

# Family and Community Medicine



University of  
CINCINNATI

*Inside this issue:*

Visiting Professor Dr. Capers ...	2
Founder's Corner .....	2
Dr. Smith Remembrance .....	3
Dr. Filak Named Dean .....	11
Philanthropy .....	23

**DIVISIONS:**

Geriatric Medicine .....	16
Integrative Medicine .....	17
Medical Student Education ....	24
Research .....	26
Residency .....	20
University Health Services .....	17
Urban & Global Underserved ..	19

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## CHAIR'S MESSAGE

**IT IS WHEN WE ARE IN TRANSITION  
that we most completely alive.**

—William Bridges

AS OUR UCDFCM NEWSLETTER goes to press in August, we find ourselves at an inflection point.

The past six months have brought new opportunities for leadership, gratitude, reflection and action. This jointly penned Chairs' message marks a leadership transition for our Department, with Dr. Chris Bernheisel taking the mantle of

Interim Chair as of July 1. Bernheisel has served as our Christ/UC Program Director for over a decade and brings a tradition of excellence, integrity and enthusiasm to his new role. After serving as the Associate Program Director for the past five years, Dr. Megan Rich seamlessly transitioned as the Program Director of the Residency in April, providing outstanding continuity and leadership during the global pandemic. I'm returning to my role as Vice Chair and will continue to teach and support community COVID efforts with a bit more time for family.

Our resilience at this critical time, as a Department, is in no small part due to the vision of Dr. Robert Smith. In this special issue, we remember Smith, our University of Cincinnati Department of Family and Community Medicine Founding Chair. Smith died peacefully at the age of 98 in February of this year. Smith is one of the true Fathers of Family Medicine. He is the Founding Chair of three Departments of Family Medicine across two continents and created the first academic general practice associated with a medical school in the world. Dr. Phil Diller's beautiful eulogy (*page 3*) highlights Smith's unparalleled contributions to Family Medicine and his extraordinary legacy. In his honor, we also recognize the many generous donors and contributions to the Robert and Myfanwy Smith endowed professorship and the Smith Conference Room that have supported research and education in the advancement of Family Medicine.

There are so many of us who have stories and memories to share about Smith. Please send them to us. We will collect them in a volume for display in the Smith Conference Room. With Smith's example, we also recognize our community preceptors who volunteer their time, expertise and experience to mentor and 'educate by example' our next generation of physicians. Thank you for this gift to our community.

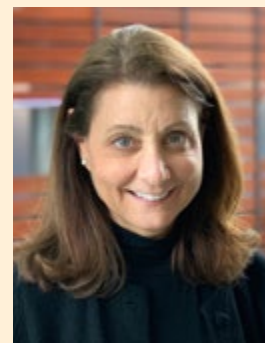
Our Department also recognizes the urgent need for definitive anti-racist actions and commitments. Last September, we hosted Dr. Quinn Capers IV, as a visiting professor from the Ohio State University, Department of Cardiology and ViceDean of Faculty Affairs (*page 2*). All of our Divisions are accountable to renewed anti-racist actions that span teaching, recruitment and retention of diverse faculty, education and community partnerships.

This newsletter highlights two of our newest faculty members who are leading clinical, research and educational efforts to support our Divisions of Geriatrics and Urban, Underserved and Global Health. Dr. Charles J. Schubert, Professor of Pediatrics, is our new Division Director of Urban, Underserved and Global Health and Dr. Irene Hamrick, Professor, is our new Chief of the Office of Geriatric Medicine at University of Cincinnati and the Martha Betty Semmons Endowed Chair in Geriatric Medicine and Chief of Geriatrics, Palliative Care and Hospice Medicine at the Cincinnati VA.

In the early days of Geriatric Medicine in 1979, Smith wrote, "At no time is it more important to consider the whole person than it is in the latter part of life." We've included an excerpt of his



**Christopher Bernheisel, MD**  
Interim Chair



**Barbara B. Tobias, MD**  
Interim Chair

*continues on page 2*

CHAIR'S MESSAGE *continued from page 1*

remarkable address, "Taking Care of the Whole Person" in our new section, Founders Corner. Our new Division leaders continue a tradition of strength and national recognition for our Department.

