Learning from Those We Serve
# Learning from Those We Serve

## EMERGENCY MEDICINE RESIDENCY

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## Mission—Why we’re here:

- To train and mentor the next generation of highly competent, humanistic Emergency Physicians to be successful in any clinical setting and become leaders in Emergency Medicine.
From the Director

Welcome to the 2015 Regions Hospital Emergency Medicine Residency Program’s Annual Report! Each year we are excited to highlight and share many aspects of our program.

At the core of what we do each day is service. The residency administration team serves the residents, enabling them to have the best training experience. The residents serve the patients we care for here at Regions. In addition to direct patient care, a goal of the residency program in 2015 was to branch out of the hospital environment to connect and serve members of our community in other ways. We were proud to participate in the first ever ‘EM Day of Service’, volunteering at the Union Gospel Mission serving meals. It was a great way to give back to our community, and to connect with a group of people that frequently uses Regions Hospital. Since that time, we have gone back to the Mission to serve meals and plan on scheduling this regularly.

We salute our residents who were involved in leadership activities in 2015:
- Amy Stoesz (‘15) - Bolivia to teach at Medical Educators of Latin America Conference
- Mandy Miller (‘15) - AAEM Scientific Assembly
- Jessica Greupner (‘16) - CORD for the CPC Competition
- Mark Bergstrand (‘17) - ACEP Leadership & Advocacy
- Maria Bergstrand (‘17) - ACEP Leadership & Advocacy
- Maria Goertz (‘16) - ACEP Leadership & Advocacy
- Brittany Brindle (‘16) - ACEP Leadership & Advocacy
- Kendal Farrar (‘16) - ACEP Leadership & Advocacy
- Kayla Odegard (‘16) - ACEP Leadership & Advocacy
- Jackie Kelly (‘17) - ACEP Scientific Assembly for EMRA meetings

We also salute our faculty on their achievements in 2015:
- Jessie Nelson, MD (‘04) is named Emergency Medicine Director of Educational Research. Jessie was also a faculty member for ACEP’s Simulation Course in May as well as co-course director for Trauma Education: The Next Generation conference in September, for which she produced several videos.
- Kelly Barringer, MD (‘08) assumes the role of Chair, Clinical Competency Committee.
- Joe Walter, MD (‘13) implements Regions RAP, supplying residents with a myriad of educational resources.

We were fortunate to match another outstanding class of residents featured in this report. We are grateful for the support of our many residency partners and look forward to training the emergency medicine providers of the future. We are proud of our residents, faculty and alumni and hope you enjoy our annual update from St. Paul!

Cullen Hegarty, MD
PROGRAM DIRECTOR
2015 has been another wonderful year for Regions Hospital Emergency Department. Regions hospital plays a critical role in providing emergency care throughout the Twin Cities greater metro and western Wisconsin communities. The number of patients choosing Regions for emergency medical care is increasing and we are prepared. The emergency department’s vision to be a center of excellence for high quality affordable emergency care and a center of education and research excellence is the focus of department goals. With this vision in mind, 2015 goals focused around ultrasound education, patient satisfaction, introducing a split flow emergency department, changes in the model of care of our psychiatric patients and designing a new ambulance arrival center.

Our faculty are leaders in national and international specialty societies serving as academic peer reviewers, committee members, board members, and American Board of Emergency Medicine item writers and oral board examiners. We welcomed Drs. Charles Bruen and Michael Paddock to our academic faculty this year. Dr. Bruen has a unique shared position with clinical teaching appointments in critical care and emergency medicine. Our community division continues to grow with doctors Samantha Kealey ('15), Joshua Peltier ('15), Benjamin Willenbring and Nabil Salama joining the group this year.

2015 was another successful promotion year at the University of Minnesota for our faculty. Congratulations to Professor Felix Ankel, MD and Associate Professors Michael Zwank, MD, Jessie Nelson, MD ('04), and Sam Stellpflug, MD ('08).

Congratulations to toxicology fellow Dr. Jenna Leroy ('14) winner of the 2015 Emergency Medicine Foundation research grant. Our toxicology program introduced two new fellows this year Drs. Sean Boley ('15) and Abby Montague. Dr. Kari Haley is our 2015 EMS fellow. Dr. Haley has a special interest in rural EMS. Amy Stoesz, MD ('15) is our current international emergency medicine fellow. She is collaborating locally and nationally to improve the identification and treatment of emergency conditions associated to human trafficking. Ryan Bourdon, MD ('13) continues as quality and patient safety fellow. In addition to collaborating with our residency leadership team reconstructing our resident education in quality and patient safety, Dr. Bourdon is leading projects in patient hand-overs, geriatric care, sepsis and stroke.

Our emergency residents play critical roles in development of hospital and department quality and patient safety projects. Highlights are a hospital wide point of care ultrasound education program, treatment of sepsis patients using alerts and reviewing ordering patterns, instituting a prehospital EMS direct to CT scanner protocol that is seeing record arrival to clot buster results, reviewing best practice and instituting a safe hand-over process, and operationalizing an educational workshop for the entire department supporting the best patient experience.

The emergency medicine department at Regions is built on relationships of trust and confidence. I look forward to continued opportunities to engage, lead, and sustain the changes needed in the emergency healthcare system to benefit the health of the community we serve.

Kurt Isenberger, MD
DEPARTMENT HEAD
HealthPartners Institute

- Care Delivery Partnerships
- Operations
- Research

Care Delivery Partnerships
- Medical Library
- Residency Programs
- Simulation Center

Regions Hospital
Emergency Medicine

more than 450 active studies at one time

affiliated with:

ACGME

University of Minnesota
staff hold appointed faculty teaching roles

Connect with us!

- twitter.com/HP_MedEd
- facebook.com/healthprofessionaleducation
Bob Knopp, MD was hired to start the EM residency. Ready to return to Minnesota, Dr. Knopp left the residency he directed in Fresno for 17 years to work in the development of the Regions Hospital Emergency Medicine Residency. Lori Barrett is selected for coordinator. Lori had previously worked as the department head admin and EM office supervisor.

Residency receives a 3-year provisional accreditation by the ACGME-RRC for Emergency Medicine and recruitment begins for the first class of eight residents. Approximately 200 applications were reviewed and 126 interviews were conducted.

First class of 8 residents starts. The Class of 1999 included students from Creighton University, University of Colorado, Mayo Medical School, University of Minnesota, and University of North Dakota.

Residency receives full 3-year ACGME accreditation and graduates its first class. Of that first class of eight residents, seven continue to work and live in Minnesota. Pat Anderson joins the program as a program assistant.

Dr. Felix Ankel is named program director. Dr. Ankel, a graduate of the University of Wisconsin Medical School, completed his residency at the University of Illinois-Chicago and joined the faculty at St. Paul-Ramsey Medical Center in 1994.

Residency receives a 5-year full ACGME accreditation.

Jessie Nelson, MD is selected for an Educational Fellowship and becomes the first faculty member for clinical simulation.

Medical Toxicology Fellowship is launched. EM grad, Matt Morgan, MD, is selected as the first fellow.

Dr. Bob Knopp retires from clinical work. He continues to play an important role in resident education with his EKG and ethics lectures.

Residency receives a continued 5-year full ACGME accreditation.

EMS Fellowship starts under the direction of RJ Frascone, MD, with selection of EM grad, Aaron Burnett, MD, as the first fellow.

Quality & Patient Safety Fellowship begins, under the direction of Drew Zinkel, MD; EM grad, Kara Kim, MD, is its first fellow. Toxicology fellowship expands to two fellows/year. HealthPartners takes over sponsorship of Pediatric-EM fellowship based at Minneapolis Children’s; fellows are now part of the Regions EM family.

International EM Fellowship, directed by Matt Morgan, MD, accepts its first fellow, Amy Walsh, MD. Emergency Medicine PA fellowship starts under the direction of Brad Hernandez, MD and Ann Verhoeven PA-C.

Dr. Felix Ankel, program director from 2001-2013, accepts the position of Vice President & Executive Director, Health Professional Education with the HealthPartners Institute (fka HealthPartners Institute for Education and Research.) Dr. Cullen Hegarty is named program director. Dr. Hegarty, a 2001 program graduate, served as an assistant program director from 2004-2011, and associate program director from 2011-2013. EMS fellowship receives 3-year initial accreditation.

Dr. Aaron Burnett (’10) is named program director for the EMS fellowship; Dr. Amy Walsh assumes the role of program director for the International fellowship. Dr. Sam Stelzlief Mon (’08) is appointed program director for the Med/Tox fellowship. Dr. Joe Arms takes over as fellowship director for Peds-EM.

Pat Anderson retires after 15 years; Amy Koonce joins as program coordinator. EMS fellowship has its first ACGME site visit.

