



Family Medicine Focus

*Patient Centered Care
Learner Centered Education
Family Medicine Knowledge*

Message from the Chair

Beth Rosemergey, DO, FAAFP



"Spring: a lovely reminder of how beautiful change can truly be." —Unknown

There are signs of change in the spring that we cannot ignore. Flowers, warmer temperatures, more sunlight and the Match!

Welcome to our incoming class of interns- Class of 2027! We are thrilled to have you join our community. (meet them in our Summer issue)

Another sure sign of spring is new growth... Babies, faculty and more. A number of new babies were born to faculty and residents over the winter months, joining our family. We are also happy to have several new faculty joining us this winter/spring/summer.

We also celebrate and recognize faculty who will be changing their status with us this year- Dr. Shaffer embarking on new adventures and Dr. Patton heading back to Togo with his family to continue their mission work. We celebrate connections to our past with our alumni spotlight. We celebrate new and exciting scholarly projects, accomplishments and faculty in new leadership roles.

Please enjoy this Spring 2024 newsletter. We hope, like spring- it inspires your inner optimist!

"Spring is the music of open windows." —Terri Guillemets

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Celebration of Service—Dr Todd Shaffer

Dr. Shaffer has made significant contributions to the Department of Community and Family Medicine, our residency program, our hospital system and medical school for over 30+ years including; Residency Program Director, Advocacy leader- local, state and nationally, Academic leader as a full professor, Professional Family Medicine

Specialty leader serving in so many high national leadership positions, Inpatient Director, eICU Director, women’s health director, POCUS, sim lab and student educator and most importantly continuity family doctor for countless patients. Mostly, I think we all know Dr. Shaffer to be the quintessential family doctor, committed to full scope Family Medicine practice and education of learners. He has been a passionate, compassionate, dedicated physician who absolutely loves to teach. Dr. Shaffer will be greatly missed here on a daily basis. He has left an indelible positive mark on our department, residency, hospital system, school of medicine and on so many of you individually. As I reflect on this time, I remember that I was a young faculty when Dr. Shaffer was a resident here. I have had the joy of teaching him, learning



from him, being awed by his energy and passion and most importantly honored to be his colleague. The good news is that we are *Family* and so Dr. Shaffer will continue on with us on a prn basis, especially working in the areas he loves best and excels in. We wish Dr. Shaffer all of the best of joy and success as he continues his amazing career

and we will always support him in his new endeavors. One thing I know to be true is that Dr. Shaffer will continue to be a strong voice and positive force for Family Medicine and most certainly for excellent primary care for patients across their lifespan. We will be working on the transition of Dr. Shaffer’s responsibilities especially in regards to his roles in key areas; inpatient/hospitalist, colposcopy and procedures, resident and student education within our department and here at UH Lakewood.

Dr Beth Rosemergy
DCFM Department Chair



Welcome New Faculty



Joanie Huebner, PhD has completed her postdoctoral fellowship in integrated psychology with the UMKC Department of Community and Family Medicine. She will provide care and consultation services alongside Family Medicine residents in the UH Bess Truman Family Medicine Clinic. She also sees patients in the UH Lakewood Medical Pavilion and serves as a team psychologist for UMKC Athletics. Her clinical interests include behavioral and mind-body approaches to address mood, stress, grief, and coping with chronic medical conditions.



Maranda Nguyen, DO, MS has joined the Department of Community & Family Medicine full-time at University Health Lakewood Medical Center as an attending physician seeing patients in the University Health Lakewood Pavilion and on the Labor and Delivery Unit. She also will be teaching residents and students. Dr. Nguyen is passionate about providing full spectrum family medicine; providing care to the whole family throughout each phase of a patient's life.

Faculty Leadership



Dr Mathew Decker is the new Inpatient Medicine Section Leader. In this role, Dr. Decker will work to improve the quality, safety, effectiveness, diversity, and growth of our inpatient endeavors. In addition, he will provide oversight for the ICU and represent the Family Medicine Department on many associated hospital committees.



Dr Anna Maria A. Pletz is the new Addiction Medicine Section Leader. In this role, Dr. Pletz will provide clinical leadership and expertise within the addiction recovery services team to improve care for patients presenting for medical detox and those presented with acute substance use related disorders. This is very important work for some of most vulnerable and marginalized patients.



