



# 29<sup>th</sup> Annual Rocky Mountain Research Forum

Friday May 21<sup>st</sup>, 2021  
8:00 am – 4:00 pm  
The Westin Hotel

10600 Westminister Blvd. Westminister, CO

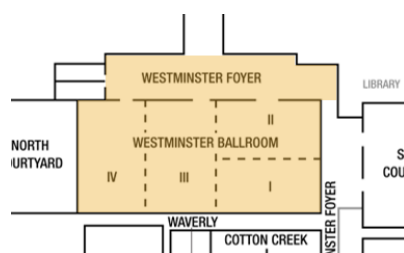
<https://www.cofmr.org/rocky-mountain-research-forum>

## AGENDA AT A GLANCE

7:00-8:00	Poster Set Up 7:00-8:00 am	Westminister Foyer
8:00-8:30	<u>Research Forum Opens</u> <i>Breakfast, tea and coffee, networking, and registration check in</i>	
8:30-9:00	<b>Welcome and Opening Remarks, Colorado Association of Family Medicine Residencies</b> Lynne Jones, Executive Director Julie Herzog, Director of Operations and Programs Mannat Singh, Director of Graduate Medical Education	Westminister Ballroom IV
9:00-10:00	<b>Keynote Session</b> <b>Family Medicine Revolution: How Being a Nerd Can Be Heroic and Fuel Change</b> <i>Introduced by Dr. John L. Miller</i> Jay W. Lee, MD, MPH, FAAFP; Family Physician • Executive • Change Agent; Chief Medical Officer, Share Our Selves	Westminister Ballroom IV
10:00-10:30	Break and Morning Poster Session	Foyer
10:30-10:45	<b>SNOCAP &amp; Practice Based Research Networks</b> Donald E. Nease, Jr. MD, SNOCAP, University of Colorado	Westminister Ballroom IV
10:45-11:45	<b>Shark Tank</b>	Westminister Ballroom IV
11:45-12:00	<i>Break to get lunch</i>	
12:00-12:30	<i>Lunch continued</i> <b>Recognition: John Miller, MD Honorary Lecture for Establishing the Rocky Mountain Research Forum</b> <i>Introduced by Dr. John L. Miller</i> Tamaan Osbourne-Roberts, MD, Iora Primary Care	Westminister Ballroom IV
12:30-12:45	<b>Shark Tank Award Announcement</b>	Westminister Ballroom IV
12:45-1:45	<b>Oral Presentations I</b>	Westminister Ballrooms (I, II, III, IV)
1:45-2:00	Break	
2:00-3:00	<b>Oral Presentations II</b>	Westminister Ballrooms (I, II, III, IV)
3:00	Evaluation	
3:00-4:00	<b>Poster Session and Afternoon Reception</b>	Westminister Foyer

### Hotel Signage

Westminister Ballroom I: "Breakout 1"  
Westminister Ballroom II: "Breakout 2"  
Westminister Ballroom III: "Breakout 4"  
Westminister Ballroom IV: "Breakout 3"



## FULL AGENDA

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10:00-10:30	Break and Morning Poster Session	Westminster Foyer

### Poster Listing by Category

#### CASE REPORT

<b>CR1</b>	<b>Project Title:</b> Scrotal-Centesis: A simple bedside procedure to relieve scrotal edema in end-stage heart failure
<b>Authors:</b> Taylour Munro, DO; Gina Phillips, MD	
<b>Program:</b> Saint Joseph Family Medicine Residency	
<b>Description:</b> Volume overload accompanies many end-stage diseases including heart failure, cirrhosis, and pulmonary hypertension. The scrotal swelling encountered in these end-stage disease states not only causes severe pain but also contributes to poor mobility. This case report demonstrates the use of scrotal-centesis, a simple bedside procedure that effectively drains the scrotum of excessive edema, providing quick pain relief in the palliative care setting.	
<b>CR2</b>	<b>Project Title:</b> aHUS and the dangers of delayed treatment
<b>Authors:</b> Christin Thompson, MD	
<b>Program:</b> Southern Colorado Family Medicine Residency	
<b>Description:</b> To thoroughly evaluate a case study of a 64 yo woman who was treated for TTP, but was subsequently diagnosed with aHUS. She had delayed treatment for aHUS after being diagnosed at a higher level of care hospital.	
<b>CR3</b>	<b>Project Title:</b> Unexplained Rash and Nephritis: Is it Drug-Induced Lupus?
<b>Authors:</b> Cara Pride, MD (PGY-1), Wei-San Mondie, DO (PGY-2), Stephen Cheung, DO (PGY-3), Carmen Vandal, MD	
<b>Program:</b> Swedish Family Medicine Residency	
<b>Description:</b> Highlighting the importance of thorough evaluation in patients presenting with symptoms concerning for drug-induced lupus, and the related diagnostic challenges.	
<b>CR4</b>	<b>Project Title:</b> A Case Study in Abdominal Pain due to Pelvic Inflammatory Disease
<b>Authors:</b> Andrea Habel, MD; Ryan Kula, MD; Domic Torri, DO	
<b>Program:</b> Swedish Family Medicine Residency	
<b>Description:</b> A case report that highlights the importance of diligent clinic-based provider screening for pelvic inflammatory disease.	
<b>CR5</b>	<b>Project Title:</b> New Onset Seizure and Primary Brain Tumor in an Adult
<b>Authors:</b> Emily Reznicek, MD; Robyn Randall, MD; Nina Ball, MD	
<b>Program:</b> Swedish Family Medicine Residency	
<b>Description:</b> A case report highlighting the importance of knowing the signs in history and exams to determine appropriate imaging modalities for patients in the emergency department with new seizure.	

