



Mayo School of Health Sciences

Connections

A publication for alumni and friends of Mayo School of Health Sciences

FALL | 2016

A portrait of Elton Mosman, a man with short dark hair, smiling and looking slightly to the right. He is wearing a dark blue suit jacket, a white dress shirt, and a patterned tie with small circular motifs in shades of blue and gold.

ELTON MOSMAN

MSHS outstanding
alumnus of 2016



Get passionate at next year's alumni meeting

It was wonderful to see and meet many of you at the Mayo School of Health Sciences (MSHS) Alumni Association Annual Meeting in April. (See coverage on page 10). Attending these gatherings gives me a renewed passion for my profession and how it fits into the realm of health care.

As we work day to day, it is easy to get discouraged in the fast-paced, ever-changing world of health care. Gathering with fellow alumni offers an opportunity to step back and reflect a bit. I talked with many of you and heard about what you are doing to advance your professions, help others in need and further your education. It invigorates me to see that I am working in a profession with others who share my passions for quality care, advancing health science and promoting education.

At the meeting, I had the honor of talking with Elton Mosman, the MSHS outstanding alumnus of 2016. He's a graduate of the MSHS Nuclear Medicine Program and advanced to become program director. But he didn't stop there. He has continued his education and professional growth. He's now a Mayo Clinic administrator in Critical Care. He keeps moving forward, unafraid of change and new opportunities. He is a role model to us all.

Read more details of his story on page 8. While you are there, check out the criteria for the Recognition of Outstanding Contribution award. Nominate a colleague, former classmate, or yourself. Next year, the outstanding alum could be you!

I encourage you to make attending next year's Alumni Association meeting a priority.

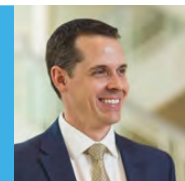
Mark your calendar for April 21, 2017, in Rochester. I predict you will be inspired after spending time with MSHS alumni who are making a difference in the world of health care.

See you there!

Regards,

Karen Sherk, NP
President,
MSHS Alumni Association
Class of 2007
Nurse Practitioner Program

ON THE COVER / ELTON MOSMAN, A 1998 GRADUATE OF THE NUCLEAR MEDICINE TECHNOLOGY PROGRAM, IS THE RECIPIENT OF THE 2016 MSHS RECOGNITION OF OUTSTANDING CONTRIBUTION AWARD. READ MORE ON PAGE 8.



Mayo School of Health Sciences

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A publication for alumni, students, faculty and friends of Mayo School of Health Sciences

FALL | 2016

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» <https://mshsalumni.mayo.edu>

» facebook.com/mshsalumni

Mayo Clinic Square — Sports medicine for everyone

Walk into Mayo Clinic Square in downtown Minneapolis and you might see: Little Leaguers, a towering Timberwolf, retirees honing golf swings, high school hockey players preparing for the next level of competition, runners, both elite competitors and those whose run of choice is a Saturday morning 5K.

They all come to improve their sports performance.

“We serve athletes of all ages and abilities,” says Richard Larsen, PT, OCS, operations manager for Mayo Clinic Square and an alumnus of the Mayo School of Health Sciences (MSHS) Physical Therapy Program.

Mayo Clinic Square marks its second anniversary this fall, along with a new Sports Medicine Center in the Dan Abraham Healthy Living Center on Mayo Clinic’s Rochester campus.

Services include:

- Diagnosing and treating musculoskeletal injuries, including diagnostic imaging
- Rehabilitation programs to return to sport participation
- Sports performance programs in golf, hockey, baseball and softball, running and sports fitness
- Performance training for all ages, levels and abilities with individual and small-group training available. These services are provided by EXOS, a performance training specialty business.
- Performance nutrition consultations and education >>



Physical therapist Chris Fjosne says his patients are motivated to recover quickly. He treats athletes from all levels of competition, weekend warriors and postsurgical patients.





MSHS ALUMS AT MAYO CLINIC SQUARE

What's it like to work at Mayo Clinic Square? These alums offer a glimpse.

An ace at keeping golfers swinging

Chris Fjosne, PT, DPT, OCS, lead physical therapist, guides golfers on how to stay healthy, avoid injury and improve their game.

"Some of my patients are newly retired and golfing more," he says. "They have seen their friends injured and not be able to come back to the game."

During a two-hour consultation, Fjosne conducts 2-D video analysis of the patient's swing and offers ways to improve biomechanics of the motion. He identifies movement impairments and suggests corrective exercises.

Fjosne, who earned his master's degree from the MSHS Physical Therapy Program in 2003, says patients truly appreciate learning new ways to improve movement and strength.

Fjosne heard about the opening of Mayo Clinic Square from a MSHS classmate who had recently visited Rochester. At the time, he wasn't job hunting and hadn't thought about a return to Minnesota. He had earned his doctorate in physical therapy at

Marymount University in Arlington, Virginia, in 2009. He and his wife, Mindy, also a graduate of the MSHS Physical Therapy Program, then found positions in sports medicine and orthopedics in Vancouver, Washington.

The couple agreed that opportunities at the new Mayo Clinic Square were intriguing. And after a conversation with Jonathan Finnoff, D.O., medical director, Mayo Clinic Sports Medicine at Mayo Clinic Square, Fjosne was all in. "There is a strong vision for Mayo Clinic Sports Medicine to be the best in Minnesota and in the country," he says.

Fjosne started at Mayo Clinic Square in early 2015. In addition to working with golfers, Fjosne sees a mix of patients, including athletes from all levels, weekend warriors with overuse injuries and post-surgical patients. "It's a motivated patient population," he says.

Fjosne and his family are now happily rooted in Minnesota. Mindy works in sports rehabilitation at Courage Kenny Rehabilitation Institute Sports & Physical Therapy in Maple Grove. "We're here because of fortunate luck and a tip from a friend," says Fjosne, who is grateful to be back at Mayo Clinic.

His sports: Hiking, biking, snowshoeing and running behind jogging strollers with wife Mindy. The couple has two young children.

« Chris Fjosne, physical therapist, likes working with golfers. He identifies any movement impairment and suggests corrective exercises.

Keeping baseball players throwing and hitting

Aaron Hellem, PT, DPT, OCS, CSCS, knows that a much-loved sport can take a toll on the body. He was baseball catcher through high school, college and his first year of the MSHS Physical Therapy Program.

Now, as a physical therapist at Mayo Clinic Square, he conducts performance assessments for baseball and softball players from youth teams to the pros. Assessments identify strengths and areas for improvement as well as any mechanical flaws that could affect performance or put the athlete at risk for injury.

Hellem says that about 5 to 10 percent of patients at Mayo Clinic Square are elite athletes and another 25 to 35 percent are high school or lower-level collegiate athletes. The rest are active people who want to stay healthy in their sports.

What's he like best about his job? His colleagues and his patients.

"The level of care here is exceptional," he says. "We can talk with performance specialists, athletic trainers, physicians or dietitians. We are in the same space, and we all can collaborate with the athlete."

He says the patients are exceptional, too. "They

want to accomplish a goal or return to a sport," Hellem says. "That gives me an advantage as a care provider. I'm here as a guide."

