

Emergency Medicine Residency Program  
2008 Annual Report



*Transforming Knowledge  
into Quality*

# Contents

Letter from the Director.....	1	Coordinators.....	11
Department Head Update .....	2	Residency Presentations .....	11
Emergency Center Operations .....	3	Nursing Education .....	12
Crisis Program .....	3	Medical Student Program .....	12
Didactic Curriculum .....	4	Emergency Medical Services.....	13
Habits of Lifelong Learning .....	5	Awards .....	14
Toxicology .....	6	Current Residents.....	15
Ultrasound.....	7	EM Faculty .....	16
Simulation.....	8	Publications.....	17
HealthPartners IME .....	8	New Faculty.....	19
Class of 2011 .....	9	Residency Fund.....	19
Chief Residents Update .....	10	EM Graduates .....	20

## Program History

Robert Knopp, MD, founded the Regions Hospital Emergency Medicine Residency in 1994. Before arriving in St. Paul, he served as the residency director at Valley Medical Center in Fresno, Calif., for 17 years. The first class of residents at Regions began their training in 1996.

Felix Ankel, MD, has been involved with the residency program since its inception and became residency director in July 2000.

As of August 2008, the EM residency has graduated 81 residents from 25 medical schools who now practice in 14 states. In addition, Regions faculty are graduates of 14 different EM residencies.



*The class of 2011*

# Letter from the Director



Welcome to the  
2008 Regions  
Hospital  
Emergency  
Medicine

Residency annual report. It is a pleasure to highlight our accomplishments from this past year. Our activities center around our residency mission: to provide and promote excellence in patient care and education. Our mission is guided by the Baldrige Educational Criteria for Performance Excellence ([www.quality.nist.gov](http://www.quality.nist.gov)) and includes best practices in leadership, strategic planning, stakeholder focus, measurement, analysis, process management and results.

We recruit resident applicants whose contributions extend beyond clinical shifts and positively impact their environment on local, national and international levels. We salute our residents who are involved in leadership activities, both locally and nationally, including the following residents:

- Kelly Barringer ('08) continued to serve on the SAEM Graduate Medical Education Committee.
- Joey Peterson ('08) attended ACEP's Leadership & Advocacy Meeting in Washington, DC.
- Tara O'Connell ('09) continued to serve as an instrumental force in the Association of Independent Academic Medical Centers' National Initiative: Improving Patient Care Through Graduate Medical Education ([www.aiamc.org](http://www.aiamc.org)) and presented her findings at the annual meeting in Florida. She was a finalist in the 2008 CORD/SAEM Clinical Pathological Cases

competition and named best resident presenter of the semi-finals. Tara also continues to serve as our EMRA representative.

- Aaron Burnett ('10) was selected to serve on the board of directors of the East Metro Medical Society.
- Nate Curl ('10) represented our residency on the board of directors for Minnesota ACEP.
- Leah Gapinski ('10) was appointed to the Regions Hospital Ethics Committee.
- Catherine Carlson ('11) served on the EMRA International Committee.
- Autumn Erwin ('11) participated as a member of the University of Minnesota's MED2010 – a curriculum planning project.
- Kara Kim ('11) received a scholarship to attend the IHI annual meeting in Nashville, Tenn., and leads our residency's quality initiatives.

Our residency offers residents the opportunity to individualize their educational experience within the confines of a three-year program. We accomplish this by mandating the least and offering the most. Residents with an interest in EMS can select to be an associate EMS medical director for their scholarly project. Residents interested in education have opportunities to teach EMS providers and medical students in workshops, procedure labs and simulation labs.

We educate beyond the confines of our emergency department. Joey Peterson ('08) spent a month of her senior year educating EM residents in Quito, Ecuador, with Drs. Carson Harris, Matt Morgan ('05)

and Christopher Obetz ('03). In the fall 2008, we hosted Dr. Paúl León, a senior Ecuadorian emergency medicine resident for one month. Our residency is currently exploring further partnerships in Bolivia.

We strive to lead by example, manage by fact and communicate by listening. Our residency complements the transfer of knowledge with the transfer of meaning, the latter fostering an environment where connections occur with patients, co-workers, the community and our alumni. At our 2008 Alumni Day in September, we were honored to host Drs. Trent Thorn ('06), Kerry Broderick (Denver Health) and David Sklar (University of New Mexico). Dr. Sklar also read from his book "La Clinica" at the residency book club the prior evening. The 2008 residency retreat in October focused on quality (and patient satisfaction as a quality proxy) and included members of our department, hospital and extended residency community. This retreat serves as a foundation for future residency strategic plans. Our goal is to incorporate the highest level of professionalism and humanism into our interactions with patients and members of the healthcare team.

This year, we matched another competitive 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.

A handwritten signature in dark ink, appearing to read "Felix Ankel".

**Felix Ankel, MD**  
**Residency Director**

# Department Head Update



The Regions Hospital Emergency Center plays a critical role in emergency care throughout the Twin Cities east metro and western Wisconsin communities. This significant impact is made possible through the efforts of dedicated staff, medical students and emergency medicine residents. With the Regions Hospital Expansion 2009 moving towards completion, we anticipate the grand opening of our new state-of-the-art emergency department (ED) in July 2009. I look forward to seeing our emergency medicine residents experience the future of emergency care in the new ED.

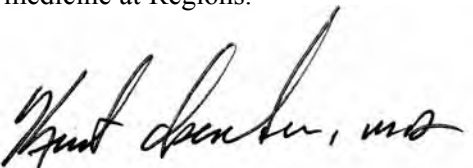
Our ED faculty continues to be on the forefront of emergency medicine. Drs. Emily Binstadt, Cullen Hegarty and Jessie Nelson participated in SAEM's national consensus conference on simulation medicine and have published their works in Academic Emergency Medicine. Additionally, with faculty leaders Drs. Peter Kumasaka and Michael Zwank taking the lead, we have celebrated strengthened ultrasound education for faculty, residents and medical students. We continue to excel in the areas of simulation and educational methodology, ultrasound, toxicology, EMS, quality, operations and sexual assault nurse examiner programs.

One reason I enjoy working at Regions Hospital is the diverse group of faculty leaders and the commitment to quality care and quality education. Dr. Felix Ankel continued to serve on the Alliance

of Independent Academic Medical Centers' (AIAMC) national initiative to improve patient care through graduate medical education. He chairs the planning committee for the 2009 CORD Academic Assembly, with the theme "GME as a Strategic Asset." As co-chair of the University of Minnesota curriculum committee, Dr. Cullen Hegarty has been instrumental in MED 2010, a new approach to medical student education. Our research program also continues to flourish. This year, Dr. Joel Holger received the prestigious HealthPartners Medical Group Clinical Excellence in Research Award.

The year 2008 was filled with many successes and some changes. Dr. Bob Knopp retired from clinical practice after 14 years of service and continues to work with the residency in an educational capacity.

We have added faculty members Drs. Kelly Barringer and Drew Zinkel (immediate past president of EMRA). I have stepped into the interim department head role with a national search underway for a permanent replacement. I look forward to handing over a new ED and another excellent resident class to the next department head of emergency medicine at Regions.

  
**Kurt Isenberger, MD**



*Expansion 2009*

# Emergency Center Operations

The Regions Hospital Emergency Center is a Level I Trauma Center located in St. Paul, Minn., serving the east metropolitan Twin Cities area, including western Wisconsin. Today, the emergency department (ED) is comprised of almost 19,200 square feet of clinical space with 49 treatment rooms. There is also an additional 8,000 square feet that house a library, conference space and support service offices.