#### CLINICAL MEDICINE

<b>CM1</b>	<b>Project Title:</b> Is Lidocaine with Epinephrine Safe to Use in Digital Blocks
<b>Authors:</b> Drew Blumberg	
<b>Program:</b> St. Anthony North Family Medicine Residency	
<b>Description:</b> A literature search to determine if it is safe to use lidocaine with epinephrine in digital nerve blocks.	

<b>COV1</b>	<b>Deferred</b>
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HEALTH EQUITY

<b>HE1</b>	<b>Project Title:</b> Decreasing Implicit Bias: Determining the need for urine drug screens in pregnancy among new OB patients at initial prenatal visits at an outpatient OB residency clinic
	<b>Authors:</b> Dr. Ranjot Basram, DO; Leslie Ayers-Reichert, Clinical Social Worker
	<b>Program:</b> Fort Collins Family Medicine Residency
	<b>Description:</b> This study looked at family medicine residents in an outpatient OB residency clinic, and how they used a drug screening algorithm as shown in the poster presentation, to determine the need for urine drug screens at 24 and 32 weeks of pregnancy among new OB patients at initial prenatal visits. The purpose of this study was to have a screening algorithm that reduced the subjectivity and implicit bias when determining who we need to screen in pregnancy based off individual patient's drug use history.
<b>HE2</b>	<b>Project Title:</b> Gender-Affirming Care Resource for Patients: Helpful or Information Overload?
	<b>Authors:</b> Beth Buehrer, MD
	<b>Program:</b> St. Anthony North Family Medicine Residency
	<b>Description:</b> Dr. Buehrer created a patient-oriented in-depth booklet on hormone therapy for gender-affirming care. Her question was if this type of resource is useful, information-overload and unnecessary or simply not felt to be valuable to patients. A survey was sent out to patients to answer these questions and provide a space for feedback and ideas for future iterations of this booklet.

INPATIENT MEDICINE

<b>IM1</b>	<b>Project Title:</b> Standardization of Patient Handoffs for a Residency Inpatient Service: A Pilot Intervention
	<b>Authors:</b> Theodore Louis Bross III, MD; James William Bowie, MD; Jesse Edwin Troutman, DO
	<b>Program:</b> St. Anthony North Family Medicine Residency
	<b>Description:</b> A standardized, I-PASS handoff with technology aid was implemented on a busy family medicine inpatient service with pre- and post-intervention questionnaire analysis to measure subjective improvement and satisfaction.
<b>IM2</b>	<b>Project Title:</b> Development of an Electronic Health Record Workflow for Abnormal Uterine Bleeding
	<b>Authors:</b> Jeannie Folan, MD; Kate Rutledge, MD
	<b>Program:</b> Fort Collins Family Medicine Residency
	<b>Description:</b> The development pathways to improve EHR workflow can allow providers to better make clinical decision based on the most current data and recommendations. In the Primary Care setting, these workflows can be used to more efficiently evaluate and treat a patient presenting with a certain problem. One hospital in Northern Colorado has enlisted family medicine resident physicians to develop and improve EHR workflows given their broad scope of practice and interactions with many types of patients in the inpatient and outpatient settings. The purpose of this project is to develop an EHR workflow for Abnormal Uterine Bleeding to assist in clinical decision making in a primary care setting.

MEDICAL STUDENT EDUCATION/CURRICULUM

<b>MCE1</b>	<b>Project Title:</b> Pointing Out Evidence to Medical Students (POEMS). Creating an evidence-based practice curriculum for third-year medical students.
	<b>Authors:</b> Michael Rudolph, MD
	<b>Program:</b> St. Anthony North Family Medicine Residency
	<b>Description:</b> In this project, we have designed and implemented an evidence-based practice curriculum among a group of ten third-year medical students. Students form a clinic question, develop an answer using available evidence, and perform brief critical appraisal. Learning occurs longitudinally through didactic teaching, large group presentations prepared by students, and peer learning.

MATERNAL AND CHILD HEALTH

<b>MCH1</b>	<b>Project Title:</b> Increasing Postpartum Visit Turnout by Implementing a Two-Week Postpartum Visit
	<b>Authors:</b> Emily Bressan, MD, Jodi Fitzgerald, MD, Chloe Holmes, MPH
	<b>Program:</b> St. Anthony North Family medicine Residency
	<b>Description:</b> This project describes the implementation of a standard two-week postpartum visit in place of the current practice norm, a six-week visit in the outpatient clinic setting. We compared visit turn out rate, time to follow up, and rates of discussion several common postpartum concerns before and after our intervention. Our intervention significantly decreased time to follow up, showing an effective intervention. Visit turn out also increased but did not meet significance threshold.
<b>MCH2</b>	<b>Project Title:</b> The effect of early amniotomy induction of labor algorithm on duration of labor
	<b>Authors:</b> Sofia Davies, DO, MS; Kate Weniger, DO; Kylie Beukema, MD
	<b>Program:</b> St. Anthony North Family Medicine Residency
	<b>Description:</b> Evaluating the efficacy of early amniotomy induction of labor algorithms on induction time.
<b>MCH3</b>	<b>Project Title:</b> Where did the blood go? Case report about anemia in pregnancy
	<b>Authors:</b> Trey Van Maanen; Jake Goldman, MD; Rachel Carroll
	<b>Program:</b> Swedish Family Medicine Residency
	<b>Description:</b> Case report of a pregnant patient with paraplegia that recently underwent surgical management of chronic sacral ulcers and was found to have severe anemia
<b>MCH4</b>	<b>Project Title:</b> Effect on Provider Satisfaction and Burnout with Transition from Home Call to a Laborist Family Medicine OB Model

