

2019-2020 ADFM LEADS: Leadership Education for Academic Development and Success



Nitin Budhwar, MD, FAFP
UT Southwestern Health Center

LEADS Project: Establishing a Unified Departmental Quality Improvement Process

Advisor: Grant Greenberg, MD, MA, MHSA

Nitin Budhwar is an Associate Professor of Family Medicine at the University of Texas, Southwestern Medical Center - Dallas. Currently he is in his second year of being Vice Chair for Clinical services in the department of Family Medicine. As well as his fourth year as the Chief of Service for Family Medicine at the Parkland Hospital and Health systems. He has also served in the roles of a medical director and associate program director. He completed his medical schooling from the University of Ottawa, Canada. His internship and residency were done at Bassett- Columbia, Cooperstown and St Elizabeth's, Utica, both in upstate NY. He then completed his fellowship in Geriatric medicine from East Carolina University, Greenville NC. Prior to academic medicine he practiced in rural eastern NC for a little over 5 years, before joining the department in Dallas. His research interests are in clinical quality improvement, using technology & data can enhance the primary care experience & incorporating complimentary medicine in to main stream medicine. He really enjoys working with learners at all levels and current participates in training residents, fellows, faculty and medical students. His clinical interests lie in working with the elderly, patients with complex care needs and with an underserved population.



Elizabeth Clark, MD, MPH
Rutgers, RWJ Medical School

LEADS Project: Maximizing CPC+

Advisor: E. Robert Schwartz, MD

I grew up in Wooster, Ohio, a town in the heart of Amish country; my parents moved there for my father to pursue a career in physics at the College of Wooster. I attended Grinnell College in Iowa and majored in English. After college I moved to North Carolina where I worked for a few years prior to attending medical school at the University of North Carolina at Chapel Hill. Residency was at Oregon Health & Science University (OHSU) in Portland, Oregon. I had the privilege of being the first resident in the combined Family Medicine and Preventive Medicine/Public Health Residency and completed an Masters of Public Health in epidemiology and biostatistics. Following residency I stayed at OHSU to complete a research fellowship and studied continuity of care and systematic reviews. I returned to Iowa for my first faculty position at the University of Iowa, a move prompted by a desire to be closer to family, and after my family decided to relocate (!), I was recruited to Rutgers in New Jersey to join the faculty and study qualitative research. At Rutgers I discovered my interest in leadership and administration, and have taken a number of leadership positions including being the Associate Medical Director of the main clinical site for the department and the director of our Comprehensive Primary Care Plus program. At this point in my career my thoughts have turned towards the question, "What comes next?" Being a department chair in Family Medicine is an option under consideration. When not working, I enjoy spending time with my husband, Jonathan, our two cats (Wit and Wonder), and our nieces and nephews. Hobbies include reading, cooking, watching movies and world cup soccer, and outdoor sports including recently dabbling in sailing. I am excited and honored to be selected for the ADFM Fellowship.

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Jonathon Firnhaber, MD
Brody SOM at East Carolina University

LEADS Project: What Exactly Do Our Faculty Do All Day?

Advisor: George Kikano, MD

Dr. Jonathon Firnhaber is originally from the mountains of Colorado and attended University of Colorado for his undergraduate and medical degrees. He completed residency in Family Medicine at RL Thompson Strategic Hospital, Carswell AFB, Texas. After serving an additional four years at Minot AFB, North Dakota, he spent nine years in private practice in North Carolina, with several years in solo practice. Dr. Firnhaber joined the residency faculty at East Carolina University in 2006 and became Residency Program Director in 2011. He also serves as Vice Chair for Academic Affairs and is a tenured Associate Professor. Dr. Firnhaber works in both the inpatient and outpatient settings and particularly enjoys outpatient procedures. His clinical interests include cardiovascular disease, diabetes, and migraine.



Rachel Franklin, MD, FAAFP
University of Oklahoma

LEADS Project: Strategic Planning for Advocacy During AHC Transition

Advisor: Margot Savoy, MD, MPH

Dr. Rachel Franklin is Professor of Family and Preventive Medicine at the OU College of Medicine and Medical Director of Oklahoma for TMF. She serves as Medical Director of OU Physicians Family Medicine Center, a residency based program, where she oversees the care provided to more than 50,000 patients per year in a Track 2 CPC+ practice. She is an elected member of the OU Physicians Council, the board of directors of the largest physician group in Oklahoma, for which she also serves as co-chair of the Collegiality and Wellbeing Committee.

