



**GRAND VALLEY
STATE UNIVERSITY®**
**PHYSICIAN ASSISTANT
STUDIES**



WELCOME FROM THE DIRECTOR

Welcome to yet another edition of the GVSU PAS Alumni newsletter! This edition marks the 4th year of this publication! We thank you, the alumni, preceptors and friends of the program, for reading it and giving great feedback! We are happy we can continue this form of communication to keep you aware of the latest happenings in our program.

I would also like to thank the people that have been involved with putting this newsletter together for the last four years. To all the faculty that contribute, the staff and graduate assistants that have helped organize and put the finishing touches on the final draft, and the “editors”, we could not do it without you! As we have heard, this is a valuable communication tool!

The state of the program continues to be strong! Our faculty continue to be leaders in education, pushing students in their academic limits, teaching, leading, and mentoring future PA's. Clinically, the program continues to receive high praise regarding the level of knowledge and patient care our students possess. This is very reassuring for our program! While there are always challenges in PA education, we have seemed to be fortunate in that our challenges have been overcome through great work by our faculty. Items like printing restrictions, simulation space restrictions, technology, and the logistics of running two campuses have created speed bumps on our road, but our faculty and preceptors continue to deliver an incredible education that is respected by our peers, colleagues, and health care systems. Speaking of health care systems, this year we had a record number of exhibitors at our “GVSU PA Job Fair”, hosted by our clinical team at the Cook-DeVos Center for Health Science. This event brings together healthcare organizations (from University of Michigan Health Systems and McLaren, to Cherry Street and Pine Rest) with our graduating PA students. For two hours, our PA students can learn about employment opportunities within these organizations and employers can get a jump start at hiring PA graduates that they desire and value. Just another way our faculty go above and beyond!

Among our four overarching program goals (Medical knowledge, Patient Care, Interprofessional Education, and Evidence Based Practice), one particular goal that we have focused on is to improve our educational experiences regarding interprofessional practice. Interprofessional Education (IPE) that leads to Interprofessional Collaborative Practice (IPCP) is a goal that we believe is important to provide appropriate, cost effective care for our shared patients. We are not alone in the delivery of services that benefit a patient's health. We, as PAs, should be aware of all the various methods that patients seek and acquire care for various acute, chronic or preventative concerns. We, as PAs, are a part of a larger health care team that should be working symbiotically with



Andrew Booth, DHEd, PA-C

these other providers of health care, whether it is a physical therapist, respiratory therapist, pharmacist, laboratory technician, or many others that can have an impact on a patient's care. At GVSU, we have taken this IPCP concept and incorporated it into our program in many ways. First, we have a series of courses call “Hospital Community Experiences” (HCE) where PA students shadow other members of the health care team such as nurses, PTs, OTs, pharmacists, or even other PAs in various roles like the emergency department, surgical suite, or outpatient. We also provide at least two other interprofessional simulation experiences throughout the program that match our PA students with other students from physical therapy, occupational therapy, nursing, medicine, pharmacy, dietetics, speech language pathology, respiratory therapy, and social work. These simulated practical experiences provide our PA students not only with the knowledge of roles of these other professions, but also a better understanding of how to utilize various services. These experiences provide the foundation to improve collaborative practice and in turn, patient care.

Thank you again for being a part of our program. We value your dedication to our students and your patients. If you are not directly involved in our program and would like to be (preceptor, admission interviewer, etc) please do not hesitate to write or call (bootha@gvsu.edu, 616-331-5991).

Go Lakers-
Andrew Booth

Alumni and Preceptor Event

GVSU PAS 20 Year Anniversary CME Celebration Event

Date: TBD
Time: 6:30 PM to 8:30 PM
Price: \$10.00 per person
RSVP: RSVP for this event online at gvsu.edu/pas until
TBD at 6:30 pm
Location: The Centennial Room at Founders, 235 Grandville Ave. SW

The GVSU PAS Program is celebrating its 20th year and we would like to celebrate with our alumni and preceptors! Please join us for a reception including local craft beer and a deli spread starting at 6:30 pm at Founders Brewing Co. followed by a presentation at 7:30 pm entitled **"Like Two Peas in a Pod: Antimicrobial Therapy Update and Stewardship"** by Dr. Michael D. Tiberg, Pharm.D.



