

DEPARTMENT OF FAMILY MEDICINE

University of Rochester School of Medicine & Dentistry

Highland Hospital

Newsletter of One of the Premier Family Medicine Departments in the United States

Summer 2021

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Stephen Schultz, MD, Receives National Award

The American Academy of Family Physicians and the Association of Family Medicine Residency Directors have honored **Stephen Schultz, MD**, program director at the University of Rochester/Highland Hospital Family Medicine Residency with the Nikitas J. Zervanos Outstanding Program Director Award. The honor will be added to his list of awards that already includes numerous awards for teaching and leadership from the Academy, the AFMRD, the Society of Teachers of Family Medicine and state and local organizations.



Dr. Schultz has left his stamp on the program over the course of nearly two decades, starting tracks for global health and advocacy as well as launching an Explorers group that exposes local high school students to medical careers. "This is what I'm meant to do, working with residents and helping patients," said Dr. Schultz. "Someone comes to me as a medical student, and three years later they're a board-certified family physician. There's a high level of satisfaction in that."

Dr. Schultz is putting residents on a path to become leaders in their own careers. "My goal is to have people leave with skills they need to advocate for our specialty and patients," said the associate professor in the Department of Family Medicine at the University of Rochester.

"I'm so pleased for Dr. Schultz to be recognized by this national honor for his leadership of the nationally renowned, Highland Hospital/University of Rochester Medical Center Family Medicine Residency program," said **Colleen T. Fogarty, MD, Msc, FAAFP**, William Rocktaschel Professor and Chair of the Department of Family Medicine at the University of Rochester. "In addition to adding new programs in Global Health, Political Advocacy and Leadership, he developed areas of concentration in psychosocial medicine and maternity care to enhance Family Medicine residents' training experiences. He additionally developed systems and support for residents' learning and competency assessment. Dr. Schultz accomplished all of this as Program Director while continuing a longstanding continuity practice at Highland Family Medicine and attending on the Department of Family Medicine inpatient service at Highland Hospital."



Congratulations to the Class of 2021: Dominick DeFelice, MD; Kristina Stoyanov, MD; Matthew Rivera, MD; Derrick German, MD, (lower row); Lauren Perlis, MD; Colleen Tracy, MD; Rachel Ellenbogen, MD, (lower row); Patrick Kelley, MD; Alison Schuppert, MD; Mary Powers, MD; Kenia German, MD; and Michael Ialeggio, MD.

Thoughts

FROM THE CHAIR

Clinical service and the pandemic. We've finally entered a new phase of the COVID-19 pandemic! In late December, faculty and staff working in highest risk patient care areas were eligible for vaccination, and within a month, all faculty & staff had the opportunity for full vaccination. December and January were difficult months, with our hospitals using surge capacity beds (340) that exceeded the typical occupancy of 275. Department of Family Medicine faculty covered an additional three months of inpatient service, allowing Highland to care for the increased patients. Collins Auditorium was converted to a patient care unit, harkening back to the early days of Highland Hospital when that space served as an open ward.

Since January, the community has seen a steady increase in vaccination rates and a steady fall in the COVID positivity rate and demand at Highland Family Medicine for walk-in respiratory visits. Partnering with Highland South Wedge Pharmacy, we enabled many of our patients to receive the COVID-19 vaccine on the day of a visit, in a trusted environment.

We are proud to recognize the retirements of two of our senior Nurse Practitioners, **Carolyn Braddock, FNP**, retiring after 40+ years in practice, and **Lori Conway, FNP**, who will retire after 38 years in practice. **Tom Campbell, MD**, former chair on our faculty for 34 years, will also retire.

Education. Under **Dr. Elizabeth Brown's** leadership, we launched the URSMD-required FM clerkship this spring. She and **Dr. Nina Piazza** are working with DFM faculty to provide outstanding clinical placements. The Family Medicine residency had an impressive match this year, even with the rapid switch to remote interviewing. Our residency graduates will serve across the Northeast, and I'm especially proud that six of our graduates will practice within UR Medicine. Our two graduating Rochester/HFM nurse practitioner residents, will remain in the UR system as well, with **Amy Mayfield, FNP**, joining our HFM practice. Finally, the DFM was awarded a 5-year HRSA grant to improve maternity care in rural communities

Research. **Kevin Fiscella, MD**, has been awarded an NIH/NHLBI Grant to study improving hypertension and eliminating disparities in blood pressure control among patients at the Highland Family Medicine Practice. **Mechelle Sanders, PhD**, led two successful proposals for Council of Academic Family Medicine Research Alliance (CERA) studies, one looking at Residency implementation of COVID training during the pandemic, and the other looking at Departments' of Family Medicine engagement in Anti-Racism work.