Our goal is to be a world-class residency program, which not only trains outstanding emergency physicians, but also helps define the future practice of emergency medicine through innovation, research and advocacy.
Welcome to the Regions Emergency Medicine Residency Annual Report!
We are excited to share with you some of the aspects of our program that make it unique. Regions is a Level I Adult and Pediatric Trauma Center, Heart Center, Stroke Center and Regional Burn Center with a long-standing mission to provide care for immigrants and the impoverished. It has all of the resources you would expect at a privately owned hospital with a unique blend of privately insured and under-served patients.

We have a progressive and dynamic educational curriculum that is focused on core EM knowledge as well as other evolving aspects of medicine such as research, quality and administration. We feel that those aspects of emergency medicine are so important in our training that we have scheduled Resident of the Day “ROD” shifts, which afford us dedicated time for committee participation, research and teaching. Residents are well-prepared for a wide range of clinical settings (both academic and community), as well as fellowship and administrative positions.

Caring for critically ill patients is a hallmark of emergency medicine, which is why we place a strong emphasis on critical care and procedural competence. Our system of graduated responsibility places residents in active team roles early in their training. In the SICU, emergency medicine residents are the only residents who provide 365 day coverage. This is a unique opportunity to gain procedural competence and work directly with our surgical and trauma attending staff physicians, building relationships that directly translate back to the trauma bay in the emergency department.

PGY-1 residents are active members of our code teams. They are primarily responsible for airway management in all medical resuscitations in the emergency department. PGY-2 residents manage the airway on all trauma patients and perform the majority of procedures in trauma and medical resuscitations in the ED. PGY-3 residents lead medical arrest resuscitations, serve as team leader for Trauma Team Activations and supervise the majority of procedures performed in the ED.

We truly believe that our educational curriculum, critical care experiences, and hospital administrative systems are unique. This combined with excellent support from our well-respected teaching faculty makes the Regions EM Residency program a great place to further your medical training. We are happy to share more about our program and answer any questions you might have about our unique, collaborative approach to resident education.
Allison Grace, MD  
**BA - Biology, Society and the Environment - University of Minnesota**  
**MD - University of Wisconsin**  
Interests: Avid football fan, water sports (including kayaking, waterskiing, jet-skiing), craft projects, snowboarding or snow-tubing, recreational volleyball

Aaron Gronseth, MD  
**BS - Magna Cum Laude - Biology - University of St. Thomas**  
**MD - Medical College of Wisconsin**  
Interests: Golfing, hiking, cooking and creating recipes but forgetting to write them down, reading, baseball

Bradford Hansen, MD  
**BS - Biochemistry - University of St. Thomas**  
**MA - Medical Sciences - Loyola University**  
**MD - Loyola University**  
Alpha Omega Alpha Honor Society  
Interests: cycling, running, paddle boarding, kayaking, basketball, pole-vaulting, cooking

Matthew Jones, MD  
**BS - Magna Cum Laude - Combined Sciences - Santa Clara University**  
**MD - University of Minnesota**  
Interests: Rock climbing, running, cycling, snowboarding, cross-fit, cooking, playing guitar and banjo, going to concerts, films and other art exhibits

Brian Mehus, MD  
**BS - Biology - University of Minnesota**  
**MD - University of Minnesota**  
Interests: Spending time with family and dog, camping, hiking, climbing, gardening, running, cycling, swimming, wakeboarding, reading

Steven Palm, MD  
**BS - Psychology - University of North Dakota**  
**BS - Physician Assistant - University of Nebraska**  
**MS - Physician Assistant Studies - University of Nebraska**  
**MD - University of Minnesota**  
Alpha Omega Alpha Honor Society  
Interests: Open water certified SCUBA diving, jogging, camping, hiking, boating, and biking

Callie Schnitker, MD  
**BS - Interdisciplinary Studies - University of Minnesota**  
**MS - Biomedical Sciences - Tufts University**  
**MD - Drexel University**  
Interests: Avid distance runner/marathoner/ultra-marathoner, cooking, backpacking and camping

Hilary Simon, MD  
**BS - Cum Laude - Health Promotion and Disease Prevention Studies - University of Southern California**  
**MD - New York Medical College**  
Alpha Omega Alpha Honor Society  
Interests: Watching college football and college basketball (USC Trojans and UMN Gophers), volunteering at an animal shelter, spending time at the family cabin in central Minnesota

Kevin Torkelson, MD  
**BA - Biology (Major) & Psychology (Minor) - Concordia College Moorhead**  
**MD - University of North Dakota**  
Interests: spending time with family, friends and dog Max, playing hockey and golf, outdoor running, hiking, backpacking and camping

Zlata Vlodaver, MD  
**BS - Finance (Major) & Spanish (Minor) - University of Minnesota Carlson School of Mgmt**  
**MD - University of Minnesota**  
Alpha Omega Alpha Honor Society  
Interests: Avid traveler, enjoy cooking, baking, hiking, and playing cribbage
## Current Residents

### Class of 2016

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<tr>
<th>Name</th>
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<tr>
<td>Edgar Austria, MD</td>
<td>University of Kansas</td>
<td>University of Kansas</td>
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<tr>
<td>Brittany Brindle, MD</td>
<td>Concordia College-Moorhead</td>
<td>University of Minnesota</td>
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<tr>
<td>Kendal Farrar, MD</td>
<td>Carleton College</td>
<td>Dartmouth University</td>
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<tr>
<td>Maria Goertz, MD</td>
<td>Wheaton College</td>
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<tr>
<td>Jessica Greupner, MD</td>
<td>Gustavus Adolphus College</td>
<td>University of Colorado</td>
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<tr>
<td>Nathaniel LaFleur, MD</td>
<td>Creighton University</td>
<td>American University</td>
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<tr>
<td>Sakib Motalib, MD</td>
<td>University of Kentucky</td>
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<tr>
<td>Kayla Odegard, MD</td>
<td>University of Minnesota-Duluth</td>
<td>University of North Dakota</td>
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<tr>
<td>Elizabeth Roeber, MD</td>
<td>Minnesota State University-Moorhead</td>
<td>University of South Dakota</td>
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<tr>
<td>Jill Schuld, MD</td>
<td>University of Wisconsin-Milwaukee</td>
<td>Medical College of Wisconsin</td>
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### Class of 2017

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<thead>
<tr>
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<tr>
<td>David Benjamin, MD</td>
<td>Bethel University</td>
<td>University of Minnesota</td>
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<tr>
<td>Jennifer Bennett, MD</td>
<td>University of Southern California</td>
<td>Johns Hopkins University</td>
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<td>Maria Bergstrand, MD</td>
<td>College of St. Benedict</td>
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<td>Mark Bergstrand, MD</td>
<td>St. John’s University</td>
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<tr>
<td>Matthew Bogan, MD</td>
<td>Iowa State University</td>
<td>University of Minnesota</td>
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<tr>
<td>Peter Coenen, MD</td>
<td>University of Wisconsin-Madison</td>
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<tr>
<td>Brian Hahn, MD</td>
<td>St. Olaf College</td>
<td>Chicago Medical School</td>
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<tr>
<td>Jacqueline Kelly, MD</td>
<td>Hamline University</td>
<td>University of Minnesota</td>
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<tr>
<td>Noah Maddy, MD</td>
<td>University of Sioux Falls</td>
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<td>Alan Sazama, MD</td>
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### Class of 2018

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<td>Medical College of Wisconsin</td>
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<td>Bradford Hansen, MD</td>
<td>University of St. Thomas</td>
<td>Loyola University</td>
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<td>Matthew Jones, MD</td>
<td>Santa Clara University</td>
<td>University of Minnesota</td>
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<td>University of Minnesota</td>
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<tr>
<td>Steven Palm, MD</td>
<td>University of Nebraska</td>
<td>Drexel University</td>
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<td>Callie Schnitker, MD</td>
<td>University of Minnesota</td>
<td>New York Medical College</td>
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<td>Hilary Simon, MD</td>
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<td>University of North Dakota</td>
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<td>Zlata Vlodaver, MD</td>
<td>University of Minnesota</td>
<td>University of Minnesota</td>
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1. Why did you choose Regions for your EM residency training?
I really enjoyed my rotation at Regions as a medical student. I especially liked the residents and attendings and felt that I would fit in well. The program had everything I wanted in terms of location, training environment, opportunities, and support of residents.

2. Tell us about projects you have been involved in during your time at Regions?
I have always been interested in wilderness medicine. I had the opportunity to expand on this interest by attending the Wilderness Medical Society Annual Conference and obtaining my Advanced Wilderness Life Support certification during my elective time. Dr. Hegarty put me in contact with Regions alumnus, Jonathan Shultz, who provides medical direction to the National Park Service, and I have had the chance to do some teaching with the NPS.