Dr Margaret Gibson was promoted to the role of Director of Faculty Development for the UMKC School of Medicine. She will work with Dr. Chris Sullivan, the Associate Dean for Faculty Professional Development, assisting with faculty development needs for the school's regional campus faculty in addition to supporting faculty in Kansas City. She continues to serve on the Professional Development Committee and joins the Faculty Awards Review Committee. As a member of the Collaborative Committee for Faculty Success, she provides mentorship and feedback for faculty preparing for academic promotion through the longitudinal Faculty Scholars program in partnership with the DEI Office.

Faculty Retirement



We hosted a retirement luncheon for **Mana Hobson, MD** at UH Community Care Fairmount. Dr. Hobson is an Internal Medicine Geriatrician who joined Community & Family Medicine as one of our Geriatric Fellowship faculty in April 2020. She worked in the Lakewood Care Center with the fellows, shifting her time to growing the outpatient primary care and geriatric medicine services in the UH Community Care Fairmount Clinic. The Fairmount Clinic was developed as the Geriatric Medicine Fellow outpatient Geriatric Clinic site under the guidance of Dr. Hobson. Dr. Hobson also led a home visit experience for the Geriatric Medicine Fellows, resident doctors and students and presented Geriatric focused lectures to the FM residents. She provided outstanding, person-centered care to her many loyal patients and their families in the Fairmount Community.

Faculty Spotlight



Carlie Nikel, PsyD

**Assistant Professor and Associate Program Director
Family Medicine Department Psychology Section Chief**

Carlie Nikel, PsyD received her Doctorate of Psychology in Clinical Psychology from Forest Institute in Springfield, Missouri in 2014. She completed an internship and fellowship in integrated health psychology prior to joining the Department of Community and Family Medicine in 2016, where she assists in program development and administration as well as residents and faculty education on behavioral science. She also provides integrated behavioral health services to UH Lakewood Medical Center patients. Dr. Nikel enjoys working with patients to manage chronic diseases and make positive lifestyle changes in addition to educating residents and students on behavioral interventions.

Dr Nikel is well known as a champion of wellness for residents and faculty.

Learning wellness and self-care skills during residency benefits staff and students now as well as when they leave to practice. The stress of working in healthcare can be a danger not easily recognized, culminating in burnout. Education and prevention builds the development of personal tools and life skills to handle life's stresses. Part of her Wellness/Burnout program includes group activities that increase sense of connection and joy as well as lighten the load, empowering people to become involved in their own stress control. We have a ping pong tournament vs the Podiatry residents, a Fitness Challenge, social get-togethers, and a recreational soccer team called the Rounders. Developing skills to cope with stress, healthy energy management, and protective activities are the goal. Teaching self-advocacy to implement change or become an agent of change, encouraging leadership for change serves beyond graduate medical education. Teaching things they can carry on after residency to aid personal and professional growth and adds to their life skills. They can also teach these skills to their patients to help them deal with stress.

Another one of her important roles at UH Lakewood is integrating mental health into primary care. Appreciation and understanding of the importance of mental health leads to being innovative and proactive, dealing with mental health crises and meeting the needs of their patients. This has been crucial, especially since COVID causing more people to deal with isolation and stress. Their Family Medicine physician is often the first person they talk to and Dr Nikel works to make sure they are prepared for those conversions in their practice.

As part of Behavior Health Integration, Dr Nikel sees patients and works with physicians providing services in the UH Lakewood Maternal Health Clinic. Another part has been establishing a program training others in her profession in the integration of behavior health in primary care using our Family Medicine Residency Clinic. This includes the supervision of a clinical practicum for doctoral students, a post-doctoral fellowship, and an upcoming pre-doctoral internship. These efforts have already yielded the addition of a new faculty member for our Department of Community and Family Medicine, a graduate from the fellowship program.

Dr Nikel is well known for her gift to each of the graduates at Hail and Farewell. She uses her time with them to find an inspiration for a quote that she will use create a personalized embroidery. I know our graduates treasure these thoughtful gifts. It is important to her to develop personal relationships as an educator. She excels at leadership by example.



Alumni Spotlight

Terry L. Payne, MD, MSB, FAAFP

Niceville, FL

Dr Payne studied medicine at the University of Arkansas and is a member of the Class of 1987 of the UMKC Family Medicine Residency. He is fluent in Spanish and is proud to serve the Hispanic community. In true family medicine fashion he sees patients throughout their lifespan. Dr. Payne advocates value based care, looking for outcomes to keep patients out of the hospital and improve their quality of life. He likes to establish relationships with his patients and get to know each one as a person. He believes that understanding the wants and needs of individual patients improves their healthcare.