The latest approximate Emergency Center figures are as follows:

- 67,000 patient visits per year
- 11 percent pediatric patients (age 16 or under)
- 3,100 trauma admissions per year
- 730 trauma team activations per year
- 23 percent admission rate

- 60 percent of all hospital admissions come from the ED

According to projected growth estimates, the Emergency Center will serve an additional 20,000 to 25,000 patients annually by 2015. Since the current operating space best serves about 60 percent of today's emergency need, a significant expansion of the Emergency Center is crucial. The new ED, according to current plans, will have a 45,000-gross-square-foot area to serve the needs of an estimated 85,000 patients annually. The Emergency Center remodel will be introduced in several phases. In 2009, the Emergency Center will see the addition of a new ambulatory entrance encompassing a welcome center/waiting room, an eight-bed fast track care area, a 10-bed critical care area and an 11-bed

behavioral health unit.

Upon completion, the Emergency Center will consist of up to 68 exam rooms, including a 12-bed clinical decision unit (where patients are further evaluated for admission or discharge), four stabilization rooms and up to 40 exam rooms. Plans also include a dedicated general radiology room and CT imaging facilities.

**Richelle Jader, BSN, MHA**  
**Administrative Director**

**Jon Henkel, BSN, BHA**  
**Nurse Manager**

**Mary Healy, BSN, CEN**  
**Nurse Manager**

**Won Chung, MD, MS**  
**Clinical Director and Assistant  
Department Head**

**Jeff Fritz**  
**Support Services Manager**

## Crisis Program

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

An experienced, committed corps of licensed clinical social workers staffs the program 24 hours a day, seven days a week. This innovative and cost-effective program has been an integral

part of the ED for more than 34 years and serves more than 6,000 patients annually. Approximately 60 percent of all patients who are evaluated by crisis social workers are not hospitalized and instead return to the community with referrals for outpatient services.

Patients are seen for a variety of mental health issues including depression, psychosis, anxiety, sub-

stance abuse and domestic violence. The crisis staff works closely with ED physicians, residents, physician assistants and nurses to provide comprehensive psychiatric and psychosocial assessments and to create discharge plans that maximize safety and stabilization in the community or in the hospital.

**Maddy Cohen, MSW, LICSW**  
**Manager, ED Crisis Program**

# Didactic Curriculum

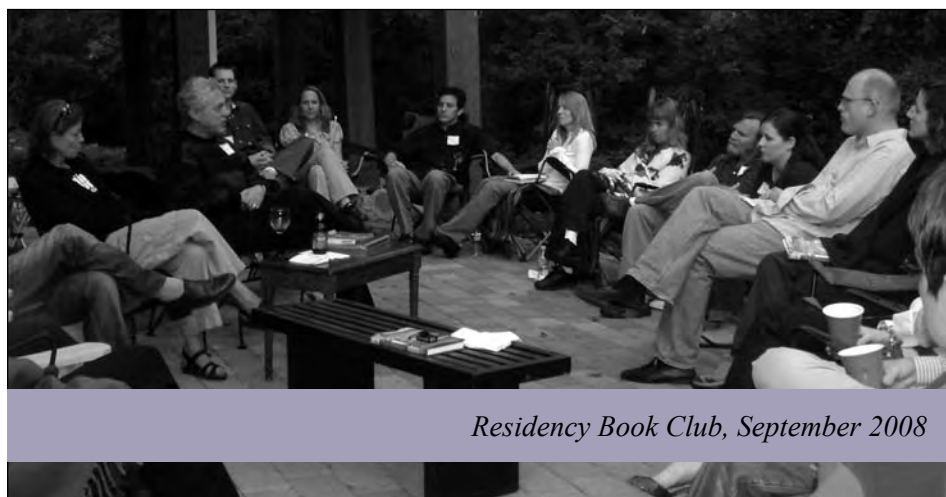
Regions Hospital offers residents a full spectrum of topics in emergency medicine based on the Model of the Clinical Practice of Emergency Medicine. The core curriculum is designed to repeat itself in its entirety on an 18-month basis. As there are several modalities of learning, the didactic curriculum is set up to cover both the depth and breadth of emergency medicine through traditional as well as innovative and interactive means. Curriculum components include:

- **Critical Case Conference**, a favorite of residents and faculty alike, provides an interactive forum for discussion of a case of educational value. Case discussion is focused not only on the content of the eventual diagnosis, but also on the decision-making process in evaluating critically-ill patients with limited immediate data.
- **Core Content Lectures** reinforce knowledge that is gained on clinical rotations as well as supplement the clinical experience. Lectures are given by faculty members who are experts in a core content area.
- **Journal Club** is held on a regular basis and facilitates discussion of three or four current practice-changing articles in emergency medicine. Journal Club is lead by an expert reviewer with the aid of a departmental research methodologist and statistician.
- **Joint Conferences** are collaborative conferences held in conjunction with other departments such as radiology, trauma services, critical care, and internal medicine to discuss related areas of interest.

- **Small Group Sessions** encourage active learning. Small group simulation days have been incorporated into the curriculum. Residents are divided into three groups and rotate through stations that may include case discussion, simulation or mini-lectures.
- **Forensics** includes a basic forensic medicine didactic curriculum that all residents receive. Additionally, residents are trained in sexual assault examinations.

Our residency encourages experiences outside of the typical EM core content lecture. In March, residents visited an exhibit at the Science Museum of Minnesota titled *Deadly Medicine: Creating the Master Race* developed by the United States Holocaust Memorial Museum. In October, residents attended the HealthPartners-sponsored ethics conference, "Ethics and HealthCare Reform Where is the Justice?" featuring keynote speaker Dr. Ezekiel Emanuel, chair of the Bioethics Department at the Clinical Center, National Institutes of Health. In November, residents participated in our yearly combined EM/Trauma Update co-sponsored by Hennepin County Medical Center, North Memorial Medical Center, Mayo Clinic and Regions.

**Matthew Morgan, MD**  
**Assistant Residency Director**



*Residency Book Club, September 2008*

# Habits of Lifelong Learning

The Regions Hospital Emergency Medicine Residency strives to implement a culture and infrastructure of lifetime learning through access to outside knowledge, archival of our residency's collective wisdom and translation of knowledge into clinical practice. Rather than listing ways in which we provide tools for lifelong learning, it is more appropriate to discuss how effective people maintain clinical excellence. (Graduates from our residency are, by definition, effective people).

In an email to our residency listserve, EMRes, our esteemed colleagues provided the keys to success. I've summarized them as: pick CME carefully, subscribe to internet resources, read on what you see, develop a niche, become efficient with journals, network with smart people, study what other people tell you is important, know where to find 'it' and continuously improve your lifetime-learning skills.

Random suggestions are helpful, but let's consider an organizing framework for all of the ideas. Your clinical knowledge could be divided into segments based on your depth of knowledge in a content area. Let's group them as such: Cutting Edge, Standard of Care and The Limits. Kudos to Dr. Jon Fuerstenberg ('04) for providing the outline for this framework!

**Cutting Edge** knowledge is a core 10-20 percent of clinical information where you would call yourself 'expert.' What's that? You're not an expert at anything? Consider devel-

oping a niche. A niche enhances learning engagement, career excitement and your local reputation. Expand your Cutting Edge by watching key journals: NEJM, JAMA, Annals EM. Set up RSS feeds or subscribe to the journal's emailed Table of Contents (ToC) to feed you articles relevant to your subject area. Don't know what RSS is or how to set up an emailed ToC...? See The Limits below.

**Standard of Care** knowledge is also known as 'bread and butter'. This is material you know without having to look it up. Otitis media treatment, induction agents for intubating an asthmatic patient or EKG changes in hypocalcemia are all good examples. To maintain this knowledge, make a habit of reviewing digested material (information where someone else has summarized and maybe given their opinion). Examples include: EM Abstracts, EM RAP, EM Reports or CME meetings. When you learn about something new from a digest, ask your local expert (see Cutting Edge above) about how you should change your practice based on this new information.

