD, MU Family Medicine Professor and Director of Medical Student Education.

DAVID AND DEBRA OLIVER are the first non-healthcare providers to be named honorary members of the American Academy of Hospice and Palliative Medicine (AAHPM). David, retired professor and former assistant director of MU's Interdisciplinary Center on Aging, and his wife, Debra, a researcher and MU Family and Community Medicine professor, were recognized for their numerous and significant contributions to the field of hospice and palliative care.



In 2011, the couple learned that David had stage 4 nasopharyngeal cancer, which had spread to his lymph nodes and metastasized to his bones. Since then, David and Debra have turned their experiences with David's cancer into teachable moments. The couple has helped medical students learn how to deliver bad news, and they've taught patients and families about the challenges they might face during chemotherapy.

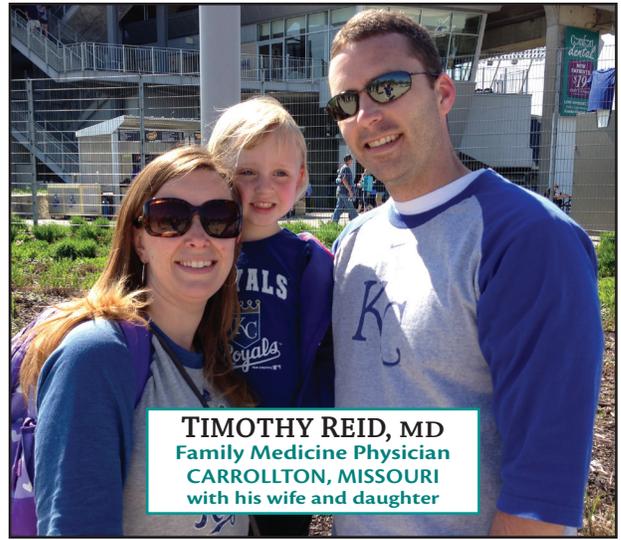
David and Debra were invited to deliver one of the keynote addresses at the AAHPM annual assembly held earlier this year in New Orleans. Steve Smith, executive director of AAHPM, attended their presentation, *Our Exit Strategy: Denying Death Its Strangeness*, and in a letter he wrote to David and Debra, he said this:

"Telling the story about your cancer journey as a patient and a caregiver to the professional physicians and nurses at our annual conference really resonated and touched the hearts of our 2,500 attendees in ways I don't think they had expected. Thank you for being a true inspiration to those with a serious illness ... we are very grateful for your personal contributions to our field."

To see their teaching videos and more, go to *David's Cancer Videoblog* at: <http://dbocancerjourney.blogspot.com>

PRECEPTOR PRAISE

TIMOTHY REID, MD, a 2005 MU School of Medicine graduate, stayed at MU for family medicine residency training, and then moved to Illinois to complete a one-year sports medicine fellowship at SIU-Carbondale. After that, he moved back home to Carrollton, a rural community of 3,800 located in northwest Missouri, to practice family medicine. Dr. Reid decided soon after opening Reid Medical Clinic that he wanted to teach medical students about being a small town family physician. Students who have worked alongside Dr. Reid consider him an excellent teacher and physician.



TIMOTHY REID, MD
Family Medicine Physician
CARROLLTON, MISSOURI
with his wife and daughter

Why medicine ... why family medicine?

TR: Growing up, my dream was to continue the family farm with my dad, but I was diagnosed with asthma at age 5. My main trigger to this day is grain dust, so I had to change my plans. I told my dad that I would either be a doctor or a New York city cab driver ... I think he and my family are happy I chose medicine.

I chose family medicine for several reasons. Sports medicine is my true love, and it offered me an avenue there. I am easily bored with repetition, and I knew that the breadth and depth of family medicine would keep me continually challenged. Finally, while in med school, it seemed to me that family medicine residents genuinely enjoyed their specialty; other residents seemed miserable.

Why University of Missouri for training?

TR: Mizzou was always my dream school, and I was fortunate to be selected for the Conley Scholars program for medical school. It seemed fate that Mizzou had such a strong Family Medicine Residency, and I had great experiences with several attendings as a med student. I couldn't pass up the chance to work with – and soak up knowledge from – people like Drs. LeFevre, Zweig, Kinderknecht, Wen, Craig, Schoephoerster, and Beckmann.

Why sports medicine fellowship?

TR: Sports medicine emphasizes physical exam skills and gives me the opportunity to work with motivated patients who want to get better. Plus, it's great to watch sporting events for free:)

Why Carrollton?

TR: Carrollton is my hometown, and I always planned to return home. My in-laws and most of my family still live in the Carrollton area. Today, as the town's doctor, I am able to give back to the community that gave so much to me when I was growing up.

Describe your practice and patient population?

TR: We are a rural health clinic, owned by nearby Carroll County Memorial Hospital.

Our office staff includes a receptionist, two billers, two nurses, and a nurse practitioner. Katie, one of my nurses, is also my baby sister and keeps me on task:)

I do outpatient, inpatient, nursing home, and ER work. We see patients 'from birth to death,' but do not do prenatal or obstetric care because our hospital does not provide obstetric services.

When and why did you begin precepting?

TR: I began precepting in 2009, and we usually have 2-4 students per year from either Mizzou or UMKC.

Describe the doctor-student relationship?

TR: I enjoy teaching students because it allows me to give back some of the knowledge I've gained as a learner and a doctor. Also, answering their questions challenges me and makes me a better physician. I think I learn more from them than they do from me!

Rewards of life as a family physician?

TR: The most rewarding part of my job is when I truly help someone, whether that be making a diagnosis or just listening. I also love watching the children in my practice grow and helping my elderly patients make end-of-life decisions.

Challenges of life as a family physician?

TR: The most difficult part of my job is balancing family and work. My wife, Gina, and daughter, Gwen, are the most patient and loving people I know. I couldn't do this without them

What makes you want to come to work every day?

TR: I look forward to work because of the opportunities I have to help people. And my staff always makes me laugh.

What about life outside of family medicine?

TR: My wife, Gina, and I have a daughter, Gwen (3.5), with another child on its way ... Gina is 20 weeks pregnant. We also have two dogs, Slugger and Shadow.

I like to jog, lift weights, collect comics, and find quiet time with family. We love to travel and especially enjoy our vacations!

— — ALUMNI UPDATES — —

MARK FRETHER ('94 RES) passed away in April at his home in Lakeside, Arizona, following a brief illness. Dr. Freter, who practiced emergency medicine, enjoyed his work, his co-workers, and especially his patients. He is survived by his wife, DeAnne, whom he met and married in Arizona in 2006, children Seth and Sage of Yakima, WA, and DeAnne's daughters and grandchildren.

JERRY KRUSE ('82 RES; '84 FEL) has been named executive associate dean and chief executive officer of SIU HealthCare of Southern Illinois University School of Medicine. Dr. Kruse, who joined SIU in 1984, served as professor and department chair of Family and Community Medicine from 1987 through March 2013. In his new role, he will maintain his family medicine practice in Quincy.

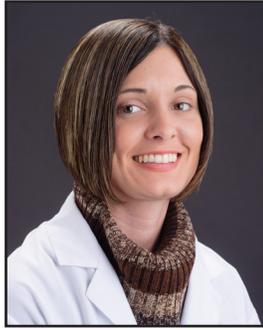
CONGRATULATIONS TO OUR RESIDENCY GRADUATES

CLASS OF 2013



Nikki Albin, MD

Nikki will be practicing outpatient medicine at Capital Region Medical Center, Jefferson City. She and husband Ben have a daughter, Lizzie, and are expecting a second daughter in July.



