

FY2017 REPORT TO THE COMMUNITY (JULY 1, 2016 – JUNE 30, 2017)

PHYSICIAN PLACEMENT:

A Child Psychiatrist is Recruited to Community Health Center in Burlington through Vermont Educational Loan Repayment

Margaret ("Greta") Spottswood, MD, MPH joined the staff of the Community Health Center in Burlington in December, thanks in part to a recruitment award from the Vermont Educational Loan Repayment (ELR) Program. "I look forward to practicing integrative care where psychiatrists are addressing the needs of populations by supporting pediatricians, family physicians, and internal medicine physicians," she remarks about her position.

Dr. Spottswood grew up in Ontario, Minnesota and Vermont. She majored in English and International Studies at Macalester College in MN "which helped me organize my thought process," she notes. "I started taking a few science classes, realized it was something I could do and enjoyed doing but hadn't given myself the opportunity to do." The post-baccalaureate pre-med program at UVM caught her up on courses she would need for medical school, and during that time she was a medical assistant at University Pediatrics (UPeds). "I've enjoyed working hands-on throughout my career which enables me to stay focused on the needs of the patients. Working with Dr. (Nilgun) Zimakas in a new refugee clinic at UPeds made me think about how to provide the best care for populations." After medical school at UVM, and a master's degree in public health at the Harvard School of Public Health, Dr. Spottswood moved to Boston where she completed a general psychiatry residency, and a fellowship in child and adolescent psychiatry.

"I was planning to go into primary care but then realized how much I liked hearing peoples' stories and the interconnection between physical and mental health, as well as the need for psychiatrists, so my interest in working with families intersected with psychiatry. Psychiatry is a changing field; we're learning a lot about how the brain works and translating this new information into better care," she notes. She is particularly interested in caring for the caregivers as a means of longitudinal support for those with mental health needs.

A musician, she remained connected to Friends Music Camp (at Earlham College), which she attended as a youth. She even taught a course about "Your Brain on Music" to young musicians while at the UVM Larner College of Medicine. She and her husband met while working at this music camp. They have two young children. "It was hard to leave Boston, but what drew us back to Vermont were the values of its residents, taking care of each other and building strong communities. Melissa Liebig and AHEC were instrumental throughout my job search process. Being an early career physician, Educational Loan Repayment is a big part of our decision to return, along with raising a family in Vermont, she explains. In addition to music, she enjoys biking, swimming, and hiking. ■



Greta Spottswood, MD, MPH

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Vermont PEP Student Ben Kagan Values Communication

Ben Kagan of Essex, VT grew up with anatomical models in his house because his father is a spinal implant sales consultant, and that may have been the experience that sparked his desire to go into the medical field.



Ben Kagan

Now a graduate of the University of Vermont's Honors College, Ben had to figure out if he wanted a pure research career or one as a clinician. During the summer between graduation from Essex High School and starting college, he shadowed in the UVM Medical Center's Orthopedics Department, and as a UVM freshman, he applied to the UVM Premedical Enhancement Program (PEP). "I was looking for more job shadowing opportunities; when I was shadowing and watched the patient-doctor relationship, I realized I couldn't get that with a purely research position," he recalls.

After a year of job shadowing a cardiologist and a year in anesthesiology, Ben completed his PEP experience with Dennis Beatty, MD, in internal medicine/adult primary care, which he says has been the high point. "This year with Dr. Beatty I have moved beyond being a passive shadow and transitioned into actual patient assessment. He pushes me to think, listen to a patient, teaches me what to ask a patient and discover what's at the bottom of their issue." Ben continues, "He forces me to think critically."

"The job shadowing with PEP was the reason I was able to reach a decision about a career," Ben reflects. He gave the research option a chance by serving two summers as an intern at the Los Alamos National

Laboratory in New Mexico, working in actinide chemistry. "After firsthand experience in both fields, being able to see what it really means to be a doctor, and to see the patient-doctor relationship, motivated me to go down that route."