Our Department continues anti-racism work with the development of a Change Team, a multi-sector group of DFM members to look critically at areas in need of development, a resident-led Anti-Racism Learning Group, and residency curricula development. Residents and alumni continue to value and cite the excellence of the biopsychosocial approach taught and modelled in the FM residency.

As ever, I remain honored to work with such an incredible team of colleagues to advance our missions of excellence in education, research and scholarship, and accessible clinical care in an environment that is safe, welcoming, and equitable for all.



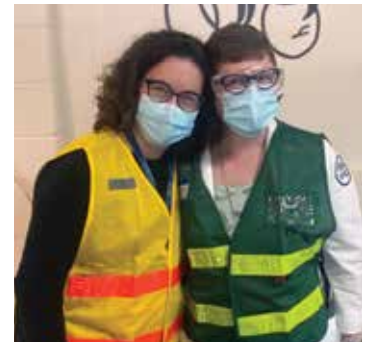
Colleen T. Fogarty, MD, M.Sc., FAAFP; William Rocketaschel Professor; Chair, Department of Family Medicine

Highland Family Medicine Partners with Highland South Wedge Pharmacy for Vaccine Clinics

Highland Family Medicine serves as a site for vaccination clinics and pop-up clinics in the community. Several clinics have been held at Barakah Muslim Charity. In March Highland Family Medicine (HFM), in collaboration with Highland South Wedge Pharmacy, began walk-in clinics right at their location at 777 South Clinton Ave. and 300 people were vaccinated there in just over a day at the first clinic. As of July 5, 1,020 vaccinations have been administered there.

"Thank you all for stepping up to help," said **Michael Mendoza, MD, MPH, MS, FAAFP**, Monroe County Health Commissioner and Associate Professor, Departments of Family Medicine, Public Health and Nursing, University of Rochester about the first clinic held at Barakah Muslim Charity which was also the first model for a pod involving a hospital practice-community partnership in the County.

Clinics at the South Wedge Pharmacy not only serve the patients of HFM, but are open to the community as well, which is in direct support of the mission of the practice.



Highland Family Medicine physicians Dr. Anne Nofziger and Dr. Colleen Fogarty worked at several vaccine clinics.



Highland Family Medicine Physicians Deborah Pierce, MD and Steve Eisinger, MD administered vaccines with Bilal Ahmed, MD, Highland Hospital Associate Medical Director.



Wendy Parisi, Program Administrator/Director, URM Safety-Net and Program Support Office, Operations Lead, Finger Lakes Covid-19 Vaccine Hub; Dr. Candice Lucas, Monroe County; Tammy Mayberry, Empire State Development, State of NY; Sophia Roemer and Dr. Colleen Fogarty, Chair Department of Family Medicine at one of the first community vaccine clinics at Barakah Muslim Charity.



These graduates were together for the past seven years in medical school and residency at the University of Rochester School of Medicine & Dentistry and the Department of Family Medicine: Lauren Perlis, MD; Alison Schuppert, MD; Kristina Stoyanov, MD; Kenia German, MD and Derrick German, MD.

More Medical School Graduates Choosing Family Medicine

This spring Family Medicine was a top residency specialty chosen by University of Rochester School of Medicine & Dentistry graduates. Ten students chose to pursue the specialty.

“I think more and more students are going into medicine to address health disparities, and to advocate for the underserved, and once in medical school, are realizing that the best specialty to recognize and address these disparities is Family Medicine,” said residency director **Stephen Schultz, MD**.

