

Congratulations/Recognition

To John Diefenderfer DO, who was honored in September by the American Osteopathic Foundation as the 2024 National Emerging Leader award winner. This award pays tribute to an outstanding osteopathic physician who inspires, leads, and enriches the lives of those around them.



To Greg Feero MD PhD, Julia McDonald DO, Alyssa Finn MD, and Corey Smith PhD for recent conference presentations (Feero: *Work Perk or Pitfall? ELSI and Practice Considerations of Workplace Genetic Testing*, at the National Society of Genetic Counselors 43rd Annual Conference. McDonald: *Unsafe Abortion across the World: A Preventable Problem*, at the AAFP Family Centered Pregnancy Care Conference. Finn: *Integrative Group Visits in a Teaching Kitchen*, at the 2024 Integrated Center for Group Medical Visits Virtual Conference. Smith: *Integrated Mental Skills Consulting in the Othopaedic Setting*, at the 2024 Association for Applied Sports Psychology conference.)

Share the Road Bicycle Ride

The eighth annual Share the Road with Carol memorial bike ride took place on September 29, 2024 in Windsor and Whitefield. The ride commemorates the life of MDFMR graduate Dr. Carol Anne Eckert.



New Grant Collaborations



MERGE was awarded a Rural Northern Border Region Outreach Program HRSA grant to address maternal care access in rural communities by increasing the

number of OBGYN and FM physicians providing rural maternal care after residency. Kate Hoffmann DO will co-chair a new Rural Obstetrics Education Consortium tasked with creating new rural OB training intensives. Dartmouth was awarded a grant through the ABFM Foundation on behalf of the Northern New England family medicine residencies to support expansion of the NNE Learning Network infrastructure. The goal is to engage program leaders, medical & research directors, clinical teachers, and staff in sharing and adopting improvements and innovations in GME regionally.

Sports Medicine Fellowship News

Fellows presented cases at the New England Chapter of the American College of Sports Medicine conference, while PD Chris Lutrzykowski coordinated the case presentation program for northeast programs.

Travis Kinane DO presented *Shoulder dysfunction following impact in a rugby athlete* and Chris Amdahl MD presented *Febrile hip pain: A slippery slope*.

Fellows also recently participated in an on field/hands on catastrophic sports injury practicum.



Looking for Faculty Volunteers!

Please reach out to Andy Dionne MD if you have interest in coordinating a future MDFMR community dinner. Thank you to Amy Trelease-Bell MD for volunteering to coordinate on Dec 3!

Integrative Shared Medical Appointments



Patients meet weekly for 5 weeks with **Dr. Alyssa Finn** and a registered dietician or naturopathic doctor in a group of 6-12 at the

ACH teaching kitchen to build community, set goals, practice mindfulness & movement, and cook and eat together with a focus on plant-based vegetarian meals. Referrals are being accepted for the Jan-Feb and Feb-March series. Place a consult/referral to the prevention center, specify SMA with Dr. Finn in the yellow clinical info box, and your patient will be contacted in 1-2 business days.

Acupuncture Curriculum Reboot

Beginning in January, the FMR's longitudinal acupuncture/TCM education with **Dr. Rick Hobbs** will move to Tuesday evenings after didactics, twice a block on weeks 2 and 4, starting at 5:00, at the ACH. Each session includes didactic teaching and needling practice. Interested residents who fully engage in the curriculum across the 3 years of FM training will be prepared for certification by the American Board of Medical Acupuncture. We are hopeful that the change in time and location will allow for improved resident and faculty engagement in this amazing educational opportunity. Contact Rick Hobbs for more information.



Fireside Chats Have Returned!

This fall the ONMM team hosted 2 osteopathic fireside chats: an intro to biodynamics with Dr. Hankinson and the Fulford percussion hammer

with Dr. Mosiello. It was a wonderful opportunity with community doctors who gave their time at no cost, out of kindness and a love for teaching osteopathy.

Save the Date!

Dec 3, 2024: MDFMR community dinner, *ACH*

Dec 30 – Jan 3, 2025: Additional PGY1 orientation

Jan 2, 2025: ALSO course, *ACH*

Jan 14 & Jan 21, 2025: In-person group tours for FM residency candidates

Mar 6, 2025: Physician Day at the Legislature, 8-12, *Augusta ME*

May 8-10, 2025: AGS geri conference, *Chicago IL*

Residents with Geriatrics Scholarship Interest?

FM residents with interest in geriatrics are invited to reach out to **Rebecca Spear DO** to co-author a geriatrics case for submission to the 2025 American Geriatrics Society conference. The conference will be held May 8-10, 2025 in Chicago. Abstract deadline is Dec 2. A number of other conference presentation opportunities are available – for more info, contact Rebecca Spear.

Resident Retreat

FM residents held their annual retreat at the Glen House in Newry ME at the end of October. Thank you to the faculty



who covered services in order to protect this important community-building time for residents.

NNE Faculty & Chief Development Day

The annual NNE Faculty and Chief Development Day was held Oct 8 in Portsmouth NH. MDFMR was represented by **Barbara Moss DO**, **Kathleen Polonchek MD**, **Tristan Reynolds DO**, and **Amy Trelease-Bell MD**. A plenary talk was delivered by Lisa Rosenbaum MD, host of NEJM's "Not Otherwise Specified" podcast series. Each program provided a brief update and attendees participated in a number of interesting breakout sessions. Next fall the gathering will return to Lewiston Maine on Oct 14, 2025.

STFM DEIA Curriculum

In our current world and local cultural environment, training FM residents to care for marginalized, vulnerable people is both necessary and urgent. The STFM DEIA curriculum is designed to support programs in adapting clinical curricula to be more diverse, equitable, and inclusive by providing teaching resources that can be readily integrated into existing curricula. Interested residents, fellows, faculty, and staff are encouraged to reach out to **Kate Anderson MD** to join her in championing the DEIA curriculum, either by attending virtual coaching/reflection sessions with other programs, led by the national STFM team, or by incorporating the curriculum into your own teaching or learning.