

**2012 ITI®-AANP STAIRSM Residency Scholarship Program
Clinical Residency Program Site Application Form**

Submitted by:

Nancy Aagenes, ND

Founder, Natural Medicine Plus

Jeff Roush, ND

Medical Director, Natural Medicine Plus

Submitted to:

Gary Garcia, MD

Director of Graduate and Community Medicine

Bastyr Center for Natural Health

3670 Stone Way N

Seattle, WA 98102

Submitted electronically and by mail:

29 August 2011

Residency Goals Statement

Goals of Natural Medicine Plus (NMP) Residency in Integrated Practice

- Guidance, supervision and post graduate medical education in quality patient care. Good patient care is the filter for all we do.
- Modeling and practice in integrated care—working daily in shared and overlapping space with conventional providers (medical doctors, physicians assistants, nurses) and alternative providers (chiropractic physician, quantum biofeedback specialist, craniosacral therapist) is the nature of our practice and available in one location.
- We want to train resident competency and ability to duplicate this integrated care in other conventional settings.
- We are actively seeking research funding to demonstrate outcomes of working with patient education and integrated care. We want the strength of our model documented and defined because that will help us refine it and make it more compelling in other conventional settings. We have already developed a research plan with Carlo Calabrese, ND, MPH.
- We have developed a unique business model that allows naturopathic doctors to move from residency to full association with the clinic at the end of the residency, should that be mutually desirable. Our model is based on study of how dentists bring invested associates into their practices.

History of NMP

Nancy Aagenes, ND, Bastyr University 1989, returned to her Montana home and began practice in that year. She has been practicing continuously since. She has developed sturdy relationships with providers from every school of medicine and many specialties. (Detailed resumes are attached.)

Mark Ibsen, MD, Washington University School of Medicine 1980, board certified in emergency medicine and family medicine, has 29 years of emergency room experience. Aagenes and Ibsen have worked with patients together for 15 years. Twice before they tried to develop an integrated clinic, but were unable to create a feasible financial plan. His ER experience in Helena gives him developed relationships with specialists.

Jeff Roush, ND, Bastyr University 2006, practiced independently in Helena after graduation before joining Aagenes' practice in October of 2008. In the spring of 2009 Ibsen asked to begin seeing patients in Aagenes' Natural Medicine Clinic. Roush and Ibsen developed their own relationship, completing the strong triad.

In the fall of 2009, Ibsen asked to increase his commitment to the integrated practice. At the same time Helena's oldest, most established and central location for urgent care became available. The space, already built as a clinic, was easily divided into two separate clinics on an open floor plan. This enabled a realistic business model for integrated care. Ibsen founded Urgent Care Plus (UCP), a conventional urgent care.

Roush and Aagenes rebranded as Natural Medicine Plus (NMP). We are a primary care naturopathic clinic. Aagenes continues to focus her practice on making a medical home for women. Roush practices general naturopathic family medicine, IV therapies and pain management including physical medicine and prolotherapy.

Each clinic has its own entrance, waiting room and business staff. Beyond the reception areas *we all use all the capacities of both clinics all the time..* While we refer to specialists as needed, we are able to give patients a broad spectrum of out patient health care under our one roof.

We opened our doors in the new location in January 2010 and have continuously increasing patient numbers and profitability. People like going to one location and being served according to their personal need, eradicating the boundaries and barriers that too often exist between naturopathic and conventional care.

Residency Commitment Statement

Roush and Aagenes will:

- Assume administrative responsibility for the residency program

Ibsen will:

- Support the administrative function.

Aagenes, Roush and Ibsen will provide to the resident:

- Education, experience and knowledge in their fields of expertise
- Easily accessible consultation
- Scheduled time for chart and case review
- Guided integration into the community generally and medically
- Attentive management of the resident's post graduate education

NMP will:

- With STAIR funding we are able commit clinic resources to funding portions of the residency indicated in this application
- Provide the resident an individual physical space in the clinic

- Introduce the resident to competent daily practice and integrate her/his work within the clinic, within the community locally and within the broader national naturopathic community
- Be responsible in our communications with ITI, AANP, BU, CNME and STAIR

NMP will:

- Hold open communication with the resident about vested interest in ongoing association following the residency

**2012 ITI®-AANP STAIRSM Residency Scholarship Program
Clinical Residency Program Site Application Form**

1. Applying Organization/Clinic: Natural Medicine Plus

For purposes of this application, the term Integrative Medicine Clinic shall include only those clinics that staff, or offer the services of both a currently licensed M.D. and/or D.O. health care provider, and a currently licensed N.D. health care provider. If the aforementioned health care providers practice in separate clinics, their respective clinics must meet the following restrictions:

1.) The clinics must be in the same state; and 2.) The clinics must be within 30 miles (driving distance) from one another.

- a. Account Number: 27400338, ITI
00AAGEN, Emerson
82534W, Natural Partners
- b. Address: 33 Neill Ave
- c. City: Helena, Montana 59601
- d. Country: USA
- e. Telephone Number: 406.442.8508 Fax Number: 406.442.2656
Aagenes cell: 406.431.9207
- f. Web Site: www.naturalmedicineplus.com Email: nancyaagenes@gmail.com

2. Please fill the items below (2a-2c) if the proposed residency site is located at an address different from the one stated above: *(Note: Affiliate Organization's residency site must be a primary care or family practice clinic.)*
Not Applicable

3. Name of Affiliate Residency Program Director: Jeff Roush, ND

Telephone Number: 406.442.8508, clinic; 406.465.2310, cell

4. Name of person who will coordinate required site visit with the Bastyr University site evaluator(s):

Name: Nancy Aagenes, ND Telephone Number: 406.442.8508, clinic; 406.431.9207, cell

5. Number of resident positions available at the proposed residency site: Initially, one. Assuming a sufficient increase in patient numbers, we would like to start a second resident in the fall of 2013 and maintain first and second year residents on a continuous basis.

