

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

Fall 2010

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\$1.9 Million HHS/HRSA Grant Expands Family Medicine Residency

The Department of Family Medicine at the University of Rochester School of Medicine and Dentistry recently received a \$1.9 million Primary Care Residency Expansion (PCRE) grant from the Department of Health and Human Services. The grant is part of \$253 million in Prevention and Public Health Fund grants awarded under six health professions programs administered by HHS' Health Resources and Services Administration (HRSA). The grant will enable the expansion of the Family Medicine residency by 2 positions per year for the next 5 years, starting in 2011 and will cover the stipends and benefits of the additional residents. "With the increasing quality and quantity

of applicants to our residency program and increasing number of medical school students interested in family medicine, I am confident that we can recruit outstanding residents to fill these additional positions," said Thomas Campbell, MD, department chair. "We will also be recruiting two additional faculty members." (see page 8).

The residency expansion will mean that Highland Family Medicine will secure additional clinical and residency teaching/administrative space next door at 775 S. Clinton Ave. The practice will add a seventh clinical suite and offices for care managers and other staff who are essential in the practice of a Patient Centered Medical Home. (see page 8).



Rebecca Cornelison, MD, Jaskaran Singh, MD and Seema Dar, MD are all first year residents.

Steve Schultz is 2010 Family Practice Educator of the Year



Steve Schultz, MD, Residency Director, Department of Family Medicine has been named the 2010 Family Practice Educator of the Year by the New York State Academy of Family Physicians. This prestigious award is designed to "recognize persons, who in the opinion of the Academy, have made outstanding contributions to education for family practice in undergraduate, graduate and continuing education spheres." Steve received nominating letters from several current residents, recent graduates and faculty. In 2010 Dr. Schultz also received the Silver Level, AFMRD Program Directors Recognition Award and the Creative Excellence Award, University of Rochester, Human Values in Health Care.

Stephen Schultz, MD



Thoughts
FROM THE CHAIR

The practice of Family Medicine is making a significant impact as our country faces health care reform. Nationwide there is increasing demand for primary care physicians and family practice is vital to filling that demand. The Department of Family Medicine at the University of Rochester School of Medicine and Dentistry and Highland Family Medicine is expanding our presence to serve others in our community and globally.

- The recent HRSA grant we received will give us an enormous opportunity to add more residents to our program.
- We are encountering more and more students who work with the underserved in medical school and are choosing to devote their careers to serving this population, and we welcome them into our residency program.
- Our P4 project is a close fit with the goals of advanced medical home projects and we are seeking ways to enhance it.
- We recently received a grant from the Greater Rochester Health Foundation to address the problem of depression in the low income population.
- Highland Family Planning is extending its services and working collaboratively with the Rochester City School District and other community agencies.
- Our faculty is receiving recognition statewide and nationally for their research, publications and mentoring.

We are truly fortunate to be part of a profession that can make such a profound impact on our community and in the lives of the families we serve.

Best Wishes,

Tom Campbell, MD (1972)
William Rocktaschel Professor and Chair,
Department of Family Medicine



Current residents include: Top row (standing): Robbyn Upham, Ryobei Otsuka, Audra Laing, Jennifer Frese, Melanie Gnazzo, Edith Hui, Mellie Gilder, Tom M. Campbell, Seema Dar, Christian Wightman, Elizabeth Terragnoli, Matthew Fernaays, Jaskaran Singh, Sachiko Kaizuka, Jim Diekroger. Seated row: Bethany Calkins, Zachary Borus, Erin Lineman, Rebecca Irvine, Briani Jackson, Rebecca Cornelison. Bottom (floor): Pebble Kranz, Liz Kwon

P4 Project Propels Forward: Department of Family Medicine Seeks NCQA Recognition

Preparing the Personal Physician for Practice (P4) is a national demonstration project based on changing the way that family physicians are trained to practice medicine. The Department of Family Medicine has been part of this program for the past several years and is currently preparing an application for NCQA's Patient Centered Medical Home recognition.

"The P4 grant is centered around teaching residents how to practice in a Patient Centered Medical Home so it is a natural next step for us to seek NCQA recognition," says Gina Lamanna, MS, P4 Grant Manager. The University of Rochester Family Medicine Residency strives to teach residents the principles and essence of providing patient-centered care and give them a strong theoretical and practical foundation.

The P4 program focus also includes:

- Teaching residents both didactically and experientially about the chronic care model
- Working with faculty, staff and residents on teamwork and team based care through a variety of venues—team collaborative, team meetings, core teaching sessions and faculty development sessions
- Completing resident-led, team-based quality improvement projects
- Planning and implementing a new year-long practice management curriculum for residents
- Expanding group visits like the latest group for children with asthma and their families.

