

MAYO CLINIC SCHOOL OF HEALTH SCIENCES ALUMNI ASSOCIATION

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Awards season

It's that time of year — time to nominate deserving alumni for awards. The deadline is Jan. 31, 2019, so don't delay!

MCSHS Alumni Association Recognition of Outstanding Contribution award — Honors alumni who excel in one or more of these areas:

- Clinical care
- Research
- Mentoring and education
- Humanitarian endeavors

MCSHS Alumni Association Champion of Allied Health Award —

Honors individuals who meet one or more of these criteria:

- Serve as role model, mentor and leader in their profession, organization or community
- Support and contribute to interprofessional learning
- Endorse and work toward enhancements of multidisciplinary practice initiatives
- Promote professional growth, autonomy and career development
- Sponsor and facilitate programs or projects that lead to improvements within allied health professions
- Participate in or encourage clinical research among colleagues to promote allied health
- Create and foster a vision for future of allied health professions

mshsalumni.mayo.edu/people/awards





connections

MAYO CLINIC SCHOOL OF HEALTH SCIENCES ALUMNI ASSOCIATION FALL 2018



From the Alumni Association
president



Jocelyn Moen, RDCS (ECHO '99) | President, MCSHS Alumni Association | Registered diagnostic cardiac sonographer | Mayo Clinic Rochester

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In these times of uncertainty — changing paradigms in health care and challenges in balancing the demands of cost and efficiency with rapid advancements in medical technology — it was a breath of fresh air to step back and enjoy the camaraderie with fellow alumni at our annual business meeting and dinner in April. It was great to see such a good turnout, meet new people and present this year's Recognition of Contribution award to Stephen Klinkhammer (page 6). I hope even more of you can attend next year's event. (Save the date: April 26, 2019.)

Our keynote speaker, J. Michael Bostwick, M.D., educated us on the challenges and uses for medical marijuana (page 4) and explained the complicating factor of disparate state and federal laws. I would love feedback from all of you on topics you would like to see presented at a future meeting.

In case you didn't see it, we had a first-ever MCSHS Alumni Association apparel offering — a lightweight jacket or a T-shirt — this spring and summer. If you didn't get a chance to order, the Alumni Association will offer another exclusive apparel item toward the end of the year. Be sure to watch *Vital Signs*, our quarterly e-newsletter and your email. Profits from these apparel items go toward our Alumni Association and will enable us to offer more activities and programs in the future.

The Alumni Association is a wonderful way for us to stay connected. Maintaining strong ties to my Mayo roots gives me a sense of pride and accomplishment; I hope it does for you, too.

I encourage all alumni to consider serving on the Alumni Association Board of Directors. Our board includes a variety of ages and years of experience. Serving on the board involves a three-year term and an annual board meeting and alumni dinner. I've loved serving on the board and have met so many interesting, fun people in the process. I hope you'll consider giving back to your profession and Mayo by nominating yourself or someone else you know for board service (page 3).

It is an honor and privilege to be selected as president of the MCSHS Alumni Association. I can't wait to see what the next year has in store for all of us!

Jocelyn Moen

On the cover: Sarah Strahm, a nurse practitioner at Mayo Clinic Health System in Eau Claire, Wisconsin, says it's rewarding to give back to her profession as a preceptor and to train the next generation.

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Matthew
Curran

2018 Alumni Association Meeting

“Serving on the Alumni Association board is an amazing way to and build relationships with other medical professionals and MCSHS alumni.”

Alexandria Cable, PAC

The Marriott Hotel in downtown Rochester, Minnesota, was abuzz with more than 200 MCSHS alumni and guests at the annual dinner and program in April. Highlights of the event included:

- Passing of the gavel from Alumni Association President Matthew Curran, PharmD, CPh (PHARM '14), manager of pharmacy operations at Memorial Healthcare System – Miramar in Hollywood, Florida, to new President Jocelyn Moen, RDCS (ECHO '99), cardiac sonographer at Mayo Clinic in Rochester
- Learning from keynote speaker J. Michael Bostick, M.D., Mayo Clinic Department of Psychiatry & Psychology, on “Medical Marijuana: Barriers, Myths and Evidence”

- Honoring Stephen Klinkhammer, CRNA, DNP (NA '95), with the Recognition of Outstanding Contribution award

Board of Directors news

The MCSHS Alumni Association Board of Directors met in Rochester in April to approve new officers and board members and conduct other business.

Outgoing board members

Thank you to the 2017-2018 Mayo Clinic School of Health Sciences Alumni Association Board of Directors. These volunteers provide direction for the Alumni Association and meet in Rochester once a year.

Completing their terms of service on the board are:

- Karen Sherk, RN, FNP (NP '07), past president; nurse practitioner, cardiovascular medicine, Park Nicollet, St. Louis Park, Minnesota
- Courtney Grunewald, CRNA (NA '07), nurse anesthetist, SSM Health St. Mary's Hospital, Madison, Wisconsin
- Brittany Dowling, AuD (AUD '14), audiologist, Mayo Clinic Rochester
- Jaime Engholdt, PA-C, MS (PA '11), physician assistant, Mayo Clinic Arizona; instructor in otolaryngology, Mayo Clinic College of Medicine and Science
- Claire R. Jensen, PA-C (PA '13), Division of Plastic and Reconstructive Surgery, Mayo Clinic Arizona; instructor in otolaryngology and plastic surgery, Mayo Clinic College of Medicine and Science
- Rita Marquardt, APRN, CRNA (NA '95), nurse anesthetist, Mayo Clinic Rochester
- Stacey Mroczewski, PA-C (PA '13), physician assistant, Aurora BayCare Orthopedic & Sports Medicine Center, Green Bay, Wisconsin

Incoming board members

- Erika Beetcher, APRN, CNP, MS (NP '07), nurse practitioner, Division of Preventive, Occupational and Aerospace Medicine, Mayo Clinic Rochester; instructor in family medicine, Mayo Clinic College of Medicine and Science
- Alexandria Cable, PAC (PA '16), physician assistant, Mayo Clinic Arizona
- Rochelle Forsyth, PharmD, BCPS (PHCL '11, PHRM '13), clinical pharmacist, internal medicine, St. Vincent's HealthCare, Jacksonville, Florida

- Kimberly Moore, DNP, APRN-CNP (NP '11), clinical assistant professor of nursing, University of Minnesota, Minneapolis; certified nurse practitioner, University of Minnesota Nurse Practitioners Clinic, Minneapolis
- Lidia Pomaville, PA-C, MPAS (RAD '02), physician assistant, Forefront Dermatology, Chicago, Illinois; adjunct assistant clinical professor, Marquette University, Milwaukee, Wisconsin

New president-elect and vice president

As former president Matthew Curran handed off the role to Jocelyn Moen, Alumni Association vice president Pamela Lovett moved up to the position of president-elect. She will become president next year. Christina Lazer, a former board member, was appointed to the position of vice president.

- Pamela Lovett, CRNA, DNP (NA '03), president-elect; CRNA supervisor, Anesthesia Operations, Mayo Clinic Florida; instructor in anesthesiology, Mayo Clinic College of Medicine and Science
- Christina Lazer, PA-C (PA '09), vice president; physician assistant, primary care internal medicine, Department of Veterans Affairs, Rochester, Minnesota

New Executive Committee member

The Executive Committee manages the business of the Alumni Association Board of Directors between annual meetings.

