

Bridges

A magazine of people, connections and community for alumni of the OHSU School of Medicine

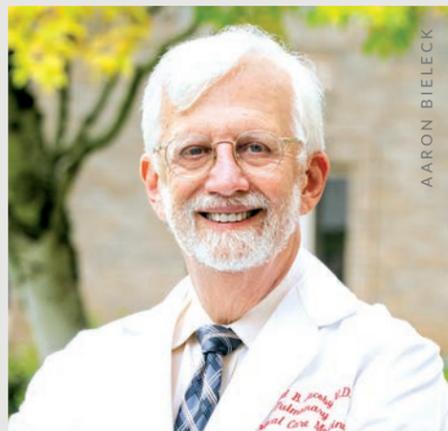


Fall 2022



The Incredible Impact of Our Volunteers

P. 10



AARON BIELECK

David Jacoby, M.D.

I invite you to learn more at www.ohsu.edu/som and contact me at somdeansoffice@ohsu.edu.

Our Students Build Trust and Document Love

SUNIL JOSHI, PH.D. '21, M.D. CLASS OF 2023, IN AN AMERICAN BOARD OF Internal Medicine Foundation essay, "Don't Impress, Just Express," (9/19/22) tells of meeting a 77-year-old patient on his internal medicine rotation. The man stared at Joshi. In a sharp tone, he said, "Who let you into this country?" Despite this experience of racism, one of many during his training, Joshi dedicated himself to the man's comfort. When the man needed a chest tube placed to drain an infection, Joshi held his hand. The man cried. "Thank you for being here," he told him. "It means so much."

The patient ultimately apologized for his racist words: "I don't know if my infection is gone, but you are leaving me with a new perspective, one that I overlooked for years."

In the essay "Baby Girl," in the *Journal of the American Medical Association* (7/12/22), Mollie Marr, Ph.D. '21, M.D. Class of 2023, interwove her assumptions about her own isolation as a newborn given up for adoption with her experience helping care for a newborn who was also going to be adopted and, like her, had no parent to hold her.

As she and the other care team members took turns cuddling the baby, Marr realized that very likely care team members had done the same for her when she was a newborn. So Marr took the step that her own care team had not: She wrote in the newborn's discharge summary about how much the baby girl was held. "She spent so little time alone that the nursing staff learned to look for her in the medical team room," Marr said.

Her conclusion: "The medical record can be used to communicate love. A few words may have the power to change a lonely and long-held narrative."

Please join me in thanking Joshi and Marr for reminding us of the insights and idealism of our training years. We can make positive change. Sometimes with the simplest of our actions.

David Jacoby, M.D.
Interim Dean

ON THE COVER

Amandalin Rock, M.D. (left), emergency medicine resident, learns from attending physician Christopher Olivares, M.D. '05, emergency medicine physician at Kaiser Sunnyside Medical Center in Clackamas, Ore.

PHOTO

Michael Schmitt

INTERIM DEAN

David Jacoby, M.D.

EXECUTIVE EDITOR

Erin Hoover Barnett

MANAGING EDITOR

Rachel Shafer

CONTRIBUTORS

Karen Bishop, Anna Lageson-Kerns, Carin Moonin, Mariana Phipps, Erik Robinson, Michael Schmitt

DESIGNER

Charlotte Woodward

SENIOR DIRECTOR OF ALUMNI ENGAGEMENT

Craig Swinyard

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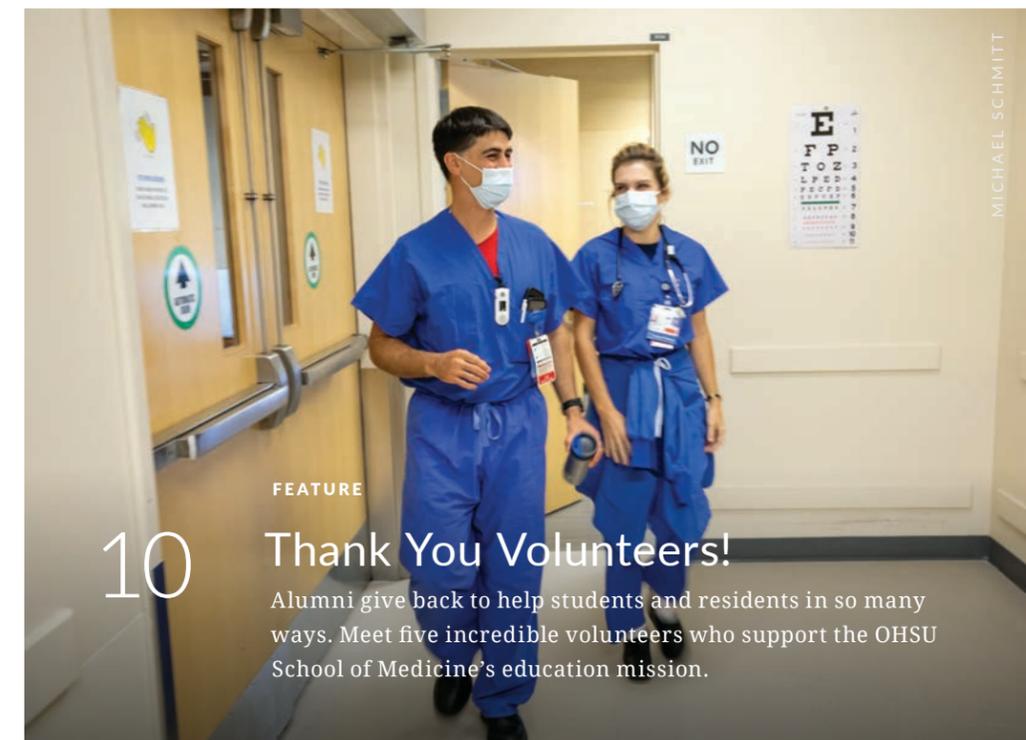
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Reach us: alumni@ohsu.edu

Website: ohsufoundation.org/alumni/school-of-medicine/

Change can't happen if we see things just one way. That's why diversity is important to who we are. We are proud to be an equal opportunity, affirmative action employer. 1122(180)

In this issue



MICHAEL SCHMITT

10

FEATURE

Thank You Volunteers!

Alumni give back to help students and residents in so many ways. Meet five incredible volunteers who support the OHSU School of Medicine's education mission.

UP FRONT

4 OHSU strengthens reproductive health care, training following Dobbs decision

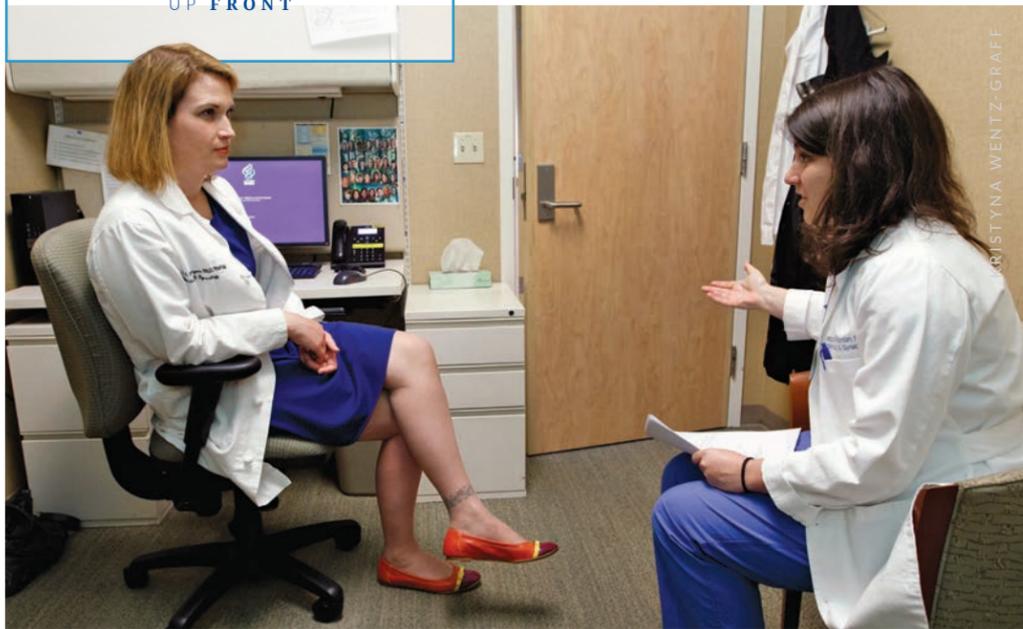
8 In unique PA curriculum, students learn from people with disabilities