Hellem graduated from the MSHS Physical Therapy Program in 2013. He was in the first cohort for the MSHS Physical Therapy Orthopaedic Residency in Rochester. The end of his residency closely coincided with the opening of Mayo Clinic Square, and Hellem was on the job on opening day.

"One hundred percent of my time is in patient care," he says, noting that he has worked with athletes ages 9 to 82. In addition to the baseball and softball analysis, Hellem works with runners and those seeking to improve overall sports fitness.

On top of patient care, Hellem makes time for education. He supervises rotating physical therapy students and is on the faculty for the Sports Physical Therapy Residency, which begins in fall 2016.

"I can't stress enough what a great place this is," he says. "I can learn from anyone I work with every day. That's not something you can say about everywhere you go." >>

His sports: Hellem has hung up his catcher's mitt, but his new favorites are weight lifting as well as golf, walking and rollerblading with his wife, Lisa.



Aaron Hellem, physical therapist, conducts performance assessments for baseball and softball players. They may play for a local youth team or the pros.



Radiology technologist Brittany Hemmesch has broadened her skills to MRI at Mayo Clinic Square.

Small clinic feel in downtown Minneapolis

A self-described small-clinic person, radiography technologist Brittany Hemmesch, RT(R), found her niche at Mayo Clinic Square. She's been there since the clinic opened in 2014. It's grown from a staff of around 20 to 36.

"I like the ability to work one-on-one with the doctors and my other coworkers," she says. When she needs to ask a question about an order, or when a doctor requests another radiologic view, there's no paging involved.


"The doctors' office is a hop, skip and a jump away from the X-ray room," says Hemmesch.

The small staff translates into big opportunities for Hemmesch who is also training as an MRI technologist. "MRIs are really important for the patients here," she says. "They tend to have more tendon, muscle, ligament concerns that show up in MRIs."

Hemmesch earned her bachelor's degree in biology at St. Cloud State University before pursuing her radiography training at MSHS. In 2014, she was awarded a bachelor's degree in radiography from St. Cloud State and a certificate from MSHS Radiography Program.

"I chose Mayo because it's No. 1," she says. "I knew I'd get the best education possible." And she chose radiography because of the potential to branch into different modalities.

She says she's thrilled that she has been able to find a place at Mayo Clinic. "Rochester was so big for me," she says. "I knew I'd feel at home here."

Her sports: In college, Hemmesch played intramural volleyball and coed softball. She's branched out to include cardio activities and weight lifting. 

MSHS adds two Physical Therapy residencies

In August 2016, Mayo School of Health Sciences launched two new physical therapy residencies: Sports Medicine and Neurology. In 2013, MSHS started its Physical Therapy Orthopaedic Residency.

“Physical therapy is increasingly following the medical model with residencies, fellowships and further specialization,” says Corey Kunzer, PT, DPT, SCS, ACT, supervisor and coordinator for the Physical Therapy Sports Residency Program.

Residents, who do most of their work at Mayo Clinic’s Rochester campus, have the opportunity to do rotations at Mayo Clinic Square in Minneapolis. “The residents will have the unique opportunity to work with athletes of all ages and abilities, including professional athletes,” says Kunzer. “Mayo Clinic Sports Medicine collaborates with the Minnesota Lynx, Timberwolves and Twins.”

He says that the specialized residencies were added because of student interest and to help Mayo Clinic recruit physical therapists with specialty training. Three of the four graduates of the Physical Therapy Orthopaedic Residency work in Physical Medicine and Rehabilitation at Mayo Clinic.

» **LEARN MORE**
mayo.edu/mshs/careers/physical-therapy



Cool things about Mayo Clinic Square

It’s for everybody: From casual to elite athletes, services are available to up your game, improve your performance or recover from injury. Options range from a one-time visit and assessment to comprehensive training programs. The same services are available at Mayo Clinic Sports Medicine Clinic in Rochester. Referrals aren’t needed.

Pro sightings: You might spy a member of the Minnesota Lynx or Timberwolves, whose professional basketball teams have practice facilities in Mayo Clinic Square. Mayo Clinic provides sports medicine care for team athletes.

Awesome space and equipment: There’s room to hit a golf ball or a fastball. Anti-gravity treadmills, water therapy and a low-temperature sauna are available to facilitate recovery after injury.

A well-rounded care team: Professionals on the team include physiatrists, orthopedic surgeons, physical therapists, athletic trainers, dietitians, sport psychologists and strength and conditioning specialists.

EXOS expertise: Mayo Clinic has teamed up with EXOS, which provides integrated performance training and nutrition services to help athletes reach higher levels of success. EXOS specialists work with all athletes of all ages and ability levels.

» **LEARN MORE**
<https://sportsmedicine.mayoclinic.org/>

A career filled with new roles, new opportunities

In his 17 years at Mayo Clinic in Rochester, Elton Mosman, MBA, CNMT, has worked as a technologist who calms nervous patients, a teacher who inspires students to learn, and a leader who envisions a better way and convinces others to leave the status quo behind.

For these and other roles, Mosman, a 1998 graduate of the Nuclear Medicine Technology (NMT) Program, is the recipient of the 2016 Mayo School of Health Sciences (MSHS) Recognition of Outstanding Contribution award.

“With the thousands of alumni out there, it’s humbling,” says Mosman, who now works as Critical Care operations administrator for Mayo Clinic in Rochester. “One thing I’ve found at Mayo is, there’s always an opportunity.”

Kimberly Chandler, MEdL, CNMT, director of the Nuclear Medicine Technology Program, nominated Mosman for the award, which was presented to him in April at the MSHS Alumni Association annual meeting.

“I have been honored to work with Elton, learning from him through his innovative

approaches and challenging ideas,” says Chandler. “The NMT Program is so fortunate to have such a wonderful advocate for our profession.”

Student. Mosman, who grew up in Mayville, Wisconsin, says he “bounced around” at the University of Wisconsin-La Crosse until he attended an open house for nuclear medicine. “It combines chemistry, physics, biology and the patient-care experience — everything I was interested in all in one career,” he says. After completing the academic program in La Crosse, Mosman attended the 12-month MSHS NMT Program, which emphasized hands-on clinical experience.

“Book smarts will only get you so far,” Mosman says. “At MSHS, you get to apply all that you’re learning and have a meaningful impact in patient care. The experience is so deep and so broad that you’re well prepared for anything you might encounter.”

Technologist. After graduation, Mosman joined Mayo Clinic as a staff technologist in nuclear medicine. “I knew I was stronger

at the bedside than in the classroom,” Mosman says. “It takes a certain skill to make the patient comfortable with a procedure in nuclear medicine. Just the word ‘nuclear’ makes people nervous.”

Teacher. Mosman taught his first class at MSHS in 1999 and has added more over the years. “I love teaching. It keeps you fresh and on your toes,” he says.

He especially enjoys weaving his personal experience into the technical content. “A procedure manual doesn’t tell you what to do if the patient starts to seize and vomit,” Mosman says. “The thing that catches students’ attention is a real-life situation: ‘The time this happened, here’s what I did and what I could have done differently.’ When they start to ask a lot of questions, you know it’s penetrating.”

Innovator. Early in his career, Mosman’s workday ended at 4 p.m. Thinking he’d like to someday work in administration, he went back to school on weeknights and Saturday mornings to earn his MBA degree. Lessons on



Elton Mosman



We want to hear about outstanding alumni

The MSHS Alumni Association honors one graduate each year with the Recognition of Outstanding Contribution award.

