

**Nancy J. Selfridge, MD**

**PROFESSIONAL TRAINING**

Illinois State University, Normal, Illinois, USA  
Bachelor of Science with High Honors, 1976

Southern Illinois University School of Medicine, Springfield, Illinois, USA  
Doctor of Medicine, 1979

Southern Illinois University School of Medicine, Springfield, Illinois USA  
Family Medicine Residency Program 1979 – 1982

**PROFESSIONAL LICENSE/CERTIFICATIONS**

License: Medicine and Surgery, State of Wisconsin, #25028-020 1982-present

American Board of Integrative Holistic Medicine, Board Certification, October 2003 - present

American Red Cross Basic Life Support and Advanced Cardiac Life support, 2017

**EMPLOYMENT HISTORY**

Sun Prairie Family Practice Center, Sun Prairie, Wisconsin, USA

- Family Physician providing comprehensive family medicine in a 5-physician practice
- 1983 - 2005

Group Health Cooperative, Madison, Wisconsin, USA

- Consultant for a Complementary and Alternative Medicine Program and Clinic
- August 2004 - January 2005

Group Health Cooperative, Madison, Wisconsin, USA

- Medical Chief of Complementary and Alternative Medicine (CAM) providing medical oversight of all clinic services and comprehensive integrative patient management plans
- January 2005 - July 2009

University of Wisconsin Department of Family Medicine, Madison, Wisconsin, USA

- Clinical Assistant Professor providing student and resident teaching in Family Medicine
- 1998 - 2009

Department of Integrated Medical Education, Ross University School of Medicine, Bahamas Clinical Site

- Associate Professor of Clinical Medicine providing teaching and clinical program oversight for 3<sup>rd</sup> and 4<sup>th</sup> semester RUSM students
- July 2009 - May 2010

Department of Integrated Medical Education, Ross University School of Medicine, Dominica

- Associate Professor of Clinical Medicine providing lectures and small group teaching to pre-clinical medical students
- May 2010 - 2013

Department of Clinical Medicine, Ross University School of Medicine, Dominica

- Associate Professor and Interim Chair, providing curriculum development, implementation and oversight and faculty/staff management
- April 2013 - July 2013

Department of Clinical Medicine, Ross University School of Medicine, Dominica

- Associate Professor and Chair, providing academic and logistical oversight of the clinical skills curriculum and faculty/staff management
- July 2013 – August 2015

Department of Clinical Medicine, Ross University School of Medicine, Dominica

- Professor and Chair, providing academic and logistical oversight of the clinical skills curriculum and faculty/staff management
- September 2015 – August 2018

Ross University School of Medicine, Dominica

- Assistant Dean of Clinical Science, providing oversight of the Clinical Skills curriculum Princess Margaret Hospital (PMH) program and PMH Adjunct faculty and assisting with integration of pre-clinical and clinical curricula
- July 2013 – July 2017

Clinical Foundations, Ross University School of Medicine, Barbados

- Professor and Chair, providing academic and administrative oversight of the clinical skills, pathology, and behavioral science curricula and faculty/staff management
- September 2018 – November 2019

Clinical Foundations, Ross University School of Medicine, Barbados

- Professor, providing curriculum and assessment development, support, and delivery in pre-clinical Medical Foundations and Clinical Skills curricula
- December 2019 – Present

