Robert Knopp, MD founded the Regions Hospital Emergency Medicine Residency in 1994. Before arriving in St. Paul, he served as the residency director at Valley Medical Center in Fresno, CA for 17 years. The first class of residents at Regions began their training in 1996. Felix Ankel, MD, has been involved with the residency program since its inception and became residency director in July 2000. As of August 2009, the EM residency has graduated 90 residents from 25 medical schools who now practice in 17 states. Regions faculty are graduates of 12 different EM residencies.
Welcome to the 2009 Regions Hospital Emergency Medicine Residency annual report. I am delighted to highlight some of our residency’s accomplishments from this past year.

Our activities center around our mission: to provide and promote excellence in patient care and education. Our mission is guided by the Baldrige Educational Criteria for Performance Excellence (www.quality.nist.gov) and includes best practices in leadership, strategic planning, stakeholder focus, measurement, analysis, process management and results. In 2009, we received another 5-year full accreditation from the ACGME, continuing a legacy of maximum cycle length accreditation since the program’s founding.

We recruit resident applicants who extend their activities beyond clinical shifts and positively impact their environment. We salute our residents who are involved in leadership activities:

- Adina Miller Connelly (’09) was selected by the University of Minnesota medical students as a recipient of the Arnold P. Gold Humanism in Teaching Award.
- Tara O’Connell (’09) continued to serve on the Association of Independent Academic Medical Centers’ National Initiative: Improving Patient Care Through Graduate Medical Education (www.aiamc.org).
- Charis Thatcher (’09) attended ACEP’s Leadership & Advocacy Conference in Washington, DC.
- Aaron Burnett (’10) completed his service on the board of directors of the East Metro Medical Society and was appointed to the Minnesota Medical Association Resident and Fellow Section Executive Committee.
- Nate Curl (’10) represented our residency on the board of directors for Minnesota ACEP and attended ACEP’s Leadership & Advocacy Conference in Washington, DC.
- Leah Gapinski (’10) continued her service on the Regions Hospital Ethics Committee.
- Catie Carlson (’11) was selected as the residency representative to EMRA and served as faculty for the 2nd International Course on Acute Care in Cochabamba, Bolivia. (www.mano-mano.org)
- Autumn Erwin (’11) continued to serve as a member of the University of Minnesota’s MED 2010 - a curriculum planning project. She also worked with No Time for Poverty in Haiti (www.notimeforpoverty.org) and attended ACEP’s Leadership & Advocacy Conference in Washington, DC.
- Kara Kim (’11) serves as a member of the AIAMC National Initiative Phase II linking GME and quality. (www.aiamc.org/ni-phase-ii.php)
- Kate Graham (’12) was selected as the residency representative to the AAEM Resident Section.
- Clint Hawthorne (’12) was appointed to the board of directors of the Twin Cities Medical Society (TCMS).

Our residency has been an active participant in the AIAMC’s National Initiative Phase I and II: Improving Patient Care Through Graduate Medical Education. We believe that residents play an integral role in national quality improvement initiatives as outlined in the December, 2009 issue of Academic Medicine (www.academicmedicine.org) and serve as strategic assets for hospitals. Providing residents a role in quality improvement efforts allows hospitals to better meet quality and safety priorities, enhance residency program quality, and make residents more visible as patient care advocates. Quality is applied education. Many of our graduates become emergency department directors because of their commitment to quality.

Our residency complements the transfer of knowledge with the transfer of meaning, the latter fostering an environment where connections occur with patients, co-workers, the community and our alumni. At our 2009 Alumni Day in September, we were honored to host Robin Hemphill, MD, MPH, Director of Quality & Safety at Emory University’s Emergency Medicine Department. On October 22nd, Dr. Andrew Sama, Secretary/Treasurer of the ACEP board of directors and Chairman, Department of Emergency Medicine at North Shore University Hospital, presented a visiting professor lecture on physician quality reporting initiatives. The 2009 residency retreat the following week focused on implementation of quality (and patient satisfaction as a quality proxy) initiatives and included members of our department, hospital and extended residency community. This retreat serves as a foundation for future residency strategic plans.

We offer residents the opportunity to individualize their educational experience within the confines of a three-year program. This is accomplished by mandating the least and offering the most. We lead by example, manage by fact and communicate by listening. This year, we matched another competitive class of residents featured in this report. Our goal is to incorporate the highest level of professionalism and humanism into our interactions with patients and members of the healthcare team. We are grateful for the support of our many residency partners and look forward to training the emergency medicine providers of the future.

Felix Ankel, MD
Residency Director
The Regions Hospital Emergency Center plays a critical role in emergency care throughout the Twin Cities east metro and western Wisconsin communities. This significant impact is made possible through the efforts of dedicated staff, emergency medicine residents and medical students. We celebrated the opening of our new 55,000 square foot expanded ED on July 15, 2009. Since the grand opening, we are delivering outstanding care to an increased volume of patients with a decreased waiting time. Regions Hospital also received the only Pediatric Level 1 trauma center designation in Minnesota this year.

2009 was another productive year for our ED faculty. Our faculty continue to obtain internal and external research grants, present nationally and internationally and publish peer-reviewed manuscripts, electronic publications and book chapters. Our faculty are involved in leadership activities locally and nationally. They serve as academic peer reviewers, committee members, chairs and board members of local and national organizations.

- Felix Ankel served as planning committee co-chair for the Council of Residency Directors (CORD) Academic Assembly (www.cordem.org). He represented HealthPartners and Regions with Kara Kim (’11) in the AIAMC National Initiative to Improve Patient Care through GME. Along with Drs. Dahms, Taft (’04) and Nelson (’04), he participated in the AAMC Medical Education Research Certification program held in conjunction with CORD (www.aamc.org/members/gea/melacert/start.htm).
- Won Chung was awarded a Bush Medical Fellowship to develop business innovations applicable to medicine in the area of quality improvement.
- RJ Frascone and the EMS Section established an EMS fellowship. Our first EMS fellow, Aaron Burnett (’10) will start in July 2010.
- Carson Harris served as course director for the 1st and 2nd International Course on Acute Care in Cochabamba, Bolivia (web.me.com/chrarris3/MELA-MN).
- Keith Henry (’05), along with Leah Gapinski (’10), was instrumental in implementing the Hospital to Home Project for the Emergency Department that will evaluate the impact of homelessness on the utilization of healthcare resources. Dr. Henry was the recipient of both 2009 faculty teaching awards as selected by residents and medical students.
- Matt Morgan (’05) expanded his international emergency medicine focus with visits to Bolivia and Haiti.
- Jessie Nelson (’04) created and piloted a novel procedural skills workshop to facilitate resident procedural competency.
- Karen Quaday, member of Regions Hospital board of directors, chaired the Board’s Quality Committee and was selected as division head for hospital services.
- Drew Zinkel was named President of ACEP’s Young Physician Section. He is also a member of the NEMPAC (national emergency medicine political action committee) board of trustees and board member of MN ACEP. Under Dr. Zinkel’s leadership, the residency held an ethics and advocacy conference at the State Capitol in December.
- Mike Zwank received his RDMS (registered diagnostic medical sonographer) certification from the American Registry for Diagnostic Medical Sonography.