Brandy Beard, MD

Brandy will be practicing outpatient family medicine at Carle Physician Group-Monticello. A rural central Illinois community, Monticello has a population of approximately 5,300.



Cathy Cody, MD

Cathy will be practicing at Centralia Family Health Clinic, located just 25 miles northeast of Columbia. This clinic is part of BJC Healthcare, a large non-profit healthcare organization.



WELCOME
NEW FACULTY MEMBER

Kathryn Hayes, MD

Kathryn is joining our faculty and will be practicing at Keene Clinic. She and Timothy, her husband who is doing a rheumatology fellowship at MU, have a year-old son, Isaiah.



Justin Holschbach, MD

Justin is moving to Bloomington, IL, to join OSF St. Joseph Medical Center. He will be practicing family medicine in both inpatient and outpatient settings.



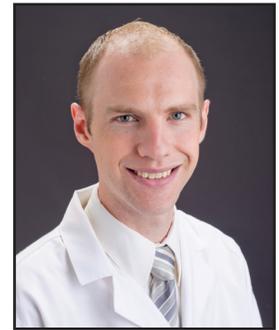
Stephanie Huhn, DO

Stephanie will be practicing family medicine and teaching residents at Capital Region, Jefferson City. She and husband Nathan have two children, Joseph (6) and Eleanor (4).



Amanda Lewton, MD

Amanda is joining Mercy Joplin and will be practicing at a clinic in Neosho, MO. She and husband Cliff had their first child, Seth, last winter. They are happy to be moving closer to family.



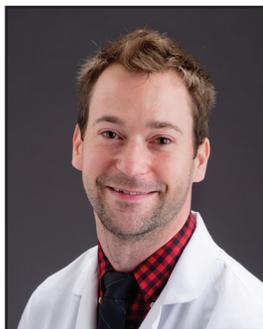
Royce Moore, MD

Royce will be doing a sports medicine fellowship at the University of Kentucky-Lexington. He, his wife Melanie, daughter Maylie, and son Rustin are excited about this new adventure.



Afsheen Patel, MD

Afsheen plans to start practicing family medicine at Jefferson City Medical Group, Jefferson City, this fall. She and her husband, Syed, have a wonderful infant son, Yusuf.



Cole Scherder, MD

Cole will be working in New Zealand starting in September. His plan is to return to his hometown, Bowling Green, MO, in fall of 2014 to practice family medicine.



Justin Terrell, MD

Justin is staying in town and will be practicing outpatient medicine at Columbia Family Medical Group. He and his wife, Kimberly, are expecting their first child, a son, in October.



Aaron Whiting, MD

Aaron will be working six weeks for Cox Urgent Care, Springfield, MO. After that, he and his wife, Rebecca, will travel to New Zealand, where he will practice family medicine in Otautau.

A NEW CLASS OF FAMILY MEDICINE RESIDENTS

WE ARE PLEASED TO PRESENT OUR FIRST-YEAR AND INTEGRATED RESIDENTS

RESIDENTS

PICTURED LEFT TO RIGHT

MEDICAL SCHOOL

ROW 1	Scott Bartkoski, MD	University of Missouri
	Joshua Billington, MD	Southern Illinois University
	Megan Cates, DO	Oklahoma State University
	Amelia Frank, MD	Southern Illinois University
ROW 2	Kendal Geno, MD	University of Missouri
	Adam Harrold, MD	University of Missouri
	Anna Hulbert, MD	University of Nebraska
	Candy Lincoln, MD	University of Arkansas
ROW 3	Alicia Ludden, MD	University of Missouri
	Rick Manhas, MD	Ross University
	Andrew Patel, MD	University of Missouri
	Andrew Valleroy, MD	University of Missouri



INTEGRATED RESIDENTS:

PICTURED LEFT TO RIGHT

John Cummins	MU Fourth-Year Medical Student
Chase Ellingsworth	MU Fourth-Year Medical Student
Erin Pearson	MU Fourth-Year Medical Student
Andrea Schuster	MU Fourth-Year Medical Student



WELCOME RUBAB KHALIL, MD: OUR NEW GERIATRIC MEDICINE FELLOW
MEDICAL SCHOOL: Fatima Jinnah Medical College: Lahore, Pakistan **FAMILY MEDICINE RESIDENCY:** The Medical Center: Columbus, GA

CONGRATULATIONS TO OUR FELLOWSHIP GRADUATES

— CLASS OF 2013 —



WELCOME
NEW FACULTY MEMBER!

Luke Stephens, MD, MSPH RESEARCH

Luke is joining our faculty and will be seeing patients at Callaway Physicians and providing locum coverage to our other family medicine clinics. He and his wife, Amanda, an OB/GYN resident, have two children, Isabelle (3) and Isaac (1).



Casey Williams, MD, MSPH RESEARCH

Casey is staying at MU to do another year of fellowship training. In addition to seeing patients at Smiley Lane Clinic, he will be continuing his research on fitness apps for college students and his collaborations with the School of Journalism.



Sheri Bethmann, DO GERIATRIC MEDICINE

Sheri, husband Cory ('11 RES), and son Oliver are moving to Springfield, MO. Sheri will be practicing at a Mercy family medicine clinic and hopes to build an outpatient palliative care program. Cory will practice at a Cox family medicine clinic.



WELCOME
NEW FACULTY MEMBER!

Karli Urban, MD GERIATRIC MEDICINE

Karli is joining our faculty and will be practicing at Green Meadows clinic and also working with the geriatric consult service and ACE team at University Hospital. She, husband Michael, and daughter Elise, are glad to be staying in Columbia.

“Enjoy your family. Enjoy your patients. Don’t let the turkeys get you down.”

DOUG BRADLEY, MD
RESIDENCY CLASS OF 1983



Doug Bradley Family

DR. BRADLEY: “I continue to practice family medicine in my hometown of Belton, MO. After 29 years in the same location, we moved to a new building on the hospital campus. It’s a nice change in the twilight of my medical career. I do about .75 time in primary care and .25 time in

a leadership position with our regional HCA physician group, and I perform chief medical officer duties for Belton Regional Medical Center. After 28 years, I stopped hospital practice in 2011, seems I was the last of an apparently dying breed. I’ve decided to take a one-month sabbatical this summer as a gift to myself for completing 30 years in primary care. My wife and I are planning a trip out east to see our daughter and other areas of interest during this time. I have more things to do after that, but I don’t think one month will be enough time to get them all done.

My spouse, Charlotte, teaches first grade. We travel when we can and enjoy working in our yard. Our son, Matthew (30), born in Columbia, works for Cerner Corporation, Kansas City. Our daughter, Sarah (28), a 2011 grad of MU’s med school, just finished her 2nd year of OB residency in Asheville, NC. Life is good; looking forward to retirement in some form over the next few years.”

“Family medicine is fun. Never give up on it or your patients, in spite of the healthcare challenges our country faces.”



Joyce Floyd and her late husband, Jack Fischer

JOYCE FLOYD, MD
RESIDENCY CLASS OF 1983

DR. FLOYD: “I moved to California to practice with a multispecialty group in San Jose in 1986. After 15 years, I was invited by MU alum Patty McGann (’80 RES; ’88 FEL) to join Palo Alto Medical Foundation (PAMF), a large multispecialty health organization. I continue to work for PAMF, doing outpatient family medicine 75 percent time at its Los Altos clinic. My patients are all ages, and I do in-office obstetrics but don’t deliver babies.

