

### Symposium Details

Location Indianapolis, Indiana  
Date Monday, May 23, 2022  
Time 7:30 am to 5:00 pm  
Location JW Marriott Indianapolis, Third Floor,  
Grand Ballroom 5

### Online

<https://tinyurl.com/AAPAWellBeingBios>



### Speaker Bios

#### Neeta Argawal, MD

Internal Medicine Physician, Eskenazi Health

#### Kari Bernard, PhD, PA-C

Associate Director of Research and Capstone Activities, ATSU-ASHS Doctor of Medical Science

Dr. Kari Bernard has practiced medicine as a physician assistant since 2004 in the areas of cardiology, emergency medicine, and psychiatry. In 2020, she earned her doctorate in Industrial and Organizational Psychology with a focus on well-being in the healthcare workplace. She was a faculty member with the University of Washington's MEDEX Northwest PA program between 2014 and 2021 and is currently the Associate Director of Research and Capstone Activities with the Doctor of Medical Science program at A.T. Still University. During her time at MEDEX, she integrated a mindfulness-based wellness curriculum that was conceived by educators at Midwestern University PA program across the five MEDEX campuses. Dr. Bernard has published articles on PA burnout, career development, turnover, and wellness and presented on these topics at state, regional, and national conferences. As a member of the American Academy of PAs Joint Task Force on Burnout, Dr. Bernard worked with other task force members to create a comprehensive plan addressing PA burnout. She currently serves on the National Academy of Medicine Action Collaborative on Clinician Well-being and Resilience. Dr. Bernard lives in Anchorage, AK, with her husband and two high energy, highly humanized rescue dogs.

**Kimber Bogard, PhD**

Deputy Executive Officer for Programs, National Academy of Medicine

Kimber Bogard, Ph.D., is the Deputy Executive Officer for Programs and the National Academy of Medicine. In this role, Dr. Bogard aligns programmatic priorities with strategic impact. She oversees several national and international programs with a mission to improve health for all by advancing science, accelerating health equity, and catalyzing innovation. Previously, Dr. Bogard was the Sr. Vice President for Programs and Strategy at the New York Academy of Medicine. She oversaw three centers that worked to achieve health equity through building integrative community partnerships and policy solutions, participatory evaluation and applied research, and centering older adults in program and policy development. A developmental psychologist by training, Dr. Bogard brings a life course perspective and social and emotional lens to her work.

**Braden J. Brown, PhD, LMFT**

Assistant Professor of Clinical Family Medicine, IU-Methodist Family Medicine Residency, Director of Counseling & Mental Health Services, IUPUI Athletics Department

Braden J. Brown, PhD, LMFT, is an Assistant Professor of Clinical Family Medicine at the Indiana University-Methodist Family Medicine Residency where he serves as Behavioral Science faculty for Family Medicine Residents. Dr. Brown also serves as the Director of Counseling and Mental Health Services for IUPUI Athletics, where he provides clinical mental health services and mental skills training to student-athletes and coaches from 18 Division I varsity sports teams. His research and clinical interests include: biopsychosocial-spiritual wellness of NCAA student-athletes, medical family therapy, motivational interviewing and behavior change, and integrated behavioral healthcare outcomes in primary care settings.

**Marie Brown, MD, MACP**

Director Practice Redesign, Professional Satisfaction Practice Sustainability Group, American Medical Association

Dr. Brown is an Internal Medicine Specialist, Director of Practice Redesign for the American Medical Association, Professor Emeritus Department of Internal Medicine at Rush Medical College, past governor of the American College of Physicians (ACP) and ABIM Board member. She has practiced as an internist for over 30 years in several settings including an FQHC, small private practice and a large integrated center. Dr. Brown is a frequent guest lecturer at academic, national and international health care conferences. Her areas of expertise and publications include: practice efficiency, joy in medicine, medication adherence, adult immunizations and diabetes. Dr. Brown received her Bachelor of Science degree from the University of Dayton and her medical degree from Rush Medical College in Chicago.

**Bettie Coplan, PhD, PA-C**

Associate Clinical Professor, Northern Arizona University

Bettie Coplan, PhD, PA-C is Associate Professor in the Department of PA Studies at Northern Arizona University and Associate Research Editor for the Journal of American Academy of PAs. She practices clinically two days a month at a respite center for people experiencing homelessness. Her research has focused PA workforce issues, including diversity and burnout.

