Covenant Medical Center

Podiatric Medicine & Surgery Residency with Reconstructive Rearfoot/Ankle Surgery (PMSR/RRA)

Waterloo, Iowa
History

- Founded in 1980
  - Dr Terry Lichty, Dr William Gronen
  - Family Foot Health Care joined in 1983
  - Cedar Valley Podiatry preceptorship joined 1990’s
- Started as a 1 year program in 1983
- Became a 2 year surgical program in 1989
- Became a 3 year PPMR/PSR 24 program in 1998
- Became a 3 year PMSR-36 program in 2009
- Became a PMSR/RRA program in 2012
Program Description

• 36 month post-graduate training
  – 36 month PMSR/RRA
Director

Greg Lantz, DPM, Director

Graduate
Dr. William M. Scholl College of Podiatric Medicine

Podiatric Surgical Hospital at the VA, Leavenworth, Kansas and Munson Army Hospital
Faculty

Richard Bremner, DPM                                Ronald Kane, DPM
Peter Caldwell, DPM                                  Roy Lidtke, DPM
Ronald Cervetti, DPM                                 Philip Morreale, DPM
Charles Cibula, DPM                                  Timothy Quagliano, DPM
Chris Considine, DPM                                 Stephen Solomon, DPM
Kelsey Harvey, DPM                                    Nicholas Schmerbach, DPM
Nicole Jedlicka, DPM                                  Mike Sullivan, DPM

Wheaton Franciscan Healthcare
Orthopedic Faculty

- Gary Knudson, MD – orthopedics
- Richard Naylor, DO – orthopedics
- Chris Eagan, DO – orthopedics
- Jason Stanford, DO – orthopedics

Podiatric residents have a strong relationship with orthopedic surgeons.
Additional Faculty

• R. Gerald Sarsfield, MD
  – Vascular Surgeon
  – Leads the Wound Care Clinic where the residents work along side a half day per week
  – Open to allowing residents to assist ANY surgery

• Gerald Wait, MD
  – Thoracic Surgeon
  – Works closely with residents to provide a well rounded physician experience
Residents

Kayla Emter, DPM
3rd Year Resident

• Dr. Kayla Emter graduated from Des Moines University School of Podiatric Medicine & Surgery in Des Moines, IA. She completed her bachelor’s degree at the University of Mary in Bismarck, ND. She is originally from Glen Ullin, ND.

• “Becoming a foot and ankle surgeon became a dream of mine at the age of 15 when I dealt with my own bunions. I was very active in sports in high school and I was on the verge of quitting due to pain. I was amazed and inspired by my own Podiatrist who allowed sports and everyday activities to be pain free following surgery. Following my budding interest in Podiatry, I did a job shadow on an Indian Reservation where diabetes was prevalent. I knew that Podiatry was for me when I learned that Podiatry is not solely based on surgery, but managing metabolic, rheumatologic, neurologic, dermatologic, etc. problems, all while maintaining a relationship with the patient. I find myself very blessed to be a part of the Covenant team and I look forward to working with the friendly staff, meeting and treating patients, and most of all learning and growing as a health care provider.”

• Dr. Emter, her husband and daughter currently reside in Waterloo. Outside of work, she enjoys family time, riding motorcycle with her husband, fishing, water sports, walking her dog, basketball, volleyball and reading a good book.
Residents

Travis Tidwell, DPM
3rd Year Resident

- Travis Tidwell graduated from Des Moines University School of Podiatric Medicine and Surgery in Des Moines, Iowa. He is originally from Salt Lake City, Utah and completed his undergraduate work at the University of Utah.

- Dr. Tidwell has a background as a master plumber and enjoyed his career as a service plumber. After the birth of his first child he felt the need to go back to school to be an example to his children of the importance of education. With his background working with his hands as a plumber, he was automatically drawn to surgery and decided to pursue a career as a foot and ankle surgeon.

- "I am excited for the opportunity to continue my training here at Covenant. Not only am I receiving incredible training and experience in the residency program, I couldn’t ask for a better place to raise my family."