Graduates who are considered for the award:

- Are dedicated to the service of patients
- Promote the art and science of medicine through education of students
- Participate in or encourage research
- Are leaders in their fields
- Are involved in community service
- Have made contributions to underserved populations or provide service in challenging situations
- Are involved with MSHS

Nominate a colleague, former classmate, or yourself. The next deadline for nominations is Jan. 31, 2017.

» **LEARN MORE**

<https://mshsalumni.mayo.edu/people/awards>

quality and efficiency taught him to evaluate practices and, when necessary, ditch any loyalty to “the way we’ve always done it.”

“My nature is to be pragmatic and to use common sense,” Mosman says. “From the MBA, I learned how to apply business sense to the clinical practice to plan strategically, eliminate waste and improve outcomes.”

When Mosman became director of the NMT Program in 2009, all testing was done on fill-in-the-bubble forms, and each student received a binder full of print-outs on test results. “A crazy waste of resources,” he recalls. “We had to find a way to do it electronically.”

When Mosman was promoted to Radiology operations manager in 2011, he oversaw all Radiology education programs, general radiography clinical operations, and multiple physician divisions. In this new role he became more acutely aware of the need to let the practice drive educational development.

Leader. As he moved up, Mosman led change by informing others about a challenge and encouraging a team effort to devise a solution. The advent of online learning brought a revolutionary shift to MSHS programs. Mosman envisioned

content and testing that could be leveraged across all Mayo Clinic campuses and a natural fit for the practice’s need for education in PET, CT and MRI, he says.

“These online programs are now completed,” says Mosman. “Everyone had their own ideas on how to do it. We had to develop the tools and infrastructure and get everybody on board.”

In 2015, Mosman moved to a leadership role in Critical Care, where he has applied aspects of every previous role in his career. “I was ready for a change,” he says. “You need to be a lifelong learner.” ☺

Great gathering to connect, learn


More than 200 attend Alumni Association
annual event

From audiologists to surgical first assistants — Mayo School of Health Sciences (MSHS) alumni came together for the Alumni Association Annual Meeting April 15, 2016.

The free evening is open to alumni who graduate from MSHS programs and rotations and their guests. “Alumni represent 68 allied health careers,” says Debbie Oscarson, MSHS Alumni Association. “This event is a great multidisciplinary tradition.”

The evening includes an opportunity to connect with classmates and make new acquaintances, enjoy great food and conversation and learn a little, too. Keynote speaker Greg Poland, MD, director of Mayo Clinic’s Vaccine Research Group, used humor to challenge attendees to recognize biases that can result in bad decisions. And, he offered tips to recognize and work around personal biases.

The meeting also marks the annual change in leadership for the association. Karen Sherk, CNP, new president, and other officers were sworn in to their roles.

Plan ahead. Mark April 21, 2017, on your calendar for the next great gathering of MSHS alumni. 





Save the date
MSHS Alumni Association
Annual Meeting
April 21, 2017



Three different paths to radiology careers

Volunteer connections spark career

[Radiologic technologist Mustafa Adil, RT\(R\) \(MR\), got his first introduction to a career in radiology as a volunteer home builder.](#)

In 2008, his father, Hussein, retired from a long career at the American Consulate General in Jeddah, Saudi Arabia. The family, natives of Somalia, relocated to Rochester. Adil says his father “wanted to make sure we had a place to call home.” The family worked with Habitat for Humanity, both to build their own home and other houses. Many of the volunteers who helped construct Adil’s family home worked in Mayo Clinic’s Department of Radiology. In talking with them, he learned about radiology careers. When a friend invited him to a Mayo School of Health Sciences (MSHS) open house, his education and career path unfolded.

He took courses at Hawthorne Education Center in Rochester to better acclimate to the language. He then earned an associate’s degree at Rochester Community and Technical College. Next, it was a Bachelor of Science degree from the University of Minnesota Rochester and a certificate from MSHS Radiography Program, both awarded in 2015.

Adil says the Radiography Program helped him in two important ways.

First, it made him interact with others more than what he was used to. “Personally, it made me more

open about my interactions,” he says. “I used to be the shy guy that’s, ‘I don’t want to talk to anyone. I’m just going to hit the books, go to the classroom, take that exam and head out the door.’”

Secondly, the program prepared him for “real-world situations.” Adil says that during his time in the Radiography Program, he learned what it means to be professional. “As time went by, you felt like you were part of the team, rather than someone who was in the shadows,” he says.

Adil started work at Mayo Clinic one month after graduation. “Not a day goes by without me learning something new,” says Adil. “I am very grateful for having this opportunity and to those who helped me every day.”

Busy parent retools for a family-friendly new road

[Kelly Jahnke, a 2016 graduate of the MSHS Radiography Program, began her professional career with a master’s degree in counseling.](#)

After several years of experience in counseling, Jahnke, her husband, Dwayne, and their then 2-year-old daughter, Chesney, moved to the Land Down Under for Dwayne’s job. During their five-year stay, they welcomed their second child, son Logan.



The experiences of Kelly Jahnke, Mustafa Adil and Nicole Starkson demonstrate that there are many ways to start a career in radiography.

After returning to Rochester, daughter Sydney joined the family, and Jahnke wanted a professional role that would allow her to more easily balance work and home life. That's when she noticed a billboard on Highway 52 in Rochester that promoted an educational collaboration between the University of Minnesota Rochester (UMR) and MSHS. That billboard got Jahnke thinking about the possibilities.

"Of the tracks available — Echocardiography, Radiography, Respiratory Care, Sonography and Nuclear Medicine — Radiography stuck out as an interesting career," she says. "UMR's Bachelor of Science degree in the Health Professions (BSHP) program offered patient care experience, and I could complete the academics and clinicals right here in Rochester."

Jahnke took prerequisite courses at Rochester Community and Technical College and then transferred to the University of Minnesota as a junior to complete the BSHP program. She graduated in May 2016 with a bachelor's degree from UMR and a certificate in radiography from MSHS.

She came across that UMR billboard at just the right time in her life.

"I have the professional confidence and life experience to try a new-to-me road in the health professions," says Jahnke. "As we moved into

clinicals, I felt both comfortable working with patients and professionally rewarded."

Her graduation was a celebration with family, including her children who are now ages 13, 10 and 4. "I am looking forward to the next chapter in my life working as a radiographer and being able to enjoy time with my family," she says. >>

Know someone interested in an allied health career?

Tell them about MSHS open houses

Phoenix

Sept. 17, 2016, 10 a.m.-2 p.m.

Mayo Clinic Hospital, Waugh Education Center

Rochester

Nov. 10, 2016, 5-8 p.m.

Phillips Hall, Siebens Building

>> **LEARN MORE**

mayo.edu/mshs/about/open-house

Specializing after her college degree

An ankle injury during a high school volleyball game in Mankato, Minnesota, eventually led Nicole Starkson to what would become her career.


In the course of treatment for the injury, Starkson received an ankle X-ray at Mayo Clinic Health System in Mankato. “I thought the X-ray looked really cool,” says Starkson.