I have three children: Molly (26) graduated from Yale and is a writer in New York; John (23) attends Sonoma State University in Rohnert Park, CA, and Joey (17) is a senior in high school. My husband of 27 years, Jack Fischer, passed away in February after a two-year battle with cancer. He was an investigative reporter and my college sweetheart. His death has been overwhelming for me. I feel blessed to have my children, my practice, my patients.”

“Use your excellent training to follow your passion and improve the lives of your patients and communities. Having family medicine skills is an amazing gift as well as a responsibility. Don’t be afraid to jump in and work hard for things you care about deeply. It’s a cliché but I think it’s true: ‘Nothing worth having comes easy.’ Many nights when my head has hit the pillow, exhausted, I’d think about everything I had to do and wonder how I was going to get it all done. But the next day, I always found something in my interactions with patients or colleagues that reminded me of what a privilege it is to do what I do. Steve and I have been able to coordinate our work lives so that we could spend valuable time with each other, our two sons, our aging parents, and our siblings and their families. You can do it, too!”

SUSAN EVEN, MD
RESIDENCY CLASS OF 1983

DR. EVEN: “I’m still a physician administrator at the MU Student Health Center where I work with a fabulous team of professionals who have helped create an integrated health program and delivery system that strives to meet the changing health needs of students. What I’ve learned from my medical, mental health, and health education colleagues has truly enhanced my family medicine training. Recently we’ve taken steps to make our center a welcoming place for transgender students. Soon we’ll go live with electronic medical records. Nationally I work on immunization and TB policy issues.

Last August, my husband, Steve Zweig (’82 RES), and I had a dinner with Betsy Garrett (’82 RES) that changed our lives! We met her friend Jane who was trying to sell her house, a log cabin home surrounded by gardens and a stocked lake. Within two days we decided to move from our oft-renovated comfy home of 28 years, to the country, in a setting that lets us see the sunrise and sunset and still be only 10 minutes from town. This winter we snowshoed, snowplowed, birdwatched, and hosted friends for the TrueFalse Film Festival. We’ve discovered a myriad of spring flowers, nesting birds, and waterfowl. Hard to leave for work some mornings! We’re looking forward to a summer filled with gardening, fishing, and hanging out with friends and family. Alex is nearby, beginning his M-4 year at MU, and Ben, a film editor in the Bay area, visits often. We’d love to have you come by ... give us a call!”



Susan Even, Steve Zweig, sons, and dog



Janet Groff (right) and partner, Susan

“Never forget why you chose this career. And more importantly, never forget that family – however you define it – comes before medicine.”

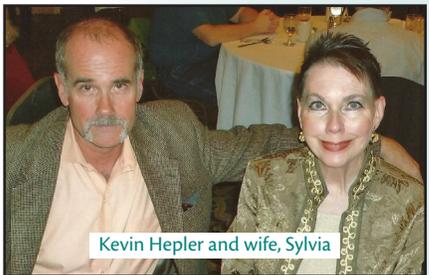
JANET GROFF, MD, PhD
RESIDENCY CLASS OF 1983

DR. GROFF: “After becoming board certified in general

preventive medicine/public health and then completing a PhD in 1997, I was able to do clinical research with minority and underserved populations. My goal was to study health behaviors, specifically prenatal smoking cessation and domestic violence, in these populations.

In 2005, Susan, my life partner of 24 years, and I moved to Tucson, AZ, because of its physical environment. It was Susan’s turn to choose. Now I’m consulting on research design and grant writing for academic institutions (no drug companies for me), and I am enjoying semi-retirement at the base of a 9000 foot mountain.”

“You are only continuing life’s journey when you finish residency. Whatever you envision as your future now is only marginally going to happen that way.”



Kevin Hepler and wife, Sylvia

KEVIN HEPLER, MD, MBA
RESIDENCY CLASS OF 1983

DR. HEPLER: “The *Cruel and Unusual Punishment Clause* of the Eighth Amendment to the US Constitution provides that prisoners cannot be deprived of healthcare. I am taking that very seriously since I became

medical director, State Correctional Institution-Camp Hill for Wexford Health Sources in January 2013. Working with three other physicians, six mid-level providers, and four administrative staff, I am responsible for all healthcare services at this intake point for every male offender entering Pennsylvania’s state prison system.

Camp Hill admits 1,000 new intakes per month in a classification process that can take several weeks to several months for each inmate; this process is used as a model by other states and countries. Camp Hill, one of PA’s 27 state correctional facilities, houses a daily population of 3,600 inmates and includes a 25-bed inpatient infirmary. The prison population in PA’s correctional facilities totals 48,000 inmates.

This job makes use of my experience as medical director for PA’s statewide children and youth office (a role that included juvenile justice services), as well as the knowledge of utilization management I gleaned by working within public and private health insurance programs. But above all, I am able to use the clinical skills I learned during my residency training at Mizzou. I continue my lifelong interest in many other topics ... more on Facebook and LinkedIn, just search for Kevin Michael Hepler or kmhepler.”

“Family medicine has been the most rewarding field I can imagine. I enjoy the variety and challenges it provides. I encourage you to pursue your passion and hope you will be as fulfilled as I have been.”

KENT GRIFFITH, MD
RESIDENCY CLASS OF 1983

DR. GRIFFITH: “For the past 30

years, I’ve been part of the same independent family medicine group – Regional Primary Care – in Cape Girardeau, MO.

I have been blessed with a wonderful wife, Debbie, and two sons, Chris (25) and Matt (20). Both boys are pursuing careers in the medical field. We enjoy outdoor activities and especially like to golf, hunt, and fish.”



Kent Griffith Family

“Remain open to new ideas and potential career paths, whether or not they’re within the world of medicine.”

Group medical visits, concierge medicine, motivational interviewing, health coaching, ACOs, and PCMHs were unheard of when I finished residency in 1983. It wasn’t until a couple years after I started practicing that Medicare established a physician fee schedule and required providers to file claims for patients! I didn’t have my first office computer until 1994 or a cell phone until a few years after that. Now I can access my patients’ medical records on a smart phone while mountain biking on a secluded trail. If the world can change that much during my career, it could change even more dramatically during yours. Change may bring some frustrations, but if allowed, it can also include excitement and unimagined possibilities!”

STUART SEALE, MD
RESIDENCY CLASS OF 1983

DR. SEALE: “After finishing residency, I started a solo family practice in Springfield, MO, and remained independent until I made a career change 21 years later.

In 2005, I joined a non-profit organization with interest in lifestyle medicine. I began treating, and in many cases reversing, chronic disease by helping patients make positive lifestyle changes in areas of nutrition, exercise, and stress management. I’ve co-authored two books, *The 30-Day Diabetes Miracle*, and a New York Times and Wall Street Journal best-seller, *The Full Plate Diet*. My latest initiative was opening a weight loss clinic in Phoenix, Renovo Clinic, which offers treatments that use behavior-change and health-coaching methods within group medical visits. In addition to being vice president and chief medical officer for Ardmore Institute of Health, I have a small, private, concierge mobile medical practice in Sedona, AZ.

Since 2006, I’ve lived in Sedona with my wife, Sandra. We have five kids and two grandkids, spread out between Washington DC, Branson, Denver, Salt Lake City, and Nagoya, Japan.”



Stuart Seale

“Do your best for your patients. A vast majority of the time, if you are genuine with patients and listen to them, everyone benefits. A surgeon friend once commented to me about the number of horses in the world being disparate with the number of horses’ asses. Remember that you’re responsible for your effort – not their response. And if you need advice on how to examine a small child’s ears, I’ll be happy to give you some pointers. God bless!”

