LETTER FROM THE DEAN

First doctors
Four short years ago we donned our inaugural class of medical students with their first white coats. This year, as we donned those same students with hoods, handed them a diploma, and called each one across the Commencement stage with the word “doctor” in front of their name, we marked one of the proudest moments in our college’s history.

On May 6, families, faculty, staff, legislators, business leaders and community members joined us virtually or at our drive-thru ceremony to celebrate our very first WSU doctors.

In a year that saw the COVID-19 pandemic consume our lives with immense challenge and strife as a college and as a community, we also experienced some of the biggest firsts in our six-year history. Our first time welcoming four classes of medical students. Our first Match Day. Our first residency programs. Our first Commencement ceremony as a college.

Though the pandemic brought many firsts we never anticipated, our persevering faculty and staff worked tirelessly to create an exceptional learning experience whether virtual or in small groups. We developed creative and innovative ways to teach, learn and serve patients and communities in a virtual environment. We also welcomed our first class of students for our new online Certificate in Medical Ethics.

Our Department of Nutrition and Exercise Physiology continued its quest to provide fitness services to the community through the pandemic with virtual clinics and classes and graduated its first PhD student. Our Department of Speech and Hearing Sciences developed accessibility-friendly masks and served 171 patients through clinical sessions and camps for individual and group therapy to continue its first-class services to those with speech and hearing disorders.

Our Graduate Medical Education program built the first WSU residency in Everett that welcomed 16 internal medicine residents this summer, as well as earned accreditation to begin the first rural family medicine residency in Pullman that will be one of the first residency programs in the nation to be based at a critical access hospital.

Our first-class research enterprise continued their valuable work by securing more than $19 million in grants and contracts—their highest number yet—and making a splash in news regionally and nationally with their work on COVID-19 impacts to health, substance abuse and addiction, sleep, diabetes, community health and more.

Range Community Clinic began seeing its first patients. The William A. Crosetto Mobile Health Care Unit traveled across eastern Washington to give COVID-19 and other vaccines, care for the health needs of Spokane’s homeless population through its street medicine program and serve our underserved communities.

In our quest to build a first-class organization that lives its diversity and inclusion values and meets the critical needs of all corners of the state, we launched our new Office of Diversity, Health Justice & Belonging along with our first Strategic Diversity Action Plan, as well as a new Office of Land-Grant Mission and Leadership.

As if all of that wasn’t celebration enough, the college capped off this year of firsts with the news that we received full accreditation status from the Liaison Committee on Medical Education—a milestone that was more than six years and thousands of hours of effort in the making.

At that White Coat Ceremony four years ago, I shared a quote: “The beauty of a first is that it leads to a thousand other firsts.” While the pandemic brought forth many challenging firsts that none of us could have anticipated, it was also a year of many celebratory firsts that served as much-needed bright spots amid the darkness. In both cases, the lessons learned and the moments cherished resulted in many other firsts including new ways of learning, working, serving and living.

Thank you to all our faculty, staff, students and supporters from across the state and nation for the thousands of firsts you’ve made possible this year and in all the years prior. I look forward to the thousands of firsts still to come.

Regards,

John Tomkowiak, MD, MOL
Founding Dean
“Why would Elson Floyd be celebrating today?” she questioned. “The answer, quite frankly, is he believed that all of you, individually and collectively, will accomplish greatness. Today is proof of that.”

Schulz spoke to the significance of the historic moment to the University and its land-grand mission, calling the graduates trailblazers of WSU’s newest health initiative. He encouraged the graduates to remember the college’s mission to solve problems in challenging health care environments.

That was also one of the messages of Bechara Choucair, coordinator of President Joe Biden’s vaccine program, who delivered the Commencement address. Choucair challenged the graduates to broaden their practice from individuals to communities—to consider patient care that extends beyond the walls of a clinic and take on community health issues.

“We have to support entire populations, the systems that impact them and the places in which they live,” said Choucair. “You have an opportunity to build a more thoughtful, complete approach to health. So today, it’s no longer a question of if the health care field is going beyond the four walls of the clinic, it’s a question of how we’re going to do it, and how big we’re willing to challenge ourselves.”

Later that afternoon, students walked across an outdoor stage and waved to family and friends supporting them from below in a drive-thru celebration. In recognition of social distancing measures, medical students shared special moments with loved ones who had the opportunity to hood them before they made their way to the campus and college leaders on the stage.

For many, the drive-thru celebration was an emotional capstone not just for the students, but for the college.

“Building a new medical school is not for those who don’t enjoy being trailblazers, for students, faculty, and staff alike!” said Leila Harrison, Senior Associate Dean for Admissions and Student Affairs. “Our inaugural class applied to us with the faith that we would prepare them to be in the world caring for patients. For many, they applied to and attended our medical school because they believed our mission and goals aligned with their own. Through these four years, their
nuttional counselors, or aim for physician assistant school or medical school.

Newly graduated speech language pathologists from the Speech and Hearing Sciences program serve a range of populations, helping people find their voice whether they are infants in NICU or individuals in patient acute care.

The first class of medical students matched into residency programs across the nation, where they serve as physicians dedicated to delivering health care to those who need it most. Many plan to return to Washington after completing their residencies in the hopes of continuing the college’s mission.

“One of our graduates chose a rural based surgical residency, another matched into a health advocacy track of a primary care program, and several others are staying close to serve the vulnerable at the same clinical campus they called home these past four years,” said Bowman. “Those young physicians are proving that relationships across the state and caring for those who most need it most really matters. This is why I came to WSU.”

Dr. John Tomkowski is also looking toward the future.

“It’s been an honor to build this college over the past years,” Tomkowski said. “We’re looking forward to continuing our efforts to provide health care in challenging environments with new programs and initiatives. With each graduating class, we’ll also see the number of physicians remaining in Washington grow.”

Witnessing our physician graduates embody our goals of innovation, empathy, leadership, and a passion for the underserved as they matriculated to residency training is a moving and rewarding transition.

— JAIME BOWMAN, MD
Clinical Education Director for Family Medicine

feedback and partnership helped shape our college to do exactly what we were founded to do.”

Harrison, who helped recruit the inaugural class, read their names as they crossed the stage. “Announcing them as ‘doctor’ brought back the memory of many of their acceptance calls that had us in tears,” Harrison said.