"I also enjoyed my student mentor because although we didn't get together that often, we email with each other and it gives me another perspective on what it means to be a medical student," he adds. "PEP is a fantastic experience that really lets you find out if you want to do this," Ben says. He will begin his medical studies at the UVM Larner College of Medicine this fall. This summer he is traveling, mountain and road biking, after which he will start the career that the PEP helped him to choose. ■

In Pursuit of a Dream

Keira Goodell, of Shaftsbury, VT, is a Green and Gold Scholar in the University of Vermont's Honors College, with her sights set on medical school. She may be carrying out a long-held dream of her mother (a pharmacist,) and great-grandfather, who left Yale University to run the family's apple orchard in MA. Both wanted to be doctors.



Keira Goodell

Keira, who enjoyed most academic subjects in high school, especially sciences, took Anatomy and Physiology where she was fascinated by dissection of animal organs. Seeing this interest, her A & P teacher brought in the heart of a deer he shot during hunting season, loaned her his dissection kit, and she had a home project in A & P. "I always thought I wanted to go into health care," she remarks, and for her senior project, "I reached out to general surgeons at Southwestern Vermont Medical Center to shadow them

three days per week for two hours a day." "It was mostly office hours, which showed me the administrative side of being a physician, but one surgeon let me shadow for eight hours in the Operating Room." She was hooked.

During UVM Admitted Student Visit Day, she learned about the Premedical Enhancement Program (PEP) which she found encouraging as a program to help students explore health care careers. Though her free tuition as a Green and Gold Scholar was a big factor in her decision to attend UVM, programs like PEP factored in, too.

Keira spent her sophomore year shadowing Joseph Schmoker, MD, a cardiothoracic surgeon, when she witnessed open heart surgery, as well as patient-physician interactions during office visits. This past year she learned about the complexities of anesthesiology with anesthesiologist Kathleen MacDonald, MD, and next year she will have a primary care assignment.

When she relaxes, Keira plays intramural sports, works out at the gym, swims in Lake Champlain or skis in the winter. Ambidextrous at birth, she has to figure out which hand or foot is the best to use for each new activity. But she loves mountains and four seasons and hopes to end up practicing orthopedic or cardiac surgery at least in New England, if not in Vermont.

And her time with PEP? "I think it is probably the most valuable experience I could have gotten out of my undergrad years," she states. ■

About PEP

The Pre-medical Enhancement Program (PEP) prepares students for medical school admission. The PEP is highly selective and rigorous; students must maintain a minimum cumulative Grade Point Average (GPA) of 3.5 and complete required PEP assignments.

To learn more about PEP, visit: <http://www.med.uvm.edu/ahec/healthcareers/undergraduate>.

FY17 Vermont Educational Loan Repayment

The University of Vermont and AHEC Program administers the Vermont Educational Loan Repayment Programs for physicians, advanced practice registered nurses, physician assistants, dentists, registered nurses, and licensed practical nurses. The majority of Educational Loan Repayment funds are provided by federal and state grant funds, and health care employers. All recipients enter into a contractual service obligation and are required to serve Medicaid patients.

In the FY17 cycle, there were 165 new applications (63 recruitment and 102 retention) and 38 new awards. Additionally, there were 64 awards as part of a Year 2 auto renewal for two-year service contracts.

Awards totaled \$1,901,069 of pooled federal, state, employer/community, and

private funds.

The average (mean) educational debt of 165 applicants was \$133,289 for primary care practitioners; \$279,418 for dentists; and \$33,050 for nurses. Educational debt ranged from \$5,094 to \$658,032 and the total debt of all applicants combined was \$14,898,109. In the FY15 to FY16 cycle, the average debt of all applicants increased by \$17,653 (from \$96,989 to \$114,642). During the FY16 to FY17 cycle, the average debt of all applicants increased by \$18,377 (from \$114,642 to \$133,019).