Position start: September 2012

End date: August 2014

Please note that we are asking you to consider this an application for **two years** of STAIR funding. We understand that only one may be available. We will resubmit an application for fall 2013 if necessary.

6. How did you learn about The ITI-AANP STAIR Residency Scholarship Program? We are AANP members.
7. Are you a member of AANP? Yes (Aagenes and Roush)
8. Are you a customer of ITI? Yes
9. Please disclose the following:
 - a. Have you had any legal judgments against you in a professional capacity? No
 - b. Have you had any disciplinary actions rendered against you by a credentialing/licensure division? No

ITI[®]-AANP STAIRSM Residency Affiliate Organizational Site Resources Form

I. Program Personnel

A. Affiliate Residency Program Director

Name: Jeff Roush, ND

Conferring Institutions: Bastyr University

Other institutions that the director hold positions in:

Institution: Carroll College Position: Adjunct Faculty

B. Affiliate Residency Program Staff (provide additional sheet if necessary)

1. General Medicine Teaching Staff

Name of Staff: Nancy Aagenes, ND

Conferring Institutions: Bastyr University

Specialty Training (if applicable): Licensed Acupuncturist

Specialties Board Certification (if applicable): NCCA credential earned spring 1990

Name of Staff: Mark Ibsen, MD

Conferring Institutions: Washington University School of Medicine, St. Louis

Specialties Board Certification (if applicable):

Diplomat, American Board of Emergency Medicine 1988, recertified 1999

Diplomat, American Board of Family Medicine 1984, recertified 1982

Other institutions that the staff hold positions in:

Institution: Benefis Hospital Position: Emergency Room Physician

Institution: St. James Hospital Position: Emergency Room Physician

Institution: State of Montana, Department of Disability Services, Position: Consultant

2. Specialist Teaching Staff

Name of Staff: Sarah Damn, DC

Conferring Institutions: Life Chiropractic College West, Haywood, California

3. **Clinical Staff**—See Attachment A for details. We work not only with Dr. Ibsen but with all conventional providers at UCP including 3 additional MDs, 3 physicians’ assistants and a nurse practitioner. Growing relationships with providers who had no antipathy towards, but no particular interest in, naturopathic medicine has been a pleasure. Working together in the best interest of the individual patient is our guiding policy.
4. **Administrative Support Staff**—See Attachment A

II. Training Site

A. Location

1. Name of Primary Clinical Facility: Natural Medicine Plus
2. Year of Initial Operation: 1989
3. Address of Clinical Facility: 33 Neill Avenue
Helena, Montana 59601
4. Phone: (406) 442-8508 Fax: (406) 442-2656
Email: nancyaagenes@gmail.com Website: www.naturalmedicineplus.com
5. Please check the item that best describes the facility.
XX Out-patient Primary Care Facility XX Conventional Urgent Care
6. Name, address(s), and contact information of additional facilities (If applicable):
Urgent Care Plus
39 Neill Avenue
Helena, Montana 59601
Dr. Ibsen’s cell: (406) 439-0752; Front desk phone: (406) 513-1052

B. Patient Load

1. Average number of patient visits per month for naturopathic primary care: **150-180**
Average number of patient visits per month for urgent care: **1200-1215**
2. Please indicate the primary focus of the practice in the primary training facility:
XX Naturopathic Medicine XX Integrative Medicine
3. Percentage of visits per month at this location based on Specialty:

Complementary and Alternative Medicine (in percent):

Given that we operate our clinic based on naturopathic principles and that we practice the naturopathic therapeutic order it is difficult to quantify visits by category. These percentages are roughly accurate, given that nearly all of our visits contain aspects of life style counseling and nutrition.

40% General Medicine/Roush and Aagenes

15% Other CAM (specify) physical medicine and prolotherapy/Roush

35% Gynecological care/Aagenes

10% Counseling exclusively without other naturopathic interventions/Aagenes

<2% Acupuncture/Aagenes

Nearly all visits touch on nutrition/Roush and Aagenes

20 Chiropractic visits monthly on the Urgent Care Plus side

In a separate business, also with its own entrance and also on our open floor plan:

Diane Pearson, Quantum Biofeedback Specialist, Natural Therapies Certification Board. **33-35/mo**

Phil Robison, MDIV Pacific School of Religion, Nationally Certified Massage Therapist, Diplomat Certified CranioSacral Therapist, Certified Quantum-Touch Instructor, Certified Aura-Soma Practitioner. **75-80/mo**

Conventional Medicine (in percent): UCP sees an average of 40 patients daily for a variety of acute care complaints. Attachment B indicates the most commonly used diagnosis codes used in the first seven months of 2011.

C. Laboratory Facilities

Please describe the procedures (i.e. phlebotomy, cbc, UA, etc) performed on-site and those referred to outside facilities. Indicate if most of the lab works are performed on-site or referred.