David Holub, MD, associate residency director, adds that the pandemic also influenced students. “It is not surprising to me that Family Medicine was chosen by so many graduating students this year,” he said. “The global pandemic will be the defining event of our lifetimes. The stress and isolation it created have even further underscored people’s need for personal connection. And while all physicians make personal connections with their patients, family physicians have the privilege of making deeper and more intensely personal bonds that are maintained over a longer period of time than most other physicians. I am so proud of how we model that in our department and believe that is one of the reasons that students who aspire to that role have chosen Family Medicine.”

Elizabeth Brown, MD, MPH, believes the increasing numbers reflect back upon the inspiring Family Medicine faculty and residents with whom students worked during medical school. “We held a virtual event at the end of the year where the students who matched in Family Medicine recognized a Family Medicine physician who inspired them,” she said. “Students mentioned the example of family physicians advocating and caring for their patients as being one of the reasons why they chose Family Medicine.”

The University of Rochester Department of Family Medicine Residency program welcomes 12 new residents to the Class of 2024: two at Brown Square and 10 at Highland Family Medicine.

HRSA Grant Establishes Fellowship to Focus on Rural Health Maternity Care



Dawn Pruett, MD

Department of Family Medicine physicians will collaborate with URM OB/GYN and Jones Memorial Hospital, Wellsville, N.Y., to improve perinatal outcomes in rural communities, thanks to a five year grant from the Health Resources and Services Administration (HRSA), an agency of the United States Department of Health and Human Services.

The five-year \$2.7 million grant is for an Integrated Rural/Urban Maternal and Child Health Fellowship to Improve Maternal Underserved Outcomes. It recognizes that family physicians, with their broad scope of training and experience, are an essential component of the rural health care framework and can augment the ability of rural communities to provide safe and high-quality maternity care. “The fellowship will allow fellows to learn and understand the unique needs of patients in rural communities, and utilize a focused high-volume training experience in an urban setting to develop the skills necessary for providing safe, high-quality maternity care in rural communities,” said **Dawn Pruett, MD**, Assistant Professor in the Department of Family Medicine and Director of the Maternal Child Health Fellowship, who is lead for the grant. The grant builds upon the longstanding one year

Family Medicine Department fellowship which has trained two fellows per year for over 15 years. Funds will allow the fellowship to expand by two fellows per year and include a new rural immersion experience in Wellsville. Fellows will work at Jones and affiliated clinics with interdisciplinary collaboration with nurses, midwives, family physicians and OB/GYN physicians. There is also a focus on utilizing telehealth to provide safe and innovative patient care visits and consultations. Physicians involved also include UR Department of Family Medicine physicians **Dr. David Holub** and **Dr. Alissa Correll**, as well as **Dr. LuAnn Kaye** at Jones, and other OB/GYN clinicians. Family Medicine Department members **Andrea Pellegrino** and **Eileen Tipton** are also involved in the grant.

Resident Spotlight

Jasdeep Singh Bajwa, HBSc, DO

"When I was a fourth year medical student, I came to Rochester to do my sub-internship at Highland Family Medicine. During those four weeks I was blown away by how kind the residents and the faculty were. They were engaged and they were interested about who I am as an individual, so they could better understand me beyond the walls of medicine."



That's what brought **Jasdeep Singh Bajwa, HBSc, DO**, to the University of Rochester School of Medicine & Dentistry Department of Family Medicine residency program from Lincoln Memorial University – DeBusk School of Osteopathic Medicine in Harrogate, Tennessee.

The native of Toronto, Canada, has accelerated his passion for academic medicine because of the support he has received on his journey and has even presented at multiple grand rounds. After his first grand rounds presentation, he shifted his focus to medical education within Highland Family Medicine. "With the support of faculty and residents we have been able to grow a project that started off as a Friday morning report to the very first inter-residency medical education podcast," said Dr. Bajwa. "I don't see myself being part of such a great initiative if it wasn't for the support I have received from faculty and residents in this program."

The residency program continues to make a big impact on his life. "I started residency with a lot of unknowns, which included how I would survive residency and manage loved ones on my own time," he said. "However, I have been blessed, truly, that since residency has started I have seen myself become a stronger physician, both in a biological and biopsychosocial manner. Furthermore, I started residency in a relationship, which led to an engagement, and now I am preparing for our wedding. To see the growth that I have made both professionally and personally is probably the best part for me."

