

# UW Residency Program Profiles

In the fall edition of the Wyoming Medicine Magazine, we take the time to profile the third-year University of Wyoming family medicine residents in the Casper and Cheyenne programs. This year we asked them the following questions:

1. Where are you from originally and where did you attend medical school?
2. What made you consider Wyoming for your residency?
3. What makes Wyoming a unique place to practice?
4. If you were recruiting medical students to UW Family Medicine Residency Program, what would you tell them?
5. Please share a great experience that you have had while practicing in Wyoming.

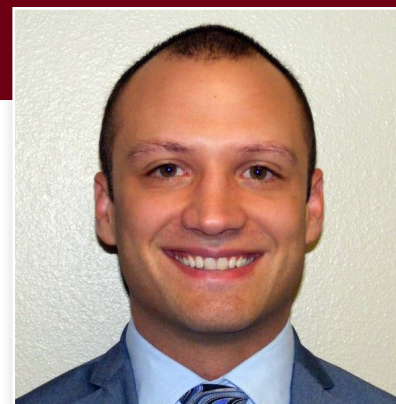
## Courtney Dahl, DO Cheyenne, Wyoming

1. I'm originally from central Iowa. I went to medical school in the heart of Appalachia at the University of Pikeville Kentucky College of Osteopathic Medicine.
2. Cheyenne family medicine residency program was my top choice program primarily because it offered traditional full scope training including procedures and obstetrics that I want to include in my future practice.
3. I enjoy farming and ranching communities and the lifestyle that goes along with it.
4. I would tell medical students interested in the Program that if they want training in every aspect of family medicine then they should consider Cheyenne.
5. There have been a lot of good experiences for me here. For example as residents here we might work at a rodeo one day and deliver a baby the next morning. That kind of variety is what I really enjoy.



## Jesse Miller, DO Casper, Wyoming

1. I was born and raised in Casper, WY. I attended medical school at A.T. Still University – SOMA in Mesa, AZ .
2. The UW Family Medicine Residency offered excellent, comprehensive training within my hometown community.
3. Wyoming is host to beautiful mountain lakes, wonderful people, and rural communities who need comprehensive primary care services.
4. The UWFMR will provide everything you want in a comprehensive, full-spectrum training and personalized education tailored toward your professional goals. Wyoming will provide beautiful open landscapes (with torrential winds), beautiful mountain ranges (with unrelenting blizzards), and excellent educational opportunities for your children.
5. The indescribable feeling the first time a patient says, "I play bridge with your grandmother."





## Michael Snarr, DO

Cheyenne, Wyoming

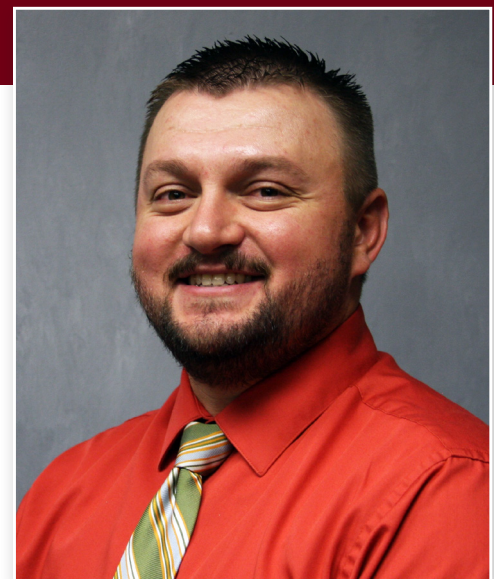
1. I am from Salt Lake City, Utah. I attended Midwestern University in Arizona.
2. The major pull to this program was the opportunities to learn and practice full scope family medicine in an unopposed residency. I also like that my commute time is around 10 minutes.
3. Practicing in Wyoming is especially unique for Family Physicians in the ability to more easily practice full spectrum medicine.
4. Most, if not all residencies, will allow you plenty of experience in the clinic, but one of the major benefits of this residency is the ample amount of procedures and skills you get outside of clinic that can broaden your scope of medicine, which allows you to define exactly how you want to practice medicine the way you want to after residency.
5. One of my favorite days in residency was when I delivered a few babies in the morning, helped in the ED by performing a lumbar puncture and then rounded on a few patients before I finished my day at clinic in the afternoon. The variety of my experiences throughout the day was gratifying.



## Jacob Bailey, MD

Cheyenne, Wyoming

1. I am originally from Nephi, Utah. I attended Trinity School of Medicine.
2. What drew me to Wyoming for residency is the fact that this program is unopposed. After interviewing here, I found I like Cheyenne and the fact that it is not a huge city but still has everything I need.
3. I enjoy the fact that in practicing in Wyoming I can do full spectrum medicine. I enjoy the small town feel of Cheyenne and how friendly people are.
4. This is a great place especially if you would like to learn many procedures and want to do full spectrum medicine.
5. During my time here I have enjoyed all the hands on learning we get. Not only that but the continuity of care that we get to enjoy. I have had the wonderful pleasure of seeing a patient in clinic, following them through for a procedure and see them after for follow up.



