

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

Spring 2020

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Highland Family Medicine Cuts Ribbon on New Addition

Highland Family Medicine recently expanded from seven to eight suites and space has been reconfigured to better accommodate team-based care, create a more fluid learning environment, and a more patient-centered approach to care.

The renovation has been two years in the making. "We are excited that now all involved in clinical care can work more closely together," said Colleen Fogarty, MD, MSc, FAAFP, chair, University of Rochester Department of Family Medicine. The space also allows nurse care managers, home healthcare coordinators, behavioral health staff, and quality data coordinators to be close by.

A new team workroom accommodates interprofessional training of residents, nurse practitioners, and physician faculty who can practice side-by-side, together with the medical assistant team who orchestrate the patient schedules. This addition also offers flexible consultation spaces. Team members can work individually and confidentially with patients and offer health education and counseling.

"Over the last year we have increased capacity for same day immediate care," said Dr. Fogarty. "And in the



Susan McDaniel, PhD, ABPP; Mathew Devine, DO; Cindy Becker; Michael F. Rotondo, MD, FACS; Stacey Makubire, LPN; Jim Tempest, PT, MS; Colleen T. Fogarty, MD, MSc, FAAFP; Jamie L. Bishop, MBA; Brenda Houtenbrink, COE; and Vicky Hines, MHA joined in celebrating the expansion of Highland Family Medicine.



Maimouna Sow, Kristin Minch, Jennifer Rank, Edwina Smith-Gardner, and RJ Pixley enjoyed the event.

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Thoughts
FROM THE CHAIR



I was honored to be appointed the William Rocktaschel Professor and Chair of Family Medicine last July, after Dr. Thomas L. Campbell stepped down after 16 years of service to the department. We are grateful to Tom for his dedication and focus on strengthening the department.

During his tenure, the Family Medicine residency expanded to 12 residents per year, and fellowships in Sports Medicine and Maternal Child Health were added. Tom worked with the University of Rochester School of Nursing leadership to support and develop a Nurse Practitioner "Bridge to Practice" program, which became the foundation of our HRSA-funded Family Nurse Practitioner residency.

Tom and Dr. Susan McDaniel are internationally known for bringing family medicine and behavioral health clinicians together to approach the patient and family as a whole. They developed the longstanding collaborative practice between family medicine attendings, residents, nurse practitioners and family therapists and psychologists in the practice.

Our practice is a vibrant mix of traditional family medicine, group medical visits for chronic conditions, and substance abuse services, with integrated behavioral health available to all patients. We will be developing a refugee clinic under the guidance of Dr. Doug Stockman, and continuing to expand our walk-in clinical services to improve access for our patients.

Looking toward the future, my goal as chair is to recruit and retain additional research faculty to expand our research capacity, excellent clinician teacher faculty to expand our training programs including addiction medicine and rural training experiences, and with our renovation, to add more patients to our practice.

Together with committed senior leadership and a talented and dedicated faculty and staff, we will continue to improve our contributions to each mission area. The motto of the University of Rochester, *Meliora – "Ever Better"* is a guiding principle for our shared work!

Colleen Fogarty, MD, MSc, FAAFP
William Rocktaschel Professor and Chair of Family Medicine

Mathew Devine, DO, Named Medical Director of Highland Family Medicine

Mathew J. Devine, DO, Associate Professor of Family Medicine, has been promoted to Medical Director of Highland Family Medicine. Devine assumed the role left vacant by Colleen T. Fogarty, MD, MSc, FAAFP, when she was appointed Chair of Family Medicine last year.



"Matt comes to the role having served several years as Associate Medical Director and quality officer," said Dr. Fogarty. "He has done an outstanding job developing the Highland Family Medicine quality program." Dr. Devine also serves as a Medical Director of Accountable Health Partners (AHP), where he helps the system expand its network regionally and acts as a primary care practice transformation consultant.

Stephen Schultz, MD, FAAFP, Named to Consultancy of AAFP Residency Program Solutions

Stephen Schultz, MD, FAAFP, Associate Professor, Department of Family Medicine University of Rochester/ Highland Family Medicine and Director, Family Medicine Residency Program has been named to the consultancy of the American Academy of Family Physicians Residency Program Solutions.