She filed that impression away, only to pull it out again as a college junior studying exercise science at Bethany Lutheran College, also in Mankato.

“I started looking around online for how I might apply my upcoming degree, and found MSHS Radiography Program. I came to the MSHS open house to check out the Radiography Program in person and take a tour of the classrooms,” she says.

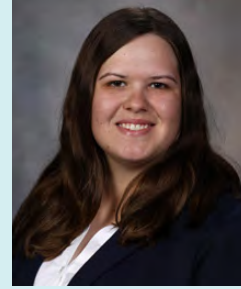
Starkson liked the size of the Radiography Program — up to 40 students are admitted each year — and the classroom space. With her bachelor’s degree completed, she was accepted into the certificate program.

She graduated from MSHS in May 2016 with a certificate in radiography, and is now enrolled in studies in a subspecialized field within radiography: the MSHS Radiation Therapy Program.

Starkson hopes to someday work in a mid-sized community hospital not unlike Mankato, where she wants to care for patients with cancer who are receiving radiation therapy. 

>> LEARN MORE

mayo.edu/mshs/careers/radiography



School news

Scholarship honors radiography student

Mayo School of Health Sciences has established a fund to support scholarships for radiography students in memory of Kayla Cunningham.

A senior radiography student, Cunningham, 23, was killed in a car crash in Rochester, Minnesota, in November 2015. She had planned to continue her training in radiation therapy after graduating from the Radiography Program in May 2016.

“Kayla put her patients at ease very quickly with her amazing smile,” says Jill Tryon, director of the Radiography Program. “She was passionate about continuing her education and helping cancer patients. We hope the scholarship will benefit others who want to pursue their dreams in health care.”

Cunningham, from Aberdeen, South Dakota, told her parents she loved being in the Radiography Program and loved her instructors and classmates.

“We were a very tight-knit group for 21 months,” says Tryon. “Kayla had a very welcoming attitude and wanted to include everyone in all activities. We miss her very much.”

How to donate

To make a gift to the MSHS Kayla M. Cunningham Radiography Scholarship:

- Contact the Mayo Clinic Department of Development to donate with a credit card: 507-284-8540 or 800-297-1185
- Send a check to the Mayo Clinic Department of Development, 200 First St. SW, Rochester, MN 55905. Make checks payable to Mayo Clinic and designate the scholarship fund name on the memo line.

Gifts are tax deductible, and receipts will be sent to donors.



Learning together and from each other

At Mayo Clinic Health System in Austin, a clinical rotation in family practice provides the recommended daily allowance of interprofessional learning. Students in the Mayo School of Health Sciences (MSHS) Nurse Practitioner (NP) and Physician Assistant (PA) programs benefit by:

- Joining staff and students from other disciplines in a morning huddle, where they discuss keeping appointments on schedule and creating the best possible experience for patients.
- Talking with their preceptors and medical students about patient case histories. Medical students share knowledge about physiology and pharmacology while PA and NP students offer details on care management.
- Swapping skills learned in previous rotations. For example, under a preceptor's watch, a PA student teaches a medical student how to remove skin lesions, and a medical student shows an NP student how to inject medication into a knee.

"It taught me about different roles and what I can expect working with colleagues from other disciplines," says Rachael Guenzel, RN, a student in the Nurse Practitioner Program.

Michael Poterucha, PA, who completed the MSHS Physician Assistant Program in May 2016, agrees. "You don't often get a chance to see what the other professions do," he says. "That kind of experience is invaluable."

The Austin clinic is a pioneer in the spread of interprofessional learning to clinical settings. Students in multiple programs, including nursing and pharmacy, receive instruction together and learn firsthand about the value of collaboration.

Gregory Angstman, MD, a family-practice physician at Mayo Clinic Health System in Austin, Minnesota, leads a care team that includes a physician assistant, nurse practitioner, registered nurse, pharmacist and a medical assistant or licensed practical nurse. Dr. Angstman typically is a preceptor and interprofessional catalyst to two medical students from the University of Minnesota Duluth, as well as two NP students and a PA student from MSHS.

In June 2016, the Department of Family Medicine presented Gregory Angstman, MD, with the Mayo Clinic 2016 Family Medicine Excellence Educator award. Above, Dr. Angstman consults with Physician Assistant Michael Poterucha.


“Their learning is not all dependent on me,” Dr. Angstman says. “They can learn from any member of my team, and they can learn from other students. It is an absolute joy to watch these young people learn together.”

Interprofessional learning took hold in Austin about five years ago, when the clinic moved into a new space that enhanced teamwork — exam rooms ring a central workspace for physicians, physician assistants, nurse practitioners and nurses. Dr. Angstman says with the team approach ingrained in the culture, it comes through loud and clear in clinical rotations, too.

“You expect a team atmosphere in health care, but I didn’t expect as much as I encountered in Austin. Everybody meshed so cohesively,” Poterucha says. For example, he noticed that team members provide backup for each other, to better manage workload and reduce patient wait times.

In the interprofessional environment, students learn about patient care, clinic operations and how their various roles contribute to the patient’s experience.

“NPs are often experienced registered nurses,” Dr. Angstman says. “They know how to talk to patients and communicate effectively. They can model for a PA or medical student how to be more empathetic and come across as more caring.”

Guenzel and Poterucha say that in this collaborative setting, they felt comfortable asking questions, bouncing ideas off colleagues, and seeking the perspective of someone in a different discipline. “You need constant communication to ensure good care,” Poterucha says. 



Michael Poterucha, PA
Rochester, Minnesota

Education:

- Master’s in physician assistant studies, University of Wisconsin-La Crosse
- MSHS Physician Assistant clinical rotation
- Bachelor’s in biochemistry, University of Wisconsin-River Falls

Career:

- Physician assistant in Family Medicine, Mayo Clinic Health System in Austin since June 2016
- Clinical lab technologist, Mayo Clinic, 2009–2014

Choosing to become a PA: “In the lab I was missing interaction with patients. I shadowed a couple of PAs and really liked the patient side. And the ability to make a career change to another clinical specialty without going back to school is a very cool aspect.”



Rachael Guenzel, RN
Randall, Minnesota

Education:

- Doctorate in nursing practice, Viterbo University, La Crosse, Wisconsin, and MSHS Nurse Practitioner Clinical Residency, to be completed in 2017
- Bachelor’s in nursing, College of St. Benedict, St. Joseph, Minnesota

Career:

- Registered nurse, Colorectal and General Surgery, Mayo Clinic, Rochester, 2011–present
- Previously a public health nurse

Choosing to become an NP: “I wanted more autonomy, and I like their role. We had nurse practitioners in general surgery. They focused more on the preventative side. NPs can be crucial for that.”

An interprofessional welcome for new employees

An innovative combination of interprofessional education (IPE) and simulation training promotes teamwork in a new employee orientation course for allied health professionals at Mayo Clinic Hospital in Phoenix. IPE brings together professionals from two or more health care disciplines to learn together.

Based on a literature search, it is the first orientation program of its kind in the nation.

“We were surprised it hadn’t been done before. It’s such a basic idea, but nobody was doing it,” says Amelia Lowell, RRT, RCP, director, Respiratory Care Program, Mayo School of Health Sciences (MSHS) in Arizona.