After he finishes residency next year he will stay on as Chief Resident. "I'm very excited about that," he said. "I am planning to pursue my passion for academic medicine for the remaining time as a resident and then continuing to pursue this during my chief year. I strongly do believe that academics will be part of my future."

Pandemic Affects HFM Global Health Program

Due to University-wide COVID travel restrictions, the Department of Family Medicine was unable to send a group to San Jose, Honduras, as was usual in spring and fall of each year. But the Global Health Director, **Doug Stockman, MD**, travelled to San Jose in May using some vacation time and while there, he interacted with community members and kept the relationship between the San Jose community and the Department strong.



Doug Stockman, MD, travelled to Honduras on his vacation to keep relationship strong with the community during the pandemic.

It is unclear how accurate the COVID data is for the San Jose area, given its isolated location and the paucity of testing resources. Anecdotal reports suggest multiple community members have been infected with COVID. An elderly woman in the village of Rancho died from COVID while Dr. Stockman was there. The nearest city, La Esperanza, has reported a large number of COVID-related deaths, but actual numbers are not available.

Although on vacation and unable to work in any capacity for UR-sanctioned projects, many people approached Dr. Stockman for his medical advice. "We hope the Department can send a team to Honduras this fall. The needs are great. Please visit www.sanjosepartners.org to learn more about what we do in San Jose and how you can help," said Dr. Stockman.

Rural Medicine Component Added to Nurse Residency Program

Thanks to a \$1.2 million grant from the Health Resources and Services Administration (HRSA), an agency of the U.S. Department of Health and Human Services, the Nurse Practitioner (NP) Residency program that is integrated into the University of Rochester/Highland Hospital Family Medicine Residency Program is being expanded. Funding of \$400,000 each year for three years is being used to expand the NP residency program from two residents per year to four residents per year, and helped add the rural medicine component.



Nichole Murphy, FNP and preceptor Heidi Carr, FNP.

Ecaterina Cosentino, FNP, and **Nichole Murphy, FNP** are part of the rural track of the Department of Family Medicine nurse practitioner residency program in partnership with Tri-County Family medicine. They have experienced various specialty rotations throughout the region. This included a rotation in addiction medicine with **Norman W. Wetterau, MD**, at CASA-Trinity. They will continue to work with Dr. Wetterau throughout the year as they learn to incorporate MAT into their primary care practice.

They have been working with **Heidi Carr, FNP** who is the diabetes specialist for TCFM and will also be serving as their preceptor when they start seeing patients. They have also spent time in mentored clinics at the various TCFM sites including the offices in Dansville, Cohocton, and Wayland.

The Highland Family Medicine (HFM) Nurse Practitioner Residency program was developed in collaboration with the University of Rochester School of Nursing. It is the first program of its kind in New York state.

Caring for the Underserved

The majority of residents at Brown Square are choosing to work at a Federally Qualified Health Care (FQHC) upon graduation. Including this year's graduating residents, approximately 75% of the University of Rochester Department of Family Medicine residents from Brown Square over the past five years are working at an FQHC practice. This partnership between Jordan Health and URM/Highland Family Medicine's Residency program is helping to bridge gaps at critical safety net practices.

Sarah Hudson, MD, Assistant Residency Director at Brown Square began tracking alumni from the training program, as prior research has indicated that training at an FQHC increases graduates' comfort and resiliency for working in underserved settings.



Brown Square residents Dr. Michael Ialeggio and Dr. Patrick Kelley are recent Brown Square graduates.

Alumni Spotlight

Lauren Elizabeth Nicholls, MD '18

"My time at Brown Square and within the residency as a whole has shaped my entire perspective as an attending. I learned my communication skills and gained confidence in them through my months in P2. As a Family Medicine trained Palliative Care physician, I am uniquely qualified to help all members of the family."



Lauren Elizabeth Nicholls, MD '18, is a hospice and palliative medicine physician at Geisinger Community Medical Center in Scranton, Pennsylvania. She specializes in adult, perinatal, and pediatric palliative medicine. Dr. Nicholls was recently named one of the Pennsylvania Medical Society's Top 40 Physicians Under 40. The award is for outstanding early career physicians, nominated by colleagues and selected by a panel of physicians.