We welcomed Drs. Martin Richards (’06) Charis Thatcher (’09) and Bjorn Westgard as faculty in our community division in 2009. Dr. Richards, associate department head for the community division, along with Brad Hernandez (’01) are focusing efforts on providing EM residents rural educational opportunities in 2010.

Quality emergency care in the ED expansion was a priority in 2009. Several ED faculty led multidisciplinary teams that included residents and focused on internal and externally reported quality markers for patient care within the ED. Our Emergency Center operations, crisis program, toxicology, EMS, ultrasound, simulation, sexual assault nurse examiner program, and research section continue to be strengths of our educational experience for both residents and medical students. We have a lot to be proud of in 2009. I look forward to leading the emergency department’s vision to be the center of excellence for quality emergency care, education and research in 2010.

Kurt Isenberger, MD
The Regions Hospital Emergency Center is a Level I Adult and Pediatric Trauma Center located in St. Paul, MN, serving the east metropolitan Twin Cities area, including western Wisconsin. Today, the emergency department (ED) is comprised of 50,000 square feet of clinical space with 55 treatment rooms. There is an additional 8,000 square feet that house a library, conference space and support service offices.

This past July, the emergency department expansion opened offering private rooms, an in-department radiology suite, a discharge pharmacy, a new waiting room and triage area, and three new care areas (pods). In December, the new 11-bed care pod for our crisis/behavioral health patients opened as well as a new employee lounge and locker room.

Emergency Center figures for 2009:

- 70,881 patient visits
- 8 percent pediatric patients (age 16 or under)
- 3230 trauma admissions
- 800 trauma team activations
- 24 percent admission rate
- 60 percent of all hospital admissions come from the ED

According to projected growth estimates, the Emergency Center will serve an additional 20,000 to 25,000 patients annually by 2015. Future expansion plans include an in-department CT, four stabilization rooms and the addition of a critical care/trauma care pod.

Richelle Jader, BSN, MHA
Administrative Director
Mary Healy, RN, BSN, CEN
Nurse Manager
Eric Peterson, MHA, BA
Sr Manager ED Finance and Operations
Jeff Fritz
Support Services Manager

The HealthPartners Institute for Medical Education (IME)

The Regions Hospital Emergency Medicine Residency is sponsored by the HealthPartners Institute for Medical Education (IME). The IME was created in 1996 to provide an innovative structure to lead the organization’s health professional educational efforts. Today, the IME partners with academic institutions, provides an innovative environment for health-provider education and is an advocate for education that measurably improves patient care. The IME provides professional education through undergraduate and graduate medical education, nursing education, allied health professional education, continuing professional development, medical library services and clinical simulation programs.

The IME has a formal affiliation agreement with the University of Minnesota that guides the educational relationship between the two organizations. Regions Hospital emergency medicine staff enjoy faculty appointments within the department of emergency medicine at the University of Minnesota, and contribute to the teaching of medical students and residents in HealthPartners and University residency programs.

The IME has a formal affiliation agreement with the University of Minnesota that guides the educational relationship between the two organizations. Regions Hospital emergency medicine staff enjoy faculty appointments within the department of emergency medicine at the University of Minnesota, and contribute to the teaching of medical students and residents in HealthPartners and University residency programs.
Regions Emergency Medicine Residency Program offers residents a full spectrum of topics in emergency medicine based on *The Model of the Clinical Practice of Emergency Medicine*. This model is the basis of the content specifications of all examinations by the American Board of Emergency Medicine. The core curriculum is designed to repeat itself in its entirety on an 18-month basis. As there are several modalities of learning, the didactic curriculum is set up to cover both the depth and breadth of emergency medicine through traditional as well as innovative and interactive means. Curriculum components include:

- **Critical Case**, a favorite of residents and faculty alike. Critical Case conference provides an interactive forum for discussion of a case of educational value. Case discussion is focused not only on the content of the eventual diagnosis, but also on the decision-making process in evaluating critically-ill patients with limited immediate data. Cases are actual cases from the ED and are chosen by the chief residents.

- **Core Content Lectures** reinforce knowledge that is gained on clinical rotations as well as supplement the clinical experience. Lectures are given by faculty members who are experts in a core content area.

- **Journal Club** is held on a regular basis and facilitates discussion of two or three current practice-changing articles in emergency medicine. Journal Club is led by an expert reviewer with the aid of a departmental research methodologist and statistician.

- **Joint Conferences** are collaborative conferences held in conjunction with other departments such as radiology, trauma services, critical care and internal medicine to discuss related areas of interest.

- **Small Group Sessions** encourage active learning. Small group simulation days have been incorporated into the curriculum. Residents are divided into three groups and rotate through stations that may include case discussion, simulation or mini-lectures.

- **Forensics** includes a basic forensic medicine didactic curriculum that all residents receive. Additionally, residents are trained in sexual assault examinations.

Our residency encourages experiences outside of the typical EM core content lecture. HealthPartners Institute for Medical Education sponsors a Core Competency Conference Day which is a multi-disciplinary conference, focusing on the six core competencies. In November, residents participated in our yearly combined EM/Trauma Update co-sponsored by Hennepin County Medical Center, North Memorial Medical Center, Mayo Clinic and Regions. In December, the first “Ethics and Advocacy Day” was held in a senate hearing room at the state capitol building, focusing on ethics in healthcare and how healthcare providers, particularly young physicians and residents, can become involved in efforts to improve the healthcare system.

**Stephanie Taft, MD**  
Assistant Residency Director  

*Ethics & Advocacy Day, December 17, 2009, MN State Capitol Bldg*
This year, I would like to inform you on exciting and fun new ways to maintain lifetime learning.

Before I do – you should know some facts about the residency’s ‘lifetime learning plan’.