- LaRissa Adams (RAD '11), clinical coordinator, Radiography Program, Mayo Clinic School of Health Sciences, Mayo Clinic Florida; instructor in radiology, Mayo Clinic College of Medicine and Science

Alumni Association board wants you!

Is service on the Alumni Association Board of Directors in your future? The MCSHS Alumni Association Board of Directors consists of volunteers who serve for three years. Here's what's required:

- Provide direction for Alumni Association programming and activities including serving on committees and work groups.
- Attend an annual meeting at Mayo Clinic in Rochester each spring.

If that sounds up your alley, here's the next step:

- Complete the nomination form on the Alumni Association website, mshsalumni.mayo.edu/about/board-of-directors/nominate.
- Submit a letter about your interest to mshsaa@mayo.edu.

A nominating committee considers applications to ensure broad representation of MCSHS programs.

Questions? Call the MCSHS Alumni Association, 507-284-2317, or contact any board member listed in the back of this magazine.

J. Michael Bostwick, M.D., Department of Psychiatry and Psychology at Mayo Clinic in Rochester, delivered the keynote presentation at the MCSHS Alumni Association annual dinner and program. His topic was “Medical Cannabis: Barriers, Myths and Evidence.”

Dr. Bostwick’s messages included:

History

- Cannabis has been used for five millennia. In the 19th century it was a staple of U.S. doctors’ bags. It was recommended for insomnia, headaches, anorexia, sexual dysfunction, pain, cough and asthma. It was available in forms including tinctures, extracts, cigarettes and plasters. Cannabis was on the U.S. Prescription Drug Formulary until 1942.
- Recreational use of cannabis in the U.S. exploded after the 1940s.
- Cannabis became a Schedule I drug, along with heroin and LSD, in 1970. It was vilified by the federal government in the absence of scientific evidence.
- Opiates, stimulants and other drugs that have abuse risk and medical benefit have Schedule II status, allowing careful medical use.
- Historical biases toward medical marijuana remain entrenched. The federal government has imposed severe restrictions without having supporting scientific data.

Legality

- There’s no continuity in marijuana laws from state to state or in terms of medical indications or processes for certifying patient need. Laws range from complete illegality to “anything goes.”
- Today 28 states and Washington, D.C., have defied federal law and legalized medical marijuana in the absence of strong supporting science.
- State laws lack federal government oversight. Federal and state governments are at a standoff about legitimate medical cannabis use.
- Providers and users in states that have legalized medical marijuana risk federal charges because of cannabis’ Schedule I status.
- Physicians are licensed to practice medicine in the state in which they reside and are authorized to prescribe medication by the federal Drug Enforcement Agency (DEA). Yet physicians cannot prescribe medical cannabis, a Schedule I drug, without risking their DEA license. However, physicians are allowed to recommend medical cannabis to patients as a result of litigation supporting free speech rights.

Effects

- Two synthetic cannabinoids, Marinol and Cesamet, were FDA-approved in 1985. Both are oral preparations indicated for cancer pain, HIV-related anorexia and wasting.
- Dangers of medical marijuana include negative effects on a developing brain; impaired judgment; possibility of psychosis; possible dependency in 9 percent of the population; unknown ingredients and toxins in smoked product; and gateway for drug use and cigarette smoking before age 16. Cannabis use also can bring on schizophrenia earlier than it might naturally occur in those with a family history of the condition.
- Marijuana doesn’t affect the receptors in the brain that can suppress breathing and cause death, unlike alcohol, opiates and benzodiazepines.

Research

- The evidence base for medical marijuana use is minimal.
- A 2015 *Journal of the American Medical Association* (JAMA) article reported on a clinical trial and concluded: There is moderate-quality evidence to suggest that cannabinoids may be beneficial for the treatment of chronic neuropathic or cancer pain (smoked THC and nabiximols) and spasticity due to multiple sclerosis (nabiximols, nabilone, THC/CBD capsules, dronabinol).
- The JAMA article also concluded there is some evidence to support the use of marijuana for nausea and vomiting related to chemotherapy, specific pain syndromes and spasticity from multiple sclerosis. However, for most other indications that qualify by state law for use of medical marijuana, such as hepatitis C, Crohn’s disease, Parkinson’s disease and Tourette syndrome, the evidence supporting its use is of poor quality.
- The National Academies of Science, Medicine, and Engineering concluded in 2017 that there is an anemic evidence base for therapeutic benefits. Cannabis and cannabinoids are conclusively effective for chronic pain, chemotherapy-induced nausea and vomiting, and MS-related spasticity. There is moderate evidence of effectiveness for sleep disturbances in obstructive sleep apnea, fibromyalgia, MS and chronic pain. The evidence is limited for HIV/AIDS-related weight loss, Tourette syndrome, social anxiety, PTSD, dementia, glaucoma, and depression in chronic pain.
- The FDA has created barriers to medical research and pharmaceutical development of legitimate cannabis derivatives.
- Pharmaceutical applications of cannabis cannot be researched unless the federal government redesignates it as a Schedule II drug.



medical cannabis

barriers, myths & evidence

A portrait of Stephen Klinkhammer, a middle-aged man with grey hair and glasses, wearing a dark suit, white shirt, and a colorful tie. He is sitting in a tan leather chair, looking directly at the camera with a slight smile. A small American flag pin is visible on his lapel.

Recognition of Outstanding Contribution award

Stephen Klinkhammer is
giving back to his profession
and fellow veterans

Stephen Klinkhammer, CRNA, DNP (NA '95), joined the U.S. Navy at age 17 in the early 1970s. His father was in the Navy in World War II, and his brother was a marine in Vietnam. "I'm from a small town and didn't know what I wanted to do," says Klinkhammer. "The GI bill looked like a good opportunity to train and see the world."

Klinkhammer did two tours of duty in Vietnam. After the first tour, he trained as a hospital corpsman — a medical specialist of the Navy — and as an operating room technician.

"My mom and sister were nurses, and my father and brother were in the military. I combined the two," he says. "A health care career allowed me to help people despite being in a war environment, which is infused with pain and suffering. I wanted to make things better."

Klinkhammer spent six years in the Navy and 16 years in the Army Reserves Nurse Corps. He completed the MCSHS Master of Nurse Anesthesia Program in 1995 and received a Doctor of Nursing Practice degree from Rush University in Chicago, Illinois, in 2001. He recently retired from a position as a clinical and didactic instructor in the School of Nurse Anesthesia at Rosalind Franklin University in North Chicago after teaching for nine years.

"I wanted to give back to my profession and train new anesthetists," says Klinkhammer, who continues to practice half days as a clinic-based nurse anesthetist. "Watching students go from novices to skilled practitioners is rewarding. I get my health care at the VA, and all of the anesthetists at the Milwaukee VA are my former students. They're good anesthetists and sought after for jobs, which tells me I did a good job teaching."

In addition to giving back to his profession, Klinkhammer dedicates much of his time to giving back to veterans in his community of Racine, Wisconsin. He has brought together veterans from all eras to work on common projects. He served on the Vietnam Veterans Advisory Committee for the Wisconsin State Board of Veterans Affairs and is a founding member of Vets 21, a

Racine-based Vietnam-era veterans group. He chaired a group that created a Veterans Memorial in a local park and was involved in creating a Wisconsin Vietnam veterans memorial parade float. The float includes a scaled replica of the Vietnam Wall and names of Wisconsin veterans who died or are missing in action from the Vietnam War.