**The Limits** of your knowledge is where life gets interesting. Do you know where the limit is? Knowing what you don't know is as important as all those factoids you do know. When presented with a problem that stretches your limits, know where to find answers. Examples: What is this 'RSS' thing that Brad mentioned? Google it. What is the best first-line

antibiotic for a nursing home patient with penicillin allergy? Use an online antibiotic reference, a pocketbook or a textbook. Become facile with key references: UpToDate, EMedicine, Micromedex, Hopkins Antibiotics or develop your own PDA reference database. Another key tip: let someone else choose what you read. This comes in the form of reading about your patients (your patient is choosing for you) or using the Lifetime Learning Self Assessment (LLSA) articles to broaden your knowledge base.

Finally, how to fit this into the day? This may be the hardest thing of all. With apologies to Seven Habits of Highly Effective People, Important but Not Urgent will always get trumped by Not Important but Urgent items on your to-do list. Organize your calendar and your to-do list so you can reliably complete these quiet important things (family, health, peace, knowledge, growth, etc.) in the landscape of nagging urgent things (holiday cards, bills, shifts, etc). Not sure how to do this? Again, see The Limits above. Starting points for your search: ask people who are outwardly effective, read (or at least skim) the classics: 'Seven Habits' or 'Getting Things Done'. Then, pick a system, get it started, stick to it for a period of time and then tweak the system. Or in other words, rinse, lather and repeat!

**Brad Gordon, MD**  
**Director, Residency Technology**

# Toxicology

2008 proved to be a busy and fulfilling year for the toxicology service at Regions Hospital. The toxicology service is dedicated to providing education on toxicology topics as well as consultations to the emergency department (ED), hospital units and clinics 24 hours a day, 365 days a year. As a major educational partner in the Medical Toxicology Fellowship Program, the toxicology service is an active component in educating the program fellows through formal and informal learning activities. The ongoing educational activities of the toxicology service include quarterly interdisciplinary conferences, a weekly toxicology journal club, adverse drug reaction, herbal reviews and toxicology chapter reviews.

In order to augment the education of residents, fellows and students, the toxicology service uses a computer-controlled mannequin for bimonthly case simulations. New cases are revised and developed throughout the year. Several multidisciplinary conferences involving the critical care, pediatrics and psychiatry departments took place in 2008.

Other educational endeavors during the year included forensic toxicology case review, and toxicology "field trips" to the University of Minnesota Arboretum to learn about toxic plants and "Herbal Shopping" at several local cultural markets. Regions' close relationship with the Hennepin

Regional Poison Center allows us to share in the educational roles of the Poison Center, participating in their weekly and monthly case conferences and toxicology didactic sessions.

Members of Regions toxicology service were involved in more than 20 formal presentations at national and regional conferences, local colleges and community hospital grand rounds in Minnesota and Wisconsin in 2008. Presentations at a national conference of the Association of Air Medical Services and grand rounds at the Ecuadorian Emergency Medicine Program in Quito are examples of the expanding educational role of the toxicology service.

The toxicology service averages approximately 30 formal consultations a month at Regions. In addition to informal educational consults and telephone consults, the toxicology service also accepts and consults on pediatric patients at the Minnesota Children's Hospitals and Clinics in Minneapolis and St. Paul. The clinical toxicology service entertained 10 emergency medicine residents, four medical students, one physician



assistant student and 12 PharmD candidates this year. Others who rotated on the service included pediatric emergency medicine fellows and one psychiatry resident.

Members of the toxicology service participate in toxicology-related clinical and benchtop research. This past year, research has focused on management of toxin-induced shock and the use of high-dose insulin as an inotropic treatment and induced hypothermia for the treatment of severe carbon monoxide poisoning. Toxicology faculty also presented several cases at national emergency medicine and toxicology meetings.

**Carson Harris, MD , FACEP,  
FAAEM  
Director, Toxicology Education &  
Services**

**Kristin Engebretsen, PharmD,  
DABAT  
Clinical Toxicologist**

The Regions Hospital emergency department (ED) is committed to training emergency medicine residents in the most up-to-date technology available for the care of emergency patients.

## Educational Objectives:

By the end of the third year of training, residents demonstrate appropriate knowledge and skill in the use of ED ultrasound. Ultrasound applications that are mastered in emergency residency training are the trauma (FAST) exam, emergency echocardiography, abdominal aortic aneurysm evaluation, examination of undifferentiated hypotension and procedural ultrasound including vascular access, thoracentesis, paracentesis, bladder identification, abscess location, foreign body localization and general aspiration.

## Description of clinical experience:

Residents currently use two ultrasound machines (Ultrasonix CEP and OP) available for departmental use 24 hours a day. Ultrasound education begins during orientation with a half-day didactic and hands-on instructional session. During the first year, the four-week ultrasthesis rotation includes mornings spent intubating in the OR and afternoons spent scanning in the ED. This gives residents an intensive month of training in both areas. Residents are always encouraged to perform ultrasounds on any patients indicated by clinical presentation. Resident ultrasounds are supervised by the staff emergency attending. EM G-2 and G-3s are responsible for all trauma team activation ultrasounds.

## Description of didactic experience:

Regular lectures are given on pertinent topics related to emergency ultrasound. A lecture series covering basic ultrasound physics, focused assessment sonography for trauma (FAST) exam, emergency echocardiography, abdominal aortic aneurysm evaluation, examination of undifferentiated hypotension and procedural ultrasound is covered over an 18-month core content curriculum. Prior to residency graduation, residents are given advice on setting up an ultrasound program and getting involved in their new job.

## Evaluation process/feedback mechanisms:

Residents receive immediate feedback on ultrasound technique, image quality and trouble-shooting techniques by the supervising ED attending. Additionally, ultrasound images are reviewed as part of the quality assurance initiative and feedback is given to the resident and faculty by the ultrasound director. Residents are given a quarterly report of number and type of ultrasounds they have done in the ED. This is reviewed during the semi-annual resident evaluation meetings with the program director. A copy of all the ultrasounds performed by the graduating physician is available upon residency completion.

**Michael Zwank, MD**

**Peter Kumasaka, MD**

**Emergency Ultrasound Education**



## Simulation

The Regions Hospital Emergency Medicine Residency has a robust group of faculty with strong interests in simulation-based education. Drs. Emily Binstadt, Cullen Hegarty and Jessie Nelson, along with other interested faculty, have worked to integrate simulation and small-group learning as an important part of the residency curriculum. Simulation is also used to augment medical student and faculty education, to address systems-based barriers to quality care and to analyze communication issues.

At the 2008 AEM Consensus Conference, 'The Science of Simulation in Healthcare,' Dr Hegarty sat on a panel discussing the development of expert medical teams, and Dr. Binstadt participated on a panel discussing the use of simulation in the development of individual cognitive

expertise in emergency medicine. Both panels resulted in articles published in Academic Emergency Medicine.

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

Weekly pre-conference simulation cases teach core EM cases and crisis resource management communication, teamwork and leadership principles. In-situ Trauma Team cases in the ED have been successful and more in-situ simulation in the ED is planned for

the coming year. Several residents are pursuing simulation-based projects for their scholarly activity requirements this year, and we look forward to mentoring more residents in this area in the future.

Dr. Nelson continues in her role as the physician faculty with HealthPartners Clinical Simulation and the HealthPartners Simulation Center for Patient Safety at Metropolitan State University, and Drs. Hegarty and Binstadt were named co-directors of emergency medicine and trauma for the new University of Minnesota SimPORTAL.