Phlebotomy is routine at NMP and UCP. We do routine urine dips in both clinics. We have access to CLIA waved labs through UCP such as rapid strep, mono spots, influenza spots, occult blood smears, and RSV spots. We routinely send all our samples (blood, urine, cultures, stool, etc) to Labcorp, which operates a local draw center and picks up our specimens. We also utilize St. Peter's Community Hospital, when necessary or by patient request. We use several alternative labs including Genova Diagnostics, Rhein, Labrix, IGenex, and Doctors Data.

D. Diagnostic and Therapeutic Equipment

Please describe what diagnostic and therapeutic equipment are utilized in the facility (i.e. microscope-wet mounts, ultrasound/EMS, hydrotherapy, electrocuatery, cyrodessicator, etc.)

Our relationship with UCP gives us immediate access to the following diagnostic equipment: diagnostic ultrasound, digital x-ray, EKG, pulse oximetry, peak flow meter, and microscopic wet mounts.

E. Dispensary

Please describe the type of dispensary (i.e. small-limited, large-complete, etc.) available at the facility and a general description of items on stock.

The dispensary at NMP is of moderate size and moderate complexity. The *wholesale* value of our dispensary is approximately \$11,000—last inventoried in May 2011. We carry everyday supplementation including vitamins, minerals, fatty acids, disease specific vitamins/ herbal products and some amino acids. We carry standardized extracts of many herbal products, both in combinations and singles. We carry hormones, including progesterone, estrogen, DHEA, melatonin and desiccated whole gland thyroid. We have a small assortment of single herbal tinctures for disease-specific formulations. We carry a small number of Chinese herbal formulas, homeopathics and food based combinations.

Our dispensary is well suited for everyday primary and preventative care, intervention in acute illness and gynecological problems. It is growing to accommodate an expanding clinic. Urgent Care Plus providers refer patients to our dispensary for things they are familiar with and want to use. A resident might expand their education in this area.

F. Physical Site Specifications

1. Answer Yes or No to the following: for any NO response, see # 2. **No negative responses.**

- | | | |
|----|---|--------|
| a. | Does the program director have administrative control of the Clinic? | Yes XX |
| b. | Is there a separate and identified entry to the Clinic? | Yes XX |
| c. | Is there a separate receptionist and waiting room? | Yes XX |
| d. | Is there a separate appointment system for the Clinic? | Yes XX |
| e. | Is there an office lab? | Yes XX |
| f. | Is there a resident workspace? | Yes XX |
| g. | Are there faculty offices in the Clinic? | Yes XX |
| h. | Do clinic patients have convenient access to a diagnostic laboratory? | Yes XX |
| i. | Do clinic patients have convenient access to imaging services? | Yes XX |
| j. | Is there a conference room in the Clinic? | Yes XX |
| k. | Is there a business office in the Clinic? | Yes XX |
| l. | Does the appointment system assure maximum accessibility of the resident to his/her patients in the Clinic? | Yes XX |
| m. | Do patients have access to a program physician after hours? | Yes XX |
| n. | Specify of other learners in Clinic (i.e. medical students, nursing students, etc.) | |

Both clinics welcome naturopathic preceptors. Both clinics provide clinical hours for medical and nursing students from both Carroll College, Helena, and University of Montana-Helena. Conventional medical students do rotations in both clinics. Ibsen is also the Medical Director for Eagle Ambulance. EMT's from Eagle come to UCP to get additional clinical training.

How many square feet of floor space are available? **NMP leases 1145; UCP leases 3036: total—4181.**

2. How many examining rooms? **11**

3. Specify the number of exam rooms to be used for residency training. **All**

4. Specify any other space currently allocated for administrative offices, conferences, etc. which is not part of the Clinic. **All are located within our clinics**

G. Patient Records

1. Provide the following information on the record system:

- What kind of system is used? NMP uses Office Ally for appointments and insurance billing and some financial information. QuickBooks is our bookkeeping system. We are still using paper charts for medical information, though are studying systems for electronic medical records. UCP uses an encompassing electronic system called *Practice Velocity* for medical and financial records. *Practice Velocity* is used by approximately 5000 urgent care clinics nationwide.
- Are patient's ambulatory records maintained in the Clinics? **Yes**
- Patient's records contain documentation of all facets of care provided in the Clinics, at home and via telephone. We do due diligence requesting and maintaining records from other institutions.
- Residents can access Clinics records at all times.
- We protect the privacy of individually identifiable health information. We have a certified HIPAA compliance officer on staff. We provide a statement of privacy policy to our patients.

H. Business Office

1. Are residents given the opportunity to observe office and/or business management activities of the clinic? If so, how?

The resident will be required to learn naturopathic practice management by inclusion in the weekly NMP associate meeting, the monthly NMP and UCP management meeting, the weekly NMP staff meeting, and the monthly financial management meeting. The resident will be required to understand clinic budgets and business policies and be fully able to assist any patient with business transactions.

III. Program Commitment and Activities

- A. ITI[®] will provide a \$30,000 scholarship to each resident for payment of one full year of practice. This is a pre-determined amount not subject to location or qualifications. Residency starts in the fall after successful completion of the NPLEX exams and securing a license to practice Naturopathic Medicine. Residency sites have the option to offer additional payment or assistance as appropriate.

Is their additional compensation available based on productivity? **The resident will earn 15% of all dispensary sales to his/her personal patients. In the second year we will also offer a percentage of patient fees earned by his/her personal patients.**

ITI does not provide medical benefits for residents. It is the option of the residency site to offer this, if available. **We agree to provide health insurance for our resident. We are part of a health insurance pool for small businesses subsidized by the State of Montana.**

It is required that clinics provide the resident with malpractice insurance coverage and at least 10 days of personal time, in addition to major holidays.