**Arthur Hengerer, MD, FACS**

Past Chair of Otolaryngology, University of Rochester; Past Chair of Board, Federation of State Medical Boards

I am a graduate of Westminster College in New Wilmington, PA and the Albany Medical College. I completed a residency in Otolaryngology, Head and Neck Surgery at University Hospital in Syracuse, NY, and a fellowship in Pediatric Otolaryngology at Boston Children's Hospital and Beth Israel Hospital in Boston, MA.

My career in health care spans 40 years in multiple roles from patient care to leadership positions responsible for regulation and policy creation. Most of my clinical practice was at the University of Rochester serving as Chair of the Department of Otolaryngology from 1981-2007. In 2002 I was appointed to the NYS Medical Conduct Board and chaired that Board from 2011-2019. I was elected to the Board of the Federation of State Medical Boards from 2011-2018, and was Chair in 2016-2017. I served on the National Board of Medical Examiners Advisory Board from 2017-2021. The National Academy of Medicine "Action Collaborative" on Well-being and Resilience, serving as the representative for the FSMB. Presently, I am a board member of the Federation of State Physicians Health Programs. The accomplishment that I am most proud of is chairing the workgroup in 2018 that drafted the report on physician wellbeing at the FSMB. It outlines the guidelines for mental health questioning on state licensing applications and renewals to be limited to current impairment that is not being addressed. This is a big step toward allowing physicians to feel safe seeking care. These various activities have led to a strong commitment to addressing burnout and wellness in clinicians. The Covid-19 pandemic has accelerated the need for support of our health care workers.

I am the father of 3 children and have 8 grandchildren. My outside interests are creating stained glass pieces and enjoy golf, biking and travel in this country and abroad.

**Ziemowit Mazur PhD, EdM, PA-C**

Associate Professor and Associate Program Director, Rosalind Franklin University of Medicine and Science

Ziemowit Mazur is an Associate Professor and Associate Director at the Rosalind Franklin University Physician Assistant (PA) Program with over a decade of experience in clinical practice and academia. He is also a co-Founder and co-director of a community health promotion and wellness initiative (HealthyU!) and a collaborating faculty member for Master of Science in Lifestyle program at Rosalind Franklin University. He earned his Master of Education degree in 2005, his Master of Science in Physician Assistant degree in 2010, and his PhD in Interprofessional Healthcare Studies in 2021. As a family and internal medicine PA, he continues to provide care for patients at the Interprofessional Community Clinic, a primary care clinic for the underserved and uninsured patients in North Chicago, IL.

His teaching philosophy reflects a strong commitment to interprofessional education and practice, incorporation of lifestyle medicine and health prevention measures, and a strong emphasis on professional advocacy. He has authored several articles in peer-reviewed journals related to the best practices in PA education, speaks regularly at seminars nationally, has served as an author and reviewer for a number of medical textbooks, and is a former recipient of the prestigious Don Pederson Research Grant from the Physician Assistant Education Association (PAEA).

Dr. Mazur serves as a site visitor for the Accreditation Review Commission on Education for the Physician Assistant (ARC-PA), a role he's held since 2016. He was an elected appointee to the American Academy of Physician Assistants (AAPA) House of Delegates representing the state of Illinois from 2015 to 2017. More recently, he was appointed to serve on the Diversity in Health Care Professions Task Force through the Illinois Department of Public Health, where he co-chairs the education sub-committee. In 2016, he was inducted into Pi Alpha National Honor Society for PAs.

**Bernadette Mazurek Melnyk, PhD, APRN-CNP, EBP-C, FAANP, FNAP, FAAN**

Vice President for Health Promotion, University Chief Wellness Officer Dean and Helene Fuld Health Trust Professor of Evidence-Based Practice, College of Nursing, Professor of Pediatrics & Psychiatry, College of Medicine, Executive Director, the Helene Fuld Health Trust National Institute for EBP, The Ohio State University

Bernadette Mazurek Melnyk is vice president for health promotion, university chief wellness officer, dean and Helene Fuld Health Trust Professor of Evidence-Based Practice in the College of Nursing, professor of pediatrics and psychiatry at the College of Medicine and executive director of the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare at The Ohio State University. Dr. Melnyk is recognized nationally and globally for her clinical knowledge, expertise in evidence-based practice and intervention research, and her innovative approaches to a wide range of health care and wellness challenges. She is a member of the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience, and the National Academies of Sciences, Engineering, and Medicine Promoting Emotional Well-Being and Resilience in Children and Adolescents Expert Panel. Dr. Melnyk also is an elected executive board member of the National Forum for Heart Disease & Stroke Prevention. She has over 480 publications, is an editor of 7 books, and has received \$33 million in grant funding from federal agencies, including NIH, and foundations.