GREG THOMAS, MD
RESIDENCY CLASS OF 1983

DR. THOMAS: “After 30 years in practice, two in the National Health Service Corp and 28 in private practice, I continue to work full-time at Keizer Family Physicians. Located near Salem, OR, our clinic is part of the WVP Medical Group.

I’ve enjoyed the vast majority of my patients over the past three decades and appreciate that I’ve been able to care for four and five generations within some families. One would think that after I killed off a couple generations, the rest of the family would have wised up! No, the family name is not Lemming.

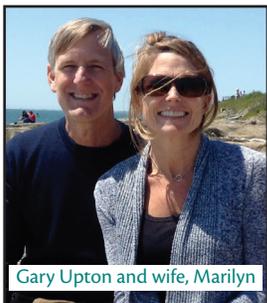
I’ve never enjoyed the paperwork, and EMR has made it much worse, cutting my efficiency by nearly 40 percent. I was trained as a physician, not a stenographer. Consequently when I started EMR, I typed very slowly and made a lot of mistakes. These days, I make the same number of typos, but I make them a lot faster.

On a more serious note, I’ve had many opportunities to share in my patients’ burdens, often praying for (sometimes with) them, and I’ve always wanted a venue by which I might give them encouragement beyond this life. After all, no one with MD after his name ever really saved someone’s life. In the end, the best we can do is hope to make the lives we touch better, longer, and healthier. Consequently, I’ve written a short book that I may try to publish someday. My hope is that many of my patients will want to read it. I’m pretty sure they’ll like the humor. The title might be, *Heaven: The Specter of Eternity and the Threat of Boredom*.

My wife, Heidi, also a physician, and I have five children ... four sons and a daughter.”



Greg Thomas Family



Gary Upton and wife, Marilyn

“Practically speaking, remove yourself from debt as soon as you can. With regards to medicine, stay current with your reading and be a lifelong learner.”

GARY UPTON, DO
RESIDENCY CLASS OF 1993

DR. UPTON: “After residency, I joined a family medicine group in Columbia, where I worked for 10 years, and since 2003, I’ve practiced full-time at MU’s Student Health Center.

Marilyn and I have been married 29 years. We love to travel, listen to live music, cook, and country dance. We have two children: Alex is a sophomore at Belmont University, Nashville, and Elizabeth, a junior, will be in France this year as a Rotary exchange student. We hope to get a garden established on our small farm outside of Columbia soon.”

“ 1: Listen to your patients, they often have the answers. Don’t assume that because they aren’t following your advice they don’t care about their health. Trust and patience can make a big difference. Try to learn about the challenges in their lives and make sure they understand your instructions.



Anita Holtz and daughters

2: Read the chart. When patients are seeing multiple providers, it can sometimes seem like that old game of telephone, where the information keeps getting altered slightly as it travels between providers. Make sure that if the cardiologist decreases the lisinopril to 5 mg that he truly realizes the patient was previously taking 20 mg, rather than assuming he is just starting the drug.”

ANITA HOLTZ, MD
RESIDENCY CLASS OF 1993

DR. HOLTZ: “I’ve spent most of the past 20 years working for the Indian Health Service, first on the Navajo reservation, and for the last six years I’ve been the only full-time provider at San Felipe Pueblo. It is a challenging, wonderful job, and I am blessed to always be learning from my patients.

I have two daughters, Audre who just graduated from high school and plans to pursue a career in photography, and Kendra, who will be a freshman next year. My wife, Gwen Lachelt (legally married in Canada), and my two step-sons live in Durango, CO, where Gwen has spent many years working to help communities impacted by oil and gas drilling. She now serves as a county commissioner there. In my spare time, I enjoy trying to coax life out of the desert in my garden, exploring the Southwest canyon country, photography, and spending time with my family.”

NEVILLE DAVIS, MD
ANN HOSMER, MD
RESIDENCY CLASS OF 1993

DR. DAVIS: “I continue to work for the Indian Health Service, traveling to New Mexico several times a year to provide full-service, high level care at the Crownpoint Health Care Facility. I also do locum tenens for MU’s Urgent Care clinic.”

DR. HOSMER: “I work for St. Mary’s Health Center, Jefferson City, and see patients at its clinics in Jefferson City and Belle.

My favorite work is the three-day mission trip I take to Mexico. This trip is organized by a local Catholic organization.”

“I still marvel that in my late teens, I somehow guessed that I wanted to be a physician and guessed right. I also picked the perfect specialty for me – one that focuses first and foremost on relationships. When I ask medical students, ‘What will you specialize in?’ many give answers about lifestyle, income, and disease conditions; that saddens me because those motives won’t sustain them through their careers. I love what I do because I love to help people (patients, residents, faculty) lead healthy and fulfilling lives. In the day-to-day activities of work, we sometimes forget that our role is to serve patients the best we can in the realities that they live. We can’t fix a lot of things (when we do it’s awesome!), but we can show compassion and caring.

So my advice to you is to look for inspiration in your patients and gain meaning from the stories in their lives, while leading your own lives. Also, it’s important to set aside time (actually set aside time) to reflect on your work and careers, and let your decisions be guided by these reflections.”

PAT ADAM, MD, MSPH
RESIDENCY CLASS OF 1993

DR. ADAM: “I’ve been program director of the University of Minnesota Family Medicine Program – Smileys for four years. Shaping the identity of our primary care residency in an institution that values quaternary care above most has been a challenge, but at the same time, it’s been extremely rewarding to see the increased understanding of and appreciation for family medicine and the critical role it will play in the future. I feel privileged to be part of developing and teaching the new models of care. I love seeing our residents mature into excellent family docs and our faculty achieve their professional and personal goals. What I bring to our program is experience and leadership, and I count on the residents and faculty for innovation, energy, and passion. I continue to practice full spectrum family medicine (not quite sure how to fit it all in!) and find the most joy in clinic and the relationships I have nurtured with my patients.

Michael Stiffman (my residency partner) and I have been married 19 years and together have three teenage boys, Alex, George, and Sam. Michael and I love movies, travel, and dancing. Currently our passion is Argentine Tango. Four years ago we took a sabbatical to Buenos Aires and combined it with travel all over South and Central America. Total fun!”



Michael Stiffman, Pat Adam, and sons

“Love your patients, but be willing to let go of the need to be the sole support for them. Don’t let the never-ending changes in practice stress you out. They are secondary to caring for your patients and not that difficult if you keep perspective. Make time for yourself and your family. And ... the best thing I ever did was marry my residency partner. Consider it!”

MICHAEL STIFFMAN, MD, MSPH
RESIDENCY CLASS OF 1993

DR. STIFFMAN: “Since giving up OB care about five years ago, I now practice outpatient-only family medicine in St Paul, MN. Fun and interesting twists in my professional life include: working once/week in an infectious disease clinic taking care of 80+ HIV-positive patients and serving as ‘camp doc’ for the ID specialists; co-teaching – with the head of a local cooking school – a series of community-based cooking/nutrition classes for my medical group (about 100 people/class); and leading group medical visits quarterly for my diabetes patients. I love my patients, enjoy my work, and feel like I have successfully shaped my practice in a way that reflects my true passions and interests.”

“Congratulations! Our healthcare system has a strong need for well-trained family physicians, and no doubt Mizzou has prepared you well. As a colleague once said, ‘We are the only specialty that distributes itself like the population. We are broad enough in our perspective that we can have many roles in many settings, and we can modify our careers over time as personal interests and needs change.’ Best wishes to you in your careers.”

