



Family Medicine Focus

*Patient Centered Care
Learner Centered Education
Family Medicine Knowledge*

Welcome from the Chair

Beth Rosemergy, DO, FAAFP



"A noble experiment". That is how Dr. Thomas Nicholas, MD referred to his starting of the Family Medicine Residency in the UMKCSOM Department of Community and Family Medicine at University Health Lakewood Medical Center (then Truman Medical Center East). The first residents graduated in 1982. Since then over 450 residents and fellows have completed their training in our programs. The experiment was a resounding success!! The department is steeped in a tradition of care for the underserved community and excellence in education. Many changes have come to pass since Dr.

Nicholas first dared to experiment. Our vibrant community of faculty, residents, fellows and staff are rising to meet his challenge; adapting and growing while staying true to our core values. You are a part of this wonderful community. We want to connect and keep you posted on new and exciting changes, have you celebrate with us on milestones achieved, invite to be a part of our future educational offerings, welcome you to come visit and to help you reconnect with each other. This is our first publication of our quarterly newsletter. Please enjoy and we look forward to reconnecting.

Best,
Beth

Inside this issue

| | |
|---------------------------|----|
| Nicholas Society..... | 2 |
| In Appreciation | 3 |
| In Memoriam | 4 |
| 2023 Graduates | 5 |
| Alumni Spotlight | 6 |
| New Faculty | 7 |
| Faculty Spotlight | 8 |
| Faculty Recognition | 9 |
| Promotions | |
| Scholarly Activities..... | 10 |
| Presentations | |
| Publications | |
| Giving Back..... | 10 |
| Having Fun..... | 11 |



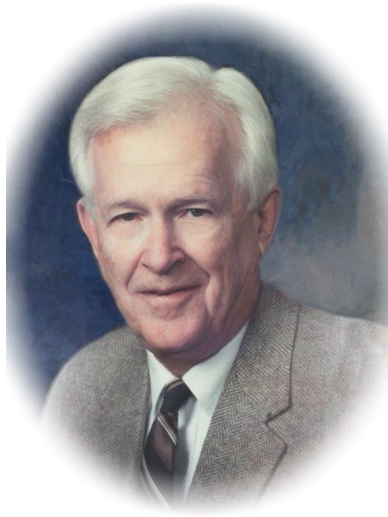
universityhealth
Lakewood Medical Center

The Nicholas Family Medicine Society.

I recently attended the annual AAFP FMX meeting in Chicago. As is always the case when I attend that meeting, I get to be reacquainted with a number of graduates of the program, many of whom I have not seen since their graduation. It gives me a sense of pride to see the number of quality Family Physicians that have trained in our program.

Going to the meeting also reminds me of Dr. Tom Nicholas, the founding Chair of our department and residency. The year after I joined the faculty, the annual AAFP meeting was in Kansas City. While there, I ran into Tom. We were on our way to a meeting, but we arrived very late. The reason for our tardiness was that we could not go 10 steps without another physician at the meeting seeing Tom, coming over to greet him and thank him for his help, wanting to have a few moments of time with one of the founding fathers of our specialty.

Tom grew up in Wyoming. After college he served as a navigator in WW II on bombers (SOOOO many stories about that; no GPS then, navigated by stars). After the war he went to medical school at the University of Colorado and then went to Buffalo, Wyoming where he spent 25 years in General Practice. In the mid 60's when the specialty was morphing into Family Medicine with a three-year residency, Dr. Nicholas was one of the key "movers and shakers". He eventually left private practice, working at several university locations helping start residency programs—in his career he founded 3 residency programs and consulted on many more. He took a job at the AAFP as the Director of the Division of Education which brought him to Kansas City. The leaders of UMKC approached him about establishing a program and a residency. He eventually accepted the job, with the stipulation the residency would be located at Tru-



man Medical Center-East (now University Health-Lakewood Medical Center.) The first residents entered the program in 1980 and now there are well over 400 graduates of the program. Quite a legacy.

During his years as Chair of our Department (1978-1989) he was active nationally, serving as Chairman of the American Board of Family Medicine, President of the Association of Departments of Family Medicine, and a lot of activity in the AAFP and Society

of Teachers of Family Medicine. After retiring from the Chair position, he continued to be active nationally and to teach residents—he had a special interest in dermatology, and trained the residents and other faculty in diagnosis and procedures.