Our UC Department of Family and Community Medicine is well represented within the leadership of the College of Medicine and the University of Cincinnati. This issue includes a special feature introducing Dr. Louito Edje, a family physician and our new University of Cincinnati Associate Dean of Graduate Medical Education and Designated Institutional Officer. Our next issue will include a spotlight on Dr. Chris Lewis, UC Vice Provost for Academic Programs. Earlier this year Dr. Andrew Filak Jr. was named our Dean and Senior VP for Health Affairs. Filak, Professor of Medical Education and Family and Community Medicine, joined our Department in 1981. He has served many roles as a clinician leader, residency director, teacher and mentor for over 40 years, reaching the highest ranks in academic medicine. Dr. Phil Diller continues as our Senior VP for Education for UC Health and Interim Chair Department of Medical Education in the College of Medicine.

Our Department is stronger than ever — with a foundation of leadership extending throughout the University and the College of Medicine and inspiring new leaders blazing our path forward. ■

**Visiting Professor Advocates: 'Raise Awareness of Racial Disparities, Reduce Implicit Bias'**

On Sept. 13, 2019, the UC Family and Community Medicine and Psychiatry Departments had the pleasure of hosting Dr. Quinn Capers, IV, as a visiting professor from the Ohio State University (OSU) Department of Cardiology and the new vice dean of faculty affairs. He presented Family Medicine Grand Rounds in Kresge Auditorium entitled "Racial Disparities in Cardiovascular Care". He presented Psychiatry Grand Rounds in the Stetson Building on "Implicit Bias in Healthcare". He also gave a three hour workshop on "Strategies to Reduce Implicit Bias in Admissions" to residents and faculty of both departments. This visit was sponsored by the Doctors Foundation.

Capers has been an advocate for reducing implicit bias for over 10 years since he began working at OSU Wexner Medical Center as interventional cardiology fellowship director. He has studied methods for reducing implicit bias in the delivery of care. In his Grand Rounds, he discussed that African American patients are less likely to be offered life-saving interventions such as



At Dr. Capers' lecture, left to right: Sonya Kirkland; Barb Tobias, MD; Anisa Shomo, MD; Quinn Capers, MD; Anna Goroncy, MD; Brian Evans, DO

cardiac stenting, defibrillators, and revascularization surgery of peripheral artery disease because of implicit bias. He has been working with the American College of Cardiologists to raise awareness and reduce bias. He is also committed to diversity and inclusion efforts to reduce bias since studies have shown this to have a positive effect on patient outcomes. He has helped OSU become one of the most diverse Cardiology Departments in the country.

In addition, he served as the OSU College of Medicine (COM)

associate dean of admissions 2009-2019 where he worked to reduce bias in admissions and recruitment. As a result, OSUCOM became one of the Top 10 medical colleges for training African American physicians.

We have received wonderful feedback about how Capers has inspired many departments and medical students to contemplate how they can help be a part of the solution. Our family medicine residency at The Christ Hospital is working to revamp the curriculum for diversity, inclusion and equity topics. It is also working on a pilot for reducing bias in residency interviews. ■

**More information:**

- 2013 *Journal of Graduate Medical Education* article: Successful Efforts to Increase Diversity in a Cardiology Fellowship Training Program by Capers et al.
- 2017 *Journal of Academic Medicine*: Implicit Racial Bias in Medical School Admissions by Capers et al.



At Dr. Capers' evening event, front row, left to right: Darshana Bhattacharyya, MD; Hilja Ruegg, MD; Ariel James, MD; Quinn Capers, MD; Anisa Shomo, MD; Brian Evans, DO; Megan Rich, MD; Sonya Kirkland; Mia Mallory, MD; Irene Hamrick, MD; Back row, left to right: Kyle Walding, MD; Sara Maples, MD; Anna Goroncy, MD

## EULOGY FOR DR. ROBERT SMITH

February 10, 2020

*The following was presented by Phil Diller, MD-PhD, Chair of the UC Department of Family Medicine (2011-2018) and member, Cincinnati Literary Club (2014-present).*

Myffy and Jennifer, thank you for inviting me to share some reflections about Robert.