Agree. We will buy malpractice coverage from our carrier, NCMIC, for our resident. We will make 10 days of personal time and major holidays available to our resident.

Will you reimburse or provide continuing medical education opportunities up to \$300 in value? **Yes XX**

We will pay Montana Association of Naturopathic Physician membership dues and reimburse MANP continuing education registration fees. We will also make continuing medical education provided by St. Peter's Community Hospital available to the resident.

- B. Full-time supervisor/resident ratio in clinic? **At a minimum, 2/1. Often there are three providers working in the clinics.**
- C. Attach the clinics organizational commitment statement. We have included this at the beginning of our application.
- D. Attached the organization goals of the clinic regarding residency training. We have included this at the beginning of our application.

E. Weekly Schedule

1. Proposed Daily Activities of the Resident(s).

Please fill in the time periods when applicable. Indicate the activity (ex. patient care shift, individual study period, case discussion, preceptorship, etc.) Please note that 20 hrs should be devoted to patient care shifts and the remaining 20 hrs distributed to administrative, learning, research, conferences, and similar activities.

We gave some thought to this schedule understanding that *it will be flexible*. We want the resident to begin seeing his/her own patients as soon as practical. Roush and Aagenes keep relatively regular clinic hours. Ibsen continues to practice occasional emergency room shifts at two hospitals in addition to many urgent care shifts so his schedule is less predictable. The other providers at urgent care are excellent and will also be available to our resident. UCP is open through the weekend and if the resident wants to do some weekend shifts at UCP he/she will be made welcome.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 to 8 am	Venipuncture/ Chart review with Roush	Weekly NMP Associates Meeting	Monthly UCP Staff Meeting	Weekly Meeting of Community Leaders/Aagenes	Monthly CME at St. Peter's Hospital	
8 to 9 am	Venipuncture/ Chart review with Roush	Chart review with Aagenes	Venipuncture Charts/Roush	Resident case presentation	Rotation with Specialists	
9 to 10 am	Patient care with Roush	Patient care with Aagenes	Resident's patient care	Chart review with Ibsen	Rotation with Specialists	
10 to 11 am	Patient care with Roush	Patient care with Aagenes	Resident's patient care	Patient care at UCP	Rotation with Specialists	
11 am to noon	Patient care with Roush	Patient care with Aagenes	Resident's patient care	Patient care at UCP	Rotation with Specialists	
Noon to 1 pm	Patient care with Roush	Patient care with Aagenes	Class for patients taught by resident	Patient care at UCP		
1 pm to 2 pm	Patient care with Roush	Patient care with Aagenes			Week in review with Roush	
2 pm to 3 pm			Resident's patient care	Patient care at UCP	Research and administration	
3 pm to 4 pm	Research and administration	Research and administration	Resident's patient care	Patient care at UCP	Research and administration	
4 pm to 5 pm	Research and administration	Research and administration		Week in review with Aagenes		

F. Level of Supervision

1. Describe the way supervision and teaching of the resident(s) is/are conducted.

Resident will work directly five hours weekly in patient care with Ibsen, Aagenes and Roush. In addition the resident will be given a minimum of six hours weekly for his/her own patients. Aagenes and Roush will review all charts for the resident's patients. An experienced practitioner will be available to the resident at all times.

2. UCP is open from 8 am to 8 pm Monday through Friday, and from 10 am to 6 pm Saturday and Sunday. Aagenes and/or Roush is available in NMP 9 am to 5 pm Monday through Friday. Roush and/or Aagenes are available for calls in off hours.

3. By who is the resident supervised in the care of his/her Clinic patients in the hospital? Our community hospital is staffed by hospitalists. Naturopathic physicians do not have admitting privileges. We have a relationship with the hospital and prefer to admit patients through our Urgent Care Plus. Both clinics admit through the Emergency Room when necessary. UCP and NMP are unable to follow patients again until they are released from hospital care.

4. If multiple Clinics are used, describe the following:
How residents are assigned to the Centers. The resident will be assigned to specific shifts in Natural Medicine Plus and Urgent Care Plus. He/she will also have rotations with specialists available.
 - a. The degree of contact among the residents from the multiple Centers. There are only two other residency programs in Montana, both located in Billings. St. Vincent's Hospital runs a conventional residency in Family Practice. It is our understanding that Yellowstone Naturopathic Clinic usually has two NERC residents. We can make time for all naturopathic residents to gather at MANP meetings and will invite NERC residents to come to our clinic when our residency is established.
 5. List possible clinics where the resident can have additional preceptorship or rotation. We have had conversations with a variety of specialists about participating in education of a naturopathic medical resident. Given the resident's individual focus we can get rotations in gynecology/obstetrics, general surgery, breast surgery, plastic surgery with emphasis on breast reconstruction and wound care, neurology, pediatrics, dermatology, orthopedics, internal medicine, radiology and family practice.
- G. Attach the evaluation tools utilized by the program. If none are available, the University will provide evaluation tools that are currently used by their program.
We will need to have these provided.

Thank You for completing the ITI[®]-AANP STAIRSM Residency Scholarship Program application. Please be sure to mail completed application materials by the deadline, **September 1, 2011**. You will receive a notification, via email, that your application has been received. All applicants will be contacted regarding application status when final residency site selections have been made. If you have questions please contact Dr. Gary Garcia at (206) 834-4124 or email GGarcia@bastyr.edu.