ALUMNI NOTEBOOK

16 Angela Hoffman: Science, faith and service

20 Richard Bruno finds a calling in community health care





KRISTYNA WENTZ-GRAFF

EXPERTS IN REPRODUCTIVE HEALTH

Maria Rodriguez (left) consults with then-resident Sylvia Moses, M.D. R '18, about a patient's care at the OHSU Center for Women's Health in April 2017. Alison Edelman (below) is part of a World Health Organization advisory group to improve sexual and reproductive health globally.

Maintaining a Trained Workforce in Safe Abortion Care

Earlier this year, Professors of Obstetrics and Gynecology Alison Edelman, M.D. '97 R '01, M.P.H., and Maria Rodriguez, M.D. '04 R '08, M.P.H., gave a talk on reproductive health care in the wake of the Supreme Court's landmark Dobbs decision. Below is a Q&A adapted from their Timely Topics webinar, hosted by the School of Medicine Alumni Association. View their full presentation at ohsufoundation.org/alumni/school-of-medicine/timely-topics.

What is the status of abortion care now in Oregon?

As of September 2022, Oregon has the most protective reproductive health care policies in the nation. That makes us unique.

What are you seeing in other states since the Dobbs decision?

We're seeing increased maternal morbidity and mortality. New data show that once Texas's laws went into effect less than a year ago, women had to wait for cessation of fetal cardiac activity or be sufficiently close to death such that a lawyer said providers could intervene. On average, the women waited nine days before they could be delivered. This increased the rate of severe complications, landing about 1/3 in the intensive care unit. Some women even lost their ability to carry a future pregnancy.

In states with restrictions, we see more self-harm, more victims of violence, more emergency transfers, and more complications. And then we also see the "worried well." We are seeing a huge increase in requests for sterilization, both in

men and women, and for long-acting contraception in the days following the Dobbs decision.

What is OHSU doing to prepare for an increase in out-of-state requests for care?

We're working to strengthen networks across Oregon, increase direct clinical access, and prepare adjacent services like our emergency room and critical care teams. OHSU recently launched a telehealth service for patients needing a medical abortion or related services who are located anywhere within, or who can travel to, Oregon and Washington. This will improve access for rural Oregonians.

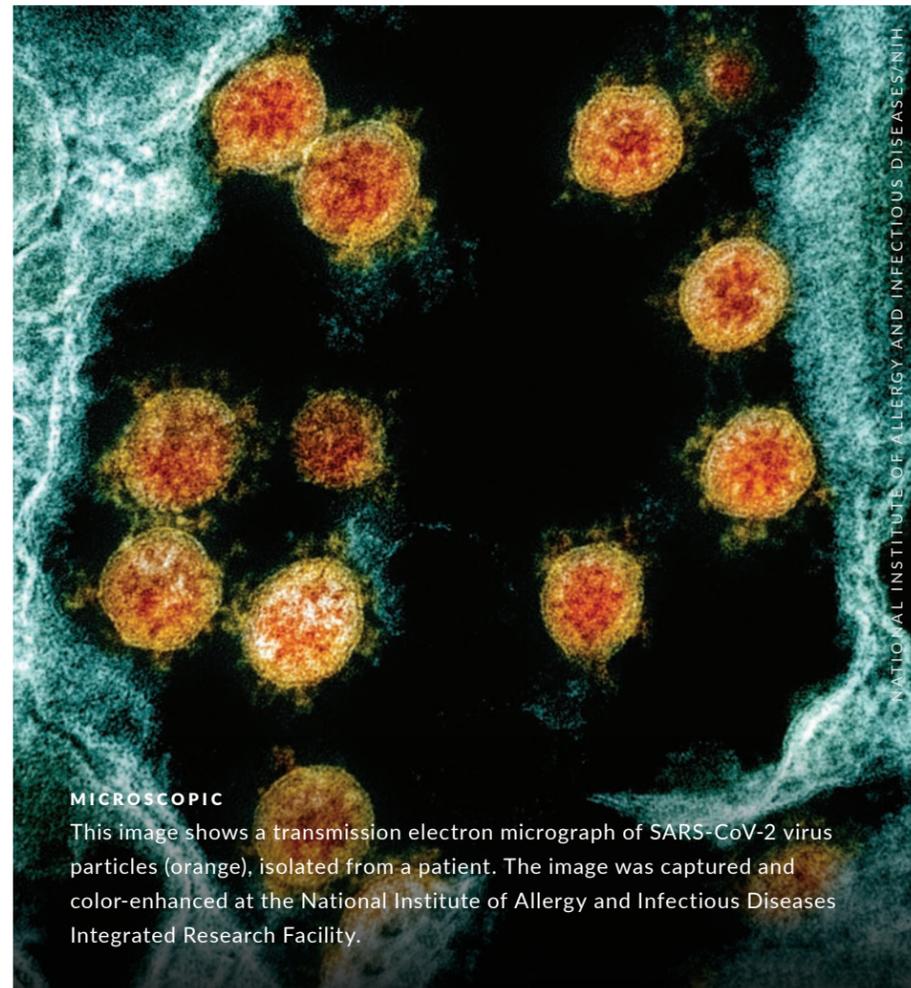
Maintaining a trained workforce for safe abortion care is essential. OHSU M.D. students receive comprehensive reproductive and pregnancy education as a required part of their curriculum, and we train OB/GYN residents and fellows in comprehensive reproductive care, which includes care for abortion and miscarriage. Oregon law also allows advanced practice providers to provide care, and we support integration of this care within training curricula at OHSU.

Since ACGME, the residency accrediting body, requires that all OB/GYN residents receive abortion training, will OHSU train residents from out-of-state?

Yes. We're raising funds to bring residents and fellows from restrictive states to Oregon. To donate to the Abortion Care and Training Fund, visit give.ohsufoundation.org. We're committed to maintaining the training pipeline for abortion care and to raising awareness about this issue. – KB



CHRISTINE TORRES HICKS



MICROSCOPIC

This image shows a transmission electron micrograph of SARS-CoV-2 virus particles (orange), isolated from a patient. The image was captured and color-enhanced at the National Institute of Allergy and Infectious Diseases Integrated Research Facility.

NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES/NIH

Study Reveals Breakthrough Infections Increase Immunity to COVID-19

Vaccine boosters and breakthrough infections following vaccination both provide a substantial and potentially pandemic-breaking immunity against COVID-19, according to new laboratory research from Marcel Curlin, M.D., associate professor of medicine (infectious diseases), and medical director of OHSU Occupational Health, and Fikadu Tafesse, Ph.D., associate professor of molecular microbiology and immunology.

