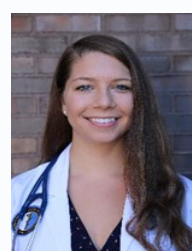
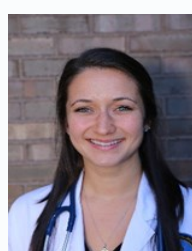
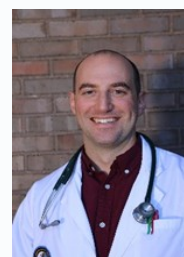
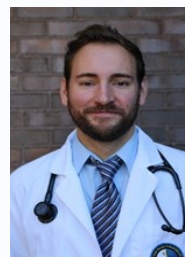
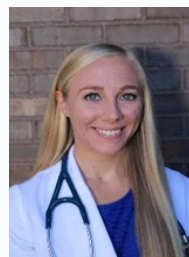
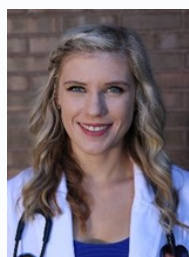


Spring 2020

PHYSICIAN ASSISTANT STUDIES

Meet the Newest PAS Alumni and Colleagues Class of 2019



WELCOME FROM THE DIRECTOR



Paul Christensen, MD

I meet regularly with a friend for early morning coffee. This week he told me a story that I hear repeated in some form or another over and over again. He had gone with his wife to a post-op visit after her recent back surgery. Their appointment was with the PA. My friend admitted a bit of reluctance as they thought they might be seeing the surgeon. But to their delight, the PA listened to their concerns and patiently answered all of their questions about what recovery might look like and how best to return to the lifestyle they desired. More importantly, this information was given in clear easy to understand language. By the end of the visit they were not only happy they had seen the PA, but also convinced that they had gotten more valuable information than previous visits.



Patients want to be heard and to have their questions answered. Unfortunately, the pressure to deliver health care in a climate of ever-increasing costs and a push for efficiency has eaten away at time providers are able to talk with patients and learn about the human side of their pathology. A recent review of literature identified five areas that help clinicians connect with patients: (1) prepare with intention; (2) listen intently and completely; (3) agree on what matters most; (4) connect with the patient's story; and (5) explore emotional cues (JAMA. 2020;323(1):70-81.)

Everyone on the health care team plays a role in this process. But how we teach PA students in the 'art' of communication is often passive and assumed to occur by observing mentors especially in clinical rotations. As a result, we have been actively exploring ways that we might be more intentional in our approach. We recently introduced our students to a simulation method which uses trained actors to model the emotional conversations experienced in practice. Using simulation facilitates learning how to respond to emotion in a safe environment with observation and feedback. The demonstration of this approach was well received by both students and faculty. Our next steps are to train both actors and facilitators in this technique and then allow our students to practice these skills in a 'breaking bad news' simulation.

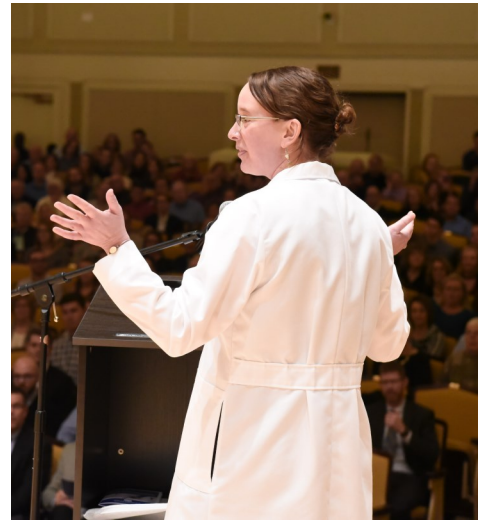


We will partner with the GVSU Kirkhof College of Nursing and the GVSU Theater program to make this happen. Our goal is to create a resource that can be used for simulation by multiple health care disciplines.

As my friend said seeing the PA was a very helpful and satisfying experience for them. We hope that focus on communication skills with real-life simulation will prepare our students to do the same.