3. Any other great experiences you have had during your time at Regions?
I have really enjoyed having the opportunity to participate in event medicine at Minnesota Wild and Minnesota Vikings games. I also really enjoyed attending the ACEP Leadership and Advocacy Conference with fellow co-residents in Washington DC which the residency helped support. Regions has supported me for several different learning opportunities throughout my residency training which I have really appreciated.

4. What are you most looking forward to with your future career in EM?
I am excited to start my career within the Twin Cities and look forward to working with my new colleagues. I am also looking forward to the exciting experiences and varied challenges that I will encounter in emergency medicine.
Coordinators

There’s nothing better than hearing from our grads. We especially like reconnecting at our Alumni Day Conference in September. We kicked off with a golf outing and lunch on the day prior, and were fortunate to have the rain hold off until we were off the course. We used our telemedicine application once again for our 2015 Alumni Day conference, hearing from grads, Paul Travnicek (’08) in Australia and Darren Manthey (’05) in South Dakota. Pat Anderson has officially joined the ranks of Regions alumni with her retirement in February and will be included in future alumni events. Numerous residency and department-sponsored events allow alumni the opportunity to meet and network with our current and past residents.

We attended the annual meeting of Emergency Medicine Association of Residency Coordinators (EMARC) in Phoenix as part of the 2015 CORD Academic Assembly. It allowed us the opportunity to network with our coordinator colleagues throughout the country and share best practices. Lori also attended the residency fairs at SAEM in San Diego and ACEP in Boston. Dinners during those meetings are always a highlight and great opportunities to socialize with grads.

It was our pleasure to host 120 medical students from 20 medical schools, 27 rotating residents and 6 fellows from 6 specialties, as well as 2 EM residents from Hennepin County Medical Center who participated in our 2nd year swap. We are finishing up our interview season, and look forward to another great match.
What brought you to Regions to do your residency and fellowship?
I knew EM was a good fit early on. People seemed happy to work at Regions and patients got great care. My Medical Education and Simulation fellowship was serendipitous. I liked teaching as a resident, but didn’t think I had quite enough training in education to be as good a teacher as I thought I should be. Fellowship seemed like a good idea but education fellowships were really new back then. I was fortunate to be part of creating a fellowship here.

What keeps you at Regions as a faculty?
Honestly, Regions seems like a second home to me. Many of the professionals who taught me to be the physician I am are now my colleagues.

The how and why of education is what makes me tick. Regions provides many rich opportunities for me to flex my creative muscles. We have so many innovations from our colleagues in research and quality. Those innovations need to get to people who take care of our patients every day. I get to help learners learn and teachers teach. And I learn something every day here.

Tell us about your new role with Educational Research.
I’m the Director of Emergency Medicine Education Research. This is a new position both at Regions and the University of Minnesota. At Regions, we are in an ideal learning laboratory. We have great teachers but are also blessed with so many learners.

While Regions is known for excellent patient care, faculty members choose to work here because they want more...to train the next generation of Emergency Physicians and care providers. I see the Director role as more of a research enabler. I want to make the academic part of our jobs easier and more fulfilling. The nice thing about my academic interest is that it involves the process of education. I’m not limited by subject matter, and can collaborate with and be a resource to my colleagues.

Any upcoming projects that you are working on that you are excited about?
I represent Regions in an “Education Research Incubator” in the University of Minnesota’s Department of Emergency Medicine. Our job is to brainstorm and develop research ideas. Just as in more typical bench or clinical research, there are many unanswered questions in the field of education. Our first major project involves teaching teamwork skills to our medical students.

Any other fun things we should know?
I’ve written about my winding path in academia for FemInEM.com. I track my inadequate attempts to keep up with the more mundane core content of EM (https://emreadingplan.wordpress.com/). I also document the little challenges I face in teaching EM (https://littleteachingchallenges.wordpress.com/).
### FACULTY

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<tr>
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<tbody>
<tr>
<td>Felix Ankel, MD</td>
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<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>
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<td>Charles Bruen, MD</td>
<td>UT Southwestern at Dallas</td>
<td>EM/IM Hennepin County Medical Center</td>
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<td>Mary Carr, MD</td>
<td>University of Michigan</td>
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<td>Rachel Dahms, MD</td>
<td>University of Minnesota</td>
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<td>University of Minnesota</td>
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<td>Bradley Gordon, MD</td>
<td>Creighton University</td>
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<td>Kristi Grall, MD</td>
<td>Medical College of Wisconsin</td>
<td>William Beaumont - Royal Oak, MI</td>
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<td>Regions Hospital</td>
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<tr>
<td>Kory Kaye, MD</td>
<td>University of South Dakota</td>
<td>St. Vincent Medical Center - Toledo</td>
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<tr>
<td>Kevin Kilgore, MD</td>
<td>University of North Dakota</td>
<td>Ortho - Creighton University</td>
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<tr>
<td>Peter Kumasaka, MD</td>
<td>University of Rochester</td>
<td>Christ Hospital</td>
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<tr>
<td>Robert LeFevere, MD</td>
<td>Creighton University</td>
<td>Regions Hospital</td>
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<tr>
<td>Matthew Morgan, MD</td>
<td>Chicago Medical School</td>
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<tr>
<td>Jessie Nelson, MD</td>
<td>University of Minnesota</td>
<td>Regions Hospital</td>
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<tr>
<td>Michael Paddock, DO</td>
<td>AT Still University/Kirkville COM</td>
<td>Cook County</td>
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<tr>
<td>Karen Quaday, MD</td>
<td>Wayne State University</td>
<td>EM/IM Henry Ford Hospital</td>
</tr>
<tr>
<td>Stephen Stanfield, MD</td>
<td>University of South Carolina</td>
<td>Palmetto Health Richland Hospital</td>
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<tr>
<td>Samuel Stellpflug, MD</td>
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<tr>
<td>Bjorn Westgard, MD</td>
<td>University of Illinois Urbana-Champaign</td>
<td>Hennepin County Medical Center</td>
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<tr>
<td>Andrew Zinkel, MD</td>
<td>University of Wisconsin</td>
<td>University of Illinois</td>
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<tr>
<td>Michael Zwank, MD</td>
<td>University of Wisconsin</td>
<td>Boston Medical Center</td>
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### COMMUNITY-BASED

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<thead>
<tr>
<th>Faculty</th>
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<th>Residency</th>
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<tbody>
<tr>
<td>Bradley Barth, MD</td>
<td>University of Minnesota</td>
<td>Regions Hospital</td>
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<tr>
<td>Aaron Burnett, MD</td>
<td>SUNY - Syracuse</td>
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<tr>
<td>Eric Dahl, MD</td>
<td>University of Minnesota</td>
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<tr>
<td>Paul Haller, MD</td>
<td>University of Minnesota</td>
<td>IM - University of Minnesota</td>
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<tr>
<td>Samantha Kealey, MD</td>
<td>University of Minnesota</td>
<td>Regions Hospital</td>
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<tr>
<td>Eric Ling, MD</td>
<td>Northwestern University</td>
<td>Hennepin County Medical Center</td>
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<tr>
<td>Sheff Massey, DO</td>
<td>Des Moines University</td>
<td>POH Medical Center - Pontiac MI</td>
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<td>Mark Newman, MD</td>
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<td>Levon O’Hoodha, MD</td>
<td>University of Minnesota</td>
<td>University of Michigan</td>
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<tr>
<td>Joshua Peltier, MD</td>
<td>University of Minnesota</td>
<td>Regions Hospital</td>
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<td>Bjorn Peterson, MD</td>
<td>Loma Linda University</td>
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<tr>
<td>Brian Peterson, DO</td>
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<td>Resurrection Medical Center</td>
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<tr>
<td>Martin Richards, Jr, MD</td>
<td>University of Minnesota</td>
<td>Regions Hospital</td>
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<tr>
<td>Nabil Salama, MD</td>
<td>Des Moines University COM</td>
<td>Resurrection Medical Center</td>
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<tr>
<td>Amy Walsh, MD, MDP</td>
<td>University of Minnesota</td>
<td>University of Iowa</td>
</tr>
<tr>
<td>Joseph Walter, MD</td>
<td>St. Louis University</td>
<td>Regions Hospital</td>
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<tr>
<td>Benjamin Willenbring, MD</td>
<td>Drexel University</td>
<td>Drexel University</td>
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<tr>
<td>Casey Woster, MD</td>
<td>Creighton University</td>
<td>Regions Hospital</td>
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<tr>
<td>Wendy Woster, MD</td>
<td>University of Minnesota</td>
<td>Regions Hospital</td>
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### PEDIATRIC EM

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<th>Faculty</th>
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<tr>
<td>Joseph Arms, MD</td>
<td>University of Minnesota</td>
<td>Children’s Hospitals and Clinics of MN</td>
</tr>
<tr>
<td>Patrick Carolan, MD</td>
<td>Medical College of Wisconsin</td>
<td>Children’s Hospital of Cincinnati</td>
</tr>
<tr>
<td>Paul Zenker, MD</td>
<td>Tulane University/Louisiana State University</td>
<td>Children’s Hospitals and Clinics of MN</td>
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</table>
The Crisis Program at Regions Hospital Emergency Center, represents a successful collaboration between the Emergency Department and Regions Mental Health Department.