The study, in the journal *Med*, is the latest in a series of OHSU discoveries using blood samples to characterize immune response to the SARS-CoV-2 virus.

The research measured a powerful immune response among samples from 99 OHSU employees who had blood drawn for the research. Notably, researchers measured an equally potent immune response to the virus — with dramatic increases in magnitude, potency and breadth — among people whose blood was drawn three months after a third vaccine booster dose and another group one month after a breakthrough infection.

In addition, the study found the immune response was just as powerful among people 65 and older. – ER

A New Journey Begins

NEXT-GENERATION PHYSICIANS

Members of the M.D. Class of 2026 recite the Oath of Geneva after receiving their white coats on Aug. 12 at the Oregon Convention Center.

Of the 150 medical students who started this fall:

88%	Oregonians or of Oregon heritage
69%	Identify as female
36%	Come from a disadvantaged background
33%	Come from racial or ethnic backgrounds other than white
25%	Come from a rural background
23%	Come from a racial or ethnic group underrepresented in medicine
2	Completed military service





UP FRONT

ERIN HOOPER BARNETT

Residency Programs Catalyze Community Outreach

Growing up in rural Yakima, Wash., in a Spanish-speaking family, Esteban Garza, M.D. '21, set his sights on becoming a doctor because he envisioned the difference he could make.

After graduating from the OHSU M.D. Program in 2021, he landed a residency in OHSU's new Hillsboro Medical Center (HMC) Family Medicine Residency Program — a dream come true. Though a major suburb of Portland, Ore., Hillsboro has deep roots as an agricultural community. And for Garza, the large Latino community was an additional draw.

Now, when not seeing patients at HMC, Garza has begun leading health education sessions with Spanish-speaking community members through a partnership with Adelante Mujeres, a nonprofit providing education and empowerment opportunities to low-income Latinas and their families.

As OHSU expands residency programs across the state and works to further diversify the physician workforce through the 30-30-30 initiative, which was funded by the Oregon Legislature in spring 2022, the HMC Family Medicine and Internal Medicine residency programs are examples of the positive impact residents can have in a community.

Olives Nguyen, M.D., a second-year resident in the inaugural class of the HMC Internal Medicine Program, remembers staffing a hepatitis C screening clinic earlier this year and

noticing how few people showed up to get screened.

Stepping outside the main doors of the hospital that day, Nguyen realized that the Washington County Jail was just a block away. Adults in custody are at higher risk for ailments like hepatitis C.

Now Nguyen is joining with Hunter Spencer, D.O., assistant professor of medicine (general internal medicine and geriatrics), who also sees patients at HMC, to look into the feasibility of a partnership with the jail.

"This is a good example of how having residents in a community hospital just activates that energy," Spencer says. "They're not as aware of all the barriers and slow-down in the system, and you get the catalytic force to accomplish something that hasn't been done before." — MP, EHB



ERIN HOOPER BARNETT

CATALYTIC FORCE

Olives Nguyen is a second-year internal medicine resident at the new Hillsboro Medical Center/OHSU School of Medicine Internal Medicine Residency Program.

GROWING POSSIBILITIES

Mayra Hernandez with the nonprofit Adelante Mujeres, center, and community member Gloria Lopez, right, explain how to cook rapini to Esteban Garza, a second-year resident in the OHSU Family Medicine Residency Program at OHSU Hillsboro Medical Center, after he led a health education session in Spanish for the nonprofit.

WHAT'S NEW IN THE SCHOOL

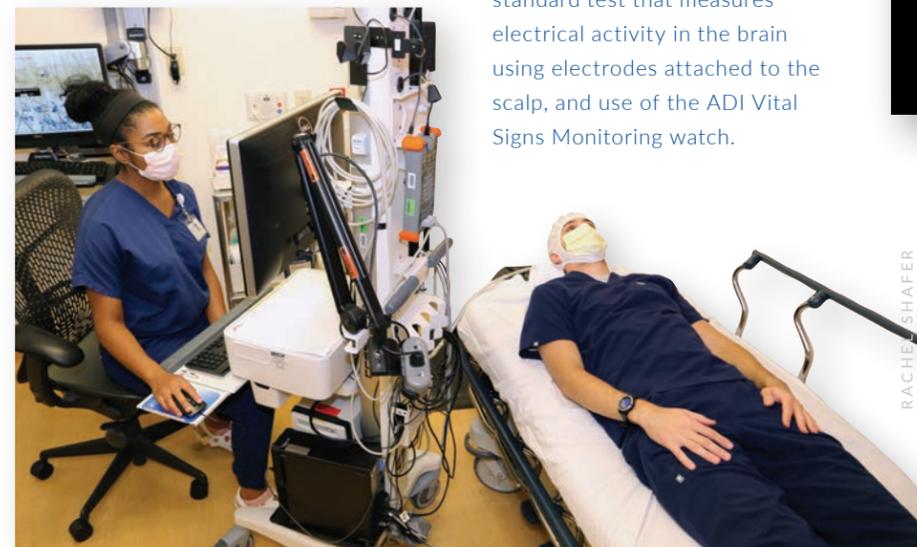
Alison Edelman, M.D. '97 R '01, M.P.H., professor of obstetrics and gynecology and division director of Complex Family Planning, was appointed to an international advisory group coordinated by the World Health Organization that aims to identify and address priorities for research to improve sexual and reproductive health worldwide.

Ilker Yaylali, M.D., Ph.D., professor of neurology, and Paul Motika, M.D., associate professor of neurology, are collaborating with Analog Devices, Inc., (ADI) to determine whether ADI's smartwatch can measure biometric and physiological indicators used to detect seizures in people with epilepsy. The researchers will test whether the watch data can be correlated to the EEG measurements. The goal is to develop predictive software that will give advance warning about a forthcoming seizure.



STUDY OF WEARABLES AND SEIZURES

Epilepsy Monitoring Unit staff members Christian Shoulders and Pedro Tamayo demonstrate monitoring with EEG or electroencephalogram, a gold-standard test that measures electrical activity in the brain using electrodes attached to the scalp, and use of the ADI Vital Signs Monitoring watch.

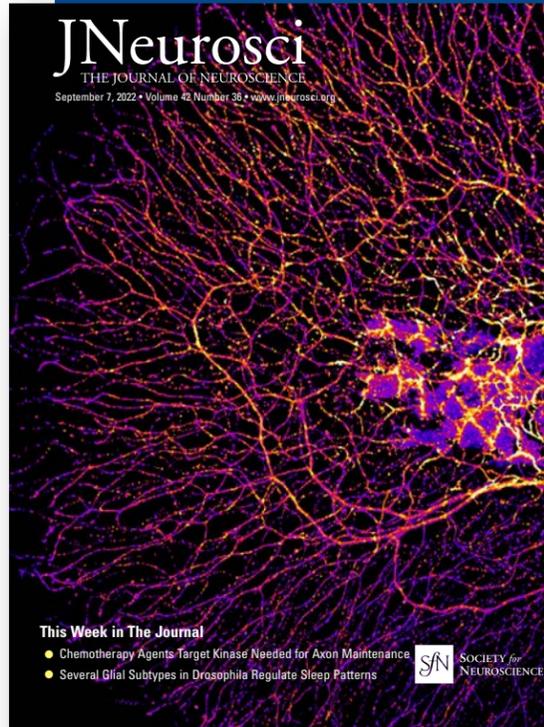


RACHEL SHAFER

Leslie Garcia, M.P.A., has been named the school's associate dean for diversity, equity and inclusion. The promotion from assistant dean recognizes her leadership and contributions in the areas of diversity, equity, inclusion and anti-racism in health care, education, research and service.