In her role as chief wellness officer and vice president for health promotion at The Ohio State University, Dr. Melnyk spearheads the building and sustaining of a wellness culture that supports healthy lifestyle behaviors and improved population physical and mental health outcomes using an evidence-based quality improvement model that targets the grass roots of the organization through top leadership. She created and directs Buckeye Wellness, which empowers teams of students, faculty and staff, including the Buckeye Wellness Innovators and Be Wells, to lead wellness initiatives and model healthy behaviors throughout the University.

**Jonathan Ripp, MD, MPH**

Professor of Medicine, Medical Education and Geriatrics and Palliative Medicine; Dean for Well-Being and Resilience and Chief Wellness Officer, Icahn School of Medicine at Mount Sinai (ISMMS)

Jonathan Ripp, MD, MPH is Professor of Medicine, Medical Education and Geriatrics and Palliative Medicine, Dean for Well-Being and Resilience and Chief Wellness Officer at the Icahn School of Medicine at Mount Sinai (ISMMS). He received both his undergraduate and medical degrees from Yale University and completed internship and residency in Internal Medicine (IM) at the Mount Sinai Hospital in New York City. In the role of chief wellness officer, Dr. Ripp oversees efforts to assess and provide direction for system- and individual-level interventions designed to improve well-being for all students, residents, fellows, faculty and other health professionals in the Mount Sinai Health System. He is the former Associate Dean of GME for Trainee Well-Being within the ISMMS Office of Graduate Medical Education's in which capacity he served to help spread well-being initiatives across the training programs of the Mount Sinai Health System. In the Department of Medicine, Dr. Ripp practices as a clinician in the Mount Sinai Visiting Doctors home-based primary care program where he maintains an active patient panel. In addition, Dr. Ripp is the Co-founder and Co-Director of CHARM, the Collaborative for Healing and Renewal in Medicine, an international group of medical educators, academic medical center and well-being leaders, experts in burnout research and interventions, and learners all working to promote healthcare professional and learner well-being. CHARM maintains several leadership networks, including the CHARM Chief Wellness Officer Network and the CHARM GME Well-Being Leaders Network, and also actively develops important content to advance the literature and field of clinician well-being. Recognized for his leadership in this area, Dr. Ripp has been invited to participate in the Accreditation Council on Graduate Medical Education (ACGME) Symposia on Physician Well-Being, join the American College of Physician's Promoting Physician Wellness Task Force and participate in the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience. He also chairs the Greater New York Hospital Association's Clinician Well-Being Advisory Group. Dr. Ripp's primary research interest is in physician burnout and well-being, for which he has received grant support and has published and lectured widely. His multicenter studies have served to better elucidate the causes and consequences of physician burnout and have explored interventions designed to promote clinician well-being.

**Chris Roman, DMS, PA-C**

Associate Professor, Butler University

Chris Roman is an Associate Professor in the Master of PA Studies Program at Butler University in Indianapolis, Indiana. He graduated from the PA program at Midwestern University in Downers Grove, Illinois. He completed a Doctor of Medical Science degree at Butler University in 2021. With colleagues at Midwestern University, Yale University, and elsewhere, Dr. Roman has conducted several studies investigating aspects of wellbeing for PAs and PA students. These include the effect of licensure questions on help-seeking behavior, depression trends during didactic PA training, and the effect of a wellbeing course on PA student mental health.

