

Duska J. Thurston, MD, FAAP

Work History

Northern Light Eastern Maine Medical Center Family Medicine Center And Residency - Pediatric Faculty

Bangor, ME

11/2012 - Current

- Associate Program Director 2021-present
- Pediatric hospitalist
- Director of Newborn Nursery Services Eastern Maine Medical Center
- Section Head Out-Patient Pediatrics
- Family Medicine curriculum development
- Faculty champion pediatrics
- Faculty champion point of care ultrasound
- Credentials Committee
- Medical Group Advisory Committee
- Established multidisciplinary concussion clinic
- Team physician University of Maine Orono Black Bears (NCAA Division I)
- Mary Kate Davitt Memorial Teaching Award 2013, 2019, 2021

Northern Light Mayo Regional Hospital - Pediatrician

Dover Foxcroft, ME

10/2018 - Current

- Pediatric weekend coverage for Northern Light Mayo Regional Hospital

PeaceHealth Medical Group - Pediatrician

Bellingham, WA

09/2010 - 11/2012

- Primary care pediatrician
- Pediatric hospitalist

Group Health Cooperative - Pediatrician

Puyallup, WA

07/2002 - 09/2010

- Primary care pediatrics: both in-patient and out-patient medicine
- Service Star Award

Legacy Emanuel Children's Hospital - Pediatrician

Portland, OR

06/2001 - 07/2002

- Pediatric Hospitalist

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📍 Bangor, ME 04401

Education

05/1989

University of Southern Maine

Portland, ME

Bachelor of Arts: Biology

Magna cum Laude

05/1993

University of Vermont College of Medicine

Burlington, VT

Doctor of Medicine

06/1996

Iowa Children's Hospital

Iowa City, IA

Internship And Residency : Pediatrics

05/2009

University of New South Wales

Sydney, Australia

Graduate Certificate: Sports Medicine

Certifications

- Neonatal Resuscitation Program - Instructor, 2013-present
- Pediatric Advanced Life Support - Instructor, 2003 - present
- CITI Training, 2019
- American Board of Pediatrics, 1997-present
- National Board of Medical Examiners, 1994

Mason General Hospital - Pediatrician

Shelton, WA

01/1999 - 07/2002

- Primary Care Pediatrician
- Medical Director, Oakland Bay Pediatrics
- Chief of Pediatrics and Infant Services
- Credentialing Committee
- Ethics Committee

Vineyard Pediatrics - Pediatrician

Oak Bluffs, MA

10/1996 - 12/1999

- Primary care pediatrician

Cape Cod Pediatrics - Pediatrician

Sandwich, MA

08/1996 - 08/1998

- Primary care pediatrician

Hospital Affiliations

- Northern Light Eastern Maine Medical Center, Bangor, ME 2012-Present
- Northern Light Mayo Regional Hospital, Dover Foxcroft, ME 2018-Present
- PeaceHealth St Joseph Medical Center, Bellingham, WA. 2010-2012
- Legacy Emanuel Medical Center, Portland, OR 2001-2003
- Mason General Hospital, Shelton, WA 1999-2002
- Cape Cod Hospital, Hyannis, MA 1996-1999
- Falmouth Hospital, Falmouth, MA. 1996-1999
- Martha's Vineyard Hospital, Oak Bluffs, MA 1996-1999

Professional Affiliations

- American Academy of Pediatrics (AAP), Fellow 1996-present; **Special Achievement Award for Distinguished Service and Dedication to the Mission and Goals of the Academy, 2021**
- AAP Section on Sports Medicine & Fitness. Member 2003-present
- Maine Chapter of the AAP 2012-present
- Maine Chairperson for Breastfeeding 2015 - present
- Maine Early Hearing and Detection (EHDI) Chapter Champion 2015-present
- Maine Medical Association, 2020-present
- American Institute of Ultrasound Medicine, 2016-present
- American Medical Society of Sports Medicine 2010 - present
- American College of Sports Medicine 2003-2021

- Massachusetts Chapter of the AAP 1996-1999
 - Washington Chapter of the AAP 1999-2012
 - National Health Service Corp, 1999-2002
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Medical Licences

Maine, 2012-present

Washington, 1999-2013

Oregon, 2001-2003

Massachusetts, 1996-1999

Academic Appointments

- University of New England College of Osteopathic Medicine, **Clinical Assistant Professor**, 2014-present
 - University of Vermont Larner College of Medicine, **Adjunct Assistant Professor, Department of Pediatrics**, 2015-2018
 - University of Washington School of Medicine, **Clinical Assistant Professor, Department of Pediatrics**, 2003-20012
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Professional Activities

