*Curriculum Vitae*

**Tyra Fainstad, M.D.**

**Personal Data**

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**Education**

2007 – 2011 Doctor of Medicine, University of Colorado School of Medicine

2002 – 2006 Bachelor of Science, With Honors, University of California at Santa Cruz

**Postgraduate Training**

2014 – 2015 Chief Residency, Internal Medicine, Ambulatory Care, University of Washington

2012 – 2014 Clinician Educator Pathway, University of Washington

2011 – 2014 Internal Medicine Residency, Primary Care, University of Washington

**Faculty Positions Held**

2020—present Associate Professor

Division of General Internal Medicine, University of Colorado

2015 – 2020 Acting Instructor, Clinical Assistant Professor

Division of General Internal Medicine, University of Washington

**Hospital Positions Held**

2017 – 2020 Clinician Teacher Champion, University of Washington

*I was selected for a position in which I regularly observed and gave feedback to medical educator peers on their teaching skills.*

2014 – 2020 Attending Physician, Inpatient Medicine Program, University of Washington

*While on faculty, I worked as a teaching attending on the internal medicine resident inpatient service for 2 week stretches 1-2 times per year.*

2014 – 2020 Attending Physician, General Internal Medicine Center, University of Washington

*I worked in the primary care general internal medicine clinic, carrying my own panel of patients, precepting in the resident clinic, and with medical students of all levels.*

**Honors**

2020-present Mary O’Flaherty Horn Award

*3-year career development award for clinician-educators: funding to advance scholarship while maintaining a balance between personal and professional duties.*

2015 – 2016 General Internal Medicine Expert Teacher Track (aka “Stern Award”) recipient

*12 month 0.1 FTE salary support to support the advancement of teaching skills and scholarship.*

2014 Tina Juul-Dam Primary Care Award

*Recognition of dedication to primary care and patient care during residency.*

2013 Gold Humanism Honor Society – University of Washington

*Elected by peers in recognition of commitment to humanism in medicine.*

2011 Alpha Omega Alpha

2011 Gold Headed Cane Award

*Given to one graduating medical student for outstanding clinical care in the*

*University of Colorado School of Medicine*.

2011 Adler Award

*Awarded to students conducting scholarly work focused on improving health of patients, overcoming health disparities and which contribute to our understanding of health and medicine. My scholarly work was associated with the Denver Teen Pregnancy Prevention Partnership.*

2010 Gold Humanism Honor Society – University of Colorado

*Elected by peers in recognition of commitment to humanism in medicine.*

**Board Certification**

2014-present American Board of Internal Medicine

**CURRENT LICENCES TO PRACTICE**

2020 – present Colorado State Physician and Surgeon License

2017 – present Buprenorphine and Office-Based Treatment of Opioid Dependence Certification

**Professional Organizations**

**Memberships**:

2010 – present American College of Physicians (ACP), Member

2011 – present Society of General Internal Medicine (SGIM), Member

**Service to Professional Organizations:**

2020 Reviewer, AAMC Abstract Submissions (National)

2019 Reviewer, SGIM Clinical Innovations Abstract Submissions (National)

2019 Reviewer, WGEA workshop Submissions (Regional)

**Journal Responsibilities**

2019– present Manuscript peer reviewer, Journal of Continuing Education in the Health Professions

**Teaching Responsibilities**

2019 – 2020 Faculty Teaching Remediation Coach

*1:1 longitudinal coaching for remediation for faculty struggling with teaching skills*

2016 – 2020 Clinical Teaching Champion – University of Washington

*Provided observation and feedback on peer teaching skills*

2016 – 2020 Local and Regional Faculty Development Workshops on Feedback

*After creating the Prepare to ADAPT framework, I was recruited to give faculty development training workshops on feedback anywhere from 10-20 times per year.*

2015 – 2020 Attending in clinic with 4th year medical students once per week

2014 – 2020 Pre-Clinic Conference Creator and Facilitator

*1-4 30 minute teaching sessions per week for residents*

2014 – 2020 2-4 weeks of Inpatient Medicine Attending per year

2014 – 2020 Attending with 3rd or 4th year medical students 3 half-days per week for 1-3 months per year.

2014 – 2020 Attending with internal medicine residents in primary care clinic 2-3 times per week.

2014 – 2020 Mentor for 3-5 residents per year.