It is maybe best to use Dr Payne's own words to explain his experience in residency here at UMKC Family Medicine. He provided the following in response to receiving our first issue of Family Medicine Focus.



"I am a graduate from 1987. Without absolutely any doubt, UMKC Family Residency was the best place for me!

Dr. Griffith, one of the finest persons I have ever met, helped me so much during my residency. Moreover, I suffered from a chronic illness, and he helped me with support and helping me sort through my ordeal. He was also both of my parents' physician for more than 20 years. He is the epitome of what is a Family Medicine Physician.

Dr. Zwerenz has been so important to my life and practice. Just this morning I utilized his teachings to help one of my patients with a compliance issue. I practiced for more than 20 years in a small town in Florida. Soon after my arrival one of the psychiatrist chatted with me for an hour while we were waiting on a mutual patient. After that, every time I referred a patient to a psychiatrist, they would make recommendations and send the patient back to me for future follow up. I was puzzled at first, then one of the psychiatrist told me, "You are almost a psychiatrist. Your training was better than any other primary care physician that we know. We feel confident that you can manage almost all psychiatric conditions and we wish only to serve as a consultant." On another occasion one of the other psychiatrist told me that in our severely underserved community I was great asset to the mentally ill in our community. Dr. Zwerenz was the best possible teacher for me. Every day I see a patient that benefits from his legacy!

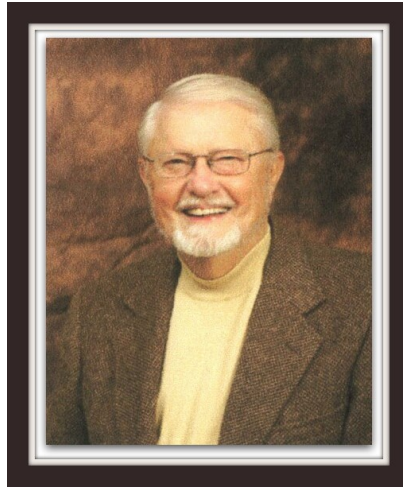
Dr. Nicholas allowed me to spend 2 ½ months of my residency training in Asuncion, Paraguay. I have thousands of patients I have attended that were Spanish speaking only. My time in Paraguay in learning to treat patients within the Hispanic culture has benefitted so many. I have cherished the time I spent with such an outstanding physician in our field.

Dr. Williams has always been a great example for me. He was an excellent teacher and very approachable. More than once I called him after hours to seek advice on a patient. He was always calm and caring. He knew what I understood and what I did not and directed me towards the best decision for the patient.

It has always been my dream to return to UMKC to teach. It is one of the reasons I studied to obtain my master's degree in Clinical Ethics from Mount Sinai Medical School. It is such a wonderful institution that has aided hundreds of thousands to receive the best medical care through the center and the graduates. I am so blessed to have chosen UMKC as the location to study for those 3 years of residency."

Dr Payne lives in Florida with his wife and their adult child. He enjoys target shooting, reading, and studying history. He has taken up the pen and has written a couple of books (non-medical) that he is trying to get published.

In Memoriam



Donald A. Potts, MD.

Dr. Potts joined the Department of Community & Family Medicine (DCFM) and the Residency program as a volunteer faculty with Dr. Tom Nicholas, MD, whom he had known through the *American Academy of Family Physicians*, precepting the first few residents in 1979. He later joined the Department as full time faculty, moving his practice from Independence to here. He was a pillar of the medical community in Independence in those days and when he moved his practice to then TMC-East a lot of the patients came with him. He was the main reason the "north office" (now Lakewood Pavilion) got started for faculty docs to practice.

Dr. Potts loved teaching- a couple of his quotes from our 30 year history booklet-

"I got to teach them (residents) a lot of procedures – minor surgery procedures and other things that would stand them in good stead," said Dr. Potts. *"We did a lot of deliveries, D & Cs, ingrown toenails, everything . . ."*

"Family Practice was often called 'Skin and Its Contents.' [In Family Medicine] you don't have the privilege of telling someone, 'That's not my department; go see someone else.' We can take care of 85% of everything that walks into our office, and do a good job of it, too . . ."

Dr. Potts retired from the DCFM and UH (then TMC) on March 20, 2003. Retirement, however did not mark an end to Dr. Potts' work in our community. Advocating on a grass roots level for *No Smoking* in restaurants. Independence was the first city to adopt that stance, leading other cities to follow and to our current broad Clean Air regulations.