The AAFP's Residency Program Solutions (RPS) offers developing and existing programs customized consultation service from an expert panel of family medicine residency professionals. The AAFP is leading the way in new program development for family medicine and is helping position programs for excellence. There are only 14 consultants nationwide; six were added this year due to increased demand for consultations.

Residency Program Names Assistant Program Directors

Five faculty members have been named assistant residency program directors. All five have responsibility for planning, teaching, quality and evaluation of a major part of the curriculum and previously had an assortment of titles. The assistant program directors include: **Liz Loomis, MD**, Assistant Program Director, Community Medicine; **Dawn Pruett, MD**, Assistant Program Director, Maternity Care; **Tziporah Rosenberg, PhD**, Assistant Program Director, Psychosocial Medicine; **Soumya Sridhar, MBBS**, Assistant Program Director, Inpatient Medicine, and **Doug Stockman, MD**, Assistant Program Director, Global Health.

Chief Residents are Zoe Kostarellis, MD & Amanda Morrison, MD. Dr. Kostarellis received the AFMRD Resident Award for Advocacy for her demonstrated skills and interest in advocacy. Dr. Morrison received the STEFM Resident Teaching Award for demonstrating an interest, ability, and commitment to family medicine education.



Global Health Program



Serving the Global Community

The Department of Family Medicine at the University of Rochester operates a year-round Global Health Program. A group including faculty, residents, staff, and volunteers travels twice a year for two weeks at a time to rural Honduras. The Department has partnered with a rural community called San Jose, San Marcos de la Sierra in the Southwestern state of Intibuca, Honduras and works with The First Unitarian Church of Rochester to help the community.

"The needs of the target community are great and go beyond curative medicine," said **Doug Stockman, MD**, Director, Global and Refugee Health. "By listening to the concerns of the local community members and performing qualitative community assessment, we are creating interventions designed to address the common problems."

The greater Rochester Family Medicine community has touched many lives in Honduras, and the Hondurans have enriched so many lives of those who volunteer.

This crosscultural project is realizing huge benefits for everyone involved. Students in Honduras who are benefiting from a



"This crosscultural project is realizing huge benefits for everyone involved."

scholarship program gain confidence as well as a chance at a path out of poverty. "Seeing the smiles and appreciation as people display their running water, new cook-stove, or water filter is so rewarding," said Dr. Stockman. "Through these very intimate person-to-person exchanges we maintain

hope that a better world will become a reality one community at a time. Thanks to everyone for their continued support to make this project such a great success."

If you would like to contribute to this program, contact Dr. Stockman at Doug_Stockman@urmc.rochester.edu.

HFM Holds Healthy Cooking and Exercise Classes for Muslim Women

Highland Family Medicine has a multi-cultural patient population and offers special programming tailored to their needs. **Doug Stockman, MD**, created a Zumba class and a Healthy Cooking/Eating class for Muslim women. All classes are taught by women.

The 10-week Zumba class has been offered several times and is well attended. "Many devout Muslim women struggle to find a safe

place to exercise that is acceptable to their family," said Dr. Stockman. "Highland Family Medicine decided to offer this class because we can provide a woman-only environment and family members feel comfortable allowing an unaccompanied woman to visit the doctor's office. In addition to offering exercise for the body, many participants find the exercise and the sense of community therapeutic for the spirit."

Highland Family Medicine also offered a six week session in partnership with Foodlink for Muslim women about healthy food choices. "All the women in the group are accomplished cooks, so we focused more on making healthy food choices," said Dr. Stockman. The last class everyone brought in their favorite dish which allowed the participants to sample food from different countries. We hope to offer refresher classes as well."