In his later years when I became Family Medicine Department Chair, and then through his invitation and sponsorship, a Cincinnati Literary Club member, Robert became a mentor and a second father. I came to appreciate as never before what he accomplished in his long life. Robert has left a rich legacy: clinician, researcher, educator, visionary leader, philanthropist, poet, inspiring orator and husband/father; his life is recorded in the display cases and story panels included in the Robert and Myfanwy Smith conference room at the UC COM.

Most of you here know that Robert loved crafting words and sharing stories. He attributed this to his Irish heritage. In his presidential paper at the Literary Club he said,

“Dublin, my home-town, has earned the title of “Words City of the World”. Maybe this lack of verbal restraint has something to do with Celtic emotionality; the need to share inner thoughts, bursting to be expressed in some colorful turn of phrase; a love of poetry, and especially a love of rhyme.”



Robert Smith, with his Daniel Drake Medal (2007)

Robert, in his typical charming way, would burst into song on special occasions, or provide a story that would lead to another, and it was common that verbal restraint had to come from Myffy or another family member.

On this occasion it would be fitting for Robert to share one of his connecting stories in his own words, and some of his poetry from his Cincinnati Literary Club papers.

Here is an abridged version of his path to starting an academic general practice department. The book entitled, *A Thousand Families in Newcastle upon Tyne: An approach to study the health and illness in children*, where the word family doctor was used throughout left a deep impression on Robert in 1954 and laid the foundation of his appreciation of his daily work with families as a specialty in its own right. He also recognized for family medicine to be accepted as a medical specialty in medical schools it needed to have a research base. Thus, he conducted practice-based research on pain and for this work he got the equivalent of a PhD from Trinity College in 1956. His studies of pain in general practice also brought him two research prizes and opened the door for him to become a consultant on pain for the Wellcome Foundation in London in 1960. He recognized that none of the 10 medical schools in London had a department of general practice with research or teaching, and this absence relegated it to the lowest rung of the medical profession. And this is where we pick up the story in his own words.

“I enjoyed caring for patients, but doing practice and research was exacting a heavy toll. I developed pain in my stomach. I went to my boss Jock Adamson at Wellcome, and told him I was going to stop and concentrate on practice. Adamson asked, “Robert, what would you really like to do?” Without hesitation I said, “I would like to establish a general practice and teaching unit in a London Medical School.” Adamson persuaded Wellcome to provide funding for the unit for three years, provided I acted as a general practice consultant on pain problems.

Around that time while traveling home on the tube I saw a headline on a crumpled newspaper— “New Town at Woolwich.” I had an epiphany: this new town, closer to the London hospitals, will need a doctor. My idea was to create a practice affiliated with a medical school to allow medical students to train in a community setting. I visited multiple



hospitals in London but they all said no, until I went to Guy's Hospital. I had an acquaintance, a fellow cricket player, from my Army days who was in charge, John Butterfield. I proposed to establish a GP Research and Teaching Unit and the new practice in Woolwich. Butterfield said, "Do you have any funding?" to which I replied, "Yes, The Wellcome Foundation is supporting me. To that Butterfield said, "Good, you can start on Monday."

That was the beginning of the first academic general practice associated with a medical school in the world. The year was 1963 and Robert was 40 years old.

This story, rich with life lessons, he told me many times—I think wanting me to understand what allowed him to be successful and how academic General Practice got started. As many here know he also founded the Family Medicine Departments at UNC in 1970 and here in Cincinnati in 1975. These efforts were filled with resistance and battles along the way, and he was not easily dissuaded. He was one of the founders of Family Medicine and that is one of his greatest legacies.

His fondness for literature and writing was given greater opportunity in the Cincinnati Literary Club. Robert joined the club in 1979 and remained a devoted and beloved member for the next 40 years. Each week during the meeting season a member will give an original paper. It was after a paper that Robert would have a cold cut sandwich, potato salad, fruit and a glass of Guinness and engage in table conversation and tell stories. In the 40 years he gave 23 papers. Our desire is to have these collected and bound and put into the Smith Conference Room.