2014 – 2020 Capstone Course Lecturer: 1-4 lectures per year

*Transition to Residency course for MS4s. I lectured on topics including “How to Survive Continuity Clinic”, “Get the Feedback You Need”, and “Nuts and Bolts on the Wards”*

2017 – 2018 Healer’s Art Course Facilitator, University of Washington School of Medicine

2014 – 2015 Introduction to Clinical Medicine Instructor, MS1: University of Washington School of Medicine

2014 – 2015 Chief of Medicine Conference facilitator, University of Washington

2014 – 2015 Resident Half-Day Didactic Conference facilitator, University of Washington

2014 – 2015 Resident Course Facilitator: “Patients, Physicians and Society”

*Longitudinal, year-long course for interns with weekly meetings*

2013 – 2014 Intern as Teacher Course Instructor, University of Washington

2012 – 2014 Introduction to Clinical Medicine Instructor, MS2-4: University of Washington School of Medicine

2012 – 2014 Objective Structured Clinical Examination (OSCE) Evaluator, University of Washington School of Medicine

2012 – 2014 Resident-Preceptor: MS4 Evening Clinic, Primary Care Elective

2010 – 2011 Physician as Educator Course, University of Colorado School of medicine

2010 – 2011 MS4-preceptor – Stout Street Homeless Clinic

*Practiced precepting/teaching skills for MS1/2s who saw patients in the clinic*

**Special Local Responsibilities**

**Division of General Internal Medicine:**

2013 – 2015 Member, GIMC Diabetes Care Outreach Team Committee

**Internal Medicine Residency Program:**

2014 – 2020 Faculty Interviewer, UW Internal Medicine Residency Program

**Department of Medicine:**

2017 – 2018 UW Chief of Medicine Service Award Selection Committee Member

**Office of Graduate Medical Education:**

2014 – 2019 Learning Gateway Content Developer: Online Feedback Module – Prepare to ADAPT

*Developed and published 2 online learning modules (one for the coach and one for the learner) around feedback reception, provision and process.*

**Bibliography**

**Manuscripts**

**1. Fainstad T**, Ebel B. Faculty Remediation Coaching: Invest Time to Build Trust. Med Educ. 2020; doi: 10.1111/medu.14089

2. McClintock A, **Fainstad T** Psychological safety in medical education: the long road ahead. Submitted to Academic Medicine 4/2020.

2. **Fainstad, T**; McClintock, A; Garrison, M; Anawalt, B. A structured intervention to improve resident satisfaction with feedback in a primary care clinic: A randomized study. Submitted to Teaching and Learning in Medicine 4/2020.

3. **Fainstad T**, Mcclintock A A, Van Der Ridder M J, et al. Feedback Can Be Less Stressful: Medical Trainee Perceptions of Using the Prepare to ADAPT (Ask-Discuss-Ask-Plan Together) Framework. Cureus 2018; 10(12): e3718. doi:10.7759/cureus.3718

4. Deeds, S, Carr, S, Garrison, M, **Fainstad T**. Delivery of Standardized Patient Instructions in the After-Visit Summary Reduces Telephone Calls Between Clinic Visits. American Journal of Medical Quality. 2018; 33(6): 642-648. DOI: 10.1177/1062860618770043

5. **Fainstad T**, Patton, K; Mookherjee, S. “Time to Flip the Feedback Paradigm: How to Shift the Responsibility of Goal Identification and Feedback Seeking to Your Learner.” SGIM Forum. 2017; 40(12)

**Published Book Chapters**

1. **Fainstad T**, Jain K (2020) “Approach to Transgender Health”. In Mookherjee,S (Ed.) *Teaching Scripts in Internal Medicine*. (chapter 48). Chennai India: Springer Nature.
2. Sun L, **Fainstad T,** Knight C, (2020) “Anti-rejection medication therapy in Solid Organ Transplant Recipient”. In Wong CJ, (Ed.) *Primary Care of the Solid Organ Transplant Recipient* Chennai India: Springer Nature.
3. **Fainstad, T** “Chronic Kidney Disease” Online Chapter in *UWMC Roosevelt Primary Care*

*Guide*, UW General Internal Medicine Clinic; 2015.

1. **Fainstad, T** “Nephrolithiasis” Online Chapter in *UWMC Roosevelt Primary Care*

*Guide*, UW General Internal Medicine Clinic; 2015.

1. **Fainstad T**, “Letters to a Third Year Medical Student.” 2011. In *Foundations of*

*Doctoring*, CU SOM publication; pp 18.

**PODCASTS (Peer Reviewed)**

1. **Fainstad T** (2020) “Feedback Part 1: Encourage a Growth Mindset in your Learner”. *The Anesthesia Toolbox*. OHSU, June 2020. <https://toolboxlms.collectedmed.com/>

**Websites; PUBLISHED ONLINE MODULES**

1. McClintock, A, **Fainstad, T**, Patton, K, Johnston, S. (2017) “Prepare to ADAPT for the Coach: Providing High Quality Feedback” ACGME Clinical Competency Committees Guidebook (2nd Edition) [online]. Available at https://depts.washington.edu/lgateway/elearning/fbc/story.html (Accessed Oct 2017). Accreditation Council for Graduate Medical Education (ACGME). pp 30-34. 9/2017.