Alumni Spotlight

Laurie Donohue, MD '94



"I came to the Highland Family Medicine program in 1991 at the recommendation of my mentor at Dartmouth, Allen Dietrich, MD (1977)," said Laurie Donohue, MD '94. "He knew that I was called to work with the underserved and thought the Rochester program, and, in particular the program at Brown Square, would be the perfect training site. Allen was correct, and I will forever be grateful to him for directing me to Rochester. The family medicine program in Rochester was perfect for me. The psychosocial curriculum, the inpatient training, and especially my time at Brown Square solidified my choice of family medicine for my career."

Twenty-nine years later, Dr. Donohue is still practicing at Brown Square, serves as Chief Medical Officer for Anthony L. Jordan Health Corporation and is an Associate Clinical Professor at the University of Rochester School of Medicine and Dentistry. Brown Square is now a part of Jordan Health which has grown to nine sites serving not only the city of Rochester but also the underserved in Canandaigua.

"Infants that I met when I first arrived are now parents; mothers are now grandmothers and in some cases great grandmothers," said Dr. Donohue. "The issues remain the same – lack of access to healthy food, adequate housing and safe neighborhoods, but so too does the resiliency of those families I've come to know over the years."

Dr. Donohue has served as Chief Medical Officer for the past six years. "It is especially important to me that I am able to address policy as well as continuing with patient care in my role," she said. "I cannot imagine a better place to call home than Rochester."

Brown Square: An Important Family Medicine Clinical Training Site

Brown Square Health is part of the Jordan Health system located in the Northwest quadrant of Rochester. The health system offers affordable primary healthcare services at 10 convenient locations in Rochester and Canandaigua.

Brown Square has been an option for residents of The University of Rochester Department of Family Medicine for many years and several have opted to practice there after graduation. **Dr. Branko Matich '17** was recently promoted to co-chief of the Medication Assisted Addiction Treatment (MAAT) clinic for Jordan Health, and is enthusiastic about his role in addressing the opioid epidemic. **Dr. Lauren Hobbs '19** has stayed on at Brown Square as well, providing full spectrum clinical services including resident precepting, inpatient/outpatient maternity care, rounding with inpatient resident teams at Highland Hospital, and a busy outpatient practice.

The clinical precepting team now also includes **Dr. Megan Betteley-Wang, HFM '18**. "We continue to be impressed by the depth and breadth of training of the University of Rochester/Highland Family Medicine and Brown Square graduates, and we know that they will continue to do great work in the community," said **Sarah Hudson, MD**, Brown Square Residency Site Director. "We are fortunate to have a training site that affords our residents an experience working in an FQHC setting and empowers them to go on to careers continuing to work with inner city underserved." In addition to the growing Addiction Treatment clinic, popular ongoing clinical programming in the clinic include Healthy Weight and Wellness group visits. Nursing staff is offering digital retinopathy camera exams for patients, which has improved screening numbers (as well as satisfaction for our patients, who no longer have to be referred away from the office). **Kelly Yount, LPN** joined the clinical team as a new Perinatal Case Manager, and brings fresh energy and perspective to the busy practice of caring for pregnant women and new babies.

Brown Square recently acquired an ultrasound machine which allows prenatal care clinicians to perform simple bedside exams, and they look forward to exploring other applications of use in the future. Dr. Matich, with some generous grant funding through Willis and Marjorie Van Demark Fund and the Kathy L. Strong Fund at the Rochester Area Community Foundation, has helped restart a Reach Out and Read program to improve early literacy during Well Child Visits in the first five years. All clinicians are trained and a robust supply of English and foreign language books for all ages are available. All children will now be receiving both a beautiful new book and direct assessment/recommendations for age-appropriate literacy skills that they can work on at home from their primary care provider. Implementing the Reach Out and Read model, which is recommended by the American Academy of Pediatrics, is now the standard of care at Brown Square Health Center.



Dr. Sarah Hudson and Dr. Branko Matich review books for the Reach Out and Read program at Brown Square.

Katie Harmer Named STFM Student Scholar

University of Rochester School of Medicine and Dentistry fourth year student **Katie Harmer** has been selected as Student Scholar for the 2020 STFM Medical Student Education conference.