Lowell was part of a work group that developed the orientation for cross-functional teams, which include physician assistants, nurses, respiratory therapists, physical therapists and pharmacists.

The orientation debuted in 2013 and was fine-tuned after a pilot study in 2014. More than 100 staff members have participated, and about 30 percent of attendees have been MSHS alumni or students.

The four-hour course starts with a didactic session that covers collaboration, communication and the roles of each profession. New employees then participate in two scenarios in the simulation laboratory, for example, a patient experiencing

symptoms of a pulmonary embolism after hip replacement surgery.

“In the pilot study, employees told us that the IPE orientation was useful and valuable,” Lowell says. Many said the orientation was their introduction to other health professions.

Participants reported that this type of orientation:

- Improved communication with colleagues from other disciplines
- Improved their understanding of other professions
- Increased the likelihood of calling on colleagues to provide optimal patient care

IPE orientation has expanded to include employees in social services and care management. A simulation on patient discharge has been added.

Now, course participation is voluntary. Says Lowell, “Our goal is to someday incorporate IPE into the formal orientation process.”

Check it out

Mayo Clinic educators published their results, “Interprofessional orientation for health professionals utilizing simulated learning: Findings from a pilot study,” in the *Journal of Interprofessional Care* (Vol. 30, Issue 2, 2016).



New employees from multiple disciplines learn collaboration and cooperation in the simulation laboratory.

Why go back to school?

It's not unusual for Mayo School of Health Sciences (MSHS) alumni to head back to school for new challenges, a career change or other job prospects. And some pursue education and career opportunities before making their way to MSHS. *Connections* asked three alumni to share their back-to-school stories.

MELANIE FREDERIXON

ICU nurse to nurse practitioner

With eight years of experience in nursing, Melanie Frederixon, FNP-C, wanted a job where she could do more on her own. She enrolled in the family nurse practitioner master's degree program at the University of Phoenix in Arizona and completed her Nurse Practitioner Clinical Residency through MSHS.

"I loved being a nurse, but I wanted more autonomy and to focus on preventive medicine," says Frederixon, who worked in the Intensive Care Unit at Mayo Clinic Hospital in Phoenix, Arizona, during the three-year program.

In 2013, Frederixon was one of the first Nurse Practitioner Program graduates to be hired in the Department of Family Medicine at Mayo Clinic in Arizona.

"I am responsible for about 800 patients," she says. "I really enjoy primary care and have great job satisfaction."

And she's not done with school. Frederixon has started work on a doctorate of nursing practice degree at Grand Canyon University in Phoenix. "Many allied health professions are moving toward doctorate programs, and I want to attain that level of training."

Melanie Frederixon, CNP, RN, MSN

*Nurse Practitioner,
Department of Family Medicine
Mayo Clinic in Arizona*

- **Graduate:** Master of Science, Family Nurse Practitioner, University of Phoenix; MSHS Nurse Practitioner Clinical Residency
- **Undergraduate:** Bachelor of Science, Nursing, Winona State University, Winona, Minnesota; associate degree, Nursing, Rochester Community and Technical College

ANTHONY REYES-KNEEN

Phlebotomist, laboratory technologist, researcher

Anthony Reyes-Kneen took advantage of a summer break from college to diversify his health care education. Between his sophomore and junior years at University of Minnesota Rochester (UMR), he completed the MSHS Phlebotomy Technician Program.

He worked part time as a phlebotomist at Mayo Clinic to help cover his education expenses. He graduated from UMR in 2015 with a bachelor's degree in health sciences and a certificate in medical laboratory science from MSHS.

Originally from Portland, Oregon, but raised in Bogota, Colombia, Reyes-Kneen worked at the Clinical Mass Spectrometry Laboratory on Mayo Clinic's Rochester campus, performing

endocrinology and toxicology assays on biological specimens.

After about a year, Reyes-Kneen moved to the next step in his education path — Mayo Graduate School's Postbaccalaureate Research Education Program (PREP). Reyes-Kneen started this research program in June 2016 and is investigating mechanisms that enhance recovery of respiratory function after spinal cord injury. "Using some animal models, we are trying to come up with effective therapies that will enhance signaling pathways," he says.

PREP helps students prepare for future MD/PhD studies. Reyes-Kneen plans to be an emergency medicine physician and conduct research. He's taking the Medical College Admission Test in 2016.

"Doing these other jobs before medical school gives me insight into the health care delivery cycle," says Reyes-Kneen. "I'm preparing myself to be a well-rounded doctor who values and works closely with all other members of the health care team."

Anthony Reyes-Kneen

*Student researcher
Mayo Graduate School
Postbaccalaureate Research
Education Program (PREP)*

- **Undergraduate:** Bachelor of Science, Health Sciences, University of Minnesota Rochester
- **Certificate:** MSHS Medical Laboratory Science Program, MSHS Phlebotomy Technician Program

ANDREA WILLEMS

Phlebotomist to surgical assistant

Andrea Willems was certain she wanted to work in health care, but was uncertain about what that career would be. She completed the MSHS Phlebotomy Technician Program after earning her bachelor's degree in zoology.

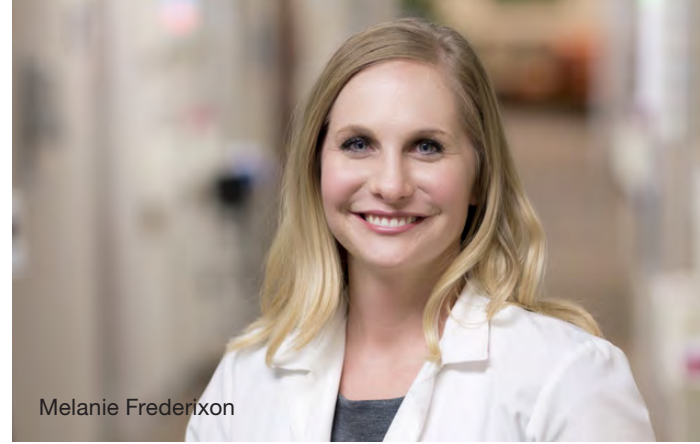
"I enjoyed phlebotomy because of the interaction with patients," says Willems, who worked for a year at Hennepin County Medical Center in Minneapolis. "If I could put them at ease (doing a blood draw), I felt I had done a good job."

Willems says she knew phlebotomy was just the beginning of her career. She was intrigued by the MSHS Surgical First Assistant Program. "In high school, I shadowed an orthopedic surgeon and liked what I saw. I thought surgery might be a good fit and knew from my phlebotomy experience that I wasn't squeamish."

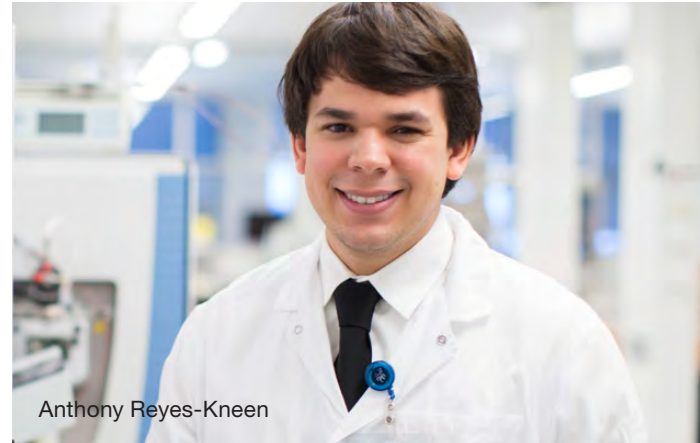
She completed the yearlong Surgical First Assistant Program in 2014 and has worked at Mayo Clinic since then, primarily in cardiac surgery.