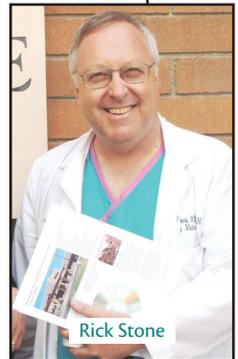
RICK STONE, MD, MPH
RESIDENCY CLASS OF 1993

DR. STONE: “After residency, I practiced in Northern Virginia, then went to East Tennessee State University (ETSU) to complete a one-year rural fellowship (that does not emphasize OB). I was on faculty at ETSU’s Kingsport Residency three years and then worked five years at MU’s rural clinic in Fulton.

Since 2005, I’ve been on faculty at Phoenix Baptist Hospital doing full spectrum family medicine. We follow our own patients in the ICU, and our OB service is busy. In 2007-08, I did the Tacoma Family Medicine Rural Fellowship, which does emphasize high-risk OB, and this has been extremely helpful to our practice. Our incredibly diverse patient population keeps the translator phone active. Arabic? Check. Swahili? No prob. Russian? Coming right up. Karen? Korean? No, Karen. Got it.

I have an abiding interest in rural medicine. We now offer electives on the Hopi Reservation and in Nogales along the Mexican border. I teach *Prevention in Geriatrics* to third year medical students at the University of Arizona, Phoenix. We have close working relationships with two osteopathic schools, AT Still, Mesa, and Midwestern University, Glendale.

In my free time, I like to travel. Terri and I divorced in 2009, so now it is just Toby, my eight-year-old cairn terrier, and I baching it.”



Rick Stone



Brent Allmon Family

“I recommend that you learn as many procedures as you can, and be proficient at them. Performing procedures is a nice service that can be profitable for you and convenient for your patients (and less expensive than going to a specialist). Take CME courses to keep your skills up to date. Also, become the most knowledgeable coder in your practice. (Thank you, Dr. Fitzsimmons and Dr. Beckmann!)”

BRENT ALLMON, MD
RESIDENCY CLASS OF 2003

DR. ALLMON: “I am part of a large multispecialty group but work in an office with three other family physicians and practice full scope outpatient family medicine in the northern outskirts of Houston (Woodlands, TX). My patient panel is about 2,800 patients, ranging from age 0 to 103. I stopped rounding at the hospital in 2010, mostly because of the push from hospitals to use hospitalists. I particularly enjoy performing procedures such as joint injections, skin procedures, and cosmetic procedures.

My wife, Shannon, and I will celebrate our 14th anniversary this year. We have boy/girl twins, Charlie and Kate (5), and we had our third child, David, in April. I play the saxophone at church every Sunday, and I still enjoy woodworking and hunting, as well as spending time with my family.”



Chris Farmer Family

“Make sure you find time to spend with your family and activities outside of work. When looking back, no one ever says, ‘I wish I had worked more.’ Finding a healthy balance between practicing medicine and enjoying time away from work is essential.”

CHRIS FARMER, MD, MSPH
RESIDENCY CLASS OF 2003

DR. FARMER: “After residency, I completed a sports medicine fellowship at MU, then spent five years in southwest Missouri. While in Springfield, I practiced at St. John’s Mercy, and I also worked with Missouri State University

and the Springfield Cardinals. I came back to Columbia in 2010 and joined Columbia Orthopaedic Group. My practice involves sports medicine and clinical orthopedics, but I still do some primary care with athletes from MU and other colleges in mid-Missouri.

My wife, Christi, and I have three kids ages 6, 8, and 10.”

“As you choose your career, find something that you enjoy and will keep you happy. Strive to achieve work/life balance!”

DALE KORN, MD
RESIDENCY CLASS OF 2003

DR. KORN: “I work in the emergency room at General Leonard Wood Army Community Hospital, in Waynesville, MO.

My wife, Linda, a veterinarian, and I have two children, Liam (15) and Elise (13), who are home schooled. We live in Lebanon, a small town of 14,500 in south central Missouri.”



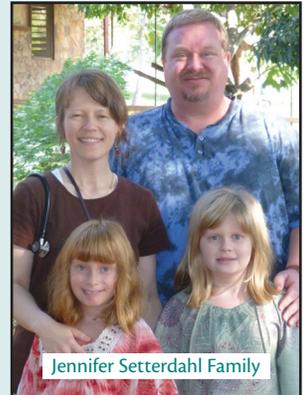
Dale Korn Family

“The words I live by: ‘I beseech you, therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.’ ROMANS 12:1-2”

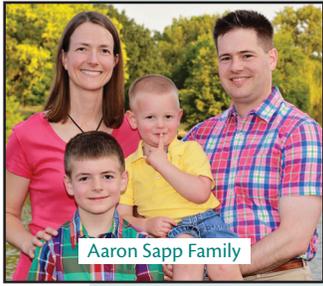
JENNIFER SETTERDAHL, MD
RESIDENCY CLASS OF 2003

DR. SETTERDAHL: “After residency, I went to Rushville, IL, where I had a solo practice three years. In 2006, I joined a large multispecialty group, Quincy Medical Group, and began practicing in Mt. Sterling, a rural clinic not far from our home. I’m thankful I made that move then because the writing was on the wall about the healthcare changes that were coming. I did OB until my youngest child was born and did inpatient hospital care until both of my children were in school. I continue to work in Mt. Sterling and feel fortunate to have a busy/challenging rural practice.

God has truly blessed me with a very patient husband and two beautiful girls: Olivia (9) and Emma (7). Last November, we went on a mission trip to Togo, West Africa, where we served one month at Hopital Baptiste Biblique. It was the most amazing thing I’ve ever done, and I hope to take another trip this year. We are waiting to hear if we have a calling to serve there for longer periods of time.”



Jennifer Setterdahl Family



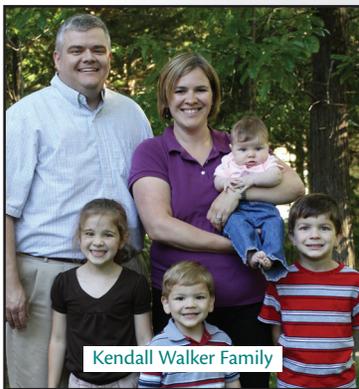
Aaron Sapp Family

“The beauty of family medicine is that it doesn’t just mean one thing. Use that flexibility to find a practice that suits your personality.”

**AARON SAPP, MD, MBA
RESIDENCY CLASS OF 2003**

DR. SAPP: “After residency I worked 8.5 years for student health services at Oklahoma State University. While there, I earned an MBA and served on several research compliance committees, including the Biosafety Committee and Institutional Review Board. I also provided sideline coverage for the Cowgirl soccer team. Last summer, I returned to Columbia and joined the staff at Mizzou’s Student Health Center.

In addition to Kellen (born during my third year of residency), LeAnn, my wife, and I have Andrew (3), who is as big a Truman fan as you will find. We love to play games with friends and family and spend time outdoors with the boys.”



Kendall Walker Family

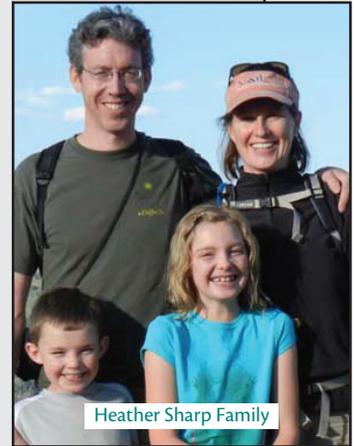
“Look for the good in each patient, each opportunity, each challenge. Remember that in our rapidly changing healthcare arena, all physicians face challenges or crises in their careers. Set manageable expectations for your patients and their medical conditions. Help them understand that not every condition is curable and that much of what we do in medicine is about managing problems. Know that

some patients may never be as healthy as they would like to be. Set boundaries with patients, and don’t be afraid to say ‘no.’ Even though your ‘no’ answer may disappoint some people, in the end you’ll be much happier for knowing your limits and remaining committed to them.”