Dr. Jaime Bowman, Clinical Education Director for Family Medicine who served as the inaugural Director—Longitudinal Integrated Clerkship, has also witnessed the students grow into physician leaders over the past years.

“The mission of the College of Medicine materialized as we graduated our first medical doctors,” said Bowman. The significance of the event struck the medical students as well.

“I’m overwhelmed with emotion as I reflect on this milestone. It’s been a long journey and I’m extremely grateful to my family, friends, and mentors who have stuck with me and supported me every step of the way—I couldn’t have done it without you,” said Dr. Christina Street. “Thank you, WSU College of Medicine for giving me some of the best four years of my life!”

Dr. Josh Pahang recalled how it felt to face rejections and receive acceptance from the college, seeing graduation as the beginning of a new journey.

“And just like that I’ve finished my last rotation of medical school. What an unbelievable privilege it’s been to be part of the first class at WSU. Four-ish years ago, after 20+ rejections, this was the only school willing to interview me, and I took that personally. I’d like to think I’ve worked hard these past four years to honor the belief that only WSU had in me, but this is only the beginning. I have a lot more thank you’s to give, so let this post just be another first of many,” said Pahang.

After Commencement, graduates continue on their journey to becoming tomorrow’s health care leaders. Nutrition and Exercise Physiology students, whether graduating with a BS or an MS, work in a variety of health care and wellness settings, attend graduate school to become Registered Dietitians, begin their careers as exercise physiologists or
Looking and Learning Forward as We Emerge From COVID-19

When the fall 2021 semester began in August, instructional modes for the Department of Nutrition and Exercise Physiology (NEP) were similar to spring 2021, which looked like fall 2020, which was more or less the same as spring 2020. It is hard to believe that the quick pivot to remote teaching methods in spring 2020 would endure through the end of 2021. However, there’s a light at the end of the tunnel as restrictions lift and more Americans become vaccinated.

A major question for higher education lingers: how will the pandemic reshape how we think about instruction, research, and our daily pre-pandemic office lives in the future?

Some aspects of our operations will likely go back to “mostly normal,” such as the deep in-person connections students developed with participants in the NEP Health and Fitness Clinic. On the other hand, clinic participants may choose to log into a HIPAA-compliant Zoom meeting with their assigned supervisors trained on providing telehealth services before clinic services resumed in the summer. Throughout the fall of 2020, the department offered a hybrid clinic for the community which provided both telepractice and in-person services, the only university clinic in the state to do so. Strict safety protocols were implemented among student clinicians as well as clients.

To compensate for the shortened semester, clinical learning was supplemented with simulation opportunities using Simucase, and hybrid learning modules and off-campus placements continued. Though learning opportunities in locations such as nursing homes were lost, graduate students were able to provide hybrid services in schools, private practice, and other health care settings.

The department also held Camp Candoo, an intensive speech therapy and early literacy summer camp for children ages 5-10 with childhood apraxia of speech or other severe speech disorders, in a telehealth format. The camp, which usually enrolls families from around the country and Canada, only enrolled Washington state residents. While Camp Candoo resumed in-person services in summer 2021, the department hopes to move all remaining therapy groups to an in-person experience in fall 2021. The primary challenges were making sure all involved were safe while also providing adequate clinical opportunities and clock hours to students. Few graduate programs in speech language pathology (SLP) were able to accomplish this feat. The department continues to do everything in its power to provide students with the experience needed to become a proficient and competent SLP, even during a pandemic.

Launching the new Certificate in Medical Ethics

With an eye toward fulfilling WSU’s land-grant mission, the Elson S. Floyd College of Medicine welcomed its first 15 students to the new Certificate in Medical Ethics in fall 2020. The two-semester (one academic year) certificate was developed to provide affordable, practical educational resources to bolster the clinical ethics competencies of health care professionals throughout the region.

Targeted toward ethics committee members and those engaged in clinical ethics in a health care setting, students get a deep dive into topics including moral reasoning and concepts common fallacies, deontological and normative statements, broad theoretical approaches (deontology, consequentialism, virtue ethics), tools for parsing ethical issues, common topics such as informed consent, advance directives, and rights of conscience, strategies in conflict resolution and more.

Offered in cooperation with Kaiser Permanente, the program features three practicing clinical ethics consultants among its faculty and offers each student the opportunity to perform a multi-stage simulated ethics consultation with practicing physicians and actors serving as family stakeholders.

Leveraging the WSU Global Campus, the program combines online learning platforms with Zoom-based interactive sessions for an accessible, flexible program that aligns with the busy work schedule of practicing health care professionals.

In addition, the Certificate program launched a new series of Bioethics Grand Rounds to extend educational outreach in bioethics to health professionals throughout Washington and surrounding regions. Held quarterly, these events feature nationally prominent speakers discussing visible bioethics issues at the forefront of national discussion. The first two, held in January and May of 2021, saw an average registration of 275 people per event.
Academics

Degrees & certificates offered

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<tr>
<td></td>
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Admissions

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<tr>
<td>African American, American Indian, Hispanic, enrolled tribal member</td>
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<tr>
<td>Military</td>
<td>6%</td>
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<td>Mean age</td>
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</tr>
<tr>
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<td>Non-traditional age 25 and over at enrollment</td>
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Nutrition & Exercise Physiology

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<tbody>
<tr>
<td>Bachelor’s students</td>
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Speech & Hearing Sciences

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In June 2021, the Elson S. Floyd College of Medicine received full accreditation, the final milestone in an accreditation journey that has spanned nearly six years.

The Liaison Committee on Medical Education (LCME), the accrediting agency for medical degree programs in the U.S. and Canada, granted full accreditation after conducting an extensive virtual site visit in October 2020 and evaluating the College of Medicine’s progress in meeting the LCME’s rigorous standards. The LCME also identified areas where the college will need to focus on making adjustments and improvements both in the short term and long term before the next accreditation review period.

“Achieving full accreditation marks the culmination of a journey that began the day we started the Elson S. Floyd College of Medicine and pursued relentlessly for the past six years to fulfill our mission to the people and communities of Washington,” said John Tomkowiak, founding dean of the Elson S. Floyd College of Medicine. “Thank you to our faculty, staff, students and contributors from across the state for dedicating tens of thousands of hours over many years to achieve this amazing milestone for our college.”

