



COLLEGE OF  
**MEDICINE**  
CENTRAL MICHIGAN UNIVERSITY

# »» ANNUAL REPORT

2023 - 2024





## MESSAGE FROM THE DEAN



George E. Kikano, M.D.

This past year was a remarkable one for the College of Medicine, full of notable accomplishments from our learners, faculty and staff. I am so proud of the many efforts that have advanced our mission and improved our impact in the community. Together we are making great strides in medical education, research patient care and community outreach.

As a testament to our excellence in education, several of our programs achieved reaccreditation this year. Full accreditation of the College's M.D. program was reaffirmed by the LCME. The ACGME granted continued accreditation to our graduate medical education programs for family medicine, emergency medicine, internal medicine, general surgery, obstetrics and gynecology, pediatrics and psychiatry. Our continuing education programs were also reaccredited by the ACCME.

The College is building a reputation for training well-educated and compassionate physicians. The graduates of the Class of 2024 achieved an impressive 100% Match - and they honor our mission with their choices. Over half the class was accepted into residency programs in the state and more than 60% have chosen primary care specialties.

As the field of medicine changes, our curriculum must adapt to fit best practices and the current needs of our learners. Our faculty engaged in a comprehensive two-year process to improve our curriculum and have developed an updated model for our first and second-year students. Implementation of the new StAGES curriculum (Student-centered curriculum for Academic Growth, Exploration and Success) will begin in the 2024-25 academic year. This new model provides our students with a more thoughtful transition to medical school

with improved alignment of content and better utilization of innovative, evidence-based teaching methods.

Beyond the rigorous curriculum, we encourage learners and faculty to participate in research projects tailored to their interests or focused on health issues in the community. Research initiatives are taking place at our Mount Pleasant campus, with our partners in Saginaw and Detroit through the CMU Clinical Research Institute which operates in collaboration with the Children's Hospital of Michigan and University Pediatricians.

Our commitment to providing care to rural and underserved communities remains unwavering. We are dedicated to training physicians to meet the growing need in our state, where 72 of our 83 counties are considered health professional shortage areas. The CMU Rural Health Equity Institute works to remove obstacles to patient care, improve access to health services and address health disparities in these areas. By building alliances with state and local organizations, the Institute is expanding telehealth capacity, overseeing suicide prevention initiatives and developing innovative solutions to health care challenges unique to rural populations.

As we move into the next academic year, our faculty and staff will continue exploring ways to enhance our programming, ensure the best possible educational experience for our learners and provide high-quality medical care providers for future generations.

Be Well —  
George E. Kikano, M.D.



## EXCELLENCE IN MEDICAL EDUCATION AND TRAINING

### ACCREDITATIONS

As educators and health care providers, we work to ensure we meet the highest standards of quality and our efforts are affirmed by national accreditation agencies.

In 2024, the M.D. program offered by the College of Medicine was fully reaccredited by the Liaison Committee on Medical Education (LCME). Several of the residency programs overseen by CMU Medical Education Partners were granted continued accreditation by the Accreditation Council for Graduate Medical Education (ACGME). These programs included emergency medicine, family medicine, general surgery, internal medicine, obstetrics and gynecology, pediatrics and psychiatry. Accreditation for our continuing education programming was also reaffirmed by the Accreditation Committee for Continuing Medical Education (ACCME).

Beyond medical education, the CMU Student Health and Behavioral Health Services located on campus in Mount Pleasant also earned accreditation from the Accreditation Association for Ambulatory Health Care (AAAHC). The process of becoming accredited was a year-long collaborative effort between clinic leadership, staff and several other university departments. Every aspect of the scope and delivery of care was reviewed and the AAHC conducted a thorough on-site inspection to ensure the clinic and the providers adhere to the highest industry standards.

## NEW STAGES CURRICULUM

The College completed an in-depth review of the pre-clerkship curriculum for first- and second-year students. Through a comprehensive two-year process, our faculty developed recommendations to overhaul course structure, sequence and the way students learn in the classroom. The new StAGES (Student-centered curriculum for Academic Growth, Exploration and Success) curriculum was phased in for our incoming class starting in the fall of 2024.

## STATE-OF-THE-ART SIMULATION

As part of its mission to train culturally competent physicians, the Central Michigan University College of Medicine oversees and maintains accredited facilities in Mount Pleasant and Saginaw, including the Covenant HealthCare Simulation Center. They offer the most advanced technology including virtual reality simulation, high-fidelity manikins, clinical skills training, robotic surgery training, standardized patient and highly specialized scenarios.