Klinkhammer co-founded a local musical event fundraiser, Thoughts for Food, which benefits the Racine County Food Bank. In 26 years the event has generated more than \$420,000 and 50 tons of food. Klinkhammer also co-founded Pasty Day, an event that brings together veterans and community members to make pasty meat pies to benefit the food bank. He's received awards including the Veteran Volunteer of the Year Award from the Volunteer Center of Racine, Distinguished Service Award from the Vietnam Veterans of America Wisconsin State Council, and Presidential Award for outstanding service to the community by a Vietnam veteran.

His latest endeavor is spearheading an effort to create a local veterans museum/library in a downtown Racine veterans club.

"We need to remember the sacrifices of service members in the past and today," says Klinkhammer. "I hope everyone respects that and finds ways to support veterans in our communities."

Klinkhammer says he's honored to receive the Recognition of Outstanding Contribution award. "It belongs to all the people who support me and what I do, including my family, classmates and all of my Mayo colleagues. I'm proud to be part of the Mayo family and have tried to reflect the Mayo philosophy in my life and career."

Save the date!

The 2019 annual dinner and program, which is free of charge for MCSHS alumni and a guest, will be April 26 in Rochester.





Michael Feakes, RT(R)
Lead radiologic technologist
Mayo Clinic Rochester

Precepting

training the next generation in health care

Educating other health care professionals is intrinsic to working in an academic medical institution. When that relationship is one-to-one, it's often referred to as precepting. Preceptors are experienced practitioners who guide students in clinical settings, help them put into practice what they've learned in the classroom, supervise,

encourage, provide performance feedback and evaluate.

MCSHS relies on the goodwill and willingness of professionals throughout Mayo Clinic and Mayo Clinic Health System locations to serve as preceptors to trainees. Each year approximately 1,700 MCSHS learners rely on practicing

professionals to guide them toward developing competence in their chosen professions, spending an estimated 500,000 hours across all allied health careers.

Connections looks at a handful of preceptors to MCSHS students to learn what motivates them to participate.



Michael Feakes, RT(R) (RAD '15), came to MCSHS as a nontraditional student in his late 30s. He'd made a drastic career change due to an injury. Going from master plumber to radiography student shook his confidence. His teachers and preceptors helped him find his footing and gain confidence in his abilities. He's paying it forward by helping students find their confidence.

Feakes had been on the job for only a year at Mayo Clinic in Rochester when he was asked to serve as a preceptor to MCSHS students. "I said yes because I wanted to give back to the program that gave me so much," he says. "I met with program faculty, reviewed their guidelines and goals, and discussed the best way to interact with students to help them

succeed. The faculty provided good advice and helped me know what to emphasize with students."

Feakes says he enjoys working with students, watching them grow and learn as they progress through their training, and seeing their confidence soar. "Watching them interact with our patients, I get to see the best side of humanity."

The learning goes both ways. Feakes says he learns from his students every day. He describes a situation with a somewhat emotionally difficult patient and a bubbly, positive student. He was concerned they wouldn't mesh. The student asked how the patient was doing and how she could help him, Feakes says. "She was empathetic and caring. The patient took me aside to tell me how good she

was at her job and how comfortable and comforted she made him feel. It was a nice reminder of how patients can be positively affected by genuine understanding and listening and how important it is to ask if there's anything else we can do to help them.

"There's a perception of precepting that you're in a room with a student who will slow you down and delay getting things done efficiently. That thinking misses the larger point. It's rewarding to watch students develop and see how patients react to our learners. I'm grateful for the opportunity to help students and learn from them."

Feakes on what makes a good preceptor: Patience, relatability to students and ability to deliver constructive criticism.



Sarah Strahm, APNP, RN
Nurse practitioner, Family Medicine,
Mayo Clinic Health System
Eau Claire, Wisconsin
Instructor in family medicine



Ashley Nelms, RT(R)
Interventional radiologic technologist
Mayo Clinic Florida

“These are the people who will take care of us and our families as we age. I want to make sure they’re well trained. It’s refreshing to work with students who are excited and bring new ideas to the clinic.”

Sarah Strahm, APNP, RN, (MBM ‘12) told her mother when she was a young girl that she wanted to be a nurse. Her mother had gone to nursing school for a week and decided the profession wasn’t for her, so she told her daughter nursing might not be a good idea. Strahm then decided she wanted to be a teacher. In high school she revisited the idea of a nursing career thanks to some role models. Today, as a nurse practitioner and preceptor, she gets to combine her nursing and teaching career ambitions.

Strahm began precepting 12 years ago — a year after she started as a nurse practitioner at Mayo Clinic Health System in Eau Claire, Wisconsin. “Precepting increased my confidence in how much I learned in my first year as a nurse practitioner,” she says. “What you bring to the table as a preceptor is your personal experience as a provider. I help students become comfortable with their clinical skills so they become more confident providers. They need to know how to do things on their own even if they don’t need to do it now. They could end up practicing alone in a rural clinic or express care. Investing in their confidence will pay off.”

Strahm says she finds it rewarding to give back to her profession and train the next generation. “These are the people who will take care of us and our families as we age. I want to make sure they’re well trained. It’s refreshing to work with students who are excited and bring new ideas to the clinic. Just the other day a student I was precepting told a patient about a new cosmetic light treatment I wasn’t aware of. I learn from them as much as they learn from me.”

Strahm is an advocate for MCSHS students rotating in Mayo Clinic Health System. “The Health System has a lot of specialty care, and students are amazed at our access

to specialists at Mayo Clinic. In Mayo Clinic Health System you can train at larger sites that have specialty care or get experience with rural care at a smaller site. There are unique opportunities you won’t find in Rochester.”

Strahm on what makes a good preceptor: Creating a safe environment for the student to learn and make mistakes.

Ashley Nelms, RT(R) (RAD ‘13), began precepting when the radiography program at Mayo Clinic in Florida reached out, looking for preceptors. “I went to school here and had an amazing experience, and I want to give back to MCSHS and the radiology profession,” she says. “It’s exciting and fun to teach. I love watching students take what they learn in the classroom and put it in action with patients.”

Nelms says precepting helps keep her skill set sharp — in more ways than one. “I have to make sure my knowledge is up to date so I can explain things to students. But I also learn from them. They have the most recent information. Students have shown me new ways to set up and prepare patients for certain X-ray views. I do things a certain way, but sometimes I like their way better.”

Nelms points out an important reason for precepting. “We want to hire our students for our job openings, so we want them to be well-trained. Our students deserve the best training and clinical experience we can provide. And, of course, our patients deserve the best. I feel like I’m making a difference in how patient care is delivered by being a preceptor, and that feels good.”

Nelms on what makes a good preceptor: Patience, approachability, a positive attitude, knowledge about your role and department, and a well-rounded personality.

“Knowledge and know-how are lost if you don’t share them to help others. Working with students keeps my work habits disciplined. It’s gratifying to see the light come on in someone’s face when they learn something.”

Zane Dubbels, RT(R) (RAD ’93), remembers what it felt like to struggle when he was a radiography student and how good it felt when a preceptor showed him the way. “I never forgot it, and I want to help others the same way,” he says.

Dubbels worked with MCSHS radiography students at Mayo Clinic in Rochester for several years before becoming a preceptor.