## **ACADEMIC/TEACHING EXPERIENCE**

### ***University of Wisconsin School of Medicine and Public Health (2002 - 2009):***

- COIL program for 2nd and 3rd year medical students, honor student independent study program:  
Supervised student community projects focused on an identified community medical need
- Fibromyalgia (FM) module for 2nd and 3rd year Family Practice Residents:  
Trained residents in didactic sessions focused on management of FM and techniques for working with patients with chronic pain problems
- Complementary and Alternative Medicine (CAM) Course elective for 2nd and 3rd year medical students:  
Presented an interactive session on Mindbody medicine and participated in a panel focused on integrating CAM modalities into a busy primary care medical practice
- The Healer's Art Course, elective for 1st and 2nd year medical students:  
Co-facilitated large and small group sessions
- Family Practice Residency Retreat: Service, the Work of the Soul:  
Facilitated a workshop about reconnecting with meaning and purpose in the work of providing medical care to patients
- Mindfulness Based Stress Reduction Course, Integrative Medicine:  
Co-facilitated an 8-week program teaching meditation to community participants at the UW Integrative Medicine Center
- Self-care Curriculum for Medical Students and Residents:  
Participated in a work group for focused curriculum development

**Ross University School of Medicine (2009-Present):**

- Co-director of Semester 4 Introduction to Clinical Medicine Course, Bahamas, 2009 - 2010
- Facilitation and debriefing for small group clinical skills activities
- Co-director of Semester 3 and Semester 4 Standardized Patient Program, Bahamas, 2009 - 2010
- Facilitation and debriefing for individual students in problem focused patient encounters
- PACE Program Team Based Learning for 3<sup>rd</sup> and 4<sup>th</sup> semester medical students, Bahamas, 2009 - 2019
- Facilitation and debriefing for large groups in TBL format
- The Healer's Art Course for 3<sup>rd</sup> and 4<sup>th</sup> semester medical students, Bahamas, 2009 - 2010
- Lead facilitator for program, large and small groups
- Phlebotomy workshops for 3<sup>rd</sup> and 4<sup>th</sup> semester medical students, Bahamas, 2009 - 2010
- Small group teaching of IV insertion techniques
- High fidelity and low fidelity simulation facilitation and debriefing, pre-clinical curriculum, 2009 - present
- Small group facilitation and debriefing
- Small group case-based learning program, pre-clinical curriculum, 2010 - present
- Small group facilitation and debriefing
- Medical interviewing skills facilitator, basic to advanced, pre-clinical curriculum, 2012 - present
- Large and small group teaching, demonstrations, facilitation and debriefing
- Physical examination skills labs facilitator, pre-clinical curriculum, 2009 - present
- Small group facilitation, coaching and feedback
- Integrated standardized patient encounters facilitator, pre-clinical curriculum, 2013 - present
- Small group facilitation and debriefing
- Clinical Teaching Fellow/Clinical Skills Facilitator program orientation and training, initial and ongoing, 2010 - 2019
- Orientation, initial and ongoing training for recent RUSM graduates acting in junior faculty roles
- Senior faculty development training sessions/workshops, ongoing, 2012 - present
- Large and small group training for faculty improvement in activities facilitation and debriefing techniques

- Medical Foundations Module Co-Director, Musculoskeletal and Integument Modules, 2018 - Present

**Curriculum Development**

- Medical simulation curriculum and case development and implementation (RUSM 2010 – present)
- Problem-based and case-based learning curriculum and case development (RUSM 2010 - present)
- Systems-Based Practice and Improvement in Practice curriculum development (RUSM 2014-present)
- Patient-centered care and communication skills curriculum (RUSM 2014 – present)
- Clinical skills course curriculum development (RUSM 2012 - present)
- Formative Assessment development (RUSM 2020 – present)
- Team-Based-Learning module development (RUSM 2020 – present)
- Introduction to Clinical Reasoning (RUSM 2019 – present)
- Medical Humanities (RUSM 2016 – present)

**CURRENT LECTURES – Ross University School of Medicine Curriculum**

Semester 1 CM: How Doctors Think – Guided Clinical Reasoning Activity

Semester 1 CM: Physician (ACGME) Competencies

Semester 1 CM/Behavioral Science: Introduction to Medical Interviewing Skills

Semester 1 CM: Introduction to Clinical Reasoning Sessions 1, 2, and 4

Semester 1 CM: Introduction to Medical Humanities

Semester 1 CM: Introduction to Clinical Dermatology

Semester 2 CM: Service Learning & Reflective Practice for Physicians

Semester 2 CM: Medical Humanities 2: Evolution of Medical Education

Semester 2 CM/Physiology: ECG 1 and 2

Semester 2 CM/Physiology: ECG Interactive Session

Semester 2 CM/Physiology: Valvular Disorders and Heart Murmurs: Clinical Presentations and Pathophysiologic Correlations