Psychiatric crisis intervention and assessment services are provided by an experienced, skilled group of licensed independent clinical social workers (LICSW) staffing the program 24/7. We provide a patient centered and trauma informed model of care. Patients are seen for a variety of mental health issues including suicidal behavior, depression, psychosis, anxiety, post traumatic stress, domestic violence and substance abuse. The crisis staff work closely with ED physicians, residents, physician assistants, nurses, ERTs and case managers, to provide comprehensive psychiatric and psychosocial assessments and to create discharge plans that maximize safety and stabilization in the community or in the hospital.

This innovative and cost-effective program has been an integral part of the ED for more than 35 years and serves more than 7,500 patients annually. Approximately 60 percent of all patients evaluated return to the community with referrals for outpatient services.

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This has been another exciting year for nursing education in the ED. We continue to grow our staff and have hired a record 73 new employees this year! We also launched a nursing residency program for novice ED nurses to support their transition from novice to proficient ED nurses. Our RN residents have participated in critical cases most Thursdays with the MD residents, and the MD residents have participated in RN residency simulations. This interdisciplinary approach to education has improved our team communication and approach to patient care. Eighteen nurses completed the residency program this year.

Of the 148 ED nurses, 37% hold an associate degree, 57% hold a baccalaureate degree and 6% hold a master’s degree. Additionally, 33% have specialty certifications, such as CEN, CPEN, CCRN, CMS-C, ANCC-BC, SANE-A, CFRN and PCCN. One of our nurses received his specialty certification in stroke this year. This wide range of specialty certifications demonstrates how committed the nurse group is to excellent patient care. The ERT group remains a fluid group of staff, many of which are pursuing additional education such as Nursing school, PA school or Medical school.

Many of our nurses were honored to be nominated for awards this year. Our nurse manager, Ryan Aga, was named Mpls-StPaul magazine’s outstanding ED nurse of the year. Staff nurse, Polly Rabe was selected by Mpls-StPaul magazine as outstanding military nurse of the year. Supervisor Clarice Marsh was nominated by the March of Dimes as outstanding nurse of the year. 2016 is looking like another busy year for the ED, and we are ready to face the challenges to come in this ever dynamic environment!
Physician Assistants have played an integral role in the management of patients in our busy Emergency Department since 1983. We currently have a staff of 18 PA's representing 11 different PA programs.

The HealthPartners Institute/Regions Hospital EM PA Residency Program, launched in 2012, continues to be a leader in the increasing number of EM PA postgraduate programs. In December of 2015, our third class of residents graduated. We continue to meet our goal of producing residency-trained PAs who have increased competence, confidence, and job satisfaction, and look for them to become leaders in their future employment. We know that the PA residents we are training will greatly improve the health care we provide to our community.

The Class of 2016 began in March of 2015. The residents completed their orientation and advanced life support training courses with the EM MD Class of 2018. The PA residents attend weekly conferences and have off-service rotations with the MD residents as well as study the same core curriculum.

Brita Dahlquist and Stephani Seymour (Class of 2015) competed in the second annual American Academy of Emergency Medicine (AAEM) EMPA Challenge Bowl at the AAEM 21st Annual Scientific Assembly. We continue to actively promote post-graduate EM PA training at the national level. Ann Verhoeven, PA-C serves on the board of directors of the Society for Emergency Medicine Physician Assistants (SEMPA) and participated in the development of recommended standards for EM PA residency/fellowship programs.

PA Residency Graduates:
Chadd Allen, PA-C ’14 - Baylor Medical Center - Dallas, TX
Garrett Brady, PA-C ’13 - Sacred Heart Medical Center - Eugene, OR
Brita Dahlquist, PA-C ’15 - Abbott NW Hospital - Minneapolis, MN
Stephani Seymour, PA-C ’15 - Regions Hospital - St. Paul, MN
Libby Shern, PA-C ’14 - Regions Hospital - St. Paul, MN
Abby Willaert, PA-C ’13 - Regions Hospital - St Paul, MN, St. Catherine’s University - Clinical Coordinator

Faculty Teaching Award - EM faculty teacher selected by PA residents:
2015 Joseph Walter, MD
2014 Michael Zwank, MD

PA Staff Teaching Award – selected by the physician assistant students:
2015 Dan Texidor, PA-C

PA Resident Class of 2016

Michael Cavanaugh
BS, Microbiology, Western Illinois University
Graduate, Physician Assistant Studies, Saint Louis University
Personal Interests: climbing, mountain biking, telemark skiing, running, spending time outdoors, reading, cooking, live music and developing the perfect homemade pizza

James Frederick
BA, English Literature, University of Colorado Boulder
Graduate, Physician Associate Studies, Yale University School of Medicine
Personal Interests: snowboarding, camping, canoeing, traveling and spending time with his dog
New Faculty

Charles Bruen, MD
Undergraduate: Aeronautical/Astronautical Engineering - Massachusetts Institute of Technology
Med School: University of Texas Southwestern at Dallas
Residency: EM/IM - Hennepin County Medical Center
Fellowship: Emergency Cardiology - Hennepin County Medical Center
Fellowship: Critical Care - Hennepin County Medical Center

Samantha Kealey, MD
Undergraduate: Biology - University of Minnesota
Med School: University of Minnesota
Residency: Regions Hospital
Interests: traveling, camping/backpacking, alpine and nordic skiing, equestrian sports, fly fishing, gardening, cooking, fine arts

Michael Paddock, DO, MS
Undergraduate: Cell Biology - University of Minnesota-Duluth
Med School: A.T. Still University, Kirksville College of Osteopathic Medicine
Graduate: Biomedical Science (Physiology) - A.T. Still University, Kirksville College of Osteopathic Medicine
Residency: Cook County - Chicago, IL
Fellowship: Medical Education Research, Innovation, Teaching and Scholarship (MERITS) - University of Chicago
Interests: residency curriculum development, technology in medical education, asynchronous and online education, point of care ultrasonography

Joshua Peltier, MD
Undergraduate: Biology - University of Minnesota-Duluth
Med School: University of Minnesota
Residency: Regions Hospital
Medical Interests: POC ultrasound, medical student education, ED flow
Hobbies: woodworking, running, broomball, golf

Values—How we act:

- Have a positive team atmosphere where students, residents, fellows, faculty and residency administrative personnel can work, learn, educate and deliver state of the art care
- Meet or exceed all ACGME standards
- Remain a dynamic residency through transparent feedback mechanisms and forward strategic planning
- Recruit motivated, humanistic applicants with strong interpersonal skills
- Advise and mentor residents to help them achieve their ideal jobs and fellowships through individualized pathways
- Continue to involve residents in operations, administration, technology and quality as part of the core EM curriculum
- Focus on resident wellness to emphasize early in residents’ careers the importance of a work-life balance
- Provide a comprehensive residency curriculum, including clinical rotations, conferences, and procedural experiences, to prepare residents to successfully pass ABEM examinations and be highly competent to independently practice EM
- Have conferences that are active, innovative, positive learning experiences using small groups, simulation and adult learning theories
- Encourage resident and faculty scholarship
- Strive for a career-long learning and collaboration pathway for our alumni
- Be engaged contributors and partners to the Emergency Medicine Department, HealthPartners/Regions Hospital, the University of Minnesota Medical School and our community
- Foster open and honest relationships with our educational partners
- Be humble, respectful, active members of the national EM residency network
- Aim to improve the health of our population, improve the patient experience and affordability of care

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Procedural Training and Competency

Procedural education is based on the need to enter future practice comfortable and competent in performing a broad variety of invasive and noninvasive procedures. Procedural competency matters the most in procedures that are complex, high risk, and must be performed immediately to reduce the risk to life or limb.

Historically, most procedural exposure happens at the patient’s bedside under faculty supervision. The emergency department, intensive care units, and off-service rotations provide an opportunity for residents to become competent in performing procedures in a clinical setting. Working with different faculty in different specialties, residents are exposed to varied techniques and approaches to patient care. Bedside teaching also allows for direct and immediate feedback on performance at the bedside under the watchful eyes of faculty.