After he "really" retired, a foundation was created for the department in his honor—The Nicholas Family Medicine Society. It is dedicated to the professional development of its members and the support of the Residency, Fellowships, and other training programs of the Department of Community and Family Medicine at UMKC. I would ask you consider a contribution to the Nicholas Family Medicine Society to help insure continuation of Dr. Nicholas' legacy.

R. Stephen Griffith, MDS

*Professor Emeritus, UMKC School of Medicine
Department of Community and Family Medicine*

<https://fundraise.givesmart.com/form/IHoj7g?vid=12uf5m>



Nicholas Society

"We could not go 10 steps without another physician at the meeting seeing Tom, coming over to greet him and thank him for his help, wanting to have a few moments of time with one of the founding fathers of our specialty. "

In Appreciation



After 39 years with University Health, formerly Truman Medical Center, **Dr. Steve Griffith** has retired. He has been with the Department of Community and Family Medicine at UMKC School of Medicine since 1984. Initially he worked in the rural office of the Department, then became Program Director of the residency in 1989. He held the position of Associate Chair from 1998 until he became Chair of the Department in 2001. Dr. Griffith says what attracted him to our hospital was that it is a primary care hospital with one residency that trains residents in the full spectrum of Family Medicine. This created a sense of camaraderie that has existed since the inception of the program. The mission to care for all patients regardless of ability to pay and it continues to make this a great place to be. Dr. Griffith educated and mentored many, many residents over the years, provided many hours of personalized health care to his patients, and is highly appreciated by staff as well.

Jon Dedon, MD hung up his stethoscope at the end of July after 32 years of service at University Health. Dr. Dedon was the medical director for the University Health Lakewood Care Center as well as the section leader for the Geriatric Medicine program at the UMKC School of Medicine Family Medicine Department and the program director and founder of the UMKC School of Medicine Family Medicine Department's Geriatric Medicine Fellowship, which has trained more than 50 fellows in geriatric medicine over the past 25 years. He has been the trusted physician to many UH Lakewood Care Center patients and a respected educator/mentor to medical students, residents, and fellows as well as staff and colleagues.



In Memoriam



With his passing, we honor **Dr. Bruno Zwerenz, MD** and his many years of service.

Dr. Zwerenz retired from the UMKCSOM Department of Community and Family Medicine in 2016 where he was an Associate Professor and had served as Chief Behavioral Science Section from 1982 until his retirement.

Dr. Zwerenz completed residency at the University of Missouri-Kansas City Department of Psychiatry, Western SMissouri Mental Health Center in 1969 and was board certified by the American Board of Psychiatry and Neurology. He joined the General Hospital, now University Health, Medical Staff in 1969 and was a member for 53 years!

He served as UMKCSOM Docent for the Year 1 students for many years. He taught countless family medicine residents/fellows as well as residents from other disciplines. In his role in our department/residency program he was at the forefront of teaching clinical and therapeutic aspects of psychiatry in the setting of family and community medicine. Just as importantly Dr. Zwerenz served the mental health needs for thousands of patients over decades throughout Jackson County, MO and beyond, providing psychiatric care to many who otherwise might not have had access.

Many of us know Dr. Bruno as one half of the amazing Drs. Rose and Bruno Zwerenz combo. In fact they have been married 54 years! Together they have been a vibrant, inspiring academic medicine couple and fully lived human-beings. Our hearts are heavy and we send our love and support to Rose and her family.

Dr. Zwerenz will be remembered as one of the pillars of our department, UMKC SOM and our hospital system.

Class of 2023—Where Did They Go?