<b>Authors:</b> Allie Johnson, MD; Melissa Beagle, MD, MPH, Roxi Radi, MD, MPH, TJ Staff, MD
<b>Program:</b> University of Colorado Family Medicine Residency, Denver Health
<b>Description:</b> In 2019, the Denver Health Family Medicine OB faculty transitioned from a 24-hour home call model to an in-house laborist model for inpatient OB coverage. This change was associated with improvements in faculty work-life balance, teaching opportunities, and likelihood of remaining in the OB call pool. We hope our experience can help other programs that may be considering changes to their own coverage models.

#### OUTPATIENT QUALITY IMPROVEMENT

<b>QOI1</b>	<b>Project Title:</b> Building provider confidence in addressing adverse childhood experiences (ACEs)
<b>Authors:</b> Taylour Munro, DO; Paola Casillas, MD; Gina Stroud, MD; Tyler Jones, MD; Haley Hoffman, DO; Katie Klein, MD; Sara Weeks, DO; Abria Bonner, MD; Maija Swanson, MD	
<b>Program:</b> Saint Joseph Family Medicine Residency	
<b>Description:</b> Adverse Childhood Experiences have a tremendous impact on our patient's health, well-being, and life-expectancy. Addressing ACEs in a residency clinic is further challenged by lack of continuity. This QI project aimed to create point of care resources to help residents screen for and address ACEs in our pediatric population.	
<b>QOI2</b>	<b>Project Title:</b> Capturing the impact: screening for social determinants of health across family medicine residency clinics
<b>Authors:</b> Travis Simmons, MD; Sara Schuster, MD; Connor Harmann, MD; Emily Tomasino, DO; Taylor Reiser, DO; Matthew Parker, MD; Laura Strickland, MD; Ken Tisdale; Kathi Brewer	
<b>Program:</b> St. Anthony North Family Medicine Residency	
<b>Description:</b> An outpatient quality improvement project to understand the degree to which SDOH insecurities impact patients across three clinics.	
<b>QOI3</b>	<b>Project Title:</b> Protecting Your Backside - A Rural Training Site Colorectal Screening QI Project
<b>Authors:</b> Daffer Ghanim, MD; Morgan Hungenberg, DO	
<b>Program:</b> University of Colorado, Morgan County Rural Training Track	
<b>Description:</b> QI Project looking at Colorectal Cancer and ways to increase screening rates at local clinic.	
<b>QOI4</b>	<b>Project Title:</b> Implementation of Auricular Acupuncture in Family Practice Clinic
<b>Authors:</b> Michael Keane, DO	
<b>Program:</b> Southern Colorado Family Medicine Residency	
<b>Description:</b> Teaching medical residents at the clinic to be competent in the theories, efficacies, and the procedures of NADA five-point year acupuncture.	
<b>QOI5</b>	<b>Project Title:</b> Continuity of Care in a Residency Clinic: The impact of implementing an Open Access schedule
<b>Authors:</b> Daniel Edmondson, MD; Kristin K Andreen, MD	
<b>Program:</b> Fort Collins Family Medicine Residency	
<b>Description:</b> Continuity is a fundamental feature of primary care that is known to improve medical care and patient satisfaction, yet it remains challenging for residency programs to foster continuity within their clinics. In 2020, the Fort Collins Family Medicine Center implemented an Open Access scheduling system. In this study, we recorded continuity data before and after the Open Access schedule was implemented, and interviewed schedulers about perceived barriers to scheduling patients with their primary provider.	

#### PREVENTATIVE CARE

<b>PC1</b>	<b>Project Title:</b> Improving CRC Screening Compliance Using non-Provider Resources
<b>Authors:</b> Robert Fineberg, MD; Bradley Brown, DO	
<b>Program:</b> St. Anthony North Family Medicine Residency	
<b>Description:</b> Increasing compliance of CRC screening based on USPTF guidelines, with an optimized systemic algorithm and executing it by using a low-cost MA.	
<b>PC2</b>	<b>Project Title:</b> Preventable Disease in Colorado: A study on rural MMR vaccination rates
<b>Authors:</b> Katherine Nicolich, BS, SD; Jacob Gerken, MS, SD	
<b>Program:</b> Rocky Vista University College of Osteopathic Medicine *** <i>Medical Student Submission</i>	
<b>Description:</b> Identifying socioeconomic and geographic factors influencing parents to vaccinate their children against MMR, utilizing data from the Colorado Department of Public Health and Environment and comparing rural vs urban school districts.	
<b>PC3</b>	<b>Deferred</b>
<b>PC4</b>	<b>Project Title:</b> Oral Curcumin Supplementation Improves Delayed-Onset Muscle Soreness
<b>Authors:</b> Taylor Hart, MD; Matthew Ludemann, MD	
<b>Program:</b> St. Anthony North Family Medicine Residency	
<b>Description:</b> Delayed-onset muscle soreness (DOMS) is a phenomenon associated with muscle pain and tenderness following heavy exercise. Our findings showed that oral curcumin supplementation of 500-2500 mg given for 2.5 to 28 days prior to strenuous exercise may result in a moderate decrease in patient-reported delayed onset muscle soreness (SOR B, based on multiple RCTs).	