**Amelia Schlak, PhD, RN**

T32 Postdoctoral Research Fellow, Columbia University School of Nursing

Amelia E. Schlak, PhD, RN is a T32-funded Postdoctoral Research Fellow at Columbia University School of Nursing in the Center for Healthcare Delivery & Research Innovations (HDRI) with expertise in health services and policy research. Her primary research interests are in the health workforce, aging, and primary and acute care services. Prior to joining Columbia, she completed her PhD at the University of Pennsylvania in the Center for Health Outcomes and Policy Research (CHOPR) and has previous experience working clinically as a registered nurse. Dr. Schlak's work shows that clinicians and patients are vulnerable to the same aspects of poorly designed organizations (i.e., poor working environments characterized by low autonomy, lack of resources and staffing, poor leadership and management, and hostile relationships) and that in order to improve patient outcomes, we must target the conditions of front-line providers like nurses. To ensure her research translates to clinical practice, Dr. Schlak has published policy recommendations for institutional, state, and federal policy makers to sustain the healthcare workforce.



**Stuart Slavin, MD, MEd**

Senior Scholar for Well-being, Accreditation Council for Graduate Medical Education

Stuart Slavin MD, MEd is Senior Scholar for Well-being at the Accreditation Council for Graduate Medical Education (ACGME). A graduate of Saint Louis University School of Medicine, Dr. Slavin completed his residency training in pediatrics at UCLA and then served as a faculty member there for seventeen years before returning to Saint Louis University as Associate Dean for Curriculum. While at SLU, Dr. Slavin led efforts to improve the mental health of medical students that produced dramatic decreases in rates of depression and anxiety in pre-clerkship students. He joined the ACGME in 2018 and is helping to lead efforts to improve the mental health of residents and faculty across the US.

**Eric Tetzlaff, PA-C, DFAAPA**

Assistant Professor, Fox Chase Cancer Center

Eric D. Tetzlaff is a physician assistant in the Department of Medical Oncology at Fox Chase Cancer Center in Philadelphia, Pennsylvania. He specializes in the treatment of gastrointestinal cancers and sarcomas.

As an assistant professor at Fox Chase, Eric's research interests include examining the APP workforce and provider burnout. Currently, through a research award from the Association of PAs in Oncology, he is conducting a three-year longitudinal study of provider well-being, collaborative practice and career satisfaction among physician assistants in oncology.

Intent on contributing to the PA profession, Eric serves the American Academy of Physician Assistants as chairperson of the Task Force on PA Burnout and for the American Society of Clinical Oncology, he serves as a member of the Clinician Well Being Task Force and as member of the Advanced Practice Provider Task Force.

**Facilitator Bios****Noël Smith, MA**

Senior Director, PA and Industry Research and Analysis, American Academy of PAs

Noël Smith is Senior Director of PA and Industry Policy and Analysis. She joined the American Academy of PAs. For more than 20 years, she has focused on workforce research and policy analysis. Noël leads AAPA's research team as well as serves as a staff adviser to the Joint Task force on Burnout, the Commission on Research and Strategic Initiatives, and the Clinical Ratios and Teams Task Force. In addition, Noël supports external collaborations with researchers across the globe.

Noël is a regular speaker at workforce conferences. Areas of interest include understanding the prevalence and drivers of PA burnout, PAs role as behavioral health providers, and documenting the growing opportunities for PAs in leadership.

**Gregory J. Fine, FASAE, CAE**

Principal Consultant, Tecker International

With more than 25 years of successfully helping organizations grow and prosper; combined with boundless energy, passion and enthusiasm, Greg's collaborative approach delivers the insight, strategies, and resources necessary to turn intent into action. Prior to joining Tecker International, he served as executive vice president and CEO of CCIM Institute, a 13,000-member international professional association. Before that, he was global CEO of the Turnaround Management Association. With a reputation for organizational change and innovation, his diverse and successful career has provided him with deep and comprehensive expertise that informs all of his work.

Among many awards, Greg received the 2017 Association Forum "Inspiring Leader" award; the 2009 "Young and Aspiring Association Professional" by Association TRENDS; and the Angerosa Research Foundation's inaugural "Publishing Trendsetter," an award recognizing innovation that advances association publishing. CCIM was the inaugural recipient of the Association Forum Welcoming Environment Award® in 2018 and he was recognized as one of Crain's Chicago 2020 Notable LGBTQ Executives.

Growing up in Missoula, Montana, Greg was a leader from his earliest years. This included becoming one of the state's youngest elected officials in history when, at age 18, he was elected to the Missoula County High Schools Board of Trustees. He was re-elected twice and served as Board Chair. He is a graduate of The University of Montana with a BA in PSc and History Minor, is an avid world traveler, and an award-winning amateur poet.

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