Semester 3 CM, Pathology Pharmacology: Joint Diseases and Therapeutics TBL

Semester 3 CM: Patient with Joint Disease: Patient Case Presentation Interactive Session

Semester 3 CM: Medical Humanities 3: Ways of Knowing, Goals of Medicine, Health and Disease

Semester 3 CM: Working with NBME Style Questions

Semester 4 CM: ECG Workshop

Semester 4 CM: Clinical Use of ECG TBL

Semester 4 CM: Complementary and Alternative Medicine for Cardiovascular Disease

Semester 4 CM, Pathology, Microbiology, Pharmacology: Patient with Tuberculosis

Semester 4 CM, Pathology, Microbiology: Pneumonia TBL

Semester 4 CM: Patient with Respiratory Problems

Semester 4 CM: Respiratory Problems Case Presentations Interactive Session  
Semester 4 CM: Geriatrics  
Semester 4 CM: Medical Humanities 4: Physician Image and Professional Identity  
Semester 4 CM: Patient Use of Herbal Medicine  
Semester 4 CM: Clinical Dermatology  
Semester 4 CM: Headache  
Semester 4 CM: Clinical Aspects of Weakness  
Semester 4 CM/Pharmacology: Seizures and Syncope TBL  
Semester 4 CM: Acute Confusional States  
Semester 4 CM: Working with NBME Style Questions

## HONORS AND AWARDS

Sigma Phi, Biology Honor Society, Illinois State University Chapter 1975 - 1976  
Illinois State University Bone Scholar 1975 and 1976  
Spirit of Women Award Nominee, Meriter Hospital, Madison Wisconsin, 2002  
"Top Docs" award for Integrative Medicine, Madison Magazine, 2008  
DeVry PRIDE Award, 2012  
DeVry Ron Taylor Award, 2013  
DeVry TEACH Award, 2015  
Adtalem Ron Taylor Award, 2018  
Ross University School of Medicine Golden Stethoscope Clinical Medicine Teaching Award, 2013  
Ross University School of Medicine Master Educator's Guild, inaugural member, 2018

## PUBLICATIONS

### Books

1. Selfridge NJ, Peterson F. *Freedom from Fibromyalgia*. New York, NY: Three Rivers Press Crown Publishing Group division of Random House, Inc.; 2001.
2. Rios JC, Koss G, Selfridge NJ. *Cardiology Cases: Emphasis on the Pathophysiology of Disease*. Xlibris; 2018.

### Textbook Chapters

1. Selfridge N and Muller D. Fibromyalgia syndrome, in Rakel D, ed: *Integrative Medicine*, 2<sup>nd</sup> Ed. Saunders, 2006.
2. Selfridge N and Muller D. Fibromyalgia. In Horwitz R and Muller D, eds: *Integrative Rheumatology, Weil Integrative Medicine Library*. Oxford University Press; 2011.

3. Selfridge N. Fibromyalgia Syndrome, in Rakel D, ed: *Integrative Medicine*, 3<sup>rd</sup> Ed. Saunders, 2012.
4. Selfridge N. Fibromyalgia Syndrome, in Rakel D, ed: *Integrative Medicine*, 4<sup>th</sup> Ed. Elsevier, 2018.
5. Selfridge N and Nielson E. Fibromyalgia Syndrome, in Rakel D, ed: *Integrative Medicine*, 5<sup>th</sup> Ed. Elsevier. Pending publication.