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**10:30-10:45 SNOCAP & Practice Based Research Networks** Westminster Ballroom IV  
Donald E. Nease, Jr. MD, SNOCAP, University of Colorado

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**10:45-11:45 Shark Tank** Westminster Ballroom IV

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Donald E. Nease, Jr. MD  
*Green-Edelman Chair for Practice-Based Research*  
*Associate Professor and Vice Chair for Community | Dept. of Family Medicine*  
*University of Colorado Anschutz Medical Campus*  
SNOCAP

The Sharks Jay W. Lee, MD, MPH, FAAFP  
*Family Physician • Executive • Change Agent*  
*Chief Medical Officer, Share Our Selves*

Elin Kondrad, MD  
*Residency Program Director*  
*Saint Joseph Family Medicine Residency*

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10:45 Shark Tank Overview  
*Mannat Singh, Colorado Association of Family Medicine Residencies*

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Shark Tank Presentation 1

Title: Creating a Weight Loss Clinic in a Primary Care Setting: Effectiveness and Patient Outcomes

Authors: Kelly Baxter, MD (PGY3); Kelsey Sherman, MD (PGY3); Krystal Tamura, MD (Faculty)

11:00 Program: St. Anthony North Family Medicine Residency

Description: We created a weight loss clinic within a primary care setting that offered medication management and extensive diet and lifestyle counseling to our patients. This project tracks the weight loss outcomes, effectiveness of various treatment interventions, and follow up metrics of our patients.

*7 minutes: pre-recorded pitch presentation*

*5-8 minutes: shark questions, audience participation*

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Shark Tank Presentation 2

Title: Nar(can) We Decrease Opioid Related Deaths? A Chronic Opioid QI Project

Authors: Kelley Collier, MD; Sydney Davis, MD; Eric Kim, MD; Franklin Niblock MD, MPH; Lauren Oberle, MD; Alexandra Targan, MD; Sami Hourieh MS4; Corey Lyon, DO; Aimee English, MD; Kathy Cebuhar, MA

11:15 Program: University of Colorado Family Medicine Residency

Description: This was a clinic-wide quality improvement project targeting patients on more than 50 MME. Residents, faculty, and staff at a residency clinic used EMR tools and created workflow patterns using a team-based approach to lead to safer prescribing of opioids.

*7 minutes: pre-recorded pitch presentation*

*5-8 minutes: shark questions, audience participation*

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Shark Tank Presentation 3

Title: Increasing Resident Readiness to Incorporate Intimate Partner Violence Screening in Primary Care Prenatal Visits

11:30 Authors: Sarah C. Van Gaasbeek, MD; Ben Smith, MD; Jen Johns, LCSW CACII EMDR Trained Clinician; Kelly Mimier M.Ed

Program: Fort Collins Family Medicine Residency

Description: During pregnancy, the risk of intimate partner violence increases. Homicide is the second leading cause of death in pregnant women. The purpose of this project was to provide

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a template that taught first year residents how to screen for intimate partner violence in line with guidelines from the American College of Obstetrics and Gynecology and the American Academy of Family Physicians. Results showed improved confidence and ease with intimate partner violence screening!

*7 minutes: pre-recorded pitch presentation*

*5-8 minutes: shark questions, audience participation*

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11:45-12:00 *Break to get lunch*

*Lunch continued*

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**12:00-12:30 Recognition: John Miller, MD Honorary Lecture for Establishing the Rocky Mountain Research Forum** Westminster Ballroom IV  
*Introduced by Dr. John L. Miller*  
Tamaan Osbourne-Roberts, MD, Iora Primary Care

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**12:30-12:45 Shark Tank Award Announcement** Westminster Ballroom IV

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**12:45-1:45 Oral Presentations I**

Oral A

Title: Creating an FM Residency Program Research Group for an International COVID-19 Treatment Research Study

Authors: Sharry Veres, MD, MHSA; Beth Groff, MD; Hailey Holland, MD

Program: St. Anthony North Family Medicine Residency

Description: Community-based family medicine residency program creates a research group for an international COVID-10 treatment research group study.

Oral B

Title: Resident Wellness: More Than Tacos and Margaritas

Authors: Danielle Lattes, DO; Kristen Beikirch, MD; Lynn Stiff, MD, RD, MS; Michele Alba, MD; Josh Fischer, MD, PhD

Program: North Colorado Family Medicine Residency

Description: Infusing skill development and a cultural shift of wellness within medicine into a family medicine residency program to reinvigorate a wellness committee, creating a longitudinal curriculum of wellness workshops and developing a culture of well-being and growth.