"Increasing educational costs and the corresponding increasing educational debt are very concerning. Each year the cost of higher education becomes less affordable for U.S. individuals and families. Federal,

state, and private financial aid programs contribute while students are enrolled and then contribute again after degree completion via loan repayment and loan forgiveness programs. As a consequence, high educational debt is shifting more of the costs of higher education to (future) employers, and in this example, the health care sector. In the context of the current educational financing system, the need for educational loan repayment assistance becomes more evident every year, and plays an important role in recruiting and retaining the health care professionals Vermont needs most," notes Elizabeth Cote, Director of the UVM Office of Primary Care and AHEC Program. ■

New School Nurse Training

The second annual New School Nurse Training Conference sponsored by the UVM AHEC Program took place in August 2017 at the University of Vermont and attracted 55 new school nurses. The Conference was planned with the Vermont Department of Health and school nurses.

Topics included:

- The Role of EMS
- Organization and Time Management
- Screening Tools
- Oral Health – An Essential Component to Overall Health
- Autonomy and Delegation
- Student Self-Care; and
- A rapid topic session on anti-stress mechanisms, head lice, immunizations, reference books, and jargon busting.

The new school nurses also use the day to network with others and make connections with veteran school nurses.

Post-conference evaluations were positive and attendees offered comments such as:

- Wonderful and so useful. Thank you all!



Sharonlee Trefry, MSN, RN, NSCN, State School Nurse Consultant at the Vermont Department of Health, conducts a "speed dating" table on "Jargon-Busting," one of five such eight-minute presentations at the New School Nurse Training Conference.

- Met some great peers and feeling very supported by the community. Learned about new resources and gained tangible skills.
- Fantastic day! Very informative and great info for me on my first day of school nursing. Feeling

that I can leave today and feel confident in executing as a school nurse and what resources to use...or who to ask. Thank you!

Save the date: the 2018 training is scheduled for August 15.

UVM Office of Primary Care

Access to Primary and Preventive

Vermont Health

Program
Design

- Interprofession
- Program Evalua
- Interprofession
- Academic and C

Priorities
FY18-22

Supply & Distribution

Increase workforce supply and improve geographic distribution

Those who receive training in community-based and underserved settings are more likely to practice in similar settings.

Dive

Prepare a dive

*A workforce reflective
Vermont's population
disadvantaged*

Research, Data

UVM Office of Primary Care
Health Workforce Research,

and Vermont AHEC Network

Health Services for All Vermonters

Health Workforce

al Practice
tions & Data
al Training
Community Partnerships

rsity
se workforce.
e of and responsive to
n (racial, ethnic, and
backgrounds).

Practice Transformation

Provide evidence-based, continuing
education and quality improvement
practice support services

*Quality care that encourages innovative team-
based and interprofessional approaches.*

a and Planning

re and VT AHEC Network
Planning and Development

Physicians Benefit from Vermont Educational Loan Repayment Program

HealthFirst, Vermont's independent practice association, has partnered with the Broughton Fund and the University of Vermont Larner College of Medicine Area Health Education Centers (AHEC) to provide Educational Loan Repayment (ELR) Community Match Grants to HealthFirst member practices seeking to hire new physicians or retain current physicians. AHEC administers the ELR program on behalf of the State of Vermont. Community grant funds of \$50,000 to assist with educational loan repayment have been earmarked over two years, beginning in 2018. Independent physicians play a key role in the health care landscape, and the goal of this collaboration is to strengthen the primary care physician workforce and private practice model, and to ensure, through recruitment and retention, an adequate supply of doctors to meet the health care needs of Vermonters.

The recipients of the 2018 ELR Community Match Grants are:



Glen C. MacKenzie, MD, FACOG

Glen C. MacKenzie, MD, FACOG: Dr. Glen MacKenzie received his Bachelor of Science degree in Pharmacology from the University of California at Santa Barbara with Honors in 1985 and his Doctor of Medicine from Loyola University of Chicago in 1991. He was accepted to postgraduate residency training at Loma Linda University where he completed clinical rotations at both the main campus medical center and the University's Los Angeles urban annex, Glendale Adventist Medical Center. Upon graduation Dr. MacKenzie and his

wife Donna moved to rural Vermont to raise their children. He currently works at Women and Children's Services of Southern Vermont, a private solo practice in Manchester, focusing on Gynecology after serving as

an Obstetrician for 15 years.