Happy 2020!

CLASS OF 2019 GRADUATION



FACULTY PROFILE

DR. MOLLY PAULSON, DHSC, PA-C, MLS, ASSOCIATE PROFESSOR

Dr. Molly Paulson is a valued member of the GVSU PAS program. She brings the heart and dedication to teaching as she brought to her patients in clinical practice. Molly's dedication to student success is palpable! Dr. Paulson was recently tenured and promoted to Associate Professor. Here is a little bit of insight into Molly.



What year did you start at the GVSU PAS Program?

- I started in August of 2011!

What did you do prior to GVSU?

- I worked as a med tech in multiple settings from 1977-2000.
- As a PA, I worked from 1998 first in Emergency Medicine & Urgent Care, Occupational Medicine, Family Practice (2001-2011), and now at Oasis of Hope Center, where I volunteer as a PA to provide medical care to people who do not have health insurance.

You are involved in many courses in the program, which one do you like the best and why?

- I really couldn't say. Each course has a unique perspective and focus on clinical practice and our profession. Clinical Applications lab is perhaps the most "fun" especially when the students are learning how to do procedures such as casting, suturing, etc.
- What I enjoy most is the opportunity to interact with the students and help them achieve their career goal to become successful PAs. There is nothing more satisfying than seeing them grow and develop as clinicians.

What do you like to do for fun?

- For pleasure, I enjoy outdoor activities such as ice skating, and snow shoeing in the winter. During the summer, I enjoy biking, hiking, canoeing, and gardening. When the weather is bad, I enjoy the fine art of puttering, woodworking, reading, and stitchery.

Molly lives in Grand Rapids with her husband Jeff. They have three grown children and six adorable grandchildren, whom Molly loves to spoil every chance she gets!

PAS PROGRAM PREVIEW DAY

If you or someone you know would like to learn more about the GVSU PAS program, you should attend the GVSU PAS Program Preview event on Friday, March 13 from 1:00-3:00 pm. The event will be held simultaneously at the Grand Rapids campus and Traverse City campus, so you can choose the venue you would like to attend. The event will allow attendees to interact directly with the GVSU PAS program director, the chair of the GVSU PAS program Admission Committee, current GVSU PAS students, and admission advisors. All are welcome to attend. We accept group and individual registrations. Please RSVP for the event through the GVSU PAS website (www.gvsu.edu/pas). If you have additional questions, please contact Jill Ellis (PAS Admission Committee Chair, ellisji@gvsu.edu).



GVSU PAS ALUMNI/PRECEPTOR EVENT

Date: Thursday, March 12, 2020
Time: 6:30 PM to 8:30 PM
Price: \$10.00 per person
RSVP: RSVP for this event online at gvsu.edu/pas until 3/12/2020 at 6:30 pm
Location: The Centennial Room at Founders, 235 Grandville Ave. SW

Please join us for a reception including local craft beer (cash bar) and a deli spread starting at 6:30 pm at Founders Brewing Co. followed by a presentation at 7:30 pm entitled **"A Wolf in High-Tech Clothing: Vaping and Nicotine Addiction"** by Dr. Shelley Schmidt.



Shelley L. Schmidt, MD

Shelley Schmidt, MD, MS, is a pulmonary and critical care specialist. She is director of the nationally recognized Pulmonary Fibrosis Care Center at Spectrum Health and Clinical Assistant Professor, Respiratory Care Lead at MSU's College of Human Medicine. With her colleague that suffers from popcorn lung, Dr. Schmidt has been an invited speaker to thousands of high school and middle school students, and their parents, in West Michigan about the dangers of nicotine addiction and vaping. She has also spoken to community groups, physicians, nurses, allied health and trainees. She has been featured on NBC, ABC, Fox and MLive in local, statewide and national news stories on vaping. She testified at the State of Michigan House Oversight Committee on the Governor's flavored e-cigarette ban and received the 2019 Physician Community Service award from the Medical Societies of Kent and Ottawa Counties and Boy Scouts of America for her work to spread the word on nicotine addiction and vaping. Board Certification: Internal Medicine, Critical Care Medicine, Pulmonary Medical Education: University of Michigan Medical School, Ann Arbor Residency: University of Michigan, Ann Arbor Fellowship: University of Michigan, Ann Arbor.

