



For Immediate Release

For more information: Marina Spexarth
(316) 721-9005 (Wichita) or 800-658-1749

Duane Fredrickson M.D. Wins Super Bowl of Family Medicine

WICHITA, KAN. –The 2009 Kansas Family Physician of the Year award recipient, Duane Fredrickson, MD of Lindsborg, Kan. was formally recognized at the Kansas Academy of Family Physicians (KAFP) 62nd Annual Meeting & Scientific Session: The Medical Home Team Advantage on June 19, 2009 during the President’s Dinner and Installation of Officers.

Fredrickson was nominated by peers, patients and community members and selected by a KAFP committee of peers. Dr. Fredrickson has served Lindsborg, Kan., a community of about 3,000 people for 40 years. He is a family physician at the Lindsborg Rural Health Clinic and medical director of Bethany Home Nursing Home and Marquette Emergency Medical Service. Dr. Fredrickson plans to retire in January 2010.

“I am reminded that in sports, the announcers make a big thing out of the athlete retiring after winning the big game (World Series and U.S. Open) and tonight I feel like I have just won the ‘Super Bowl of Family Medicine’. I am a very fortunate person to have this happen at the end of my career. I can only wish that this could happen to every one of you (family doctors) for deep in my heart I know that each one of you deserve this for all you are doing to serve the health needs of Kansas.” Fredrickson said in closing remarks upon receiving his award.

During his acceptance speech, Fredrickson said, “When I think of what I have done-- it is not unusual, unique, or spectacular, for every one of you (family doctors) are doing the same by being there for your patients, community hospital, clinics and community service. It just so happens that I have patients who are good writers and when they think about you being there 40 years and retiring they become eloquent writers! So tonight I accept this award on behalf of all of you (family doctors) who are working hard to serve the health care needs of Kansas. “

Fredrickson recalled a turning point for him in his decision to practice medicine in Kansas. Fredrickson had contemplated doing medical mission work. But, after a resident in a nearby city asked him why he would go when small communities in Kansas needed doctors badly he reconsidered. “I thought about it and I realized I had received a great medical education from the state of Kansas and I wanted to repay it in some way, so I decided to dedicate my career to giving the best possible medical care to this small area of Kansas over the past 40 years. I have tried to be there for my patients in time of need, to support the health entity in our community which in our

case was to form a rural health clinic and combine it with our community hospital so that we didn't duplicate and we could be a strong health unit for the future, and be there for community service projects," said Fredrickson.

Dr. Fredrickson dedicated his award in memory of his nephew Dr. Doren Fredrickson, Wichita, who died unexpectedly last year at 53. Dr. Doren Fredrickson was a pediatrician, professor of public health, faculty at KU School of Medicine-Wichita and Sedgwick County Health Officer. "I thought I might have mentored Doren, but it was he really who mentored me on what it really means to serve others through programs to help those in need," said Dr. Fredrickson.

Dr. Fredrickson was born in Osage City, Kan. He attended Kansas State University in Manhattan, Kansas University Medical Center-Kansas City where he received his degree in medicine, and completed his internship at Kansas City General Hospital in 1967. He joined the U.S. Air Force Medical Corp, serving as a Hospital-Clinic Coordinator in Wakkanai Air Station, Japan for two years.

Searching for a rural community to serve, Dr. Fredrickson was guided to Lindsborg, Kan., where he was intrigued by the small town, rich with Swedish culture. Dr. Fredrickson has embraced the community and made many contributions. He is a Swedish cultural dancer and director of Lindsborg Folkdanslag – a Scandinavian Folk Dance Group performing in the four state area and in Sweden. As a Board member and volunteer of the Smoky Valley Historical Association, he has worked to restore several historic landmarks in the area including the Old Mill, the iconic landmark of Lindsborg, and a historical dugout dwelling in the area. He has also restored and continues to maintain the Coronado Heights Park, a landmark of the Smoky Valley river area. He has been a member of the Bethany College Messiah Chorus for 40 years. Patients' suggestions have led to Dr. Fredrickson's involvement with two of these major projects. He joined the folk dance group at the suggestion of one of his patients. And his work in restoring the Old Mill was a result of a very ill patient who was unable to work on the Old Mill's restoration any longer. His community activities have led to history talks and demonstrations to local school and various groups. He has also given health care talks to students at Bethany College, the local high school, and elementary school. He was honored by his community with the Lindsborg Community Service Award in 1993.

Dr. Fredrickson has been a Trustee on the Bethany College Board of Trustees; and is active with the following professional societies: Kansas Academy of Family Physicians, American Academy of Family Physicians, Salina County Medical Society, Kansas Medical Society and McPherson County Mental Health Board. He taught medical students for more than 10 years as a Volunteer Clinical Instructor at the University of Kansas School of Medicine in Wichita, Kan. He also participated in the Rural Preceptor Program for KU Medical School for many years.

Dr. Fredrickson's family – his wife, Nancy and their 2 children and 7 grandchildren attended the KAFP President's Dinner to witness their husband, father and grandfather receive the 2009 Kansas Family Physician of the Year award. The KAFP has nominated him for the American Academy of Family Physicians (AAFP) Family Physician of the Year Award. The winner will be announced in the fall of 2009.