Attachment A

Current NMP Staff:

Payroll Employees (2):

Clinic Manager and Bookkeeper:

Diane Pearson

Patient Relations and Reception:

Felicia Tennant

1099 Employees (2):

Management and Financial Oversight:

Barb Johnson

Nurse Educator:

Deb Kirley – RN

Current UCP Staff:

Payroll Employees (16):

Medical Assistants:

Dorry Aaberg – LPN, Nursing Supervisor

Kim Lipes – LPN

Daniel Rowe – EMT

Julie Ryder – RN

Natalie Stasko – Medical Assistant

Xray Technicians:

Amber Coddington

Lori Gittens

Martha Johnson

Rudy Strobbe Jr

Office Staff:

Bridget Fleiner – Receptionist

Initially, “Beej” was a receptionist for NMP. When she returned to school it worked better for her to work night and weekend hours. She has since earned a degree and we are all especially proud of her contributions to cross trained front desk capability. We could write notes about the value and special contributions of all of these people.

Angela Johnson – Receptionist

Brooke Mahoney – Office Manager

Kayla Yager – Receptionist/RN Student

Providers:

Sarah Damm – Chiropractor

Dylan Powell – PAC

Mark Ibsen – MD/Owner

1099 Employees (6):

Kristy Boese – FNP

Laurie Brown – PAC

Todd Mohr – PAC

Jean-Pierre Pujol – MD

James Barry Oser – MD

Justin Smith – MD

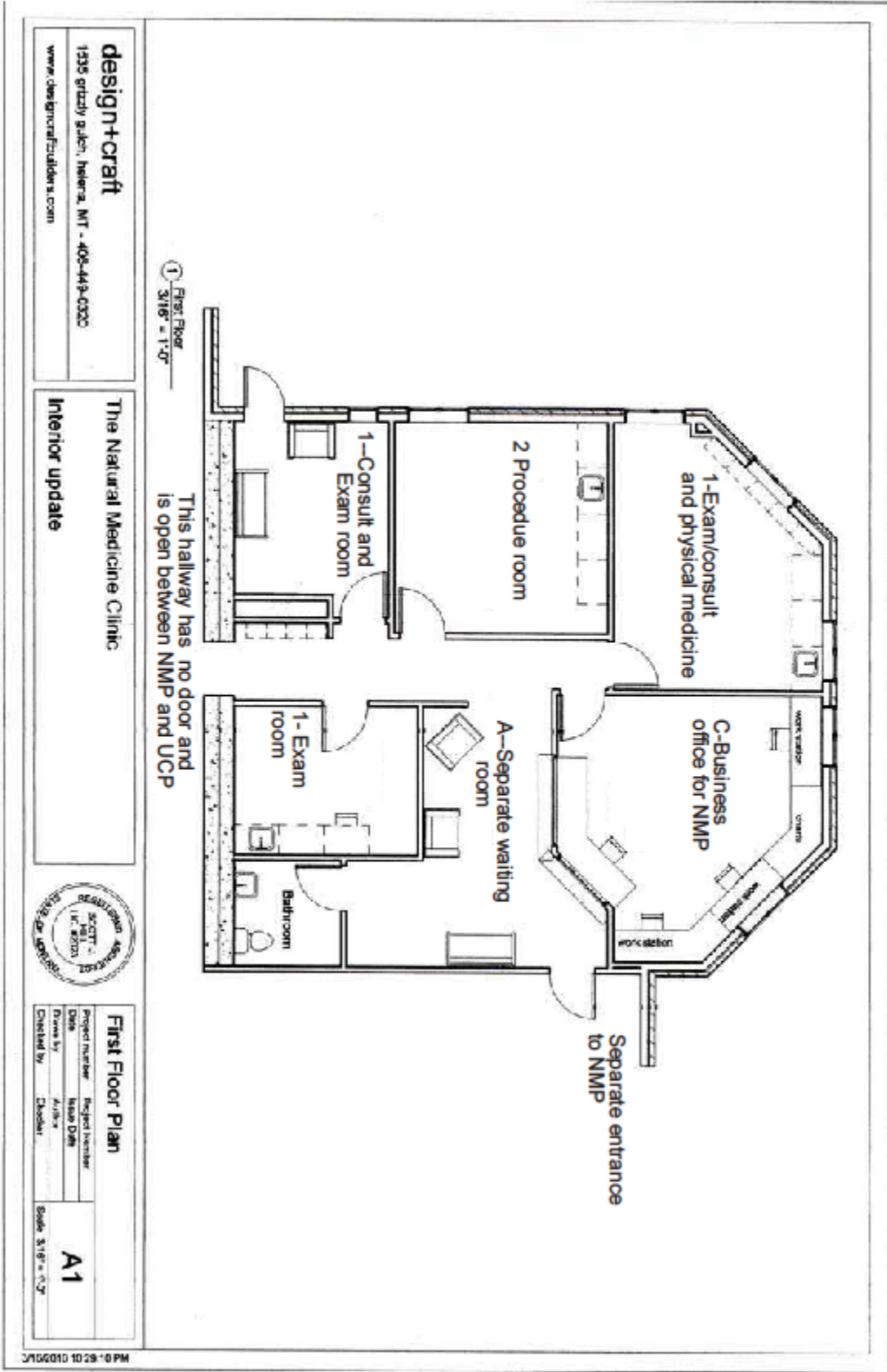
Attachment B

Working as an Urgent Care it is sometimes hard to decide when we can help the patient or if they would be better suited to seek emergency care from the hospital. Most of the visits at UCP are family medicine. We will see patients with chest pain, broken bones, psychiatric problems, or someone having gynecological issues. Working closely with Natural Medicine Plus makes it easy for patients to try alternative treatments to the usual antibiotic, pain, hypertension, gynecological prescriptions, etc. Once diagnosed, we make recommendations to NMP, a specialist or return to their primary care physician when follow up is needed. With a Chiropractor on staff we do on average 20 visits per month.