P4 is sponsored by the Association of Family Medicine Residency Directors (AFMRD) and American Board of Family Medicine (ABFM), in collaboration with TransforMED and the American Academy of Family Physicians (AAFP).

Global Health Program



Volunteers from Family Medicine Aid in Honduras and Haiti

Health and Education Initiatives Grow in Honduras

The Department of Family Medicine at the University of Rochester continues to operate a Global Health Program in rural Honduras. This year-round program offers didactic training throughout the year and features twice a year visits for two weeks at a time to rural Honduras. The Department has partnered with an NGO called Shoulder to Shoulder and a rural community called San Jose San Marcos de la Sierra in the Southwestern state of Intibuca, Honduras.

"The needs of the target community are great and go beyond curative medicine," says 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."

Visits to Honduras include many meetings with area residents to identify concerns and create plans to address them. Clean water is a chief concern in the area. Volunteers initiated three piped water projects and continue to work with the residents on water filters and latrines, thanks to generous donations from the First Unitarian Church of Rochester.

In collaboration with health care providers from the Department of Psychiatry, Department

volunteers have identified domestic violence as a concern in the area and have created separate programs for men and women to address this significant problem. The volunteers also focus on Child Health and education issues as well as cooking, agriculture and dental care.

"The greater Rochester Family Medicine community has touched so many lives in Honduras and the Hondurans have enriched so many of our lives," says Barbara Gawinski, PhD, associate director, Global and Refugee Health. "This cross-cultural project is realizing huge benefits for everyone involved. Seeing the smiles and appreciation as people display their running water, new cookstove, or water filter is so rewarding. Through these very intimate person-to-person exchanges we maintain hope that a better world will become a reality one community at a time."

(For more information on the Global Health Program, visit <http://www.urmc.rochester.edu/fammed/ih/>)

Volunteering Continues in Haiti

Jeffrey Harp, MD associate professor of Family Medicine, is no stranger to Haiti. He has been part of a health care team who volunteers in the country every 18 months for the past 18 years.

But his most recent experience was in January after the earthquake. A team of 15 from the U.S. and Canada ran medical clinics in Port au Prince serving ten cities affiliated or adjacent to churches or ministries. Their work was coordinated by a Haitian couple, a pastor and a nurse who have partnered with them during all their trips.

Kevin Fiscella, MD, MPH, professor of Family Medicine has been working for a number of years with a local Rochester not-for-profit organization to promote health care and health in Haiti. He is a member of the board of directors and chair of the subcommittee on health care for H.O.P.E.-Haiti and hopes to visit the country again in early 2011. The organization has adopted a grass roots, community-based approach to addressing the health care needs in Borgne, Haiti. This work has resulted in partnership between H.O.P.E.-Haiti, the community of Borgne, the local church, and the Haitian Ministry of Health and the establishment of a local hospital. H.O.P.E.-Haiti also supports low-technology approaches to health, reforestation, and economic development in the area. For more information visit: <http://www.hopehaiti.org/>

Faculty and residents find volunteering in Honduras a rewarding experience.

Why Choose Family Medicine?

(This article includes excerpts from the Spring/Summer 2010 edition of Rochester Medicine, a publication of the University of Rochester School of Medicine and Dentistry. "Why Family Medicine?" featured two fourth year students and the reasons for their selections. The article was also printed in an issue of STFM Messenger.)

Rebecca Ryan began medical school with the intention of studying infectious diseases; hoping to discover new treatments for old diseases that plague the developing world. But her journey through medical school, her volunteer work and her experiences with underserved communities brought her to the realization that family medicine was the most logical career path for her.

Ryan and her husband, Jason Kurland met as

students at the University of Rochester School of Medicine and Dentistry and are both starting their residencies at the University of New Mexico School of Medicine in Albuquerque.

Ryan has experienced caring for the underserved at URWell, a student-run clinic for those with no health insurance in Rochester, to rural Alaska, in colonias along the Mexican-American border, and on the Navajo reservation in New Mexico. Before medical school she was a Peace Corps volunteer doing community health and HIV prevention in rural West Africa.

During medical school, Ryan honed in on her passion. "I studied with primary care providers who inspired me to embrace the family medicine model of providing patient-centered, prevention-focused care that empowers patients to achieve wellness for themselves and their families," said Rebecca. "I think I can best meet my

goals of working and empowering underserved populations and approaching care in an integrated fashion through family medicine."

