



Tamara Montacute, MD, MPH

Clinical Associate Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Family Medicine**

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Bio

BIO

Tamara Kailoa Montacute is a board certified Family Medicine physician. She enjoys taking care of the entire family (including kids), and has special interest in women's health, adolescent health, community health, chronic disease management, mental health and office based procedures. She also speaks Spanish.

She was born in New Zealand, grew up in England and moved to Seattle when she was twelve. Prior to attending medical school at Stanford, she completed her Masters in Public Health at Columbia University and spent several years working on public health programs in Mexico, Panama, Ethiopia and Rwanda. After medical school, she completed a Family Medicine Residency at O'Connor Hospital in San Jose. She is the co-medical director of Arbor Free Clinic, teaches several primary care focused medical student courses and spends part of her time caring for patients at the Samaritan House Free Clinics in Redwood City and San Mateo.

Outside the clinic, she enjoys hiking, biking, gardening and playing with her daughter and 2 dogs.

CLINICAL FOCUS

- Family Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Primary Care and Population Health

ADMINISTRATIVE APPOINTMENTS

- Director, Undergraduate and Medical Student Education, Stanford Primary Care and Population Health, (2022- present)
- Co-Associate Medical Director, Samaritan House Free Clinic, (2022- present)
- Minor Procedure Service Co-Lead, Stanford Family Medicine, (2017- present)
- Co-Medical Director, Arbor Student Run Free Clinics, (2016- present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Society of Teachers of Family Medicine (2013 - present)
- Member, American Academy of Family Physicians (2013 - present)

PROFESSIONAL EDUCATION

- Medical Education: Stanford University School of Medicine (2013) CA
- Residency: O'Connor Hospital (2016) CA
- Board Certification, Family Medicine, American Board of Family Medicine (2016)
- Integrative Med Certificate, Arizona Center of Integrative Medicine (2016)
- Residency, San Jose - O'Connor Family Medicine Residency Program , O'Connor-Stanford Leaders in Education Pathway (2016)
- Medical Education, Stanford Medical School , Community Health Scholarly Concentration (2013)
- Masters in Public Health, Mailman School of Public Health, Columbia University , Environmental Health Sciences, Global Health Track (2008)
- Bachelor of Arts, Barnard College, Columbia University , Major: Environmental Science, Minor: Biology (2005)

COMMUNITY AND INTERNATIONAL WORK

- Cardinal Free Clinics, Arbor

Teaching

COURSES

2025-26

- Intro to Procedural Medicine in Primary Care: FAMMED 115 (Aut)
- Primary Care Presentations: MED 200 (Win)
- Procedures for Community Medicine and Global Health: FAMMED 215 (Aut)
- Spanish Medical Interpreting Skills for Community Clinics: MED 150 (Spr)
- You Can Make a Difference in Primary Care: MED 155, MED 222 (Spr)

2024-25

- Primary Care Defined: Perspectives and Procedures: FAMMED 215 (Aut)
- Primary Care Presentations: MED 200 (Win)
- You Can Make a Difference in Primary Care: MED 155, MED 222 (Spr)

2023-24

- Clinical Skills for Patient Care in Free Clinics: MED 241 (Spr)
- Early Clinical Experience at the Cardinal Free Clinics: MED 182, MED 282 (Aut, Win, Spr)
- Preparation for Early Clinical Experience at the Cardinal Free Clinics: MED 181 (Win)
- Primary Care Defined: Perspectives and Procedures: FAMMED 215 (Aut)
- Primary Care Presentations: MED 200 (Win)
- Walk With Me: A Patient and Family Engaged Exploration of Health & The Health Care System: INDE 290B (Win)
- Walk With Me: A Patient and Family Engaged Exploration of Health & The Health Care System: INDE 290C (Spr)
- You Can Make a Difference in Primary Care: MED 155, MED 222 (Spr)

2022-23

- Clinical Skills for Patient Care in Free Clinics: MED 241 (Spr)

- Early Clinical Experience at the Cardinal Free Clinics: MED 182, MED 282 (Aut, Win, Spr, Sum)
- Preparation for Early Clinical Experience at the Cardinal Free Clinics: MED 181 (Win)
- Primary Care Defined: Perspectives and Procedures: FAMMED 215 (Aut)
- Walk With Me: A Patient and Family Centered Exploration of Health & The Health Care System: INDE 290A (Aut)
- Walk With Me: A Patient and Family Engaged Exploration of Health & The Health Care System: INDE 290B (Win)
- Walk With Me: A Patient and Family Engaged Exploration of Health & The Health Care System: INDE 290C (Spr)
- You Can Make a Difference in Primary Care: MED 155, MED 222 (Spr)

Publications

PUBLICATIONS

- **Feasibility and Methodology of a Pilot Free Blood Pressure Monitoring and Follow-Up Program at Two Free Clinics.** *Journal of primary care & community health*
Mikos, G., Yu, B., Balbin, J., Martinez-Reyes, L., Tang, J. M., Lieu, B. N., Tran, E., Xue, A., Lee, J., Wary, N., Franke, C., Panyanouvong, N., Chaclan, et al
2024; 15: 21501319241278836
- **Entice With Procedures, Inspire With Primary Care: A Preclerkship Pipeline Course.** *PRIMER (Leawood, Kan.)*
Lin, C., Zheng, J., Shivakumar, V., Schillinger, E., Rydel, T. A., Montacute, T.
2021; 5: 22
- **Impact of a Family Medicine Minor Procedure Service on Cost of Care for a Health Plan.** *Family medicine*
Nelligan, I., Montacute, T., Browne, M., Lin, S.
2020; 52 (6): 417–21
- **Qualities of Resident Teachers Valued by Medical Students** *FAMILY MEDICINE*
Montacute, T., Teng, V. C., Yu, G. C., Schillinger, E., Lin, S.
2016; 48 (5): 381-384
- **Galvanizing medical students in the administration of influenza vaccines: the Stanford Flu Crew.** *Advances in medical education and practice*
Rizal, R. E., Mediratta, R. P., Xie, J., Kambhampati, S., Hills-Evans, K., Montacute, T., Zhang, M., Zaw, C., He, J., Sanchez, M., Pischel, L.
2015; 6: 471-477

PRESENTATIONS

- The Stanford Medical Student Influenza Prevention Program: a model for vaccine education and clinical experience for medical students. - American Medical Student Association Conference (3/9/2012)
- Amaranth, Agriculture and Community Health: Co-Designing Nutritional Monitoring and Evaluation with Puente a la Salud Comunitaria. - Stanford Annual Community Health Symposium (10/1/2010)
- Residents as Teachers: Qualities Valued and Impact of a Clinician Educator Track - American Academy of Family Physicians (2014)
- Communication Challenges in Clinic: Student Perspectives - Society of Teachers of Family Medicine Conference on Medical Education (2013)