In 2006-2007 he was President. Quoting again from his Presidential Address, he opened with this:

*What words dear friends can I impart  
The product of both mind and heart  
What distillate, what essence rare,  
Digestible, post-prandial fare,  
Expression of our gratitude,  
Unspoiled by common platitude,  
For papers that each week are brought  
From brimming minds full rich with thought  
But I was warned; "Please...keep it light,  
We're here to celebrate tonight!"*

But first, why the verse? In Ireland where I come from, on a celebratory evening such as this, it is not unusual for the speaker to break out into verse. Why is this so hard to fathom? Voltaire pointed out that "Poetry expresses more in fewer words than does prose". To my mind this is contrary to the generally held view that the Irish love to talk, preferably at length; the more words the better.

Later in this address he offered these thoughts on poetry

*Poetry, just words at play?  
Rhythm, sound and meaning fusing  
May be sad, may be amusing  
Choice of words and their alignment  
Makes for coarseness, or refinement  
May be subtle or ethereal  
May be made of dull material  
May send to sleep, may stir the mind  
May move the heart, may rouse mankind  
Poetry just words at play?  
Some is trivial, some tremendous  
Shakespeare into raptures sends us  
Poetry just words at play?*

I recall him talking of another paper entitled Epiphany, and in this paper he described his life journey in verse and toward the end of that paper he said this,

*"Many in this modern world of the physical and human sciences have banished the need for unproven speculation from their lives. Coincidences are only coincidences. Burning Bushes only burn.*

*And yet, and yet, many yearn for transcendence, to identify with something unworldly, larger than one's self and seemingly beyond scientific reasoning. Something of this nature, I believe, touched me, one evening in a London Underground train.*

*A glance at a piece of crumpled newspaper....an epiphany.*

And then he ended speaking of his life's journey:

*A companion on my Odyssey,  
The love of my life, named Myfanwy.*

He accomplished much in this long life being recognized with numerous awards over 60 years, and supporting him were Myffy and his family. He could not have done what he did without you. There are so many in this room who could share stories about Robert, and I invite you to write them down and send them to me and we will collect them in a volume in the Smith Conference Room. We were fortunate to have known, worked and fellow-shipped with Robert and are grateful for the gift of his long life. His was a great life whose impact will continue into the future. I will end in verse:

*Robert, a gentle wordsmith,  
a literary visionary  
who mastered oratory  
and opened the way  
to care for the family  
by following his epiphany. ■*

# FAMILY & COMMUNITY MEDICINE

## The Legacy of Dr. Robert Smith



### CLINICIAN

Dr. Smith practiced for nearly 50 years, initially as a full time GP in the newly inaugurated National Health Service and towards the end specializing in the care of headache patients.

### RESEARCHER

Saw the need and value of practice based research for the discipline of general practice/family medicine. His research on pain and migraine has been recognized by leading organizations throughout his career.

### EDUCATOR

Started the first model ambulatory training office in 1963 to meet both a community and educational need; such offices are now required in all family medicine training programs. Was responsible for training over 250 physicians in general practice/family medicine.

### COMMITTED TO MEETING A SOCIETAL NEED

Was the faculty supervisor of the first free clinic run by Medical Students in the United States. Saw family medicine as the vital foundation of a health system.

*"Much in our lives we owe to others  
To parents, teachers, sisters, brothers  
Helping to make us what we are today  
Giving us freely in selfless way.*

*But there are others, we meet by chance  
Out of the blue, by strange happenstance,  
"Take yonder path" did Pickles say  
With Jane Austen quote  
He pointed the way.*

*Dr. Pickles, warm, modest and wise  
Genius in G.P. disguise  
Gertrude his love, his colleague, his wife  
Patience his child, practice his life.  
Through his research, brought  
practice alive*

*In academe, there made it thrive  
In the mundane discovered so much  
Always preserving the human touch.*

*Wonders of science add to our days  
Bettering lives in so many ways  
Too many tests, is there time to confide  
Our feelings so vital,  
never cast them aside."*

*From remarks Dr. Robert Smith made to the  
2015 Residency Graduation Class, June 19th, 2015*



### VISIONARY LEADER

One of the "Founding Fathers" of the discipline of Family Medicine; founded three Departments of General Practice/Family Medicine (a unique achievement). Received numerous citations for his leadership and vision. Secured funding to establish and develop each of these Departments.

### PHILANTHROPIST

Expanded his enduring legacy through The Robert and Myfanwy Smith Chair of Family Medicine to support future leaders in the discipline.

### WRITER/INSPIRING ORATOR

A gifted writer, poet, and orator.