The simulation centers assist in the creation of a safe, skilled, and caring medical community. They are an excellent resource for medical professionals to hone and maintain their skills. The Sim Centers also work with local schools and community organizations to teach lifesaving techniques and encourage young students to consider pursuing a career in medicine.

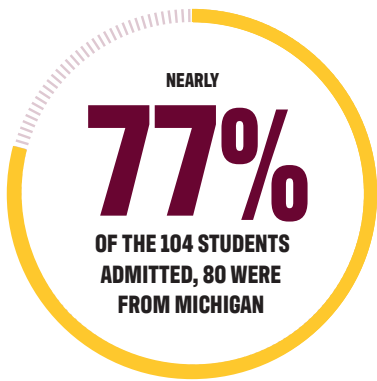
Throughout the 2023-24 Academic Year, the Simulation Center hosted a variety of training exercises and events in collaboration with local and regional partners.

The replacement of our legacy curriculum will be completed in the 2025-26 academic year. The StAGES\* curriculum will provide for a smoother transition to medical school, improved alignment of content, and will utilize innovative, evidence-based teaching methodologies.



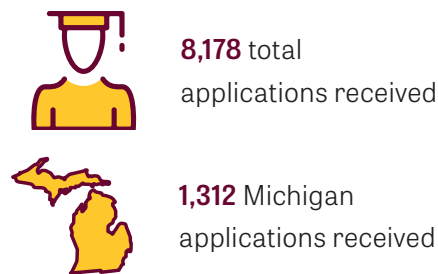


## MILESTONES FOR OUR STUDENTS



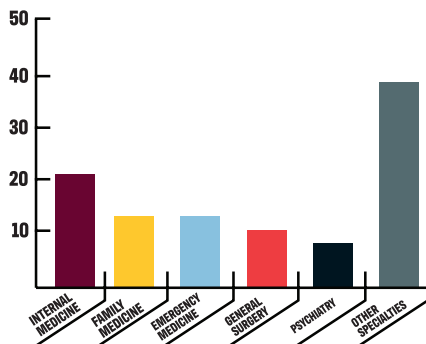
### WHITE COAT

After receiving over 8,000 applications, the CMU College of Medicine began the academic year with our traditional White Coat ceremony and welcomed 104 aspiring physicians to our program. Eighty of our new learners already call Michigan home and we are proud to be attracting top talent from across our state. The Class of 2027 accepted their coats with honor and stood together to recite the Declaration of Geneva.



### RESIDENCY MATCH DAY

As the Class of 2024 prepared for graduation, they first celebrated the milestone of Match Day! This class achieved an extraordinary 100% match rate for residency placement, surpassing the College's historical match rate of 98%. In keeping with our mission to educate doctors to serve in Michigan communities, 58% of these graduates will enter residency training programs here in the state and 62% will be practicing in primary care. Over half of the class chose to pursue the disciplines of internal medicine, family medicine, emergency medicine, or general surgery





## COMMENCEMENT

The College graduated its eighth class in May and now has over 700 alumni. The Class of 2024 began their medical studies when the world was in the midst of an unprecedented medical crisis. They faced many uncertainties and rapidly changing conditions in the medical field. Yet they persevered with dedication, resilience and grace. As they move through their medical careers, we are confident they will continue to act with empathy and advocate for better health care for their patients, their communities, and beyond.

This year the Commencement ceremony also included the presentation of the inaugural Dr. George E. and Mona Kikano Leadership in Medical Education Awards. These awards were established by Dean Kikano and his wife, Mona, to recognize the contributions of one deserving faculty member and one outstanding staff person who exhibit outstanding leadership in their fields.

The Leadership in Medical Education Faculty Award was presented to Wendy Biggs, M.D. for her exemplary work as the director of the College's Comprehensive Community Clerkship. She has aligned the curriculum with that of the national family medicine clerkship and built a network of community physicians who devote their time to educating students in their offices. Dr. Biggs has also taken on the additional role of assistant dean for Career Counseling and Student Engagement. In 2022, she received the AMA Women Physicians Section Inspiration Award in recognition of her ongoing support for fellow physicians, residents and students.

The Leadership in Medical Education Staff Award was presented to Jessica Tuck, the simulation operation specialist at Covenant HealthCare Simulation Center for her commitment to creating educational opportunities through sophisticated medical simulation events. Jessica works with both students and residents from the College and provides services to outside residency training programs, nursing schools and the community at large. She establishes a comfortable, collaborative environment and her creativity has resulted in the development of excellent simulation scenarios.