**KENDALL WALKER, MD
RESIDENCY CLASS OF 2003**

DR. WALKER: “I’ve worked at Shoal Creek Family Medicine and Allergy in Liberty, MO, north of Kansas City, since completing residency. The practice includes two other family physicians and three nurse practitioners. I see patients from all age groups, in the office and at Liberty Hospital. Additionally, I care for about 80 patients, most with mental illness, at a local assisted living center. Our practice was recently acquired by a regional health system. Going from an owner/manager to an employee has changed parts of my job, but thus far I’m enjoying my new-found time for patient care. In the past 10 years, I’ve helped with merging two practices, building a new office facility, adopting an electronic health record, certifying for meaningful use with that EMR, and obtaining level 3 PCMH status for the practice.

My wife, Michelle, and I enjoy time with our four children: Ashlyn (7), Preston (5), Garrett (3), and Lydia (5 mo). We also enjoy staying involved with our church and traveling as time permits.”



Heather Sharp Family

“Work to get experience and comfort in caring for ortho, dermatology, and psych issues. Stand firm in your knowledge that most colds/URIs are viral and that antibiotics won’t help. Try to be involved in organized medicine – as we are the few in the healthcare economy with insight into patient ‘needs’ who are not dramatically skewed by a desire for profit. Strive to be an ambassador of kindness and mercy.”

**HEATHER SHARP, MD
RESIDENCY CLASS OF 2003**

DR. SHARP: “My husband, Greg (‘02 RES), and I continue to job-share a little more than 1.0 FTE in our own level 3 medical home (traditional fee for service). We just moved from Woodland Park to Manitou Springs (15 miles down the pass) because we had an opportunity to buy a great building. We are honored that the vast majority of our patients have followed us. <http://www.idealfamilyhealthcare.com/>

We’ve had thoughts about complicating our lives with partners vs PAs/NPs, but we hesitate. And with the merging of most local physicians into one of two ACOs, we wonder about the future of our little practice. Greg is exploring the direct care model (a morph of a concierge practice) that’s reportedly a clause in the Affordable Care Act, but we aren’t certain any insurers are going to (vs. be able to) provide high deductible products with which we could ‘partner.’

Our children, Lexi, finishing 4th grade, and Evan, 2nd, are thriving and happy.”

“I continue to tell myself the same thing I tell current residents: ‘You’ve worked far too hard to achieve the level and privilege of being a physician to not enjoy what you do. So, find a way to practice medicine that allows you to realize your life’s goals and priorities, personally and professionally.’”

**KIETH GROH, MD
RESIDENCY CLASS OF 2003**

DR. GROH: “I am medical director of University of Missouri’s Urgent Care clinic, and I have additional responsibilities as medical director of Staff Health and Work Injury Services.

Personally, along with my wife, Laurel Sommer (‘07 RES), and daughters, Kylie (9) and Teagan (6), I enjoy being outdoors whenever weather allows, hitting the local trails often. As our kids’ ages allow, I expect to do more ‘bucket list’ items with them, but for now I occasionally head to California for hiking, SCUBA, and sailing with my brother.”



Kieth Groh Family



James Herman

“Realize that time spent in training is time well-spent.

I consider my two fellowship years at MU a powerful and wonderful gift that set up the rest of my career. Continue to learn as much as you can about the practice of medicine and the social fabric of society – you never know where you might go or what you might be doing during your life and career. Be optimistic and as non-judgmental as you can be, and remember, you’ve trained at one of the pow-

erhouse family medicine departments in the country. Take what you learned there and put it to use wherever you go in the future!”

**JAMES HERMAN, MD, MSPH
FELLOWSHIP CLASS OF 1983**

DR. HERMAN: “I am the Hershey Company professor and chair of the Department of Family and Community Medicine at Penn State College of Medicine/Milton S. Hershey Medical Center in Hershey, PA, where I also serve as associate dean for primary care and primary care research. Our department has 80 faculty physicians and is growing quickly. We see patients at 11 multispecialty group practice sites (all level 3 certified medical homes); lead courses in all four years of the medical school curriculum; and we have a residency program, a new family medicine/sports medicine fellowship program, and a practice based research network.

I’ve been chair at Hershey for more than 20 years, so I am beginning to compare myself to Jack Colwill (I never quite seem to measure up). I’m also founding director of Pennsylvania’s AHEC Program, that includes seven AHEC centers, a busy program office, and numerous other relationships. We work with all academic health centers in Pennsylvania providing health professional student rotations in underserved areas of the state.

My wife, Beth, is director of GME at Hershey. We enjoy spending time with our Brady Bunch-type family. We have four children, including my daughter Lynne who was delivered in Columbia by Hal Williamson. Lynne is an apparel designer in Los Angeles.

It’s always a pleasure to run into other MU grads who say to me, ‘I think there’s an old picture hanging on a wall at Mizzou with you in it!’”

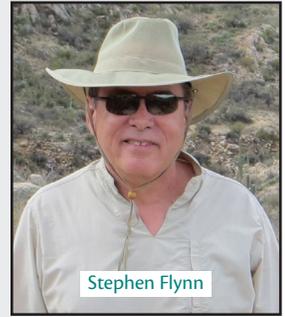
“Family medicine has been a great career. Every day I continue to learn something new and enjoy my work. I feel extremely fortunate and blessed to have had this opportunity.

Although I’m in the latter part of my professional life, I am still excited about the future of medicine, especially primary care. I think that we are on the verge of truly rational and patient-centered care. I salute the new graduates who will now carry the banner forward from here. Follow your heart and do it with passion. The rest will follow.”

**STEPHEN FLYNN, MD, MSPH
FELLOWSHIP CLASS OF 1983**

DR. FLYNN: “After 28 years in academic medicine, including 14 years as a program director, I made a career change two years ago. I joined the Indian Health Service and accepted a position on the Navajo reservation in Chinle, AZ. I see patients in the adult medicine clinic and serve as the diabetes clinical consultant.

The RWJ fellowship at MU helped me transition from clinical practice to academic medicine. I was fortunate to have excellent teachers and role models and the very best colleagues and classmates in Missouri. Some of them serve in national leadership roles, others are department chairs or deans at other universities, and a few stayed in Columbia to become outstanding leaders at Mizzou. It was a very special time for all of us.”



Stephen Flynn

“My fellowship years with Drs. Perkoff, Blake, and Colwill, and my amazing fellow colleagues altered my career in wonderful ways. I learned my commitment to evidence, teamwork, and health policy during those two years. Love what you are doing; life is too short to not awake with enthusiasm every day. Practicing medicine is an honor. Service and contribution make you healthier and optimistic. Lean into all the changes in our healthcare system and keep patient care at the center of it all.”

**COLEEN KIVLAHAN, MD, MSPH
FELLOWSHIP CLASS OF 1983**

DR. KIVLAHAN: “I live and work in the Washington DC area, where I hold a policy leadership position at AAMC. Under the ACA, CMMI developed a bundled payment program, and I am leading 10 academic medical centers in learning how to redesign care to success in risk-based payment over 90-day episodes. I see uninsured patients at two local clinics and travel internationally to train on torture and rape medical evaluations in conflict zones.