This program is not yet approved for CME credit. Conference organizers have requested 1 AAPA Category 1 CME credit from the Physician Assistant Review Panel. Total number of approved credits yet to be determined. This program was planned in accordance with AAPA's CME Standards for Live Programs and for Commercial Support of Live Programs.

Contact

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



STUDENT SCHOLARSHIPS / AWARDS

It goes without saying, that GVSU has some of the best PA students. Our graduates do great in the program, perform well on clinicals, are successful at passing the PANCE and land some incredible jobs. So, it is great when Grand Valley State University honors those that are not only great PA students, but also have achieved a high standard in both academics and extra-curricular activities. The following is a list of award winners from this Class of 2019!

Class of 2019 Student Scholarship Recipients

Christos & Joan Panopoulous PAS Scholarship

Steven & Kathryn '83 Bandstra Health Science Scholarship

Steven & Kathryn '83 Bandstra Clinical Placement Scholarship

Stephanie Urbanawiz PAS Scholarship

Tim Halpin

Danielle Cook

Kadence Edelblut

Carley Dykstra

Jordan Pretto

Kadence Edelblut

Class of 2019 Student Award Recipients

Graduate Dean's Citation for Academic Excellence in the Degree Program

Graduate Dean's Citation for Excellence in Service to the Community/Profession

Graduate Dean's Citation for Excellence in Leadership/Service to GVSU

Graduate Dean's Citation for Excellence in Promoting Inclusion and Diversity at GVSU

Graduate Dean's Citation for Excellence in Sustainability

GVSU Provost Award for Outstanding Major in Graduate Program

GVSU Phi Kappa Phi Award

Student Elected Cardiomegaly Award

Nicole Vanderstelt

Danielle Cook

Kristen Struble

Emily Smith

Whitney Warner

Austin Redick

Ashley Tiemeyer

Olivia Presnell

Whitney Warner

DID YOU KNOW???

The GVSU PA Program now has five scholarships available to PAS students! They are:

The Christos T. and Joan A. Panopoulous Physician Assistant Endowed Scholarship

Steven and Kathryn '83 Bandstra Health Sciences Scholarship

Steven and Kathryn '83 Bandstra Clinical Placement Scholarship

The Stephanie Urbanawiz Physician Assistant Endowed Scholarship

Budden Family Pathway Endowed Scholarship

If you are interested in contributing to the Stephanie Urbanawiz scholarship, please go to www.gvsu.edu/giving/urbanawiz

Thank you for your contributions.

2019 Clinical Preceptor of the Year

Corey Schaedig PA-C has received this student nominated award on several occasions. Corey is the lead APP at Saint Mary's ER and brings out the best in his colleagues and students. His teaching style gives students the opportunity to apply the knowledge learned in the classroom in a clinical setting. Corey pushes students to expand their critical thinking to benefit their current and future patients. Integrating students into the daily routine for the providers at Saint Mary's has allowed Corey and his team to take 15 GVSU PA students every year for their Emergency Medicine rotations. Not only does Corey educate our students about the practice of medicine but he also teaches them and his colleagues the importance of educating the future of our profession. It is with great pleasure to award Preceptor of the Year to GVSU PAS alumni Corey Schaedig PA-C, Class of '05, in recognition for his excellence in PA clinical education.