The Lindsborg community will celebrate: *Forty Years of Caring: Celebrating the Service of Dr. Duane Fredrickson* on Saturday, August 8 at 6:30 pm at Stroble-Gibson on the Bethany College campus. The dinner and program are by reservation. Cards of congratulations are invited and may be sent c/o Betty Nelson, Development Director, Lindsborg Community Hospital, 605 W Lincoln, Lindsborg, KS 67456. Additional information about the community wide celebration is available by reaching Nelson at 785-227-2911, ext 237 or bettyn@lindsborghospital.org

-MORE-

Below, read excerpts from about the difference Dr. Fredrickson has made in many lives and in the Lindsborg community. An outpour of letters of support were received from patients noting Dr. Fredrickson's good judgment, bedside manner, kindness, knowledge, understanding...even reference to Lindsborg being the 'object of his affection.'

STRONG WORK ETHIC

It has been over 15 years since Daytha Lindburg, MPAS, RPA-C has worked with Dr. Fredrickson. But, Lindburg recalls his kindness to his patients, especially the elderly. "No matter how challenging or grouchy some of those patients were, he always had something kind to say about them." Lindburg also mentions Dr. Fredrickson's work ethic: "I remember his ability to work long hours at the clinic, hospital and nursing homes and still take part in community activities. Several of the years I worked with Dr. Fredrickson there were only two of us to care for a community of 3,000 as well as surrounding small communities (including Bethany College students). Furthermore when his father became elderly and in increasing poor health, Dr. Fredrickson drove 125 miles on his day off every week to visit his father."

DOCTOR/PATIENT RELATIONSHIP

"He gives special meaning to patience and understanding, not only of his patients, but also staff. Recently, a patient said to me, 'No matter how busy he is, he always gives me his time and attention,' " said Darlene Magnuson, RN. Darlene testifies that she has never known him to refuse to see that "one more patient," even at the end of a busy day.

Friend and colleague, Sheri Floyd admires his patient approach: "I have seen his gentleness, understanding, and guidance as a family member struggles with the decision for nursing home placement of their loved one. I have seen his kind, compassionate, but firm approach to patients seeking treatment that may not be in their best interest. I have experienced his calmness, efficiency, and exemplary decision making in emergency situations."

The Director of Development of the Lindsborg Community Hospital talks about his unique approach to patient care: "Years ago when I performed the duties of discharge planner for our hospital, it was not uncommon for his patient discharge to include suggestions like "adopt a puppy", "play bingo on Tuesday nights or "go to the senior center for lunch." Dr. Fredrickson believes in the power of love. More than once he was heard suggesting a companion would solve at least some of the problems a patient presented! I've known Dr. Fredrickson to mow

lawns for ill patients, make house calls, and even move a patient's own bed to the hospital to address a fragile octogenarian's complaints about the hospital bed."

LEADING BY EXAMPLE

He is an example to all in the community by his many activities in Lindsborg. Larry Van Der Wege, CEO of the Lindsborg Community Hospital and Lindsborg Rural Health Clinic, talks about Dr. Fredrickson's leadership as a team player: "His (Dr. Fredrickson) daily goal is to make sure that the people of Lindsborg and the Smoky Valley receive the medical care that they need and is always willing to do what is needed to help the team achieve that goal."

Dr. Fredrickson is known to make house calls on his bicycle. Instead of "walking the walk" Dr. Fredrickson "bikes the walk," often biking to his clinic. He follows the fitness advice he gives patients, encouraging them to keep active.

CHARACTER

The Rev. Dr. James A. Harrison of Freemount Lutheran Church marvels: "He never is too busy to care for our needs –as a doctor and as a friend. The doctor also is an important figure in the community. He is highly respected by all who know him. He is regarded with deep respect and love."

Colleague, Graig Nickel, MD writes, "A local businessman has needed to be seen through our emergency room on occasion over the years. I felt a sense of pride that one late night I had given him a ride home after I treated him in the ER, Some months later he reflected on that night, then added that Dr. Fredrickson had also given him a ride home one night. Yet the ride wasn't to the patient's home. Dr. Fredrickson hosted the gentleman in his own home because the patient's family was out of town, and while he didn't need hospitalization, he needed to be where someone could attend to him quickly if needed. I've never forgotten that story, and it exemplifies how Duane goes above and beyond the call of duty to serve his patients."

"When I think of Dr. Fredrickson, I picture a true gentleman, a humble physician, a self-sacrificing human being, and an extremely wise man," explains Nelson. Floyd sums it up: "Dr. Fredrickson is a wonderful blend of modern day physician and old fashioned country doctor.

Kansas Family Physician of the Year previous recipients (last 10 years):

2008 John D. Atkins, MD, Yates Center
2007 Paul Davis, MD, Wichita
2006 Robert P. Moser, MD, Tribune
2005 Earl Merkel, MD, Russell
2004 Jed Holmes, MD, Wichita
2003 Rick Rajewski, MD, Hays
2002 Jeff Atwood, MD, Wamego
2001 Dennis Tietze, MD, Topeka
2000 Richard V. Ohmart, MD, Oakley

1999 F. Ronald Seglie, MD, Pittsburg

The KAFP is the largest medical specialty society in the state, with a total of 1,500 members. The mission of the Kansas Academy of Family Physicians is to promote access to and excellence in health care for all Kansans through education and advocacy for family physicians and their patients. The KAFP is affiliated with the American Academy of Family Physicians, the national association for family physicians.

#