### HUSBAND & FATHER

Robert and Myfanwy have lived through two dreadful tragedies, the loss of two of their daughters to devastating diseases. Though their grieving never ends, they continue living normal and productive lives.



THE FOLLOWING CONTENT IS FROM THE COMMEMORATIVE PANELS IN THE SMITH CONFERENCE ROOM AT UC.

## EARLY LIFE HISTORY

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### DUBLIN, IRELAND



*Henry, Robert, and Olive Smith*

### 1921 A Physician is Born

Robert Smith was born on April 2 to a Catholic father, William Abraham Smith and a Jewish mother, Frances Schultz Smith. He had an older brother, Henry,

and a younger sister, Olive. William developed encephalitis during the 1917 influenza epidemic and later early onset of Parkinson's disease and the family lived sparsely on a government pension.

### 1926 - 1939 Schooling

Robert attended Kingsland Parochial and then Kildare National School until he was 11 and Wesley College, Dublin, until he was 18. He played cricket and rugby at Wesley, winning a medal for best performance in academics and sports.

Young Robert aspired to be a scientist but his science teacher discouraged him saying "You are pretty good at science but not that good, you should go into Medicine, become a doctor".



*Senior Cup Team 1939. Robert was awarded a medal for best performance for academics and sports at Wesley College. He is seated in the bottom row, second from the left.*

### 1939 - 1945 Medical School and Financial Hardship

Robert was awarded a scholarship to Trinity College Dublin Medical School, but only to cover the first year. Reverend J.T. Irwin, headmaster of Wesley, discouraged Robert's parents from allowing him to embark on the medical course, citing their lack of funds for the six year course. Robert insisted, and said "Let me try and we can rethink the situation at the end of this year". He lived at home to minimize costs and found that his aptitude for doing well in exams made him an ideal tutor to coach those students who had great difficulty with them. Robert supported himself and covered his fees by tutoring for the next five years. He did well in his exams, obtaining a B.A. in 1944 and was invited to become an assistant to the Professor of Physiology at Trinity.



*Robert (at rear) received a scholarship for one year at Trinity College Dublin Medical School. He supported himself and covered the remainder of the five year tuition by tutoring other students.*



*1944-1945 The Dublin Biological Association Officers and Council. Robert is seated in the bottom row, far left.*

**1945 First Faculty Position at Age 24**

Robert graduated from Trinity College with an MB, BCh, BAO, (equivalent to an MD in the US). He was hired as a faculty assistant to the Professor of Physiology.

Robert met Myfanwy Nurock, a student from London who was visiting her grandmother in Dublin. They began a courtship. Myfanwy, the daughter of Max and Bertha Nurock, was just graduating from the University of London School of Pharmacy with a B.Pharm and a PhC.



On November 3rd 1946, Robert Smith and Myfanwy Nurock were married in London, UK.

**NEAR LONDON, ENGLAND****1946 Marriage and Relocation to London**

Robert gave up his faculty position, moved to London and married Myfanwy. He became a house surgeon (surgical intern) at the Royal Surrey Hospital in Guildford (SW of London) but felt that his future opportunities were limited because he was a *foreigner* and did not have military experience.

**GERMANY****1947 – 1949 Military Service**

Robert volunteered for the Royal Army Medical Corps and served two years in Germany during the reconstruction, reaching the rank of Captain with permission to use the title in perpetuity. Robert and Myfanwy's eldest daughter, Jennifer Ann Smith, was born on 8/18/1947.



The Smith family in 1947: Captain Robert Smith, Myfanwy and daughter Jennifer.

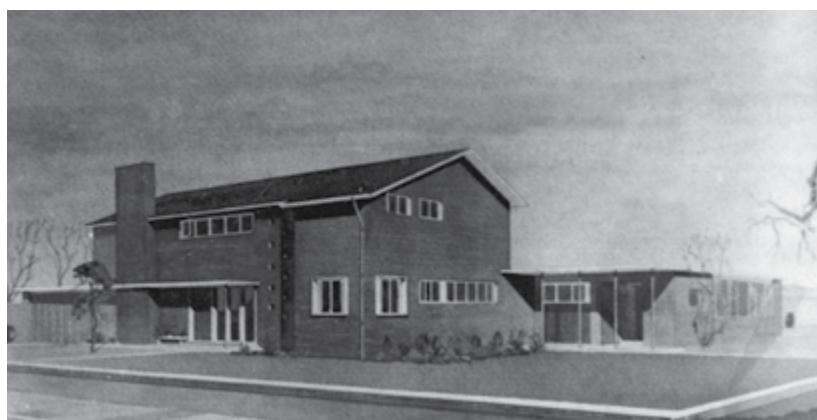
**NEAR LONDON, ENGLAND****1949 – 1952 First Practice Years in the New National Health Service**