**Emily Binstadt, MD, MPH**

**Cullen Hegarty, MD**

**Jessie Nelson, MD**

**Simulation Education & Research**

## The HealthPartners Institute for Medical Education

The Regions Hospital Emergency Medicine Residency is sponsored by the HealthPartners Institute for Medical Education (IME). The IME was created in 1996 to provide an innovative structure to lead the organization's educational efforts. Today, the IME partners with academic institutions, provides an innovative environment for health-provider education and is an advocate for

education that measurably improves patient care. The IME provides professional education through undergraduate and graduate medical education, nursing education, allied health professional education, continuing professional development, medical library services and simulation programs.

HealthPartners Simulation uses computerized mannequins, virtual reality and other advanced teaching

techniques to prepare health professionals for high-intensity clinical experiences. The IME has a formal affiliation agreement with the University of Minnesota that guides the educational relationship between the two organizations. Regions emergency medicine staff enjoy faculty appointments within the department of emergency medicine at the University of Minnesota.

# Class of 2011

Catherine Carlson, MD



- University of Colorado
- Colorado State: MA in French; MS in biochemical sciences/neurology
- Hobbies include running, skiing, yoga, and reading

Kolja Paech, MD



- University of California-San Francisco
- UC-Davis Regents Scholar; UC-Berkeley: MS physical science
- Hobbies include travel, backpacking, bicycling, painting, drawing, cooking, and photography.

Katharine Davidson, MD



- University of Cincinnati
- Volunteer for medical missions to Guatemala and Tanzania
- Gold Humanism Award
- Hobbies include hiking, canoeing, camping and piano

Eric Roth, MD



- Dartmouth Medical School
- National Wrestling Coaches Association Scholar All-American
- Hobbies include athletics, fishing, camping, photography, cooking and pets

Autumn Erwin, MD



- University of Minnesota
- Focused research in cultural medicine during medical school
- Hobbies include kayaking, canoeing, camping, hiking, running, piano and reading

Jillian Smith, MD



- Tufts University
- Phi Beta Kappa, UVM Division I gymnast
- Hobbies include spending time with family, running, scuba diving and travel.

Alexander Gerbig, MD



- University of Minnesota
- Studio artist, drummer
- Hobbies include travel, golf, photography, reading and spending time with family

Timothy Sullivan, MD



- Yale University
- Former in-line stunt skater and Outward Bound instructor
- Hobbies include climbing, winter camping, illustrating children's books, lego sculpture, pottery and collecting graphic novels

Kara Kim, MD



- University of Minnesota
- Former management consultant; medical mission volunteer in Honduras, Costa Rica and Nicaragua
- Hobbies include rollerblading, cross-country skiing, snowmobiling, rock-climbing and skydiving.

# Letter from the Chief Residents

Greetings. This past year has been an exciting time in our residency. We're proud to serve as chief residents for this academic year. We would like to highlight the following strengths of our residency:

- Increased chief resident involvement in education and case selection for weekly critical case presentations.
- Regions EM residents continue to publish research in national journals, present at national meetings and participate on state and national committees.
- Residents and staff are currently working together on cutting-edge research such as insulin use for blood pressure support in shock, new educational medical simulation techniques and novel ultrasound-guided IV access.
- Educational collaboration continues between emergency medicine and other specialties within the hospital such as combined EM-IM conferences, trauma conferences and noon-lecture series in the SICU.
- Collaboration between Regions and Hennepin County Medical Center emergency medicine programs continues with another year of successful second-year resident exchanges.
- Residents continue to participate on the planning and staffing committees for the 2009 opening of our new emergency department.
- Many Regions EM residents provide excellent

instruction to medical students, medics and nurses at courses such as ACLS, PALS, procedure labs and simulation workshops.

- Our innovative simulation program is increasingly infused into the conference schedule and provides small-group hands-on learning.
- Chief residents continue to manage the resident schedule and help make the flow of shifts optimal.
- Residents continue participating in volunteer activities such as medical staffing for NHL Minnesota Wild hockey games, concerts and events at the Xcel Energy Center and the annual Twin Cities Marathon.
- Regions EM residents were involved in the planning and staffing of medical support for the Republican National Convention.

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

**Adina Miller, MD**

**Tara O'Connell, MD**

**Scott Thielen, MD**

**2008-2009 Chief Residents**



*Robert Knopp, MD Recognition Dinner with Alumni, June 2008*

## Coordinators

Staying connected with residents, alumni and colleagues continued to be in the forefront for us in 2008. In fact, numerous residency-sponsored events kept us in touch with alumni and allowed them the opportunity to meet and network with our current residents. We even began a group on Facebook (search "Regions Hospital EM Alumni") thanks to Dr. JT Finnell, a former faculty member.

As members of the Emergency Medicine Association of Residency Coordinators (EMARC), we attended the annual meeting in New Orleans, which was part of the 2008 CORD Academic Assembly. It allowed us the opportunity to network with our coordinator colleagues throughout the country. Lori Barrett, chair of the EMARC planning committee for the 2009 Academic Assembly, also served on the advisory committee for the medical residency coordinator



*Pat Anderson and Lori Barrett*

certification training through Century College in White Bear Lake, Minn., where she presented to a class of aspiring coordinators on the role of the EM program coordinator.

We hosted 73 medical students from 12 different medical schools in our EM courses. These rotations resulted in the generation of 36 letters of

recommendation for residency positions. It was our pleasure to host these students, and we wish all of them much success in their future residencies.

**Lori Barrett**  
**Manager, Residency & Education**  
**Pat Anderson**  
**Program Coordinator**

## Residency Presentations 2008

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

Number of lectures: 218 conference hours

Hours of attendance: 4,877 resident hours

Number of workshops: 49 workshops were taught to 42 rotating residents and 127 medical students and PA students.

Number of labs: 31 residents participated in 20 procedural skills labs

# Nursing Education

The registered nurses (RN) in the Regions Hospital emergency department (ED) demonstrate an impressive commitment to education. Twenty-nine percent of the RN staff have obtained a specialty certification in emergency and/or critical care nursing, four percent are master's prepared and 10 percent are actively pursuing either their baccalaureate or master's degrees.

A clinical educator coordinates education for more than 100 nurses, 25 paramedics and 45 emergency room technicians. New staff complete a core course to establish a baseline knowledge of emergency nursing at

Regions and a comprehensive orientation process to ensure competence on the floor. Continuing education takes place in the classroom, on the Regions Emergency Nursing website, through posters, presentations and on-the-spot education. All nurses are certified in ACLS and have taken TNCC. Many nurses have additional certification in ENPC, PALS, CATN and other specialties.

Regions ED nurses also teach other professionals and the community. Many of our emergency medicine nurses teach paramedic and nursing students at the college level in

didactic and clinical roles. In addition, our nurses provide education to children on injury prevention through the ENCare program. Our nurses also provide education to nurses from our western Wisconsin affiliates via classes, online education and clinical time.

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

**Bonnie Whipple, RN**  
**Clinical Educator**

## Medical Student Program

The department continues to be heavily involved in medical student education with our core EM, advanced EM and toxicology rotations hosting a total of 73 students, with 29 of them taking the advanced course. Dr. Hegarty continues in his role as director of medical student education for all EM courses through the department of EM at the University of Minnesota.

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



*Republican National Convention, September 2008*

Since 1997, the Regions Hospital emergency medicine residents have participated in a rotation in Emergency Medical Services (EMS). Interested residents also have the opportunity to participate in an associate medical directorship or elective rotation in EMS.

### Resident Rotation

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

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

### Associate Medical Directorship

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

Another type of associate medical directorship offered through EMS is with the paramedic program at Inver Hills

Community College. This resident participates in quality assurance for run reviews, creates and delivers curriculum, and acts as an advisor to the paramedic students as well as the program itself.