- during 2009, the residency implemented a new web site and spent a summer loading it with useful information about who we are, where we’ve been, and where we’re going
- membership of our EMRes mailing list is going strong at 240 individual subscribers
- much of the residency work is now done using collaborative wiki tools – saving time, paper and energy

So, the residency is on track with regard to self-improvement. Are you?

Routine is good. It helps stabilize and anchor our lives. I’ve previously mentioned that getting lifetime learning into your routine is good. Maybe via reading a paper journal when it hits the mailbox, or following journal titles via a web based subscription. Maybe you’ve got Rick and Jerry tuned into your media player for the trip to work. If you don’t have a lifetime learning routine, consider it.

However, sometimes you need to shake up your routine. Here are some new and interesting items you might try out with regard to medical education.

**Online computer-based continuing medical education (CME)**

- The New England Journal and British Medical Journal have really expanded their online presence to beyond a print publication. This year I tried a NEJM interactive case CME (currently free, but probably have to pay soon) which was fun. BMJ has lots of options
- UpToDate ‘What’s New’ button - There is no emergency medicine based section here, but there are quick summaries of the quarterly changes they make to the UpToDate content. (and EM likely coming soon)

**PubMed.gov**
This isn’t your grandpa’s PubMed. There was a new website design released late this year. It incorporates better ‘Google-like’ search tools, related articles and terms automatically suggested and easy filters for things like reviews or full text all designed to help improve your search. Because of the NIH Public Access Mandate for full free text articles of government-sponsored research, PubMed Central has more than ever.

**Video**
Among the emails of YouTube links of kids riding bikes off the roof, you might have found that more and more video is out there. EMRATV is available as a complement to the popular audio lecture series. The journals are getting in on it… the New England Journal has the Videos in Clinical Medicine and Annals of EM has an image of the month. EMedHome has a bunch of stuff, some of it optimized for mobile devices.

**The old standbys**
Tried and true methods are still holding strong. Examples include: attending good conferences and interacting with presenters; completing journal-based CME; and reading the lifetime learning self assessment articles.

**Get involved**
A great way to learn is to teach. All of you have something to give, and it is much more rewarding than passive CME test taking. Consider getting on the speaker circuit, sending an article or illustration to an EM website, developing your clinical photography skills, volunteering for Alumni Day here, or teaching CNE or ALS or BLS in your local environment. You could even join a team – the Twin Cities Marathon, Federal Disaster Medical Assistance Teams, or international aid missions are all ways of learning more about medicine. Finally, get creative by writing a JAMA ‘A Piece of My Mind’ article… teaching the art of medicine is as important as the science.

If none of the above appeal to you, you may have to resort to just trying to rack up the points on your Amateur Surgeon phone application.

If you have other methods of lifetime learning while having fun – let me know!

Brad Gordon, MD
Director, Residency Technology
The toxicology service at Regions Hospital continued to grow and remained very active in 2009. As a major educational partner in the Medical Toxicology Fellowship Program, the service is an active component in educating program fellows through formal and informal learning activities. Ongoing educational activities of the toxicology service include quarterly interdisciplinary conferences, a bimonthly toxicology journal club, adverse drug reaction, herbal and toxicology chapter reviews. Other educational endeavors during the year included forensic toxicology case review, toxicology “field trips” to the University of Minnesota Arboretum to learn about toxic plants; a visit to the Minnesota Zoo for poisonous snake lecture and viewing; and our annual toxic mushroom hunting trip at a rural park.

In order to augment the education of residents, fellows and students, the toxicology service uses a computer-controlled mannequin for case simulations. New cases are revised and developed throughout the year. Several multidisciplinary conferences involving the critical care, pediatric and psychiatry departments took place in 2009. Regions’ close relationship with the Hennepin Regional Poison Center allows us to share in the educational roles of the Poison Center, participating in their weekly and monthly case conferences and toxicology didactic sessions. During 2009 the clinical toxicology service taught several levels or residents and students that rotated on our service: 10 emergency medicine residents from Regions and Mayo EM Programs; four medical students from Minnesota, Iowa, and Wisconsin; one physician assistant student; and 12 PharmD candidates. Others who rotated on the service included pediatric emergency medicine fellows.

Members of Regions toxicology service were involved in more than 20 formal presentations at national and regional conferences, local colleges and community hospital grand rounds in Minnesota and Wisconsin in 2009. Our faculty participated regularly in the toxicology training of critical care fellows, internal medicine residents, and Physician Assistants. Presentations at a national conference of the Society for Hospital Medicine and participation in the toxicology section review at the First International Congress on Acute Care in Cochabamba, Bolivia are a few examples of the expanding educational activities of the toxicology service.

The toxicology service averaged approximately 30 formal consultations a month at Regions. In addition we accepted informal educational consults and telephone consults, and consults on pediatric patients at the Minnesota Children’s Hospitals and Clinics in Minneapolis and St. Paul. Our Toxicology Clinic accepted eight referrals to evaluate new and established patients with acute, subacute and chronic toxicologic exposures.

Members of the toxicology service participated in toxicology-related clinical and benchtop research. This past year, research has focused on management of toxin-induced shock and the use of high-dose insulin as an inotropic treatment as well as induced hypothermia for the treatment of severe carbon monoxide poisoning. During 2009, our staff and fellows published manuscripts in multiple journals and chapters in an emergency medicine textbook. Toxicology faculty also presented at national and international emergency medicine and toxicology meetings.

Carson Harris, MD, FACEP, FAAEM
Director, Toxicology Education & Services
Kristin Engebretsen, PharmD, DABAT
Clinical Toxicologist
Educational Objectives:
By the end of the third year of training, residents demonstrate appropriate knowledge and skill in the use of ED ultrasound. Ultrasound applications that are mastered in emergency residency training are the trauma (FAST) exam, emergency echocardiography, abdominal aortic aneurysm evaluation, examination of undifferentiated hypotension and procedural ultrasound including vascular access, thoracentesis, paracentesis, bladder identification, abscess location, foreign body localization and general aspiration.

Description of clinical experience:
Residents currently use three ultrasound machines (Sonosite M-Turbo and 2 Ultrasonix SonixTOUCH machines) available for departmental use 24 hours a day. Ultrasound images are now integrated into the hospital radiology PACS system which allows images to be viewed as part of the patient electronic medical record. Ultrasound education begins during orientation with a half-day didactic and hands-on instructional session. During the first year, the ultrasound experience is now combined in the emergency department integrated (EDI) months. During the ultrasthesia days of this month, the resident spends the morning intubating in the OR and the afternoon scanning in the ED, completing 10 modules that encompass emergency ultrasound. These modules include time performing ultrasounds as well as independent reading, researching and writing a case report. Residents are encouraged to perform ultrasounds on any patients indicated by clinical presentation. Resident ultrasounds are supervised by the staff emergency attending. EM-2 and EM-3 residents are responsible for ultrasounds during all trauma team activations. An optional elective in the 3rd year is available to further ultrasound skills and knowledge. A reading list, ultrasound technician observation, and performing emergency department ultrasounds are part of the elective.