Eleven University of Rochester School of Medicine and Dentistry students chose Family Medicine Residencies.



Rebecca Ryan on Match Day 2010.



Monica Leibovici, DO, Joanne Chan, MD and Thomas M. Campbell, MD are all interns, Class of 2013.

Meet the Family Medicine First Year Residents

Thomas M. Campbell, MD, State University of New York at Buffalo Medical School

Joanne Chan, MD, University of Rochester School of Medicine and Dentistry

Rebecca Cornelison, MD, University of Rochester School of Medicine and Dentistry

Seema Dar, MD, Ross University School of Medicine

Briani Jackson, MD, State University of New York at Syracuse

Monica Leibovici, DO, Midwestern University Medical School

Megan Locher, MD, Oregon Health & Sciences University

Jaskaran Singh, MD, Saba University of Medicine

Robbyn Upham, MD, Medical School for International Health Israel

Allyson Wise, DO, Lake Erie College School of Osteopathic Medicine

Dept of Family Medicine Student and Mentor Receive Awards

Throughout the past several years, Department of Family Medicine faculty member Doug Stockman, MD and Matthew Malek, a 4th year medical student at the University of Rochester, have developed tremendous respect for each other as they worked on global health projects. The result – Matt nominated Doug for the University of Rochester School of Medicine and Dentistry 2010 Marvin J. Hoffman Faculty Mentor Award and Doug nominated Matt to be a 2010 Pisacano Scholar. The selection committees were so impressed that Doug and Matt each recently received their awards.

Malek was one of five students this year to receive the Pisacano scholarships which are valued up to \$28,000 each. They were awarded to students attending U.S. medical schools who demonstrate a strong commitment to the specialty of Family Medicine. Each applicant must show demonstrable leadership skills, superior academic achievement, strong communication skills, identifiable character and integrity, and a noteworthy level of community service. Since 1993, the PLF has selected 100 outstanding medical students. Approximately 1900 applicants representing more than 120 medical schools competed for these scholarships.

“Many of Matt’s attributes and accomplishments define an exceptional family physician,” says Doug. “He cares deeply about others and about the human condition. He is committed to the needs of the under-served. Matt defines what a family physician should be.”

The Hoffman Faculty Mentor Award was recently presented to Dr. Stockman. He was nominated by Malek for his outstanding and supportive mentorship. “In many ways I owe my successful beginning in the field of global health work to Dr. Doug Stockman,” said Matt. “Three years into our relationship, Doug continues to be an ever-valuable mentor for my research, my career decisions and my personal development as a global physician.”



The Department of Family Medicine participates in many community events. Staff are shown at Wedgestock, an annual event in the South Wedge of Rochester.

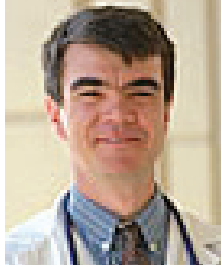


Award winners Matt Malek and Dr. Doug Stockman



Dr. Steve Schultz and residents at a baseball game in Kansas City.

Welcome



A native of Canada, **Nick Kilmer, MD** joins the faculty of the Department of Family Medicine as Assistant Professor of Family Medicine. He previously served on the faculty of Phoebe's Southwest

Georgia Family Medicine Residency in 2002. Board certified in family medicine and in sports medicine, Dr. Kilmer served as team physician for Albany State University and several area high school's athletic teams.

Dr. Kilmer received a Bachelor of Science in Physical Therapy with distinction from McGill University in 1989 and completed McGill University School of Medicine in 1993. He completed a surgical internship at Medical Center Hospital of Vermont in 1994 where he also served as a staff physician and research assistant until 1996. Dr. Kilmer completed a Family Medicine residency at Pennsylvania State University in 1999 and the University of Maryland Primary Care Sports Medicine Fellowship in 2000. In addition, he served as the student health and team physician for Bowling Green State University for 2000-2002.



David Holub, MD, FAAFP joins the department as Associate Residency Director. A graduate of Rutgers College, he received his medical degree from the University of Pennsylvania and

completed his Family Medicine Residency at Brown University.

The New Jersey native worked at a 30-bed rural hospital in northern New Hampshire after residency and practiced full-spectrum family medicine including nursing home care, office procedures, inpatient adult medicine including ICU care, and obstetrics. He was on the residency faculty at the Penn State Family Medicine Residency for 7 years and served as Medical Director of the residency clinic and

Associate Residency Director. In 2007 he became Residency Director for the University of Chicago (NorthShore) Family Medicine Residency.