Michael D. Tiberg, Pharm.D.

Dr. Tiberg is a graduate of Ferris State University College of Pharmacy and the University of Illinois at Chicago where he obtained his B.S. in Pharmacy and Doctor of Pharmacy degrees, respectively. He is past Infectious Disease Clinical Pharmacy Specialist at Munson Medical Center. During that time, he established a pharmacy-based infectious disease service, as well as a post graduate year 2 (PGY2) infectious disease pharmacy residency program at Munson Medical Center. Dr. Tiberg is a board-certified pharmacotherapy specialist with added qualifications in infectious diseases. He is chair of the Michigan Society of Healthcare Pharmacists (MSHP) Antimicrobial Stewardship Committee and member of the Michigan Department of Health and Human Services (DHHS) Antimicrobial Stewardship Committee. He founded the consulting practice Antimicrobial Stewardship Advisors, LLC in 2016 to assist healthcare facilities with the growing demands in the area of Antimicrobial Stewardship required by the Joint Commission and the Centers for Medicare and Medicaid Services (CMS). Dr. Tiberg is currently a part-time adjunct instructor of Pharmacology at Grand Valley State University in Traverse City.

Contact

For further information about the event, please contact Cathy Tomek at tomekc@gvsu.edu or 616-331-5630.

GVSU PAS Student Admissions Update

The GVSU PAS Admission committee is busy reviewing applicants for the Class of 2020! We received over 400 applicants this year for 36 positions at the Grand Rapids campus and 12 positions at the Traverse City campus. Applicants selected for an interview were notified in mid-October. Interviews for selected applicants will be on Friday, November 3 at the Traverse City campus and Friday, November 10 for the Grand Rapids campus. We greatly appreciate those of you who have volunteered to assist with student interviews on the interview day. If you did not volunteer this year, but would like to do so in the future, please contact Jill Ellis (ellisji@gvsu.edu). Applicants will be notified of admission by the end of December 2017.

Next year, GVSU will join the Centralized Application Service for Physician Assistants (CASPA). CASPA allows potential PA students to easily apply to multiple PA programs by submitting all application materials to one centralized location. CASPA opens next year's application cycle in April 2018. Be sure to check out the website (www.gvsu.edu/pas/) for additional details as the date approaches.

PA CLASS OF 2018 NEWS

It's hard to believe our time as PA students at GVSU is winding down. Two years ago, we met as a class for the first time awkwardly trying to get to know each other. Today, it's nearly impossible to get us to stop talking as we catch up in the hallway at each EOR meeting.

Over the past two years we have crammed more information into our brains than we ever knew was possible, while drinking an unhealthy amount of coffee from Bagel Beanery. As we progress through our clinical rotations, it's easy to see that our hard work and endless hours of studying is finally paying off. If you ask any one of my classmates, there is no better feeling than when you get a "thumbs up" from your preceptor after they ask you a difficult question. However, we are constantly motivated to continue our strong study habits when our knowledge does not span deep enough and we get the dreaded "thumbs down" instead. As we approach the last two months of clinicals, our class continues to study all areas of medicine to be well prepared for PANCE.

Not only is our class staying up-to-date while studying, we have also been actively involved in conferences both nationally and locally. A group of students attended the national PA confer-

ence in Las Vegas this spring, where they participated in lectures as well as numerous networking opportunities. They also had the opportunity to hear first-hand about what the future holds for the PA profession. Other exciting news: Grand Rapids hosted the state-wide PA conference, MAPA, which we could not have been more excited to attend.

As we near the end of our clinical rotations, passions for certain areas of medicine emerge. Our class is very diverse, with interests going into nearly all areas of medicine. From Family Practice to Psychiatry to General Surgery, there is no lack of enthusiasm. I believe this solidifies the fact that we have been exposed both academically and clinically to a wide range of topics. In just two short months we will be sitting down to take our board exam, and I could not have more confidence in the Class of 2017. Our dreams of becoming Physician Assistants is finally within reach and soon enough we will be able to add "PA-C" to our long white coats.