2019 Clinical Site of the Year

Our program recognizes that typically it is not a single preceptor that takes on the role of educating students on clinical rotations. The Cardiothoracic Surgeons of Grand Traverse is an example of a practice that uses every person in their group to provide the best educational experience possible. Sean Cabbage PA-C, the lead APP for the practice, developed a structured elective rotation that gives students as much knowledge of the practice of cardiothoracic surgery as possible in a 4-week period. Students are given assigned daily readings, online modules, and weekly quizzes to guide their learning. Every person in the practice is involved in the education, including PA's Daniel Muladore, Benjamin Sattler, Lance Barden, and Savannah Britten (Micunek). Savannah, GVSU PAS Class of '18 Traverse City Campus, is the newest APP in the practice. She is highly involved in the education of PA students that rotate with the practice. Savannah found the structure of the rotation extremely beneficial when she was a student and even to this day still finds value in the educational materials available to the students and providers. Along with the APP providers, the cardiothoracic surgeons, nurses, internal medicine providers, anesthesiologists, and respiratory therapists play a pivotal role in the education process. The interdisciplinary structure and dedication to education is what lead the Class of 2019 to nominate the Cardiothoracic Surgeons of Grand Traverse with the clinical site of the year award.

PAS Faculty/Staff

Theresa Bacon-Baguley, Ph.D.
Professor, Associate Dean of Research

Andrew Booth, DHEd, PA-C
Assistant Professor

Paul Christensen, M.D.
Department Chair

Jill Ellis, DHSC, PA-C
Associate Professor

David Geenen, Ph.D.
Associate Professor

Steffen Genthe, M.D.
Medical Director

Mandy German, PA-C
Affiliate Faculty

Nicholus Kopacki, PA-C
Affiliate Faculty

M. Lisa Pagnucco, PharmD, BCGP
Associate Professor

Molly Paulson, DHSC, PA-C
Associate Professor

Susan Raaymakers, DHSC, PA-C
Associate Professor

Amanda Reddy, PA-C
Affiliate Faculty

Martina Reinhold, Ph.D.
Associate Professor

Michelle Strange, PA-C
Part-time Instructor

Cathy Tomek
PAS Academic Coordinator

PA CLASS OF 2020 NEWS

The Class of 2020 is out in the clinical world and loving every minute of it. January marked the start of our year of rotations, allowing the class to see a whole new version of PA school. We are rotating through a very wide array of facilities located across the state and beyond. While we were all a little sad that we would no longer be surrounded by our friends every day in lecture, I think it is safe to say we are all very excited to finally observe and practice the skills we learned in didactic year.

"To say that PA school is hard is an understatement. The first year was the most rigorous thing I have ever done. But it all became worth it when clinicals started. I know I still have a lot to learn, but interacting with the patients puts a smile on my face because I am applying what I've learned and helping them. The rotation got off to a rough start and I was changed to a different rotation site. I had always heard that you have to be adaptable during clinicals and that was true right away, but now I feel ready for any changes that may be thrown my way. My clinical rotation currently involves addiction medicine and I feel that this specialty is especially rewarding; there are patients that have overdosed and had to be resuscitated that are being treated and smiling, thankful to be alive. These patients are able to turn their life around, and it's an honor to be a part of that journey." - Kimberly Haggerty, GR Campus

"I am just finishing up my first rotation in internal medicine at Zeeland Hospital and have been loving all the new experiences clinicals have to offer! I am working with several different APPs who all have something to teach and have been great at allowing me to get hands on experiences with doing admissions and rounding on patients. I was so impressed at how well prepared I was with my didactic knowledge going into this rotation and thankful for all the work our professors put into us. Hospital medicine may be in my future and I am so excited to see what the rest of this year holds!" -Erin Mulder, GR Campus



"Clinicals have been better than I ever could have imagined so far. I started off clinicals in my general surgery rotation with Munson Hospital's trauma group and after settling in a few days I was thoroughly impressed with how well GVSU did preparing me. In the first day alone, I saw more patients and did more

notes than all of didactic year and it was all so new and exciting. I was able to get into surgery right away and after building confidence I was allowed to first assist with several procedures at the end of the rotation. Rotating with a trauma group, I was able to see the action-packed level 1 and 2 traumas and start to make sense of the controlled chaotic environment and even help with chest tube insertion and central lines. I am just now starting my second rotation, which is Cardiothoracic surgery. I look forward to bringing that same eagerness and excitement with me into each day and to strive to continue to learn, improve and take on more with each day." -Alex Hogarth, TC Campus