### 2008 Associate Medical Directors

Dr. Jon Shultz ('08), National Park Service - St. Croix National Scenic Riverway

Dr. Adina Miller ('09), Paramedic program, Inver Hills Community College

Dr. Owen Anderson ('09), St. Paul Fire

Dr. Duncan McBean ('09), St. Paul Fire

Dr. Nicole Stoik ('10), St. Paul Fire

### Event Medicine

EM residents regularly have the opportunity to participate in mass gathering/large event medicine under the direction of EMS. In 2008, St. Paul played host to the Republican National Convention. Regions EM residents were key players in the planning and staffing of the Health Care Center located within the venue. Residents also provide medical coverage on the course and in the medical aid station at the annual Twin Cities Marathon. Residents also serve regularly as crowd physicians during the NHL Minnesota Wild hockey games and during concerts and events held at the Xcel Energy Center.

### EMS Elective

Emergency medicine residents may elect a rotation in EMS during the G-3 year. Components of this rotation are variable, based primarily on the resident's specific interest. The primary areas of focus are EMS instruction and prehospital clinical research.

**RJ Frascone, MD**

**EMS Medical Director**

**Koren Kaye, MD**

**EMS Co-Medical Director**

**Josh Salzman**

**EMS Clinical Care and Research Manager**

**Shonette Doggett**

**EMS Education Manager**

# Residency Awards/ Recognition/Honors

## Star Award - resident teacher selected by medical students

- 2008 Samuel Stellpflug, MD
- 2007 Sandy Fritzlzar, 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

- 2008 Cullen Hegarty, MD, Kevin Kilgore, MD
- 2007 Joel Holger, MD, Peter Kumasaka, MD, Michael Zwank, MD
- 2006 Jeahan Hanna, MD
- 2005 Rachel Dahms, MD, Robert LeFevere, MD
- 2004 Cullen Hegarty, MD
- 2003 Kevin Kilgore, MD
- 2002 Felix Ankel, MD
- 2001 Paul Haller, MD

## Faculty Teaching Award - EM faculty teacher selected by residents

- 2008 Cullen Hegarty, MD
- 2007 Rachel Dahms, MD, Jeahan Hanna, MD
- 2006 Robert Knopp, MD
- 2005 Felix Ankel, MD
- 2004 Karen Quaday, MD
- 2003 Carson Harris, MD
- 2002 Scott Cameron, MD
- 2001 Robert Knopp, MD
- 2000 Joel Holger, MD

## Nurse Educator Award - EM nurse teacher selected by residents

- 2008 Andrew Hebdon, RN
- 2007 Lawrence Cochran, RN
- 2006 Tom Peterson, RN, Karen Poor, RN

2005 Donovan Taylor, RN

2004 Mary Healy, RN

## Excellence in EMD Research

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

## Ian Swatez Teaching Award - faculty teacher from outside EM selected by residents

- 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

- 2008 Mark Connelly, MD
- 2007 Emily Mason, MD
- 2006 Martin Richards, Jr., MD
- 2005 Keith Henry, MD, Jon Hokanson, MD

## Excellence in EMS Award

- 2008 Joey Peterson, MD, Jonathan Shultz, MD
- 2007 Heidi Lako, MD

## Current Residents

Class of 2009	Undergraduate	Medical School
Owen Anderson, MD	University of North Dakota	Medical College of Wisconsin
Christopher Dillon, MD	University of Notre Dame	University of Wisconsin
Joseph Dolan, MD	Iowa State University	University of Iowa
Danielle Jackson, MD	Macalester College	University of Minnesota
A. Duncan McBean, MD	University of Pennsylvania	University of Minnesota
Adina Miller, MD	Gustavus Adolphus College	University of Minnesota
Tara O'Connell, MD	California Polytechnic State U	University of Minnesota
Charis Thatcher, MD	Brigham Young University	Medical College of Wisconsin
Scott Thielen, MD	Ithaca College	University of Minnesota

Class of 2010	Undergraduate	Medical School
Aaron Burnett, MD	Boston University	SUNY at Syracuse
Nathaniel Curl, MD	Truman State University	University of Iowa
Aaron Feist, MD	University of Minnesota	University of North Dakota
Leah Gapinski, MD	Quincy University	University of Iowa
Shani Go, MD	University of British Columbia	Chicago Medical School
Nicole Stoik, MD	Princeton University	University of Iowa
Heather Sutherland, MD	Utah State University	Medical College of Wisconsin
Gregory Vigesaa, DO	North Dakota State University	Virginia COM
Brent Walters, MD	University of Minnesota	University of Minnesota

Class of 2011	Undergraduate	Medical School
Catherine Carlson, MD	University of Colorado	University of Colorado
Katharine Davidson, MD	Cornell University	University of Cincinnati
Autumn Erwin, MD	Southwestern University	University of Minnesota
Alexander Gerbig, MD	Concordia College	University of Minnesota
Kara Kim, MD	University of Minnesota	University of Minnesota
N. Kolja Paech, MD	University of California-Davis	University of California-San Francisco
Eric Roth, MD	Augsburg College	Dartmouth Medical School
Jillian Smith, MD	University of Vermont	Tufts University
Timothy Sullivan, MD	University of Notre Dame	Yale University

# Faculty

Faculty	Medical School	Residency/Fellowship
Luke Albrecht, MD	University of Minnesota	Regions Hospital
Felix Ankel, MD	University of Wisconsin	University of Illinois
Brent Asplin, MD, MPH	Mayo Medical School	University of Pittsburgh
Kelly Barringer, MD	Michigan State University	Regions Hospital
Emily Binstadt, MD, MPH	Mayo Medical School	Harvard Affiliated
Mary Carr, MD	University of Michigan	EM/IM Henry Ford Hospital
Won Chung, MD, MS	Albany Medical College	Harvard Affiliated
Rachel Dahms, MD	University of Minnesota	Indiana University
RJ Frascone, MD	University of Minnesota	FP - St. Paul-Ramsey Medical Center
Jason Gengerke, MD	University of Iowa	Michigan State-Grand Rapids
Bradley Gordon, MD	Creighton University	Regions Hospital
Paul Haller, MD	University of Minnesota	IM - University of Minnesota
Carson Harris, MD	University of Minnesota	Brooke Army Medical Center
Cullen Hegarty, MD	University of Minnesota	Regions Hospital
Keith Henry, MD	University of Arizona	Regions Hospital
Bradley Hernandez, MD	University of Iowa	Regions Hospital
Joel Holger, MD	University of Minnesota	IM - Abbott Northwestern Hosp.
Kurt Isenberger, MD	Medical College of Wisconsin	Regions Hospital
Kory Kaye, MD	University of South Dakota	St. Vincent Medical Center -Toledo
Kevin Kilgore, MD	University of North Dakota	Ortho - Creighton University
Robert Knopp, MD	University of Minnesota	Valley Medical Center, UCSF-Fresno
Peter Kumasaka, MD	University of Rochester	Christ Hospital
Richard Lamon, MD	Loma Linda University	FP - Loma Linda University
Robert LeFevre, MD	Creighton University	Regions Hospital
Barbara LeTourneau, MD, MBA	University of Minnesota	Hennepin County Medical Center
Alda Moettus, MD, JD	University of Minnesota	University of New Mexico
Matthew Morgan, MD	Chicago Medical School	Regions Hospital
Jessie Nelson, MD	University of Minnesota	Regions Hospital
Henry Ortega, MD	Oregon Health Sciences	Peds EM - Columbus Children's Hospital
Levon O'hAodha, MD	University of Minnesota	University of Michigan
Karen Quaday, MD	Wayne State University	EM/IM Henry Ford Hospital
Samuel Reid, MD	University of Minnesota	Peds EM - Children's Hospital St. Paul
Stephanie Taft, MD	East Carolina University	Regions Hospital
Andrew Zinkel, MD	University of Wisconsin	University of Illinois
Michael Zwank, MD	University of Wisconsin	Boston Medical Center

**Boldface:** faculty  
**Boldface italics:** residents

## Publications

### Publications

McBeth BD, **Ankel FK**, Ling LJ, **Asplin BR**, **Mason EJ**, Flottemesch TJ, McNamara RM. Substance use in emergency medicine training programs. *Acad Emerg Med*. 2008 Jan;15(1):45-53.