“Two decades later, I still enjoy precepting,” he says. “It helps to keep my skills sharp, and I constantly learn from students. One showed me a different way to do lateral knee X-rays, and another showed me a way to do a standing X-ray when I was used to the ‘old’ way of having patients lie on the table. Students stir the pot. They bring up questions and ideas we might not otherwise think of.”

Dubbels says some colleagues choose not to precept because they want to work without someone being in the way. “They want to do their own thing. But I get a lot of joy out of seeing others excel. Knowledge and know-how are lost if you don’t share them to help others. Working with students keeps my work habits disciplined. It’s gratifying to see the light come on in someone’s face when they learn something.

“I like my job and teaching others so they can excel professionally, too. What better way to promote radiography?”

Dubbels on what makes a good preceptor: Good verbal skills, a passion to share knowledge, and patience to let students work things out on their own and not jump in and do it for them.

Victoria Louwagie, PA-C, is a physician assistant at Mayo Clinic Health System in Mankato, Minnesota. She says nurse practitioners and physician assistants are sorely needed, especially in more rural settings and including Mayo Clinic Health System.

Job openings can only be filled as quickly as students progress through clinical rotations.

“The more students we precept, the more trained professionals we can hire,” she says. “It’s a great feeder system for potential hiring. Having full departmental staffing benefits all of us and our patients.”

Two years after she joined Mayo Clinic Health System, Louwagie felt ready to be a preceptor to students. “I’ve always had an interest in education, and I enjoy paying it forward,” she says. “My mom is a retired physician, and she encouraged us to be servant leaders.”

When Louwagie is assigned a physician assistant student, she’s with them for four to six weeks during her working hours. “Having a student is extra work, but we have to remember that everyone starts as a learner. I want to help them become the best they can be. Our clinic is small compared to Rochester, and our providers know each other well. I can suggest the student spend time with one of my colleagues to get experience in other areas to make sure the educational experience is diverse and enriching.”

Louwagie says she learns from students while precepting. “PA and NP students are well-rounded and knowledgeable about general medicine. They teach me about the latest diabetes and hypertension medications, for example.”

Louwagie on what makes a good preceptor: Flexibility, organization and good listening skills.

Interested in precepting?

If you’d like to explore becoming a preceptor, talk to your supervisor or contact:

- Troy Tynsky, 507-538-3540
tynsky.troy@mayo.edu
- Kathy Cieslak, 507-284-8285
cieslak.kathryn@mayo.edu



Zane Dubbels, RT(R)
Radiologic technologist
Mayo Clinic Rochester

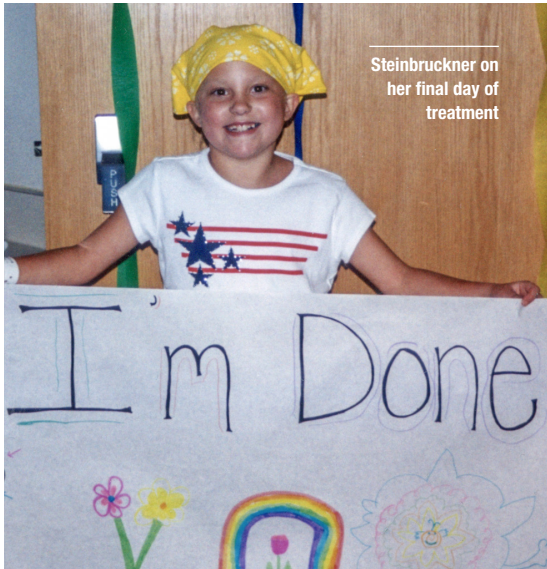


Victoria Louwagie, PA-C
Physician assistant
Mayo Clinic Health System
Mankato, Minnesota
Instructor in medicine



Patient, caregiver and health care provider

Hannah Steinbruckner
can't wait to put her
experience into action.



Steinbruckner on her final day of treatment



Steinbruckner and her husband, Daniel

Hannah Steinbruckner (ECHO '19) brings a unique perspective to her health care career. She's one year into the 21-month MCSHS Echocardiography Program and can't wait to be an official provider. She's already been a patient and a caregiver.

"I think patients and their families appreciate when their health care providers can relate to what they're going through," she says. "I've been the patient. I've been the family member."

Steinbruckner was diagnosed with stage 3 ovarian cancer at age 8 and spent the summer between second and third grades at Mayo Clinic in Rochester having surgery to remove her left ovary and fallopian tube and having four rounds of chemotherapy. She had follow-up CT scans, MRIs and blood work for the next 10 years.

Now she's helping her husband, Daniel, through a similar situation. Earlier this year Daniel was diagnosed with testicular cancer with lymphovascular involvement. He had surgery at Mayo Clinic to remove his left testicle and a subsequent surgery to remove the affected lymph nodes. The couple had been married only nine months when he was diagnosed.

"It felt surreal," says Steinbruckner. "I flashed back to when I was diagnosed as a child. I was a little afraid but never thought I wouldn't get through it. My parents, the rest of my family and our friends were so strong. I felt like I could be strong because of them. I wanted to be their strong little girl."

"Now, I can support Daniel because I know how he's feeling. We can get through this together, and it's making us stronger."

Steinbruckner knows firsthand the important role health care providers play in patients' illnesses and recovery. "I had the most phenomenal nurses, phlebotomists, doctors and surgeons," she says. "I want to make my patients feel the way those providers made me feel. I want to be that for other people."

After her treatment was complete in third grade, Steinbruckner became interested in human anatomy and started thinking about a career in medicine. "I'd always been interested in science but leaned toward astronomy and planets," she says. "The Christmas after my treatment, I asked for science and biology books."

In high school Steinbruckner took preparatory biology classes, then studied biology at the University of Minnesota Duluth and applied to physician assistant (PA) schools after graduation. While she was waiting to hear if she was accepted, she came across a MCSHS brochure. She wasn't familiar with echocardiography but remembered having an echo exam upon completion of chemotherapy to see if the drugs had affected her heart. By the time she heard back from PA schools, she'd decided on the MCSHS Echocardiography Program.

"It's the right level of learning and knowledge and the patient population I want to help," she says. "I love working with middle-aged and elderly adult populations. I learn a lot about them medically and from them personally. For an echocardiogram, you're in a room with the patient for 60 to 90 minutes and learn about their medical journey and life experiences. You get to build meaningful relationships with your patients. This is the program I was meant to be in. I'm excited to take all the things I've learned, finish this program, work in health care and have patients of my own to take care of."

Scientist at heart

In 2006 Noweeda Mirza, Ph.D. (BIOC '11, ECHO '19), was home on a weekend with her two daughters — a 13-month-old and 6-day-old. She was recuperating from childbirth when her husband began to feel unwell. He had heartburn and nausea, difficulty swallowing and was sweating. Mirza called an ambulance, and her husband went to the hospital where he had a major heart attack. His main coronary artery was completely occluded.

“I felt like the floor dropped out beneath me,” says Mirza, who is from England. “If he died, what would I do alone with two babies? I felt lost and bewildered in a new country. I’d been in the U.S. less than two years on a scholarship visa. My husband’s heart attack was one of the most devastating experiences I’d ever had.”

Mirza’s husband received a stent and went home after a week in the hospital. But the medical emergency made an impression on Mirza. The sudden, unexpected exposure to cardiovascular disease initiated a desire to learn more about cardiology. Mirza’s background includes a Ph.D. in transplant immunology from the University of Birmingham, United Kingdom.