1. **Fainstad T**, Pauwels, J, Patton, K, Johnston, S. (2016) “Prepare to ADAPT for the Learner: Getting the Feedback You Need.” ACGME Clinical Competency Committees Guidebook (2nd Edition). Available at: <https://depts.washington.edu/lgateway/elearning/feedback/story.html>

(Accessed 10/2017). Accreditation Council Graduate Medical Education (ACGME). pp 30-34. 2017.

**OTHER PUBLICATIONS (ONLINE)**

1. **Fainstad, T** “Aspirin for Primary Prevention: Guideline Update 2019” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2019.

2. **Fainstad, T** “Nephrolithiasis” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2018.

3. **Fainstad, T** “Smoking Cessation” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2017.

4. **Fainstad, T** “Contraception” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2017.

5. **Fainstad, T** “Somatic Symptom Syndrome” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2016.

6. **Fainstad, T** “Sinusitis” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2016.

7. **Fainstad, T** “High Value Care” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2015.

8. **Fainstad, T** “Chronic Kidney Disease” Pre-clinic conference in the UWMC Roosevelt Primary Care Clinic, UW General Internal Medicine Clinic. online publication; 2014.

**ABSTRACTS**

1. **Fainstad T**, Ebel B. “Faculty Coaching to Improve Teaching Skills: Transforming Anxiety into Competence through Trust and Practice.” National SGIM Conference, Innovations in Medical Education. Birmingham, AL. May 7, 2020. (conference canceled) **Published in: J Gen Intern Med July, 2020**
2. **Fainstad T,** Garrison, M; Anawalt, B. “Residents value frequent and structured feedback from attendings who have observed multiple episodes of care” National SGIM Conference, Scientific Abstract. Birmingham, AL. May 7, 2020. (conference canceled) **Published in: J Gen Intern Med July, 2020**
3. **Fainstad T**, Ebel B. “Faculty Coaching to Improve Teaching Skills: Transforming Anxiety into Competence through Trust and Practice.” NW Regional SGIM Conference, Innovations in Medical Education. Portland, OR. January 31, 2020.
4. **Fainstad T**, McClintock, A, Johnston, S, Patton, K. Prepare to ADAPT: A Qualitative Study of Trainee Perceptions of a Learner-Centered Feedback Framework. Northwest Regional ACP Meeting. Seattle, WA. May, 2018.
5. Deeds S, Carr S, **Fainstad T**. “Reducing Between Visit Care Through Setting Patient Expectations.” Northwest Regional SGIM Conference. Portland, OR. February, 2017.
6. **Fainstad, T**; Garrison, M; Anawalt, B. “A structured intervention to improve resident satisfaction with feedback in a primary care clinic: A randomized study.” Northwest Regional ACP Meeting. Seattle, WA. May, 2018. (**Plenary oral presentation** –**first place award winner**)
7. Fainstad T, Thompson L. “Teen Pregnancy Prevention Program Analysis – Denver School Based Health Centers” National Pediatric Academic Societies Meeting. Denver, CO. May 2011.

**Presentations**

**Workshops—National**

1. “Feedback that is Difficult to Give” **Fainstad T**, Puri A. National Alliance for Academic Internal Medicine (AAIM) Conference, Tampa, FL. April 2020 (conference canceled).
2. “Not your Grandma’s Feedback Sandwich: A Novel, Evidence-based Framework for Activating your Learners and Providing Meaningful, Learner-centered Feedback.” McClintock A, Patton K, **Fainstad T**. National ACGME Conference, Orlando, FL. May, 2018. (Dr. McClintock Presented).

**Workshops—Regional**

1. “The Feedback Alliance.” **Fainstad T**. WWAMI Idaho Faculty Development Day, Pocatello ID. April 2020 (conference canceled).
2. “Assessment Bias – Fact vs. Fiction” Fainstad T, McClintock A. Western Group on Educational Affairs AAMC Regional Conference. Monterrey, CA. March 2020 (conference cancelled).
3. “The Feedback Alliance.” **Fainstad T**, Thronson R.Education Scholars Faculty Development, OHSU. Portland, OR. February 2020.
4. “Assessment Bias – Fact vs. Fiction” **Fainstad T**, McClintock A. Northwest Regional SGIM Conference. Portland, OR. January 2020.
5. “The Feedback Alliance.” **Fainstad T**, Thronson R. Northwest Regional ACGME Assessment Conference. Portland, OR. September 2019.
6. “Not Your Grandma’s Feedback Sandwich: Prepare to ADAPT: Better, Faster, Learner-centered Feedback” **Fainstad T.** WWAMI Montana Faculty Development Workshop. Bozeman MT. July 2017.
7. “Not your Grandma’s Feedback Sandwich: Prepare to ADAPT: Better, Faster, Learner-centered Feedback.” **Fainstad T**, McClintock A. Northwest Regional SGIM Conference. Portland, OR. February 2017.