Farley H, Casaletto J, **Ankel F**, Young KD, Hockberger R. An assessment of the faculty development needs of junior clinical faculty in emergency medicine. *Acad Emerg Med*. 2008 Jul;15(7):664-8.

Schneider SM, **Asplin BR**. Form follows finance: emergency department admissions and hospital operating margins. *Acad Emerg Med*. 2008 Oct;15(10):959-60.

Blanchard J, Ogle K, Thomas O, Lung D, **Asplin B**, Lurie N. Access to appointments based on insurance status in Washington, DC. *J Health Care Poor Underserved*. 2008 Aug;19(3):687-96.

Bond W, Kuhn G, **Binstadt E**, Quirk M, Wu T, Tews M, Dev P, Ericsson KA. The use of simulation in the development of individual cognitive expertise in emergency medicine. *Acad Emerg Med*. 2008 Nov;15(11):1037-45.

**Binstadt E**, **Donner S**, **Nelson J**, Flottemesch T, **Hegarty C**. Simulator training improves fiber-optic intubation proficiency among emergency medicine residents. *Acad Emerg Med*. 2008 Nov;15(11):1211-4.

Davis MA, Landesman R, Tadmor B, Hopmeier M, Shenhar G, Barker T, Pozner CN, **Binstadt ES**, Nelson S, Look R, Shubina M, Walls RM. Initial test of emergency procedure performance in temporary negative pressure isolation by using simulation technologies. *Ann Emerg Med*. 2008 Apr;51(4):420-5, 425.e1-5.

**Frascone RJ**, Pippert G, Heegaard W, Molinari P, Dries D. Successful training of HEMS personnel in laryngeal mask airway and intubating laryngeal mask airway placement. *Air Med J*. 2008 Jul-Aug;27(4):185-7.

**Frascone RJ**, Heegaard W, Pippert G, Dries D, Molinari P, Salzman J. Use of intubating laryngeal mask airway in HEMS. *Air Med J*. 2008 Jul-Aug;27(4):182-4.

**Frascone R**, Salzman J, Griffith K, Dunbar D. Shock therapy. How donut magnets can suspend inappropriate ICD shocks. *JEMS*. 2008 Jul;33(7):104-7.

**Gordon BD**, Flottemesch TJ, **Asplin BR**. Accuracy of staff-initiated emergency department tracking system timestamps in identifying actual event times. *Ann Emerg Med*. 2008 Nov;52(5):504-11.

Fernandez R, Vozenilek JA, **Hegarty CB**, Motola I, Reznek M, Phrampus PE, Kozlowski SWJ. Developing Expert Medical Teams: Toward an Evidence-based Approach. *Acad Emerg Med*. 2008 Nov;15(11):1025-1036.

Salzman J, Dillingham J, Kobersteen J, **Kaye K**, Page D. Effect of paramedic student internship on performance on the National Registry Written Exam. *Prehosp Emerg Care*. 2008 Apr-Jun;12(2):212-6.

**Kelmenson C**, Salzman J, Griffith K, **Kaye K**, **Frascone RJ**. Focus on RSI. Does training in the OR create an optimal RSI program? *JEMS*. 2008 Mar;33(3):110-2.



2008 Faculty

## Electronic Publications

**Hegarty CB, Nelson J.** Shortness of Breath/PEA. <http://services.aamc.org/jsp/MedEdPORTAL/>; 2008 August.

**Kilgore, KP.** Facial Infection? No – What is this Sign? [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, April 4, 2008

**Kilgore, KP.** A Pruritic Rash in the ED – The Mystery Solved with One Question. [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, May 2, 2008

**Kilgore, KP.** What Is This Umbilical Lesion? What Is Its Clinical Significance? [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, May 9, 2008.

**Kilgore, KP.** What happened to the PICC line? [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, July 11, 2008

**Kilgore, KP.** Sudden Flushing in a Four Year Old. [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, August 8, 2008

**Kilgore, KP.** Triage Complaint: “Can You Remove This From My Head?” [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, August 22, 2008.

**Kilgore, KP.** High Pressure Injection Injury. [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, September 5, 2008

**Kilgore, KP.** Crying Infant – A Reminder. [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, September 12, 2008

**Kilgore, KP.** A Simple Case of Acute Urinary Retention? NO! [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, October 17, 2008

**Kilgore, KP.** Stab Wound with Evisceration. [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, October 24, 2008

**Kilgore, KP.** Rebar vs. Head. [www.EMedHome.com](http://www.EMedHome.com); Weekly Clinical Case, December 5, 2008



*Paúl León, MD, Ecuadorian EM Resident*

## Scientific Presentations

**Engebretsen K, Holger J, Morgan M.** Are the Cardiovascular Effects of High Dose Insulin in Calcium Channel Blockers and Beta-Blocker Toxicity Mediated by Phospholamban? *Acad Emerg Med* 2008; 15(S1) S214. Presented at SAEM Annual Meeting, Washington DC, May 2008.

**Engebretsen KM, Holger JS, Harris CR, Ablorh N, Nitu F, Thomas D.** Therapeutic Misadventure of High Dose Insulin without Adverse Effects. *Clinical Toxicology* 2008; 46(7):604. Presented at North American Congress of Clinical Toxicology, Toronto, Ontario, CA, September 2008.

**Gordon BD, Isenberger KM, Flottemesch TJ.** Effect of Computerized Order Sets on Use of D-Dimer and Brain Natriuretic Peptide Lab Studies. *Acad Emerg Med* 2008 May:15(S1):s104. Presented at SAEM Annual Meeting, Washington DC, May 2008.

**O’Connell T, Colletti J, Ankel F, Asplin BR, Flottemesch, TJ.** Developing a standardized assessment of instructional quality in a residency program. *Acad Emerg*

*Med* 2008 May:15(S1):s51-s52.

Presented at SAEM Annual Meeting, Washington DC, May 2008.

Flottemesch TJ, **O’Connell T**, Colletti J, **Ankel F, Asplin BR.** Ends against the middle: the effect of competing demands on physician performance. *Acad Emerg Med* 2008 May:15(S1):s187. Presented at SAEM Annual Meeting, Washington DC, May 2008.

## Grants and Funded Studies

**Engebretsen KM (PI), Holger JS, Morgan M, Thorn T.** HealthPartners Research Foundation Internal Grant: Determining Intracellular Mechanism of Insulin Inotropy In Myocardial Depression. (2006-2008)

Lurie, KG, **Frascone, RJ, Kaye K, Dries D, Asplin BR, Hodgson D, Jensen J, Griffith K, Salzman J, Smith J:** National Heart, Lung and Blood Institute: The ResQ Trial: Comparison of conventional CPR to ACD-CPR plus an ITD and to conventional CPR plus an ITD on survival from out-of-hospital cardiac arrest. (2004-2009)

**Gordon BD:** National Library of Medicine, K-22 Career Development Award: Real-Time Monitoring of Emergency Department Crowding. (2004-2009)

Biros MH, **Holger JS**, **Asplin BR**, McGonigal M, Larkins MV, **Frascone RJ**, Snyder BD, Nelson AF. National Institute of Neurological Disorders and Stroke: Neurological Emergencies Treatment Trials (NETT) Network. (2006-2011)

**Isenberger KM**, **Gordon BD**: HealthPartners Research Foundation Internal Grant: Utilization of Lactate, BNP, and D-Dimer in Computerized Physician Order Entry Sets (2006-2009).