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## Sam Christensen, DO Casper, Wyoming

1. I'm from St. George, Utah and attended Midwestern University / Arizona College of Osteopathic Medicine
2. Family was the primary reason I considered Wyoming for my residency as my brother is a practicing physician in Casper. I also liked that it is close to home.
3. Wyoming-specifically Casper- is a great place to practice and train because it is a small, tight knit medical community but also is a referral center so there is a lot of patients and experiences.
4. When I recruit medical students to our program, I talk about the great rural medicine training that makes you feel comfortable doing a little bit of everything as a family physician.
5. A great experience that I have had while in Wyoming is when my patients refer their family and friends to me.



## Adrian Durham, DO Cheyenne, Wyoming

1. I am originally from Hartford, CT. I went to Med school in Spartanburg, SC at Edward Via College of Osteopathic Medicine.
2. I was in Emergency Medicine initially but after 2 yrs, even though I learned a lot, I was great at doing emergency procedures, but I didn't feel like I was truly helping anyone. I thought traditional family medicine was going to be a waste of my skills, but found that the rural tracks of FM were places that I could use all of my skills. From the time I got to Cheyenne, I felt like I was home!
3. The altitude, the outdoors, the unpredictability of the environment, and you are exposed to everything!
4. I would say that this is a unique environment where you can find a way to learn whatever you want to. Everyone encourages you to learn. It's a safe environment to learn, but you are treated like a grown physician. When you start here, you aren't an intern. You are a Physician (with no experience, but that comes with time). When you leave, you are more than ready to tackle life on your own.
5. There are so many daily. But, one of my patients were referred to me, since no one could explain her strange leg pain. After a complete medical workup, to include Rheumatology, and neurology. Nothing serious could be found, but no answers. I figured that maybe it was structural and recommended Osteopathic assessment and found her hips were shifted causing a short leg. I fixed it and she saw me weeks later stating that she thought this was just going to be an old age thing and was never going to get better. Now she feels like she has a new lease on life. This can happen anywhere, but my point is, that no one in this community feels like they can't ask anyone for help. In residency, everyone knows they have limitations and when they can't figure it out, they get help.







## Greg Christian, MD

Cheyenne, Wyoming

1. I grew up in Mamaroneck, NY and attended New York Medical College.
2. The lifestyle, environment and people. It has small town charm even in its biggest city.
3. Working in a rural area offers so many different practice options. These range from full spectrum to a more focused practice. Working with small rural populations also lets us get to know our patients better on a personal level.
4. I tell them it is a great place to practice and learn. We are unopposed and get to work with great attending physicians both in our program and with other local physicians in various specialties. We are a very “hands-on” program and encourage our residents to be proficient in all types of procedures.
5. During my intern year I met a man in the hospital whom I spent a lot of time with and got to know pretty well. I followed him in the hospital, a rehab facility and then the clinic. Through my encounters I also got to know his daughter and her family very well. They are a very nice and caring family and they invited me out to their beautiful ranch for my first branding. It was one of the few special times as a resident where you truly connect with a patient and their family.



## Hannah Dupea, MD

Casper, Wyoming

1. I'm from Bigfork, Montana and attended University of North Dakota School of Medicine.
2. I came to Wyoming for the full spectrum training and I liked that Wyoming was not just close to home, but a lot like my home.
3. Wyoming provides a great rural training but with a big hospital experience that provides a good volume and broad view of patients.
4. When I recruit medical students to our program, I tell them that I have really enjoyed being here and wouldn't have changed anything. The program provides a supportive environment and a good team approach. Hard work pays off and prepares you well for broad scope of practice.
5. My best experiences have been the patient relationships, especially with my continuity prenatal patients. I enjoy taking care of them all through pregnancy, labor, and delivery as well as then taking care of them and their babies after delivery. We get to share these incredible and sometimes scary life experiences with these patients, but hopefully can provide support and education as they become new parents.



# UW Residency Program Profiles

## Taylor Pederson, DO

Casper, Wyoming

1. I'm from Missouri and attended Kansas City University of Medicine and Biosciences.
2. I came to Wyoming for my residency because it provided unopposed training with a strong OB experience, especially with the OB track.
3. Wyoming is a unique place to train and practice because even though Casper is a bigger city, it still provides a rural practice experience.
4. When I recruit medical students to our program, I tell them that we have a great culture throughout: the clinic, faculty, residents, and hospital. The core faculty love to teach and the community physicians respect our program and also enjoy teaching us. The program and faculty work hard to find a way to meet our educational goals.
5. I love my OB patients. I love that I take care of them from the beginning of their pregnancy, through labor and delivery and then afterwards when they are new moms. I like being a part of them growing a family.