## GRADUATE MEDICAL EDUCATION IN THE REGION

CMU Medical Education Partners graduated 41 physicians who completed their residency and fellowship programs this year. Twelve percent of these graduates will continue their work in Saginaw and 32% will remain in Michigan. Just over 30% of this class will be continuing their training in fellowship programs. Of the students headed into practice, nearly 40% will be caring for patients in designated health professional storage areas. By providing medical care for our rural and underserved populations, our graduates advance our mission and have a positive impact on overall health outcomes.

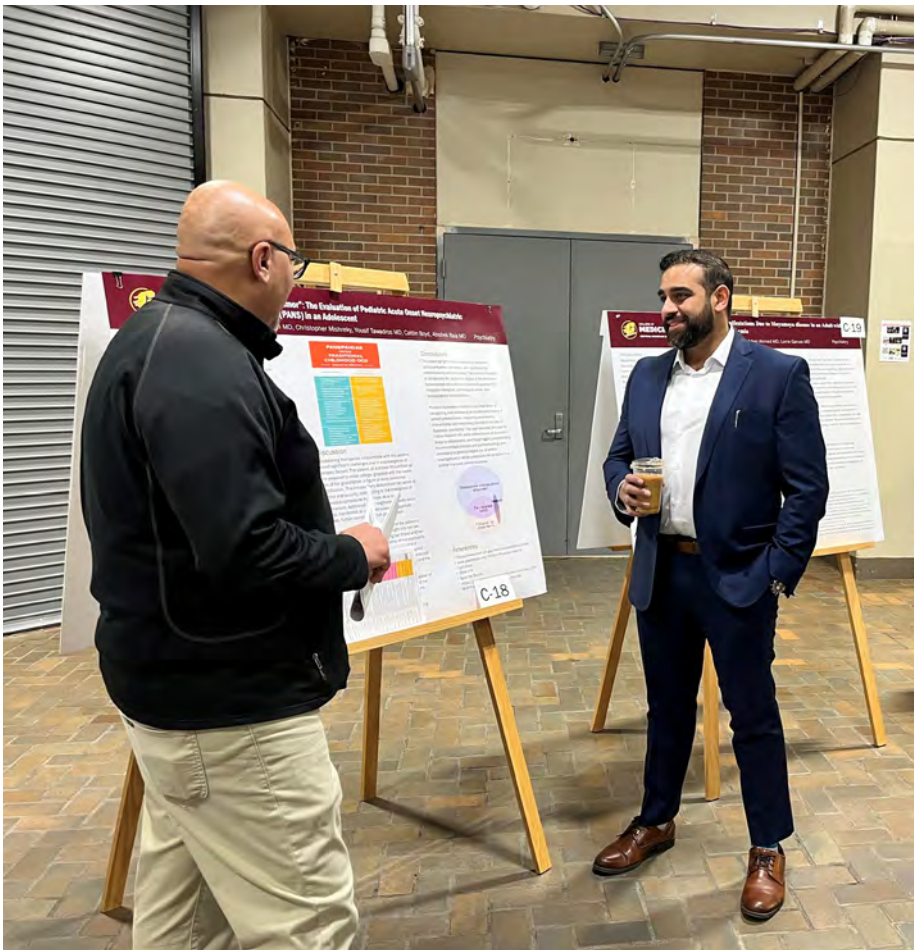
This year's graduation ceremony also marked a significant milestone for graduate medical education (GME) in our region with the graduation of our 1,000th resident. The first residency program in Saginaw began in 1947, providing clinical obstetrics training to physicians just out of medical school. In 1950, an Internal Medicine residency program began. Then, in 1968, the area's three major hospitals collaborated to

form Saginaw Cooperative Hospitals, a separate organization to oversee all GME programming in the city. At that same time, they established a general surgery residency program and one of the first family medicine residency programs in the country.

Over the last five decades, GME programming has grown and expanded to meet the needs of our region. As CMU Medical Education Partners, we

have more than 170 residents in eight accredited residency programs and each year there is more demand. Our GME programs accepted 54 residents in 2023, which was the largest class in our history at the time. This was surpassed in 2024 when 58 residents matched into these programs.





## ANNUAL RESEARCH SYMPOSIUM

The CMU College of Medicine and CMU Medical Education Partners hosted the ninth annual joint symposium celebrating the research accomplishments of faculty, residents, fellows and students. The research topics were diverse, spanning multiple disciplines and including studies from the Mount Pleasant, Saginaw and Detroit campuses as well as some from outside research institutions.