#### Journal Articles

##### **Education**

1. Schlegel E and Selfridge N. Fun, collaboration and formative assessment: skinquization, a class wide gaming competition in a medical school with a large class. *Med Teacher* 2014;36(5):447-9.
2. Schlegel E, McLeod K, Selfridge N. Practical tips for successful implementation of educational innovations: project management tools for health professional educators. *Med Ed Publish* 2018: <https://doi.org/10.15694/mep.2018.0000105.1>
3. Benjamin L, Benjamin G, Benjamin C, Selfridge N. STEPS in the basic clinical skills curriculum. *Med Teacher* 2018;40(6):569-72.
4. Wright B, Watson G, Selfridge N. The Wright table of the cardiac cycle: a stand-alone supplement to the Wiggers diagram. *Adv Physiol Educ* 2020;44(4):554-563.

##### **Clinical**

5. Selfridge N. From padasana to pain relief: Iyengar yoga for chronic low back pain. *Altern Med Alert* 2010;13(1):9-11.
6. Selfridge N, et al. Variety in the spice of life: an update on the pleiotropic therapeutic potential of curcumin. *Altern Med Alert* 2010;13(4):37-40.
7. Selfridge N. Integrated care for low back pain: focus on gain. *Altern Med Alert* 2010;6:67-68.
8. Selfridge N. Vitamin D and pain: making sense of it all. *Altern Med Alert* 2010;7:77-78.
9. Selfridge N. ASA for fibromyalgia? It's not what you think. *Altern Med Alert* 2010;9:97-99.
10. Selfridge N. Tai chi for fibromyalgia: marshalling the art of movement against pain. *Altern Med Alert* 2010;13:126-127.
11. Selfridge N. Meditation for fibromyalgia: yea or nay? *Altern Med Alert* 2011;14:34-36.
12. Selfridge N. Mindfulness based stress reduction: non-doing for well-being. *Altern Med Alert* 2011;14:56-59.
13. Selfridge N. CAM for FM: a summary of evidence. *Altern Med Alert* 2011;14:61-65.
14. Selfridge N. Yay yoga! More evidence for helping low back pain. *Altern Med Alert* 2012;15(3):33-35.
15. Selfridge N. MBSR for type 2 DM: does reducing stress reduce complications? *Altern Med Alert* 2012;15(4):42-44.
16. Selfridge N. Acupressure: the evidence presses on. *Altern Med Alert* 2012;15(6):64-67.

17. Selfridge N. High-intensity interval training: a sprint or nine saves time? *Integrative Med Alert* 2012;15(8):88-91.
18. Selfridge N. Rehabilitation for chronic stroke: better balance through yoga? *Integrative Med Alert* 2012;15(10):117-119.
19. Selfridge N. Meditation and exercise vs common cold: an ounce of prevention and pound of cure? *Integrative Med Alert* 2012;15(11):129-131.
20. Selfridge N. Exercise and brain health: food for thought? *Integrative Med Alert* 2013;16(2):20-24.
21. Selfridge N. Longevity in Olympic medalists: competitive edge? *Integrative Med Alert* 2013;16(4):45-47.
22. Selfridge N. Influencing telomere length: the long and short of it. *Integrative Med Alert* 2013;16(11):121-127.
23. Selfridge N. Meditation effectiveness for stress-related outcomes. *Integrative Medicine Alert* 2014;17(6):61-63.
24. Selfridge N. Energy medicine: is there evidence? *Integrative Med Alert* 2015;18(3):25-30.
25. Selfridge N. Integrative therapies for fibromyalgia – what news? *Integrative Med Alert* 2015;18(7):73-8.
26. Khine J, Khosrodad N, Selfridge N. Probiotic use in daycare children. *Integrative Med Alert* 2018;21(8):85-8.
27. Neilson E, Selfridge N. Aerobic exercise and heart health: is it ever too late to start? *Integrative Med Alert* 2018;21(9):97-100.
28. Magloire N, Selfridge N. B vitamins and hip fracture risk: to B or not to B? *Integrative Med Alert* 2018;21(9):103-5.
29. Corbette F, Selfridge N. Does a gluten free diet lower the risk of coronary artery disease in adults? *Integrative Med Alert* 2018;21(10):109-12.
30. Vetrici M, Selfridge N. Chocolate for primary prevention of atrial fibrillation. *Integrative Med Alert* 2018;21(12):134-6.
31. Khosrodad N, Khine J, Selfridge N. Probiotic use to reduce *Clostridium difficile*-associated diarrhea. *Integrative Med Alert* 2019;22(1):9-10.
32. Neilson E, Selfridge N. Blood pressure control: exercise vs. meds. *Integrative Med Alert* 2019;22(8):85-87.
33. Coutinho J, Selfridge N. Peppermint oil for IBS? PERSUADE me! *Integrative Med Alert* 2019;22(12):133-136.
34. Barghvir G, Selfridge N. Childhood gluten intake and risk of celiac disease. *Integrative Med Alert* 2020;23(1):4-6.
35. Selfridge N, Watson G. Mindfulness interventions for ADHD: Neurobiologic Antidote? *Integrative Med Alert* 2020;23(3):21-26.
36. Selfridge N. Black elderberry supplementation for upper respiratory infection symptoms. *Integrative Med Alert* 2020;23(5):37-39.
37. Barghvir G, Selfridge N. Exercise and risk of falls in older adults. *Integrative Med Alert* 2020;23(7):53-56.