"I am currently doing my internal medicine rotation and I am loving every minute of it. To be honest, I was very nervous to start clinical year. I knew how to be a student in the classroom or a student observer during shadowing experiences, but I thought I was completely at a loss for knowing how to be a PA student on rotation. Luckily, I have had extremely helpful preceptors who have taken their time to make sure I am able to practice as much as I can and make sure I understand the plan for each patient. For the first time in my life, I feel like I am doing the work that I know I was meant to do. I am challenged every day and I leave the hospital exhausted, but I am always so excited to come back for more. I am so grateful to have the opportunity to learn from such a large number of preceptors who are clearly passionate about their patients, their profession, and teaching the next generation of providers." -Hannah Grinwis, GR Campus.

In addition to enjoying the clinical world, the Class of 2020 has loved welcoming the next cohort into the program. Through our mentorship program and student-organized POCUS workshops, we have grown close with the Class of 2021. Members of both cohorts are also planning to attend the annual AAPA conference in Nashville this spring. We are all looking forward to representing GVSU at the conference and hope to meet alumni while we are there!

PA CLASS OF 2021 NEWS

On behalf of the Class of 2021 we would like to begin by thanking each of you for making GVSU such a great place to be a PA student. You all challenge us to ask questions, to think critically, and to work diligently so that we may become the best PA possible. For that, we are so grateful.

As many of you know, didactic year is quite time consuming, and we have quickly realized that it is important to step away from the books every once in a while. Thus far, our class has had many post-exam trivia nights, and we are looking forward to a Traverse City ski trip in February. We are also planning on cheering on the Grand Rapids Griffins on March 27th as a fundraiser for the Richard Paul Clodfelder (RPC) Student Society. If you are interested in tickets, they are \$15 each and the funds go directly to RPC!

Our class is also very passionate about learning ways that we, as future providers, can bridge gaps within health care. This semester we will be hearing from the RED project about offering safe options of care without judgment. We will also be holding a health care disparities seminar in July that will focus on how social inequities become health disparities, developing structural competence as a clinical skill, and practicing cultural humility and empathy while addressing unconscious biases.

Recently, many students of our class have been hard at work building our Point of Care Ultrasound Club into a registered club with lessons that align with our Clinical Medicine modules. Ultrasound technology is an important and growing area of medicine, with which we are excited to gain experience.

Finally, our class is very excited to attend the AAPA National Conference in Nashville this May! We have approximately 20 classmates attending. We are looking forward to hearing various CME talks, networking with PAs and other PA students, and trying that Nashville Hot Chicken! Many of us will be staying through Monday for the Ultrasound competition so if you have tips and tricks, please let us know!



IN OTHER NEWS

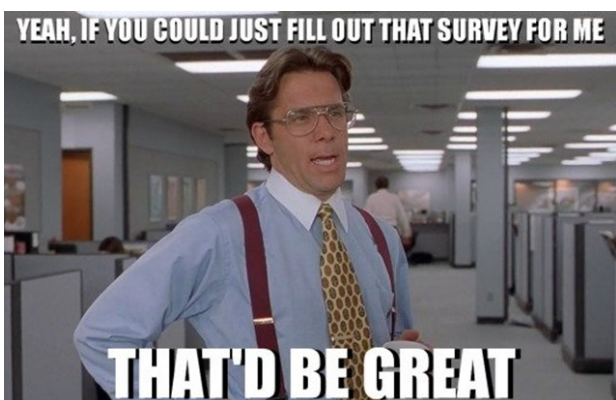
Admissions Update

In Fall 2019, the GVSU PAS program successfully completed its second admission cycle using CASPA. The faculty was amazed at the incredible pool of talented applicants who applied for a position in the program. The PAS Admission Committee spent countless hours sifting through the applications of hundreds of qualified applicants in order to select applicants for interview. The program interviewed over one hundred applicants over the two interview days. Admission offers were made to the GVSU PAS Class of 2022 in December, and we are now busy making preparations to welcome the new students to the campus this coming August!