The Louis and Yvette Saravolatz Research Scholar Award was awarded to Jenna Zoerman for her project titled “Bioluminescent Probe for Serotonin Detection in Migraines.” Zoerman will receive a paid position with CMU to continue her research for 7 weeks over the summer under the guidance of mentor Eric Petersen, Ph.D. The award also helps cover costs associated with the publication and presentation of the research findings.

The Symposium welcomed Dr. Louis Saravolatz, M.D. as the Plenary Speaker. He shared his presentation “Resident/Student Research and how to make it happen!!” Dr. Saravolatz shared knowledge from his wealth of expertise in the medical and research communities. Currently, he is serving as the chair of Internal Medicine at Ascension St. John Hospital in Detroit and is directing the development of their Thomas Mackey Center for Infectious Disease Research. Together with his family, he initiated the Louis and Yvette Saravolatz Summer Scholarship Award which has been awarded by the CMU College of Medicine since 2021.





## COMMUNITY-FOCUSED RESEARCH TO ADVANCE MEDICAL CARE



▶ Sethu Reddy, M.D.

### DIABETES AND AI

There is ground-breaking work being done to study how Artificial Intelligence (AI) can be used to treat diabetes and extend the lives of those who live with it. The Food and Drug Administration has already approved the use of AI for making certain, narrow recommendations for insulin use. Sethu Reddy, M.D., senior associate dean of research with the College is exploring how AI can improve diabetes management.

Generative AI can process massive amounts of data and analyze it for trends and correlations which can lead to more timely and effective recommendations. For example, a doctor treating a young person who suddenly develops Type 1 diabetes might take years of trial and error to figure out how to manage that individual's blood sugar. By using AI to analyze and compare data from hundreds or thousands of cases, there is the potential to create an insulin adjustment algorithm that helps better manage the patient's blood sugar and improves their quality of life much more quickly.

Dr. Reddy cautions that it will take a few years for AI to be fully engrained into health care and it must be incorporated safely. Like any new technology, there are ethical concerns. Patients need to control their data and the data that is shared needs to be anonymous. But it is here to stay and AI will have widespread implications on the diagnosis and management of medical conditions.



▶ Samantha Hahn, Ph.D.

## **WEIGHT STIGMA AND DISORDERED EATING AMONG RURAL TEENS**

Samantha Hahn, Ph.D., assistant professor with the College was honored with the Provost's Award for Outstanding Research and Creative Activity. This award can only be won once in a professor's career at CMU. Hahn is in her second year as a CMU faculty member. Her research focuses on weight stigma and what influences eating disorder risk among young people, specifically those in rural communities.

Weight stigma occurs when people are devalued based on their weight. It is connected to a lower quality of life and disproportionately affects people with other marginalized identities. Hahn is spending the next two years researching how teens living in rural communities experience weight stigma and how it impacts their health.

Hahn is also looking into the prevalence of disordered eating among rural teens and how the nature of rural life could make the risk factors more serious. Disordered eating is more frequent among people with marginalized identities including those with higher body weight, people of color, people who live in poverty and people in the LGBTQ+ community. Disordered eating can manifest as fasting, binge eating, purging, use of diet or muscle-building supplements and unhealthy exercise habits.



▶ Jyotsna Pandey, M.D.

## **FALL PREVENTION FOR OLDER ADULTS**

Older adults who live in rural areas have a higher prevalence of falls compared to non-rural adults in the same age group. In Michigan, 26% of older adults live in rural communities and Jyotsna Pandey, M.D., a professor with the College, is working on a health-aging initiative to address this concern. Partnering with senior centers and local commissions on aging, Dr. Pandey and her team have introduced the Otago Exercise protocol in three rural, medically underserved areas; Isabella, Clare and Gratiot counties. This program incorporates seventeen strength and balance exercises over the course of a year and provides free fall prevention education resources to reduce falls and promote independence.

With a focus on people aged 60 and older, participants are screened before beginning the exercise protocol and are evaluated throughout the program to assess their strength and balance. These evaluations utilize the three-step balance assessment consisting of the Chair Stand Test, Four-Stage Balance Test and the Timed Up-and-Go Test. After six months, improvement in all three tests was observed and it was concluded that compliance with the Otago Exercise Program results in increased balance and overall decreased fall risk.

# COLLABORATING TO IMPROVE COMMUNITY WELLNESS



## CMU RURAL HEALTH EQUITY INSTITUTE

Launched in early 2023, the CMU Rural Health Equity Institute (RHEI) engages with regional, state and national coalitions and developing partnerships to improve access to care for under-resourced communities. RHEI has now joined together with CMU Innovation and Online to establish a CMU Outreach office in Traverse City to further enhance these efforts.