**Morgan MW**, **Holger JS**, **Engebretsen KM**, Kinnan MR, **Stellflug SJ**, **Vigesaa GS**. HealthPartners Research Foundation Internal Grant. High Dose Insulin in Dihydropyridine Overdose. (2007-2009)

**Zwank M**, **McBean AD**, **Carlson CG**, **Gerbig A**, Flottesmesch T. HealthPartners Research Foundation Internal Grant: Correlation Between Internal Jugular Vein Dimensions and Congestive Heart Failure. (2008-2009)

Poor K, **Guernard K**, **Aga R**, **Chute J**, **Schiffler J**. HealthPartners Research Foundation Internal Grant: Improving Patient Comfort in the Emergency Department. (2008-2009)

## New Faculty 2008

### Luke Albrecht, MD



Undergrad:  
University of  
Minnesota-Morris  
  
Med School:  
University of  
Minnesota

Residency: Regions Hospital

Hobbies: mountain biking, choral and solo singing and WWII history

### Kelly Barringer, MD



Undergrad: Brigham  
Young University  
  
Med School:  
Michigan State  
University  
  
Residency: Regions  
Hospital

Interests: education and ultrasound

Hobbies: running, hockey, sports, travel and family

### Levon O'hAodha, MD



Undergrad: Hamline  
University  
  
Med School:  
University of  
Minnesota

Residency: University  
of Michigan

Hobbies: golf, skiing, snowshoeing, big game and upland bird hunting and family

### Andrew Zinkel, MD



Undergrad:  
University of  
Wisconsin-Madison  
  
Med School:  
University of  
Wisconsin

Residency: University of Illinois-  
Chicago

Interests: residency education, emergency department efficiency and quality

Hobbies: snowboarding, disc golfing, travel and violin

## L134 Emergency Medicine Residency Fund

We would like to recognize each of the contributors to the Regions Hospital Emergency Medicine Residency Fund (Regions Hospital Foundation L134) in 2008. Gifts to this fund allow us to educate future residents by funding programs such as our procedural skills lab, international rotations and much more.

### Regions Circle (\$10,000+)

Regions Hospital Emergency  
Medicine Physicians

### Advocate (\$1,000+)

Robert LeFevre, MD

### Builder (\$500+)

Kurt Isenberger, MD  
Kevin Smith, MD

### Sponsor (\$100+)

Felix Ankel, MD  
Frank Coughlin, MD  
Jon Fuerstenberg, MD  
Bradley Hernandez, MD  
Kelly Rhone, MD  
Jonathan Shultz, MD  
Stephanie Taft, MD