The next CASPA application cycle will open April, 2020. Completed applications are due September 1, 2020 for applicants to be considered for the Class of 2023. Any interested applicants should visit the GVSU PAS website (www.gvsu.edu/pas) and navigate to the tab for prospective students. The Admission Committee worked hard over the past year to ensure that information posted on this section of the website is useful for potential applicants and remains up to date. The Frequently Asked Questions section now includes additional details regarding the general admission process, CASPA, GRE and GPA requirements, admission profiles of previously accepted GVSU PAS students, prerequisite courses, and health care experience hours. GVSU also offers pre-admission advising to ensure that your application is as competitive as possible and complete. For additional information or to schedule an appointment, contact the College of Health Professions Student Services office (www.gvsu.edu/chpss or chpss@gvsu.edu) if you plan to apply to the Grand Rapids campus, or The Center for Adult and Continuing Studies (nminfo@gvsu.edu or 231-995-1785) if you plan to apply to the Traverse City Campus.

PA-CAT

Have you heard about the PA-CAT? Do you have questions about what it is and if GVSU will be using the PA-CAT? Here are the answers for you. The PA-CAT, or the Physicians Assistant College Admissions Test, is a standardized assessment tool that consists of 240 multiple choice questions designed to assess the prerequisite subjects of many PA programs' admission requirements. Questions from the PA-CAT were developed and reviewed by subject matter experts and PA educators. The PA-CAT opened for registration in January 2020. PA programs across the country may begin to integrate scores from the PA-CAT into various aspects of the admission process for upcoming application cycles. At this time, the GVSU PAS program has not determined if or how it will use the PA-CAT. The GVSU PAS Program Admission Committee and faculty plan to review the assessment and its potential uses over the next year. There is no plan to incorporate PA-CAT test scores into the admission cycle at this time. For additional details about this assessment you can visit <https://www.pa-cat.com/>.



Class of 2018 Reminder

You will be receiving an email in mid-March with a link to the **Alumni Survey**. We know how much you all miss completing surveys!

This survey is very important to us as it informs us on how you are doing!!

Please take the 5 minutes to complete the survey!

IN OTHER NEWS



Traverse City UPCEA Award

The GVSU Physician Assistant Studies program is proud to share that after only graduating two cohorts, the Traverse City campus was the recipient of the National Outstanding Credit Program Award from the University Professional and Continuing Education Association's (UPCEA) for the central region of the United States. This is a prestigious award that honors outstanding professional, continuing or online education programs from UPCEA member institutions. Also, because of this distinction the Traverse City campus is currently being considered for the Most Outstanding Credit Program in all of the United States from UPCEA. Professor Kopacki traveled to Denver in October to accept this award where it is proudly on display in Traverse City.

2019 MAPA Annual Conference

At the 2019 MAPA Annual Conference, GVSU once again brought home the hardware! We are super excited to have the trophy back! Thank you to Tim Halpin, Alex Hogarth, Luz Baez, and Breyanna Otlewski for representing our great PA program!

Congratulations to all those that participated, cheered, and practiced to get our team on top!



Support GVSU's PA Program

March 27th

GR Griffins vs. Chicago Wolves

\$15 per ticket

**\$2 beer & \$2 hotdog night &
Van Andel Institute's 9th Annual Purple
Community Game**

**VENMO: RPC-STUDENTSOCIETY OR CASH
TICKET PICK UP WEEK OF MARCH 22ND**



Grand Valley State University
Physician Assistant Studies

Grand Rapids Campus
301 Michigan Street NE, 200 CHS
Grand Rapids, Michigan 49503
Phone: (616) 331-5700
Fax: (616) 331-5999

Traverse City Campus
2200 Dendinos Drive, Ste. 15
Traverse City, Michigan 49684
Phone: (231) 995-1785
Fax: (231) 995-1786



***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, Michigan 49501-2005

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 Clinical Affiliate Faculty and Co-Director of 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>