- Dr. Tidwell and his wife are currently awaiting the birth of their sixth child and reside in Cedar Falls. Outside of work he enjoys spending time with his family, whether it be wrestling with his kids and playing board games at home, or going on road trips and spending time outdoors.
Residents

Kara Franzen, DPM
2nd Year Resident

- Dr. Kara Franzen graduated from Des Moines University College of Podiatric Medicine and Surgery in Des Moines, IA. She completed her bachelor’s degree in biology at Simpson College in Indianola, IA. She is originally from Marion, IA.

- “My interest in podiatry began while I was working with the geriatric community as a CNA. I was easily entranced by the stories of the past. One resident, in particular, had many stories to share and I would find myself sitting on the floor of the resident’s room listening to him tell me about the doctor’s trials at Nuremberg. It was at that moment, I realized I was being called to work with the geriatric population. After this experience, I knew my calling was to work with geriatric patients, but there was still a question of what could I do to help maintain their livelihood and autonomy. The answer came when a resident, who had been wheelchair bound for several weeks came back from her podiatry appointment no longer requiring the assistance of her wheelchair. This experience further convicted me to become a podiatrist.

- I am excited to work with this exceptional and knowledgeable group of physicians and staff as I further my knowledge and clinical skills. I look forward to not only growing as a podiatric physician, but also as a person.”

- Dr. Franzen currently resides in Waterloo with her husband. In her free time she enjoys spending time at the shooting range, camping, playing cards, reading, cooking and spending time with family and friends.
Residents

David Paxton, DPM
2nd Year Resident

• David Paxton graduated from Dr. William M. Scholl College of Podiatric Medicine in Chicago IL, where he received his DPM and Masters in Healthcare administration degrees. He received his Masters degree in Biomedical Sciences from Midwestern University in Glendale Arizona and completed his undergraduate work at Utah Valley University.

• “While obtaining my Master degree in Glendale AZ., it was a simple lunch time lecture that drew me to podiatry. During that lecture I was blown away at the scope of practice of a podiatrist. I learned that a podiatrist can give conservative care, work in a wound care setting, be a surgeon, be involved in research, and much more. Following the lecture I spoke with my wife and knew I needed to change my career path and I’ve never been happier.

• As a student rotating here as Covenant Medical Center I quickly realized that this was where I needed to receive my training. I visited as often as time would allow. With each visit I could see how much the hospital and its staff cared for their patients. I find myself lucky to continue my education here at Covenant Medical Center”.

• Dr. Paxton and his wife live in Cedar Falls, IA with their three children. Outside of work, he enjoys spending time with his family, whether it is taking his kids to the movies, jumping on the trampoline, biking or spending quality time outside.
Residents

Kerwin Dunham, DPM
1st Year Resident

- Dr. Kerwin Dunham graduated from the Dr. William M. Scholl College of Podiatric Medicine in Chicago, IL. He completed his bachelor’s degree and master’s degree at the University of Northern Iowa. He is originally from Bondurant, IA.
- “I am extremely excited to return to the Cedar Valley to further my podiatric training and learn from the outstanding attendings, residents, and staff here at Covenant Medical Center. Podiatry first became an interest for me during college due to athletic injuries. That interest developed into a professional desire as I began to understand the breadth of podiatry and the importance of foot and ankle care. I look forward to assisting, treating, and caring for each patient. I am exceedingly grateful for the opportunity to work with the compassionate, hardworking staff at Covenant in a setting that promotes patient dignity and well-being.”
- Dr. Dunham currently resides in Cedar Falls with his wife and daughter. Outside of work, he enjoys spending time with his family, reading, trading options/futures, being active outdoors, basketball, and traveling.
Residents

Steven Ostiguy, DPM
1st Year Resident

- Dr. Steven Ostiguy graduated from Des Moines University School of Podiatric Medicine & Surgery in Des Moines, IA. He completed his undergraduate work at Bethel University in St. Paul, MN. He is originally from the Des Moines area.

- “I grew up always knowing that a career in healthcare would be in my future. Curiosity and a desire for finding answers to life’s many questions have always motivated me to pursue my goals. Paired with a desire to serve others and come alongside them during difficult times, medicine was an obvious choice. My decision to pursue podiatry came while shadowing a renowned surgeon in Minnesota who was able to use his skills and critical thinking to achieve excellent patient outcomes. From that point my goal was to dedicate myself to the study of podiatric medicine and surgery. During my time shadowing at Covenant Medical Center, I saw that same level of care being given to patients by each member of their care team. I consider myself privileged to further my education as a resident at Covenant Medical Center, and to work alongside such knowledgeable and compassionate coworkers.”