The WSU College of Medicine began preparing for LCME accreditation in 2015 following Governor Jay Inslee signing into law a bill that gave WSU authority to create an independently accredited medical school. The law effectively overturned a previous law that had been in place for nearly 100 years prohibiting the creation of a new public medical school. In 2016, the LCME granted preliminary accreditation to the WSU College of Medicine, which allowed the college to begin recruiting students and accepting applications for the college’s inaugural class of 2021. The college was granted provisional accreditation in June 2019 after demonstrating continued compliance with standards and readiness for clinical components of the medical education program.

LCME accreditation is a peer-review process that determines whether a medical school’s program meets established standards and identifies opportunities for improvement. The process for full accreditation included the submission of more than 2,500 pages of required documentation and a two-day, virtual site visit with the LCME in October 2020.

College receives accreditation for first rural residency program in Pullman

In May 2021, the Elson S. Floyd College of Medicine earned accreditation to start its first family medicine residency program in Pullman.

The WSU Family Medicine Residency Program-Pullman, based at Pullman Regional Hospital, is a three-year residency training program focused in a critical-access hospital in which residents will have opportunities to experience the full range of family medicine practice. The program will host three residents per year for a total of nine residents when fully implemented.

Critical access hospitals have 25 or fewer acute care beds and serve rural communities with essential health care services. As a critical access hospital, Pullman Regional Hospital provides 24-hour emergency care, inpatient and outpatient surgery, imaging and labs, full-service obstetrical care, physical and occupational therapy, cardiac rehabilitation, in addition to primary, pediatric, orthopedic, sleep medicine, behavioral health and cardiology care through its network of clinics.

“Serving the rural and underserved has been our focus from the beginning, so we are extremely proud to launch our first rural residency in Pullman,” said Dr. John Tomkowiak, founding dean of the Elson S. Floyd College of Medicine. “Launching a residency program in the heart of Cougar country means not only providing care to the people who serve so many across the WSU community, but increasing the likelihood that our own medical students will practice medicine in Pullman and surrounding areas for generations to come.”

Residency, also known as graduate medical education, is the three- to seven-year phase of medical education following graduation from medical school that prepares physicians for independent practice in a medical specialty. Studies have shown that about 43 percent of new physicians practice in the state where they attended medical school. That number can increase to 70 percent when they complete both their medical education and their residency in the same state.

“The medical community in Pullman is eager to host physician residents and enrich their education through the leadership of Dr. Stephen Hall,” said Scott Adams, CEO of Pullman Regional Hospital. “We’re confident the experience our physicians and Pullman Regional Hospital can provide will produce well-rounded, community-minded physicians.”

Residents of the WSU Family Medicine Residency Program-Pullman will train at Pullman Regional Hospital, in subspecialty clinics with area physicians and in a residency primary care clinic to be constructed in the hospital.

“This family medicine residency is one of a very small number of programs nationwide where residents experience the majority of all three years of their training in a critical access hospital, allowing them to learn first-hand what it takes to care for our communities,” said Dr. Jonathan Espenschied, associate dean of graduate medical education and continuing medical education. “We have been eagerly planning for and working toward this moment with Pullman Regional Hospital for several years, and we look forward to bringing these new residents into the rural and underserved areas of eastern Washington where they are needed most.”

Dr. Stephen Hall, a family medicine physician for more than 30 years, including five years overseas with the Air Force and 24 years treating patients in the Palouse region, will serve as the program director leading operations, recruitment and education for the residency program.

“Pullman has a long history of educating future physicians, and this residency program takes that to the next level,” said Hall. “I am proud to train the doctors who will serve in rural areas and the surrounding region for generations to come.”

The program received accreditation from the Accreditation Council for Graduate Medical Education (ACGME) after a rigorous two-year development process following the college’s initial ACGME accreditation as a sponsoring institution in 2018.
DIVERSITY, INCLUSION & LAND-GRANT MISSION

College launches new diversity-focused office

In February 2021, the Elson S. Floyd College of Medicine officially launched its new Office for Diversity, Health Justice, and Belonging.

Diversity, equity and inclusion are values of great importance that the college has espoused from its earliest days, and we must ensure that we continue bringing these values to the fore in all we do. The college made the intentional decision to include “Health Justice” and “Belonging” in the name of the office as these terms reflect our aspirational goals, our mission and vision, and align with the forward thinking of health care associations such as the Association of American Medical Colleges (AAMC).

The Office for Diversity, Health Justice, and Belonging will enable us to build on the important work we’ve been doing for the past several years by formalizing an office that endeavors to lead the organization, develop a more robust team, increase resources and capacity, and execute its strategic efforts to ensure we’re meeting the ambitious goals we have set for the college.

First Strategic Diversity Action Plan

The College of Medicine adopted and launched its first Strategic Diversity Action Plan in early 2021. The comprehensive plan, which animates the Diversity and Inclusion Policy, LCME Accreditation Standards and AAMC best practices, will be implemented and measured over a three-year period with annual progress reports measuring results each year.

The plan includes Pillars of Excellence, Actions & Initiatives, Measures, Timeframes and Responsible Unit/Process Owners to guide our Diversity, Health Equity and Inclusion efforts. Plans are in place to post dashboards with metrics so students, faculty and supporters of the college can track the progress of implementation.

Scholar in Residence event invites conversation, collaboration

This spring, the college hosted the second annual Inclusive Excellence Scholar in Residence event. Held via Zoom, the event brought together faculty, health care providers, community organizers, educators, activists and community members to collaboratively engage in the theme of health justice and belonging.

Attendees spent two days discussing topics including culturally sustaining pedagogy and praxis, Indigenous health, historical medical racism in Black communities, community-focused health justice and care as well as engaging in a diversity officer panel representing the three Washington medical school diversity officers.

The third Scholar in Residence event will be held in winter 2021 and will be offered to a wider audience both locally and nationally.

To view the plan, visit medicine.wsu.edu/about-the-college/diversity-inclusion

College creates new mission, leadership-focused office

In June 2021, the Elson S. Floyd College of Medicine announced its new Office for Land-Grant Mission and Leadership.

Serving as the new iteration of Academic and Community Partnerships, this office is tasked with growing the University’s land-grant mission within the College of Medicine in an innovative and community-engaged way. The office will leverage our education, research, and patient care expertise to improve the health and wellness of Washingtonians, as well as continue our efforts to develop state-of-the-art programs to train industry leaders and instill a persistent and enduring culture that is always solving for the most difficult problems in health care through an equity lens.