## Jordan Palmer, DO

Casper, Wyoming

1. I'm from Missouri and attended AT Stills-Kirksville College of Osteopathic Medicine.
2. I came to Wyoming for my residency because it is an unopposed program that provides a strong rural training emphasis.
3. Wyoming is a unique place to practice because of its culture of self-reliance and independence, which creates a challenging and rewarding practice experience.
4. When I recruit medical students to our program, I tell them that it is a second-to-none program that provides unopposed and full-scope training. It is a unique opportunity to train in a large hospital and yet have so much direct patient access as family medicine residents.
5. A good experience I had was just recently when I took care of a sameday/walk-in patient who was very ill but resistant to go to the hospital because he did not have insurance. We did our best to follow his wishes and attempted to work him up and stabilize him in our clinic, but he was too ill and so I had to convince him that he needed to go to the hospital and not worry about the cost. The patient was grateful for our efforts.





## Baier Rakowski, DO

Cheyenne, Wyoming

1. Originally from Long Island, New York I attended medical school at Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Northwest Campus.
2. I was looking for unopposed residency programs west of the Mississippi. The breath of training and opportunities to develop a wide range of skills were an enticing part of the opportunities available here.
3. The opportunity to practice in an area of such stark beauty, the close knit community, and the opportunity to work at some of the best training institutions in the country as electives made practicing in Wyoming very appealing.
4. Our program in Cheyenne provides unfettered access to some of the best specialists I have ever had the opportunity to work with. The people we have the opportunity to work with here are bright, committed professionals who take great pride in their work. I always encourage medical students to observe the people they are interviewing with and to compare the residents and professionals here to those anywhere else and ask, "could I be happy here?" I most certainly have been.
5. Working with several specialists at CRMC, our hospital team, as well as a number of consulting physicians in Colorado, we were able to successfully transition a long-term diabetic with a hereditary renal deficit back to a full working life as a productive member of society. I was so impressed during that process with the willingness to collaborate seen between the primary team and our consulting care providers. Everyone, from the nursing staff to the residents and attending physicians and social workers pushed to establish a plan to ensure a positive outcome for this person. That hospital stay and the patient's subsequent success is by far one of my proudest moments as a resident.



## Sarah Richardson, MD

Casper, Wyoming

1. I'm from Colorado and attended St. George's University School of Medicine.
2. I came to Wyoming to do my residency because I wanted rural training and it was close to home.
3. Wyoming is a unique place to practice because of the people, who are kind and easy to work with.
4. When I recruit medical students to our program, I tell them that it is a great residency with excellent teaching. Everyone gets along. Wyoming is a great place to live.
5. A great experience that I have had during my training was with a challenging continuity patient who has multiple medical and mental health issues that have resulted in recurrent admissions to the hospital. We were able to do a home visit with her, and that really helped us to connect and she now trusts me more and has opened up to me.





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## Ben Willford, DO

Casper, Wyoming

1. I'm from San Diego, CA and attended Lincoln Memorial University, DeBusk College of Osteopathic Medicine.
2. I came to Wyoming because as a high school student, I went to Boys Scout camp outside of Evanston and I thought it was beautiful. Then, I met Dr. Miller at the AAFP National Conference in medical school, who recommended that I do a sub-internship rotation in Casper. That experience was great and so I sold on coming here for residency too.
3. Wyoming is a unique place to practice because Casper has a community hospital, but also takes patients from across the state, so there is a lot of patients with diverse pathology-yet the experience is not impersonal like an academic health center.
4. I tell medical students that there is good quality and value of patient experiences, including procedures, clinic, and hospital. The program has a supportive environment. There is lots to do on your days off.
5. A great experience I had was with a patient that I delivered my intern year. She went to the emergency room with abdominal pain and found out that she was pregnant. She established care for her pregnancy with me, which was challenging at first because she smoked tobacco and meth. I was able to help her quit these when she found out that she was pregnant and she was able to get her life together. She and the baby are still my patients and they are doing great.



## Nick Loughlin, DO

Casper, Wyoming

1. I'm from Cherokee, Iowa and attended Kirksville College of Osteopathic Medicine.
2. I came to Wyoming for my residency because I wanted to receive rural medicine training. I also like that Wyoming has great outdoor activities and a down to earth culture.
3. Wyoming is a unique place to practice and train because it allows a lot of autonomy as well as the ability to individualize my residency training experiences.
4. When I recruit medical students to our program, I tell that that our faculty are very engaged in teaching us and that I have learned a lot. Residency has been a good time.
5. A great experience that I have had while in Wyoming is that I was able to purchase land on Casper Mountain and build a cabin. I also had a really great experience on my rural rotation in Thermopolis.