New research reveals that private equity firms which acquire physician-owned medical practices appear to be imposing measures to squeeze out more profits, according to a study in *JAMA Health Forum* led by Jane M. Zhu, M.D., assistant professor of medicine (general internal medicine and geriatrics).

Simply Stunning



This Week in The Journal

- Chemotherapy Agents Target Kinase Needed for Axon Maintenance
- Several Glial Subtypes in *Drosophila* Regulate Sleep Patterns



WE'RE GETTING A TINGLY SENSATION

An image by postdoctoral scholar Adam Tuttle, Ph.D., who works in the lab of Alex Nechiporuk, Ph.D., professor of cell, developmental and cancer biology, graced the cover of the *Journal of Neuroscience* earlier this fall. Tuttle explains, "This image shows a Z-projection of all the sensory axon arbors that innervate the skin of a larval zebrafish tail and the differential activation of Src Family Kinases (SFKs) within those axons. Immunostaining for phosphorylated SFK in transgenically-labeled somatosensory axons combined with 3-D image analysis allows visualization of different levels of SFK activity within portions of the axon from high levels—white/red/orange—to low levels—purple/blue." The team's study identified a new role for SFKs in the maintenance of these sensory axons within the skin.

“We are Teaching Future Providers to Change Their Assumptions”

Unique PA training opens students' eyes to the needs of patients with disabilities.

By Rachel Shafer

Michael Steen has many things. He has a career as a community banker in Portland, Ore. He has a membership in the Portland Pearl Rotary Club, where he co-chaired its Social Justice Committee. He has Oregon roots, a thing for healthy food and a recumbent trike. (“It’s wonderful exercise. People should try it.”)

And he has cerebral palsy, a neurological disorder that can affect muscle control and tone, coordination and sometimes cognitive abilities as well.

This spring, Steen joined other people with disabilities at several sessions of disability awareness training as part of the “Principles of Professional Practice” course series that all first-year physician assistant (PA) students at OHSU take. The training, launched four years ago, involves a lecture, panel discussions and role-playing scenarios where students practice taking an actor-patient’s history or explain the results of testing or a treatment plan in a group setting.

The goal, says Associate Professor Lillian Navarro-Reynolds, M.S., PA-C, is to familiarize PA students with the needs and challenges of people with disabilities as those patients access health care and to help students improve collaboration and patient outcomes.

Patient-first approach

The OHSU PA Program is one of the few PA programs in the nation, according to the academic health literature, to not only require first-year students to learn about the health care perspectives of people with disabilities, but to take a patient-first approach in which people with disabilities assist with the training design and participate in the instruction.

Steen gave several recommendations to PA students as part of his instruction; above all, he advised, have a friendly demeanor.

“A doctor’s bedside manner is a matter of life and death for people with disabilities,” says Steen. “If we have negative experiences, we’re less likely to engage with the medical community and follow instructions and recommendations.”

Building practical skills

PA student Morgan Logan was one of 30 students who participated in the spring training. One of her biggest takeaways, she says, was remembering to discuss concerns with patients directly, and to only speak with an accompanying caregiver as needed.

The student training, says Navarro-Reynolds, builds practical skills such as effective communications when gathering patient information or providing education, and managing overbearing caregivers in the exam room, for example.

To successfully put on the training, Navarro-Reynolds and the PA Program partner with the OHSU University Center for Excellence in Developmental Disabilities (UCEDD). As a flagship center of the OHSU Institute on Development and Disability, UCEDD is a federally funded center for disability education, research and outreach now celebrating its 50th year of serving Oregonians.

“We’re moving from a medical model of disability where the disability needs to be fixed or cured to a social model of disability where the external environment and/or the attitudes of others disable people,” says UCEDD Co-Director Rhonda Eppelsheimer, M.S.W., LCSW. “People are not defined by their disability. We are teaching future providers to change their assumptions and to reframe their communications with patients.”

The PA training’s patient-first approach was such a success that it served as a model for similar student trainings in the School of Dentistry, School of Nursing, and the M.D. Program.

Opportunities to expand

Before medical school, fourth-year M.D. student Emily Hillmer worked as an adaptive ski instructor and outdoor educator where she taught people with disabilities how to ski and experience the outdoors.

As she moved through medical school at OHSU, Hillmer says she noticed some missed opportunities. For example, she says she didn’t learn to adapt a physical exam for a patient in a wheelchair or how to gather a complete history from a patient with a cognitive impairment. She set out to address this need.

The result is an elective course co-directed by Eppelsheimer where M.D. students learn a foundational approach to disability, starting with medical and social models of disability and basic disability awareness. Students then move into workshop sessions, where they develop hands-on skills that they might need in a clinical setting such as utilizing an American Sign Language interpreter during a patient exam or assisting with a safe transfer from a wheelchair. Volunteers with disabilities from the community provide real-time feedback to assist students with their skill development.

“Our goal is to have the sessions be taught as much as possible by people with disabilities and place their lived experience at the forefront,” says Hillmer.

Greater awareness

That’s good news for people like Steen, who grins mischievously when he explains he’s just a regular, middle-aged man working to keep himself in decent shape and out of a doctor’s office.

“I’m not seeing doctors right now,” he says. “I’m focused on preventive care such as good nutrition, good exercise and seeking out mental health opportunities for myself as needed.”

But, he adds, “When I do need to see a doctor, there will be greater awareness within the medical community for disabilities like mine.” **B**



KEEPING HEALTHY

Top: Now fourth-year M.D. student Emily Hillmer with skier Olivia Tonti. Before medical school, Hillmer worked as an adaptive ski instructor and outdoor educator where she taught people with disabilities how to ski and experience the outdoors. Above: Morgan Logan (pictured left), second-year PA student, and Lillian Navarro-Reynolds, PA associate professor, in class. Left: Michael Steen on his recumbent trike. “It’s wonderful exercise,” he says. “People should try it.”



MICHAEL SCHMITT

ATTENDING PHYSICIAN CHRISTOPHER OLIVARES consults with emergency medicine resident Amandalin Rock, M.D., in the emergency department at Kaiser Sunnyside Medical Center in Clackamas, Ore.

Paying It FORWARD

Volunteerism takes many forms for OHSU School of Medicine alumni.

By Carin Moonin

Some OHSU students wonder: When so much looks interesting in science and medicine, which field of study or specialty should I pursue? And some alumni ponder: How can I volunteer to show students the way while also learning new things myself?

Maybe it's immersing M.D. students in your clinical practice and seeing your everyday work in a new light. Perhaps it's signing up to lead a virtual seminar for graduate students—and helping recruit fellow alumni to join the panel. Or maybe it's a joint effort to explore ways to elevate a community through diverse, equitable and inclusive actions.

The alumni profiled below are just some of the many volunteers who give their time and efforts toward teaching and helping learners in the OHSU School of Medicine. We thank each and every one of you.

A community mentor with immense impact

As a high-volume surgeon, Katelyn Clark, M.D. '11 R '16, FACS, performs approximately 700 operations a year.