Soon after the heart attack, the family moved from Tampa, Florida, to Scottsdale, Arizona, where Mirza accepted a position as a Ph.D. postdoctoral fellow, then a senior research fellow and research associate, in the Division of Immunology at Mayo Clinic in Arizona.

In 2014 Mirza’s husband was diagnosed with small vessel disease of the heart. Mirza couldn’t ignore the feeling she’d had since his heart attack and her underlying passion for more knowledge about cardiovascular disease.

For more than a decade Mirza had conducted research in immunology toward the optimization of the immune system to fight infectious diseases and cancer. “I loved research and was adamant that we could overcome some of the problems associated with an aging immune system,” she says. But she understood change would not happen anytime soon. “I realized I wanted to be involved in something more closely related to direct patient care.”

Mirza wanted to do more with her research background by potentially merging it with echocardiography. This led her to apply to the MCSHS Echocardiography

Program. The difficult decision to pursue training in echocardiography changed the course of her career. “My daughters were 11, 10 and 8, so it was an ideal time to make a change,” she says. Mirza will complete the 21-month program in May 2019.

“I’m a scientist at heart,” she says. “By continuing my research career and merging the focus with echocardiography, I could play a role advancing our current methods to be able to better identify prognostic factors of heart function.”

Mirza was put in touch with Tasneem Naqvi, MD, MBBS, in the Department of Cardiovascular Diseases at Mayo Clinic in Arizona. Dr. Naqvi employed Mirza as a research fellow to work on cardiology and echocardiography projects.

The two collaborated on research that was published in an abstract accepted by the *Journal of the American Society of Echocardiography* (ASE), “Echo Contrast Use Reduces Inter-Reader Variability of LVEF Measurements in Heart Failure Patients.” Mirza is the only MCSHS echocardiography student to be a first author on a publication accepted by the ASE. The abstract and an accompanying poster demonstrate how a contrast agent helps physicians decipher cardiac motion and relates to the patient’s heart failure.

Mirza presented her poster at the ASE’s annual scientific conference in Nashville, Tennessee, in June. The conference showcased cutting-edge research from investigators from around the world.

Mirza aims to improve diagnostics in patient care. She’s a student in the Echocardiography Program during the day and a part-time research fellow in Dr. Naqvi’s Echocardiography Core Lab during evenings and weekends. She’s already working on another echocardiography research project.

“The more we learn about the condition of the heart through echocardiography and improve imaging capabilities, the better medical science can devise new and better ways to treat heart disease,” says Mirza. “I like knowing my research can play an active part in the health and comfort of patients.”



**“I like knowing
my research
can play an
active part in
the health
and comfort
of patients.”**



Speaking^{up}_{for}
pharmacy

Garrett Schramm, PharmD, RPh, recipient of a 2018 MCSHS Outstanding Educator award, has made his mark on pharmacy education. He has been instrumental in:

- Partnering with Mayo Clinic School of Continuous Professional Development to become a provider for nationally accredited continuing pharmacy education in 2013 — that school's first foray into pharmacy education. Mayo Clinic is now an approved provider of the Accreditation Council for Pharmacy Education.
- Working with Mayo Clinic Health System and Mayo Clinic to integrate multiple pharmacy residencies under a single MCSHS umbrella, with standardized curriculum, salaries and benefits, application deadlines, websites, recruitment strategies, and policies and procedures. Today residents across Mayo Clinic Rochester and Mayo Clinic Health System benefit from standardized, integrated training and are involved in quality improvement and research projects that impact patient care. This was the first MCSHS program to fully integrate across Mayo Clinic Rochester and Mayo Clinic Health System.
- Standardizing orientation and training for members of the pharmacy team — inpatient and outpatient pharmacists and technicians — and expanding the education team for Mayo Clinic in the Midwest. Training includes department orientation, competency and on-the-job training components.
- Securing departmental and MCSHS approval to implement organization-wide nationally accredited pharmacy technician program.
- Instituting interdisciplinary Mayo Clinic Pharmacy Grand Rounds that are accredited for continuing education credits for multiple professions. These weekly Grand Rounds are broadcast throughout the enterprise and accessible live in Rochester or via desktop. In 2017 almost 4,000 learners participated from various sites and claimed credit. Participation is approved for credit by the Accreditation Council for Continuing Medical Education and Accreditation Council for Pharmacy Education.
- Shepherding Mayo Midwest PGY1 and PGY2 Pharmacy Residency Program through several national accreditation surveys.

Schramm has more goals, including expanding pharmacy residency programs across Mayo Clinic in Rochester and Mayo Clinic Health System. "We have 12 residency programs with a total of 21 residents at a time and want to add programs as it makes sense," he says. "We have a great track record of hiring our residents. They are our future workforce."

He also plans to pursue initiatives to make Mayo Clinic pharmacy education a model for other institutions in standardization, integration and best practices. "We have a huge opportunity to be a worldwide leader, including in continuing education," says Schramm.

When asked why education is so important to him, Schramm says seeing what pharmacy residents do now and after completing their programs is "the best show in town."

"They take the skills they learn at Mayo and go out and do great things," he says. "Then they can teach others and pay it forward. Our patients benefit when our trainees practice at the uppermost limits of their licenses, provide high-quality patient education, contribute to scientific literature, and undertake quality improvements that make the organization more efficient and effective."

Schramm says he wants to be able to say he's done all he can for the pharmacy profession and its Mayo residents at the end of the day. "As a general rule, pharmacists are relatively quiet. I'm vocal and passionate about our pharmacy programs. I challenge myself and MCSHS to think outside the box. I don't shy away from opportunities to ask questions or challenge the status quo. With passion and vision, great things can happen."

Schramm says he's not comfortable receiving awards but considers this one a nod to those who helped him reach his goals. "In 2006 Bekele Afessa, M.D. (deceased), took me under his wing, guided me in how to conduct research and helped me grow professionally. Kevin Dillon, PharmD, RPh, Mayo's chief pharmacy officer, also has been a huge support through the years. He's a great listener and exceptional guide in how to navigate difficult situations.

"I've had the Mount Rushmore of role models. Dr. Afessa and Kevin are just two of the faces on that monument. I'm proud to be able to thank them and many others for helping me get to a place where I could be considered for this award."

Garrett Schramm, PharmD, RPh

- Director, Pharmacy Education and Academic Affairs, Department of Pharmacy, Mayo Clinic Rochester
- Director, Pharmacy Education, Mayo Clinic School of Continuous Professional Development
- Program director, Pharmacy Programs, Mayo Clinic School of Health Sciences
- Residency program director, PGY1 Pharmacy Residency at Mayo Clinic Hospital — Rochester

Outstanding educators – Rochester

Each year MCSHS honors excellence among faculty and staff. The 2018 honorees from the Rochester campus are:

