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MAFP names CentraCare's Kimberly Tjaden, MD, Family Physician of the Year

St. Cloud, Minn. – The Minnesota Academy of Family Physicians (MAFP) has selected Kimberly Tjaden, MD, as the 2019 Family Physician of the Year. Tjaden is a family medicine physician at CentraCare Health's St. Cloud Medical Group South Campus.

MAFP presents this award annually to a Minnesota family physician who "personifies the highest ideals of family medicine: compassionate, comprehensive patient care and involvement in the community." The award has been given annually since 1981.

Tjaden has been practicing family medicine in St. Cloud for 20 years. She currently sees patients at the St. Cloud Medical Group South Campus and is actively involved in community health education and outreach to underserved populations.

According to the MAFP, Tjaden was chosen for this award because she "has a unique ability to put patients at ease, no matter what they're facing or going through. She works with patients not to just address illness but promote wellness. Her diligence to provide each patient with the best possible care is unparalleled."

"Family physicians are the one constant in our health care system, the foundation of primary care. Dr. Tjaden was named the 2019 Minnesota Family Physician of the Year, because she embodies the ideals of family medicine. She provides compassionate, relational, whole-person care to her patients and is committed to serving her community outside clinic walls," said Glenn Nemec, MD, president of the Minnesota Academy of Family Physicians.

Her patients and colleagues describe her as compassionate, thorough and unstinting with her time and attention. One patient commented, "She looks at me as a whole person, not just one/two needs. She takes the time to listen. The care she gives is the best I have [received] anywhere."

"I cannot think of anyone more deserving of this award than Dr. Kim Tjaden. I have been impressed with her since the first time I met her," said Michele Fischer, executive director of Family Medicine at CentraCare Health. "Her approach to care and her concern for the community she serves is remarkable. And to top it off, Dr. Tjaden is a joy to work with."

In addition to her clinical responsibilities, she has taught and mentored family medicine residents, medical students, nurse practitioners and physician assistants. Her medical interests include public health, women's health, preventive health, immigrant health and innovative health care delivery. She has served on boards and committees for the Minnesota Medical Association, CentraCare, St. Cloud Medical Group and the Food Allergy and Anaphylaxis Network, working to improve health care policies and patient care.

Tjaden is board certified by the American Board of Family Medicine. She is an alumna of the University of Nebraska College of Medicine and completed her residency training at the Clarkson Family Medicine Residency in Nebraska. She's also has her master's in public health from the University of Minnesota.

Thirty family physicians from across Minnesota were nominated by patients, colleagues and clinic administrators for this honor. Six family physicians, including Tjaden, from St. Cloud Medical Group – Dr. Scott Rahm, Dr. Bartley Mueller, Dr. Kathryn Mechelke, Dr. Carmen Buiceag-Arama and Dr. Kourtney Bradford Houle – were nominated for the MAFP Family Physician of the Year.

The Family Physician of the Year Award will be presented at the MAFP Spring Refresher on March 28 & 29, 2019. MAFP will also hand out awards for Family Medicine Educator of the Year, Resident of the Year and the Student Leadership Award.

About CentraCare Health

As an integrated, not-for-profit organization, CentraCare Health is working to improve the lives and wellbeing of those living in Central Minnesota. CentraCare provides care through hospitals located in St. Cloud, Long Prairie, Melrose, Monticello, Paynesville and Sauk Centre with more than 25 clinics and specialty centers throughout the region. Additionally, Carris Health, a wholly-owned subsidiary of CentraCare, is comprised of Rice Memorial Hospital in Willmar, Redwood Hospital in Redwood Falls and seven clinics in the Southwest and West Central region of the state.

About the Minnesota Academy of Family Physicians

The Minnesota Academy of Family Physicians (MAFP) is the largest medical specialty organization in Minnesota, representing more than 3,100 family physicians, family medicine residents and medical students. The MAFP promotes the specialty of family medicine in Minnesota and supports family physicians as they provide high quality, comprehensive and continuous medical care for patients of all ages.