The new office is co-led by Dr. Luisita Francis, Associate Dean of Land-Grant and Community Engagement, and Craig Fischer, Director of Leadership and Organizational Development. Luisita will steward current relationships and develop new internal and external partnerships that help us further the land-grant mission through health equity work, deepened rural engagement and K-12 outreach. This work will continue to be a collaboration with the Department of Translational Medicine and Physiology and the Office of Diversity, Health Justice and Belonging. Craig will manage the undergraduate medical education program leadership certificate and lead the development of a new Master’s in Health Care Administration and Leadership online academic program based on stackable certificates. He will also oversee and lead programming for faculty and staff professional development and facilitate ongoing efforts to instill and nurture development of the college culture.

They will co-lead on developing a revenue-generating, external-facing consulting practice that enhances the college brand while further diversifying our revenue streams. Additionally, the office will develop new ways for the college to be engaged with community members across the state and create alignment with departments and offices in the college.

To view the plan, visit medicine.wsu.edu/about-the-college/diversity-inclusion
WSU College of Medicine celebrates first Match Day with virtual celebration

The WSU Elson S. Floyd College of Medicine hosted its first Match Day ceremony for the inaugural class of medical students on March 19.

Match Day is a major milestone for 4th year medical students in which the National Resident Matching Program notifies graduating medical students across the country about which residency program they have been “matched” to. For several months, students applied and interviewed for the coveted spots in their medical specialties of choice. At exactly 9 am PST on the third Friday in March, every medical student across the nation learns where they will spend the next 3-7 years of their medical training.

The WSU College of Medicine virtual Match Day ceremony honored the college’s first WSU medical students to be matched. Due to COVID-19, the celebration was held virtually in the evening. Earlier in the day, students received the news of where they matched for residency.

To view the ceremony, visit youtube.com/watch?v=iK8sdFUZ4ww

#COUGDOCS MATCH ACROSS THE NATION

CLASS OF 2021 RESIDENCY AND DEMOGRAPHIC STATISTICS

96% MATCH RATE

39% RESIDENCIES IN WASHINGTON

54% MATCHED INTO PRIMARY CARE

48% RESIDENCIES IN THE PACIFIC NORTHWEST (WA AND OR)

72% RESIDENCIES IN THE WESTERN REGION OF THE US
### Match specialties and programs*

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<td>Virginia Mason Medical Center, Seattle, WA</td>
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<td>Swedish Medical Center, Port Angeles, WA and Seattle, WA</td>
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<tr>
<td>Pediatrics</td>
<td>Children’s Hospital, Los Angeles, CA</td>
</tr>
<tr>
<td></td>
<td>Phoenix Children’s Hospital, Phoenix, AZ</td>
</tr>
<tr>
<td></td>
<td>University of California Irvine Medical Center, Orange, CA</td>
</tr>
<tr>
<td></td>
<td>University of California Los Angeles Medical Center, Los Angeles, CA</td>
</tr>
<tr>
<td></td>
<td>University of New Mexico School of Medicine, Albuquerque, NM</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>Samaritan Health Services, Corvallis, OR</td>
</tr>
<tr>
<td>Urology</td>
<td>University of Massachusetts, Worcester, MA</td>
</tr>
</tbody>
</table>

*Some students matched to the same program and specialty.
We are thrilled to fill all 16 of our residency positions with these talented future doctors to train and serve right here in Washington.

— MATTHEW HANSEN, MD
program director for the WSU Internal Medicine Residency Program-Everett

MATCH DAY

First WSU residency program welcomes inaugural class of residents on Match Day

As WSU medical students tore open their virtual Match Day envelopes to learn where they matched for residency, the WSU Internal Medicine Residency Program-Everett simultaneously learned which 16 individuals from across the country would make up its inaugural class of its residents. Those selected include eight from the Pacific Northwest—six of whom are from Washington—and 10 from rural and underserved backgrounds, as well as a range of allopathic, osteopathic, traditional, and non-traditional medical school experiences.

The program, which earned accreditation and began receiving applications for their positions in September 2020, is the University’s first medical residency. It builds upon the WSU Elson S. Floyd College of Medicine. “Our study findings suggest that health care providers need to double down on efforts to maintain prevention services and reach out to these underserved populations, who faced considerable health disparities even before the pandemic.”

The study was conducted in partnership with MultiCare, a not-for-profit health care system that encompasses 230 clinics and eight hospitals across Washington. The research team used medical record data from MultiCare patients who interviewed for the 16 available positions.

With an emphasis on providing primary care to meet the needs of the region, residents are based at Providence Regional Medical Center Everett and rotate with several area clinics and physician groups over their three years of training, including The Everett Clinic, Snohomish Kidney Institute, North Sound Emergency Medicine, Western Washington Medical Group, and Providence Medical Group Northwest. In their second and third years, residents will spend one month per year in rural and urban underserved communities where they are needed most. This mission-aligned training enables residents to gain in-depth experience serving the unique needs of patients in these locations and to build professional relationships and a support structure for physicians already serving these communities.

The inaugural class of Internal Medicine residents began taking on new patients at Providence Regional Medical Center Everett on July 1, 2021.

RESEARCH HIGHLIGHTS

Women of color, rural women most impacted by missed breast cancer screening during pandemic

By Judith Van Dongen

Breast cancer screening during COVID-19 plummeted by nearly half among women in Washington. Published in JAMA Network Open, the study found the steepest drop-offs among women of color and those living in rural communities.

“Detecting breast cancer at an early stage dramatically increases the chances that treatment will be successful,” said lead study author Ofer Amram, assistant professor in the Elson S. Floyd College of Medicine. “Our study findings suggest that health care providers need to double down on efforts to maintain prevention services and reach out to these underserved populations, who faced considerable health disparities even before the pandemic.”

The study was conducted in partnership with MultiCare, a not-for-profit health care system that encompasses 230 clinics and eight hospitals across Washington. The research team used medical record data from MultiCare patients who had screening mammograms completed between April and December of 2019 and during the same months in 2020, after the World Health Organization declared COVID-19 a global pandemic in March 2020.