Description of didactic experience:
Regularly scheduled lectures are given on pertinent topics related to emergency ultrasound. A lecture series covering basic ultrasound physics, focused assessment sonography for trauma (FAST) exam, emergency echocardiography, abdominal aortic aneurysm evaluation, examination of undifferentiated hypotension and procedural ultrasound is covered over an 18-month core content curriculum. Lectures are supplemented with small group, interactive sessions during specific conference days focused on a more interactive learning experience. Prior to residency graduation, residents are given advice on setting up an ultrasound program and getting involved in their new job.

Evaluation process/feedback mechanisms:
Residents receive immediate feedback on ultrasound technique, image quality and trouble-shooting techniques by the supervising ED attending. Additionally, ultrasound images are reviewed as part of the quality assurance initiative and feedback is given to the resident and faculty by the ultrasound director. Residents are given a semi-annual report of the number and type of ultrasounds they have done in the ED. This is reviewed during the semi-annual resident evaluation meetings with the program director. Residents are provided an ultrasound credentialing letter upon graduation.

Michael Zwank, MD, RDMS
Peter Kumasaka, MD
Emergency Ultrasound Education
Since 1997, the Regions Hospital emergency medicine residents have participated in an Emergency Medical Services (EMS) rotation. Interested residents also have the opportunity to participate in an associate medical directorship or elective rotation in EMS.

**Resident Rotation**

Emergency medicine residents participate in a 15-day longitudinal rotation in EMS in their G-1 year. Residents participate in ride-alongs with various EMS agencies, including dual-role services (St. Paul Fire), single-tier services (Lakeview EMS), police/medic services (Cottage Grove Public Safety) and volunteer/paid on-call services (White Bear Lake Fire). Residents also spend time in the Medical Resource Control Center at Regions Hospital, and at the St. Paul Fire Communication Center. Unique experiences during the rotation include a helicopter EMS ride-along with LifeLink III and, during the winter months, working a shift with the National Ski Patrol at Afton Alps Ski Area in Hastings, Minn.

In addition to medical direction specific assignments, residents are integrated as active educators within the program and participate in a multitude of training events. Such events include Advanced Cardiac Life Support for hospital and prehospital providers, Pediatric Advanced Life Support, and ALS/BLS Continuing Medical Education. There are also additional teaching opportunities with the paramedic program at Inver Hills Community College.

**Associate Medical Directorship**

As part of a scholarly project, residents in the G-2 or G-3 year may choose an associate medical directorship with EMS. Residents interested in pursuing a career in EMS may choose this project to experience the reality of dealing with various medical direction issues under the guidance of the EMS medical directors. Residents are typically assigned to a single service, allowing them relationship-building opportunities. In this role, they are expected to provide feedback on patient care issues, quality assurance activities and critical case review education.

Another type of associate medical directorship offered through EMS is with the paramedic program at Inver Hills Community College. This resident participates in quality assurance for run reviews, creates and delivers curriculum, and acts as an advisor to the paramedic students as well as the program itself.

2009 Associate Medical Directors

- Nicole Stoik, MD (‘10) St. Paul Fire
- Aaron Burnett, MD (‘10) St. Paul Fire
- Kara Kim, MD (‘11) St. Paul Fire
- Katharine Davidson, MD (‘11) EMS Academy (Inver Hills and St. Paul Fire)

**EMS Fellowship**

Beginning in July 2010, EMS will be offering a 1-year EMS fellowship opportunity for residents interested in expanding their experience in EMS. Dr. Aaron Burnett, a 2010 graduate of the Regions Emergency Medicine Residency program, will officially begin as the EMS fellow in July 2010.

**Event Medicine**

EM residents regularly have the opportunity to participate in mass gathering/large event medicine under the direction of EMS. In 2009, residents provided medical coverage on the course and in the medical aid station at the annual Twin Cities Marathon and the inaugural Stillwater Marathon. Residents also serve regularly as crowd physicians during the NHL Minnesota Wild hockey games and during concerts and events held at the Xcel Energy Center.

RJ Frascone, MD
EMS Medical Director
Koren Kaye, MD
EMS Co-Medical Director
Josh Salzman
EMS Clinical Care and Research Manager
Shonette Doggett
EMS Education Manager
The Regions Hospital Emergency Medicine Residency has a robust group of faculty with strong interests in simulation-based education. Drs. Emily Binstadt, Cullen Hegarty and Jessie Nelson, along with other interested faculty, have worked to integrate simulation and small-group learning as an important part of the residency curriculum. Simulation is also used to augment medical student and faculty education, to address systems-based barriers to quality care and to analyze communication issues.

The use of simulation as part of the resident didactic curriculum has been expanded this year by focusing on simulation-based and small-group learning during an entire conference day. Each conference session explores a different topic within emergency medicine, and helps make the core EM curriculum more dynamic, memorable and “alive” for residents.

Weekly pre-conference simulation cases teach core EM cases and crisis resource management communication, teamwork and leadership principles. In-situ trauma team cases in the ED have been successful and more in-situ simulation in the ED is planned for the coming year. Several residents are pursuing simulation-based projects for their scholarly activity requirements this year, and we look forward to mentoring more residents in this area in the future.

Dr. Nelson continues in her role as the physician faculty with HealthPartners Clinical Simulation, and Drs. Hegarty and Binstadt continue as co-directors of emergency medicine and trauma for the University of Minnesota SimPORTAL.

The Regions residents have historically found procedural training to be a strength of the program. This past year, we have developed enhanced training modalities for many of the procedures that make up the core content of emergency medicine.

This year an extension of orientation allowed for a focused procedure/simulation day. Common and high-stakes procedures were reviewed on-line via ProceduresConsult, and then practiced on simulators with feedback from faculty. Chest tubes, lumbar punctures, central lines, and universal protocol were among the skills covered in small groups. EM-1s also had a different exposure to perioperative airway management this year with the integration of the anesthesiology/ultrasound block into their emergency department months. Residents now get a few grouped days in the operating room to gain familiarity and confidence with airway management, followed by longitudinal exposure with 2-3 days a month during their ED-Integrated time over the remainder of the year. Mornings spent in the operating room are followed by afternoons performing ultrasound examinations in the emergency department.

