

About Dr. Allen:

I was born and raised on a ranch in Fairfield, Montana. I attended local schools there. I graduated in 1969 from Fairfield High School as Salutatorian. I received an Honors Merit Scholarship to the University of Utah after graduation from High School, and attended there from 1969 to 1972. I graduated in June of 1972 with a BA in Chemistry, Cum Laude.

I attended Medical School at George Washington University, 2300 Eye Street, Washington, DC from 1973-1977. I attended on a Health Professions Scholarship from the Army. I graduated in June of 1977 with a degree in Medicine. From July of 1977 to June of 1980 I completed a Residency in Family Practice at DeWitt Army Hospital, Fort Belvoir, VA. The Program Director was Dr. Thomas Camp.

After completing my Army payback time at Fort Bragg, NC, we wanted to return west. We looked at about 12 spots, narrowed it to Glendive Montana and Coalville, UT. Coalville worked out and the rest is history

Why do you love family medicine? Why did you choose it?

I've had a desire to be a doctor since I was little. I love being connected to community and families and Family Medicine was my only choice, despite some hard recruitment by Medicine at Surgery at GW.

What is unique about your practice of family medicine?

I have been in solo practice 50 miles from a hospital for the first 20 years-delivered babies in the clinic and in the car. I've defibrillated patients who walk into the clinic saying, "I'm having a heart attack". I personally know everyone in my practice.

Are you ever able/willing to have students shadow you?

I have always had residents, students and PA students since I started practice in 1984.

What travel have you done related family medicine?

I have traveled with the US Nordic Ski Team for about 10 years-traveled a good portion of Europe. In the Army, I was deployed to Egypt and Europe. While in the Reserves, I was deployed on Desert Storm 1 to Germany.

I am the Key Contact for the AAFP for Utah. I attend the annual Congressional Congress in DC every spring.

I am presenting a poster presentation at this year's AAFP National Meeting in San Diego on Suboxone Management in a rural practice.

Best way they stay balanced as family doc?

Accept the fact your life isn't totally your own, but take charge and do other things.

Any other passions, anecdotes, lessons, wisdom, etc.

I have been Boarded in Hospice and Palliative Medicine for the past 5 years-enjoy that a lot. I have been the Family Medicine Speaker for UMIA risk management seminars for the past 10 years. I enjoy Literature and Medicine and Poetry and Medicine and have done presentations on those

Best wisdom-trust your patients, believe what they tell you, and they will lead you right more often than not.