Each year, every resident completes a structured full-day simulated procedure lab, which provides a chance for the resident to get hands-on experience with invasive procedures. Common procedures, such as central line placement or epistaxis management, are refined; residents also perform rare and high-stakes procedures such as thoracotomy cricothyroidotomy, pericardiocentesis, and shoulder dystocia delivery. Faculty instructors lead and facilitate the lab, guiding the discussion and performance of the procedures.

The Regions Hospital Emergency Medicine Residency has a robust group of faculty with strong interests in simulation-based education. We have worked to integrate simulation and small-group learning as an important part of the residency curriculum. Simulation is used to augment medical student and faculty education, to address systems-based barriers to quality care and to analyze communication issues within the ED and with other hospital partners. Several residents have completed simulation-based projects for their scholarly activity requirement, and we look forward to mentoring more residents in the future.
EMERGENCY MEDICINE RESIDENCY

Learning from Those We Serve

We are committed to innovative education, and continue to add cutting edge technology, to bring in nationally and internationally recognized speakers using interactive remote meeting applications. We have developed a novel FOAMed curriculum for learning evidence based medicine that incorporates instructional technology media including podcasts, blogs, social media and vodcasts. We incorporate monthly small group/simulation conference days, using simulation or case-based materials as a basis of active learning. Our weekly ‘critical case’ conference continues to be our signature conference, using real-life cases for discussion. Once per month our critical cases have a pediatric focus, with participation by our Peds-EM fellows and faculty.

Other conference time is dedicated to core content, journal club, QI, joint collaborative conferences with other departments, and our monthly grand rounds series. Other innovative ideas we’ve incorporated include adding discussions of relevant podcasts to critical cases, using games to make core topics enjoyable, and live chats with our alumni throughout the US and even Australia.

We are excited to make good learning happen!

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Ultrasound

Bedside ultrasound has a strong history in the ED at Regions Hospital. All bedside ultrasounds are ordered in the electronic medical record, and are automatically linked to the patient chart and available for viewing.

Resident ultrasound education is aimed at providing a solid base from which a resident can determine where ultrasound is most useful in their own practice of medicine. We focus on the ACEP recommended core uses of bedside ultrasound including but not limited to FAST, early pregnancy, AAA, cardiac, renal, biliary, venous, soft tissue, ocular, thoracic and procedural guidance. Education begins during the intern orientation of the first weeks of residency.

We recognize that the EDUS is both a procedure (obtaining the image) and a cognitive process (understanding the benefits/pitfalls of ultrasound and how to interpret the data into the clinical scenario). To that end, we incorporated dedicated lecture time, online resources, and reading references to emphasize the didactic learning of the different protocols. We also employ and incorporate the expertise of registered sonologists to assist in teaching the real time image acquisition of images. Further psycho-motor and imaging instruction is enhanced by using a state of the art ultrasound simulator in our dedicated Sim Lab.

Didactics

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We are excited to make good learning happen!
Now in my ‘mid-career’ of emergency medicine I’m often one of the older faculty members at the table. Yikes. This affords me a unique chance to remember the past and put the new into perspective. (But hopefully not in a GET OFF MY LAWN YOU STREET URCHINS kind of way.)

Learning from the older-than-me crew, many look with awe upon the recently retired Joel Holger’s skill of recalling key evidence in the middle of a shift. His ability to follow and digest many journals across multiple domains still amazes me. However, his methods of reading paper journals and stacking articles to keep in ‘ordered piles’ on his desk probably don’t translate to the current set of learners we meet.

If you haven’t connected somehow to the meteoric rise of social media in medical education, I urge you to schedule an hour to get out of your learning comfort zone. Where might you spend that hour, you ask?

Well, our residency faculty is changing how they teach and disseminate. If you don’t have a twitter account: create one and follow Michael Paddock @mpaddock, Jessie Nelson @jg_nelson, Charles Bruen @resus_review, Felix Ankel @felixankel or Amy Walsh @docamyewalsh. Twitter is a great starting point now, as it has the ability to aggregate all of the other forms of social media - regardless of format.

If you use Evernote to keep notes, maybe connect with our local Evernote god Joe Walter and get in on his Regions RAP sessions with our residents and faculty. He might let you in on one of his shared notebooks chock full of hand selected key articles and other tools.

Need to brush up on some ultrasound? Mike Zwank has visual learners covered on YouTube. His eFAST video starring now-faculty Josh Peltier is a classic: bit.ly/Zwank-eFAST - check out his other videos on peripheral IV insertion and US guided fracture reduction.

Prefer an ‘old fashion’ blog? New-to-Regions Charles Bruen has frequent critical care blog posts at resusreview.com where you can brush up on your latest ECMO indications. Definitely-not-new-to-Regions Michael McGonigial continues to breaking down complex or controversial topics on Trauma Pro regionstraumapro.com into sage advice.

Finally if you’re looking for a specific topic or for people to follow in a specific domain, I direct you to googlefoam.com and foamem.com. The former is a Google ‘overlay’ search for Free Open Access Medical Education posts and the latter is a meta-blog that pulls together many of the influential EM bloggers.

Frankly, middle-age-Brad is struggling to keep up. But this is all about LIFETIME learning and so it is the journey and not the destination. I’ll post these people and links on my own Twitter handle @BradleyGordonMD where you can save your thumbs from typing them in yourself. Happy learning in 2016!
## Residency Awards, Recognition, Honors

### Star Award - resident teacher selected by medical students
- 2015: Joshua Peltier, MD
- 2014: Ryan Bourdon, MD
- 2013: Zabrina Evens, MD, Gary Mayeux, MD
- 2012: Peter Baggenstos, MD
- 2011: Kara Kim, MD
- 2010: Aaron Feist, MD, Gregory Vigesaa, DO
- 2009: Adina Connelly, MD, Danielle Jackson, MD
- 2008: Samuel Stellplfug, MD
- 2007: Sandy Fritzlar, MD
- 2006: Nathan Anderson, MD, Martin Richards, Jr., MD, John Travnicek, 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
- 2015: Samuel Stellplfug, MD
- 2014: Kevin Kilgore, MD
- 2013: Kara Kim, MD
- 2012: Cullen Hegarty, MD
- 2011: Samuel Stellplfug, MD
- 2010: Rachel Dahms, MD
- 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

### Felix Ankel Faculty Teaching Award - EM faculty teacher selected by residents
- 2015: Kelly Barringer, MD, Rachel Dahms, MD, Cullen Hegarty, MD
- 2014: Mary Carr, MD, Rachel Dahms, MD
- 2013: Cullen Hegarty, MD
- 2012: Samuel Stellplfug, MD
- 2011: Michael Zwank, MD
- 2010: Bradley Hernandez, MD
- 2009: Keith Henry, MD
- 2008: Cullen Hegarty, MD, Kevin Kilgore, MD
- 2007: Joel Holger, MD, Peter Kumasaka, MD, Michael Zwank, MD
- 2006: Jeffan 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

### Nurse Educator Award - EM nurse teacher selected by residents
- 2015: Frank Mitchell, RN
- 2014: Heather Nelson, RN
- 2013: Daniel Sedlacek, RN
- 2012: Donald Börock, RN
- 2011: Kevin Guenard, RN
- 2010: Clarice Marsh, RN
- 2009: Angela Hoepner, 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
- 2015: Katherine Glasrud, MD
- 2014: David Warren, MD, MPH
- 2013: Gary Mayeux, MD
- 2012: Eric Dahl, MD, Casey Woster, MD
- 2011: N Kolja Paech, MD
- 2010: Nathaniel Curl, MD
- 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 Hobbauer, MD
- 2001: Frank Coughlin, MD
- 2000: Paul Satterlee, MD, Paul Jewett, MD

### Ian Swatez Teaching Award - faculty teacher from outside EM selected by residents
- 2015: Avi Nahum, MD
- 2014: Bruce Bennett, MD
- 2013: Kealy Ham, MD, James Risser, MD
- 2012: Bret Haake, MD
- 2011: Eric Korbach, MD
- 2010: Julie Switzer, MD
- 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
- 2015: Shaun Kennedy, MD
- 2014: Ryan Bourdon, MD
- 2013: Jodi Greenlaw, DO
- 2012: Eric Dahl, MD
- 2011: Katharine Davidson, MD
- 2010: Heather Ellsworth, MD
- 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
- 2015: Samantha Kealey, MD, Joshua Peltier, MD
- 2014: Jason Van Valkenburg, MD
- 2013: Zabrina Evens, MD
- 2012: Bjorn Peterson, MD, Benjamin Watters, MD
- 2011: Katharine Davidson, MD
- 2010: Heather Ellsworth, MD
- 2009: Owen Anderson, MD
- 2008: Joey Peterson, MD, Jonathan Shultz, MD
- 2007: Heidi Lake, MD