Our recent emphasis on small group sessions and simulation during conference have given residents exposure to common and uncommon procedures that are part of the core content. On one representative day, one small group reviewed epistaxis management equipment and its use while another group learned ultrasound skills for acute abdominal pathology. In April, a dedicated conference day at the University of Minnesota’s SimPORTAL addressed OB emergencies. The residents discussed and performed perimortem c-sections, shoulder dystocia, and normal/complicated deliveries on realistic models.

This past year our procedure lab was revamped and a new curriculum developed. Jessie Nelson, MD (’04), our local simulation innovator, was instrumental in making the new curriculum a reality. Dr. Nelson built a fiberglass torso and developed multiple novel models to maintain realism for training. Residents now have a day of simulation exposure to thoracotomy, cardiac wound repair, peritoneal lavage, cystostomy, venous cutdown, retrograde intubation, transvenous pacing, lateral canthotomy, and many other rarely-performed procedures. The lab also incorporates more common procedures such as central lines, peripheral IV starts, fish hook removal, chest tube placement, and airway adjunct use.

We are excited about the innovation in ensuring procedural competency of our residents and expect to see this continue as a strength of our residency.

Rachel Dahms, MD
Assistant Residency Director

Emily Binstadt, MD, MPH
Cullen Hegarty, MD
Jessie Nelson, MD
Simulation Education & Research
Greetings. This has been a year of exciting changes. We are honored to serve as chief residents for this academic year. We would like to share with you some of the developments over the last year:

- Changes with transition to a new Emergency Department with reevaluation and discussion of staffing, policies and roles in the new department.
- Integrated Emergency Department months for interns now combine ED, anesthesia, and EMS into a longitudinal experience and has been well received.
- Implementation of disaster preparedness plan for additional resident surge capacity in response to H1N1 influenza pandemic.
- Education Chief now selects critical cases based on resident and staff input.
- Regions EM residents continue to publish research in national journals, present at national meetings and participate on state and national committees.
- Educational collaboration continues between emergency medicine and other specialties within the hospital such as combined EM-IM conferences, trauma conferences and noon-lecture series in the SICU.
- Continued collaboration between Regions and Hennepin County Medical Center emergency medicine programs continues with another year of successful second-year resident exchanges.
- Continued development of Selective ER rotation sites around the Twin Cities.
- Pediatric anesthesia rotation implementation.
- Developing a new EMS fellowship.
- Hospitalist and Palliative Care rotation integrated into intern year.
- Developed Patient Advocacy Day and conference held at State Capitol.
- Residents continue participating in volunteer activities such as medical staffing for event medicine: Vikings, Wild hockey games, concerts and events at the Xcel Energy Center and the annual Twin Cities and Stillwater Marathons.
- Many Regions EM residents provide excellent instruction to medical students, medics and nurses at courses such as ACLS, ATLS, PALS, and simulation workshops.

As chief residents, we are mindful of the history of excellence in our program and are committed to making the resident experience even better. The amazing spirit and talent of the current residents and residency leadership will ensure the Regions Emergency Medicine Residency continues its trajectory of success.

Aaron Burnett, MD
Leah Gapinski, MD
Brent Walters, MD
2009-2010 Chief Residents
Class of 2012

Peter Baggenstos, MD
- BS-Biology - University of Notre Dame
- MPH - Tufts University
- MD - Morehouse School of Medicine
- Interests: Classic motorcycle restoration, website design

Bjorn Peterson, MD
- BS-Computer Science - Bethel University
- MD - Loma Linda University
- AOA
- Interests: website design, guitar

Eric Dahl, MD
- BA-Art - University of Minnesota
- MD/MPH - University of Minnesota
- UMN School of Public Health Dean’s Scholar
- Interests: ceramics, wine/beer brewing, Brett Favre

Jerome Walker, MD
- BA-Biology - College of the Holy Cross
- MD - University of Minnesota
- Division I College hockey player
- AOA
- Interests: travel, coaching

Benjamin Watters, MD
- BA-Philosophy - Wheaton College
- MD - Loma Linda University
- Recipient of 2009 SAEM Excellence in EM Award
- Interests: backpacking, running, photography, biking

Tyler Ferrell, MD
- BA-Political Science - Brigham Young University
- MD - Medical College of Wisconsin
- Interests: running, Korean language

Casey Woster, MD
- BS-Biology/Spanish - Creighton University
- MD - Creighton University
- AOA, Gold Humanism Honor Society
- Interests: Latin America travel, camping

Katherine Graham, MD
- BA-History - Montana State
- MD - University of Minnesota
- Interests: fly-fishing, deep sea fishing

Clint Hawthorne, MD
- BA-Physics - University of Iowa
- MD - University of Iowa
- Interests: canoeing, bass guitarist
The registered nurses (RN) in the Regions Hospital emergency department (ED) demonstrate an impressive commitment to education. Fifty-two percent are baccalaureate prepared and many others are actively pursuing either a baccalaureate or master’s degree. Thirty-seven percent of the RN staff have obtained a specialty certification in emergency and/or critical care nursing.

A clinical educator coordinates education and the orientation process for more than 100 nurses, 30 paramedics and 55 emergency room technicians. New nursing staff complete a core course to establish a baseline knowledge of emergency nursing at Regions and a comprehensive orientation process to ensure competence on the floor. Continuing education takes place in the classroom, through posters, presentations and on-the-spot education as well as mandatory annual education each year. All nurses are certified in BLS/ACLS and have taken TNCC (trauma nursing core course presented by the Emergency Nurses Association). Many nurses have additional certification in ENPC, PALS, CATN and other specialties.

Educational efforts also extend to the community. Regions ED nurses also teach other professionals in the community. Many of our emergency medicine nurses teach physician assistants, paramedic, emt basic, and nursing students at the college level in didactic and clinical roles. In addition, our nurses provide education to parents on correct placement of child safety seats. They also provide education to nurses from our western Wisconsin affiliates via classes, online education and clinical time.

ED nurses are active in the Emergency Nurses Association. Three of the nursing staff members hold positions within the administration of the local chapter, including president, secretary and state representative.