"Throughout my career I have worked with graduates of the University of Rochester School of Medicine and Dentistry Department of Family Medicine program who are now in leadership positions," says Dr. Holub. "The program, department, and university all have national reputations. The residency earns achievements that are sparingly given in academic family medicine and the program has strong OB experiences and is the literal birthplace of the biopsychosocial model of care. It is a privilege to work here."



Lizabeth Larson is a Maternal Child Health Fellow. She attended the University of Minnesota Medical School. "I entered medical school thinking I would go into pediatric orthopedic surgery, changed to

pediatrics, then med/peds, and finally saw the light (as my friend explained to me) in family medicine." She also developed a passion for overseas work and realized it would be a great asset to a developing community if she had more advanced OB skills. That's what brings her to Rochester.



Vanessa Streicher is also a Maternal Child Health Fellow. She grew up in Santa Rosa Beach, FL. For college she stayed close to home and went to the University of South Alabama, attended

Des Moines University College of Osteopathic Medicine in Iowa and did her family medicine residency at St. Vincent's Medical Center in Jacksonville, FL. "One of my greatest passions is the nation of Haiti," says Dr. Streicher. Every year she travels to Haiti with a medical team from Jacksonville, FL and helps perform GYN surgery in the town of Fond des Blanc.



Holly Russell, MD is a Faculty Development and Research Fellow. She is one of several PRIDE (Program of Research and Innovation on Disparities Education) fellows. The fellows

are funded mainly through the psychology and psychiatry programs to train a new generation of health researchers and community partners with the skills and knowledge required to implement creative and innovative research programs.

Dr. Russell grew up in Honeoye Falls and attended the University of Rochester School of Medicine and Dentistry. At URMC she met her husband Scott and they both decided on a career in family medicine. They spent their three years of residency in Lancaster, PA, where she discovered that clinical research was the best of both worlds. She is currently working on a Masters in Clinical Investigation and working as a Faculty Development and Research Fellow. Her husband has joined Westside Health and is working with the patients at Brown Square.



Heidi Harer, R.N. is Highland Family Medicine Clinical Manager. She has been a Highland employee for the past 16 years working in: dialysis, medical/surgical inpatient nursing,

operating room nursing, admission/discharge coordination and five years of management experience on a medical/surgical-oncology unit. Harer has a Bachelors of Science in Nursing from St. John Fisher College and holds a certification in Nursing Administration.

Faculty Accomplishments

Selected Publications

Jennifer K. Carroll, MD

Carroll JK, Albada A, Farahani M, Lithner M, Neumann M, Sandhu H, Shepherd HL. Enhancing international collaboration among early-career researchers. *Patient Educ Couns*. 2010 Sep;80(3):417-20. PMID: PMC2930780

Carroll JK, Lewis BA, Marcus BH, Lehman EB, Shaffer ML, Sciamanna, CN. Randomized controlled trial of computerized tailored physical activity reports. *American Journal of Preventive Medicine*. 2010;39(2):148-156.

Sprod LK, Carroll JK, et al. Health-Related Quality of Life and Mediators of Inflammation in Breast Cancer Survivors Participating in Tai Chi Chuan. *Medicine & Science in Sports & Exercise*. May 2010;42(5):162

Matthew J. Devine, MD

Devine M, Mirabelli, M. "Tendinitis", chapter in 5 Minute Clinical Consult – 11th editions. Domino, F. Editor, Lippincott, Williams, & Wilkins Publishing.

Ronald M. Epstein, MD

Epstein RM, Fiscella K, Lesser CS, Stange KC. Why the Nation Needs a Policy Push On Patient-Centered Health Care. *Health Affairs*, 2010 29(8):1489-1495. PMID: 20679652

Carroll JK, Humiston SG, Meldrum SC, Salamone CM, Jean-Pierre P, Epstein RM, Fiscella K. Patients' Experiences with Navigation for Cancer Care. *Patient Education and Counseling*. 2010, Aug; 80(2): 241-247. PMID: 20006459 PMID: PMC2891343

Epstein RM, Korones DN, Quill TE. Withholding Information from Patients: Sometimes Less is More. *New England Journal of Medicine*. 2010 Feb 4;362(5):380-1. PMID: 20130252

Levinson W, Lesser CS, Epstein RM. Developing Physician Communication Skills for Patient-Centered Care. *Health Affairs*. 2010 July 29(7):1310-1318. PMID: 20606179

Anne C. Nofziger, MD, Elizabeth H. Naumburg, MD, Barbara J. Davis, PhD, Christopher J. Mooney, MA, and Ronald M. Epstein, MD. Impact of Peer Assessment on the Professional Development of Medical Students: A Qualitative Study. *Academic Medicine* 2010; 85(1):140-147. PMID: 20042840

Kevin A. Fiscella, MD

Fiscella K, Franks P. Vitamin D, Race, and Cardiovascular Mortality: Findings From a National US Sample. *Ann Fam Med*. 2010;8:11-18. PMID: 20065273 PMID: PMC2807382.