- Instructor, Pediatric Advanced Life Support, Northern Light Eastern Maine Medical Center, 2013-present
- SafeKids Maine, Bangor sponsor; Grant recipient to develop a children's safety program at Eastern Maine Medical Center, 2014-2021
- Maine Newborn Hearing Advisory board: board member 2016-present (co-chair 2018-2019; chair 2020-present)
- School Physician, Bangor Christian Schools, 2018-Present
- Primary Investigator: FOCUS POCUS: FOMED (Free Online Medical Education) for Competency in Ultrasound of the Shoulder for Family Medicine Residents Learning POCUS, 2019-Present
- Grant recipient 2021: AHEC grant for development of a point of care ultrasound program at Northern Light Eastern Maine Medical Center Family Medicine Center and Residency Program
- Grant recipient 2021: Bingham Foundation for development of a point of care ultrasound program at Northern Light Eastern Maine Medical Center Family Medicine Center and Residency Program
- Grant recipient 2022: Stephen and Tabitha King Foundation for development of a point of care ultrasound program at Northern Light Eastern Maine Medical Center Family Medicine Center and Residency Program

- Grant recipient 2022: Children's Miracle Network for development of a Human Milk Depot at Family Medicine Center and Residency Program
- AAP EHDI National Meeting, poster presentation: "Maine's Early Hearing Detection and Intervention App: a novel approach to education and dissemination of information to providers in the medical home", March 2020
- Peer reviewer, Journal of Maine Medical Center 2020-Present; Bauer, Emily C. MPH; Ahrens, Katherine PhD; and Carwile, Jenny L. MPH, ScD (2021) "Trends in Diagnoses of Neonatal Abstinence Syndrome at Newborn Hospitalization in Maine, 2009-2018," *Journal of Maine Medical Center*: Vol. 3 : Iss. 1 , Article 4, Available at: <https://doi.org/10.46804/2641-2225.1071>; Kaonga, Nadi; Nicolais, Laura; Fitzgerald, Toby; and Pandya, Kartikey (2022) "Isolated Fallopian Tube Torsion in an Adolescent - A Case Report," *Journal of Maine Medical Center*: Vol. 4 : Iss. 1 , Article 9; Available at: <https://doi.org/10.46804/2641-2225.1108>
- Peer reviewer, American Journal of Family Medicine, 2020- Present; Ref.: Ms. No. 20-7044, "Care of the College Student"; American Family Physician
- Family Practice Inquiries Network, GEMS author: Thurston, Duska J. MD Hocus pocus or POCUS, Evidence-Based Practice: December 9, 2020 - Volume Publish Ahead of Print - Issue - doi: 10.1097/EBP.0000000000001170; Thurston, Duska J. MD Early acid suppression therapy exposure and fracture in young children, Evidence-Based Practice: December 8, 2020 - Volume Publish Ahead of Print - Issue doi: 10.1097/EBP.0000000000001169
- Team physician/event physician, University of Maine Orono, 2013-present
- Event physician, Ironman Triathlon, Kona, HI
- Event physician, Washington Interscholastic Athletic Association, 2004-2010
- Event Physician Seattle to Portland Bicycle Classic, 2004-2006
- Instructor, Pediatric Advance Life Support, Children's Hospital and Regional Medical Center, Seattle, WA. 2003-2012
- Team physician, Shelton High School, 2000-2001

Presentations

- Northern New England Faculty Development Day, presentation 09/27/2022, "Adding Some Hocus to Your POCUS: Curriculum Implementation"
- Barbara Bush Children's Hospital, Pediatric Grand Rounds, 05/17/2022, "Hearing Guideline Update and Maine's EHDI App"
- Maine Chapter of American Academy of Pediatrics, presentation and poster display, 4/30/2022, "Maine's EHDI App"
- Maine American Academy of Family Practice, Co-Presenter, 04/07/2022, "Hocus Pocus – Ultrasound Magic in Family Medicine"
- Northern Light Eastern Maine Medical Center Pediatric Department

Meeting, 06/24/2021, "Hearing Guideline Update and Maine's EHDI App"

- Northern Light Eastern Maine Medical Center Pediatric Grand Rounds, 09/22/2020, "Multidisciplinary Concussion Management"
- Resident Block Conference Pediatric Lecturer, 2012-Present
- Maine Hands and Voices 5th Annual Conference, 11/08/2019, "EHDI Chapter Champion Update: The Maine EHDI App"
- Northern New England Regional Faculty Development Day, 09/25/2018, "Integrating New Technologies Into Teaching and Clinical Care"
- Maine Academy of Family Physicians Annual Meeting, 03/04/2018, "A Primary Care Approach to Diagnosis and Management of ADHD"
- Weekly pediatric "Brown Bag Lunch" series, 2018-2019
- Eastern Maine Medical Center, Pediatric Grand Rounds, 01/29/2015; "Prevention of ACL Injuries: Our Role as Primary Care Physicians"