Harmer was nominated by **Dr. Elizabeth Brown** and the UR Department of Family Medicine and was one of 20 students nationwide selected for this honor. She presented her poster entitled "Perspectives of Teenage Girls on Conversations with Primary Care Providers (PCPs) About Weight, Eating, and Exercise," at the recent conference in Portland, Oregon. Her poster detailed research she had done while a medical student in a pediatric practice in Rochester. She found that teenage girls often had preconceptions about their bodies, their behaviors, and their readiness to change. Many felt uncomfortable during the conversations and valued specific recommendations. Harmer is hoping to continue this work in her family medicine residency. Her poster won one of 10 blue ribbons at the conference.



Dr. Elizabeth Brown congratulates Katie Harmer on her award.

New Addition, continued from page 1.

future this new addition will enable us to care for more patients as we grow the practice."

"I'm proud of all we have accomplished as family physicians, health care providers, and behavioral health professionals," said Dr. Fogarty. "In addition to providing high quality compassionate care for a patient population of all ages Highland Family Medicine offers some special programs as well. We help address the opioid crisis with our suboxone clinics. In addition to our longstanding integrated behavioral health service, we are successfully offering group visits for diabetes, healthy weight management, and centering pregnancy and we are providing a range of special services for refugees."

Those programs only touch on the special things that happen at Highland Family Medicine every day. "This space will give us more options to grow and thrive and fulfill our mission of caring for our community," said Dr. Fogarty. "We are grateful to everyone involved who made this happen especially our generous donors, our amazing staff and the generosity of Delivery System Reform Incentive Payment (DSRIP) Program who funded more than half of the project."

Resident Spotlight Natasha Vadera, MD

"The biggest strength of the residency program at Highland Family Medicine is its warm faculty and welcoming culture," said Natasha Vadera, MD, a third year resident. "I have received a huge amount of support in pursuing my academic interests and research projects here as a resident. My husband, an Internal Medicine resident here, and I previously had no ties here. However, our wonderful residency experiences have encouraged both of us to continue our careers in Rochester now."



Dr. Vadera earned her Bachelor of Science degree from Brandeis University where she completed a double major in Biology and Health Policy, and she obtained her Doctor of Medicine degree from New York Medical College. In June, she will be completing her residency in Family Medicine at the University of Rochester School of Medicine & Dentistry with two areas of concentration in Research and Medical Education.

"I chose family medicine because I feel passionate about caring for the complex needs of people in the setting of their socioeconomic backgrounds," she said. "It has been an incredible experience to feel so close to so many patients and their families in just three years of residency practice, and fuels this my excitement for my future in primary care."

Dr. Vadera is also a certified instructor of Bollywood Zumba, and enjoys using this to encourage creative fitness in medicine. She has taught Bollywood Zumba classes to medical students as a wellness activity, to patients at HFM's Weight Management Group, and to Muslim Refugee Women at the clinic. Dr. Vadera is currently also a member of Graduate Medical Education Committee, Resident Council, and the Quality Improvement team for COPD at Highland Hospital.

She is thrilled to have the opportunity to continue her journey in primary care here at Highland Family Medicine. "Here, I will continue to provide primary care to a diverse, underserved patient population, will further develop my interests in quality improvement and medical education, and will practice inpatient medicine as well."

Faculty Spotlight Mechelle Sanders, PhD



"I am very grateful for the opportunity to be part of the Department of Family Medicine faculty and look forward to continuing to learn, develop expertise, and build relationships," said Mechelle Sanders, PhD, one of the newest faculty members.

Dr. Sanders is a familiar face at Highland Family Medicine. She began working at HFM in 2007 as a research assistant for Dr. Kevin Fiscella on his Patient Navigation Research Program (PNRP). Prior to that, she had worked as a teacher, and prior to that, as a research assistant for a psychology lab at a large University.

"I came to the Department of Family Medicine hoping to find a way to meld my passions of education, supporting the underserved and research together. The PNRP project/team helped to fulfill that aspiration. The meaningful work, constant pursuit for better health outcomes for all patients, relationships and mentorship have helped to sustain me over the years."