Franks P, Tancredi D, Winters P, Fiscella K. Cholesterol treatment with statins: Who is left out and who makes it to goal? *BMC Health Services Research*. 2010;10:68. PMID: 20236527 PMID: PMC2846927.

Muennig P, Fiscella K, Tancredi D., and Franks P. The Relative Health Burden of Selected Social and Behavioral Risk Factors in the United States: Implications for Policy. *Am J Public Health*. 2010 Sep;100(9):1758-64 PMID: 20019300.

Colleen T. Fogarty, MD

Fogarty, C.T. 2010. Fifty-five word stories: "Small jewels" for personal reflection and teaching. *Family Medicine*. 42(6):400-2.

Balachandra S, Carroll J, Fogarty CT and Finigan, E. 2010. Family-centered maternity care for deaf refugees: the patient-centered medical home in action. *Fam Syst Health*. 2009;27(4):362-7

Brown EJ, Carroll JK, Fogarty CT, Holt C. 2010. "They get a c-section...they gonna die": Somali women's fears of obstetrical interventions in the United States. *Journal of Transcultural Nursing*. 21(3):220-7.

Robert Gramling, MD

Gramling R, Heffner KL, Klein W, Zajac, Roberts M, Eaton CB. Is the association between optimistic cardiovascular risk perceptions and lower CVD mortality explained by biomarkers of systemic inflammation or endothelial function? A case-cohort study. *BioPsychoSocial Medicine*. 2010; Sept:4(11).

Susan McDaniel, MD

Doherty, W., and McDaniel, S.H. 2009. *Family Therapy*. Washington DC: American Psychological Association Publications.

Stephen Schultz, MD

Schultz, SH; Fogarty, CT. "Team Huddles: The Role of the Primary Care Educator" *The Clinical Teacher* 2010; 7: 157-160.

GRHF Awards Grant to Improve Detection and Treatment of Depression in Low Income and Minority Populations in Rochester.

The Department of Family Medicine received a three-year \$421,000 grant from the Greater Rochester Health Foundation to implement detection and treatment of depression in low-income and minority populations in Rochester. The plan is in Year 1 at Highland Family Medicine. It expands to Westside Health Services in Year 2, and then with the help of the Monroe Plan it will be implemented in two other community health centers in Year 3.

"We will apply the Chronic Care Model to care for depression, a major public health problem in Rochester," said Thomas Campbell, MD chair, Department of Family Medicine. "Depression care managers will track and help manage patients with depression. The project will help us in our efforts to become NCQA certified as a Level III Patient Centered Medical Home."

Want to Know More?

For more information on the Department of Family Medicine at the University of Rochester School of Medicine and Dentistry visit our website at www.urmc.rochester.edu/fammed/

The University of Rochester
Department of Family Medicine


Faculty Position Teacher-Clinician

seeks a BE/BC family physician faculty interested in residency teaching, clinical practice (OB preferred, but not required), and scholarship in a well established, biopsychosocially oriented department committed to caring for the underserved. Our department's strengths include an outstanding residency, innovative P4 project, strong OB training, exciting Global Health program with a continuity site in Honduras, integrated behavioral health and a highly successful research unit.

Candidates should send a letter of interest and curriculum vitae to:

Thomas L. Campbell, MD
Rocktaschel Professor and Chair, Department of Family Medicine
University of Rochester School of Medicine and Dentistry
777 South Clinton Ave. Rochester, NY 14620
Tom_Campbell@urmc.rochester.edu
www.urmc.rochester.edu/FamMed/

MEDICINE of THE HIGHEST ORDER



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\$1.9 Million HHS/HRSA Grant Expands Family Medicine Residency

The PCRE program is funding 82 accredited primary care residency training programs to increase the number of residents trained in general pediatrics, general internal medicine, and family medicine. Grantees will use the 5-year grant to provide stipend support for new enrollees in 3-year primary care residency training programs. By 2015, the program will support the training of 889 new primary care residents over the number currently being trained and more than 500 of these residents will have completed their training.

HHS Secretary Kathleen Sebelius announced \$320 million in grants are being awarded under the Affordable Care Act (ACA) to strengthen the health care workforce. The Grants are part of Affordable Care Act's Prevention and Public Health Fund and other initiatives.