Dr. MacKenzie has evolved his medical career through a traditional contribution within the clinical, surgical, quality review, credentialing and commercial aspects of medicine, with the goal of providing the highest caliber of women's health care.



Katie Casas Miller, MD, FACOG

Katie Casas Miller, MD, FACOG: Dr. Katie Miller grew up in a big family in rural Maine and attended Grinnell College in Iowa where she majored in



Anthropology and Biochemistry. She always wanted to be a doctor, but she also loves to wander and to learn about different cultures, so she spent several years traveling abroad and living in New York City before attending medical school at UVM's College of Medicine. She completed her residency in Internal Medicine at Thomas Jefferson University Hospital in Philadelphia, then returned to Vermont. Dr. Miller is very happy to be practicing at Middlebury Family Health, closer to her New England family and friends. She lives in Weybridge with her husband and two daughters, and loves working with plants, making food and spending quality time with the people she loves.

Thomas Chittenden Health Center: Thomas Chittenden Health Center (TCHC) in Williston is a family health care clinic established in 1969. THCH providers consider themselves as care partners with patients and work to develop comprehensive care plans and promote community-based support of individual health care needs. These funds will assist the TCHC to recruit a new provider by offering ELR as an incentive, in exchange for a contractual service obligation.

Dentists Benefit from Vermont Educational Loan Repayment Program

Delta Dental Plan of Vermont recently awarded a community match grant to three Vermont dentists for the 2017-2018 year. For seven years, Delta Dental Plan of Vermont has contributed to the success of the Vermont Educational Loan Repayment Program for Dentists by awarding grants. The University of Vermont Larner College of Medicine Area Health Education Centers Program (AHEC) administers the program on behalf of the State of Vermont.

Through workforce recruitment and retention, the purpose of the program is to increase access to dental care in underserved communities and to address the health professional shortages that cause disparities in access to oral health care in Vermont. It provides repayment of educational loans for dentists serving in workforce shortage areas and serving the Medicaid population. Recipients must sign a service agreement contract and practice a minimum of 20 clinical hours per week at designated sites.



Katie Krieter Piet, DDS

Katie Krieter Piet, DDS: Dr. Katie Krieter Piet was looking for a position in a dental office that offered a high level of challenge and responsibility, with an opportunity for career growth. She found that at St. Johnsbury Dental Associates. Dr. Piet earned her Doctor of Dental Surgery degree from West Virginia University School of Dentistry in Morgantown, West Virginia, after earning a Bachelor of Science degree in Biology and Chemistry from Valparaiso University in Valparaiso, Indiana.

While studying at WVU School of Dentistry, she held several leadership positions in its Pediatric Dental Club and tutored students in Physiology and Anatomy. During her last two years, she worked in the Urgent Care and Oral Surgery departments during her school vacations and breaks. Urgent Care offered a fast-paced environment that strengthened her diagnostic skills. In the Oral Surgery department, she took medical histories, presented to the attending oral surgeon, and treated patients. Before training for her dental career, Dr. Piet worked as an analytical chemist, during which time she co-authored an article on an organic chemistry experiment that appeared in the *Journal of Chemical Education*.



Brandon M. Vanasse, DMD

Brandon M. Vanasse, DMD: "I'm very grateful for the award from Vermont Educational Loan Repayment Program and Northeast Delta Dental," said Dr. Brandon Vanasse. He practices general dentistry at the dental practice of Dennis LeBlanc, DDS, in Derby, Vermont, which is in Orleans County and is located on the Canadian border. A Vermont native, after graduating from high school in Newport, Vermont, he earned a Bachelor of Science Degree in Molecular Genetics from the University of

Vermont, Burlington. He earned his Doctor of Dental Medicine degree from Boston University Goldman School of Dental Medicine (BUGSDM), graduating Cum Laude.