Recognized statewide for expertise in Adverse Childhood Experiences (ACEs)-trauma-resilience professional education and practice, the Institute has created networks of master trainers, facilitated student preparation and advanced cross-disciplinary practices in trauma-informed care.

RHEI is also part of the state leadership team for "Michigan Prevention of ACEs: Data to Action" a CDC grant-funded project with the Michigan Public Health Institute. This project aims to build ACEs prevention capacity in Michigan and activate a statewide ACEs prevention action plan.

RHEI is currently overseeing the Garret Lee Smith Campus Suicide Prevention program that provides education catered toward students, staff and other community partners in Mount Pleasant. The Institute is also working with the Michigan Department of Health and Human Services on the PRISMM Project (Preventing Suicide in Michigan Men) and has developed the Suicide Prevention Telehealth Toolkit website for primary care and behavioral health providers

Working on initiatives as part of an HRSA Congressional Directed Spending Appropriation for telebehavioral health outreach in central and northern Michigan the Institute is on track to complete seven projects that will expand tele-behavioral health services through federally qualified health centers, rural health centers, critical access hospitals and intermediate school districts.



# MAKING A POSITIVE IMPACT IN THE COMMUNITY

## LIVINGSTON GIFT

Our efforts and the achievements of our learners are having a positive impact on health care in our region. As a testament to this, the College announced the largest donation in our history in 2024. Mr. Bruce Livingston bequeathed the College of Medicine over \$5.1 million which will fund the Bruce E. Livingston Endowed Medical Scholarship to help future students achieve their dream of completing their medical education and training.

Livingston grew up in Saginaw, Michigan. He graduated from Central Michigan University in 1961, with a Bachelor of Arts degree and again in 1969, with a Master of Arts degree. He remained in the region throughout his life, serving his community as an educator.

When Livingston was admitted to a regional hospital for treatment, he received care from CMU medical students and residents. Although he had always feared hospitals, Livingston said the students' empathy and compassionate demeanors lessened his anxiety and calmed his fears. Those impactful visits led to his decision to create the endowment in support of the College of Medicine.



## PULSE3 ENDOWMENT

The Pulse3 Endowment for Cardiovascular Health at CMU has been overseen by the College of Medicine since 2022. To advance the mission and ensure sustainability, they now host two community events that serve as fundraisers for the organization.

The inaugural Hearts and Paddles Pickleball Tournament was held in September at Garber Courts in Saginaw. It was sponsored by Blue Cross Blue Shield of Michigan and presented in partnership with BWell Saginaw and the Urban Racquet Sports Foundation. More than 85 teams participated. The event also included a community health expo and raised more than \$20,000 in support of cardiovascular wellness programs in the region.

The Shocks and Saves Charity Hockey game in January continues to be the signature fundraiser for the endowment. Since its inception, this event has raised over \$1 million and placed 350 AEDs throughout the community, leading to 14 lives saved!





## AT OUR CORE

### MISSION

The Central Michigan University College of Medicine educates diverse students and trains culturally competent physicians to provide comprehensive health care and services to underserved populations in Michigan and beyond. Our faculty, staff and graduates advance health and wellness through exceptional education, innovative research, quality patient care and strategic collaborations to improve the health and well-being of individuals and communities.

### VISION

We will realize our bold vision by producing future generations of well-trained physicians, developing new solutions from innovative research, improving access to high-quality health care and forging strategic partnerships to build thriving communities and better lives for all people in Michigan.

### VALUES

Integrity | Respect | Empathy | Excellence | Inclusiveness | Social Responsibility | Innovation





## **Medical Education**

### **MOUNT PLEASANT CAMPUS**

1280 East Campus Drive  
Mount Pleasant, MI 48859  
989-774-7547

### **SAGINAW CAMPUS**

1632 Stone Street  
Saginaw, MI 48602  
989-746-7504

## **Clinical Training**

### **COVENANT HEALTHCARE**

700 Cooper Avenue  
Saginaw, MI 48602

### **ASCENSION ST. JOHN HOSPITAL**

22101 Moross Road  
Detroit, MI 48236

### **ASCENSION ST. MARY'S HOSPITAL**

800 S. Washington Avenue  
Saginaw, MI 48601

### **MYMICHIGAN HEALTH**

4000 Wellness Drive  
Midland, MI 48670

### **COREWELL HEALTH LAKELAND HOSPITAL**

1234 Napier Avenue  
St. Joseph, MI 49085



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