Family Medicine Residents

Kristin Adams, MD

Advent Health Primary Care – Shawnee Mission, KS

Tasfia Ahmed, DO

Manet Community Health Center – Quincy, MA

Annette Anwander, MD – Chief Resident – STFM Resident Teaching Award

University Health – Lakewood – Kansas City, MO

Advanced Maternity Care Fellowship at UHLMC

Haley Camejo, MD – AFMRD Family Medicine Resident Award for Scholarship

Barry Pointe Family Care – Kansas City, MO

Kathryn Estes, DO – Chief Resident

Allina Health Blaine Clinic – Blaine, MN

Logan Hemme, MD

Saint Luke’s Primary Care Blue Springs

Desztini Howard, MD

Kansas City, Missouri

Hai Song Kim, DO

Kaiser Fontana Medical Center – Fontana, CA

Morgan Murray – Chief Resident – AFMRD Family Medicine Resident Award for Advocacy

LiveActive Primary Care – Overland Park, KS

Matthew Myrick, MD

Hospitalist at St. Luke’s Health System. Heading to Africa sometime in 2024

Eddy Ndichie, MD

Saint Luke’s East – Lee’s Summit, MO

Caroline Ward, DO

DMC Primary Care – Derry, NH

Sports Medicine Fellowship

Josh Go, DO

University of Washington, Family Medicine and Sports Medicine

Marcus Fearing MD

TRIA Orthopedics, Saint Paul, MN; non-surgical Sports Medicine

Advanced Maternity Care Fellowship

Bailey R Englund, DO

Department of Community & Family Medicine UMKC faculty

Rebecca Aguayo, MD

Department of Community & Family Medicine UMKC faculty

Alumni Spotlight

Jessica Richter, DO, MPH graduated from the UMKC Family Medicine Residency at University Health Lakewood Medical Center in 2018.



Jessica is currently dividing up her time between 2 practices. Her part time work at KC Care Health Clinic fulfills her commitment to the National Health Service Corps to repay her student loans and that position will end this year. She then will be going from part time to full time at Heartland Primary Care Sunflower Medical Group at the end of 2023 where she proudly provides “conception to grave” full service care to the community. She has continued a strong interest in maternity care and maintains a commitment to healthy pregnancy and childbirth.

Jessica is active in the Missouri Society of the American College of Osteopathic Family Physicians and is currently serving as President of that organization. She also serves on the New Physician and Resident Committee of the American College of Osteopathic Family Physicians. She enjoys traveling across the state of Missouri speaking to residency programs about being a Family Medicine Physician. She has lectured as Kansas City University and here at UMKC. She has presented at Grand Rounds for our residents and faculty on the topics of Infant Loss and Grief and recently on Guidelines for Care of Children and Adults with Downs.

Jessica enjoys being a preceptor for Kansas City University, inviting medical students into her practice to share her knowledge of family medicine as well as her love of interacting with her patients to help them create healthier lives.

Through her personal experience of infant loss and grief Jessica has started a charity called [Ben's Closet](#). Ben's Closet was started in memory of Benjamin Adam Richter. All of the donations given at Ben's Closet honor Benjamin to provide for pregnant patients and their babies in need.

Jessica lives in Kansas City where she spends time with her family on home improvement projects, learning gardening, and time with friends.

Welcome New Faculty



Bailey R Englund, DO, Assistant Professor, graduated from our Family Medicine residency in 2022, completed her Maternal Care Fellowship in 2023, and joined our faculty.

Dr. Englund was born in San Jose, CA and raised in Lincoln, NE. She attended the University of Nebraska Lincoln and received a BS in Biochemistry. She then attended KCU for both graduate school and medical school; graduating in 2019. Dr. Englund lives in Gladstone, MO with her husband (Josh), son (Oliver), and their golden retriever (Charlie). She enjoys planning supper clubs with friends, going for walks, sitting down with a good book, or planning their next home improvement project.

Rebecca Aguayo, MD, Assistant Professor, graduated from our Family Medicine residency in 2022, completed her Maternal Care Fellowship in 2023, and joined our faculty.

Dr. Aguayo, a Missouri native, although she calls St. Louis home, her family intends to make Kansas City home. She attended medical school at the UM – Columbia. After fellowship at UHLMC, she chose to stay on for several reasons including teaching, her opportunity, her relationships with patients and the strong sense of community at Lakewood and the community. She spends time with family, enjoys dancing, traveling, soccer (plays for the residency team) and raising their three children. A former gymnastics coach, she enjoys applying this to the support of others on their journey.