Community service is one of the hallmarks of Dr. Vanasse's life. His volunteer work most closely aligned with the medical/dental fields include serving as a research associate at Fletcher Allen Health Care's Emergency Department (Burlington, VT); working with MEDLIFE (Ecuador) to set up medical clinics and teach children about oral hygiene; working with BUGSDM Service Learning Projects (Boston) to raise oral health awareness among inner city children and place free

sealants; and providing Special Smiles dental screenings (Burlington, VT) at Special Olympics events.

Sonal Patel, DMD: Dr. Sonal Patel earned her Doctor of Dental Medicine from Goldman School of Dental Medicine at Boston University, Boston, Massachusetts, and completed the Advanced Standing Program of Internationally Trained Dentists. She is originally from a small town in India. She came to the United States to continue her education, fell in love with the country, and decided to settle here. After her dental training, her first position was in Springfield, Massachusetts; however, she really wanted to settle in a small, peaceful town. While exploring Vermont, she recognized it as an attractive place to live and raise a family. She loves its people and its natural beauty. Searching for dental opportunities, she discovered St. Johnsbury Dental Associates. She was impressed with its state-of-the-art dental facility and its use of advanced technologies; and she loves the town of St. Johnsbury. She has a vision of "delivering high quality dentistry to a low-income population" and working in a clinic that serves a rural community by providing transformative care. The educational loan repayment funds have helped her to realize this vision.

For more information about the Vermont Educational Loan Repayment Program, visit www.vtahec.org

VT AHEC Health Care Workforce Recruitment & Networking Day

The annual fall Health Care Workforce Networking and Recruitment Day sponsored by Vermont AHEC attracted 200 medical, nursing and other health care students as well as residents who visited with 28 exhibitors from hospitals and health care organizations from Vermont and northern

New York. Post-event evaluations indicated attendees and exhibitors appreciated the connections made during the day.

Exhibitor comments included "I was able to meet many friendly resources that are sure to be helpful to my organization's development," and "We met several students interested in our programs and other programs we could partner with." Many students learned about rotation and employment opportunities outside of Chittenden County: "Talked to a woman about shadowing opportunities at Porter Medical Center;" "Brattleboro, learned about farther healthcare sites in Vermont;" "Talked with AHEC about mentoring opportunities which I am very interested in;" "Learned that I can use a state license to practice at a VA in any state;" plus, "Lots of good networking for hospital positions!"

The 2018 event will take place on Wednesday, September 26 at the UVM Larner College of Medicine.



Vermont High Schoolers Engage in MedQuest



Scott Neary, a second year medical student at the UVM Larner College of Medicine and a MedQuest alum, teaches students how to take a blood pressure reading during the Champlain Valley AHEC MedQuest.



Matt Greenberg, MD, an Emergency physician at Central Vermont Medical Center, taught suturing during the Northern Vermont AHEC MedQuest.



Kaitlin Rowe and Isabelle Gulick, both of Rutland, learned casting at the UVM Larner College of Medicine from Martha Seagrave, PA-C during Southern Vermont AHEC's MedQuest.

The University of Vermont Office of Primary Care and Area Health Education Centers Program gratefully acknowledges its supporters:

Thank you!

- Brattleboro Memorial Hospital
- Copley Hospital
- Federal Health Resources & Services Administration
- Gifford Medical Center
- Grace Cottage Hospital
- Mount Ascutney Hospital and Health Care
- North Country Hospital
- Northeastern Vermont Regional Hospital
- Northwestern Medical Center
- Rutland Regional Medical Center
- Springfield Hospital
- Southwestern Vermont Medical Center

- State of Vermont
- University of Vermont Larner College of Medicine
- University of Vermont Medical Center

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