Dr. Sanders earned her PhD in Health Services Research from the University of Rochester 2019. She has been recognized as a Research in Implementation Science for Equity (RISE) Scholar at the University of California, San Francisco from the National Heart, Lung and Blood Institute. Her research focuses on the impact of limited health literacy on the prevention of cardiovascular disease, and the role of lay health workers in primary care settings.

In addition, in her faculty role Dr. Sanders will advise medical students and residents, consult/collaborate with other faculty, and offer service to the Department and the University.

She is excited about the new opportunities. "It has been a wonderful experience. Everyone has been really supportive in my transition," she said.

Department of Family Medicine Faculty Garner Awards

Colleen T. Fogarty, MD, MSc, FAAFP, William Rocktaschel Professor and Chair of the Department of Family Medicine, was honored with a mentoring award from the Elizabeth Hurlock Beckman Award Trust at a ceremony in Atlanta. The award honors faculty who have "inspired their former students to achieve greatness and make a difference in their communities."



Colleen T. Fogarty, MD



Ronald M. Epstein, MD

Ronald M. Epstein, MD, Professor of Family Medicine, Psychiatry, Oncology and Medicine (Palliative Care), and Co-Director of the Center for Communication and Disparities Research and Family Medicine Research Programs at the University of Rochester School of Medicine & Dentistry is being honored with The American Academy of Hospice and Palliative Medicine Humanities Award. The Academy is the professional organization for physicians who care for patients with serious illness.

Welcome

Brenda Houtenbrink has been appointed Program Administrator for the Department of Family Medicine. Houtenbrink has more than 20 years of experience and served as Practice Administrator and then Program Administrator and Chief of Operations at Flaum Eye Institute at the University of Rochester starting in 2001. Prior to that, Houtenbrink served as the Refractive Surgery Program Coordinator for Reed Eye Associates in Pittsford. She holds a bachelor's degree in Healthcare Administration from Roberts Wesleyan College.



Congratulations

The following faculty members of the University of Rochester Department of Family Medicine recently received promotions: **Soumya Sridhar, MD**, was promoted to Assistant Professor, and has also assumed the role of Associate Medical Director; **Elizabeth Brown, MD**, was promoted to Associate Professor; and **Ryan Cummings, MD**, was promoted to Senior Instructor.

Rochester Academy of Medicine Recognizes DFM Faculty

Michael Mendoza, MD, MPH, and **Holly Russell, MD, MS**, received the Health Care Crisis Prize Award from the Rochester Academy of Medicine for their paper on the opioid crisis and how clinicians can practically taper an opioid.

The Rochester Academy of Medicine also recognized **Holly Russell, MD**; **Elizabeth Loomis, MD** and **Kristin Smith, NP**, with a Distinguished Service Award in the category of "Health Care Team" for their work establishing a buprenorphine training program throughout the region.



Dr. Holly Russell, Dr. Leslie Lange, Board Chair, RAOM, and Dr. Michael Mendoza at ceremony.

FACULTY ACCOMPLISHMENTS

Selected Publications from the Department

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Front row: Grace Chou, Allison Hartfiel, LPN; Loron Oster, RN; Alix Snow, MD; and Tracy Bergeron.

Back row: Patrick Kelley, MD; Dominick DeFelice, MD; Steve Schultz, MD; Paula Van Minos, PhD; Mike Mendoza, MD, MPH; Kristin Koberstein, LMFT; Harper Koberstein; and Ryan Nightingale, MD. Not pictured is Falesha McIntyre, LPN.

Taking the Plunge!

A team from Highland Family Medicine were among the thousands of people who participated in the 20th annual Rochester Polar Plunge held at Ontario Beach Park to raise funds and awareness for Special Olympics New York athletes in the Genesee Region.

The Rochester Polar Plunge is one of the largest single-event fundraisers of the year for Special Olympics. This year is the 20th anniversary of the event and the 50th anniversary of Special Olympics New York. This is the 16th year that team captain **Stephen H. Schultz, MD**, FAAFP, Residency Director, University of Rochester/Highland Hospital Family Medicine Residency Program has participated. Faculty, residents, nurses, staff and friends were part of the team.