UCP most commonly used diagnosis codes (1/1/11-7/31/11):

ICD9	Count	Description
461.9	762	ACUTE SINUSITIS UNSPECIFIED
465.9	620	ACUTE UPPER RESP INFECTIONS UNS
462	440	ACUTE PHARYNGITIS
466.0	325	ACUTE BRONCHITIS
382.00	310	AC SUPPURAT OTITIS MEDIA WORUPT
481	249	PNEUMOCOCCAL PNEUMONIA
724.2	183	LUMBAGO
599.0	159	URINARY TRACT INFECTION UNSPEC
493.92	146	ASTHMA UNSPEC W EXACERBATION
V70.3	141	OTH MEDICAL EXAM FOR ADMIN PURPOSES
380.4	108	IMPACTED CERUMEN
401.9	95	UNSPECIFIED ESSENTIAL HYPERTENSION
780.79	93	OTHER MALAISE AND FATIGUE
493.90	92	ASTHMA UNSPECIFIED
692.9	87	CONTACT DERMATITIS UNS CAUSE
719.47	86	PAIN IN JOINT ANKLE/FOOT
595.0	86	ACUTE CYSTITIS
883.0	84	OPEN WOUND OF FINGER
786.50	81	UNSPEC CHEST PAIN
300.02	75	GENERALIZED ANXIETY DISORDER
788.1	72	DYSURIA
V72.41	71	PREGNANCY TEST NEGATIVE
723.1	65	CERVICALGIA
682.6	61	CELLULITIS/ABSCESS LEG EX FOOT

338.29	60	OTHER CHRONIC PAIN
V06.5	53	VACCINE FOR TETANUS DIPHThERIA
250.00	52	DIABETES UNCOMPL TYPE II
V58.32	43	REMOVAL OF SUTURES
789.00	33	ABDOMINAL PAIN UNS SITE



design+craft
 1535 grizzly gulch, Helena, MT - 406-448-0320
 www.designcraftbuilders.com

The Natural Medicine Clinic
 Interior update



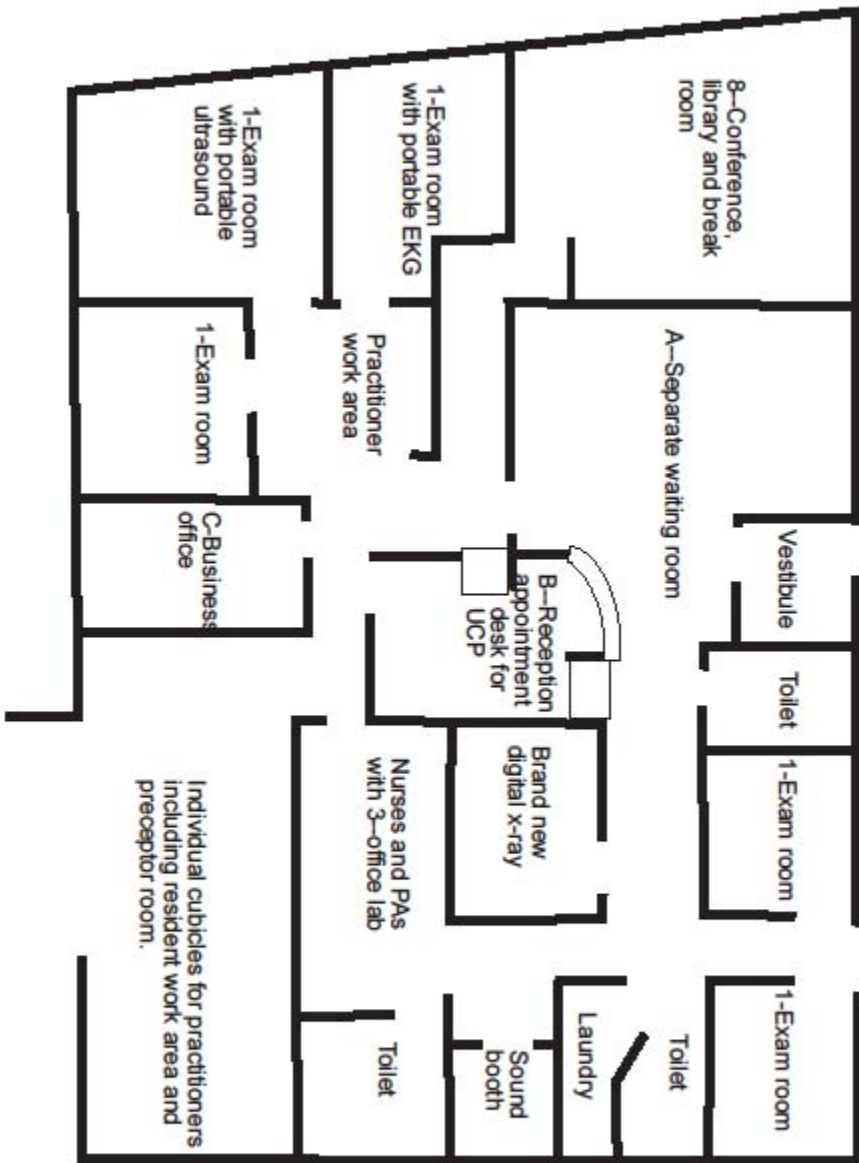
First Floor Plan	
Project number	Project number
Date	Date
Drawn by	Drawn by
Checked by	Checked by
A1	
Scale: 3/16" = 1'-0"	

1455010 10:28:59 AM

Floor Plan for Urgent Care Plus

Separate entrance to UCP

This hallway has no door and is open between NMP and UCP.