Rachel M. Holt, MD, Assistant Professor, graduated from Goppert Family Care Center-Baptist Lutheran Medical Center (2000-2003)



Dr. Holt was born in St. Joseph, MO but has lived in the Kansas City area since middle school. Dr. Holt went to medical school at UMKC. She did her Family Medicine residency at Goppert Family Care Center at Baptist Medical Center (Research Family Medicine). She has practiced at St. Luke's North for 10 years then worked 9 years at the onsite clinics at a Cerner campus. She explored various options and felt that UH was a great opportunity. Dr. Holt lives in the Parkville area with her husband (Todd), their three children (Lucas, Cody and Ethan) and their many pets. She enjoys traveling, going on walks, scenic bike rides, reading, watching her kids in sports, live theatre, listening to podcasts, watching true crime shows and spending time with family and friends.

Matthew Decker, MD, JD, Assistant Professor, graduated from the Family Medicine Residency Mayo Clinic in Rochester, MN (2022) with a Fellowship from Hospital Internal Medicine Mayo Clinic, Rochester, MN (2023).

Dr. Decker is from the St. Louis Metro area. He obtained degrees in English and Justice Systems from Truman State University then attended law school at the MU – Columbia. He practiced as a criminal defense attorney until going to Rockhurst University in KCMO and then medical school at UMKC. Dr Decker completed residency in Family Medicine at Mayo Clinic in Rochester, MN and a fellowship in Hospital Internal Medicine. Dr. Decker looks forward to rejoining many of his former teachers at UH as well as serving as faculty for the residency. His professional interests include hospital medicine, medical education, procedures, and point-of-care ultrasound. He enjoys rediscovering Kansas City alongside his wife, Alison, and their two daughters, Reese (7) and Taylor (18 months). He is always open to trying a new craft brewery or taking in a Chiefs, Royals, Sporting KC, or Mizzou game.



Brady Hanson, DO, Assistant Professor, graduated from Kansas City University of Medicine and Biosciences. then did his Family Medicine Residency at Banner Good Samaritan Medical Center.

Dr Hanson endeavors to foster open and honest communications, shared decision making and medical care guided by the best available evidence. He enjoys providing care to those who often need it the most, disadvantaged for a variety of reasons, often relying on ERs or inconsistent primary care follow-up. He wants to make an impact on the community by addressing the healthcare disparities that can have a negative effect on the social and economic disparity already present in low-income areas. He previously worked at Swope Health, a FQHC providing community based primary care from 2015 to 2022. Most recently worked for Spira Care, an insurance-owned primary care model. He is excited to be back to an organization that so closely aligns with his values. He also enjoys spending time with friends and family. Nesting in the century old home in Brookside that I share with my spouse and 2 cats. Chiefs football, Jayhawks basketball, KC Current soccer, music, travel, food (specifically, eating it!).

Faculty Spotlight



Andrew S Patton, MD, Assistant Professor, Family Medicine, Department of Community & Family Medicine, UMKC SOM, University Health Lakewood Medical Center

Dr. Patton grew up in Kansas, and attended public schools from kindergarten all the way up through medical school, including college at Kansas State University and medical school at the University of Kansas. While in his first year of medical school, he met a classmate named Bailey who became his wife during their third year of medical school. Bailey and Andy matched into the family medicine residency program at John Peter Smith Hospital in Fort Worth, TX, where Dr. Patton served as chief resident during his 3rd year. After residency, Dr. Patton worked as faculty for a year in the JPS family medicine department before moving to Missouri where he completed the UMKC advanced maternity care fellowship here at UHLMC. After fellowship, Dr. Patton worked as an attending at University Health for several months.

While at KSU Dr Patton felt the call of his faith to become a medical missionary and after his fellowship he moved to France to attend language school and then to Togo, where he worked for two years in a mission hospital. He was physician support for 7 Togolese nurse midwives where they deliver about 1500 babies per year. In addition to seeing many of the same chronic diseases he treats here, he also treated HIV patients, malaria, and many other tropical infectious diseases. Community medicine in an underserved community with low resources has its challenges but it is also extremely rewarding and a positive experience for both Andy and Bailey along with their family.

Along the way, Dr. Andy Patton and Dr. Bailey Patton have been blessed with three wonderful children. In his time outside of work, Dr. Patton enjoys exercising, reading, studying French, spending time with family, church involvement, and cheering for Kansas State in sports.