Dave, my fiancé, and I are happy and healthy and love being with our four children. We love visitors, so during your trips to DC, feel free to reach out!”



Coleen Kivlahan

“WHAT ADVICE DO YOU HAVE FOR OUR 2013 FAMILY MEDICINE GRADUATES?”



“Despite the changing politics and economics of medicine, remember the enduring JOY of helping people that family medicine provides. Stay connected with peers for support/education/calling you’ when you’re getting off course. And have friends outside of medicine to keep you well-rounded and well-grounded. Balancing career and family can require frequent evaluation and tweaking. Self care is vitally important. Avoid too tight shoes and underwear. If you’re not having fun, SOMETHING NEEDS TO CHANGE!”

JERRY FRIEMOTH, MD, MSPH
FELLOWSHIP CLASS OF 1983

DR. FRIEMOTH: “I’m retiring this June after 30 years of teaching medical students and family medicine residents at the University of Cincinnati, with emphases on primary care mental health and underserved health. After a required two-month period away, I’ll resume part-time teaching at UC; it’s just too hard to actually retire! I’ll also join my wife, Mary, at a nurse-run mental health clinic for indigent patients, providing primary care services to complement mental health services there.

Personally, we’re down to our last three children at home (of 12 total: 2 birth and 10 adopted). Now and then, there are actually brief periods of quiet! Mary wonders, half-kiddingly, if I’ll ever get our band back together; maybe we’ll test the market for a group that plays, *Louie Louie*, *Wild Thing*, *Gloria*, *Secret Agent Man*, etc.”



This is the latest family pic we have (it’s become too hard to get everyone together these days). Taken four years ago, it features our recently adopted child, Kareem (in center with sunglasses on head); a mix of our kids, grandkids, two daughters-in-law, and, of course, the judge.



“Find good mentors and take opportunities to mentor others!”

JOE STANFORD, MD, MSPH
FELLOWSHIP CLASS OF 1993

DR. STANFORD: “I am currently on sabbatical at the University of North Carolina, Chapel Hill. This summer, we’ll be returning to the University of Utah, where I am professor in the Department of Family and Preventive Medicine and director of the Office of Cooperative Reproductive Health.

Kathleen and I enjoy living in Salt Lake City with family, friends, neighbors, and the outdoors. We have seven sons (Matthew, Jesse, Hyrum, Caleb, Thomas, Benjamin, Edward). Two are married, one is on a Latter-day Saints mission, one is at college, and three are at home with us. We now have a granddaughter!”

“ 1. Life is short and unpredictable. Remember to prioritize appropriately – no matter what your personal and professional goals may be.

2. Be open to whatever possibilities life places in your path.”

JENNIFER JIANG, MD, MSPH
FELLOWSHIP CLASS OF 2003

DR. JIANG: “I work as a wound care specialist at the Wound Healing and Hyperbarics Center at Saint Francis Medical Center in Cape Girardeau, MO.

When I’m not spending quality time with my ten-year-old daughter Eleanor (horseback riding, visiting family, exploring, reading, crafts, science projects), my husband Peter, and other family members, I’m working on becoming a published children’s author.”



Jennifer Jiang Family

FAMILY MEDICINE GRADUATES

These grads were not included in our 2013 ASK FOR ADVICE project (pgs 6-13).

- | | | |
|---|--|---|
| MICHAEL MOSLEY, MD..... 1983 RESIDENT
St. Mary’s Emergency Center: Jefferson City, MO | PAUL SACKSCHEWSKY, MD .. 1993 RESIDENT
Sutter Gould Medical Foundation: Lodi, CA | HEATHER PIERCE, MD 2003 RESIDENT
MU Callaway Physicians: Fulton, MO |
| PAUL FAST, MD 1993 RESIDENT
Bolingbrook, IL | KELLY HAYDAY, MD 2003 RESIDENT
Columbia Family Medical Group: Columbia, MO | ALI MANSOUR, MD 2003 FELLOW
Somerset Family Medicine: Somerset, NJ |
| BENJAMIN KEELEY, MD 1993 RESIDENT
Owensboro Family Medicine: Owensboro, KY | MICHAEL KINKADE, MD 2003 RESIDENT
Montgomery City Medical Clinic:
Montgomery City, MO | S. DANE TREAT, MD, MSPH 2003 FELLOW
One Health Alliance Urgent Care: Tolleson, AZ |

If any of you would like to participate in this project, please email your advice to: boeckmannk@health.missouri.edu
WE’LL PUBLISH IT IN A FUTURE NEWSLETTER!



He returned home with a strengthened desire to serve others through medicine, perhaps even practice in a developing country. For the next year, he worked on his family's farm while completing the medical school application process.

"Taking care of the farm was hard work, but it was a great way to deal with the culture shock I faced. With no pressure to find a job, I could transition at my own pace in familiar surroundings," Jim says. "Judy moved to Minneapolis with friends that year, so we were able to maintain the relationship we began in Africa."

By 1988, both Jim and Judy were headed to Washington University in St. Louis. Jim received a full scholarship to medical school, and Judy had enrolled in the graduate-level occupational therapy program. They married a year later.

As he rotated through all the specialties during medical school, Jim decided that none of them were something he'd be happy doing the rest of his life. His rural roots and farm boy upbringing were important factors in his decision to pursue family medicine.

"Growing up on a farm sort of made me a generalist. I had to know a little about plumbing, electricity, mechanics, animals, and vet medicine ... it's hard to specialize when you've been raised on a pig farm," he explains.

Jim earned his MD in 1992, then came to the University of Missouri for residency. After residency, he completed an academic fellowship, and in 1998, Dr. Jack Colwill, former chair of MU Family and Community Medicine, invited Dr. Stevermer to join the faculty and the medical staff at Callaway Physicians, MU's family medicine clinic in Fulton.

"I had trained in Fulton as a resi-

dent, so I knew the clinic staff and liked the way they treated each other like family," says Dr. Stevermer. "The idea of being a small town doctor appealed to me, so I accepted Jack's offer – with the condition that Sharon Busken, who worked at the Fulton clinic, be my nurse."

Sharon Busken, LPN, who's known Jim Stevermer for more than 17 years, has the highest regard for him.

"Dr. Stevermer is really intelligent. When he first came here and requested that I be his nurse, I felt a little intimidated. But I was willing to give it a try," Sharon says. "Today, he treats me like his partner in taking care of patients. He's good at listening and thoughtfully answering every question I ask. Dr. Stevermer is an exceptional teacher who knows how to connect with students, residents, and especially patients."

"Most of his patients are older and have been seeing him ever since he came to Fulton," she adds.

Throughout his career, Dr. Stevermer has demonstrated a commitment to rural medicine. It isn't necessary for small town doctors to live in the town they practice, he says, but living in Fulton makes his job easier.

"Judy and I live in an environmentally friendly house we built. It's a great home – close to town, local businesses, and all the people. I enjoy being involved in the community. I play guitar and sing in the choir at church," he says. "Interacting with patients outside clinic is fun and gives me a different perspective on them and their health needs."

Dr. Stevermer is active in his community in professional ways, also. Twice, he's been elected chief of staff, and he's also served on many committees, at Callaway Community Hospital, an acute care facility located across the street from his clinic. And for more than 10 years, he has been medical director of both Callaway Community Ambulance District

and Presbyterian Manor, a senior living community in Fulton.