Nancy Ostby Aagenes, ND, LAc

Natural Medicine Plus

33 Neill Avenue
Helena, MT 59601
(406) 442-8508
(406) 431-9207 cell
(406) 442-2656 fax

<nancyaagenes@gmail.com>
www.naturalmedicineplus.com

Skill set: Naturopathic Physician in practice for more than 22 years, writer, clinic skills with special emphasis in wellness care for midlife women, legislative process and strategies, administrative skills, advertising and marketing planning, event planning, interdisciplinary medical experience, leadership training and experience, teacher

Education: Doctorate in Naturopathic Medicine, Bastyr University, Seattle, WA, 1989

Extensive continuing conventional and alternative medical education

Credentialed with the conventional North American Menopause Society, 2002

Pre-med Carroll College

Two years at the Northwest Institute of Acupuncture and Oriental Medicine,
Seattle, followed by 2000 hour apprenticeship in acupuncture

Graduate work in public administration, University of Montana

Rocky Mountain College, Billings, MT, BA 1972

Wolf Point High School, 1966

Experience: Founder and Physician, The Natural Medicine Plus, Helena, 1989 to present

Dorothy Bradley's campaign for governor in 1991, speech writer

Nordbye Advertising, carried 4 local and 4 statewide campaigns
in the 1980 election cycle

Executive Assistant to Majority Leader Ann Mary Dussault, Montana House of
Representatives, 1979

Dorothy Bradley's campaign for congress in 1977-1978, full time paid staff

Aging Services Bureau, organized first Legacy Legislature, 1978

Secretary of the Montana State Senate, 1977

English Teacher, Lee's Summit High School, Lee's Summit, Missouri, 1972-73

Association Experience:

Member, Alternative Health Care Board, 2008 to September 2011

Member, Medical Advisory Board, Montana Cancer Control Programs, 2008 to present

President, American Association of Naturopathic Physicians, 1999 to 2001

Board Member, American Association of Naturopathic Physicians 1994 to 2002

Founding Chair, National Alliance for the State Licensing of Naturopathic Physicians,
1994 to 1998

Founding Chair, Association of Accredited Naturopathic Medical Colleges, 1995 to 1996

Legislative Chair, Montana Association of Naturopathic Physicians, 1985 through
successful campaign for the Montana Naturopathic Practice Act passed in 1991

King County (Seattle) Screening Committee for Community Integrated Care

Clinics with Drs. Andrew Weil, Pamela Peak and Daniel Eisenberg

Honors

Physician of the Year 1991, American Association of Naturopathic Physicians

Distinguished Alumni of Bastyr University, 2005

*I awake each morning torn between
a desire to save the world and
a desire to savor the world...*

This makes it hard to plan my day. - E.B. White

Dr. Jeff Roush, ND

910 Choteau
Helena, MT 59601
406-465-2310

Naturopathic Doctor with a passion for family medicine, pain management, wellness education, treating chronic illnesses and degenerative problems.

Medical Experience

Clinician

Naturopathic Acupuncture Clinic of Helena, 2006-spring 2008

Capital City Natural Medicine, spring 2008-fall 2008

Natural Medicine Plus, Helena, MT fall 2008-present

- Medical Director and Director of Clinic Operations, Natural Medicine Plus.
- Over 5 years experience diagnosing and responding to patients' health issues including digestive disorders, chronic fatigue, hormone imbalances, pain, autoimmune conditions, and pediatric wellness.
- Provide quality Naturopathic Care with an emphasis on primary care, pain management and intravenous therapies.
- Work in collaboration with other physicians to provide comprehensive care to my patients.
- Employ prolotherapy, mesotherapy, and trigger point injections for a variety of orthopedic conditions.

Preceptorships:

- Kim Kelly, ND- Observed general practice and discussed patients with an emphasis on pediatric care.
- Robert Martinez, ND, DC- Observed orthopedic practice utilizing a combination of chiropractic care with the naturopathic philosophy for healing.

Other Experience

Adjunct Faculty: Carroll College, Helena, MT 2009-present

- Taught human biology in both a lecture and laboratory setting.
- Developed curricula specific to human biology with an emphasis on concept learning.

Supplement Consultant: Real Foods Store, Helena, MT 2009-present

- Provided nutritional and herbal supplement consultation to customers.
- Planned and provided monthly in-service trainings for staff.
- Wrote educational pieces for monthly newsletter.

Wilderness Education

Voyageur Outward Bound School, Ely, MN, 1995-2000

- Instructed small groups of participants in wilderness exploration with an emphasis in experiential education.
- Enhanced my leadership skills through the development and implementation of group activities and initiatives.

Education

Doctor of Naturopathic Medicine

Bastyr University, Seattle, WA 2001-2006

Program:

- Completed an accredited program of coursework and supervised practice in Physical, Botanical, and Nutritive Medicine. Extensive exposure to family practice, physical medicine and women's health.
- Educated fellow students as a teaching assistant for both Gross Anatomy and Manipulation courses and tutored fellow students in Gross Anatomy.