*Facilitator: Rachel Carpenter, MD; Saint Joseph Family Medicine Residency*

Westminster Ballroom IV  
"Breakout 3"  
Virtual Access

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Oral C

Title: Creation of a Novel Physician Well-Being Fellowship

Authors: Matthew "Robbie" Martin, MD; Nida Awadallah, MD; Brian Bacak, MD

Program: University of Colorado Family Medicine Residency

Description: The physician burnout crisis negatively affects every aspect of healthcare and has only been worsened by the COVID-19 pandemic. Creating meaningful change to promote physician well-being requires a specific knowledge base and skillset. This talk explores the creation of a new, evidence-based, cutting-edge fellowship designed to equip new graduates with the expertise to champion physician well-being promotion in diverse settings.

Westminster Ballroom I  
"Breakout 1"  
In-person only

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Oral D

Title: A Case of Pneumonia in Pregnancy Identified with Point-of-care Ultrasound

Authors: Casey Whipple, MD; Nichole Thorne, MD; Laurel Dang, MD; Carmen Vandal, MD

Program: Swedish Family Medicine Residency

Description: Use of ultrasound has become increasingly common for evaluation at the point-of-care. This is particularly advantageous in pregnancy, where there is a risk of teratogenic effects from modalities that involve ionizing radiation. We present a case of pneumonia identified in a pregnant patient using point-of-care ultrasound.

*Facilitator: Julienne Bemski, DO; Swedish Family Medicine Residency*

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Oral E

Title: The Impact of Comorbidities on Maternal Mortality in Black Women

Authors: Erin Liedtke BS, Lauren Rhoades MD, Charity Lehn MD

Program: University of Colorado School of Medicine

\*\*\*Undergraduate Student Submission

Description: Black women die in childbirth at a rate 4 times higher than white women, across all socioeconomic classes. Research is limited but indicates that black women with medical comorbidities have higher mortality rates than their white counterparts with those same comorbidities. Current research points to provider bias and systemic racism as the larger causes of these elevated mortality rates in Black women.

Oral F

Title: A Demographic and Regional Comparison of Opioid Use Within Communities in the United States

Authors: Brian Pringle, BS; Devin Monroe, MS; Jordan Wilkes, BS; Jessica Montalban, MS; Isain Zapata, PhD; Adela Miller, DO; David Ross, DO

Program: Rocky Vista University College of Osteopathic Medicine

\*\*\*Medical Student Submission

Description: A novel study utilizing publicly available data to explore the opioid epidemic by region and community population-size within the United States. By combining Healthcare Cost and Utilization Project data detailing opioid-related hospital visitation with data from the United States Census Bureau, the study provides a region-specific investigation into how opioid-related hospitalization is associated with population density and other demographic factors.

*Facilitator: Mandi Baxter, Fort Collins Family Medicine Residency*

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Oral G

Title: Gaps in Care: Increasing Colon Cancer Screening Rates at an Urban FQHC

Authors: Sean Buck, MD; Thomas Staff, MD, MPH; Katharine Kelly, MD; Raeanna Simcoe, MD; Allison Johnson, MD; Jessica Bull, MD; Swetha Iruku, MD, MPH; Riley Smith, MD

Program: University of Colorado Family Medicine Residency, Denver Health

Westminster Ballroom II  
"Breakout 2"  
*In-person only*

Westminster Ballroom III  
"Breakout 4"  
*In-person only*

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Description: Despite being the 2nd leading cause of cancer death the United States, colorectal cancer rates at our urban FQHC are low. We identified patients who qualified for screening and designed a workflow to outreach patients that relied primarily on medical assistants. We aim to increase cancer screening rates amongst our vulnerable population through effective active outreach strategies.

Oral H

Title: Improving Nutrition and Activity Counseling through Templating

Authors: Travis McCubbin, DO; Benjamin Smith, MD

Program: Fort Collins Family Medicine Residency

Description: As part of a larger pediatric templating initiative, we implemented prompts to include discussion of diet and activity within the context of routine pediatric appointments. This correlates with a marked increase in the rates of provider documentation of such counseling as demonstrated by pre- and post-intervention quality metrics.

*Facilitator: Linda Montgomery, MD; University of Colorado Family Medicine Residency*

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1:45-2:00 Break

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**2:00-3:00 Oral Presentations II**

Oral I

Title: Community Engagement in Research Recruitment: Strategies Developed for a Diabetes Education and Support Intervention for Rural Communities

Authors: Shawnecca Burke, MD; Zittleman L; Curcija K; Litchman M; Cabrera B; Carpio B; Huss K; Johnson M; Rodriguez M; Stromberger J; Oser T

Program: University of Colorado, Morgan County Rural Training Track

Description: This project demonstrates how community members can be involved in the design and adaptation of the recruitment process in a research study for a diabetes program in rural communities. The qualitative results gathered that focused on recruitment were then utilized in the design of a diabetes self-management intervention in Fort Morgan and Yuma, Colorado.

Westminster Ballroom IV  
"Breakout 3"  
Virtual Access

Oral J

Title: Promoting PROMOTE: Expanding OMT for OB Patients in a Residency Clinic

Authors: Trista Hughes, DO, MPH; Jacob Anderson, DO

Program: Southern Colorado Family Medicine Residency

Description: A Quality Improvement (QI) project designed to increase Osteopathic Manipulative Treatment (OMT) for OB patients within a residency clinic. Our results showed a statistically significant increase in number of OB patients receiving OMT, as well as total number visits that OMT was performed during pregnancy episodes.