Serving as a longtime member of the Board of the Kansas City Academy of Family Physicians and mentored many young family physicians along their leadership journey. Dr. Potts will be remembered as one of the pillars of our department, our hospital system and our community.

MSACOFP Meeting

Residents and Faculty attended the Missouri Society of the American College of Osteopathic Family Practice meeting. The Department of Community and Family Medicine strongly encourages participation in professional activities for their educational and networking opportunities.



Christopher Paynter, DO, FACOFP (Class of 2015)
2024 MSACOFP Family Physician of the Year

This award is given to an osteopathic family physician who has exemplified the principles of Osteopathic Family Medicine and has made outstanding accomplishments for the betterment of the Osteopathic Profession.



Laura Hempstead, DO, FACOFP (former faculty)
2024 Outstanding Female Leader

Laura Hempstead, DO, FACOFP This award honors a female physician who serves as a clinical role model, teacher, highly accomplished professional leader, and a source of inspiration for people in medical training.

2024 DiRenna Foundation Scholarship Winners



Wesley Goodrich, DO, MPH
UMKC Community and
Family Medicine
Kansas City, Missouri



Ann Abbott Marin, DO
UMKC Community and
Family Medicine
Kansas City, Missouri

The DiRenna Foundation was founded in 2018 by the Missouri Society of the American College of Osteopathic Family Physicians as a unique extension of Missouri's Osteopathic family medicine community. Its purposes are:

- To improve the standards of the practice of Osteopathic Family Medicine by raising awareness of the profession.
- Provide leadership opportunities, professional development, and support research through grants, scholarships and awards.
- Support and champion those who wish to promote Osteopathic family medicine principles and practice which enhance the health of all Missourians.

The Foundation established the Resident Scholarship Program as one way to fulfill its mission. The scholarships are awarded annually to residents in Missouri family medicine residency programs who have demonstrated leadership skills and have committed to remain and practice in Missouri following residency.

Jessica Richter, DO, MPH, MSACOFP President, is an alumni from the Class of 2018.

MSACOFP Board Members **Ann Abbott, DO, Chelsie Cain, DO, Mallory Dameron, DO, Alicia King, DO, and Aaron Neisen, DO** are alumni from our program.

Speakers at the event included our faculty **Jennifer Groner, DO** and **Rachel Sachs, DO, CAQ SM**.

Scholarly Activities

Dr. David Voran has recently been published in the latest issue of Missouri Family Physician

Self-measurement of blood pressure: A necessary component of blood pressure control
[Missouri Family Physician Magazine](#) January—March 2024

GREATER LEE'S SUMMIT Healthcare Foundation



Dr David Voran has received a grant from the [Greater Lee's Summit Healthcare Foundation](#) for his work enhancing the use of patient self-reported data in chronic disease management in an underserved and underinsured eastern Jackson County population. We will be comparing data from patients who are participating in submitting tracking and wearable data to their records with patients who are not participating.

Lifestyle and patient self-monitoring are thought to play an ever increasing role in chronic disease management. In addition to utilization of these funds to expand the use and participation of patients we are going to increase the scrutiny and impact of the use of this data by providers and try to measure the contribution of self-reported data in the medical record to traditional clinic-only measurements.

Invitation

You are invited to attend the Department of Community and Family Medicine 17th Annual Research Day. Posters will be displayed all day in the Truman Rooms and presentations will begin at 1:30 pm. If you are unable to attend in person, you may join us virtually by Zoom using this link.

Join Zoom Meeting
<https://umsystem.zoom.us/j/93426869244?pwd=WkoycXhscExCN2t2T2E2a3BBL2Fvdz09>
Meeting ID: 934 2686 9244
Passcode: 821537

SEVENTEENTH ANNUAL RESEARCH DAY
TUESDAY, MAY 28, 2024
TRUMAN ROOM 2
Refreshments & Welcome 12:30 - 1:30 pm
Presentations 1:30 pm - 3:15 pm
Announcements 3:15 - 3:30 pm
LIVE/VIRTUAL EVENT

RESIDENT & FELLOW
RESEARCH DAY
University Health Lakewood Medical Center/UMKC
2023-2024

Photo Gallery



ALSO Workshop



Our faculty and residents at the MSACOF meeting



Dr Meg Gibson at KC Current stadium

(Photo courtesy of [2024 Perspective Magazine](#), the UMKC Alumni publication.)



Massage on Resident Appreciation Day

Safe solar eclipse viewing



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.

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>