But being a surgeon is about more than operating room time, Clark says. "It's a challenging role to find the right balance," she says. "Not only do you have to know how to operate, you have to be skilled at knowing when and when not to operate—and how to communicate that to patients. I learned that through mentorship."

Born and raised in Eugene, Ore., Clark wanted to train within her own community; she attended OHSU for both medical school and surgical residency. During her third year in medical school, she spent a six-week rotation in Eugene with surgeon David DeHaas, Jr., M.D., FACS; by the time it was completed, she found herself with a job offer.

"Although this was a male-dominated field, he encouraged me to pursue surgery," she says. "When I returned to OHSU, I found more surgical rotations and mentors. Eventually I did join Dr. DeHaas' group."

She pays back the guidance she received by serving as a mentor herself, teaching 50 students annually through month-long rotations at her clinic.

"The medical students I get to teach are all so smart and motivated," she says. "They've absorbed all this knowledge and integrate it like they're going through a growth spurt. And they come from such diverse backgrounds; I love to hear their stories."

Fourth-year M.D. student Jack O'Grady worked with Clark as a scribe for a year before beginning medical school and believes she's the best teacher he's ever worked with.

"She recognizes where you are on your journey: Where you're at, and when you need to be pushed out of your comfort zone—while keeping patient safety first," he says. "She's taught me you can be immensely impactful as a community surgeon who's great at their craft."

COMMUNITY SURGEON KATELYN CLARK (below, left) precepts then-M.D. students Ellen McCleery, M.D. '19, M.P.H '13, (center) and Jasper Bash, M.D. '18, (right) at the PeaceHealth Center for Medical Education & Research in Eugene, Ore., in 2017.



AMIRAN WHITE

The medical students I get to teach are all so smart and motivated. They've absorbed all this knowledge and integrate it like they're going through a growth spurt.

– Katelyn Clark



RACHEL STAIFER

Helping graduate students make career connections

When applying to graduate schools, Christina Lorentz, Ph.D. '10, felt decisive. She knew she wanted to perform research that would benefit medicine. And after graduating from OHSU and completing a postdoc at Weill Cornell Medical College, she also knew she didn't want to stay in academia; she wanted to go into industry. An OHSU connection returned her to Portland, Ore., to work at biotechnology company Aronora in a senior research scientist role. Ten years later, she's director of clinical operations there, developing therapeutics to reduce the growth and progression of blood clots without the bleeding side effects. It's a solid success story, and Lorentz credits her OHSU experience with shaping her career. That said, she believes she might have benefited from learning the variety of avenues one can pursue with a Ph.D. "I wish I'd had more exposure to careers that weren't classic academic principal investigator track," she says. It's why she welcomed the opportunity to be part of the OHSU School of Medicine Alumni Council. When COVID-19 shutdowns sent students home, Lorentz and the committee held virtual career development seminars with learners and alumni from all over the country. The seminars cover various

PH.D. CANDIDATE ELIZABETH ROSE (LEFT) AND SCIENTIFIC DIRECTOR CHRISTINA LORENTZ at Rose's workspace in the lab of Vivek Unni, M.D., Ph.D., associate professor of neurology, OHSU School of Medicine.

careers of alumni panelists and the paths they took to get there, including leadership roles at the National Institutes of Health, directors of data science, industry CEOs and professorships. "For many alumni, it's been years since they've been to OHSU or interacted with students," Lorentz says. "All wished they'd had more of these types of experiences as students." Soon, Lorentz says, they would like to host in-person career panels but will continue virtual sessions to encourage alumni involvement. Fourth-year Neuroscience Graduate Program Ph.D. student Elizabeth Rose is the graduate student representative on the alumni council and welcomes the multidisciplinary perspective Lorentz brings to the group. "She finds panelists and leads the sessions, and I get feedback from students on topics they'd like to learn about," Rose says. "Her network benefits all graduate students. It has been a treat to work alongside her."

From enlisted service member to award-winning educator

Amber Koonce, M.P.A.S. '17, PA-C, grew up in southern Oregon. She knew she wanted to go into medicine. But first, she joined the Navy and traveled around the world for five years, fixing reconnaissance planes.

And while it was a fantastic experience, she says, when her service was complete, she enrolled in school to become a physician assistant specializing in women's health. "As a woman's health provider, you're hearing about the most intimate parts of your patients' lives within minutes: You need to build rapport quickly," Koonce says. At OHSU, Koonce says, she had fantastic preceptors and clinical opportunities, all of which helped her obtain her current career: a PA at the Women's Center of Southern Oregon in Grants Pass, Ore.

Teaching means much to Koonce, and not only "by the book" learning. Good teaching means you instruct on technical aspects, she says, but it also means teaching what you've learned outside the classroom. Always be humble. We all can learn, all the time, she says. "The only way, as a society, to move forward is to impart knowledge to the people behind us," she says. "No one should hoard knowledge; you should want the next learners to be better than you—provided they have a great foundation to start with."

Former student Georgia Varetas, M.P.A.S. '22, PA-C, says Koonce is not only a great teacher but also kind. "She creates a comfortable environment with her patients where they can place their trust in her," Varetas says. Tamara Medley, M.D., FACOG, co-owner and president of the Women's Health Center of Southern Oregon, says Koonce never misses an opportunity to teach and to learn. "She will teach anyone: the O.R. tech, medical and PA students, and physicians. She is never afraid to ask questions and learn from others." It's shown in the accolades Koonce has received for her instruction. She recently won the James M. Ryan, M.D., Memorial Award for Excellence in Clinical Teaching—five years after she herself graduated from the PA program. "That was a huge honor," she says. "I try and instill my love of women's health in students. I felt like they appreciated my teaching as much as I appreciate the opportunity to teach them."



The only way, as a society, to move forward is to impart knowledge to the people behind us.

— Amber Koonce



COURTESY AMBER KOONCE

PHYSICIAN ASSISTANT AMBER KOONCE at the Women's Center of Southern Oregon in Grants Pass, Ore.

A teacher with a passion for rural medicine

Caitlin MacCoun, M.D. R '19, grew up in a small Wisconsin town and credits her childhood doctors for her early love of family medicine.

“They served as early mentors for me,” she says. “I saw the connection they had with families. I wanted to have that science and learning in my own community and give back.”

She came to southern Oregon for her family residency, moved to Seattle for a surgical and high-risk obstetrics fellowship, then returned to Oregon, this time on its east side: the Blue Mountain Hospital District in John Day, Ore.

It’s an area that provides what she wants most: A way to be that family doctor who sees babies to nursing home residents, who performs OB/GYN procedures and cares for emergency department patients.

“Maybe because I’m from a small community, but I like knowing my patients and seeing them out and about,” she says. “You build relationships. It’s such a blessing to take care of all family members.”

Earlier in her career, when she started hosting OHSU students and residents on rural rotations, she says she feared she wouldn’t know enough to teach them, especially upper-level residents. But then she realized education went in both directions: Students could share what they’d learned in the classroom and marry that with real-life patient cases—and she could stay up-to-date.

Former resident-trainee and now colleague Charlie Price, D.O. R '22, says that no matter how busy MacCoun is, she always takes the time to answer questions. “Caitlin is very passionate about her work,” he says. “She will go out of her way to ensure you understand the topic to the best of her ability, or she will find the resources to guide you further.”

“It’s a joy to work with students,” MacCoun explains. “They are so smart and eager to come here. And it keeps me remembering what that time in my life was like.”

FAMILY PHYSICIAN CAITLIN MACCOUN
in clinic at the Blue Mountain Hospital District in John Day, Ore.