The researchers saw mammograms across Washington fall from 55,678 in 2019 to 27,522 in 2020, a 49% decrease. When they analyzed the data by race, they saw a similar decrease in screening of 49% for white women but observed significantly larger decreases in non-white women. For example, breast cancer screening declined by 64% in Hispanic women and 61% in American Indian and Alaska Native women. The researchers also looked at geographical location and found that screening mammograms in rural women were reduced by almost 59%, whereas the number of mammograms completed in urban women fell by about 50%.

“We know that the COVID-19 virus has had disproportionate impacts on certain populations, including racial and ethnic minority groups,” said Pablo Monsivais, senior author on the study and an associate professor in the College of Medicine. “What our study adds is that some of the secondary effects of the COVID-19 pandemic are also disproportionately impacting those populations, so it’s a double whammy.”

While previous studies have looked at missed cancer screening during the pandemic, this study was the first to examine racial and socioeconomic differences, specifically. The research team’s goal is to find ways to eliminate barriers to cancer screening to help reduce cancer-related health disparities.
RESEARCH HIGHLIGHTS

Incentives can reduce alcohol use among American Indian and Alaska Native people

By Judith Van Dongen

A low-cost, easy-to-administer intervention that uses small prizes and other incentives to reward alcohol abstinence can serve as an effective tool to reduce alcohol use among American Indian and Alaska Native communities. Designed and conducted in partnership with three Native communities in urban and rural areas in Alaska, the Pacific Northwest, and the Northern Plains, the study was the first multi-site trial to test the use of contingency management to reduce alcohol use among Native adults. It followed on another recent study published by the researchers in the journal Addiction that showed similarly promising results on a single rural reservation in the Northern Plains.

“Contingency management can help people jumpstart their interest in cutting down on their drinking in a way that is positive, helps build their confidence, helps them feel connected, and really acknowledges their journey and their recovery,” said study co-author Katherine Hirchak, descendant of the Eastern Shoshone Tribe and assistant research professor at the Elson S. Floyd College of Medicine.

She said the intervention’s positive approach fits well with Native values and helps counterbalance the stigma around alcohol use among American Indian and Alaska Native people, a complex issue that defies generalizations.

“Together, these two studies provide evidence that this intervention would work across a diverse group of Native communities and could be used as one part of a comprehensive system of addiction treatment to help reduce alcohol-related inequities in Native communities,” said lead author Michael McDonell, a professor at the College of Medicine. “It’s hard to know exactly how this might work, but if it works it could change the trajectory of the epidemic.”

COVID-stress may be hard to beat even with exercise

By Sara Zaske

In a study of twins, people who increased their physical activity after the start of COVID-19 stay-at-home orders reported higher levels of stress and anxiety than those whose activity levels stayed the same.

In the study, published in PLoS One, researchers analyzed data from over 900 pairs of identical and same-sex fraternal twins from the Washington State Twin Registry. Those who reported a decrease in physical activity within two-weeks after the start of stay-at-home orders had a perceived higher level of stress and anxiety, which was expected. But surprisingly, many of the respondents who increased their physical activity felt the same way.

“It’s not necessarily that exercise won’t help you personally manage stress,” said Duncan. “It’s just that there is something genetically and environmentally linking the two.”

Researchers found that the association between decreased physical activity and anxiety was confounded by genetic and environmental factors. The twin pairs who differed in their perceived change in physical activity—when one twin reported decreased activity while the other remained the same—did not differ in their perceived stress levels.

“The movement of the body is important for managing stress, but it may not be the same thing as exercise,” said Duncan.

The researchers found some association between decreased physical activity and anxiety, yet the ones that increased their exercise also reported increased anxiety and stress,” said lead author Glen Duncan, a professor in the Elson S. Floyd College of Medicine. “It’s hard to know exactly what’s going on, but it could be that they were trying to use exercise as a means to counter that stress and anxiety they’re feeling because of COVID.”

The twin survey was conducted from March 26 to April 5, 2020, in the early days of the pandemic. Washington and many other states issued their first stay-at-home orders near the end of March to curb the spread of COVID-19.

Participants were asked about changes in their physical activity compared to one month previous. Of the survey respondents, 42% reported decreased levels of physical activity, 27% said they had increased their activities, and 31% reported no change.

Researchers found that the association between decreased physical activity and stress was confounded by genetic and environmental factors. The twin pairs who differed in their perceived change in physical activity—when one twin reported decreased activity while the other remained the same—did not differ in their perceived stress levels.

“It’s not necessarily that exercise won’t help you personally manage stress,” said Duncan. “It’s just that there is something genetically and environmentally linking the two.”

The researchers found some association between decreased physical activity and anxiety, within a pair of twins, the sibling with decreased physical activity had higher levels of anxiety than the sibling who reported no change. In addition, anxiety levels were higher among older people and women.

Duncan and his colleagues plan to survey this population again to see if the relationships between physical activity and these mental health issues persist or change.

“At least in the short term, it seems there is not a lot of impact from either decreasing or increasing physical activity in terms of handling stress and anxiety, but that might be different after two or three months under COVID restrictions,” Duncan said.
Research offers insights on how night shift work increases cancer risk

By Judith Van Dongen

New clues as to why night shift workers are at increased risk of developing certain types of cancer were presented in a study published in the *Journal of Pineal Research*. Findings suggest that night shifts disrupt natural 24-hour rhythms in the activity of certain cancer-related genes, making night shift workers more vulnerable to damage to their DNA and causing the body’s DNA repair mechanisms to be mistimed to deal with that damage.

“There has been mounting evidence that cancer is more prevalent in night shift workers, which led the World Health Organization’s International Agency for Research on Cancer to classify night shift work as a probable carcinogenic,” said co-corresponding author Shobhan Gaddameedhi, an associate professor formerly with the WSU College of Pharmacy and Pharmaceutical Sciences and now with North Carolina State University’s Biological Sciences Department and Center for Human Health and the Environment.

“However, it has been unclear why night shift work elevates cancer risk, which our study sought to address.”

As part of a partnership between the WSU Sleep and Performance Research Center and the U.S. Department of Energy’s Pacific Northwest National Laboratory (PNNL), Gaddameedhi and other WSU scientists worked with experts at PNNL to study the involvement of the biological clock. To test this, they conducted a simulated shift work experiment with 14 participants over seven days inside the sleep laboratory at WSU Spokane. Blood samples taken during the experiment showed the rhythms of many of the cancer-related genes were different in night shift conditions compared to day shift conditions, and white blood cells isolated from the blood of night shift participants showed more evidence of DNA damage than those of day shift participants.