### Carson R Harris Toxicology Award
- 2015: Sean Bolley, MD
- 2014: Jenna LeRoy, MD
- 2013: Jenna LeRoy, MD
- 2012: Katharine Davidson, MD
- 2011: Katherine Katzung, MD
- 2010: Heather Ellsworth, MD

### Mark Bernas Advocacy Award
- 2015: Amy Stoesz, MD
- 2014: David Warren, MD, MPH
- 2013: Adetolu Oyewo, MD
- 2012: Adetolu Oyewo, MD
- 2011: Autumn Erwin, MD
- 2010: Autumn Erwin, MD
Learning from Those We Serve

EMERGENCY MEDICINE RESIDENCY

EM Residency Funds

L134 - Emergency Medicine Residency Education

Donations to the Emergency Medicine Residency fund (L134) play a critical role in program and resident development. We were able to send residents to regional and national meetings:

- Amy Stoesz ('15) to Bolivia to teach at Medical Educators of Latin America conference
- Maria Goertz ('15) to National Patient Safety Congress
- Jessica Greupner ('15) to CORD for a CPC presentation
- Mark Bergstrand ('17) to ACEP Leadership & Advocacy
- Maria Bergstrand ('17) to ACEP Leadership & Advocacy
- Brittany Brindle ('16) to ACEP Leadership & Advocacy
- Kendal Farrar ('16) to ACEP Leadership & Advocacy
- Amanda Miller ('15) to ACEP Leadership & Advocacy
- Kayla Odegard ('16) to ACEP Leadership & Advocacy
- Maria Goertz ('16) to Wilderness Medical Society Summer Conference
- Jackie Kelly ('17) to ACEP Scientific Assembly

Advocate ($1,000+)
Jeff ('99) & Sara Young

Builder ($500+)
Cullen Hegarty ('01)
Robert Knopp
Ann Shapiro ('05)

Sponsor ($100+)
Owen Anderson ('09)
Peter Baggenstos ('12)
Nate Curl ('10)
Aaron Feist ('10)
Cynthia Kelmenson ('03)
Amanda Miller ('15)

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 Mark Bernas Emergency Medicine Resident Learning Center/Library and our visiting professor lecture series. Mark’s mother, Dorothy, is an integral part of our residency family, participating in our Advocacy & Ethics conference, as well as our graduation, where she presents the Mark Bernas Advocacy & Ethics award to the resident who has demonstrated dedication and leadership in advocating for the health of our community.

Advocate ($1000+)
Dorothy Bernas

Sponsor ($100+)
Adetolu Oyewo ('13)
David Warren ('14)

Kelly Rhone ('04)
Kevin ('07) & Abbie Smith
Scott Thielen ('09)
Rob Zeleznikar ('99)
What brought you to Regions for your EM residency training?
Dr. Ankel offered to serve as a med student mentor for me. My school had no affiliation with an EM training program and I needed guidance. Through many conversations and his mentorship, I ended up doing a rotation in EM and on Trauma Surgery. I really enjoyed the atmosphere, the people, the city and felt like Regions was a solid fit for me. Thankfully, the match worked!

What were the biggest things you learned in residency that have been helpful in your career?
Regions serves a wide demographic with high acuity and the EM residents were heavily relied on for the inpatient practices (SICU, MICU). We were so proud to be the “go to residents” for other services. That sense of pride and the feeling of “owning” our ED was truly special. I take that emotional investment and use it in my current location and hope that it serves as an example for our learners. However, my biggest “take-aways” come from faculty.

Dr. Ankel is famous for saying “do the right thing.” That simple and elegant approach had less of an impact then as it does now. When faced with a clinical or ethical quandary, this saying often helps me tip my decision making in a certain direction. I use it for my residents now and hope they carry it with them in the future.

When feeling overwhelmed on duty, I often think of Dr. Carson Harris and how NOTHING seemed to rattle the man. He always seemed to be at peace despite the chaos, and I try to be like Carson when emotions start to overtake logic.

Dr. Kathy Neacy was fast (very fast) and decisive. She also was quick to lend a hand anywhere needed. I remember night shifts with her and she would often answer the phone for the unit clerks. My take from her: make decisions, help out others on your team.

Finally, Dr. Robert Knopp, who was the example for compassion and empathy, and I really respect his approach to patient care.

Tell us about your pathway post-residency to get you to where you are at now, and what you are doing now?
Following residency, I did a fellowship in Faculty Development with Dr. Glenn Hamilton at Wright State University, where I prepped for an academic career. I matriculated to the University of Iowa as a tenure track researcher and also served as the assistant residency director. I moved to the Mayo Clinic in 2007 and originally served as the Director for EMS research. For the past four years, I have served at the Chair for the Division of Community Emergency Medicine in our Department and am tasked with the clinical and operational integration of Mayo’s 22 Midwest Emergency Departments.

Anything more to share?
Married to Abby right after residency and have two awesome boys: Isaac (8) and Adrian (4). Live on Lake Zumbro in Olmsted County allowing me to enjoy lake life and keep honing my waterskiing skills.
Regions EMS welcomed Tia Radant, education manager, Mark Tutila, St. Paul Fire Clinical Supervisor, and Dr. Kari Haley, EMS Fellow. We expanded our medical direction services, adding Ellsworth Area Ambulance Roseville and Lake Johanna Fire Departments to the Regions EMS family.

EM Resident EMS Experience
EM residents are introduced to the subspecialty of pre-hospital medicine early in their intern year with a 15 day longitudinal rotation occurring during their integrated ED months. Residents experience prehospital medicine by participating in patient care with EMS providers in urban, suburban and rural agencies, experiencing fire-based, volunteer/paid on-call, third service, and police-paramedic EMS delivery systems. Air medical exposure is offered via Life Link III air ambulance. Residents also spend time shadowing operators at the East Metro Medical Resource Control Center ("East Metro MRCC"), which serves as the nerve center for on-line medical control for services under the medical direction of Regions EMS.

Regions EMS Event Medicine Section
Regions EMS has developed an event medicine section tasked with providing on-site EMS coverage at mass gatherings. Our residents partner with our EMS providers by providing on-site medical control for MN Wild NHL hockey games. EM residents provided onsite medical care at the MN State Fair (Dr. Greupner), the three day Summer Set Music Festival (Dr. Brindle) and the Twin Cities Marathon (Drs. Brindle and Schnitker).

Resident Associate EMS Medical Directorship
Residents with a particular interest in operational EMS may choose the Associate EMS Medical Directorship (AMD) for their required scholarly project. This unique program allows motivated residents to gain an in-depth understanding of operational, administrative and educational aspects of pre-hospital medicine and the unique role of the EMS medical director. Residents completing the EMS-AMD program are uniquely positioned to competitively apply for EMS fellowships.

2015 Associate EMS Medical Directors:
• Elizabeth Roeber, MD ('16)
• Brittany Brindle, MD ('16)
• Peter Coenen, MD ('17)

ACGME Accredited EMS Fellowship
Regions Hospital EMS has offered a one year EMS fellowship since 2010, allowing graduates to sit for the certification exam in EMS offered by the American Board of Emergency Medicine. We have graduated four EMS fellows to date.

Research
In 2015 Regions EMS had a strong and productive academic year. We are currently enrolling patients in three prospective, out of hospital research trials. Our work exploring intraosseous pressure and bispectral index monitoring in active cardiac arrest patients continues. We are also participating in a large multicenter prehospital trial examining the use of tranexamic acid administered by paramedics in the field for patients with severe head trauma.
The Regions Hospital Clinical Toxicology Service and the Twin Cities Medical Toxicology Fellowship (a joint venture between HealthPartners/Regions and the Minnesota Poison Control System) had a great 2015. We graduated Dr. Becky Gardner and welcomed Drs. Abby Montague and Sean Boley as 1st year fellows to join 2nd year fellows Drs. Travis Olives and Jenna LeRoy.

The Tox Service and Fellowship continue to strive to provide education to fellows, residents, medical students, pharmacy students, and PA residents. These learners are why we do what we do, and we look forward to continued work with them. Research continues to be a focus for us as well. We have several ongoing projects both at Regions and in conjunction with medical centers around the country, and that work is aided by multiple grants from HealthPartners and from national organizations. Publications continue to be a focus as well, and in 2015 the group produced multiple manuscripts and published abstracts. The national and international exposure that comes from this work has been bolstered by invitations to lecture nationally, regionally, and locally.

2015-2016 Med/Tox fellows: Sean Boley, MD, Abby Montague, MD, Jenna LeRoy, MD, Travis Olives, MD

Chicken of the Woods (Laetiporus)
Fellow, Ryan Bourdon, MD (‘14), has completed his first year of fellowship as well as his first year in the University of St. Thomas’ Health Care Master’s in Business Administration program. Ryan worked on development of quality improvement projects related to patient outcomes, stroke and sepsis and has involved several residents in these ongoing projects. We look forward to a productive 2016.