COURTESY CAITLIN MACCOUN



EMERGENCY MEDICINE RESIDENT Cesar Sabogal, M.D., (right) confers with Christopher Olivares in the emergency department at Kaiser Sunnyside Medical Center in Clackamas, Ore.

Frank talk, a guiding word and the benefits of mentorship

Christopher Olivares, M.D. '05, goes running on the same routes he ran in high school.

Raised in southwest Portland, Ore., he saw OHSU as a beacon. It was one of the things that inspired him to be the first in his immediate family to graduate from college.

After earning a degree from the University of Oregon, Olivares worked at OHSU as a research assistant doing hematology stem-cell research as a way to consider research as a potential career and build his candidacy for medical school.

Two years later he began medical school at OHSU. And when he chose emergency medicine for his residency, he did so on the advice of mentors he picked up along the way. He is now a physician in the Emergency Department at Kaiser Permanente Northwest.

“Often in life, we need to make weighty decisions with little information,” he says. “I didn’t know which residency option to choose. Then one of my mentors asked me, ‘How do you fundamentally approach patients?’ That’s when I realized I wanted variety and adrenaline. At the time, I was 25. I had all the energy in the world. Did I have the foresight of 10 years down the road? Maybe not.”

Aside from maintaining the breathless pace of an ED physician, Olivares also wanted to integrate diversity, equity and inclusion (DEI) throughout the health care experience, starting with education. As a co-lead of the OHSU Diversity Mentorship program, he helps OHSU M.D. students from diverse backgrounds pair with a mentor of similar background or interests.

At Northwest Permanente, he also developed the Hippocrates Circle, a health care career pathway program that partners with middle schools with a high proportion of under-represented minorities, encouraging them to pursue careers in medicine.

Olivares also identified a need to bring DEI into clinical quality improvement efforts to ensure all patients had the same level of access to care. “Social disparities have such an impact on health care outcomes, like how a zip code often is a bigger determinant of health than blood pressure,” he says. “But it’s more than what you read in a textbook; seeing it firsthand is eye-opening.”

In addition to clinical education, Olivares feels strongly that institutions should provide education and mentorship around the business of being a physician. Learners need frank talk about issues such as how student loans influence their choice of specialty or how to avoid burnout, he explains.

“We should be having conversations with students earlier in their training about financial wellness and work-life balance,” he says. “I believe this will lead to career happiness and longevity.”

He adds, “I feel we have spent a lot of time to get where we are and have much to offer in the form of mentorship. As our story continues to be written, we should continue to look for mentors for ourselves.” **B**

If you’d like to learn more or get involved with alumni-student outreach, contact alumni@ohsu.edu.

GROUNDWORK

Hoffman digs alongside her students at the Pollentia Undergraduate Research Expedition, an archeological dig located at the site of an ancient Roman city in Mallorca, an island off the coast of Spain.



ADAM GUGGENHEIM/UNIVERSITY OF PORTLAND

“What Can You Discover? And Who Can You Help?”

Angela Hoffman will step away from 33 years of teaching, mentoring and research in higher education to serve a higher calling.

By Anna Lageson-Kerns

A lifetime of curiosity and questioning led Angela Hoffman, Ph.D. '89, to her current position teaching and working on research projects with undergraduates at the University of Portland (UP). This fall Hoffman is handling a full course load and working on a research project that won't yield final results until late spring.

In December, however, she will be pulled away by a prior commitment she made as a young woman when she took vows as a sister with the monastic congregation of St. Benedict. Hoffman was recently elected to serve as prioress of the St. Placid Priory in Lacey, Wash., and says that leading the community will be a full-time job.

She admits she would not have chosen this time to retire from her research, teaching, and mentoring responsibilities at UP, but with a shoulder shrug, she says, “Whatever I'm called to do is going to be fulfilling.”

Learning to teach

This philosophy of acceptance has served her well, beginning when her Benedictine community asked her to

“

You can't believe in science. In religion, it's believing. In science, it's finding evidence for—they're not conflicting; they're different ways of looking at the same thing. Whatever God puts into creation, it's for us to find. And there's plenty out there that nobody knows about yet!

— Angela Hoffman

teach second-graders. Hoffman recalls, “Second grade wasn't on my list of to-dos either, but I learned a lot. I learned how to teach.”

She continued teaching, moving from middle to high school science and math classes until eventually, she enrolled at the Oregon Graduate Center (OGC). When she earned her Ph.D. in plant biochemistry in 1989, the institution's name had changed to the Oregon Graduate Institute (OGI), which later merged with OHSU.

Hoffman joined the faculty at UP in 1989 as a biochemistry, chemistry, and lab instructor. In the early '90s, she began working with undergraduate and high school students who were interested in Taxol (paclitaxel), a natural-source cancer drug derived from yew tree bark and used in fighting breast, ovarian and lung cancers—as well as Kaposi's sarcoma.

Through lab experimentation, Hoffman and her students ascertained that Taxol could also be exported into a culture medium from the cuttings of yew trees. This discovery led to the first of four of Hoffman's patents. She proudly shares ownership of this first patent with her students. “Three of us are on the patent. That's pretty cool, huh?”

“Wide open”

Her delight in working with undergraduate students is evident. Hoffman explains that she loves to see their “Aha!” moments. She describes her students as “wide open, and they learn no matter what—if it works or if it doesn’t work. If it doesn’t work, what else can we do until we get something we can understand?”

Teaching at a small Catholic university that focuses on undergraduate education can make it difficult to earn research grants or to win credibility when submitting findings for publication, explains Hoffman.

When she and her team discovered the presence of Taxol in extracts of the ground-up cuttings of leaves and branches taken from local hazelnut trees, “We had a really hard time getting published,” she says. And when she and her students discovered that fungi isolated from hazelnut branches can also make Taxol, “That wasn’t easy to get published either,” but eventually it was, Hoffman states with a smile.



NASHCO/UNIVERSITY OF PORTLAND

INVESTING IN THE FUTURE

Above: Angela Hoffman loves to see her students’ “aha!” moments in science. Far right: Planting yew trees with students on the lower campus of University of Portland. Right: Close-up of a yew tree.



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“Something from home”

Hoffman’s commitment to her students is well-recognized on campus. Mellonie Mwawai, a research mentee of Hoffman’s at UP and a 2021 graduate declares, “literally everyone loves her!”

An immigrant from Kenya, Mwawai struggled with self-identity her freshman year, she says. The majority of the student population at UP was white, and Mwawai says, “I was still learning how to be Black in the U.S.”

Hoffman was Mwawai’s first-year general chemistry instructor and saw an opportunity to engage her. Hoffman showed Mwawai a plant from her campus greenhouse and invited her to begin a research project using it. Mwawai recognized *Plectranthus amboinicus*, a plant that grows in Kenya. “My grandma used it as a food additive and medicine for stomach aches and open wounds. It was like the ibuprofen and Tylenol for everything.”

The research project gave Mwawai a sense of purpose. Working with the plant “was like something from home. And that switched my perspective on everything,” she says.

Critical juncture

Though a full-time instructor at UP, Hoffman regularly offers guidance to high school students who are focusing on scientific research. Lara Shamieh, who earned a Ph.D. in biochemistry and molecular biology from OHSU in 2006, was introduced to Hoffman when Shamieh was a senior at Columbia River High School in Vancouver, Wash. Shamieh says that Hoffman “graciously took me on board” and together they researched the insecticidal properties of yew plants, working to identify what keeps the plants’ leaves from being eaten by insects.