### Friend (\$50+)

Ross Huelster, PA-C

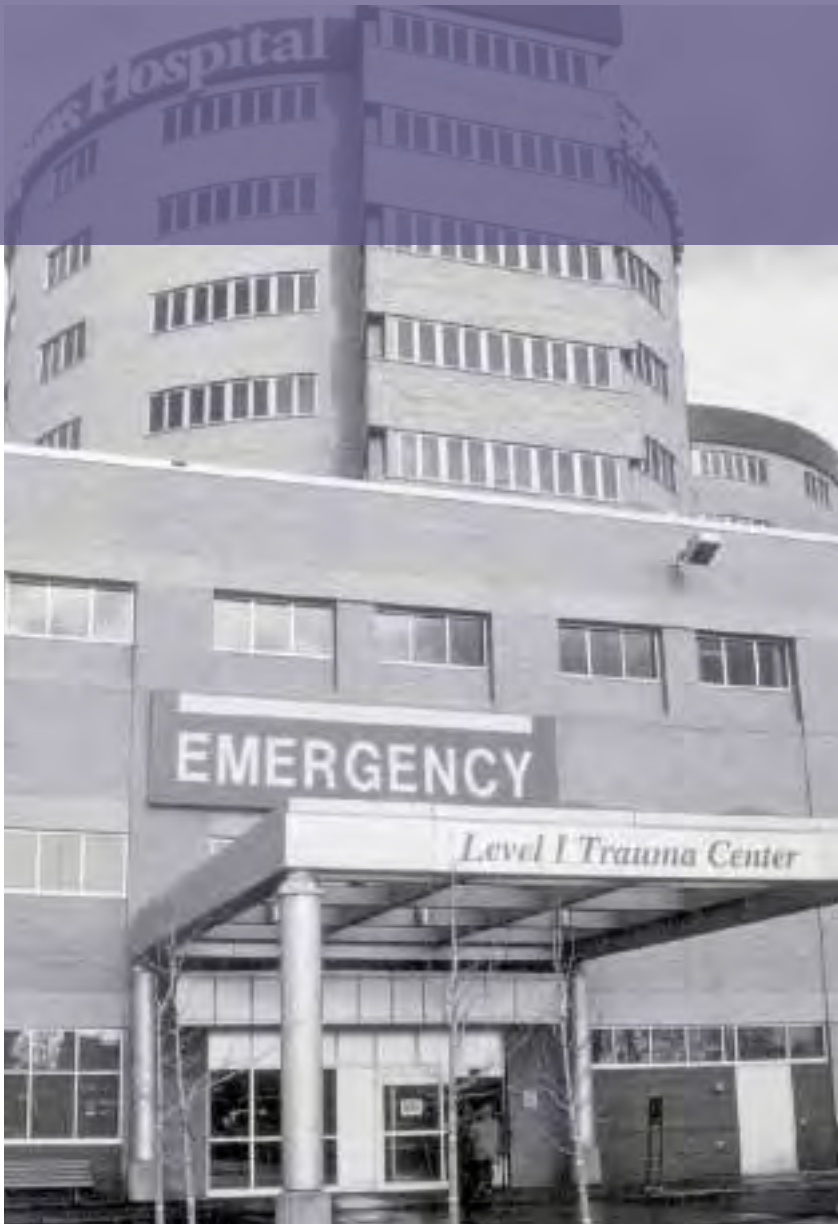
# Emergency Medicine Program Graduates

Name	Medical School	Current Location
Luke Albrecht, MD '08	University of Minnesota	Regions Hospital – St. Paul, MN
Nathan Anderson, MD '06	University of Minnesota	United Hospital – St. Paul, MN
Cheri Audrain-Schroeder, MD '01	University of Nevada	Fairview-Southdale Hospital – Edina, MN
Kendal Baker, MD '03	Indiana University	Hancock Regional Hospital – Greenfield, IN
Stephen Wade Barnhart, MD '03	Indiana University	North Memorial Medical Center – Robbinsdale, MN
Kelly Barringer, MD '08	Michigan State Univeristy	Regions Hospital – St. Paul, MN
Bradley Barth, MD '00	University of Minnesota	St. John's Hospital – Maplewood, MN
Marny Benjamin, MD '02	Loyola University	Methodist Hospital – St. Louis Park, MN
Mark Bernas, MD '00	University of Minnesota	Deceased
John Bonta, MD '02	University of Nebraska	Bryan LGH Medical Center – Lincoln, NE
Mark Connelly, MD '08	University of Minnesota	North Memorial Medical Center – Robbinsdale, MN
Frank Coughlin, MD '01	University of South Dakota	Bryan LGH Medical Center – Lincoln, NE
Susan Zola Cullinan, MD '01	University of North Dakota	Luther Midelfort Hospital – Eau Claire, WI
Laresa DeBoer, MD '02	University of Minnesota	Ridgeview Hospital – Waconia, MN
Tanya Kleven Decker, MD '04	University of North Dakota	St. Luke's Hospital – Cedar Rapids, IA
Chanah DeLisle, MD '99	University of Minnesota	St. Francis Hospital – Shakopee, MN
Scott Donner, MD '06	University of Kansas	University of Minnesota Medical Center – Minneapolis, MN
Mary Fehringer Drake, MD '00	University of Nebraska	Bozeman Deaconess Hospital – Bozeman, MT
Roseann Ekstrom, MD, PharmD '07	University of Minnesota	Fairview Northland – Princeton, MN
Jared Friedman, MD '05	University of South Dakota	Avera McKennan Hospital – Sioux Falls, SD
Sandy Fritzlar, MD '07	Mayo Medical School	United Hospital – St. Paul, MN
Jon Fuerstenberg, MD '04	Mayo Medical School	Abbott Northwestern Hospital – Minneapolis, MN
Jeffrey Geddes, MD '06	University of North Dakota	Altru Hospital – Grand Forks, ND
Elizabeth Godin, MD '06	Medical College of Wisconsin	University of Minnesota Medical Center – Minneapolis, MN
Bradley Gordon, MD '02	Creighton University	Regions Hospital – St. Paul, MN
Craig Grorud, MD '99	University of North Dakota	Park Nicollet – Minneapolis, MN
Theresa Gunnarson, MD '00	University of Minnesota	St. Mary's Hospital – Duluth, MN
Cullen Hegarty, MD '01	University of Minnesota	Regions Hospital – St. Paul, MN
Keith Henry, MD '05	University of Arizona	Regions Hospital – St. Paul, MN
Bradley Hernandez, MD '01	University of Iowa	Regions Hospital – St. Paul, MN
Randall Hofbauer, MD '02	University of Minnesota	Singing River Hospital System – Ocean Springs, MS
Jonathan Hokanson, MD '05	University of Minnesota	Abbott Northwestern Hospital – Minneapolis, MN
Patrick Holland, MD '02	University of Hawaii	Good Samaritan Hospital – Puyallup, WA
Lynn Howard, MD '03	University of Minnesota	St. Joseph's Medical Center – Brainerd, MN
Kurt Isenberger, MD '04	Medical College of Wisconsin	Regions Hospital – St. Paul, MN
Paul Jewett, MD '00	St. Louis University	University of Minnesota Medical Center – Minneapolis, MN
Nicholas Johnson, MD '05	Creighton University	Abbott Northwestern Hospital – Minneapolis, MN
Phelps Johnson, MD, PhD '02	Medical College of Wisconsin	St. Mary's Hospital – Duluth, MN
Todd Joing, MD '05	University of Minnesota	Fairview-Southdale Hospital – Edina, MN
Cynthia Kelmenson, MD '03	University of Pennsylvania	Medical Center of Aurora – Denver, CO
Martin Klinkhammer, MD '07	Mayo Medical School	MaryView Medical Center – Portsmouth, VA

Name	Medical School	Current Location
Amy Kolar, MD '99	Creighton University	North Memorial Medical Center – Robbinsdale, MN
Heidi Lako-Adamson, MD '07	University of North Dakota	MeritCare Hospital – Fargo, ND
Robert LeFevere, MD '04	Creighton University	Regions Hospital – St. Paul, MN
Karen Lushine, MD '01	University of Minnesota	St. Mary's Hospital – Duluth, MN
Joseph Madigan, MD '07	University of Minnesota	United Hospital – St. Paul, MN
Darren Manthey, MD '05	University of Minnesota	Sioux Valley Hospital – Sioux Falls, SD
Emily Mason, MD '07	University of Wisconsin	Sacred Heart Hospital – Eau Claire, WI
Hal Minnigan, MD, PhD '00	University of Minnesota	Wishard Hospital – Indianapolis, IN
Matthew Morgan, MD '05	Finch University	Regions Hospital – St. Paul, MN
Jessie Gillund Nelson, MD '04	University of Minnesota	Regions Hospital – St. Paul, MN
Christopher Obetz, MD '03	University of Minnesota	Abbott Northwestern Hospital – Minneapolis, MN
James Parker, MD '99	Mayo Medical School	St. Francis Hospital – Shakopee, MN
Lane Patten, MD '07	University of Minnesota	North Memorial Medical Center – Robbinsdale, MN
Ben Peake, MD '08	Mayo Medical School	University of Minnesota Medical Center – Minneapolis, MN
Joey Peterson, MD '08	University of North Dakota	North Memorial Medical Center – Robbinsdale, MN
Kelly Rhone, MD '04	University of South Dakota	Bryan LGH Medical Center – Lincoln, NE
Martin Richards, Jr, MD '06	University of Minnesota	United Hospital – St. Paul, MN
Jason Roth, MD '99	University of Colorado	St. Anthony Hospital – Denver, CO
Christopher Russi, DO '03	Des Moines University	Mayo Clinic – Rochester, MN
Paul Satterlee, MD '00	University of South Dakota	North Memorial Medical Center – Robbinsdale, MN
Ann Schapiro, MD '05	University at Buffalo SUNY	Catholic Health Systems – Buffalo, New York
John Seidner, MD '01	University of Vermont	Elliot Hospital – Manchester, NH
Jonathan Shultz, MD '08	University of Kansas	St. Luke's Hospital – Duluth, MD
Kevin Sipprell, MD '99	University of Minnesota	Ridgeview Hospital – Waconia, MN
Kevin Smith, MD '07	University of Iowa	Mercy Medical Center – Des Moines, IA
Natasha Srb, MD '08	University of North Dakota	University of Minnesota Medical Center – Minneapolis, MN
Samuel Stellpflug, MD '08	University of Wisconsin	Toxicology Fellowship – Regions Hospital – St. Paul, MN
Nicole Stethem, MD '05	University of South Dakota	Avera McKennan Hospital – Sioux Falls, SD
Stephanie Taft, MD '04	East Carolina University	Regions Hospital – St. Paul, MN
Peter Tanghe, MD '03	University of Minnesota	St. John's Hospital – Maplewood, MN
Trenten Thorn, MD '06	University of Utah	Lakeview Hospital – Bountiful, UT
John Travnicek, MD '06	University of South Dakota	Avera McKennan Hospital – Sioux Falls, SD
Paul Travnicek, MD '08	University of South Dakota	Ultrasound Fellowship – St. Luke's Hospital – New York, NY
Melissa Tschohl, MD '06	University of Minnesota	University of Minnesota Medical Center – Minneapolis, MN
Jeffrey Vespa, MD '00	Loyola University	North Memorial Medical Center – Robbinsdale, MN
Joseph Wahlberg, MD '06	University of Minnesota	St. John's Hospital – Maplewood, MN
Clark Williams, MD '03	University of Wisconsin	Mercy Hospital – Dubuque, IA
Beth Wicklund, MD '07	University of Minnesota	Methodist Hospital – St. Louis Park, MN
James Wood, MD '01	Mayo Medical School	Kaiser Permanente Northwest – Portland, OR
Jeffrey Young, MD '99	University of Minnesota	Mercy Hospital – Coon Rapids, MN
Robert Zeleznikar, MD, PhD '99	University of Minnesota	University of Minnesota Medical Center – Minneapolis, MN

# Regions Hospital®

Regions Hospital Emergency Medicine Residency  
640 Jackson Street  
St. Paul, MN 55101  
(651) 254-3666  
[www.regionsem.org](http://www.regionsem.org)



Regions Hospital is a Level I Trauma Center and teaching hospital serving Minnesota and western Wisconsin for more than 130 years.

Regions is a private hospital providing outstanding care in women's health, heart, cancer, surgery, orthopaedics, burn, emergency care and more. Regions Hospital is part of the HealthPartners family of care. Additional information is available at [regionshospital.com](http://regionshospital.com).