Preventive Medicine Residents • 2016 – 2017

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College: Carleton College
Medical School: University of New England College of Osteopathic Medicine
Residency: Maine Medical Center Internal Medicine
Fellowship: Maine Medical Center Infectious Disease

During the ten years I have lived in Maine, I have developed a strong connection with the Portland community. I would like to continue to live and practice here. For me, this means active engagement in the support systems and government that determines so much about the effectiveness of care we as physicians can provide and our overall quality of life. Through the Preventive Medicine Residency, I gain the ability to pursue these goals within a supportive and immersive program that allows me to maintain my clinical skills while engaging in critical community health improvement initiatives.

My current areas of interest include substance abuse and antimicrobial stewardship. From an infectious disease standpoint, these issues are among the greatest problems impacting our health as a community. The integrative medicine techniques I learn during this residency will be important to creating alternative methods of support for patients to address pain, discomfort and help with stress management. I also have been able to carry forward previous projects that I started as a hospitalist and an ID Fellow at Maine Medical Center. I have been part of an interdisciplinary work group for the reduction of catheter-associated urinary tract infections and working with Urology and the MMC pharmacy to create an interventional pilot study for reducing UTIs.