Outstanding Educators

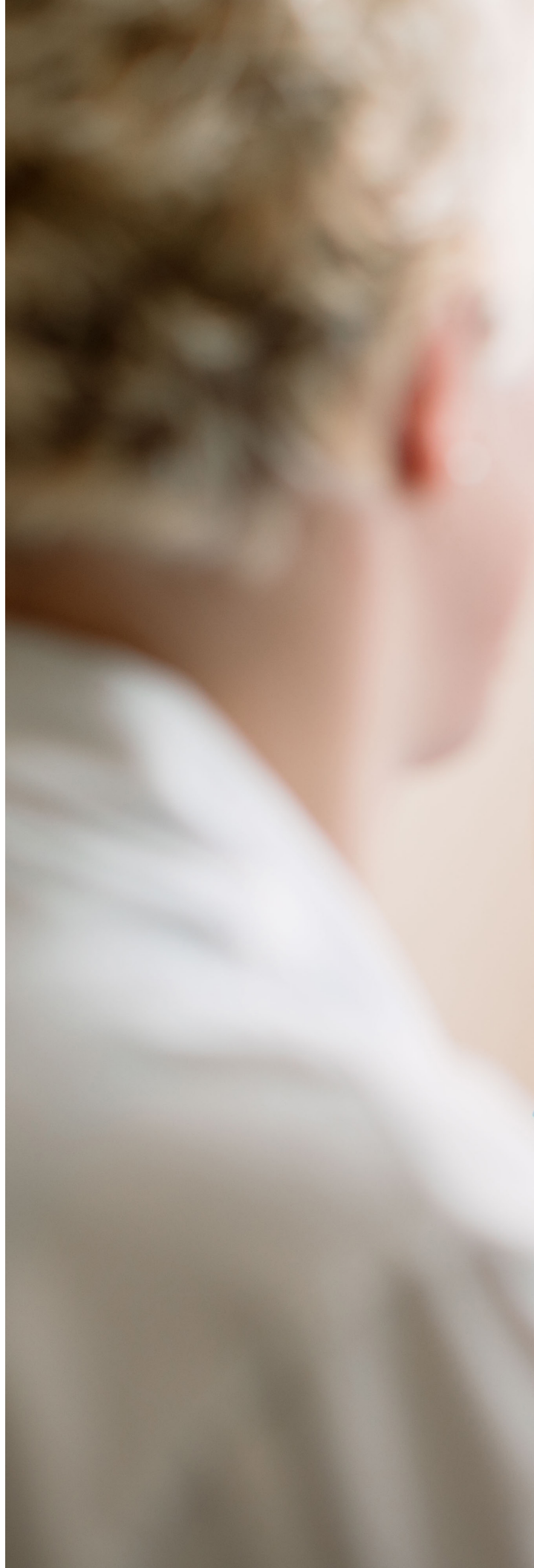
- Victoria Clemens, PA-C (PA '07)
Department of Emergency Medicine
Supervisor, MCSHS NP/PA Fellowship
- Sally Heusinkvelt, APRN, CNP
Division of Hospital Internal Medicine
Department of Medicine
Instructor in medicine
- Garrett Schramm, PharmD, RP (page 18)
Director, Pharmacy Education and Academic Affairs
Assistant professor of pharmacy
- Jody Wayne, MS, MT (CLS '02)
Department of Laboratory Medicine and Pathology
Instructor in laboratory medicine and pathology

Outstanding Physician/Scientist Educators

- Carrie Hruska, PhD
Division of Medical Physics, Department of Radiology
Associate professor of medical physics
- Isobel Scarisbrick, PhD
Department of Physical Medicine and Rehabilitation
Associate professor of physical medicine and rehabilitation and physiology

Outstanding Service Award

- Katrin Frimannsdottir, MA, PhD (CA '18)
Office of Applied Scholarship and Education Science
Assistant professor of medical education
- Victoria Staifer, MS eLearning Design & Development,
Mayo Clinic College of Medicine and Science Learning





A portrait of a woman with long, light brown hair, wearing black-rimmed glasses and a blue top. She is smiling and looking towards the camera. The background is a soft, out-of-focus green and yellow gradient.

Know your board

MCSHS Alumni Association
board members

Stephanie Nunn (CLS '10)

- Medical technologist, Mayo Clinic Florida
- Instructor in laboratory medicine and pathology, Mayo Clinic College of Medicine and Science

Education and career path:

- Clinical Laboratory Science Program, MCSHS, Mayo Clinic Florida
- Bachelor of Science, biology, University of North Florida, Jacksonville, Florida

Employment: Eight years as medical technologist specializing in hematology, chemistry, coagulation, urinalysis and on-call liver transplant lab team

Why did you pursue a career in health care?

I like that health care is an indispensable part of society. My mom was a nurse, and I saw the way she impacted her patients' lives through her support and dedication. That inspired me to pursue a degree in clinical laboratory science.

Why did you choose MCSHS?

Around the time I was graduating with my degree in biology, I heard about the Clinical Laboratory Science Program at MCSHS and thought it would be a great way to further my education and help me transition into health care.

What valuable lesson have you learned at Mayo Clinic?

I've learned to put myself in other people's shoes to understand how they're feeling. That's one way I make sure the patient always comes first.

What do you like best about your work?

So many medical decisions are based on laboratory results and, many times, the only way to confirm a diagnosis is through lab testing. I like knowing that my behind-the-scenes work makes a huge impact on patient care.

How do you contribute to the Alumni Association?

I support the Alumni Association by striving to represent the Florida campus in meetings. I'm a mentor and clinical instructor for students from MCSHS and other schools, and I encourage excellence in our graduates.

What advice would you give to those starting their careers?

In school you might have been at the top of your class, but when you are a new hire, you may feel like you don't know anything. It's OK. Learn from the veterans who have been doing the job a long time, and work to improve your skills. One day you'll be the veteran and remember what it's like to be the new person.

What do you do in your spare time?

I enjoy reading, practicing yoga, tending to my garden and exploring national parks.

What would people be surprised to know about you?

I performed at Carnegie Hall in New York City with the University of North Florida Wind Ensemble on clarinet.

LaChelle Wieme, APRN, CRNA, DNAP (NA '08)

- Certified registered nurse anesthetist, Division of Outpatient Surgery, Mayo Clinic Rochester
- Instructor in anesthesiology, Mayo Clinic College of Medicine and Science

Education and career path:

- Doctor of Nurse Anesthesia Practice, University of Michigan, Flint
- Master of Anesthesia, MCSHS, Mayo Clinic Rochester
- Bachelor of Science in Nursing, North Dakota State University, Fargo

Employment: Four years as CRNA in Mayo Clinic Division of Outpatient Surgery; six years as CRNA in Mayo Clinic Division of General and Colorectal Surgery; six months as staff nurse anesthetist at Owatonna Hospital, Owatonna, Minnesota; three years as registered nurse in cardiovascular surgery ICU and vascular medicine at Mayo Clinic

Why did you pursue a career in health care?

When I was 12, my grandpa received a heart transplant. I was attracted to the ability to help people as I witnessed his journey. Then, as an ICU nurse, I was drawn to the complexity of patient care, critical thinking and task orientation, which led me to pursue a career as a nurse anesthetist.

Stephanie
Nunn



LaChelle
Wieme

Why did you choose MCSHS?

Mayo Clinic has a solid reputation for excellence.

What valuable lesson have you learned at Mayo Clinic?

We take care of each patient, one patient at a time, to the best of our ability. This devotion to each person we encounter is what makes those of us in the Mayo Clinic family who we are.

What do you like best about your work?

Meeting patients from all over the world and relieving their pain and anxieties to get them safely through their surgical procedures is greatly satisfying. I enjoy the art and science of our profession, which requires cognitive and compassionate skills. As core faculty for the nurse anesthesia program, I also love inspiring and influencing the next generation of nurse anesthetists.

How do you contribute to the Alumni Association?

I've recently become secretary-treasurer of the Alumni Association board. I'm excited to network and work alongside other devoted professionals associated with MCSHS.

What advice would you give to those starting their careers?

Never stop growing. When you embrace the process of learning and growing rather than the outcome, there is no limit to what you can become.