Caroline Egan, PA-S Class of 2017



PA CLASS OF 2018 NEWS

Here we are starting our final semester of didactic as the class of 2018. It is extremely hard to believe a year ago, we were attending orientation scared of the future challenges the program would present. We successfully crossed the finish line of the summer semester race. I'm not sure if it was "easier" or if we finally perfected how to study the vast amount of material being presented to us. Nonetheless, we survived and we are anxious to finish this last semester strong.

Last semester, many topics were thrown our way. However, we still found time to enjoy some of the summer sunshine and gave back to the community. In Traverse City, students cleaned the local children's museum. Seeing the smile on the owners' face was satisfying. At the last visit, they had a plaque installed recognizing the RPC Student Society efforts to keep the museum clean. Savannah Micunek held a successful Yoga for a Cause charity event and money raised went to the local women's shelter. We finished off the semester jamming at a local concert and a tubing trip down the Platte River to unwind before finals.



In Grand Rapids, students decorated lunch sacks for the Kids' Food Basket. This is a nonprofit organization attacking childhood hunger. Additionally, students assisted faculty with SHAPE, an event to educate children about the role of a physician assistant. There were various stations where they provided information on wound care, neurology, and cardiology in a fun environment. Bowling has become a favorite activity to relieve stress in GR. A fitness challenge was organized and took place this past summer, which became a fun competitive way to relieve stress. Many students attended Orangetheory Fitness for

a group workout after completion of the semester. After completion of finals, a pool party was held to celebrate all our accomplishments and officially becoming second year PA students. We all had a great time reminiscing about the past year!



This semester, we organized and prepared for the Heels to Heal 5K event which raises funds for the Oasis of Hope Clinic. We put in a lot of hard work and it was a great success, and we raised over \$1,000. Many students and faculty participated, by either running or providing support to the runners. Everyone had a great time, while running and volunteering for a good cause. Following the race, was the MAPA conference, which was held in Grand Rapids this year. We made a basket that was auctioned off that represented both the Grand Rapids and Traverse City campuses. The money raised from all the baskets auctioned off from each university will be used for future scholarships, a way our class actively gave back. We were excited to act as the hosting university for this conference and our class represented the GVSU PA program well. We enjoyed supporting our faculty and listening to topics they presented, as well as competing in Quiz bowl. Overall the conference was very enjoyable.

As the semester comes to a close, we will celebrate all our didactic accomplishments with a Black-Tie Dinner which will be held in December. We could not be more excited for this event, as we have anxiously been planning for the past year. As we venture out into various clinical rotation sites in January, I am confident in the Class of 2018. Our class is determined, hard-working, and ready to put into practice all that we have learned.

Sarabrooke Mowery, RPC VP Class of 2018

GVSU PA FACULTY GOES BACK TO HIGH SCHOOL

In the GVSU PAS program, we have been honored to have met many outstanding students. One of these students, Stephanie Urbanawiz, truly stands out as a beacon of strength and inspiration. Stephanie entered the GVSU PAS Program in the fall of 2013, and was a bright, positive and enthusiastic learner who impacted all that met her. She passed away February 2015 from metastatic breast cancer and during her time in the program expressed interest in practicing in oncology.

Sharing a passion for healthcare and science, her brother Adam Urbanawiz, became a high school science teacher and graciously invited the GVSU PAS faculty to discuss cardiology with his class. On Wednesday, March 29th, David Geenen and Suzi Raaymakers had the honor of sharing, for a couple of hours, a bit of cardiology knowledge to an excited and attentive group of high school students at Montabella High School. As a faculty we are truly honored to work with Adam to help share our passions and educate high school students on the PA profession. Getting back to the basics and seeing the joy and wonder in students just being introduced to the healthcare field is a great reminder of why we become PAs. We want to congratulate the students at Montabella High School for their hard work and thank them for allowing us to join their class. Go Mustangs!