38. Watson G, Selfridge N, Wright B. The opioid impaired provider: a call for national guidance to maximize rehabilitation while protecting patient safety. *Health Sci Rep* 2020;6(4):e193.
39. Clark L, Selfridge N. Scrambler therapy for neuromyelitis optica pain treatment. *Integrative Med Alert* 2020;23(11):88-92.
40. Selfridge N. Mozart therapy for epilepsy. *Integrative Med Alert* 2020;23(11):85-88.
41. Nomomigolzar S, Selfridge N. Air pollution and cognitive decline. *Integrative Med Alert* 2020;23(12):98-100.
42. Hood R, Selfridge N. Fruits and vegetables lower risk of type 2 diabetes. *Integrative Med Alert* 2020;23(12):93-96.
43. Selfridge N. Creating healing environments: band-aids and beyond. *Integrative Med Alert* 2021;24(1):1-2
44. Barghvir G, Selfridge N. Pro-inflammatory diet association with inflammatory bowel disease. *Integrative Med Alert* 2021;24(1):2-6
45. Agyepong A, Selfridge N. Time-restricted eating effects on weight loss and metabolism in overweight and obese individuals. *Integrative Med Alert* 2021;24(2):14-17
46. Gallego S, Selfridge N. Exercise intervention for improving metabolic associated fatty liver. *Integrative Med Alert* 2021;24(4):25-28.
47. Barghvir G, Selfridge N. Dairy, bone health, and menopause. *Integrative Med Alert* 2021;24(4):30-32.

#### INVITED PRESENTATIONS

**October 2003:** Biofeedback Society of Wisconsin Annual Meeting Green Lake, Wisconsin, USA  
 “An Integrative Approach to Fibromyalgia”,  
[www.biofeedbackwi.org/fall\\_2003\\_annual\\_conference.html](http://www.biofeedbackwi.org/fall_2003_annual_conference.html)

**April 2004:** University of Wisconsin Department of Integrative Medicine Conference: Pathways to Health and Healing, Madison, Wisconsin, USA, “Myofascial Pain”

**May 2004:** Association for Comprehensive Energy Psychology Annual Meeting, Phoenix, Arizona, USA, “Freedom from Fibromyalgia” [www.energypsych.org](http://www.energypsych.org)

**April 2005:** Association for Comprehensive Energy Psychology Annual Meeting, Baltimore, Maryland, USA, “Freedom from Fibromyalgia”

**April 2006:** Luedke-Storm-Mackey Chiropractic Clinic, SC, Madison, Wisconsin, USA, “An Integrative Approach to Fibromyalgia”