"The surgical first assistant gets to harvest the vein for cardiac artery bypass surgery, assist during the surgery and close skin incisions. I like the range of responsibilities this job provides," says Willems.

Willems adds that she may consider more education in a few years — perhaps the MSHS Physician Assistant Program. "I like



Melanie Frederixson



Anthony Reyes-Kneen




Andrea Willems

to challenge myself and might try something that would lead to more patient care responsibility outside of the operating room," she says.

Andrea Willems

*Surgical Assistant
Mayo Clinic in Rochester*

- **Certificate:** MSHS Phlebotomy Technician Program, MSHS Surgical First Assistant Program
- **Undergraduate:** Bachelor of Science, Zoology, University of Wisconsin-Madison 

Get to know members of the board of directors



JANE DEERING, CRNA, PHD

- Certified registered nurse anesthetist, Froedtert Hospital
- Milwaukee, Wisconsin

Graduate: Master's degree in Nurse Anesthesia, Mayo School of Health Sciences (MSHS); PhD, Physiology, University of Birmingham, England

Undergraduate: Bachelor of Science in Nursing, University of Wisconsin-Milwaukee

Native of: Caine, England

Why did you pursue training at MSHS?

I got my undergraduate degree at the University of Wisconsin-Milwaukee and returned to England for my PhD. I researched nurse anesthesia training and

narrowed my search to two schools in the Midwest. I chose MSHS because of Mayo's reputation.

What were your initial impressions of Mayo Clinic?

I thought it was enormous, well organized and offered excellent education.

How did your Mayo Clinic experience change you?

When you tell people you trained at Mayo, they're impressed. Mayo's standards are very high. No matter where you practice, you hold yourself to those standards.

What do you contribute to the Alumni Association?

I provide an outside voice, having worked outside of Mayo Clinic for more than a decade.

What do you do in your spare time?

I like to travel and do outdoor activities such as hiking and downhill skiing.

What would people be surprised to know about you?

I like listening to Buddhist monk chants.



CHRISTINA LAZER, PA-C

- Physician assistant
- Rochester, Minnesota

Graduate: Master of Science, Physician Assistant Studies, University of Wisconsin-La Crosse, in partnership with Gundersen Medical Foundation and MSHS

Undergraduate: Bachelor of Science, University of Wisconsin-La Crosse

Native of: Rochester, Minnesota

Why did you pursue a health care career?

My mom trained and was a phlebotomist at Mayo Clinic. I grew up with Mayo and knew it was a great institution. I was always interested in a medical career and learned about the

physician assistant profession in high school. I also liked that you didn't have to choose a specialty but could move from one specialty to another.

Tell us about your career path.

After I completed the Physician Assistant Program, I worked in emergency medicine at Olmsted Medical Center in Rochester to get primary care experience. Then I took positions as a liver transplant hospitalist and then in pediatric otorhinolaryngology at Mayo Clinic. After I had my first child, I took a supplemental position at Olmsted Medical Center in family medicine. I had my second child and am now staying home with my children.

When I return to practice, I hope to resume my role as a clinical preceptor for physician assistant students. It's very rewarding.

What do you contribute to the Alumni Association?

I am involved in setting up a mentorship program for MSHS students and alumni.

What do you do in your spare time?

I enjoy playing board games with my husband, reading, sewing and staying active. Most of my time is dedicated to my children. We spend our days playing, reading, singing, baking and going outdoors.



ERIN MORRIS

- Ultrasound technologist
- Mayo Clinic in Florida

Certificate: Diagnostic Medical Sonography, MSHS

Undergraduate: Bachelor's degree (in progress), University of West Florida, Pensacola, Florida; associate degree, Florida State College at Jacksonville

Native of: Jacksonville, Florida

Why did you pursue a health care career?

When I was a sophomore in college, my stepdad was diagnosed with lymphoma. His illness had a huge impact on my life and helped me gain empathy and the ability to relate to patients. Watching what he went through, I learned how important an early diagnosis is and the key role radiology plays in many diagnoses.

What were your initial impressions of Mayo Clinic?

It's a well-oiled operation and unlike any other health care environment I'd been in. Everyone seems to love their job.

Join the board of directors

More than two dozen MSHS alumni volunteer to serve on the Alumni Association Board of Directors.

To volunteer, here's what you need to know:

- Board members provide direction for MSHS Alumni Association programming and activities.
- Board terms are three years.
- Board members return to Mayo Clinic in Rochester each spring for an annual meeting.
- To apply, complete the nomination form on the Alumni Association website and submit a letter indicating your interest to the MSHS Alumni Association at mshsaa@mayo.edu.
- A nominating committee considers applications to ensure a broad representation of MSHS programs.

>> LEARN MORE

Call the MSHS Alumni Association at 507-284-2317.

<https://mshsalumni.mayo.edu>


What lesson have you learned at Mayo Clinic?

Because our primary value is, "The needs of the patient come first," I think of every patient as a family member and treat them as if they're someone I truly care about.

What do you contribute to the Alumni Association?

I contribute directly with students and graduates from the Sonography Program. I'm a clinical instructor for the program. I coordinate annual gatherings for alumni to have fellowship with one another.

What do you do in your spare time?

I love fishing, boating and kayaking. I'm very family oriented, and my family is in the Jacksonville area. 



What would you do?

1 An elderly man with chronic medical problems was hospitalized after a fall. He lives independently, uses a walker and takes a taxi to run errands. He doesn't have any family. He wants to go home but doesn't have any assistance there. His care team wasn't sure he would be safe at home.

2 After an acute coronary event, an unconscious patient developed pneumonia and was on a ventilator, unable to speak for himself. He didn't have an advanced directive or designated surrogate. His mother and siblings wanted to continue treatment, and longtime girlfriend wanted to remove the ventilator.

These examples, with some details changed to protect patient privacy, are the types of challenging questions that come before Mayo Clinic's Ethics Consultation Service. "We partner with caregiver teams to help sort out ethical issues," says Wendy Moon, APRN, CNP, a Mayo School of Health Sciences preceptor who co-chairs the group.

Most of the 16 members of the Rochester Ethics Consultation Service — including physicians, nurses, social workers and chaplains — volunteer their time above and beyond their normal jobs. The group responds to about 200 requests each year.

Health care providers, allied health staff, patients and family members can request an ethics consultation. Once a request is received, a member of the service reviews policies and legal implications and then gathers information from everyone involved. The Ethics Consultation Service then discusses the situation and provides non-binding recommendations.

In the case of the elderly patient, the team learned he didn't have his glasses or hearing aids at the hospital, which hampered communication. He previously had a home health aide but no longer had this service.

"We decided he did have the ability to make his own decisions, even if we didn't necessarily agree with them," says Moon. "He understood the consequences of his choices, and we supported him in that."

For the second patient, the team learned the man had not been in close contact with his family for some time. The recommendation: his girlfriend should direct his care.