*Facilitator: Rachel Carpenter, MD; Saint Joseph Family Medicine Residency*

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Oral K

Title: Nourish a New You: Weight Loss Group Visits in a Family Medicine Residency

Authors: Krystal Tamura, MD

Westminster Ballroom I  
"Breakout 1"  
In-person only

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Program: St. Anthony North Family Medicine Residency  
Description: The development of a weight loss group visit curriculum in a family medicine residency to provide in-depth education on nutrition, activity, and mindset around eating habits and weight.

Oral L

Title: We Can Do Better than "Fake it 'til you Make it" - A DEI Literacy Faculty Survey to Guide Future Education and Training  
Authors: Charity Lehn, MD; Heather Bleacher, MD MPH; Lakshmi Karra, MD MS  
Program: University of Colorado Family Medicine Residency, Denver Health  
Description: In 2020, the University of Colorado Family Medicine Residency identified the need for improved residency faculty training and competence around Diversity, Equity and Inclusion (DEI). In response, UCFMR faculty members formed a working group to design and implement faculty training in these areas. Our group's first step was to create a survey to assess our current state. Our survey results identified areas of strength as well as opportunities for further training. We also identified the most common barriers faculty members face that prevent further engagement in health equity and anti-racism work. Our group is using the survey results to create an action plan, including faculty development sessions and retreat activities.

*Facilitator: Julienne Bemski, DO; Swedish Family Medicine Residency*

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Oral M

Title: Empowering Behavior Change with Lifestyle Medicine  
Authors: Lynn Stiff, MD, RD, MS; Alexandra Lessem, FNP, DNP  
Program: North Colorado Family Medicine Residency  
Description: Learn about the up and coming field of Lifestyle Medicine and to use trained providers and facilitators to educate patients to empower themselves towards a healthier lifestyle.

Oral N

Title: Cesarean Scar Ectopic Pregnancy: A Case Report  
Authors: Danielle Eves, MD; Lindsay Ogle, MD; Mark Cianfichi, DO; Julienne Bemski, DO  
Program: Swedish Family Medicine Residency  
Description: This is a case report of a 38 year old G4P2012 who presented emergently after a witnessed syncopal event at work. Her evaluation yielded a diagnosis of ectopic pregnancy embedded within the anterior uterine scar from a previous cesarean section. After thorough discussion of options, she elected to pursue a novel treatment approach with intramuscular methotrexate plus ultrasound-guided injection of methotrexate into the fetal pole, resulting in successful treatment of the ectopic pregnancy.

Westminster Ballroom II  
"Breakout 2"  
*In-person only*

*Facilitator: Mandi Baxter, Fort Collins Family Medicine Residency*

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Oral O

Title: Changes in Primary Care Sports Medicine Fellowship Curriculum due to COVID-19 Mandated Restrictions on High School and NCAA Division II Athletics  
Authors: Mark Wisthoff, DO; Bobby Petro, DO; Benjamin Fetter, ATC  
Program: St. Anthony North Family Medicine Residency

Westminster Ballroom III  
"Breakout 4"  
*In-person only*

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Description: Implementation of a weekly journal club, weekly board question review, quarterly sports medicine virtual lecture series, and ultrasound practical to determine if in-training exam scores improved and if the changes are sustainable once sporting event coverage restrictions are lifted.

*Pre-recorded presentation*

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3:00 Evaluation

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**3:00-4:00 Poster Session and Afternoon Reception**

Westminster Foyer

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## **Plenary Speaker Biographical Sketches**

**Jay W. Lee, MD, MPH, FAAFP**  
**Family Physician • Executive • Change Agent**  
**Chief Medical Officer, Share Our Selves**

Jay W. Lee, MD, MPH, FAAFP: A dynamic, visionary physician executive with over a decade of experience leading and innovating in family medicine and primary care delivery systems, Dr. Lee currently serves as Chief Medical Officer at Share Our Selves, a federally-qualified health center in Orange County, CA, and the recipient of the Primary Care Collaborative's 2020 Advanced Primary Care Practice Award (<https://www.pccpc.org/2020/11/30/primary-care-collaborative-presents-advanced-primary-care-practice-award>). After graduating from the Program in Human Biology at Stanford University, Jay worked for a non-governmental organization in post-war rural northern El Salvador supporting local physicians, organizing public health projects, and growing his hair long before returning stateside for medical school at the University of Southern California and family medicine residency training at Long Beach Memorial Medical Center. He then worked at community health centers in southern California and Boston, where he earned his Masters of Public Health at Harvard University with an emphasis in Health Policy and Management. Dr. Lee co-founded the Family Medicine Revolution, a grassroots social media brand (#FMRvolution) giving the power of telling family medicine's story back to family physicians and building a global community of thought leaders, and was recognized as the California Academy of Family Physicians' 2018 Hero of Family Medicine and 2021 Family Physician of the Year. He is married to a local pediatrician with whom he shares the joys and the challenges of raising 3 children.