**May 2006:** Case Management Society of America Madison Chapter Annual Meeting, Madison, Wisconsin, USA, “Integrative Approach to Managing Fibromyalgia”

**May 2006:** Group Health Cooperative Annual Meeting, Madison, Wisconsin USA, “Integrating Complementary and Alternative Medicine into Managed Care”

**August 2006:** State Medical Society of Wisconsin, Madison, Wisconsin, USA, “The Mind and Body Benefits of a Meditation Practice”

**September 2006:** University of Wisconsin Family Practice Residency Annual Resident Retreat, Janesville, Wisconsin, USA, Workshop: "Finding Meaning in Medicine-Service, the Work of the Soul"

**October 2006:** The Body Network Health and Healing Expo, Madison, Wisconsin, USA, Keynote Speaker: "The Mind/Body Connection in Sickness and Health"

**May 2008:** Wisconsin Disability Bureau Annual Meeting, Madison, Wisconsin, USA, "Fibromyalgia"

**May 2008:** Habitat for Humanity, Madison, Wisconsin, USA, "Self-Care for Caregivers"

**May 2009:** Green Day, Madison, Wisconsin, USA, Keynote Speaker: "Sustainable Self Care-What is Good for the Earth is Good for You"

**January 2011:** Society for Teachers of Family Medicine, Houston, Texas, USA, Seminar Workshop: "Team Based Learning for Improving Clinical Thinking Skills in Preclinical Medical Students"

**September 2014:** AMEE Annual Convention, Milan, Italy, Workshop: "Medical Simulation in Pre-clinical Medical Education: Strengthening Basic Science Correlations"

#### **SOCIETAL MEMBERSHIPS**

American Academy of Family Physicians, 1985 - 2005

American Board of Integrative Holistic Medicine, 2003 - present

#### **COMMUNITY SERVICE**

##### ***Madison, Wisconsin***

- Support Group Leader (Fibromyalgia) Arthritis Foundation, 1992-1995
- Multiple community informational presentations on optimal nutrition, fibromyalgia, chronic pain, complementary and alternative medicine, women's health issues, meditation, and integrating conventional western medicine and CAM, Madison area, 1990-2009.

##### ***Ross University School of Medicine***

- Ross Internal Medicine Club: How Doctors Think - Clinical Cases Illustrating Common Cognitive Errors, 2011 - 2012.
- Ross Family Medicine Club: Being a Family Doctor, 2012 - Present
- Ross Family Medicine Club: Type II Diabetes: Preventing or Postponing a Devastating Disease, 2012 - Present
- Salybia Mission Project: Men's Health Issues - Preparing for Mission Work Serving Men in a Low Resource Setting, 2012 - 2017.
- Ross Diving Club: When Bad Things Happen to Good Divers - "Undeserved" Decompression Illness, 2011.

- Ross Internal Medicine Interest Group faculty advisor 2012 – 2018
- Ross Family Medicine Interest Group faculty advisor 2012 – Present
- RUSM Mixed Marshall Arts Interest Group faculty advisor 2017 – 2020
- RUSM Health Clinic Committee, 2012 – 2016
- RUSM Curriculum Committee, 2013 – Present
- RUSM Curriculum Committee Medical Science Assessment Subcommittee, 2014 – Present
- RUSM Campus Operational and Leadership Team, 2012 – 2019
- RUSM Admissions Committee, 2018 – Present
- RUSM Admissions Committee Co-Chair – 2019 - Present
- RUSM Research Committee, 2018 – Present
- RUSM Creative Journal Editorial Board, 2021 – Present

## REFERENCES

David Rakel, MD  
Professor and Chair, Department of Family and Community Medicine  
University of New Mexico School of Medicine  
Albuquerque, New Mexico

Alison Dobbie, MD  
Professor and Chair, Family and Community Medicine  
Eastern Virginia Medical School  
Norfolk, Virginia