The researchers plan to conduct the same experiment with real-world shift workers who have been consistently on day or night shifts for many years to determine whether unrepaired DNA damage builds up over time in night workers, which could ultimately increase the risk of cancer. If what happens in real-world shift workers is consistent with the current findings, this work could be used to develop prevention strategies and drugs that could address the mistiming of DNA repair processes. It could also be the basis for strategies to optimize the timing of cancer therapy so that treatment is administered when effectiveness is greatest and side effects are minimal.

RESEARCH HIGHLIGHTS

Night shift workers face considerable health disparities, ranging from increased risks of metabolic and cardiovascular disease to mental health disorders and cancer. It is high time that we find diagnosis and treatment solutions for this underserved group of essential workers so that the medical community can address their unique health challenges.

— HANS VAN DONGEN, PhD
Co-senior author, a professor in the Elson S. Floyd College of Medicine and director of the WSU Sleep and Performance Research Center
RESEARCH HIGHLIGHTS

Cognitive performance declines in older adults with type 1 diabetes

By Naomi Chaytor

While individuals with type 1 diabetes (T1D) are living longer due to improved medical treatments, there is limited information on how T1D impacts cognitive and psychological well-being in the rapidly growing population of older adults.

Naomi Chaytor, associate professor in the Elson S. Floyd College of Medicine, joined the longitudinal Diabetes Control and Complications Trial (DCCT) and its follow-up Epidemiology of Diabetes Interventions and Complications (EDIC) study to advance knowledge on this vulnerable population. Her collaboration in this study continues her work looking at risk factors for cognitive decline in adults and older adults with T1D.

Participants in the original DCCT study have undergone cognitive assessments over the past 32 years. Chaytor has been involved in the study for the past five years, becoming involved as participants entered into older adulthood (median age = 59) and underwent another wave of assessment.

"There was very little research on older adults with T1D because there weren't many. Life expectancy has increased dramatically due to improvements in diabetes management," says Chaytor.

While only subtle cognitive changes were found in earlier assessments from EDIC, the 32-year follow-up assessment showed older adults with the risk factors and comorbidities of exposure to higher HbA1c levels, episodes of severe hypoglycemia, and elevated systolic blood pressure experienced more substantive cognitive declines over time.

Follow-ups conducted between years 18 to 32 showed a decline in psychomotor and mental efficiency five times larger than the change from the baseline. The combined effect of the presence of these three risk factors on an individual is the equivalent to an additional 9·4 years of age.

"There was an assumption that cognitive problems started in childhood but were stable in adulthood; that adults were pretty resilient to the effects of diabetes," says Chaytor. "But the magnitude of the effects we saw with those three risk factors is clinically meaningful."

Though the findings suggest older adults experience significant cognitive function declines, the association of glycaemia and blood pressure levels with cognitive decline suggests that better management might preserve cognitive function. The good news is that those without those risk factors showed no cognitive decline over 32 years of follow-up.

Babble boot camp

By Nancy Potter and Mark Vandam

When a risk is known, why wait for the problem to surface before intervening? Using the logic of "better to fix a broken step before someone falls through," Mark Vandam, associate professor, and Nancy Potter, professor, along with colleagues in Arizona, Washington and Minnesota, began a speech therapy method with babies long before they are expected to talk called Babble Boot Camp.

Speech and language therapy is typically initiated reactively after a child shows delays. However, the NIH-funded Babble Boot Camp functions under the premise that providing speech intervention early to at-risk children can minimize or prevent speech and language disorders. In this innovative and proactive approach, speech-language pathologists begin working with infants as young as 8-weeks old.

The study’s first cohort of infants have classic galactosemia (CG), a rare metabolic disease with a known high-risk for both speech and language disorders. Children diagnosed with CG at their newborn screening are more than 50% as likely to develop a speech or language disorder.

"The rationale for starting with CG is that this population is identified at birth and has one of the highest prevalences of severe speech disorders, specifically childhood apraxia of speech, of any known subgroup," said Potter.

Children with CG enrolled in Babble Boot Camp are randomized into two treatment groups. The first treatment group begins speech therapy between 2-6 months and continues speech therapy until they reach 2 years of age, while the other treatment group undergoes motor therapy from 2-6 months until they reach 15 months of age, at which point they transition to speech therapy until they reach 2 years of age.

“We should never—W½ do you do with a baby in speech therapy?” Potter said. “Our answer is that we teach parents to look for the amazing things their child is doing and use visual and verbal reinforcement to encourage the child to continue to expand on those communicative behaviors.”

Intervention activities include singing songs to pair speech rhythm with music rhythm, pairing nonverbal and verbal cues, and reading and creating communication books with photographs of familiar people and items.
RESEARCH HIGHLIGHTS

College launches new Department of Community and Behavioral Health

On November 13, the WSU Board of Regents approved the establishment of the new Department of Community and Behavioral Health within the Elson S. Floyd College of Medicine.

This new department enables the college to further align itself with the University’s land-grant mission, as well as extend the reach of the College of Medicine’s mission, by addressing health at the community level through research, patient care and degree programs. The department provides the opportunity for the research enterprise to hone their focus in these areas and bring the important work of behavioral health to the fore.

Dr. John Roll will serve as the department’s interim chair and is currently working to populate the department with faculty engaged in clinical and community research.

Department of Biomedical Sciences renamed to Translational Medicine and Physiology

To better align with the unique work of the Elson S. Floyd College of Medicine’s basic research scientists, the college changed the name of its Department of Biomedical Sciences to the Department of Translational Medicine and Physiology.

Biomedical Sciences, though true of the department, was a broad name that failed to distinguish the department from other research-intensive departments across the WSU system. As such, a more descriptive name was sought for the department that both highlighted its current strengths and described its aspirations.

The department’s faculty focuses on basic model systems and all phases of clinical research. All research in the department seeks to understand the basic physiology of biological systems and to apply that knowledge to human physiology. Scientists use approaches that span from cellular, molecular and biochemical studies to whole organism physiology and human clinical studies. This new name now distinguishes the department’s approach to encompassing both basic and translational research, and more effectively represents the diverse set of research interests such as neuroscience, sleep and cancer.

