

Gregory D. Shumer
Department of Family Medicine
Michigan Medicine, University of Michigan
Assistant Professor
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Education

- August 2004-May 2008 University of Michigan, College of LS&A
B.S. in Biology, Minor in Asian Studies
Ann Arbor, Michigan
- August 2009-May 2013 Georgetown University School of Medicine, Doctor of
Medicine (M.D.), Washington, District of Columbia
- June 2013 – June 2016 University of Michigan, Department of Family Medicine,
Ann Arbor, Michigan
- July 2015 – July 2017 University of Michigan School of Public Health, Executive
Master's Program, Health Management & Policy, Master
of Health Services Administration (M.H.S.A.) Ann Arbor,
Michigan

Post-Graduate Training

- July 2008- July 2009 Assistant Language Teacher, The Japan Exchange and Teaching
Program (JET Program), Oita, Japan
- July 2013-June 2016 Resident Physician, University of Michigan Health System,
Department of Family Medicine, Ann Arbor, Michigan
- Apr 2015-Apr 2016 Chief Resident, University of Michigan Health System,
Department of Family Medicine, Ann Arbor, Michigan
- July 2015-June 2016 Chief Resident Blogger, 2015-2016 Chief Resident Panel
NEJM Journal Watch, Insights on Residency Training
- Aug 2016-July 2017 Integrative Medicine Fellow, Michigan Medicine,
Department of Family Medicine, Ann Arbor, Michigan

Certification and Licensure

Certifications

- 7/2013-10/2018 Advanced Cardiovascular Life Support
7/2013-Present Basic Life Support for Healthcare Providers (CPR and AED)

Licensure

April 2016 – Present State of Michigan Physician License
April 2016 – Present State of Michigan CSL (Pharmacy)
April 2016 – Present Drug Enforcement Administration (DEA)

Academic, Administrative and Clinical Appointment

Academic

July 2016 – July 2017 Clinical Lecturer, Department of Family Medicine, Michigan Medicine, University of Michigan
August 2017 – Present Assistant Professor, Department of Family Medicine, Michigan Medicine, University of Michigan

Clinical

July 2016 – July 2017 Briarwood Family Medicine Center, Michigan Medicine, University of Michigan
October 2017-Present Domino's Farms Family Medicine Center, Michigan Medicine, University of Michigan

Research Interests

- 1) Medical student and residency education
- 2) Health systems and population health
- 3) Integrative medicine

Teaching & Leadership Experience

2015-2016 Chief Resident, Department of Family Medicine, University of Michigan
2016-Present Alternate Resident Preceptor, University of Michigan
2017-Present Integrative Medicine Resident Teaching Series, University of Michigan. Giving one of the four annual resident talks on integrative medicine topics during resident conferences
2017-Present Integrative Medicine Fellowship Teaching, University of Michigan. Giving lectures on integrative medicine topics to current fellow
2017-Present Integrative Medicine Clinical Education Lead for Residents & Medical Students
2018-Present Doctoring & Coaching Faculty at University of Michigan Medical School
2019-Present SPoM Health Systems Science Faculty Lead
2020-Present NICE Evaluation Team Member

Honors and Awards

2013 Best Oral Presentation in Health Behavior Award, Michigan Family Medicine Research Day XXXVI, Howell, Michigan
2014 William C. Gorenflo Research Award, University of Michigan Department of Family Medicine, Ann Arbor, Michigan
2016 Honorable Mention for Best Oral Presentation by a Resident (Clinical Category), Michigan Family Medicine Research Day XXXIX, Howell, MI
2016 Thomas L. Schwenk, M.D. Resident Teacher Award, University of Michigan Department of Family Medicine, Ann Arbor, MI