Robert returned from Germany and joined a three physician general practice in the National Health Service in Farnborough, Hampshire (southwest of London). Alison Jane Smith, Robert and Myfanwy's second daughter, was born on 6/26/1951.

## STARTING A FAMILY AND FINDING A DIRECTION

**1952 – 1963 Stanwell NHS General Practice and Early Research on Pain**

Robert founded and directed a three physician practice in Stanwell, a small village west of London rapidly growing as the location of London Heathrow Airport (LHR). The family moved into a "pre-fab" house (mass produced for homeless victims of the German "Blitz" on London) and then built a new home at #1 Lord Knyvett Close. Robert joined the newly founded Royal College of General Practitioners and through the RCGP met his mentors, Drs. William Pickles, John Fry and John Horder.



A rendering of the new home and practice at #1 Lord Knyvett Close.



UNIVERSITY OF  
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Robert realized how vital research was for an academic career and when Dr. Pickles came to speak to the local GPs, Robert asked him, "How do you decide what to study for your research?"

*Dr. Pickles replied "Are you familiar with Jane Austen?"*

*Robert said, "Of course, but why?"*

*Pickles answered, "Jane Austen never went to University and based her characters on the people who surrounded her. You need to study what you see every day and make that the focus of your research."*

Dr. Kenneth Keele, a close friend, distinguished colleague, and Senior Internist at the nearby hospital in Ashford, Middlesex, had written a book entitled *Anatomies of Pain* which described the use of the pressure-pain algometer. Dr. Smith decided to use the device to study pain, the most common complaint among patients. The work eventually became his MD thesis at Trinity College in 1957 and was entitled *Pain Sensitivity in General Practice*. It also resulted in the award of two prizes: the British Medical Association Hawthorne Prize in 1958 and the Royal College of General Practitioners International Research Prize in 1959. Two more daughters were born during the Stanwell-Wellcome years: Caroline Rachel Smith on 9/11/1954, and Rosemary Frances Smith on 5/25/1961.

They were both born at home with the help of a midwife, which was customary for normal deliveries at that time. During his NHS years Robert delivered over 500 healthy babies.

#### 1960 – 1963 Wellcome Foundation

Robert joined the Clinical Research Department of the Wellcome Foundation. He served as an advisor on General Practice Research, directed the Clinical Pain Research Program, and co-edited the book *The Assessment of Pain in Man and Animals* with Professor Cyril Keele, brother of Dr. Kenneth Keele.

#### 1963 – 1968 Began Academic Career at Guy's Hospital, London, Founding the General Practice Teaching and Research Unit

At the end of three years in pure research, and at his request, the Wellcome Foundation awarded him a grant to start a GP Teaching Unit at a London medical school.

His former Royal Army Medical Corps colleague and fellow cricket player, Professor John Butterfield, was Director of the Department of Scientific Medicine at Guy's Hospital Medical School and he readily welcomed Robert to his program as a Senior Lecturer when he realized that grant funds were available. One evening, on the commute home on a crowded

"tube" Robert was reading the *Evening Standard* and saw the headline "A New Town in Woolwich" and realized that this would be an ideal place to set up a Practice dedicated to teaching and training GPs. He decided to apply for the position of physician in the new town, called Thamesmead, 12 miles down the river Thames from Guy's Hospital, and in 1964 became the Director and Secretary of Planning for the Thamesmead Community Practice Centre. With extra funding from the Nuffield Trust he worked on the project until 1968.