What do you do in your spare time?

I spend time with my family: husband Andy, son Koren (age 9) and daughter Leighton (age 5). I enjoy reading and helping others grow personally and professionally.

What would people be surprised to know about you?

I'm a financial coordinator, helping to coach people through the journey of becoming debt-free.

Ashley McWalter, PA-C (PA '14)

- Physician assistant, Pulmonary Clinic, Sanford Health, Fargo, North Dakota

Education and career path:

- Master of Science in Physician Assistant Studies, University of Wisconsin-La Crosse in partnership with MCSHS and Gundersen Health System
- Bachelor of Science, respiratory therapy, University of Mary, Bismarck, North Dakota

Employment: Two years as physician assistant in pulmonary clinic, Sanford Health; two years as physician assistant in walk-in clinic/family medicine at Marshfield Clinic, Rice Lake, Wisconsin; four years as respiratory therapist in medical ICU, Mayo Clinic Rochester

Why did you choose MCSHS?

After receiving my respiratory therapy degree, I dreamed of working at the prestigious Mayo Clinic. Some of the things that drew me to Mayo were the world-class facilities, amazing medical personnel and emphasis on continued education, research and career advancement.

After working in the medical ICU as a respiratory therapist, I longed for more education and aspired to attend physician assistant school through MCSHS in partnership with the

University of Wisconsin-La Crosse and Gundersen Health System. My clinical rotations, preceptors, mentors and time spent at Mayo Clinic were invaluable.

What do you like best about your work?

I get to help people every day. I enjoy interacting and collaborating with other disciplines and specialties for the best patient care. I work in the outpatient pulmonary clinic and participate in patient rounds, which is always variable and challenging.

How do you contribute to the Alumni Association?

I give back to Mayo Clinic through mentorship and building a stronger Alumni Association. Improving and supporting current programs is a key to continued success and high-quality education of my peers.

What advice would you give to those starting their careers?

Ask questions. Take advantage of working with multiple disciplines to learn as much as you can. Continue to read and educate yourself. Put your patients first, and always treat them as you or your family members would want to be cared for.

What do you do in your spare time?

I spend time with my husband and children (ages 3 and 10 months). We like being outdoors, hunting, fishing and snowboarding.



Ashley
McWalter



NEWS BRIEFS

Mayo Clinic recognized by DiversityInc

Mayo Clinic was named to DiversityInc's Top Hospitals and Health Systems ranking for the seventh consecutive year. The rankings recognize commitment to diversity, inclusion and equity. Mayo Clinic's efforts toward building a diverse workforce include:

- Developing talent through mentorship programs
- Promoting an inclusive environment for patients and staff
- Increasing the number of departments represented by diversity leaders who serve leadership teams and identify department-specific needs and priorities
- Increasing the number of and participation in Mayo Employee Resource Groups (MERGs), employee-organized groups that form around common dimensions of diversity

Sharonne Hayes, M.D., medical director of Mayo Clinic's Office of Diversity and Inclusion, says the recognition

is a testament to the work of colleagues across the organization who dedicate their time to ensure Mayo is a welcoming place to receive the highest-quality patient care and to work. "Each year DiversityInc challenges us to continue our progress by making the criteria more stringent, and each year we all rise to the occasion."

Open house for prospective MCSHS students in Rochester



Know any interested students? Mayo Clinic School of Health Sciences is hosting an open house for prospective students in Rochester on Oct. 18 from 5:30 to 7:30 p.m. Attendees can meet MCSHS deans, faculty and staff, and current students.

mayo.edu/mayo-clinic-school-of-health-sciences/about/open-house

Retirements

- Heidi Dunfee, PT, DScPT (PT '13), operations manager, Mayo Clinic School of Continuous Professional Development; assistant professor of physical therapy, Mayo Clinic College of Medicine and Science, has retired. Dunfee was a coordinator of clinical education from 2006 to 2014, physical therapist/clinical education coordinator from 1988 to 2006, and staff physical therapist from 1983 to 1988. She was a clinical instructor to more than 700 students, shaping the careers of hundreds of physical therapy students.
- Stanley Olejniczak, MS, RT(R), retired as Radiography Program director in December. He served in that position from 2008 to 2017. He also was an assistant professor of radiology in the Mayo Clinic College of Medicine and Science.
- Francis St George, RDMS, RVT, retired in July as coordinator of clinical education for the Sonography Program at Mayo Clinic in Florida. He'd served in that position since 2004. St George began his career with Mayo Clinic in Rochester in 1972 as a patient transporter in radiology. He pursued training as a radiology technologist and returned to Mayo Clinic in 1978. He transferred to sonography in 1980 and moved to the Jacksonville campus in 1986. St George initiated clinical rotations for radiology and sonography students, and pursued expansion of the sonography program to Florida.

Check the website

Be sure to check the Alumni Association website for news about MCSHS, alumni and special offers including the new limited-edition apparel. The Alumni Association will offer exclusive apparel again at the end of the year. You also can submit news on the website under Colleague Notes.

mshsalumni.mayo.edu



Program updates

Michelle Alland, APRN, CNP, MSN (NP '14), nurse practitioner, Department of Cardiovascular Medicine, Mayo Clinic Arizona, is program director for the Cardiology Nurse Practitioner Fellowship in Arizona.

Adrijana Anderson, PA-C (PA '15), physician assistant, Department of Critical Care Medicine, Mayo Clinic Arizona, is program director for the Physician Assistant Fellowship in Hospital Internal Medicine in Arizona.

Lisa Buss Preszler, PharmD, RPh, MCSHS student education coordinator, received the 2018 American Association of Colleges of Pharmacy Master Preceptor Recognition. She is one of three pharmacists to receive this recognition, which acknowledges preceptors who aren't full-time employees of a school or college of pharmacy for their sustained commitment to excellence in experiential education and professional practice. Buss Preszler oversees the Pharmacy Internship Program and advanced pharmacy practice experience programs on behalf of the Mayo Clinic Department of Pharmacy and MCSHS.

The Respiratory Care Program was recognized by the Commission on Accreditation for Respiratory Care with the Distinguished RRT Credentialing Success Award in recognition of success in inspiring graduates to achieve their highest educational and professional aspirations.

MCSHS in Arizona has added two new fellowships to begin in October with one student each: Physician Assistant Fellowship in Neurosurgery and Physician Assistant Fellowship in Advanced Heart Failure and Heart Transplant.

MCSHS in Arizona has added a new clinical rotation in exercise physiology — a first for any MCSHS site. The 16-week program began in August with two students.



Beth Cloud, PT, PhD, DPT (PT '10), assistant professor of physical therapy, presents her poster.

MCSHS poster session promotes scholarly activity

In March, MCSHS faculty, students, program directors and administrators presented 50 posters showcasing knowledge from more than 10 allied health professions at the seventh poster event on Mayo Clinic's Rochester campus.

Lorelei Tinaglia (SOCW '18) and Michelle Anklan (SOCS '18), trainees in the Social Work Internship Program at Mayo Clinic in Rochester, presented a poster to inform others about their research and policy advocacy in the care and treatment of intersex people.

"Many intersex children have had medically unnecessary surgery to 'normalize' their genitals,

but this often has resulted in negative physical and psychosocial repercussions," says Tinaglia. "The American Medical Association, American Psychological Association and National Association of Social Workers don't have policy statements or recommendations about best practice in working with intersex patients. Our project incorporates research with anecdotal evidence from people with intersex traits. The MCSHS poster event gave us the opportunity to inform and educate — an important part of advocacy and policy development."