2019

Committee, Organizational, and Volunteer Services

Committee-Institutional

- 2011-2013 Holistic & Integrative Medicine Interest Group, Georgetown University School of Medicine (Founder and President, 2011-2013)
- 2011-2013 William Carlos William Society, Medical Essay Writing, Georgetown University School of Medicine
- 2014-2015 Family Medicine Residency Social Committee, University of Michigan Department of Family Medicine, Ann Arbor, Michigan (Chair, 2014)
- 2014-2015 Family Medicine Residency Community Service Committee, University of Michigan Department of Family Medicine, Ann Arbor, Michigan
- 2014-2015 Family Medicine Residency Applicant Dinner Committee, University of Michigan Department of Family Medicine, Ann Arbor, Michigan (Chair, 2014)
- 2014-2016 Family Medicine Residency Recruitment Committee, University of Michigan Department of Family Medicine, Ann Arbor, Michigan
- 2015-2016 Family Medicine Residency Education Committee, University of Michigan Department of Family Medicine, Ann Arbor, Michigan
- 2016-2018 Family Medicine Resident Wellness Committee. Department of Family Medicine, Ann Arbor, Michigan
- 2017-2018 POC Influenza Committee. Michigan Medicine, Ann Arbor, Michigan
- 2017-Present Michigan Medicine Low Back Pain Clinical Guidelines Committee
- 2018-Present Primary Care Operations Committee (PCOC) Member
- 2019 Family Medicine Retreat Planning Committee

Volunteer Service

- 2006-2008 Pediatric Oncology Activities Center Student Volunteer, C.S. Mott Children's Hospital, Ann Arbor, Michigan
- 2007-2008 Hospice Volunteer, In-House Hospice Solutions, Ann Arbor, Michigan
- 2009-2010 Medical Student Volunteer, Sexual Education Service Learning, Brightwood Elementary School, Washington, District of Columbia
- 2011-2012 Medical Student Volunteer, The Hoya Clinic, Georgetown University School of Medicine, Washington, District of Columbia
- 2013-2014 Resident Physician Volunteer, Manchester Migrant Clinic, University of Michigan Department of Family Medicine (Chair, 2014)
- 2018-Present University of Michigan Student Run Free Clinic (SRFC) Clinical Faculty Volunteer

Presentations

Local Presentations

1. Shumer G, Warber S, Fetters MD, et al. Complementary and Alternative Medicine Use by Visitors to Rural Japanese Family Medicine Clinics: Results from the International Complementary and Alternative Medicine Survey. Poster Presentation, Georgetown University School of Medicine 2nd Annual George M. Kober Student Research Day, Washington, District of Columbia, April 2013
2. Shumer G. Family Medicine Obstetrical Service (FMB) April Morbidity & Mortality

- Conference, University of Michigan Department of Family Medicine Grand Rounds, Ford Auditorium, Ann Arbor, Michigan, April 2014
3. Shumer G, Warber S, Fetters MD, et al. Complementary and Alternative Medicine Use by Visitors to Rural Japanese Family Medicine Clinics: Results from the International Complementary and Alternative Medicine Survey. Poster Presentation, Georgetown University School of Medicine 2nd Annual George M. Kober Student Research Day, Washington, District of Columbia, April 2013
 4. Shumer G. Family Medicine Obstetrical Service (FMB) April Morbidity & Mortality Conference, University of Michigan Department of Family Medicine Grand Rounds, Ford Auditorium, Ann Arbor, Michigan, April 2014
 5. Shumer G. Family Medicine Chelsea Inpatient Service (CFM) February Morbidity & Mortality Conference, University of Michigan Department of Family Medicine Grand Rounds, Ford Auditorium, Ann Arbor, Michigan, February 2015
 6. Shumer G. Family Medicine University of Michigan Hospital Inpatient Service (UFM) May Morbidity & Mortality Conference, University of Michigan Department of Family Medicine Grand Rounds, Ford Auditorium, Ann Arbor, Michigan, May 2015
 7. Shumer G. Family Medicine University of Michigan August Grand Rounds Presentation, “Comprehensive and Integrative Approach to Insomnia,” Ford Auditorium, Ann Arbor, Michigan, August 2015
 8. Shumer G. Integrative Medicine Case Conference, “Irritable Bowel Syndrome,” Integrative Medicine Conference, September 2016
 9. Shumer G. Integrative Approaches to Management of Headaches, University of Michigan Department of Family Medicine Resident Conference, December 2016
 10. Shumer G. Integrative Medicine Journal Club, “Rhodiola rosea versus sertraline for major depressive disorder: a randomized placebo-controlled trial.” Integrative Medicine Conference, January 2017
 11. Shumer G. Integrative Approaches to Management of Headaches, University of Michigan Integrative Medicine Fellowship Lecture, October 2017
 12. Shumer G. Integrative Approaches to Management of Depression & Anxiety, University of Michigan Department of Family Medicine Resident Conference, December 2017