Bachelor of Arts, Zoology

Miami University, Oxford, OH 1987-1991

- Health Architects Program: Volunteered to help develop a health education program focusing on stress management and wellness education for students and faculty.

Certifications

Basic and Advanced IV Training, IV EDTA Chelation Training,
Regenerative Injection Technique (Prolotherapy),
Neuromuscular Re-education (NMR), CPR

Associations

MANP (Montana Association of Naturopathic Physicians),
NATI (Naturopathic Academy for Therapeutic Injections),
AANP (American Association of Naturopathic Physicians)

Curriculum Vitae

Mark S. Ibsen, MD, FACEP, FAAFP
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Helena, MT 59602
(406) 443-1855
Cell:439-0752
markmusheribsen@hotmail.com

BOARD CERTIFICATION

Diplomat, American Board of Emergency Medicine 1988, Recertified 1999
Diplomat, American Board of Family Practice, 1984, Recertified 1992

POSTGRADUATE

Residency: Family Practice
University of Utah Family and Community Medicine
Salt Lake City, UT
7/80-7/83
Chief Resident
1982-1983

EDUCATION

Medical School: Washington University School of Medicine, St. Louis, MO
Doctor of Medicine: 1980
Recipient, Cowan Pulmonary Medicine Award 1980

Undergraduate: Williams College
Williamstown, MA
Dean's List 1973-1976

PRACTICE EXPERIENCE

Staff Physician
Wolf Point and Poplar Hospitals
08/07-06/08
Staff Emergency Physician

Benefis Hospital
Great Falls Montana
4/08-present

Consultant
State of Montana
Department of Disability Services
Helena, Montana 04/07-present

Staff Emergency Physician
St. James Hospital
Butte, Montana
04/08-present
Assistant Director 10/09-present

Staff Emergency Room Physician
St. Peter's Hospital
Helena, MT
7/96-5/07

Staff Physician, The Medicine Tree Clinic
St. Ignatius, MT
8/95-7/96

Staff Emergency Physician
Kalispell, MT
8/93-9/95

Interim Medical Director
Emergency Department/A.L.E.R.T. Helicopter
Kalispell Regional Hospital
8/94-8/95

Staff Emergency Physician
Mercy Medical Center
Redding, CA
6/92-7/93

Assistant Director Emergency Department
Director AIR MED TEAM Helicopter Program
Director EMS programs
Redding Medical Center
Redding, CA
11/91-7/92

Utah State Medical Association Pre-trial Arbitration Board
1987-1988

Board of Directors, Helena Center of Creative Living 1998-2004, 2009-present.

LICENSURE

Montana

AWARDS AND HONORS

Fellow, American College of Emergency Physicians
Fellow, American Academy of Family Physicians
Physician of the Year, 1985, Utah EMT Association
Cowan Pulmonary Medicine Award, Washington U. 1980
National Merit Scholarship Finalist, 1973
MVP and Special Mention All-State Football, 1973

FACULTY APPOINTMENTS

University of Utah Clinical Faculty 1986-88
U.C. Davis Clinical Faculty 1990-93

COMMITTEES

Chairman, Emergency Medicine Section 8/94-8/95
Quality Assurance 12/93-9/94
Ethics 2/94-9/95
Ethics and Pharmacy/Therapeutics 1988-91 and 1992-93
Secretary-Treasurer Flathead County Medical Society 1995
Trauma Committee 12/94-9/95
Ethics Committee – St. Peter’s Hospital 1998-2003; 2006
Treasurer, Lewis and Clark County Medical Society 1999-2000
Vice-President, Lewis and Clark County Medical Society 2001-2002
President, Lewis and Clark County Medical Society 2003-2004

EMS EXPERIENCE

Utah Governor’s EMS Committee
1986-1988

Tooele County EMS Director
1983-1987

EMS and Air Medical Director
Redding Medical Center
11/91-7/92

Instructor, Bigfork QRU EMT Course, Glacier Park EMT Course
Medical Director, Bigfork quick Response Unit
Medical Director, Kalispell Fire Department Ambulance
Representative, MT Regional Trauma Advisory Committee
Medical Director, Flathead Valley Community College Paramedic Course

WILDERNESS MEDICINE

Member, Wilderness Medical Society

Member Flathead Nordic Ski Patrol
Instructor Wilderness Emergency Care Course

Wasatch Mountain Club
1983-1988

PROFESSIONAL SOCIETIES

ACEP, AAFP, WMS, Montana Medical Society
Montana Medical Society, Lewis and Clark County Medical Society
American Academy of Emergency Physicians
Board of Trustees, Great Basin Nature Conservancy
Institute of Noetic Sciences

PERSONAL

Born: May 12, 1995, Grand Rapids, Michigan
Raised: Geneva, Illinois (1960-1973)
Children: Grace(6/13/96), Alfred Ibsen(3/3/98)
Interests: Kayaking, Skiing (alpine, telemark)
X-Country Ski Racing, Backpacking, Hiking
Dog-Training for Search-and-Rescue
Ski-joring, Public Speaking
Dog mushing

MISSION STATEMENT

In my practice of medicine, I am to provide top-notch patient-centered medical care. I strive to serve my patients in an efficient, cost-effective and compassionate manner. My values include: quality, teamwork, and service to patients, community, medical staff, and hospital.