Stanford

Tracy Rydel

Clinical Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Family Medicine**

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Bio

BIO

Tracy Rydel is Clinical Professor of Medicine at Stanford University School of Medicine where she holds the positions of Assistant Dean for Clerkship Education and Director, Core Clerkship in Family and Community Medicine. She has also served as the Director of Medical Student Education in the Division of Primary Care and Population Health, and was an Educator-4-CARE faculty from 2017-2020. 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, was in the first wave of peer coaches in the Peer Coaching Program under the Stanford Teaching and Mentoring Academy, and was the Director of the Practice of Medicine Year One Course at Stanford from 2013-2016. 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 equity and justice in systems of medical education assessment. She has also presented and published on topics 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, teaching gender-affirming primary care, and learning communities.

CLINICAL FOCUS

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

ACADEMIC APPOINTMENTS

- Clinical 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, (2020-2022)

- Director, Core Clerkship, Family and Community Medicine, Stanford School of Medicine, (2010- present)

HONORS AND AWARDS

- Henry J. Kaiser Family Foundation Teaching Award Outstanding and Innovative Contributions to Med Ed, Stanford University MD Program (2022)
- 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

COURSES

2026-27

- Clinical Intersession and Reflections and Contextual Medicine: INDE 297 (Aut, Win, Spr, Sum)

2025-26

- Clinical Intersession and Reflections and Contextual Medicine: INDE 297 (Aut, Win, Spr, Sum)

2024-25

- Reflection and Contextual Medicine: INDE 297 (Aut, Win, Spr, Sum)

2023-24

- Reflection and Contextual Medicine: INDE 297 (Aut, Win, Spr, Sum)

Publications

PUBLICATIONS

- **Twelve Tips for Teaching and Practicing Patient-Centered Time Management.** *Family medicine*
  Kaplan, B., Boggiano, V., Rydel, T. A., Schillinger, E.
  2025; 57 (10): 764
- **Teaching transgender cultural competency with standardised patients** *MEDICAL EDUCATION*
  Mukund, A. X., Jia, J. L., Nedelman, M., Rydel, T. A., Bajra, R., Srinivasan, M., Schillinger, E., Laniakea, B. H.
  2024

- **Training future clinicians in telehealth competencies: outcomes of a telehealth curriculum and teleOSCEs at an academic medical center.** *Frontiers in medicine*
  Bajra, R., Srinivasan, M., Torres, E. C., Rydel, T., Schillinger, E.
  2023; 10: 1222181

- **Hands Off Yet All In: A Virtual Clerkship Pilot in the Ambulatory Setting During the COVID-19 Pandemic.** *Academic medicine : journal of the Association of American Medical Colleges*
  Rydel, T. A., Bajra, R., Schillinger, E.
  2021

- **Balancing Forces: Medical Students' Reflections on Professionalism Challenges and Professional Identity Formation.** *Family medicine*
  Maitra, A. n., Lin, S. n., Rydel, T. A., Schillinger, E. n.
  2021; 53 (3): 200–206

- **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

- **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. n., Nguyen, C. n., Kofoed, A. n., Carragee, C. n., Rydel, T. n., Nelligan, I. n., Sattler, A. n., Mahoney, M. n., Lin, S. n.
  2017; 15 (5): 427–33

- **Granule neurons generated during development extend divergent axon collaterals to hippocampal area CA3** *JOURNAL OF COMPARATIVE NEUROLOGY*
  Hastings, N. B., Seth, M. I., Tanapat, P., Rydel, T. A., Gould, E.
  2002; 452 (4): 324–33

- **Exposure to fox odor inhibits cell proliferation in the hippocampus of adult rats via an adrenal hormone-dependent mechanism** *JOURNAL OF COMPARATIVE NEUROLOGY*
  Tanapat, P., Hastings, N. B., Rydel, T. A., Galea, L. A., Gould, E.
  2001; 437 (4): 496–504

- **Neurogenesis in the adult is involved in the formation of trace memories** *NATURE*
  Shors, T. J., Miesegaes, G., Beylin, A., Zhao, M. R., Rydel, T., Gould, E.
  2001; 410 (6826): 372–76

- **Regulation of hippocampal neurogenesis in adulthood** *BIOLOGICAL PSYCHIATRY*
  Gould, E., Tanapat, P., Rydel, T., Hastings, N.
  2000; 48 (8): 715–20

- **One Year of Family Physicians' Observations on Working with Medical Scribes.** *Journal of the American Board of Family Medicine : JABFM*
  Sattler, A. n., Rydel, T. n., Nguyen, C. n., Lin, S. n.
  ; 31 (1): 49–56