Moon first delved into clinical ethics when she provided ethics education to nurses while working in pediatrics. She says she enjoys the Ethics Consultation Service because it's so different from her duties as a nurse practitioner in Pediatric Orthopedics. "It's rewarding to get involved in areas outside of your normal job and interact with people you'd otherwise never meet."

Interested in ethics?

Mayo Clinic allied health staff who have an interest or background in ethics are encouraged to apply to serve on the Ethics Consultation Service. Email henriksenhellyer.joan@mayo.edu to learn more.

Reasons for a clinical ethics consultation

- The health care team and the patient, patient's family or surrogate decision maker are unable to reach a decision on an ethical dilemma.
- Patients don't understand the treatment they've given consent to or refused.
- The patient lacks decision making capacity or can't communicate his or her decisions, and does not have a family or surrogate decision-maker.
- A patient's surrogate decision maker is suspected of making decisions not consistent with the patient's wishes.

Pharmacy residents learn with less in Haiti

Mayo School of Health Sciences (MSHS) is one of only a handful of schools to offer international rotations for pharmacy residents. Beginning in 2015, residents could apply for a four-week rotation at Hospital Albert Schweitzer in Deschapelles, Haiti.

“Pharmacists from Mayo Clinic have been traveling to Haiti for the past five years to provide education as a sustainable measure to improve the medical knowledge of health care staff,” says Michelle Holm, PharmD, BCPS, medical director of Global Health Education, Mayo Clinic Abroad. “This rotation is a continuation of that relationship.”

Residents provide inpatient pharmacy services and teach the hospital’s physicians, nurses and pharmacists. Students train in Mayo Clinic’s simulation centers to prepare for medication shortages, limited medical equipment and computer access.

“Working in a low-resource setting without access to gold-standard medications or the internet forces you to think on your feet,” says Holm. Some of the first participants share their experiences:

Caitlin Brown, PharmD

“I loved helping underserved populations and specifically sought a residency that offered international opportunities. I knew there wouldn’t be a lot of resources, but I was surprised by just how limited they were and how many patients there were. It made me appreciate how much we have.”

Brown says the Haitian medical staff was eager to learn. Some of the nurses recorded her presentations, and one of the anesthesiologists still emails her with medication questions. “I feel like I can continue to make an impact and help them.”

Kristyn Yemm, PharmD

“Practicing in an underserved country makes you be at the top of your game. You have to use your own knowledge about physiology and medications and choose what’s realistic, available and best for patients,” she says.


“I was impressed with the Haitian pharmacists’ creativity. They have only certain medications available and ask questions about whether they can be used for other conditions. They taught me that you don’t have to have top-of-line medications and facilities to take good care of patients.”

She notes that, due to cultural differences including poverty and belief in voodoo, some patients cannot or choose not to take medications or follow recommended care.

“Whether you practice in Haiti or in Rochester, it’s important to be aware of what’s most important to patients, and let them decide what’s best for them and their beliefs, even if we have more resources available than they want.”

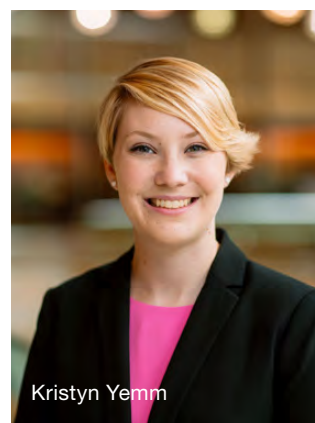
Ani Childress, PharmD

“During pharmacy school, I volunteered in socioeconomically and culturally diverse areas in the U.S. and wanted to learn about global health and make an impact even this early in my career.”

Being in Haiti “made me appreciate the tools we have and the elegance of not overusing medications and tests,” says Childress. 



Caitlin Brown



Kristyn Yemm



Ani Childress

News briefs

High ranks in *U.S. News & World Report* “Best Health Schools” lists

In 2016, two Mayo School of Health Sciences (MSHS) programs were highly ranked in the latest *U.S. News & World Report* list of Best Health Schools.

Nurse Anesthesia ranked in the top 10 nurse anesthesia training programs in the nation. Physical Therapy was ranked 20th among more than 200 programs. The *U.S. News* list for health schools is released every four years. Both programs have been included in the past, but this year's recognition marks the highest either has placed.

“These rankings validate what I've always thought about our program,” says Mary Shirk Marienau, CRNA, PhD, director, Nurse Anesthesia Program. “We have wonderful resources. We have wonderful students and faculty.”

John Hollman, PhD, Physical Therapy Program director, agrees. “It's nice to get the recognition

and see the reputation of our program trending in such a positive direction.”

Hollman notes two attributes that set the MSHS Physical Therapy Program apart from many others:

- Time allotted to clinical education
- Immersion in Mayo Clinic's culture, where professionalism is highly valued and the needs of the patient come first

“Students get more time in the clinical setting than almost anywhere else, with 56 weeks of full-time clinical experience,” says Hollman. “In addition, most programs have one course

on professionalism or ethics. We have four courses that help students understand what it means to be a professional health care provider and develop their own sense of professionalism.”

The Nurse Anesthesia Program also stands apart from peer programs. In 2014, the program began the transition from awarding master's degrees to doctorate degrees, a move only about one-third of similar programs in the U.S. have made.

“Even before we made the change, students were required to complete a research project,” says Marienau. “Our students and faculty publish their research in peer-reviewed journals.



John Hollman, PhD, Physical Therapy Program director

They provide poster and oral presentations at state and national nurse anesthesia meetings. That activity and visibility and our wonderful graduates have advanced the reputation of our program at the national level.”

The placement rate for both the Nurse Anesthesia Program and the Physical Therapy Program is 100 percent.

MSHS Nurse Anesthesia Program

- First student: Edith Graham, a nurse trained by Dr. Will Mayo and Dr. Charlie Mayo to deliver anesthesia, in 1889
- Oldest continuously operating nurse anesthesia program
- Degrees: Doctor of Nurse Anesthesia Practice and Master of Nurse Anesthesia

MSHS Physical Therapy Program

- First student enrolled in 1937
- Continuously accredited since 1939
- Students enrolled in each class: 28
- Degree: Doctor of Physical Therapy

Fredric Meyer, MD, named executive dean

Fredric Meyer, MD, is the new Juanita Kious Waugh Executive Dean for Education, Mayo Clinic College of Medicine. He assumed his new role July 1, 2016, succeeding Mark Warner, MD, who had served as executive dean since 2012 and returned to clinical practice.

Dr. Meyer leads the educational strategies and direction of Mayo Clinic College of Medicine, which includes Mayo School of Health Sciences, Mayo Medical School, Mayo School of Graduate Medical Education, Mayo Graduate School and Mayo School of Continuous Professional Development. As part of his new role, Dr. Meyer also is dean of Mayo Medical School.

Dr. Meyer is the Alfred Uihlein Family Professor of Neurologic Surgery within the College of Medicine and has been named Teacher of the Year 14 times. In 2011, he received the Distinguished Educator Award — Mayo’s highest honor



in Education. He has served as program director of the Neurologic Surgery Program at Mayo School of Graduate Medical Education.

