



Thomas A. Balsbaugh, M.D.

Philosophy of Care

Dr. Balsbaugh chose his specialty because he enjoys working with families and taking care of a wide spectrum of medical issues. He has a particular interest in chronic disease management and treating diabetic patients and adolescents. Dr. Balsbaugh believes that collaboration with patients and their families is the key to good health. He tries to understand his patients' perspectives and preferences. His practice is distinguished by warmth, humor and the belief that physicians must be good listeners in order to develop trust and empathy, the foundations of quality patient care.

Clinical Interests

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Dr. Balsbaugh research interests include resident education of chronic disease management and health behavior change counseling. As the director of the residency education program in the Department of Family and Community Medicine, Dr. Balsbaugh is focused on mentoring the next generation of family physicians in providing exemplary, personalized care.

Title Associate Clinical Professor

Residency Program Director

Specialty Family and Community Medicine

Department Family and Community Medicine

Division Family and Community Medicine

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Education M.D., Jefferson Medical College, Philadelphia, Pennsylvania, 1995

B.S., Duke University, Durham, North Carolina, 1989

Residency Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, 1995-1998

Fellowships Family Practice Faculty Development/Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, 1998-2000



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Board Certifications American Board of Family Medicine, 1998

Professional Memberships American Academy of Family Physicians
California Academy of Family Physicians
The Society of Teachers of Family Medicine

Honors and Awards Resident Teaching Award, UC Davis School of Medicine, Sacramento, California, 2005
Resident Teaching Award, UC Davis School of Medicine, Sacramento, California, 2002
Arthur Kriegler Memorial Prize in Family Medicine, 1995
Graduation with Distinction, Duke University, Durham, North Carolina, 1989

Select Recent Publications Geraghty EM, Balsbaugh T, Nuovo J, Tandon S. Using Geographic Information Systems (GIS) to Assess Outcome Disparities in Patients with Type 2 Diabetes and Hyperlipidemia. *J Am Board Fam Med.* 2010;23(1):88-96.

Nuovo J, Balsbaugh T, Barton S, Fong R, Fox-Garcia J, Levich B, et al. Interventions to Support Diabetes Self-Management: The Key Role of the Patient in Diabetes Care. *Curr Diabetes Rev.* 2007; 3(4):226-8.

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Nesbitt T, Jerant A, Balsbaugh TA. Equipping primary care physicians for the digital age: The internet, online education, handheld computers and telemedicine. *The Western Journal of Medicine*, 176(2):116-120, 2002.

Balsbaugh TA, Chambers CV, Diamond JJ. Asthma-controller medications: What do patients want? *Journal of Asthma*, 36(7):591-596, 1999.

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