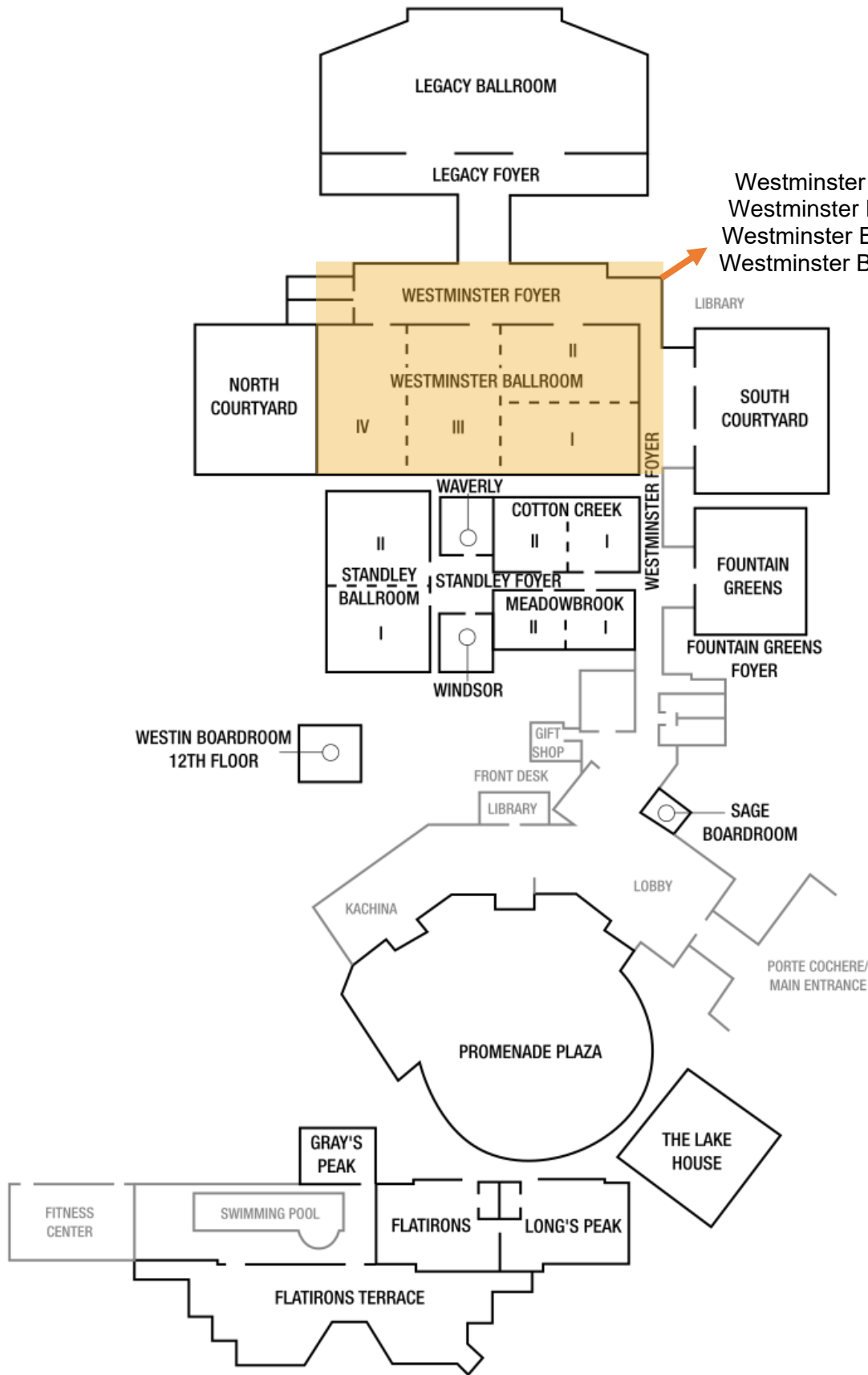
**John L. Miller, MD**

John Miller, M.D., an advocate and supporter of scholarly activity in family medicine resident education, established the Rocky Mountain Family Medicine Research Forum at Saint Anthony Family Medicine Residency in 1992. As a faculty physician, he was respected and admired by residents and colleagues for his humble and tireless championing of scholarly activity. After hosting the research forum for 22 years, Dr. Miller and others at the Saint Anthony Family Medicine Residency collaborated with leaders from the Colorado Association of Family Medicine Residencies (CAFMR) to make the research forum more inclusive of all family medicine residencies in Colorado.

"I'm John Miller. I am married to Kathy Miller, a family physician and formerly on the faculty at Mercy/St. Antony and the Denver Health/University. I am best known as Kathy's husband. We have 4 children who are grown and employed with benefits. I've been to college (Colorado State University, the University of Colorado School of Medicine, and, currently, Metropolitan State University Denver (math)) and did a residency (University of Colorado - Family Medicine). I have done private practice (Albuquerque, Canon City), Indian Health (Gallup), and residency teaching (Mercy/St. Anthony). I spend most of my time studying trying to keep up with the kids at Metro and washing dishes."