Dr. Nicholls has been an invited speaker on panels at both the University of Rochester Medical Center, where she completed her post graduate training, and Geisinger Commonwealth School of Medicine, discussing end of life issues and has been published in JAMA Oncology, where she shared her experience of caring for her mother on home hospice as a senior resident. She continues to be engaged in her community to provide the best end of life care possible.

After graduation from URM Family Medicine residency in 2018, she completed the URM Hospice and Palliative Medicine fellowship in 2019 before taking her current role. She is also a clinical assistant professor at the Geisinger Commonwealth School of Medicine and the undergraduate education lead for the Cancer Institute for Geisinger Health System.

The University of Rochester Department of Family Medicine has had a major impact on her life. "I feel my training is integral in my approach to difficult conversations," said Dr. Nicholls. "I also have a deep appreciation for cultural differences in end of life care and trust in the medical system as a whole after my time at Brown Square. From my attendings there, I took a deep love of teaching, which I try to impart to the medical students and residents at my hospital. My goal every day is to be a fierce advocate for both my patients and my trainees. I have been so blessed to meet so many wonderful people in my training and am forever grateful for the love I have gotten, and continue to get, from Highland Family Medicine."

Class of 2023 Residents Hold Fundraiser to Benefit Community



Class of 2023 residents Courtney Kodweis, Ellerie Chen, Joel Fandel, Christian Archer, Miguel Sotelo, Scott Neary, Alexis Davis, Katie Harmer and Julia Sanger participate in community project.

The University of Rochester Highland Family Medicine/Brown Square Class of 2023 ended their first year of Family Medicine residency with a month-long community-building and service oriented rotation. On this rotation, they work together as a class to determine a sustainable and community-oriented project that will benefit patients and the neighborhoods their clinics serve.

They chose to build Little Free Libraries for the lending and donation of both books and cooking items for patients and community members. They selected these projects because of the positive impact that increasing access to books as well as increasing the ability for families to cook at home can have on health and well-being.

"Thank you for all your help and support for our project," said **Sarah M. Minney, MD**. If you would like to donate you can access their Go Fund Me project online by searching for HFM and BSQ Little Free Library Project.

Medical School Introduces Family Medicine Clerkship

The University of Rochester School of Medicine & Dentistry is introducing a new four week required Family Medicine third/fourth year clerkship this summer. Research has shown that a strong third year family medicine clerkship is the strongest influence for students who choose this residency specialty. Students may complete this clerkship outside of Rochester and will be looking to expand preceptors as the number of students taking the clerkship increases next year. "The beginning of the new Family Medicine clerkship is an exciting step to introduce all University of Rochester School of Medicine & Dentistry students to Family Medicine," said **Elizabeth Brown, MD, MPH**, who is serving as director of the clerkship. "Regardless if students choose a primary care specialty or a subspecialty they will benefit from the added education in Family Medicine practice, engaging with patients and understanding the importance of primary care in improving health outcomes of our patients."



Elizabeth Brown, MD, MPH

Michelle Shellard, MD, Receives Award

Michelle Shellard, MD, was recognized at the University of Rochester School of Medicine and Dentistry graduation with the Family Medicine Commencement Award in recognition of a commitment to compassionate relationship-centered primary care of patients and families with special sensitivity to underserved or marginalized populations.



Michelle Shellard, MD

"Throughout Dr. Shellard's medical school career she has consistently displayed this commitment to compassionate care of patients and families and focused on underserved or marginalized populations," said **Elizabeth Brown, MD**. "I am so excited Dr. Shellard is continuing her training as one of our first year residents at the URM/Highland Hospital Family Medicine Residency Program."

Family Medicine Physicians Viewpoint Published in JAMA

Department of Family Medicine's **Kevin Fiscella, MD, MPH** and **Mechelle R. Sanders, PhD**, along with former faculty member **Jennifer K. Carroll, MD, MPH**, were published in the June 24 issue of the Journal of the American Medical Association (JAMA). Their Viewpoint article, *Transforming Health Care to Address Value and Equity: National Vital Signs to Guide Vital Reforms* proposes leveraging the National Academy of medicine's national Vital Signs metrics to guide and motivate health care toward value and equity. It provides alternative strategies to improve health, reduce health care spending and improve inequities in health.