Dr. Meyer completed his residency at Mayo School of Graduate Medical Education, Mayo Clinic College of Medicine, and joined Mayo Clinic as a consultant in the Department of Neurosurgery in 1987. He is enterprise chair of the Department of Neurosurgery and will continue in that role.

“Our goal will be to expand on the great work that has made education at Mayo Clinic so exceptional,” says Dr. Meyer.

Thank a board member!

Thank you to the 2016 Mayo School of Health Sciences Alumni Association Board of Directors. These volunteers provide direction for Alumni Association activities. See page 21 to learn more about how you can get involved in the MSHS Alumni Association.

Front: Joan Hunziker-Dean, Ruthann (Randy) Roesch, Vicki Place, Tiffany Mainella, Rita Marquardt, Jane Deering, Ruth Bello, Matthew Curran, Karen Sherk

Back: Claire Jensen, Chad Hanis, Courtney Grunewald, Jaime Matthaesus, Stacey Mroczenski, Beth Cloud, Tim Fedje, Christina Lazer

Not pictured: Danicia Asberry, Manpreet (Matt) Bains, Kimberly Bishop, Christopher Bleau, Brittany Dowling, Kerri Fitzgerald, Anthony Mendez, Erin Morris, Bella Panchmatia, Stacey Rizza, MD



Team Mayo scores at Radiation Therapy Bowl

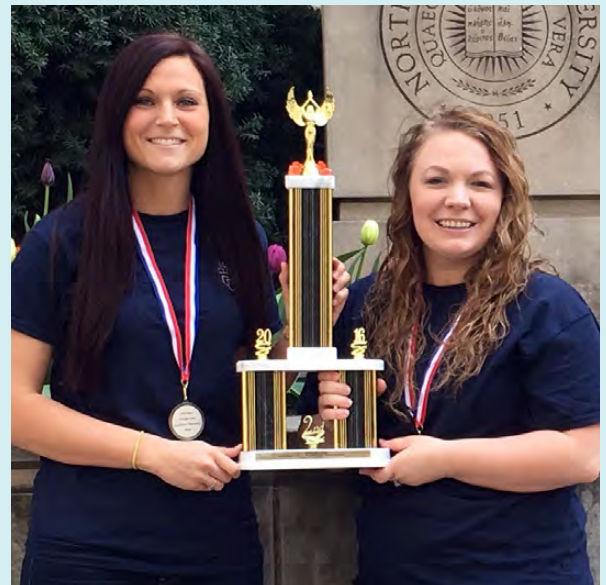
Congratulations to Radiation Therapy Program students Nicole Dorn and Vanessa Gullicksrud. They captured second place in the Student Scholar Bowl at the Chicago Area Radiation Therapists 39th Annual Conference and Student Seminar in April 2016.

Eight teams from across the country participated in the bowl, which helps students prepare for their national board exams. Contestants have just 10 seconds to answer questions that cover clinical oncology, radiation

physics, dosimetry and treatment planning, radiobiology, radiation protection, patient care, anatomy and physiology. Team Mayo beat out St. Louis University in the first round and then advanced past Memorial Sloan-Kettering in a five-question tiebreaker. They lost to host team Northwestern Memorial Hospital in the final round to place second overall.

Dorn and Gullicksrud, who graduated in August 2016, spent more than two months practicing for the college quiz bowl-style tournament. Their classmates supported them by participating in scrimmages and mock competitions.

Mayo teams have participated in the Student Scholar Bowl since 1984 and frequently have brought home top honors.



Nicole Dorn and Vanessa Gullicksrud

High school students immerse in career options



Mayo School of Health Sciences hosted 36 students for its first weeklong Career Immersion Program July 11-15, 2016. The students, from diverse backgrounds, participated in hands-on learning about allied health careers including paramedic, surgical first assistant, physician assistant, cardiovascular invasive specialist, genetic counselor and phlebotomist.

Honoree: 'We don't all learn the same way'

To prepare Nuclear Medicine Technology students for their clinical experience, educator Nicole Fischer, CNMT, has done just about everything except bring a gamma camera into the classroom.

"We can't do that," laughs Fischer of the specialty equipment. But she has found many ways to expand learning opportunities, first as the program's academic coordinator, then associate program director and now, as the newly named program director. In 2016, Fischer was honored as a Mayo School of Health Sciences (MSHS) Outstanding Educator.

A self-professed hands-on learner, Fischer and her colleagues have created new ways for students to learn in the classroom, where providing feedback is easier

to give — and accept — without patients in the room.

Innovations have included:

- Incorporating more blended and online learning
- Integrating videos and procedural images that require students to assess what went right as well as what went wrong
- Using the Multidisciplinary Simulation Center and role playing to improve interpersonal communications
- Practicing clinical techniques in skill-building practice sessions

Fischer did much of this work as part of her own studies. She completed her master's degree in training and development from the University of St. Francis, Joliet, Illinois, in May 2016. "We don't all learn the same way," she says. "I wanted to integrate new ways to cover content that aligned with student learning preferences."

In addition, Fischer, who's an alumna of the MSHS Nuclear Medicine Technology Program, has been involved in developing education for technologists to broaden their skills and prepare for specialty certification exams. In 2013, she helped develop the online MSHS Positron Emission Tomography (PET) Professional Enhancement Course. In 2015-2016, she co-led a team that developed a MRI Professional Enhancement Course.

"Before, people learned on the job or found their own ways to prepare for exams," she says. "We had the resources to create courses that can fit the busy lifestyles of working technologists."

**Nuclear Medicine
Program Director
Nicole Fischer
brings creative
learning strategies
to the classroom.**



Rochester MSHS faculty award winners

Annually, MSHS honors faculty and staff who have excelled in their work. Here are the 2016 honorees from the Rochester campus:

Outstanding Educators

Robyn Finney, APRN,
CRNA, MNA
Nurse Anesthesia

Nicole Fischer, CNMT
*Nuclear Medicine
Technology*

Tamra Trenary, OTD, OTR/L,
BCPR
*Occupational Therapy
Internship*

Outstanding Physician/ Scientist Educators

Katherine Nickels, MD
*Clinical Neurophysiology
Technology*

Outstanding Service

David Agerter, MD
*Regional vice president,
Southeastern Minnesota,
Mayo Clinic Health System*

Sarah Hager
*Mayo Clinic College of
Medicine academic
success advisor*

We welcome alumni and student news

Your comments, academic and career news, and story ideas are welcome. Email: connectionsmanager@mayo.edu

About Connections and MSHS

Connections is published three times a year and mailed free of charge to alumni, students and friends of Mayo School of Health Sciences (MSHS).

MSHS has a distinguished history of preparing students for successful careers in the health sciences. Mayo Clinic has been training allied health professionals for more than 100 years.

Nearly 1,700 students are enrolled in more than 128 MSHS programs and rotations representing more than 68 health sciences careers. Programs are available at Mayo Clinic campuses in Arizona, Florida and Rochester.

Enrollment information

mayo.edu/mshs
507-284-3678 or
1-800-626-9041 (toll-free)
Email: mshsenrollment@mayo.edu

Alumni information

<https://mshsalumni.mayo.edu>
Deborah Oscarson,
alumni relations coordinator
507-284-2317
Email: mshsaa@mayo.edu

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