**Presentations— National**

1. “Prepare to ADAPT: Encouraging Learner Feedback-Seeking Behavior” **Fainstad T**, Johnston S. AAMC Annual Meeting, November, 2016, Seattle WA. (Plenary Presentation)

**Presenations -Regional**

1. “The Feedback Alliance.” **Fainstad T**, Thronson R. **Grand Rounds**: Internal Medicine, OHSU. Portland, OR. February 2020.
2. “The Feedback Alliance.” **Fainstad T**, Thronson R. **Grand Rounds**: Pathology, OHSU. Portland, OR. February 2020.
3. “A Structured Feedback Intervention Improves Resident Satisfaction.” **Fainstad T**, Garrison, M; Anawalt, B. Northwest Regional ACP Meeting. Seattle, WA. May, 2018.
4. “Peripheral Arterial Disease: Diagnosis and Treatment Updates” **Fainstad T**. **Grand Rounds**: Internal Medicine, Peninsula Internal Medicine. Soldotna, AK. December 2012.

**PRESENTATIONS - lOCAL**

Chief of Medicine Conference Presentation/Co-facilitation

1. “Prepare to ADAPT” **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. June 2015.
2. “Sick vs. Not Sick.” Paauw D, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. May 2015.
3. “African Tick Bites” Garvin K, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. April 2015.
4. “Diaphragmatic Weakness” Benditt J, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. March 2015.
5. “Dermatomyositis” Kalus A, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Feb 2015.
6. “HIV vs. Lyme Disease” Drozd D, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Jan 2015.
7. “Pulmonary Abscesses” Lease E, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Dec 2014.
8. “Mitral Regurgitation” Goldberger Z, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Nov 2014.
9. “Ebola – Potential Pandemic” Pottinger P, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Oct 2014.
10. “HSV Keratitis” Lee B, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Sept 2014.
11. “Vertigo” Thronson R, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Aug 2014.
12. “Funny A1Cs” Thirumalai A, **Fainstad T.** UW Chief of Medicine Conference. Seattle, WA. Jul 2014.

Medical Student Teaching:

1. “How to Survive and Thrive in Clinic.” Capstone: Transition to Residency course, UW School of Medicine, May 2015. May 2017. May 2018. May 2019. May 2020.
2. “Transition to the Wards.” Introduction to Clinical Medicine course, UW School of Medicine May 2015.
3. Bedside Teaching Rounds – UWMC MS3 clerkship. Weekly 2014-2015.

Resident Teaching:

1. “How to Survive and Thrive in Clinic.” UW Intern Bootcamp. July, 2016. July, 2017. July 2018. July 2019.
2. “Flipping the Feedback Sandwich.” UW Intern Bootcamp. July, 2016. July, 2017. July 2018. July 2019.
3. “True Colors: optimize your personality to lead a medical team” Chief Medical Resident Teaching Conference, University of Washington Medical Center. May 2015. May 2016. May 2017.
4. Faculty facilitator. Resident-as-Teacher Course. UW Medicine Residency program. July, 2015.
5. “True Colors: optimize your personality to lead a medical team” General Medicine Conference, University of Washington Medical Center. January 2014.
6. “Rheumatology 101: For the Primary Care Doctor” General Medicine Conference, University of Washington Medical Center. January 2014.
7. “Peripheral Arterial Disease: Diagnosis and Treatment Updates” General Medicine Conference, University of Washington Medical Center. February 2013.

Faculty Teaching:

1. “Teaching Residents to Seek High Value Feedback” UW Program Director Development Series. January 2015. January 2016. January 2017. January 2018. January 2019. January 2020.
2. “Prepare to ADAPT – High Value Feedback” UWMC Pediatric Outpatient Faculty Development Workshop. Oct 2018.
3. “Prepare to ADAPT – High Value Feedback” UWMC SOM College Faculty Workshop. Feb 2018.
4. “Prepare to ADAPT – High Value Feedback” UWMC Division of GIM Faculty Development Conference. Oct, 2017.
5. “Prepare to ADAPT – High Value Feedback” UWMC Psychiatry Faculty Development Day. Apr 2017.
6. “Prepare to ADAPT – High Value Feedback” UWMC Pediatric Neurology Grand Rounds. Feb 2017.
7. “Prepare to ADAPT – High Value Feedback” UWMC Ophthalmology Grand Rounds. Jan 2017.
8. “Prepare to ADAPT – High Value Feedback” UWMC Rheumatology Grand Rounds. Nov 2016.

**Personal Information**

I enjoy the outdoors immensely (backpacking, running, hiking). I have a passion for acting and improvisation. I am a mother to two tiny humans: Maddie (4) and Desi (2) and prior to having children, traveled extensively. Now, I am enjoying cooking, mediation, and exploring my more immediate surroundings with the kids’ new eyes!