Seen Around Highland Family Medicine

Congratulations to the team of Family Medicine R2s who won the top poster in the category of Equitable Care Delivery in the 2021 Highland Hospital Quality Showcase. Their poster submission "Improving Access to Chronic Medical Management Plans of Adult Asthmatics via Standardizing Care Delivery" was their P2 QI project. **Dr. Mathew Devine** provided guidance on the P2 QI project and **Dr. Sandy Wang** presented the team's poster virtually at the HH Quality Showcase fair.



The group included: first row: Lauren Cowen, MD; Stephanie Mazzawi; Sandy Wang, MD, MPH and Allison McKeown, DO and top row: Jasdeep Bajwa, DO and Emily White, MD.

Below: Highland Family Medicine Suite 100 won a prize during a door decoration contest during Nurses Week. The door included a photo of **Loron Oster, RN**, who has been at Highland Hospital for 32 years and at Highland Family Medicine for 11 years.



Above: **Stacey Makubire**, Operations Manager, and **Edwina Smith-Gardner**, Administrative Secretary represent Highland Family Medicine at the South Wedge Farmer's Market.

FACULTY ACCOMPLISHMENTS

Selected Publications from the Department

An AW; Ladwig S; **Epstein RM**; Prigerson HG; Duberstein PR. "The Impact of the Caregiver-Oncologist Relationship On Caregiver Experiences of End-of-Life and Bereavement Outcomes." *Support Care Cancer*. 2020;28(9):4219-4225.

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Nooraie RY; Shelton RC; **Fiscella K**; Kwan BM; McMahon JM. "The Pragmatic, Rapid, and Iterative Dissemination & Implementation (PRIDI) Cycle: Adapting To the Dynamic Nature of Public Health Emergencies." *Research Square*. 2021.

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Physicians Study Sexual Harassment Reporting Process



Holly Ann Russell, MD, MS

Department of Family Medicine faculty **Holly Ann Russell, MD, MS**; **Colleen T. Fogarty, MD, MSc**; **Susan H. McDaniel, PhD**; **Elizabeth H. Naumburg, MD**; **Anne Nofziger, MD**; **Tziporah Rosenberg, PhD**; **Mechelle Sanders, PhD** and **Kevin Fiscella, MD**, examine the topic of reporting and responding to sexual harassment in "Am I Making More of it Than I Should?: Reporting and Responding to Sexual Harassment," in the *STFM Journal Family Medicine* in June 2021.

Conclusions reveal the importance of capitalizing on facilitators to reporting sexual harassment, starting with acknowledging the frequency of sexual harassment and gender discrimination. Addressing barriers to responding through education and training for learners and faculty is critical. Clarifying the reporting process, having clear expectations for behavior, and a continuum of responses may help increase the frequency of reporting.

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Primary Care Learning Series: Puzzles, Presentations, Pearls: A Podcast

The first inter-residency medical education podcast, Primary Care Learning Series: Puzzles, Presentations, Pearls consists of a team that includes

Dr. Jingnan Bu,
Dr. Timothy Smilnak, and

Dr. Jeff Harp. Topics include clinical unknowns, which are cases that are presented in piece meal fashion and discussants dissect each case and share the thought process on obtaining diagnoses. "Additionally, we have presentations that involve high yield primary care topics that would be beneficial for our residents and nurse practitioners," said Dr. Bajwa, who was instrumental in creating the podcast. Guest appearances include URM sub-specialties as well as national and international physicians. The podcast is held every Friday, and the lectures are uploaded to medhub the following week.



HFM Staff Brave the Polar Plunge



Participants included left to right: Paula VanMinos, Steve Schultz, MD; Tracy Bergeron, Dominick DeFelice, MD; Alix Snow, MD and Megan Carey, MD.

Participating in Rochester's Polar Plunge in Lake Ontario for the benefit of Special Olympics has become a tradition for physicians and staff at Highland Family Medicine. But for the first year, the event was held semi virtually, with participants from around the region taking the plunge in a kiddie pool, having a water balloon fight even getting a fire truck to offer a frigid spray! That's just what the team at HFM chose to do. **Steve Schultz, MD**, Residency Director, three residents, the finance manager and a friend went to the fire department on Phillips Road in Webster to be hosed by one of the firefighters for this worthy cause.