The fellowship curriculum includes topics in medical quality management and patient safety from both the delivery of care perspective as well as the health plan perspective. The curriculum is flexible based on career goals. If you would like more information or have interest in applying to the fellowship, please contact Dr. Andrew Zinkel, fellowship director, at andrew.r.zinkel@healthpartners.com.

**Quality and Patient Safety Fellowship**

**Medical Quality Management and Patient Safety**

Drew Zinkel, MD  •  Fellowship Director

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**GRANTS AND IRB-APPROVED STUDIES:**


Zwank MD. EHR-based Decision Support for Pediatric Acute Abdominal Pain in Emergency Care. Site-Investigator.


The fellowship programming focuses on preparing fellows to develop emergency medical systems and provide medical education in international settings. This year, Amy Stoesz started as our second Global EM Fellow. She is focusing her work on human rights and sex trafficking. As the fellowship becomes more established, we are connecting to work in health equity at HealthPartners and building relationships with other global health programs throughout the Twin Cities. Monthly education sessions are helping us build these relationships and addressing topics that are critical to the practice of global health and under-discussed, particularly related to culture, social sciences, and context-based medicine. Our fellowship program has an existing relationship with the Global Emergency Care Collaborative, an organization that has an exciting training program for local providers in Uganda and programs in development in Uganda and Kenya. We are active participants in multiple annual education events with Mano a Mano in Bolivia. Fellows also participate in a scholarly project and clinical ED shifts.

Amy Walsh, MD, MDP
Fellowship Director

The Pediatric Emergency Medicine fellowship program at Children’s Hospital and Clinics of Minnesota has been training PEM physicians since 1988. The Children’s Hospital of Minnesota- Minneapolis campus is certified by the American College of Surgeons as a Level 1 pediatric trauma center. The program has nine PEM fellows supported by 40 PEM physicians and 16 ED-based pediatric nurse practitioners. This comprises the largest pediatric-emergency trained staff in the region. The pediatric emergency department at Children’s Hospitals and Clinics of Minnesota has a combined annual volume of 90,000 patients, with outreach services in Chaska, Woodbury and Plymouth. Children’s Hospitals has a comprehensive research department with research staff supporting the fellowship program; producing several publications annually. The fellowship enjoys immense support from faculty who provide weekly lectures, a formalized ultrasound training program, a simulation program among other core educational activities. (www.regionsem.org/fellowships)
**PUBLICATIONS**


**TEXTBOOK CHAPTERS:**


**ABSTRACT PRESENTATIONS:**


Goertz M, Staffield S, Barringer KW “Seepis: From Good to Great.” Poster presentation. NPSF. Austin, TX; May, 2015.


OTHER PRESENTATIONS:


Frascone RJ. It’s a ‘No Brainer!’ Using Bispectral Index Monitoring in Determining Futility. ACEP Scientific Assembly. October, 2015; Boston, MA and Citizens CPR Foundation Emergency Cardiac Care Update Pre-Conference Workshop. San Diego, CA; December, 2015.

Frascone RJ. Maintaining Perfusion Till Re-Perfusion: Mechanical Devices and Bridging the Time to the Cath Lab. ACEP Scientific Assembly. October, 2015; Boston, MA and Citizens CPR Foundation Emergency Cardiac Care Update Pre-Conference Workshop. San Diego, CA; December, 2015.

Frascone RJ. Minding Your P’s and Q’s: What are the Actual Cardiac Effects of Sedation Practices? 2015 Citizens CPR Foundation Emergency Cardiac Care Update Pre-Conference Workshop. San Diego, CA; December, 2015.

Gordon BD. Care Plans for Frequent Hospital Patients Reduce Costs. Epic User Group Meeting Executive Session. Epic Campus, Verona, WI; August, 2015.


Hegarty C, Ronan-Bentle S., Weizberg, M. Introduction to the SLOR and how to write a great one! CORD Academic Assembly. Phoenix, AZ; April, 2015.


LeRoy JM. Snake Bites and Other Envenomations; Approach to the Tox Patient; Ultrasound in the ER; Transfer of the Critically Ill Patient in Austere Environment. International Conference on Acute Care, Cochabamba, Bolivia; March, 2015.


Nelson, J. Department of Emergency Medicine: Focus on Education Research. For Education Research In Progress series of Medical Educator Development and Scholarship division of the Academic Health Center of the University of Minnesota. Minneapolis, MN; December, 2015.


Olives TD. Chávez R. Cold water drowning in the setting of a pediatric MCI. Presented at: Bureau for EMS Week. Meeker Memorial Hospital. Litchfield, MN; May, 2015.


Zwank MD, Gordon BD. Innovative Utilization of the Epic Electronic Medical Record for Integrating Evidence-Based Medicine and Improving Patient Care. SAEM Annual Meeting. San Diego, CA; May, 2015.
### RESIDENCY GRADS

#### Class of 1999
- Chanh DeLisle, MD - United Hospital - St. Paul, MN
- Craig Grorud, MD - Park Nicollet - Minneapolis, MN
- Amy Kolar, MD - North Memorial Medical Center - Robbinsdale, MN
- James Parker, MD - St. Francis Hospital - Shakopee, MN
- Jason Roth, MD - St. Anthony Hospital - Denver, CO
- Kevin Sipprell, MD - Ridgeview Hospital - Waconia, MN
- Jeffrey Young, MD - Mercy Hospital - Coon Rapids, MN
- Robert Zeleznikar, MD, PhD - University of Minnesota Medical Center - Minneapolis, MN

#### Class of 2000
- Bradley Barth, MD - Lakeview Hospital - Stillwater, MN
- Mark Bernas, MD - Deceased
- Mary (Fehringer) Drake, MD - Bozeman Deaconess Hospital - Bozeman, MT
- Theresa Gunnarson, MD - Essentia-St. Mary’s Hospital - Duluth, MN
- Paul Jewett, MD - University of Minnesota Medical Center - Minneapolis, MN
- Hal Minnigan, MD, PhD - Wishard Hospital - Indianapolis, IN
- Paul Satterlee, MD - Abbott Northwestern Hospital - Minneapolis, MN
- Jeffrey Vespa, MD - North Memorial Medical Center - Robbinsdale, MN

#### Class of 2001
- Cheri Audrain-Schroeder, MD - Fairview Southdale Hospital - Edina, MN
- Frank Coughlin, MD - Bryan LGH Medical Center - Lincoln, NE
- Susan [Zola] Cullinan, MD - Mayo Health Systems - Eau Claire, WI
- Cullen Hegarty, MD - Regions Hospital - St. Paul, MN
- Bradley Hernandez, MD - Regions Hospital - St. Paul, MN
- Karen Lushine, MD - Essentia-St. Mary’s Hospital - Duluth, MN
- John Seidner, MD - Elliot Hospital - Manchester, NH
- James Wood, MD - Kaiser Permanente Northwest - Portland, OR

#### Class of 2002
- Marny Benjamin, MD - Methodist Hospital - St. Louis Park, MN
- John Bonta, MD - Bryan LGH Medical Center - Lincoln, NE
- Laresa DeBoer, MD - Ridgeview Hospital - Waconia, MN
- Bradley Gordon, MD - Regions Hospital - St. Paul, MN
- Randall Hofbauer, MD - Deceased
- Patrick Holland, MD - Good Samaritan Hospital - Puyallup, WA
- Phelps Johnson, MD, PhD - Essentia-St. Mary’s Hospital - Duluth, MN

#### Class of 2003
- Kendal Baker, MD - Hancock Regional Hospital - Greenfield, IN
- S. Wade Barnhart, MD - Good Samaritan Hospital - Puyallup, WA
- Lynn Howard, MD - Essentia-St. Mary’s Hospital - Duluth, MN
- Cynthia Kelmenson, MD - Medical Center of Aurora - Denver, CO
- Christopher Obetz, MD - Abbott Northwestern Hospital - Minneapolis, MN
- Christopher Russi, DO - Mayo Clinic St. Mary’s Hospital - Rochester, MN
- Peter Tanghe, MD - St. John’s Hospital - Maplewood, MN
- Clark Williams, MD - Mercy Hospital - Dubuque, IA
- Tanya (Kleven) Decker, MD - St. Luke’s Hospital - Cedar Rapids, IA
- Jon Fuerstenberg, MD - Abbott Northwestern Hospital - Minneapolis, MN
- Kurt Isenberger, MD - Regions Hospital - St. Paul, MN
- Robert LeFevere, MD - Regions Hospital - St. Paul, MN
- Jessie Gulldun Nelson, MD - Regions Hospital - St. Paul, MN
- Kelly Rhone, MD - Avera McKennan Hospital - Sioux Falls, SD
- Stephanie Taft, MD - East Carolina University/Vidant Medical Center - Greenville, NC