Regional Presentations

1. Shumer G, Warber S, Fetters MD, et al. Complementary and Alternative Medicine Use by Visitors to Rural Japanese Family Medicine Clinics: Results from the International Complementary and Alternative Medicine Survey. Michigan Family Medicine Research Day XXXVI, Howell, Michigan, May 2013
2. Shumer G, Warber S, Fetters MD, et al. Acupuncture Use in Rural Japanese Family Medicine Populations: A Cross-Sectional Survey Study. Michigan Family Medicine Research Day XXXIX, Howell, MI, May 2016
3. Shumer G. Microbiome and Gut Health – Clinical Update. 54th Annual Northern Michigan Family Medicine Update. Bellaire, MI. June 2018
4. Shumer G. Integrative Approaches to Depression and Anxiety. 54th Annual Northern Michigan Family Medicine Update. Bellaire, MI. June 2018
5. Shumer G. Integrative Approaches to Headache Management. 54th Annual Northern Michigan Family Medicine Update. Bellaire, MI. June 2018

International Presentations

1. Shumer G. Complementary and Alternative Medicine Use by Visitors to Rural Japanese Family Medicine Clinics: Background, Methods and Preliminary Results from the International Complementary and Alternative Medicine Survey. Shizuoka Family Medicine Residency Program, Morning Report. Mori-machi, Shizuoka, Japan, February 2013
2. Shumer G. Medical Education in the United States. Shizuoka Family Medicine Residency Program, Morning Report. Mori-machi, Shizuoka, Japan, February 2013
3. Shumer G. Medical Education in the United States. Shiga University of Medical Science, Medical Student Guest Lecture. Shiga, Japan, February 2013
Shumer G, Warber S, Fetters MD, et al. Complementary and Alternative Medicine Use by Visitors to Rural Japanese Family Medicine Clinics: Results from the International Complementary and Alternative Medicine Survey. Poster Presentation, North American Primary Care Research Group (NAPCRG) 41st Annual Meeting, Ottawa, California, November 2013
4. Shumer G. Master's in Public Health Curriculum Presentation. Hamamatsu University School of Medicine, Resident Physician Guest Lecture. Hamamatsu City, Shizuoka, Japan, October 2015
5. Shumer G. Comparisons between Japanese and American Healthcare Systems. Shizuoka Family Medicine Residency Program, Grand Rounds. Kikugawa City, Shizuoka, Japan, October 2015

Bibliography

Peer-Reviewed Publications

1. Shumer G, Warber S, Fetters MD, et al. Complementary and alternative medicine use by visitors to rural Japanese family medicine clinics: results from the international complementary and alternative medicine survey. *BMC Complement Altern Med.* 2014, 14:360. DOI: 10.1186/1472-6882-14-360
2. Shumer G, Warber S, Plegue M, Amenomori M, Inoue M, and Fetters MD. Acupuncture Use in Rural Japanese Family Medicine Populations: A Cross-Sectional Survey Study. *Medical Acupuncture.* 2016, 28:1. DOI:10.1089/acu.2015.1162.
3. Walton LS, Shumer GD, Thorsteinsdottir B, Suh T, Swetz KM. Palliation Versus Dialysis for End-Stage Renal Disease in the Oldest Old: What are the Considerations? *Palliat Care.* 2017 Oct 9;10:1178224217735083

Non Peer-Reviewed Publications – Electronic Publications

1. Shumer G. Dr. B Gets an F. In *Pulse – voices from the heart of medicine* (www.pulsemagazine.org), August 2010
2. Shumer G. My First Autopsy. In *The Doctor Weighs In* (www.thedoctorweighsin.com), January 2011
3. Shumer G. The Privilege of Being a Third Year Medical Student. In *The Doctor Weighs In* (www.thedoctorweighsin.com) and *KevinMD* (www.kevinmd.com), May 2012
4. Shumer G. Cat Herding. In *NEJM Journal Watch – Insights on Residency Training* (<http://blogs.jwatch.org/general-medicine/index.php/2015/08/cat-herding/>), August 2015

5. Shumer G. Overnight Admission. In *NEJM Journal Watch – Insights on Residency Training* (<http://blogs.jwatch.org/general-medicine/index.php/2015/09/overnightadmission/>), September 2015
6. Shumer G. Musings From Japan. In *NEJM Journal Watch – Insights on Residency Training* (<http://blogs.jwatch.org/general-medicine/index.php/2015/10/musings-fromjapan/>), October 2015
7. Shumer G. Don't Give Up! In *NEJM Journal Watch – Insights on Residency Training* (<http://blogs.jwatch.org/general-medicine/index.php/2016/02/dont-give-up/>), February 2016