The college anticipates the new name will also garner increased name recognition for the College of Medicine and help recruit exceptional faculty, postdoctoral fellows, and graduate students to continue elevating the quality of the department’s research.

GRANTS & CONTRACTS

Cumulative Record of New Grants & Contract Awards

July 1, 2020 – June 30, 2021

- $91,369,288
- $72,236,831
- $54,334,683
- $37,070,779
- $23,706,452
- $17,902,148
- $19,132,457
- $7,279,743
- $5,394,327
- $6,084,584
- $13,364,327
- $17,263,904
- $23,080,508
- $17,003,415
- $13,683,823
- $10,000,000
- $0

- 2016
- 2017
- 2018
- 2019
- 2020
- 2021
Range Community Clinic brings health and health care training to eastern Washington

During the COVID-19 pandemic, health care needs did not stop and neither did the work of Range Community Clinic. The clinic continues to focus on two key priorities: caring for the health and well-being of patients and providing valuable experiences for interprofessional health science students.

FULFILLING THE HEALTH CARE MISSION ON THE STREETS

In February 2020, Governor Jay Inslee exercised his emergency powers in response to COVID-19 by issuing the “Stay Home–Stay Healthy” proclamation. In the order, certain activities were prohibited to curb the spread of COVID-19, which impacted access to health care for many people, especially those experiencing homelessness.

Range Community Clinic bridged that gap by providing a range of care to more than 1,100 individuals living on the streets including everything from soothing blisters, treating Hepatitis A and offering COVID-19 testing.

Beyond homelessness, other social vulnerabilities such as language access and undocumented status exacerbated health inequalities and access to care. Partnerships with the Community Health Association of Spokane (CHAS), Latinos en Spokane, and the Tri-Cities Latino Community Network enabled the clinic to provide health care directly to those populations throughout Spokane, Stevens, and Whitman counties.

INCREASING COVID-19 TESTING CAPACITY ON THE WSU PULLMAN CAMPUS

Although WSU had transitioned to a distance learning model for the fall 2020 semester, Pullman witnessed the return of a large number of students. This influx resulted in many students becoming infected with COVID-19 just after the start of the school year.

In response to the surge, Range Community Clinic was called upon to provide COVID-19 testing assistance to the WSU Pullman campus. Testing a total of 573 students, the William A. Crosetto Mobile Health Care Unit served as a bridge to the launch of a fixed testing site operated by Cougar Health Services the following week.

OFFERING VALUABLE INTERPROFESSIONAL CLINICAL EXPERIENCES

In fall 2020, Range Community Clinic hosted its first WSU Health Sciences student and Providence Family Medicine resident. Since then, the clinic has provided clinical experiences to more than 50 interprofessional health science students. The Range Community Clinic rural health rotation is proving to be one of the most popular and satisfying clinical rotations offered to WSU students.

LAUNCHING TECHNOLOGY TO SUPPORT PATIENT CARE

In November 2020, Range Community Clinic established its own information technology infrastructure. This state-of-the-art, traveling wi-fi network is hosted on the current William A. Crosetto Mobile Health Care Unit and provides access to virtual resources for health care delivery. Based on this digital foundation, Range Community Clinic is in the final stages of implementing its electronic health record (EHR) system and planning for the implementation of telemedicine services.

PROVIDING CRITICAL VACCINES TO COMMUNITIES

Vaccines continue to be a key component of disease prevention and healthy living. Range Community Clinic is an active participant in Washington State’s Adult Vaccine and Vaccine for Children Programs to promote and protect the health of our communities. Under these programs, the clinic can provide the following vaccines to insured and uninsured patients alike:

- Tetanus
- Mumps/Measles
- Whooping Cough
- Hepatitis B
- Influenza
- Polio
- Shingles
- COVID-19

EXPANDING THE SCOPE OF SERVICES

In 2021, Range Community Clinic announced its expansion into offering eye care to patients.

Modeled after the Oregon Health Science University (OHSU) program, the clinic partnered with the Washington Academy of Eye Professionals and Surgeons (WAEPS) and Madigan Army Medical Hospital in a joint venture that will allow the team to act as a mobile ophthalmology office. A first of its kind in eastern Washington, the mobile eye clinic will provide eye examinations; diagnose conditions such as glaucoma, cataracts, macular degeneration, diabetic retinopathy, and conjunctivitis; and prescribe and fit eyeglasses and contact lenses.

IMPACT STATISTICS

- 1,456 patients seen
- 9,832 miles driven
- 113 volunteer days donated
- 1,133 lab tests performed
- 1,780 vaccines given
- 10 counties visited
- $558,000 received in grant awards

WSU ELSON S. FLOYD COLLEGE OF MEDICINE
To celebrate the state’s first WSU doctors, the College of Medicine ran a statewide advertising campaign entitled “A Thousand Firsts” from January through June 2021.

The idea for the campaign was conceived in 2017 following the first White Coat Ceremony in which Founding Dean Dr. John Tomkowiak shared this quote: “The beauty of a first is that it leads to a thousand other firsts.” From 2017-2020, students, faculty and staff were asked to submit the many firsts they were experiencing at the rapidly growing WSU College of Medicine. Using the voices and images of graduating medical students, the campaign highlighted these firsts as a celebration of how the entire state was part of making every first happen through their tax dollars, donations, service to the college, being patients to our learning students, etc.

Ads appeared on tv, streaming services, websites, social media, newspapers and magazines across the entire state of Washington.
Education Founders Fund was established in honor of the late President Elson S. Floyd’s commitment to the WSU Elson S. Floyd College of Medicine after a battle with cancer. When President Floyd passed just three months later, Governor Jay Inslee passed the bill into law on April 1, 2015—the official founding date of the University of Washington’s late president to support the accreditation, implementation, and operations of the new WSU Elson S. Floyd College of Medicine.

As we celebrate the College of Medicine receiving full accreditation this year, we recognize that it is the donors to the Founders Fund that helped the college achieve this remarkable milestone. Since the fund was established, donors have generously given $4,668,769 to ensure the success of the college.

These gifts, along with the incredible support given to students, faculty, and staff, is truly remarkable. Thank you for your generosity to the Elson S. Floyd College of Medicine for the past six years. We hope you will continue to support the great work happening at the college for years to come.