#### Class of 2004
- Jared Friedman, MD - Avera McKennan Hospital - Sioux Falls, SD
- Keith Henry, MD - Regions Hospital - St. Paul, MN
- Jonathan Hokanson, MD - Abbott Northwestern Hospital - Minneapolis, MN
- Nicholas Johnson, MD - Abbott Northwestern Hospital - Minneapolis, MN
- Todd Joing, MD - Fairview-Southdale Hospital - Edina, MN
- Matthew Morgan, MD - Regions Hospital - St. Paul, MN
- Ann Schapiro, MD - Catholic Health Systems - Buffalo, NY
- Nicole Stethem, MD - Avera McKennan Hospital - Sioux Falls, SD

#### Class of 2005
- Nathan Anderson, MD - United Hospital - St. Paul, MN
- Scott Donner, MD - United Hospital - St. Paul, MN
- Jeffrey Geddes, MD - United Hospital - St. Paul, MN
- Elizabeth Godin, MD - University of Minnesota Medical Center - Minneapolis, MN
- Martin Richards, Jr, MD - Hudson Hospital - St. Paul, MN
- Trenten Thorn, MD - Lakeview Hospital - Bountiful, UT
- John Travnicek, MD - Avera McKennan Hospital - Sioux Falls, SD
- Melissa Tschohl, MD - University of Minnesota Medical Center - Minneapolis, MN
- Joseph Wahlberg, MD - United Hospital - St. Paul, MN

#### Class of 2006
- Sandy [Fritzlar] Buckman, MD - United Hospital - St. Paul, MN
- Roseann Ekstrom, MD - Fairview Northland Medical Center - Princeton, MN
- Martin Klinkhammer, MD - Emergency Physicians of Tidewater - Virginia Beach, VA
- Heidi Lake-Adamson, MD - Sanford Hospital - Fargo, ND
- Joseph Madigan, MD - United Hospital - St. Paul, MN
- Emily Mason, MD - Sacred Heart Hospital - Eau Claire, WI
- Lane Patten, MD - North Memorial Medical Center - Robbinsdale, MN
- Kevin Smith, MD - United Hospital - St. Paul, MN
- Beth Wicklund, MD - Methodist Hospital - St. Louis Park, MN
Class of 2008
Luke Albrecht, MD - New Ulm Medical Center - New Ulm, MN
Kelly Barringer, MD - Regions Hospital - St. Paul, MN
Mark Connelly, MD - North Memorial Medical Center - Robbinsdale, MN
Joey (Peterson) Duren, MD - United Hospital - St. Paul, MN
Ben Peake, MD - University of Minnesota Medical Center - Minneapolis, MN
Jonathan Shultz, MD - St. Luke’s Hospital - Duluth, MD
Natasha Sriv, MD - University of Minnesota Medical Center - Minneapolis, MN
Samuel Stellpflug, MD - Regions Hospital - St. Paul, MN
Paul Travincek, MD - Port Macquarie Base Hospital - New South Wales, Australia

Class of 2009
Owen Anderson, MD - Methodist Hospital - St. Louis Park, MN
Adina (Miller) Connelly, MD - North Memorial Medical Center - Robbinsdale, MN
Christopher Dillon, MD - Mercy Hospital - Coon Rapids, MN
Joseph Dolan, MD - Methodist Hospital - St. Louis Park, MN
Tara O’Connell Gruba, MD - Hoag Hospital - Laguna Beach, CA
Danielle Jackson, MD - Cedar Park Regional Medical Center - Austin, TX
A. Duncan McBean, MD - St. Joseph Medical Center - Bellingham, WA
Charis Thatcher, MD - Valley Hospital - Spokane, WA
Scott Thielen, MD - Fairview Ridges Hospital - Burnsville, MN

Class of 2010
Aaron Burnett, MD - Hudson Hospital - Hudson, WI
Nathaniel Curl, MD - Genesis Health System - Bettendorf, IA
Heather Ellsworth, MD - St. Luke’s Magic Valley - Twin Falls, ID
Aaron Feist, MD - Community Medical Center - Missoula, MT
Leah Gapinski, MD - United Hospital - St. Paul, MN
Shani Go, MD - Northwest Hospital - Seattle, WA
Nicole [Stoik] Dockter, MD - United Hospital - St. Paul, MN
Gregory Vigesaa, DO - Sanford Hospital - Fargo, ND
Brent Walters, MD - Fairview Southdale Hospital - Edina, MN

Class of 2011
Autumn (Erwin) Brogan, MD - Mayo Clinic Health Systems - Rochester, MN
Catherine Carlson, MD - Carolinas HealthCare - Charlotte, NC
Katharine Davidson, MD - Providence Hospital & Alaska Native Medical Center - Anchorage, AK
Alexander Gerbig, MD - Swedish Medical Center - Edmonds, WA
Kara [Kim] Tomlinson, MD - S. John’s Hospital - Maplewood, MN
N. Kolja Paech, MD - California Emergency Physicians - Sacramento, CA
Eric Roth, MD - Kaiser Permanente Northwest - Portland, OR
Jillian Smith, MD - St. Francis Hospital - Hartford, CT
Timothy Sullivan, MD - Fairview Ridges Hospital - Burnsville, MN

Class of 2012
Peter Baggenstos, MD - Methodist Hospital - St. Louis Park, MN
Eric Dahl, MD - Westfields Hospital - New Richmond, WI
Tyler Ferrell, MD - Mercy Hospital - Coon Rapids, MN
Clint Hawthorne, MD - Iowa Health - Des Moines, IA
Katherine Katzung, MD - Abbott Northwestern Hospital - Minneapolis, MN
Bjorn Peterson, MD - Lakeview Hospital - Stillwater, MN
Jerome Walker, MD - Fairview Ridges Hospital - Burnsville, MN
Benjamin Watters, MD - Marcus Daly Memorial Hospital - Hamilton, MT
Casey Woster, MD - Lakeview Hospital - Stillwater, MN

Class of 2013
Amanda Carlson, MD - Essentia Health-St. Mary’s - Duluth, MN
Zabrina Evens, MD - Halifax Health - Daytona Beach, FL
Rebecca Gardner, MD - Unity Hospital - Fridley, MN
Jodi Greenlaw, DO - Mercy Hospital - Coon Rapids, MN
Gary Mayeux, MD - Abbott Northwestern Hospital - Minneapolis, MN
Sonali Meyer, MD - Mercy Hospital - Coon Rapids, MN
Adetolu Oyewo, MD - Piedmont Newnan Hospital - Newnan, GA
Darcy (Rumberger) Denegre, MD - Mercy Regional Medical Center - Durango, CO
Joseph Walter, MD - St. Croix Falls Medical Center - St. Croix Falls, WI
Wendy Woster, MD - Hudson Hospital - Hudson, WI

Class of 2014
Michael Bond, MD - North Memorial Medical Center - Robbinsdale, MN
Ryan Bourdon, MD - Regions Hospital Quality Mgmt. & Safety Fellowship - St. Paul, MN
Kelsey Echols, MD - United Hospital - St. Paul, MN
Eric Ellingson, MD - St. John’s Hospital - Maplewood, MN
Marc Ellingson, MD - Abbott Northwestern Hospital - Minneapolis, MN
Kyle Holloway, MD - St. John’s Hospital - Maplewood, MN
Jenna Leroy, MD - Regions Hospital Medical Toxicology Fellowship - St. Paul, MN
Brian Roach, MD - Fairview Ridges Hospital - Burnsville, MN
Jason Van Valkenburg, MD - Sanford Hospital - Fargo, ND
David Warren, MD, MPH - Fairview Lakes Medical Center - Wyoming, MN

Class of 2015
Aaron Ankeny, MD - Fairview Southdale Hospital - Edina, MN
Sean Boley, MD - Regions Hospital Med/Tox Fellowship - St. Paul, MN
Katherine Glasrud, MD - United Hospital - St. Paul, MN
Amanda Karlen, MD - Fairview Ridges Hospital - Burnsville, MN
Samantha Kealey, MD - Amery Medical Center - Amery, WI
Shaun Kennedy, MD - St John’s Hospital - Maplewood, MN
Amanda Miller, MD - North Memorial Medical Center - Robbinsdale, MN
Joshua Peltier, MD - Lakeview Hospital - Stillwater, MN
Amy Stoessz, MD - Regions Hospital International Medicine Fellowship - St. Paul, MN
Ashley TeKippe, MD - Univ. of UT Sports Medicine Fellowship - Salt Lake City, UT
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.