Much like Mwawai, Shamieh met Hoffman at a critical juncture in her life. Shamieh had grown up in the Catholic faith, but when she was in high school, she began questioning the intersection between religion and science. She recalls receiving societal messages that one could not be both a person of faith and a scientist. When she met Hoffman, she says, “It was really exciting and eye-opening. She’s a Catholic sister and she had a Ph.D. in biochemistry!”

Hoffman explains how she can comfortably navigate her life as a Catholic nun and a scientific researcher, “You can’t believe



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in science. In religion, it’s believing. In science, it’s finding evidence for – they’re not conflicting; they’re different ways of looking at the same thing. Whatever God puts into creation, it’s for us to find. And there’s plenty out there that nobody knows about yet!”

Ancient dig

Hoffman focused on one of these unknowns this past summer, working alongside her students at the Pollentia Undergraduate Research Expedition, an archeological dig located at the site of an ancient Roman city in Mallorca, an island off the coast of Spain. She and her students collected dirt samples from ancient Roman and Christian graves and are using the dirt to grow bacteria.

Their research hypothesis is that, because the bacteria are derived from soil that is centuries old, they have not been exposed to modern microorganisms. Focusing on the actinomycetes bacteria, the slowest-growing bacteria, they will explore whether these bacteria could yield new antibiotics.

Hoffman is hoping to be able to continue working with her

students through this spring, though she says she will need to balance this research with her new responsibilities as prioress.

“Life is like that”

As she contemplates packing up her office, Hoffman estimates that in addition to the more than 6,500 undergraduate students she has taught, she has worked on research projects with at least 300 undergraduates and nearly 100 high school students. Among her honors, she has been named an American Chemical Society Fellow, a Fellow with the American Association for Advancement of Science, an Oregon Academy of Science Outstanding Higher Ed Teacher, and was given an honorary doctorate from St. Martin’s University.

But she isn’t concerned with her legacy. She likes to fly under the radar, she says. “The point is: What can you discover? And who can you help?”

Hoffman displays no bitterness or frustration about retiring from her scientific career earlier than she had planned. “Life is like that,” she says. “I get to go do something else now instead.” **B**

Richard Bruno Finds a Calling in Community Health and Public Advocacy



Richard Bruno, M.D. '13, M.P.H., is a third-generation physician. In the 1880s, his great-great-grandfather was the only town doctor in Bald Knob, Ark. More recently, his grandfather practiced as an obstetrician and gynecologist in Little Rock, Ark. Yet Bruno says he was inspired to become a physician by a stronger influence than family history.

When he was in junior high school, he volunteered at a camp attended by children with various health conditions. Each week, he helped a new group of children enjoy camping while navigating complex medical requirements. He thought he could help these children “in a greater way” as a physician.

Bruno graduated with a B.S. in psychology from Princeton University and then “bounced around a bit.” He and his wife moved to Oregon on a whim, and Bruno found work at OHSU doing sleep research. He applied to the OHSU M.D. program after meeting faculty and physicians there who he said inspired him with “the wealth of knowledge they had and how warm they were toward their patients.”

As an M.D. student, Bruno completed rotations at various organizations supporting Portland’s houseless population and “felt really lucky” to rotate at Central City Concern (CCC), a nonprofit agency. “They not only provide primary care, mental health and substance use support, but they provide housing for people,” he says. “Getting people into housing first, and then helping them get plugged in with services is a nationally recognized model that works really well.”

Following his residency in family medicine and preventive medicine at Johns Hopkins, Bruno was drawn to community-based nonprofit health care, working first as a family and preventive physician for Baltimore Medical System and then

as the interim site medical director at Chase Brexton Health Services’ Mount Vernon Center.

When he had an opportunity to return to Portland, though, he jumped at the chance. He says he was excited to be chosen as the senior medical director for primary care at CCC.

Bruno’s team approaches its work through a trauma-informed lens, he says, and many of CCC’s patients have turned to substance use as a coping tool for past traumas. Overdoses of fentanyl are steadily increasing, but clinic members can prevent death if they administer Narcan in time.

“It takes a toll on the health care workers,” he says. “But it’s really rewarding to save somebody, get them into treatment and offer them the support they need.”

To help prevent burnout, Bruno has turned to public advocacy throughout his career. During his time in Baltimore, he ran for state representative, hoping to help write and pass health-related laws. He estimates that he “knocked on 15,000 doors asking, ‘How can I help? What are your needs?’” He did not win the election, but the experience helped him “to understand how medicine and politics are linked.”

Oregon Gov. Kate Brown recently appointed Bruno to the newly formed Oregon Prescription Drug Affordability Board. Board members will identify nine drugs and at least one insulin product that pose potential affordability challenges and make recommendations to the state legislature. This kind of work, Bruno says, “makes me feel like I can get something done that may be too frustrating to try to do in the clinics.”

Whether he’s engaged in patient care or in advocating for legislative change, Bruno continues to fulfill the pledge he made to himself when he was in junior high: to help others in a greater way. — A.L.-K.

M.D. CLASS OF 1971 REUNITED

Members enjoy a sunny day on campus. From left to right: Peter Slabaugh, Stephen Brenneke, Robert Poole, Jon Bishop, Paul Pennington, W. Bruce Clark, Diane Williams Engelhardt, Jim Harper, Mason Smith.



Gatherings, Reunions Return With a Flourish

Alumni attending the annual Oregon Society of Physician Associates Conference in Seaside, Ore., enjoyed a reception hosted by the OHSU School of Medicine Alumni Association.

Attendees, including alumni and their family members, faculty, students and preceptors heard PA Program updates, and met the program’s new director, Skylar Stewart-Clark, Ph.D., PA-C, who encouraged alumni to volunteer as preceptors.

After two years of canceled reunions because of the pandemic, several M.D. classes were thrilled to finally reconnect in person this summer in Portland, Ore. The class of '67 told stories and shared laughter in July as they marked 55 years as classmates and friends. In August, the class of '70 took a walking tour of the OHSU campus before gathering for dinner to celebrate 52 years since commencement. Delighted to reconnect even if it was a year late, members of the class of '71 also visited campus and then gathered over dinner to celebrate their 50-year reunion in September. The class of '12 was energized by its September celebration, marking 10 years since graduation. In October, the class of '65 celebrated its 55th year reunion, the class of '72 its 50th reunion, and the class of '92 held its 30th reunion. Congratulations to all!

Alumni Engagement Team Adds Two New Members

Assistant Director of Alumni Engagement Nataly Paoli led alumni outreach while coordinating student scholarships at Mt. Hood Community College before joining the OHSU Foundation’s Alumni Engagement team, where she helps lead communications for all alumni.

Anna Horlacher, associate director of experiential alumni engagement, will focus on how an event, product or process is experienced by alumni to continually improve alumni engagement. She has extensive experience building alumni programming and stewarding alumni boards and chapters.

Please contact the Alumni Engagement team at alumni@ohsu.edu with questions, concerns, or suggestions for future programming. We are here to support you, so you can be there for each other.

READY TO HELP

At left: Anna Horlacher; right: Nataly Paoli.



Class Notes

WE WELCOME YOUR NEWS AND PHOTOS

Email alumni@ohsu.edu or write a note to *Bridges* Class Notes c/o Rachel Shafer OHSU School of Medicine, 3266 S.W. Research Drive, MC L102, Portland, OR 97239. Please write a maximum of 250 words and include your name, degree/training information and graduation/completion year. We may not be able to publish all items and may edit for length and clarity.