STEPHANIE URBANAWIZ PA SCHOLARSHIP RECIPIENT

There are certain people in the world that possess a light within them that changes the world. Stephanie Urbanawiz was one of these people. In our fall 2015 Alumni Newsletter, we shared with you the impact Stephanie had on our Grand Valley State University family, and that Stephanie Urbanawiz's family and the PAS program established a scholarship in Stephanie's name to benefit Grand Valley's Physician Assistant Students with interest in a career in oncology or primary care. We want to thank all of those who donated to the Stephanie Urbanawiz Physician Assistant Scholarship fund and are pleased to announce the first recipient, Audrey Droge.

Audrey was admitted to Grand Valley State University's Physician Assistant Studies program in the fall of 2016, and is ready to start the clinical portion of the PAS program January 2018. During her first year in the Grand Valley State University PAS program, Audrey has excelled academically and has been an advocate for the physician assistant profession. The long hours studying have been motivated by Audrey's strong desire to work in primary care upon graduation. "My mom is a Primary Care Physician, and she is my biggest role model" explains Audrey. "All my life I wanted to embody my mom's light. She lives sacrificially for not only her patients, but also our neighbors, friends, and family. Once my schooling career is over, I hope to make my way into a primary care office to build relationships with people and continue to grow with them and their families as they age. I patiently await and work hard for the day that I can become invested into the lives of my patients, just like I've watched my mom do."

The GVSU PAS program wants to honor not only Stephanie Urbanawiz and Audrey Droge but also their families for teaching them the important aspects of life that you cannot learn from a degree. These two young women are poised beyond their years we look forward to see the impact Audrey Droge will have upon the world.



Audrey Droge, Class of 2018

STUDENT SPOTLIGHT: SLEEP DOCTOR

Lauren Seitz

“The optimal amount of sleep for a person is 9.25 hours per night,” is the recommendation of James Maas, PhD, an expert known for his work on sleep and health. Class of 2018 student Lauren Seitz has worked with Dr. Maas since 2014 as the Chief Operating Officer and sleep educator of “Sleep for Success.” Lauren has traveled with Dr. Maas to present on her area of expertise, sleep and exercise, to a wide variety of audiences. With a bachelor’s degree in Clinical Exercise Science, she is able to help educate athletes, corporate clients, and students on the role of sleep in wellness and success.

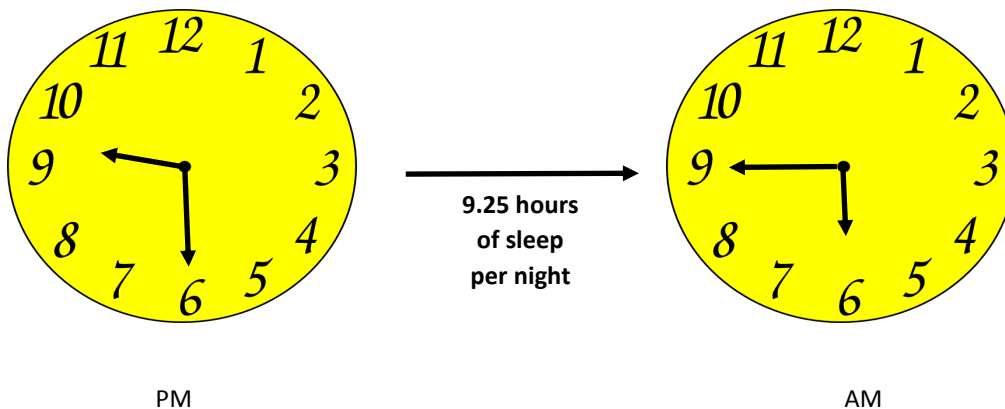


“It’s been an incredible experience and a huge learning opportunity,” says Lauren. She first met Dr. Maas when she was working as a corporate intern at Steelcase in Grand Rapids, and sought out an opportunity for a longer-term internship prior to starting PA school. Her willingness to later meet Dr. Maas in St. Louis for an interview sealed the deal and gave her the opportunity to travel extensively with him for presentations.

