

Erin Fredrickson, DO

RESIDENCY

University of Washington, Harborview Family Medicine Track, Seattle, WA

MEDICAL SCHOOL

Campbell University School of Osteopathic Medicine, Lillington, NC

Dr. Fredrickson counts growing into the role of coach for the Primary Care Leadership Collaborative as one of her top professional accomplishments. She was honored to be considered to help grow the future of family medicine by equipping student leaders with a lens for social change. She was humbled by the Family Medicine Interest Group (FMIG) she has worked with as they strive to improve health equity and diversity in the family medicine pipeline. Professionally, her areas of interest include providing comprehensive reproductive health care, including surgical obstetrics; advocating and collaborating to address health disparities for communities systemically marginalized by racism, poverty, policy, and power; and working to make the family medicine workforce reflect the populations we serve. Following residency, Fredrickson hopes to practice full-spectrum family medicine, including surgical obstetrics and comprehensive reproductive health care. She envisions joining a family medicine residency program as faculty to teach residents and students, lead curriculum and advocacy efforts, and improve population health through direct patient care and community collaboration. In her free time, she enjoys playing in the mountains with her partner, Connor, and dog, Charlie; visiting her three younger siblings in California; photosynthesizing during the first sunny days of the Seattle spring; and dreaming about qualifying for the Olympic marathon.

Awards and Recognition

2022	Society of Teachers of Family Medicine (STFM) Faculty for Tomorrow Scholarship
2020	Campbell University School of Medicine Student Research Award
2018-2019	University of North Carolina (UNC) at Chapel Hill Weiss Urban Livability Fellowship
2015	California Polytechnic State University Special Recognition for Service to the Honors Program
2014	California Polytechnic State University Outstanding Student Employee of the Year
2011-2015	Medtronic Student Scholarship Recipient

Offices and Appointments

2022-Present	Coach, Primary Care Leadership Collaborative
2021-Present	Board of directors, King County Academy of Family Physicians
2021-Present	Chair of publications, Housestaff Quality and Safety Committee
2019-2020	Member, AAFP Commission for the Health of the Public and Science
2018-2019	National coordinator, AAFP Family Medicine Interest Group Network
2017-2018	AAFP Emerging Leader Institute

2016-2017 Board member, North Carolina Academy of Family Physicians Foundation

Community and Public Services

2021 Medical team, Seattle Marathon
2021-Present Sports medicine coverage, Sammamish High School and Roosevelt High School
2021-Present Volunteer, New Beginnings Intimate Partner Violence (IPV) shelter
2021 Community discussions on birth spacing, Mother Africa
2019 Groundwater Approach Racial Equity Institute and UNC Graduate School
2017-2020 Founding member and incorporating officer, The Raleigh Distance Project
2017-2020 Healing Transitions, Free Clinic and Oak City Recovery Run Club

Personal Statement from Dr. Erin Fredrickson

I chose family medicine because my family physician inspired me. When my family moved from San Francisco to Sebastopol in the middle of my 7th grade year, I was devastated. We moved to a small town of 7,000 residents, where a family doctor had been taking care of my aunt and uncle for years. His practice was closed to new patients, but they asked if he would be willing to squeeze in our family of six, and he agreed.

I am the oldest of four children, and since 2005 my family has kept Dr. Pitzen in business and taught dozens of medical students and residents the unique value of family medicine. My youngest sister split her upper lip in an accident at the pool, and Dr. Pitzen supervised a resident repairing the laceration in the clinic. When my brother was diagnosed with testicular cancer, a medical student witnessed the conversation built on an eight-year relationship. As a senior in high school, I was featured in the newspaper and mentioned my interest in sports medicine, so Dr. Pitzen offered to let me shadow him during college breaks.

I saw Dr. Pitzen goof around with a toddler during a well-child visit, provide prenatal care for a patient whose birth he had attended, navigate conversations around alcohol use to improve a prominent community member's health, and calmly conduct an emergency visit for a goat farmer with a laceration near her femoral artery in the procedure room in his clinic. We saw him walking to work most mornings on our way to school and ran into him on Sundays at the farmers market or community meetings. I thought every family doctor was like Dr. Pitzen until I began medical school.

I want to teach family medicine because our communities need more people like Dr. Pitzen—excellent educators who are deeply engaged in the health and lives of their patients. As a family medicine resident, I love telling patients, “I can do that for you!” about everything from skin lesion excisions to dating ultrasounds in prenatal visits. My favorite clinic days are when I work with a medical student and highlight the breadth of family medicine's scope and the depth of relationships with my patients.

My Unique Journey

I hope to complete a family medicine obstetrics fellowship to meet the needs of a rural community. I would love to teach medical students and residents within the framework of family-centered obstetric care and inspire the next generation of full-spectrum family physicians. My family doctor has served as my mentor and sponsor, and I hope to pay forward this gift in gratitude.

I am an optimist, enthusiastic leader, tireless advocate, and question-asking machine. I dream of the future of family medicine in the context of systematic and structural change in health care. I have been contributing to the future of family medicine as a leader in the AAFP, first by guiding students in the Family Medicine Interest Group (FMIG) network and later by shaping policies as a member of the Commission for the Health of the Public and Science (HOPS). As a resident on my program's Health Equity and Antiracism Committee, I have encouraged our shift to holistic review in applicant selection to prioritize equity and diversity in our residency. This advocacy effort was significant for me after being overlooked or chosen last for multiple residency interviews because of my background as an osteopathic student. Interest in serving diverse communities led me to a residency clinic caring for patients from minoritized backgrounds where dozens of languages are spoken and scores of countries are represented. Recognizing the disparity of outcomes in Seattle and the state of Washington, and asking why these exist, has solidified my commitment to empowering the next generation of family medicine doctors who will better reflect the communities they serve.

In my career as a family physician, I hope to advocate for system-level change while building relationships with patients and learners to advance the specialty of family medicine and improve the health of the communities we serve. In becoming a full-spectrum family physician, my dream is to inspire and teach others to do the same, just like my family doctor.

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