1970s

Samuel Lin, M.D. '75, Ph.D. '73, writes, "I have been elected chair-elect of the American Medical Association (AMA)'s Senior Physician Section, which represents the 61,000 AMA members who are 65 years or older."

1980s

▶ **Jack Uhrig, M.D. R '81, FACP**, writes, "I'm currently in my 41st year of private practice of internal medicine in Marshall, Mo. I am proud to have received the finest training from the likes of George Porter, Walt McDonald, Bud Bardana, Frank Kloster, Jack McAnulty, Howard Lewis and numerous others. It was also great to train with the other residents and fellows including my long-time friend Brian Kelly, M.D. '75, R '79 R '81. I am still pursuing my competitive running career, which began in Beaverton and along Terwilliger Drive. I enjoy teaching students the same principles of medicine I learned at OHSU."



1990s

▶ A visit to the Korea Advanced Institute for Science and Technology (KAIST) landed **Christopher Fiorillo, Ph.D. '99**, a faculty job in the Department of Bio and Brain Engineering, where he is now a tenured professor. His lab focuses on how computational principles combine with neurophysiological and behavioral analyses to further an understanding of neural information processing.



2000s

Laurel Berge, M.D. R '03, practices emergency medicine at Kaiser Permanente Sunnyside Medical Center in the Portland, Ore., area. She's contributed significantly over the years to the mentorship, recruitment and on-shift teaching of OHSU emergency medicine residents.

2010s

Jinnell Lewis, M.D. '11 R '14, is the new residency director for OHSU's Family Medicine Three Sisters Rural Training Track in Madras, Ore. She practices full-spectrum family care at the St. Charles Madras Family Care Clinic with an emphasis on obstetrics and pediatric care. When not working, Lewis enjoys camping, hiking, skiing, hunting, traveling, riding horses, and cooking with her family.

Andrew Terker, Ph.D. '14, M.D. '17, research fellow in nephrology at Vanderbilt University Medical Center, received a 2022 Emerging Generation Award from the American Society for Clinical Investigation.

Elizabeth Lieberman, M.D. R '19, gives this update in the *Oregon Journal of Orthopaedics*, "This summer I joined the Orthopaedic + Fracture Specialist group and am excited to work with OHSU residents. Outside of work I spend

my time throwing a ball for my two black labs, Seamus and Wrigley, chasing personal records on my Peloton and working on my new hobby – golf, which is incredibly humbling."

2020s

▶ **Kathleen Hahn, M.S. '21, RD, LD**, works as a clinical dietitian at Providence Health & Services in Portland, Ore. She graduated from the Food Systems and Society Graduate Program. "I am interested in how my patients' health is impacted by race, class, and gender," she says.



▶ During a March workshop, **Derek Wiseman, M.D. '21**, provided Oregon Tech students in Klamath Falls, Ore., with hands-on training and guidance in the art of suturing. Originally from Klamath Falls, Wiseman taught anatomy labs at Oregon Tech for a year before enrolling in medical school. He is now in his second year of residency at Cascades East Family Medicine. "It will hopefully excite students about the long, hard journey into medicine," he says.

Matthew Blake, Ph.D. '22, successfully defended his Ph.D. thesis in April and started a new job as an application scientist at Hewlett-Packard. He writes, "I'm working to develop new microfluidic technologies for use in biomedical research. My role spans from in-lab research and development work to collaboration with customers in order to make new research tools. In my spare

time, I enjoy riding bikes around Oregon and drinking coffee!"

Jacqueline Howard, M.S. '22 Healthcare Management, writes, "In March of 2022, I received a promotion at Regence Blue Cross Blue Shield to work as the product manager for our Employee Assistance Program in our product department. As of August, my role has expanded, and I am now also the product manager for all of our small accounts under 50 employees."

In Memoriam

Justin Cetas, M.D. R '09 F '10, Ph.D., of Tucson, Ariz., died July 14, 2022, at age 51.

William Guyer, M.D. '53 R '58, of Portland, Ore., died Aug. 1, 2022, at age 95.

Lee Hall, M.D. '74 F '90, of Portland, Ore., died July 1, 2022, at age 73.

Russell Jacobe Jr., M.D. R '65, of Houston, Texas, died June 24, 2022, at age 83.

Alvin Klass, M.D. '63 R '68, of Canby, Ore., died June 2, 2022, at age 90.

Ilan Maizlin, M.D. '10, of Portland, Ore., died June 28, 2022, at age 39.

Richard McCartney, M.D. '76, of Richland, Wash., died July 13, 2022, at age 71.

Walter Meihoff, M.D. '59 R '63, of Portland, Ore., died July 5, 2022, at age 88. Meihoff served as School of Medicine Alumni Association Council President from 2009–2010.

Susan Newcomb, M.D. R '84, of Albany, Ore., died June 24, 2022, at age 68.

Arlen Quan, M.D. '57 R '63, of Olympia, Wash., died June 10, 2022, at age 88.

Robert Seeger, M.D. '65, of Bend, Ore., died June 4, 2022, at age 82.

Dean Watkins, M.D. '65 R '70, of Meridian, Idaho, died June 30, 2022, at age 82.

Calendar

Events

School of Medicine Alumni Association Holiday Reception

For more information and to RSVP, please call 503 552-0667.

DEC. 4

THE TOWN CLUB, PORTLAND, ORE.

Timely Topics: Webinar Series

Vaccine Hesitancy

JAN. 10

WEBINAR

More Than Medicine: OHSU's Journey to Deliver Gender Affirming Care

FEB. 14

WEBINAR

Bridges Collaborative Care Clinic

MARCH 14

WEBINAR

View registration details at ohsufoundation.org/alumni/school-of-medicine/timely-topics/. For the latest information and more events, go to www.ohsu.edu/som/alumni.

Continuing Medical Education

54th Annual Primary Care Review

FEB. 6-10

HYATT REGENCY, OREGON CONVENTION CENTER, PORTLAND, ORE.

7th Annual Adult Mental Health Update

FEB. 24

CROWNE PLAZA, LAKE OSWEGO, ORE.

6th Annual Pediatric Mental Health Update

MARCH 10

EMBASSY SUITES, WASHINGTON SQUARE, TIGARD, ORE.

30th Annual Internal Medicine Review

APRIL 6-7

SENTINEL HOTEL, PORTLAND, ORE.

Schedules are subject to change. Please contact cme@ohsu.edu for brochures and program updates. For the latest information on these and other CME events, including online offerings, visit ohsu.edu/som/cme.



Alumni Engagement Program
2020 SW 4th Ave. Suite 900
Portland, OR 97201

Celebrate

with the School of
Medicine community at
the Holiday Reception
on December 4, 2022

Learn

about the latest health
care and science issues
at the School of Medicine
Alumni Association's
monthly webinar series,
Timely Topics

Reconnect

with fellow classmates
by attending (or planning)
your class reunion

EXCITING OPPORTUNITIES FOR ALL OHSU SCHOOL OF MEDICINE ALUMNI
6 WAYS TO ENGAGE!

Volunteer

as a Multiple Mini
Interview Rater and
help the School of
Medicine admissions
select the next class of
M.D. students

Share your expertise

with students at the
Medical Specialty Speed
Networking event or at
an upcoming Graduate
Student Career Panel

Support

fourth-year M.D. students
in choosing their residency
sites as an eHOST

For more information, visit ohsufoundation.org/alumni/school-of-medicine
or contact us at alumni@ohsu.edu



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