A couple of trips have been particularly memorable. In Seoul, South Korea, Lauren was able to absorb the elements of Asian culture, with which she was totally unfamiliar. Last fall, Lauren was in London to assist NFL teams the New York Jets and the Miami Dolphins deal with jet lag in preparation for their game in Wembley Stadium. She notes that taking research and applying it to unique audiences and individuals has been a great experience as “people don’t realize how important sleep is to wellness and success.”



As she becomes a practicing PA, Lauren anticipates using the skills she has learned to tailor patient education for each patient based on their unique needs. And about that 9.25 hours... some people are genetically programmed to be “short sleepers” and function on less sleep, but if you are an athlete, your body needs plenty of it for recovery, healing, and muscle building. Her advice for PA students and practicing PAs? “Sleep is food for the brain; it affects alertness, energy, performance, thinking, productivity, creativity, safety and health so make sure it is one of your priorities!”



DEDICATED SERVICE AWARD: SUSAN SEVENSMA, DO

Earlier this year, the Grand Valley State University Physician Assistant Studies Program awarded Dr. Susan Sevensma, DO of Metro Health Hospital the Dedicated Service Award for her many years of service on the Grand Valley State University Physician Assistant Advisory Board. As a family practice physician and resident of Grand Rapids, the care and wellbeing of her patients and community is always a primary concern for Dr. Sevensma. This can be seen not only in her care of patients but by her involvement in organizations to help improve healthcare for her community.

Dr. Sevensma has served as president of the Michigan Osteopathic Association and on numerous advisory boards. The GVSU PA program wants to thank Dr. Sevensma for her service in helping educate physician assistants within our program. It is with the help of community healthcare providers that the GVSU PA program is able to continually graduate physician assistant students of the highest caliber. Thank you for your service!



AAPA 2017 LEADERSHIP & ADVOCACY SUMMIT



Recently I had the opportunity and privilege to travel with members of the MAPA Board of Directors and fellow PA students from Michigan to the Leadership and Advocacy Conference presented by AAPA in Washington, DC. This conference offered many learning opportunities and allowed for first-hand interaction with heads of AAPA, PAEA and NCCPA.

Many of the issues discussed such as interstate compacts, certification examinations, FPAR, key pillars, state legislative triumphs, and billing will have a marked impact on the profession both presently and in the years to come. As a student, and as previous students can probably attest to, there is often limited time allotted for these issues academically. Even though these topics play an integral role in determining our scope of practice and our value to the medical community, often there simply is not time. As such, the ability to hear about these issues, interact with PAs from multiple states, listen to the issues they are facing, and most importantly, the ability to ask questions was invaluable.

While I learned a great deal from this experience, one of the biggest things I will take away is just how proud I am of our state. Many times throughout the presentations, Michigan was highlighted for its legislative accomplishments, marking it as one of the most pro-PA states in the country. Watching board members give advice to PAs from other states with less supportive laws, such as Kentucky, was the true embodiment of the convention and the reason

we were there: to learn to share this knowledge, and to help others accomplish their goals so that the profession may continue to grow and thrive. While Michigan was not the only state to bring students, it was one of the few states to bring multiple students, again highlighting the value this state places on the future of the profession and the responsibility we have to each other to share what we know as best as we are able.

Karalyn Cain, Class of 2018

Featured in Michigan PA Magazine, September 2017

2017 MAPA FALL CME CONFERENCE

Hello Alumni!

A quick update from the MAPA fall conference. MAPA had a record number of attendees this year and, like MAPA, our GVSU PA program had a record number of alumni and students participate in our alumni reception. There were a significant number of prizes that were awarded this year. Every year our alumni reception continues to grow and get better! We had two faculty presenters at this year's fall conference. Susan Raaymakers presented on Point Of Care Ultrasound and Nicholas Kopacki presented on Updates on Sepsis: an ER Perspective. We all had a great time and are looking forward to having an even bigger turn out next year. Don't miss out!!!



Join leaders from Grand Valley's Northern Michigan health programs, such as physician assistant studies, nursing, public health, allied health, and social work, as we recognize and celebrate how the Grand Traverse area has become a national model for rural health care and community collaboration.

Thursday, November 16, 2017
5:30-7 p.m.
Remarks at 6 p.m.