- Dr. Ostiguy and his wife reside in Cedar Falls. While not at work, he is passionate about spending time with his family and friends. Other interests include travelling, biking, camping, and guitar.
Hospitals

- Covenant Medical Center – Waterloo
- Sartori Memorial Hospital – Cedar Falls
- Mercy Hospital – Oelwein
- Allen Hospital – Waterloo
- Waverly Hospital – Waverly
- Grundy Center Hospital – Grundy Center
- St. Luke’s Hospital – Cedar Rapids
- Mercy Hospital – Cedar Rapids
- The Cedar Rapids Surgical Center – Cedar Rapids
- Buchanan County Health Center – Independence
- Broadlawn’s Hospital – Des Moines
- Finley Hospital – Dubuque
Salary

• 1\textsuperscript{st} year – $51,500
• 2\textsuperscript{nd} year – $53,500
• 3\textsuperscript{rd} year – $55,500
Benefits

• Conferences Reimbursed (Iowa and Midwest)
• ACFAS Ankle Scope Course (end of 2nd year)
• A/O Courses offered
• Part III Boards Reimbursed (taken in June)
• Licensure / DEA / CSA Included
• PRESENT Lecture Series
• Board Score Requests Reimbursed
Benefits

- Malpractice Insurance
- Health, Dental, Vision available at minimal expenditure
- Family Medical Leave benefit
- Life Insurance Benefits
- Meals
Clerkships

- One month or Core rotation
- **Room & Board**
- **NO CALL (trauma call if requested)**
- Journal Club
- Case Presentations
- Library with internet and journal access
1st Year

- One resident is at clinic on Monday and Wednesday morning, and the other 1st year resident is at clinic Tuesday morning and Wednesday afternoon.

- Tuesday and Thursday afternoons spent at Podiatry Office.

- Majority of time in the first year is in Medicine Rotations and Podiatric Surgery.

- Open door policy at all clinic locations.
1st Year Rotations

Podiatry Office
• Emergency Room
• Family Practice/Internal Medicine
• Radiology
• Pathology/Lab
• Behavioral Medicine
• Anesthesiology
• Podiatric Surgery
• Wound Care Clinic
• Nephrology
2nd Year

- Wednesday afternoons at Podiatry Office
- Open door policy at all clinic locations
- When not doing podiatry cases, optional outside surgeries are available
2nd Year Rotations

- Orthopedic Surgery
- General Surgery
- Podiatric Surgery
- Podiatry Office
3rd Year

- Tuesday and Thursday afternoons at Podiatry Office

- Open door policy at all clinic locations

The Chief Resident plans the schedule for other residents, plans journal club topics and gets first opportunity for orthopedic cases, rearfoot surgeries, or total ankle surgeries.
3rd Year Rotations

- Podiatric Surgery
- Infectious Disease
- Podiatry Office
- Vascular Surgery
Advantages

- Our strong relationship with additional faculty
  - Orthopedics - podiatry residents are the only surgical residents in the hospital
  - Vascular/wound care:
    - broadens experience
    - freedom to participate in other areas of patient care
Academic Opportunities

• Weekly Journal Club with faculty
• Clinical Pathology Conference with faculty
• Research opportunities
  – Residency completion requires a submitted project in publishable format
  – Case reports in a publishable format
Call Schedule

- Externs – NO CALL
- Residents
  - On call every third week (Tuesday to Monday)
  - First year covers all holidays
    - No holidays second or third year
  - On Call resident rounds on inpatients
Surgical Cases
Surgical Cases
Surgical Cases

Wheaton Franciscan Healthcare
Activities

• Many social gatherings
• Graduation party for third year resident
• Physicians’ golf outing (Covenant)
Activities

• Golf
• Cedar Valley Nature Trail
• University of Northern Iowa Sports/Theater
• Fishing/Hunting
• Shopping (two malls)
• Movie Theaters
• Lots of Restaurants and Clubs
For More Information
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