



## Tracy Rydel

Clinical Associate Professor, Medicine - Primary Care and Population Health

### CLINICAL OFFICES

- **Stanford Family Medicine**

211 Quarry Rd Ste 405

MC 5985

Palo Alto, CA 94304

**Tel** (650) 498-9000

**Fax** (650) 498-7750

### Bio

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#### BIO

Tracy Rydel is a Clinical Associate Professor of Medicine at Stanford University School of Medicine where she holds the positions of Assistant Dean for Clerkship Education, Director, Core Clerkship in Family and Community Medicine (since 2010), Associate Director of Medical Student Education in the Division of Primary Care and Population Health, and an Educator-4-CARE faculty. She is a family physician with a passion for medical education. She completed the Rathmann Family Foundation Fellowship in Patient-centered Care and Medical Education in 2012, is part of the Peer Coaching Program under the Stanford Teaching and Mentoring Academy, and was formerly the Director of the Practice of Medicine Year One Course at Stanford. She emphasizes patient-centered care in the pursuit of clinical and educational excellence. She is frequently an invited presenter at the national conferences of the Society of Teachers of Family Medicine (STFM), and the Western Group on Educational Affairs (WGEA) regional group of the AAMC; her scholarly work focuses on medical education endeavors, including in nutrition education and the teaching kitchen, working with medical scribes, Entrustable Professional Activities, primary care career recruitment and mentoring, procedures training, time management in ambulatory teaching, communication skills, virtual health and telehealth, and learning communities.

#### CLINICAL FOCUS

- Family Medicine
- Medical student education
- Integrative/Holistic Medicine

#### ACADEMIC APPOINTMENTS

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

#### ADMINISTRATIVE APPOINTMENTS

- Assistant Dean for Clerkship Education, Stanford School of Medicine, (2020- present)
- Associate Director, Medical Student Education, Division of Primary Care and Population Health, Department of Medicine, (2020- present)
- Director, Core Clerkship, Family and Community Medicine, Stanford School of Medicine, (2010- present)

## HONORS AND AWARDS

- Excellence in Mentoring Award, Stanford COMET (Clinical Observation and Medical Transcription) Scribe Fellowship (2020)
- Award for the Excellence in Promotion of the Learning Environment and Student Wellness, Stanford University MD Program (2019)
- Division of Primary Care and Population Health Teacher of the Year, Stanford Department of Medicine (2018)
- Arthur L. Bloomfield Award in Recognition of Excellence in the Teaching of Clinical Medicine, Stanford University School of Medicine (2014)
- Rathmann Family Foundation Fellowship, Rathmann Family Foundation Educators-4-CARE Medical Education Fellowship in Patient-Centered Care (2012-2013)
- Arthur L. Bloomfield Award in Recognition of Excellence in the Teaching of Clinical Medicine, Stanford University School of Medicine (2010)
- General Internal Medicine Division Teaching Award, Family & Community Medicine, Department of Medicine, Stanford Hospital and Clinics (2010)
- Excellence in Teaching Award, Stanford University Medical Student Education (2008)

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Committee on Performance, Professionalism and Promotion (CP3) (2018 - present)

## PROFESSIONAL EDUCATION

- Fellowship, University of Arizona , Program in Integrative Medicine (2010)
- Board Certification: Family Medicine, American Board of Family Medicine (2007)
- Residency: UCSF-Graduate Medical Education (2007) CA
- Medical Education: Temple University School of Medicine (2004) PA

## Teaching

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### COURSES

#### 2020-21

- Core Fitness Exercise Class: A 30 Minute Blast...Then Back to Class!: FAMMED 214 (Aut, Win)
- Primary Care Defined: Perspectives and Procedures: FAMMED 215 (Aut)
- Reflection and Contextual Medicine: INDE 297 (Aut, Win, Spr, Sum)

#### 2019-20

- Core Fitness Exercise Class: A 30 Minute Blast...Then Back to Class!: FAMMED 214 (Aut, Win, Spr)
- Primary Care Defined: Perspective and Procedures: FAMMED 215 (Aut)

#### 2018-19

- Core Fitness Exercise Class: A 30 Minute Blast...Then Back to Class!: FAMMED 214 (Aut, Win, Spr)

#### 2017-18

- Core Fitness Exercise Class: A 30 Minute Blast...Then Back to Class!: FAMMED 214 (Aut, Win, Spr)
- The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical Students: FAMMED 242 (Aut)

## STANFORD ADVISEES

### E4C Mentor

Lehi Acosta-Alvarez, John Austin, Isabel Beshar, Kenneth Brinson, Joseph Brough, Antonia Chan, Michelle Chan, Adrian Delgado, Austin Feng, Andrea Fisher, Omar Garcia, Karen Gutierrez, Ben Maines, Abu Rogers, Marlon Seijo, Ashley Utz, Jenny Wang, Clare Wise, Diana Wise, Sandy Wong, Maha Zubaidi

## Publications

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### PUBLICATIONS

- **One Year of Family Physicians' Observations on Working with Medical Scribes.** *Journal of the American Board of Family Medicine : JABFM*  
Sattler, A., Rydel, T., Nguyen, C., Lin, S.  
; 31 (1): 49–56
- **The First, Comprehensive, Open-Source Culinary Medicine Curriculum for Health Professional Training Programs: A Global Reach** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*  
Hauser, M. E., Nordgren, J. R., Adam, M., Gardner, C. D., Rydel, T., Bever, A. M., Steinberg, E.  
2020; 14 (4): 369–73
- **The First, Comprehensive, Open-Source Culinary Medicine Curriculum for Health Professional Training Programs: A Global Reach.** *American journal of lifestyle medicine*  
Hauser, M. E., Nordgren, J. R., Adam, M., Gardner, C. D., Rydel, T., Bever, A. M., Steinberg, E.  
2020; 14 (4): 369–73
- **Rethinking empathy decline: results from an OSCE.** *The clinical teacher*  
Teng, V. C., Nguyen, C., Hall, K. T., Rydel, T., Sattler, A., Schillinger, E., Weinlander, E., Lin, S.  
2017
- **Impact of Scribes on Physician Satisfaction, Patient Satisfaction, and Charting Efficiency: A Randomized Controlled Trial.** *Annals of family medicine*  
Gidwani, R., Nguyen, C., Kofoed, A., Carragee, C., Rydel, T., Nelligan, I., Sattler, A., Mahoney, M., Lin, S.  
2017; 15 (5): 427–33