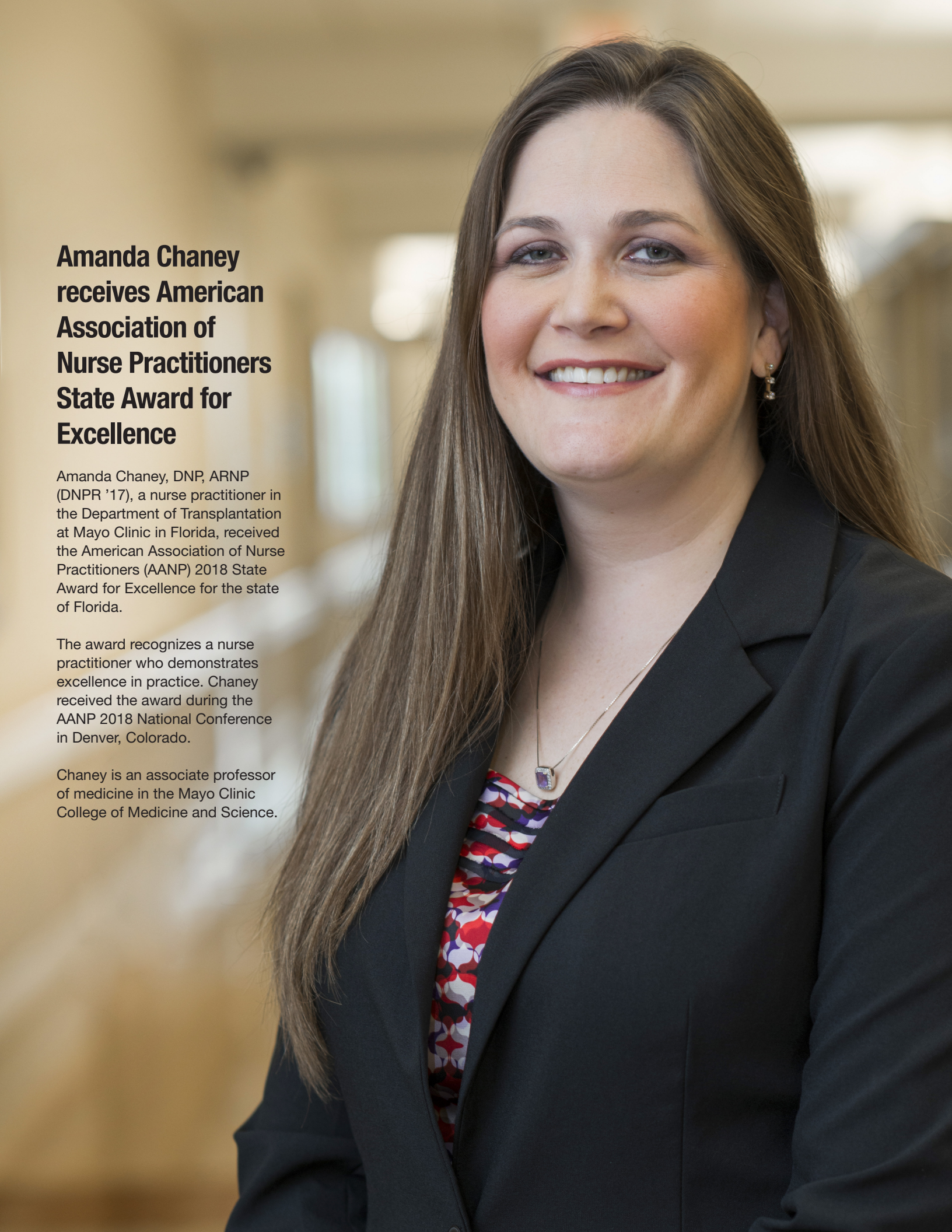
Save the date for next year's poster event: April 1, 2019.



Echo students receive national awards

Two students in the Mayo Clinic School of Health Sciences Echocardiography Program have received awards from the American Society of Echocardiography:

- Oksana Semkiv (ECHO '18), Arizona, received the 2018 Katanick Scholarship Award for the highest ranking sonographer candidate nominated for the ASE Foundation scholarship awards. Semkiv is the first MCSHS student to receive this award, which was established in 2017.
- Meghan Lowe (ECHO '18), Rochester, received the 2018 Alan D. Waggoner Sonographer Student Scholarship Award in recognition of outstanding academic and personal accomplishments. Lowe is the 16th MCSHS student to receive this award.



Amanda Chaney receives American Association of Nurse Practitioners State Award for Excellence

Amanda Chaney, DNP, ARNP (DNPR '17), a nurse practitioner in the Department of Transplantation at Mayo Clinic in Florida, received the American Association of Nurse Practitioners (AANP) 2018 State Award for Excellence for the state of Florida.

The award recognizes a nurse practitioner who demonstrates excellence in practice. Chaney received the award during the AANP 2018 National Conference in Denver, Colorado.

Chaney is an associate professor of medicine in the Mayo Clinic College of Medicine and Science.



MCSHS alumnus named next CEO of Altru Health System

Mayo Clinic School of Health Sciences alumnus Brad Wehe (PT '89) has been named the next CEO of Altru Health System in Grand Forks, North Dakota, effective Jan. 1, 2019.

Wehe joined Altru in 1989 and has served in leadership positions since 1991 as manager of outreach therapy services and occupational medicine and administrative director of regional operations. In 2011 he became Altru's chief operating officer. Wehe has furthered Altru's relationship with Mayo Clinic and the Mayo Clinic Care Network.

Wehe also is a former member of the MCSHS Alumni Association Board of Directors.

Gerald Needham, M.D., inaugural associate director of MCSHS, dies

Gerald "Jerry" Needham, M.D., died Feb. 17 at Charter House in Rochester at age 100.

Dr. Needham was the inaugural associate director for Mayo Clinic School of Health Sciences from 1973 to 1981. On behalf of the thousands of graduates, current students, and the entire faculty and staff of the school, we extend our condolences. We are deeply grateful for Dr. Needham's vision and leadership, and we are proud to honor his legacy.

Obituaries

- Loretta Gorman, PT (PT '62), died Oct. 22, 2017.
- Rita Landherr, PT (PT '62), died March 26, 2018.

For complete obituaries, visit mshsalumni.mayo.edu/people/obituaries.

To submit an obituary, email mshsaa@mayo.edu.

Is there a Mayo Clinic or Mayo Clinic Health System job in your future?

Opportunities are especially high for:

- Paramedic/EMT
- Surgical services: certified surgical technologists, operating room RN
- Intensive care RN
- LPN

mayocareers.com/MCSHS

Connections

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

Send comments, story ideas, academic and career news, and address changes to mshsaa@mayo.edu, or call 507-284-2317.

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About MCSHS

Mayo Clinic School of Health Sciences has a distinguished history of preparing students for successful careers in the health sciences. Mayo Clinic has trained allied health professionals for more than 100 years. Almost 1,700 students are enrolled in more than 128 MCSHS programs and rotations representing more than 68 health sciences careers. Programs are available at Mayo Clinic campuses in Arizona, Florida and Minnesota.

Enrollment information

mayo.edu/mayo-clinic-school-of-health-sciences

507-284-3678, 1-800-626-9041

young.jolene@mayo.edu

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