Bonnie Whipple, RN
Clinical Educator

Physician Assistants

Physician Assistants play an integral role in the management of patients in our busy Emergency Department and have since 1984. We currently have a staff of 19 PA’s representing 12 different University PA programs. They rotate throughout the various pods working alongside physician and resident staff doing critical care, general medicine, behavioral health and urgent care. They also staff the department while residents attend weekly conference and other off-site activities. Staff MD’s, residents and PA’s enjoy a collegial relationship in an educational atmosphere focused on patient care. The PA staff also precepts PA students from various programs throughout the country helping to make their emergency department experience, one of the more desired clinical rotations.

Steve Wandersee
PA-C Supervisor

Crisis Program

The Crisis Program is a psychiatric crisis intervention service housed in the Regions Hospital Emergency Center, represents a unique collaboration between Regions behavioral health and the emergency department (ED).

An experienced, committed corps of licensed independent clinical social workers staff the program 24 hours a day, seven days a week. This innovative and cost-effective program has been an integral part of the ED for more than 35 years and serves more than 6,000 patients annually. Approximately 60 percent of all patients who are evaluated by crisis social workers are not hospitalized and instead return to the community with referrals for outpatient services.

A wonderful new addition to this program is the availability of psychiatric consultation in the ED during daytime hours.

Patients are seen for a variety of mental health issues including depression, psychosis, anxiety, and substance abuse. The crisis staff works closely with ED physicians, residents, physician assistants and nurses to provide comprehensive psychiatric and psychosocial assessments and to create discharge plans that maximize safety and stabilization in the community or in the hospital.

Maddy Cohen, MSW, LICSW
Manager, ED Crisis Program
Regions Emergency Medicine Department continues to have a strong interest in medical student education. Rotations hosted at Regions include our core, required EM clerkship, our advanced EM clerkship, our toxicology rotation, and a new elective ultrasound experience.

Our core rotation consistently gets top reviews from University of Minnesota students. The highlights of the rotation include the outstanding supervision, education, and feedback to the students from our senior residents, their experience in our weekly resident conferences, and the weekly student focused education workshops. This rotation allows our senior residents to experience daily teaching and supervision, and allows the students a chance to have a close working relationship with our EM residents.

The advanced rotation is our sub-internship experience for students from the University of Minnesota as well as other US medical schools. In the past year we have had students from 8 different medical schools complete this rotation. Highlights of this advanced rotation include many of the same pieces that make our core rotation outstanding—but in addition to those pieces the students work with and staff their patients with our EM residency staff physicians, are given extra EMS, ultrasound, and EKG education and experiences, and have an informal session with Dr. Ankel focused on the Emergency Medicine residency application process. Students love working directly with the staff at Regions as they are able to trial what their education as a resident here would be like, and to get daily shift feedback directly from the faculty. One last large component of this rotation is the option for students to get a letter of recommendation in the standard EM format (EM-SLOR) from Dr. Hegarty and Dr. Ankel.

Students taking the toxicology rotation here get a well rounded tox experience with our super-group of clinical toxicologists! During their four weeks they get to experience ED consults, inpatient consults and rounds on the toxicology in-patient consultation service, time at the Poison Control Center, and outstanding small group educational sessions.

Our newest EM elective is Bedside Ultrasound for the Clinician—a rotation hosted by Dr. Mike Zwank. Students taking this elective get to spend time with an ultrasound technician learning the ins and outs of the ultrasound machine, have focused reading on ultrasound and its EM application, and plenty of hands on, supervised ultrasound time in the ED.

Regions Hospital hosted a total of 64 students, with 17 of them taking the advanced course, over the past year. Dr. Hegarty continues in his role as clerkship director for all EM courses through the department of EM at the University of Minnesota in addition to his roles as co-chair of the University of Minnesota Medical School Twin Cities campus curriculum committee, and chair of the Clinical Education Committee at the Medical School.

If interested in learning more about our student rotation opportunities, check our ‘student program’ link on the webpage (www.regionsem.org) or call Lori Barrett at 651-254-3666.

Cullen Hegarty, MD
Keith Henry, MD
Kevin Kilgore, MD

New Faculty 2009

Martin Richards, Jr, MD
Undergraduate: Augsburg College
Med School: University of Minnesota
Residency: Regions Hospital
Hobbies/Interests: mountain biking, woodworking, gardening, snowshoeing, family

Charis Thatcher, MD
Undergraduate: Brigham Young University
Med School: Medical College of Wisconsin
Residency: Regions Hospital
Interests: palliative medicine, quality improvement, education
Hobbies: travel, dance, guitar, church

Bjorn Westgard, MD, PhD
Undergraduate: University of Minnesota
Med School: University of Illinois at Urbana-Champaign
Residency: Hennepin County Medical Center
Staying connected with residents, alumni and colleagues continues to be in the forefront for us. In fact, numerous residency-sponsored events kept us in touch with alumni and allowed them the opportunity to meet and network with our current residents. Besides an updated website (www.regionsem.org), we started a Facebook fan page (www.facebook.com/regionsem), with event listings and photos of residency events.

As members of the Emergency Medicine Association of Residency Coordinators (EMARC), we attended the annual meeting in Las Vegas, which was part of the 2009 CORD Academic Assembly. It allowed us the opportunity to network with our coordinator colleagues throughout the country. Lori chaired the planning committee for the EMARC Track of the Academic Assembly and, along with Rachel Dahms, MD, presented the use of a wiki to complete the Program Information Forms (PIF) for an accreditation site visit.

It was our pleasure to host 64 medical students from 8 medical schools and 24 rotating residents from 5 specialties.

Lori Barrett
Manager, Residency & Education
Pat Anderson
Program Coordinator

Regions Hospital Foundation EM Residency Funds

L134 - Emergency Medicine Residency Education
Gifts to this fund allow the residency to educate future emergency practitioners by funding programs such as our procedural skills lab, international rotations, specialty conferences, and much more. In 2009, this fund was used for 3 procedural skills labs and provided assistance to two residents. One is working on a national quality initiative, and the other served as an instructor for a critical care conference in Bolivia.