His reputation as a rural physician/educator was a major reason why Dr. Stevermer was appointed medical education director of the MU Area Health Education Center (MU-AHEC) in 2010. The primary responsibility of this job is to work with rural physicians who train MU medical students, ensuring that the offsite training they provide is a positive experience for them and their students. Dr. Stevermer recognizes the value of this program and its importance to the future of healthcare in rural Missouri.

Dr. Stevermer sees value in everything he does as an MU faculty member. Today, in addition to patient care, he teaches medical students; does outpatient attending; works the inpatient service at Callaway Hospital; and he mentors junior faculty with their research efforts.

"I like variety and appreciate that every day is different for me," he says. "The relationships I've developed with my colleagues, clinic staff, students, residents, and especially my patients, are rewarding and keep me excited about my role as a family physician."

Dr. Stevermer's patients trust him and value the care he provides:

Kathy Hamilton, a patient and recent retiree from MU, says, "Dr. Stevermer is very thorough and always considerate of me and my needs."

Betty and Leonard Bruns, a retired couple who live on a farm in Fulton, say, "Dr. Stevermer is by far the best! He explains things in a way we can understand. And if we have a health problem he can't treat, he is helpful in connecting us with a specialist."

"Dr. Stevermer is friendly, efficient, and genuinely interested in his patients and their families as a whole. He understands that family dynamics and relationships are important and can impact health issues," agree **Margaret and John Harris**, both retirees from Fulton State Hospital. "His easy-going demeanor makes his clinic a great facility for patients and the staff."

THE INPATIENT EXPERIENCE

IT'S busy, challenging, sometimes intense, and always different for family medicine residents and their attendings.

It's a two-team service – referred to as the Black and Gold teams – that provides care for hospitalized patients from our eight MU Family Medicine practices. Most patients are on the 6th floor, an adult general medicine floor in University Hospital.

SCOTT KINKADE, MD, MSPH, directs the family medicine inpatient service. An MU alum who completed academic fellowship training here in 2004, Dr. Kinkade served on faculty at UT Southwestern Medical School-Dallas five years before he was recruited back to MU Family Medicine in 2009.

Today, he teaches medical students and provides outpatient care at Woodrail Clinic, but mostly Dr. Kinkade is a hospitalist who spends 24 weeks a year on the inpatient service. As director of this service, his job is to coordinate the educational mission of our residency and medical school with the patient care and quality improvement needs of the hospital.

“Teaching and patient care – it’s hard to teach medicine without patients, so they go hand-in-hand. I think our focus is on patient care, but we have a lot of things in place to ensure the educational mission is supported,” he explains. “My goals are to produce family physicians who are competent and comfortable with inpatient medicine, ensure that we provide high quality care to the patients in our practice when they are hospitalized, and help improve the transitions between the hospital and the patient’s home, clinic, or nursing facility.”

A typical day on the inpatient service can be complex and stressful for residents.

“It starts early in the morning with them checking on patients already in the hospital – maybe visiting one if needed; they learn about new overnight admits and then round with the attending for a couple hours. Multidisciplinary rounds, which include nurses, therapists, and other caregivers, start mid-morning and are followed by an educational session,” Dr. Kinkade says. “The rest of the day is filled with all the other paperwork, progress notes, orders, talking to families, calling other services, checking in on

patients, and following up on discharges.”

Even though attendings are accessible, they are not always on the floor with residents. Convinced that residents would benefit if they had someone alongside them throughout the day ... teaching

them how to manage hospital processes, interact with other services, communicate effectively with families, and get patients discharged timely and safely, the department decided to add a new member to the family medicine inpatient team.

ALYSON BURKEYBILE, PA, joined the team two years ago, after completing the physician assistant program at St. Louis University. The opportunity to do inpatient adult medicine and work with residents was appealing, she says.

“This is my first job and I like it a lot. It’s all about taking care of patients. I work with residents, too, helping them with patient



care and with understanding how the hospital works,” Alyson says. “Not many PAs have a job like I do ... one that includes patient care, teaching, and opportunities to learn as well. I benefit by attending the daily educational sessions with the residents. Plus, getting to work with all the family physicians on the inpatient service – seeing their different approaches to patient care – is expanding my own knowledge and skills as a healthcare provider.”

The turnover on the inpatient service is rapid and ongoing, agree Dr. Kinkade and Alyson. Patients, hospital staff, attendings, and residents change on a daily basis.

“I’m here everyday and try to be always available to the residents. I want them to feel comfortable coming to me about anything,” Alyson says. “As their teacher, I am committed to helping them build their skills and confidence level in inpatient medicine.”

“The residents trust Alyson. They call her a ‘star’ and consider her an invaluable teacher,” Dr. Kinkade says. “Because Alyson and I spend so much time with the residents, we have a unique opportunity to see where they excel and where they struggle. We have excellent residents who tend to be motivated and conscientious. They learn quickly, share their knowledge, teach each other, and for the most part, are always improving.”

Even though only 20 percent of residents will practice inpatient medicine after they graduate, it is good for them to know about the high level of care that’s provided in the hospital. “Our patients are sick, and some need serious, thoughtful care,” says Dr. Kinkade.

“In a sense, residents see both ends of patients’ healthcare needs. Sending them to the hospital and then seeing them after discharge helps them understand how hospital care can change a patient’s health,” he adds. “Most of the people we care for are patients from our own clinics, and that makes our job easier. We have direct access to their health records and physicians. Plus, patients are glad that we know their doctors. Our service connects the two worlds of inpatient and outpatient medicine, and it is rewarding to know we are all part of one big team working together to keep our patients healthy ... inside and outside the hospital.”

**FAMILY MEDICINE INPATIENT BLOCK:
“EXCELLENT, IN DEPTH,
HANDS-ON EXPERIENCE
MANAGING COMPLICATED
MEDICAL INPATIENTS.”**

ANDY HORINE, DO
2ND YEAR FAMILY MEDICINE RESIDENT



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KUDOS TO OUR FACULTY! — — —

PAUL TATUM, MD, MSPH, won the R. Sean Morrison, MD, Award for Outstanding Achievement in Hospice Physician Leadership. Dr. Tatum, who serves as medical director for the Hospice Compassus program in Columbia, was recognized for his efforts to raise industry benchmarks for quality hospice care nationwide.

AMANDA ALLMON, MD, served as a faculty sponsor for MU Health Care System's team that won the annual CLARION National Interprofessional Case Competition. Designed to improve healthcare through interprofessional collaboration, the CLARION Competition was held in April at the University of Minnesota. Scott Bartkoski, a first year family medicine resident, was a member of MU's four-student team.

DANIEL VINSON, MD, MSPH, continues to be a Diplomate of the American Board of Addiction Medicine (ABAM). Earning this certification recognizes that Dr. Vinson has masterfully combined science, skills, and compassion in the care of patients.

MICHAEL LEFEVRE, MD, MSPH, won MU's School of Medicine/Medical Alumni Organization 2013 Citation of Merit award, which is the school's highest honor. Nominators wrote strong words of praise about Dr. LeFevre in their letters of support:

"Mike has contributed strongly to the traditional missions of an academic health center. He's recognized as an expert and intensely caring physician; a tenured professor with an admirable background of scholarly accomplishments; a gifted teacher evidenced by several teaching awards; and a good citizen who leads and serves the School of Medicine."

– **Dr. Harold Williamson**, University of Missouri Vice Chancellor for Health Services

"Throughout his career, Mike has demonstrated a commitment to excellence and exemplary service as a teacher, physician, scholar, and leader. He is a man with great intellectual depth whose dedication and persistence have advanced the vision of our medical school 'to be a transformational leader in improving health.'"

– **Dr. Steven Zweig**, Chairman, MU Department of Family and Community Medicine