Hors d'oeuvres
Wine Sampling
Community Conversation

Left Foot Charley
806 Red Drive
Traverse City, MI 49686



RESERVE YOUR SPOT!

PLEASE RSVP BY NOVEMBER 10 TO NMINFO@GVSU.EDU
OR CALL (231) 995-1785

We tied the knot!

“On a ‘beautiful’ Friday evening in August, our very own Amanda Ross tied the knot to Geoffrey Reddy! The evening was an elegant affair on the shores of Gun Lake! The faculty and students in the program wish Amanda and Geoff a lifetime of happiness! Welcome to the PA family Geoff and congrats Professor Reddy!”



A Thank You to our Donors

In November 2016, GVSU broke ground on Raleigh J. Finkelstein Hall. This new health sciences building, in conjunction with the Cook-DeVos Center for Health Sciences, will help to prepare future health care professionals like you.

It is an exciting time at GVSU and we would like to invite you to join your friends and former classmates by giving a gift of \$1,000 and being recognized on the Alumni Leaders Wall. Your commitment or pledge by December 31, 2017 will help to complete the building and impact the health care of our communities for years to come. You can learn more and support the building by visiting www.gvsu.edu/giving/healthcampus.

Thank you and please let me know how else I can help.

Andrew Bixel

Development Officer for Nursing, Health, and Health Professions

Elizabeth J. Anderson '02, '06

Anonymous

Theresa A. Bacon-Baguley & James Baguley

Steven & Kathryn '83 Bandstra

Megan K. Collison '15

Pamela '96, '99 & Gary Davis

Zeke & Amanda Finch

Alyssa M. Fraser '13, '16

Tim '00, '03 & Thea '02, '04 Gawronski

ITW Illinois Tool Works Foundation

Christine Khamis '12

Steven '99, '02 & Kristen '-00, '02 Myers

Chris & Joan Panopoulos

Jon '09, '13 & Kate Penhorwood

Stacey '93, '06, '09 & Michael Pniewski

Jan Prusinowski '76 & Rebecca Andrews

Benjamin & Katie Rhodes

Aileen & Mike Rogalla

Barbara '72 & Daniel Sawicki

Patrick D. Smith '06, '09

Joanna Springman

Brett '08, '12 & Elizabeth '09, '11 Suing

Mark & Julie Thelen

Raymond Torbet '13, '15

Pat, Mike, Kevin, Adam & Kristie Urbanawiz

Rich Urbanawiz

Evan VandenBosch '15

Ruth A. Vander Ark '96, '98

Matthew '10 & Megan '10, '12 Weller

Mike '83 & Sandy Wernstrom



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Physician Assistant Studies

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Traverse City, Michigan 49684
Phone: (231) 995-1785



*The mission of the program is to educate individuals to become competent
Physician Assistants*

The Physician Assistant Program at Grand Valley State University is one of the most rigorous in the country. To continue to attract and retain the best and brightest students, and graduate them with the best preparation for clinical practice, private funds are increasingly needed. You can help by giving today to the Physician Assistant Development Fund. Your gift of any size counts and builds this fund to help our students continue our tradition of excellence.

Please consider giving online (www.gvsu.edu/give), by phone 616-331-6000, or via mail.

MAIL

University Development
Grand Valley State University
L.V. Eberhard Center, 9th Floor
301 Fulton St. West
P.O. Box 2005
Grand Rapids, MI 49501-2005

The background image for the bottom section is a photograph of the Cook-Devos Center for Health Sciences building. The building is a modern, multi-story structure with a curved facade and large glass windows. The name "COOK-DEVOS CENTER FOR HEALTH SCIENCES" is visible on the building's facade. The foreground shows a paved area and some greenery.

We Want To Hear From You!

Please update the GVSU PAS Program with your contact information so we can stay in touch with you! Send us professional activities, honors, newspaper articles, or any accomplishment you would like posted in the next newsletter!

Contact Mandy German PA-C, Affiliate Faculty, Clinical Education
(616-460-7080) or germanm@gvsu.edu

You can update your email online at the following link:
<http://www.gvsu.edu/alumni/update-your-information-88.htm>