Regions Circle ($10,000+)
Regions Hospital Emergency Medicine Physicians

Advocate ($1,000+)
Felix Ankel, MD
Jeffrey Young, MD

Builder ($500+)
Bradley Hernandez, MD

Sponsor ($100+)
David Lee, MD

E009 - Mark Bernas Endowment
The Mark Bernas Endowment was established in 1998 after the death of EM resident, Mark Bernas. It’s purpose is to provide long term financial resources for the Emergency Medicine Department’s library needs and educational projects. The 2009 Ethics and Advocacy Day conference was sponsored, in part, by this fund.
## Current Residents

### Class of 2010

<table>
<thead>
<tr>
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<tr>
<td>Aaron Burnett, MD</td>
<td>SUNY at Syracuse</td>
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<tr>
<td>Nathaniel Cail, MD</td>
<td>University of Iowa</td>
</tr>
<tr>
<td>Aaron Feist, MD</td>
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<tr>
<td>Leah Gapinski, MD</td>
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<tr>
<td>Shani Go, MD</td>
<td>University of Iowa</td>
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<tr>
<td>Nicole Stoik, MD</td>
<td>Chicago Medical School</td>
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<tr>
<td>Heather Sutherland, MD</td>
<td>University of Iowa</td>
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<tr>
<td>Gregory Vigesa, DO</td>
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<tr>
<td>Brent Walters, MD</td>
<td>Virginia COM</td>
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### Class of 2011

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<thead>
<tr>
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<tr>
<td>Catherine Carlson, MD</td>
<td>University of Colorado</td>
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<tr>
<td>Katharine Davidson, MD</td>
<td>Cornell University</td>
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<tr>
<td>Autumn Erwin, MD</td>
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<td>Alexander Gerbig, MD</td>
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<td>Kara Kim, MD</td>
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<td>N. Kolja Paech, MD</td>
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<tr>
<td>Eric Roth, MD</td>
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<tr>
<td>Jillian Smith, MD</td>
<td>Tufts University</td>
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<tr>
<td>Timothy Sullivan, MD</td>
<td>Yale University</td>
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### Class of 2011

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<td>Peter Baggenstos, MD</td>
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<td>Tyler Ferrell, MD</td>
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<td>Katherine Graham, MD</td>
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<td>Clint Hawthorne, MD</td>
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<td>Bjorn Peterson, MD</td>
<td>Bethel University</td>
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<td>Jerome Walker, MD</td>
<td>College of the Holy Cross</td>
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<tr>
<td>Benjamin Watters, MD</td>
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<td>Casey Woster, MD</td>
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## Residency Presentations 2009

The Regions Hospital Emergency Medicine Residency supplements the clinical learning experience with lectures, workshops and procedural skills labs that are open (space permitting) to all residents, faculty, students, alumni, nurses, physician assistants, consultants and others from our residency community to share and discuss new knowledge.

Number of lectures: 224

Hours of attendance: 5110 resident hours

Number of workshops: 48 workshops were taught to 24 rotating residents and 120 medical students and PA students.

Number of labs: 18 residents participated in 12 procedural skills labs
Residency Awards/Recognition/Honors

**Star Award - resident teacher selected by medical students**
- 2009 Adina Connelly, MD, Danielle Jackson, MD
- 2008 Samuel Stellpflug, MD
- 2007 Sandy Fritzlar, MD
- 2006 Nathan Anderson, MD, Martin Richards, Jr., MD, John Travnicke, MD, Melissa Tschohl, MD
- 2005 Keith Henry, MD
- 2004 Robert LeFevere, MD
- 2003 Lynn Howard, MD
- 2002 John Bonta, MD
- 2001 Cullen Hegarty, MD

**Apple Award - faculty teacher selected by medical students**
- 2009 Keith Henry, MD
- 2008 Cullen Hegarty, MD, Kevin Kilgore, MD
- 2007 Joel Holger, MD, Peter Kumasaka, MD, Michael Zwank, MD
- 2006 Jeahan Hanna, MD
- 2005 Rachel Dahms, MD, Robert LeFevere, MD
- 2004 Cullen Hegarty, MD
- 2003 Kevin Kilgore, MD
- 2002 Felix Ankel, MD
- 2001 Paul Haller, MD

**Faculty Teaching Award - EM faculty teacher selected by residents**
- 2009 Keith Henry, MD
- 2008 Cullen Hegarty, MD
- 2007 Rachel Dahms, MD, Jeahan Hanna, MD
- 2006 Robert Knopp, MD
- 2005 Felix Ankel, MD
- 2004 Karen Quaday, MD
- 2003 Carson Harris, MD
- 2002 Scott Cameron, MD
- 2001 Robert Knopp, MD
- 2000 Joel Holger, MD

**Nurse Educator Award - EM nurse teacher selected by residents**
- 2009 Angela Hoeppner, RN
- 2008 Andrew Hebdon, RN
- 2007 Lawrence Cochran, RN
- 2006 Tom Peterson, RN, Karen Poor, RN
- 2005 Donovan Taylor, RN
- 2004 Mary Healy, RN

**Excellence in EMD Research**
- 2008 Tara O’Connell, MD
- 2007 Emily Mason, MD, Ben Peake, MD
- 2006 Scott Donner, MD
- 2005 Sandy Fritzlar, MD
- 2004 Kurt Isenberger, MD
- 2003 S. Wade Barnhart, MD, Christopher Obetz, MD
- 2002 Randall Hofbauer, MD
- 2001 Frank Coughlin, MD
- 2000 Paul Satterlee, MD, Paul Jewett, MD
- 1999 Kevin Sipprell, MD, James Parker, MD

**Ian Swatez Teaching Award - faculty teacher from outside EM selected by residents**
- 2009 Azhar Ali, MD
- 2008 David Dries, MD
- 2007 Eric Korbach, MD, Henry Ortega, MD
- 2006 David Lee, MD
- 2005 Bruce Bennett, MD
- 2004 Raj Sarpal, MD
- 2003 William Mohr, MD
- 2002 Mari Goldner, MD
- 2001 David Dries, MD
- 2000 Ian Swatez, MD

**Robert Knopp Humanism Award**
- 2009 Tara O’Connell, MD
- 2008 Mark Connelly, MD
- 2007 Emily Mason, MD
- 2006 Martin Richards, Jr., MD
- 2005 Keith Henry, MD, Jon Hokanson, MD