## Donors

### TOTAL DONORS

633

### TOTAL GIFTS

$4,848,272

*This list only includes scholarship endowments that were established on or before June 30, 2021.*

Donors make inaugural class scholarships, WSU’s first MDs possible

Scholarship support is vital to ensure our medical students can practice the kind of medicine they are most passionate about in the rural and urban underserved areas of the state that need them most.

When we started the college, our goal was for each incoming medical student of the inaugural class to receive a scholarship, and that goal became a reality thanks to a group of people who believed in the college’s mission and wanted to create a lasting impact on Washington’s future doctors.

As we celebrate the graduation of our inaugural class—WSU’s very first medical doctors—we want to recognize the community supporters who established scholarship endowments that aided the first class and continue to support members of every class that has followed. Thank you for being the first to support Coug docs with critical scholarship support.

### Donors

Dr. Lawrence L. Anderson and Dr. Svetislava J. Vukelja Endowed Scholarship for Medical Students

The Anderson-Vukelja Foundation Endowed Scholarship for Medical Students

Avista Medical Scholars

Avista Medical Student Scholarship

Dennis and Christine Barnes Medical Education Endowment

Geraldine and Christopher Carlson Endowed Scholarship

Owen F. and Julia K. Clarke, Jr. Family Endowed Scholarship in Medicine

Bob and MaryAnn Crist Endowed Scholarship

Darin and Mia Davidson Endowed Scholarship

David and Amy Dow Endowed Scholarship

Make a Difference Endowed Scholarship

Dupree Building Specialties Endowed Scholarship

Donald and Leilani Ellingson Medical Education Endowed Scholarship

Marlene W. and Richard J. Fallquist Endowed Scholarship

Dr. Elson S. and Carmento Floyd Endowed Scholarship

Tom Fritz Endowed Medical Student Scholarship

Mahmood and Schelaine Ghassemi Endowed Scholarship

Susan and Mike Gillespie, MD, Endowed Scholarship

Dr. Elson S. Floyd Founders Fund

Robert and Anita Lamp Endowed Scholarship

Daniel and Susan Larson Endowed Scholarship

Lucky Seven Foundation Scholarships

Kirk Lund, MD, Endowed Scholarship

Louise H. McAllister Endowed Scholarship

Philip Ronald Millard, MD, Endowed Scholarship

Ann and Ron Morford Scholarship Endowment

Dr. Jack and Kathy Ossello Endowed Scholarship

Sheryl and Mark Ossello Endowed Scholarship

Glenn K. Osterhout Endowed Scholarship

Wei (Vicky) Qian Scholarship in Medical Education

Schulz Family Presidential Scholarship

Ed and Beatriz Schweitzer Endowed Medical Student Scholarship

Patricia and Ann Sobczyk Scholarship

Lenny and Marca Suko Endowed Scholarship

Janet Prabernow Thompson Endowed Scholarship

Founding Dean of the WSU Elson S. Floyd College of Medicine Endowment

Dr. John M. and Dr. Sherri Tomkowiak Endowed Scholarship

Frederick and Janice Tompkins Endowed Scholarship

Washington State University Foundation Trustees Endowed Scholarship

Dr. Jerome Lang and Dr. Joann Young Endowed Scholarship

I’m proud to be a part of the college’s first graduating class. It is because of you that I can pursue the career I have dreamt about since the second grade with less financial burden. Thank you for your support and generosity.

— CARLY CELEBREZZE, MD

Class of 2021
FACULTY & STAFF ACHIEVEMENTS

Promotions & Tenure

April Davis, MS
Promotion to
CLINICAL ASSOCIATE PROFESSOR
Department of Nutrition & Exercise Physiology

Jingru Sun, PhD
Tenure and promotion to
ASSOCIATE PROFESSOR
Department of Translational Medicine & Physiology

Retirements

Gail Chermak, PhD
43 YEARS with WSU; transition from Chair (partial retirement)

Janet Beary, PhD, RD, CHES
21 YEARS with WSU

Barb Richardson, PhD, MN, BSN
10 YEARS with WSU

Tom Richardson, MD
6 YEARS with WSU

Awards

CHANCELLOR’S FACULTY EXCELLENCE AWARDS
Barbara Richardson, PhD, RN
Director, Interprofessional Education & Research

CHANCELLOR’S EXCELLENCE IN INTERPROFESSIONAL EDUCATION AND SCHOLARSHIP AWARD
Naomi Chaytor, PhD, ABPP
Associate Professor

EMPLOYEE EXCELLENCE AWARDS
Administrative Professional Award
Jill Wagner

Civil Service Award
Chris Booker Sarwine
Admissions and Recruitment, Administrative Assistant

WSU AWARDS

2021 CRIMSON SPIRIT RECOGNITION
Brett Oglesbee
Director of Administrator Services in Business Services

2021 WSU DISTINGUISHED SERVICE AWARDS
Community, Equity, and Social Justice Award
David Garcia, MEd
Assistant Dean for Pathway Programs and Inclusion in Admissions and Recruitment

MLK Distinguished Service Award
Jaime Bowman, MD
Clinical Assistant Professor in Medical Education and Clinical Sciences, Interim Clinical Education Director, Family Medicine

SAHLIN FACULTY EXCELLENCE AWARD FOR RESEARCH, SCHOLARSHIP & ARTS
Hans Van Dongen, PhD
Director and Professor in the Sleep and Performance Research Center

LENGTH OF SERVICE

YEARS

30
20
15
10
5

YEARS

John Lagerquist

Katherine Reed

Nancy Potter

Susan Weeks

Hans Van Dongen

Bethany Fruci

Devon Hansen

Eva Stentzma

Christopher Davis

Mark McMullan

Sterling McPherson

Charles Anderson

Aly Avery

Tina Bright

Naomi Chaytor

Mary Ann Clemens

Levi Daters

DawnElise DeWitt

William Dittman

Glen Duncan

Erika Flock

Chelsea Fogle

Alexandra Gieger

Robert Gersh

David Goshorn

Darnel Harvey

Carl Heine

Benjamin Hsu

Stefanos Intzes

Renata Moon

Rachelle Norman

Lucia Peixoto

Lauren Thompson

Lisa Tyran

William Vanderheyden

Renae Wahl

Jim Zimmerman