Dr. Patton looks forward to returning to work for University Health because of the organization's great people, commitment to training the next generation of healthcare professionals, and commitment to caring for patients of all backgrounds regardless of ability to pay. He and his family also plan on rotations back to Africa to continue their missionary service.

Lumbar Puncture



Teaching OB Laceration Repair



Ultrasound



Faculty Recognition

Awards



The UMKC School of Medicine **Community Service and Engagement Award** acknowledges and celebrates a faculty member who is recognized for service and community engagement locally, regionally, nationally, or internationally while also engaging SOM learners in these volunteer activities. **The 2023 recipient is Edwin Kraemer, MD**, Assistant Professor of Community and Family Medicine.

The Missouri Academy of Family Physicians (MAFP) presented **R. Stephen Griffith, MD, FAAFP**, of Kansas City, Missouri, with the **2023 Family Physician of the Year Award** at the Academy's 75th Annual Meeting on November 11, 2023, at Big Cedar Lodge in Ridgedale, Missouri. A committee of family physicians selected Dr. Griffith from nominations made by patients, community members, and fellow physicians.



Margaret E. Gibson, MD, FAMSSM, FAAFP and Lane Wilson, MD, FAAFP awarded Fellow status at AAFP! The Degree of Fellow recognizes AAFP members who have distinguished themselves among their colleagues, as well as in their communities, by their service to family medicine, by their advancement of health care to the American people, and by their professional development through medical education and research. Fellows of the AAFP are recognized as champions of family medicine. They are the physicians who make family medicine the premier specialty in service to their community and profession. From a personal perspective, being a Fellow signifies not only 'tenure' but additional work in your community, within organized medicine, within teaching, and a greater commitment to continuing professional development and/or research.

Honors

R. Stephen Griffith, MD - UMKCSOM Professor Emeritus Department of Community & Family Medicine
Jon Dedon, MD - University Health Medical Staff Meritorious Service Award

Promotions

Kudos to our faculty who were promoted from our department and recognized at the UMKC—SOM Awards Ceremony:

Margaret Gibson, MD, FAMSSM, FAAFP, Professor of Community & Family Medicine
David Voran, MD, Professor of Community & Family Medicine
Kevin Gray, MD, CAQ-SM, Associate Professor of Community & Family Medicine

Scholarly Activities

Presentations



Dr. Kelly Jo Sandri and Dr. Helen Hill both presented research posters at the recent AAFP Family Centered Pregnancy Care Conference in August . Congratulations on getting their research out there and representing the scholarship of the Department of Community and Family Medicine. Both are great faculty mentors to our residents doing research.

Dr. Kelli Jo Sandri, MD - *Preconception Counseling in the Primary Care Setting*

Dr. Helen Hill, DO, MPH - *Risk of Retained Products of Conception with History of COVID-19 in Pregnancy*

In Print

Sachs R, Goodrich W. Case Study: OMT Low Back Pain. Missouri Family Physician. 2023 Oct; 42 {4}:2

Wilson JL, Wilson B. Venom Hypersensitivity. Prim Care. 2023 Jun; 50(2):305-324.

Voran, D. Effect of Retail and Urgent Care Clinics on Primary Care in Missouri; Missouri Medicine March/April 2023 102:2 96-101

Giving Back

We would like to encourage all our alumni to keep in touch with the program and consider some of the following options for becoming involved.

- Become a guest lecturer for the residents
- Become a medical student preceptor
- Contribute content to the Family Medicine Focus newsletter
- Contribute ideas (what you would like to see) to the newsletter
- Contribute to the Nicholas Society

For more ideas contact us at DCFMnewsletter@uhkc.org .

Having Fun

The DCFM Faculty Book Club meeting to discuss *When Breath Becomes Air* by Paul Kalanithi. No book club is complete without food and wine to stimulate vigorous discussion.



Keeping in Touch

Email DCFMnewsletter@uhkc.org

Follow us on social media.

Facebook <https://www.facebook.com/UMKCFM>

Instagram <https://www.instagram.com/umkcfamilymedicine/>

Web site <https://med.umkc.edu/fm/>

Nicholas Family Medicine Society

<https://fundraise.givesmart.com/form/lHoj7g?vid=12d20k>