**Tamaan Osbourne-Roberts, MD FAAFP DiplABLM**  
**Team Lead Physician, Iora Primary Care**

In my work as a change agent, I often hear that the first step in addressing difficult situations is "to separate 'the people' from 'the problem.'" In my experience, it is neither a focus on individuals nor on challenges that institutions seek, but a focus on solutions...and the road to those solutions always seems to run squarely through the center of the human condition. I have long been passionate about both people and problem solving. My career as a family physician, policy leader, storyteller, and consultant has long brought me into situations where a grounded understanding of data, as well as a keen appreciation for the art of diplomacy, are both required in seeking resolutions to various issues. In my work for my patients, my constituents, and my clients, I have learned how to balance these competing concerns, leading to integrated, complex, and personalized solutions for the challenges they face. Along the way, I have acquired substantial skills in public speaking, media relations, program management, board facilitation, and institutional leadership that have proven invaluable in my work, and it is my pleasure to be able to share these skills with others through my career.

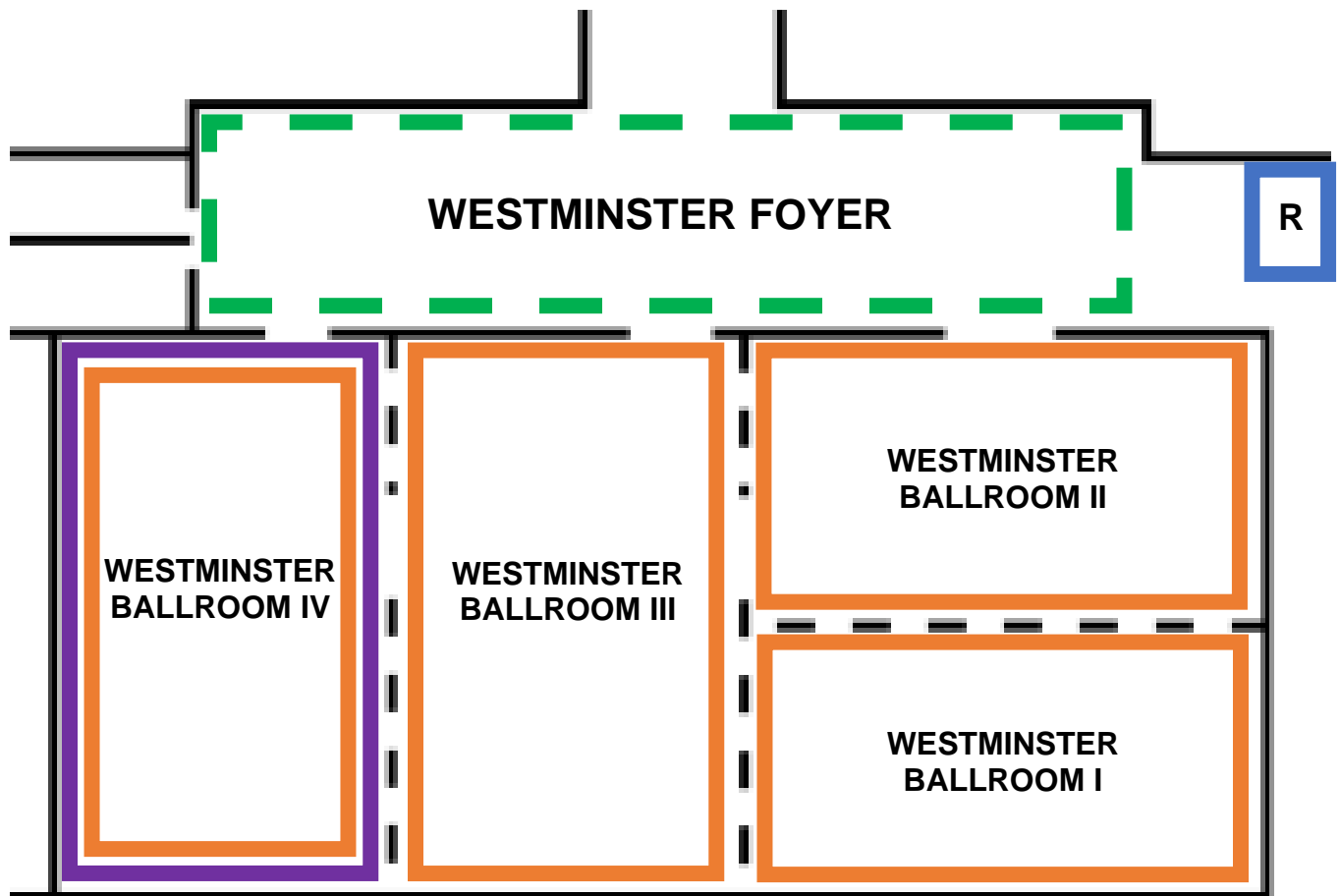
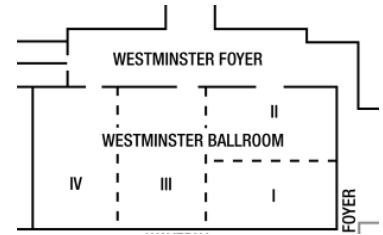


Hotel Signage

- Westminster Ballroom I: "Breakout 1"
- Westminster Ballroom II: "Breakout 2"
- Westminster Ballroom III: "Breakout 4"
- Westminster Ballroom IV: "Breakout 3"

# SESSION TIMES & LOCATIONS

- ■ ■ ■ ■ Posters
- ▬ Oral Presentations
- ▬ General Sessions Ballroom
- ▬ Registration Desk



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