Dr. Franklin's areas of teaching include practice management, chronic pain management, physician-patient communication, women's health and obstetric care. She was inducted into the College of Medicine's Academy of Teaching Scholars in 2012 and as a Fellow of the American Academy of Family Physicians in 2017. She serves on the Board of Directors for the Frontier District of the Oklahoma Academy of Family Physicians and represents the Women Physicians of Oklahoma at the AAFP's annual Conference of Special Constituencies.

She is married to Benjamin Franklin and has twins who are seniors in high school.

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John Freedy, MD, PhD

Medical University of South Carolina

LEADS Project: Behavioral Health Integration for the Community-Based Primary Care Network of the Medical University of South Carolina

Advisor: Valerie Gilchrist, MD

Completed competencies self-assessment: 1/1/19

Dr. Freedy is a Professor of Family Medicine at the Medical University of South Carolina (MUSC). He is trained as both a PhD Clinical Psychologist (1990) as well as a board-certified family physician (MD 2002; residency 2002-2005). He has over 20 years of faculty experience at MUSC (1991-1998 Department of Psychiatry and Behavioral Sciences; 2005-present Department of Family Medicine). Professional highlights include: 1. Administrative leadership (former residency program director and associate dean for student affairs; board member for university-wide clinical practice plan; Editor, *International Journal of Psychiatry in Medicine* 2012-present; Behavioral Science Forum Planning Committee 2016-2019; President, American Balint Society 2017-2019); 2. Clinical service (ambulatory and inpatient without OB); 3. Curriculum development/teaching (director of behavioral science curriculum for residency; ambulatory residency precepting; inpatient residency attending; ambulatory supervision of PhD clinical psychology interns providing behavioral health integration services for DFM clinics); and, 4. Research/scholarship (numerous professional publications in these areas: violence and traumatic stress; occupational stress/burnout; mental health/behavioral science in primary care; and doctor-patient relationship). Dr. Freedy has been married to his wife Melba for 33 years (met as Chapel Hill undergrads). She continues her work as a hospital-based pharmacist. John and Melba have two children: Madison (sophomore at The University of the South, Sewanee, Tennessee) and Matthew (sophomore at James Island Charter High School in Charleston). Dr. Freedy is quietly passionate about his family, the family dog (Luna, a beautiful female Australian Shepherd), and Ohio State football (Go Bucks!!!).



Krishnan Narasimhan, MD

Howard University

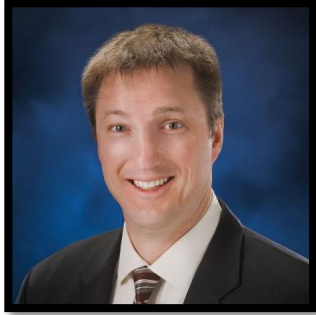
LEADS Project: Advancing Family Medicine as the Value Based Care Solution

Advisor: Steve Zweig, MD

Krishnan Narasimhan M.D. is an academic family physician at the Howard University Department of Community and Family Medicine with a focus in graduate and undergraduate medical education, health policy, health systems, expanding access, and building primary care capacity. Current roles include core residency faculty, clerkship director, predoctoral faculty, FMIG advisor, President-Elect of the DCAFP, and Board of Directors for Doctors for America. He led multi-state physician coalitions to move the policy debate on health reform, the passage of the Affordable care Act, and to advance primary care infrastructure. During the drafting of the ACA, he was consulted by the House Majority Leader on support for primary care.

His research on the economic impacts of family physician at the state level has been extensively used by AAFP and Health Landscape. As advisor, he guided his FMIG to a Top Overall award and has received multiple teaching awards. He completed medical school at Thomas Jefferson University, residency at University of Connecticut, and a Primary Care Health Policy fellowship at Georgetown University and the Robert Graham Center.