**Excellence in EMS Award**
- 2009 Owen Anderson, MD
- 2008 Joey Peterson, MD, Jonathan Shultz, MD
- 2007 Heidi Lako, MD

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Gold Humanism in Teaching Award recipient
Adina Connelly, MD
<table>
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<tr>
<th>Faculty</th>
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<tr>
<td>Felix Ankel, MD</td>
<td>University of Wisconsin</td>
<td>University of Illinois</td>
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<tr>
<td>Kelly Barringer, MD</td>
<td>Michigan State University</td>
<td>Regions Hospital</td>
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<td>Emily Binstadt, MD, MPH</td>
<td>Mayo Medical School</td>
<td>Harvard Affiliated</td>
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<tr>
<td>Mary Carr, MD</td>
<td>University of Michigan</td>
<td>EM/IM Henry Ford Hospital</td>
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<td>Won Chung, MD, MS</td>
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<td>Rachel Dahms, MD</td>
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<td>RJ Frascone, MD</td>
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<td>University of Illinois Urbana-Champaign</td>
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<td>Jason Gengerke, MD</td>
<td>University of Iowa</td>
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<td>Cullen Hegarty, MD</td>
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<td>Joel Holger, MD</td>
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<td>Kurt Isenberger, MD</td>
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<td>Kory Kaye, MD</td>
<td>University of South Dakota</td>
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<td>Kevin Kilgore, MD</td>
<td>University of North Dakota</td>
<td>Valley Medical Center, UCSF-Fresno</td>
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<td>Robert Knopp, MD</td>
<td>University of Minnesota</td>
<td>Christ Hospital</td>
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<td>Peter Kumasaka, MD</td>
<td>University of Rochester</td>
<td>FP - Loma Linda University</td>
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<td>Richard Lamon, MD</td>
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<td>Robert LeFevere, MD</td>
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<td>Matthew Morgan, MD</td>
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<td>Jessie Nelson, MD</td>
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<td>Levon O’Haodra, MD</td>
<td>University of Minnesota</td>
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<td>Henry Ortega, MD</td>
<td>Oregon Health Sciences</td>
<td>Pediatrics - Children's Hospital St. Paul</td>
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<td>Karen Quaday, MD</td>
<td>Wayne State University</td>
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<td>Samuel Reid, MD</td>
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<td>Martin Richards, Jr, MD</td>
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<td>Stephanie Taf, MD</td>
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<td>Charis Thatcher, MD</td>
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<td>Bjorn Westgard, MD, PhD</td>
<td>University of Illinois Urbana-Champaign</td>
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<td>Andrew Zinkel, MD</td>
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<td>Hennepin County Medical Center</td>
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<td>Michael Zwank, MD</td>
<td>University of Wisconsin</td>
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<td>Boston Medical Center</td>
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2009 Faculty
Publications


Electronic Publications


Kilgore KP. Information Technology in Emergency Medicine Education (In SAEM Medical Student Educators Handbook) 2009.


Book Chapters


Scientific Presentations


Grants and IRB-Approved Studies:

Burnett AM, Hegarty CB, Gordon BD. HealthPartners IME Grant. Examining the impact of mandatory medical school emergency medicine clerkships on the application rate of students to EM residency programs. (2008-2010)


Chung WG, Frascone RJ, Salzman J, Wewerka S. HealthPartners Research Foundation Internal Grant: ESI for EMS. (2009-2011)

Curl ND, Knopp RK, Nelson JG, Hauge K, Binstadt ES. HealthPartners IME Grant. Assessment of knowledge and skills related to informed consent among emergency medicine resident physicians. (2008-2009)


Frascone RJ, Wewerka SS, Salzman J. International Association of Fire Fighters Burn Foundation. The Effect of Fire Fighter SCBA Use on Carboxyhemoglobin Values During the Overhaul Phase of Fire Fighting. (2009-2011)


Holger JS. HealthPartners Research Foundation Internal Grant: The Prophylactic Use of Ondansetron in Toxic ingestions. (2004-2010)


Stellpflug S, Holger JS, Sutherland HE. HealthPartners Research Foundation Internal Grant. Model Development-induced Hypothermia Treatment for Severe Carbon Monoxide Poisoning in a Rat Model. (2009-2010)


Zwank M, Carlson CG, Anderson C. HealthPartners Research Foundation Internal Grant: Correlation Between Internal Jugular Vein Dimensions and Congestive Heart Failure. (2008-2010)

Zwank MD, Stoik NE, Sutherland HE, Feist AA. Ultrasound Guided Direct Internal Jugular Venous Catheterization. (2008-2010)
<table>
<thead>
<tr>
<th>Name</th>
<th>Medical School</th>
<th>Current Location</th>
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<tbody>
<tr>
<td>Luke Albrecht, MD ’08</td>
<td>University of Minnesota</td>
<td>New Ulm Medical Center - New Ulm, MN</td>
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<tr>
<td>Nathan Anderson, MD ’06</td>
<td>University of Minnesota</td>
<td>United Hospital - St. Paul, MN</td>
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<tr>
<td>Owen Anderson, MD ’09</td>
<td>Medical College of Wisconsin</td>
<td>Fairview Ridges Hospital - Burnsville, MN</td>
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<tr>
<td>Cherri Audrain-Schroeder, MD ’01</td>
<td>University of Nevada</td>
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<td>Kendal Baker, MD ’03</td>
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<td>Hancock Regional Hospital - Greenfield, IN</td>
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<td>Stephen Wade Barnhart, MD ’03</td>
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<td>Good Samaritan Hospital - Puyallup, WA</td>
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<td>Kelly Barringer, MD ’08</td>
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<td>Regions Hospital - St. Paul, MN</td>
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<td>Bradley Barth, MD ’00</td>
<td>Loyola University</td>
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<td>Marny Benjamin, MD ’02</td>
<td>University of Minnesota</td>
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<td>Mark Bernas, MD ’00</td>
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<td>John Bonta, MD ’02</td>
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<td>Frank Coughlin, MD ’01</td>
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<td>Susan Zola Cullinan, MD ’01</td>
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<td>Laresa DeBoer, MD ’02</td>
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<td>Channah DeLisa, MD ’99</td>
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<td>Keith Henry, MD ’05</td>
<td>University of Minnesota</td>
<td>Regions Hospital - St. Paul, MN</td>
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<td>Bradley Hernandez, MD ’01</td>
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<td>Randall Hofbauer, MD ’02</td>
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<td>Todd Joing, MD ’05</td>
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<td>Cynthia Kelmenson, MD ’03</td>
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<td>Martin Klinkhammer, MD '07</td>
<td>Mayo Medical School</td>
<td>MaryView Medical Center - Portsmouth, VA</td>
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<td>Amy Kolar, MD '99</td>
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<td>Samuel Stellplug, MD '08</td>
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<td>James Wood, MD '01</td>
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Regions Hospital is certified as a Level I Trauma Center for adults and for children serving Minnesota and western Wisconsin for more than 130 years.

A private, nonprofit, teaching hospital, Regions (www.regionshospital.com) provides outstanding care in women’s health, heart, cancer, surgery, orthopaedics, neuroscience, burn, emergency care and more. Regions is part of the HealthPartners (www.healthpartners.com) family of health care companies that serves 1.25 million medical and dental health plan members nationwide.