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Jacob Prunuske, MD, MSPH
Medical College of Wisconsin

LEADS Project: Departmental Budgeting and Relationships: Finding Opportunities in Transitions

Advisor: Linda Speer, MD, FAAFP

Completed competencies self-assessment: 1/2/19

Dr. Jacob Prunuske is an Associate Professor of Family and Community Medicine and the Assistant Dean for Clinical Learning at the Medical College of Wisconsin – Central Wisconsin campus. He earned his bachelor and medical degrees at the University of Wisconsin - Madison. He completed his Family Medicine Residency and Master of Science in Public Health at the University of Utah. His research has focused on family medicine and public health education. Dr. Prunuske is board certified by the American Board of Family Medicine and his clinical practice is at the Aspirus Wausau Family Medicine clinic. He enjoys mountain & fat biking, snowboarding, games with family & friends, reading, and cooking.



Kirsten Rindfleisch, MD
University of Wisconsin

LEADS Project: Family Medicine and the Academic Health Center – Communicating the Value Proposition

Advisor: Mack Ruffin, MD, MPH

Completed competencies self-assessment: 1/30/19

Kirsten Rindfleisch, MD is an Associate Professor of Family Medicine and Community Health at the University of Wisconsin School of Medicine and Public Health. She received her medical degree from Johns Hopkins University and completed residency training at the University of Wisconsin in Madison. She currently serves as the Associate Vice Chair for Teaching Practice Operations for the University of Wisconsin Department of Family Medicine and Community Health and works with other primary care clinicians and leaders to strengthen UW Health's services to its medically-homed patients. Since 2000, she has practiced as a family physician in a federally qualified health center in Madison, Wisconsin. She believes that the US healthcare system can and must answer the call to improve the value of medical care, making possible the reallocation of societal resources to address social determinants of health and health inequity.

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Peter Seidenberg, MD, MA, FAAFP, FACSM, RMSK

Penn State

LEADS Project: Creating a Culture of Inquiry in a Community-Based Family Medicine Residency

Advisor: Cathleen Morrow, MD

Dr. Peter Seidenberg is a professor of family medicine and orthopedics with Penn State University College of Medicine. His roles include primary care sports medicine fellowship director, director of the family medicine residency's quality improvement and research curricula, and team physician for Penn State football and softball. He has a passion for combatting health care disparities for people with intellectual disabilities and is active on the leadership team for Special Olympics International. His research interests are in the fields of concussion, sports cardiology, health outcomes in individuals with intellectual and/or developmental disabilities, physical examination instruction, and musculoskeletal ultrasound. Due to his interest in leadership, vision casting, and strategic planning, he pursued a Masters in Organizational Leadership, which he completed in Spring 2018. He is married to Jen, an adolescent medicine pediatrician. Together, they have four children (Erin, Noah, Riana, and Luke) and four beautiful granddaughters.



Navkiran Shokar, MD, MA, MPH

TTUHSC-El Paso

LEADS Project: Describing Revenue Funding Streams in Texas Medical School Departments of Family Medicine

Advisor: Alison Dobbie, MB, ChB

Navkiran (Kiran) K. Shokar, M.A., M.D., M.P.H., is a tenured professor of Family and Community Medicine, and Biomedical Sciences at the Texas Tech University Health Sciences Center (TTUHSC) El Paso, Paul L. Foster School of Medicine (PLFSOM). She received her Master of Arts degree from the University of Cambridge and then her medical degree from the University of Oxford Medical School. She completed family medicine residency training both in the U.K and the U.S.A. (Houston, Texas) and then received her M.P.H. degree from the University Of Texas School of Public Health Houston. She currently serves as director for cancer prevention and control in the Center of Emphasis for Cancer at TTUHSC El Paso, PLFSOM and as Vice Chair for research in the Department of Family and Community Medicine.

Dr. Shokar has built a highly successful research division from the ground up, garnering over \$20 million in research funding. Her research interests include health disparities, population health, screening detectable cancers, population-based interventions in cancer prevention and control. She is active in the clinical teaching of medical students and family medicine residents and provides mentorship and training in research and scholarship for learners and faculty at all levels, locally and nationally. She has served on the STFM Research Committee, the NAPCRG Program Committee and the CERA Steering Committee as well as serving for six years as a Deputy Editor for the Journal of General Internal Medicine. She has been honored with a number of awards including the prestigious TTUHSC Chancellor's Council Distinguished Research Award.