#### 1965 Co-founded and became the Honorary Secretary of the Migraine Trust in London

#### 1967 The United States Connection

During 1967 the Royal Society of Medicine received a letter from the University of North Carolina at Chapel Hill requesting a recommendation for a consultant on General Practice. Dick Hewett, the RSM's Executive Director, suggested Robert. By coincidence Dr. W. Reece Berryhill, then Emeritus Dean of UNC Chapel Hill, was on sabbatical in London gathering information on the National Health Service. He gained personal experience as an NHS patient in Dr. John Hunt's practice.

Robert was invited to visit North Carolina.



Early etching which reads: Entrance into that most noble Public Charity and admirable Medical Establishment Guy's Hospital.



## FAMILY MEDICINE IN THE U.S.

CHAPEL HILL, NORTH CAROLINA, USA

### 1968 – 1975 Founded a Second Department: The Department of Family Medicine at the University of North Carolina at Chapel Hill

In 1967, North Carolina passed a law requiring all state medical schools to have Departments of Family Medicine. Because of his established reputation in the United Kingdom, the UNC Medical School invited Dr. Robert Smith to join the university as an associate professor of Medicine and Preventive Medicine. On his first day a group of disenchanted medical students asked “How can you possibly contribute to a society you do not understand?” to which Robert replied “What is bugging you guys?” He learned the students were running a free clinic in adjacent Carrboro, NC, providing medical care to disadvantaged patients who received no health care from the nearby medical school and they needed a faculty supervisor. Robert took on that position for the Student Health Action Coalition (SHAC) the nation's first medical student free clinic. In 1969, he also edited the proceedings of “Background to Migraine”, the first international meeting of the Migraine Trust held in London.

### 1970 Appointed Professor and Founding Chairman of the New Department of Family Medicine

Robert directed the undergraduate curriculum, residency training program and organized a popular exchange program with the UK. He encountered significant opposition from most College of Medicine departments at UNC-Chapel Hill.



In 1970, Robert organized an exchange program funded by the Duke Foundation (US) and the King Edward the Seventh Fund in the UK, which allowed students and faculty to compare and contrast Family Medicine in the USA and the UK. This ran for three years.

CINCINNATI, OHIO, USA

### 1975 – 1991 Founded his Third Family Medicine Department and Became an Endowed Professor and Chair

In 1974 Ohio appropriated funds to create and support Departments of Family Medicine within their universities. The University of Cincinnati set up a search committee to find a Director. Robert became the founding Professor and Chair of Family Medicine. Local Cincinnati GPs Drs. Kenneth Frederick, Jay Ach, and Thomas Todd were extremely supportive of Dr. Smith. Shortly afterwards the son of Fred Lazarus had a tragic auto accident and received life saving care at the UC Medical Center. In gratitude the Lazarus Foundation donated \$1,000,000 to the Medical School. An independent board recommended the funds be used to name, endow, and support the new Lazarus Chair of Family Medicine: Dr. Robert Smith, becoming the first professor of

Family Medicine with an endowed chair.

Robert was immediately accepted by his colleagues with strong support from Dean Robert Daniels, Dr. Richard Vilter (chair of Medicine) and Dr. Edward Pratt (chair of Pediatrics). During these years Robert was fully engaged at UC and served on multiple CoM group initiatives, search committees and local/national medical organizations.

### 1975 First Family Medicine Center

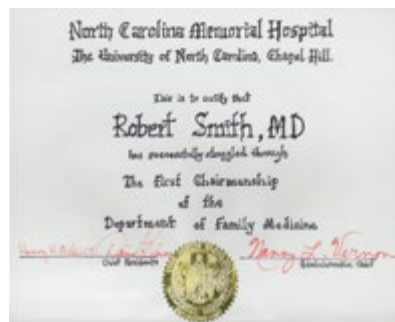
A Family Practice Center was established based on the concept Robert had developed in the UK. He had total freedom in choosing his staff and started the center in the K Pavilion at Cincinnati General Hospital. In 1990 the Family Medicine Center moved to the Health Professions Building at Eden and Bethesda Aves.



Reception Desk at the Family Practice Center in the 1970–80s

### 1976 Hunnycutt Family Farm

Mrs. Jean Hunnycutt Solmn willed their family farm in Union Township to the Department of Family Medicine after she heard Robert speak on the radio, because he reminded her of her deceased brother, Thomas Hunnicutt, MD. The farm remained a working farm until the mid-1990s and was then sold to create the Hunnicutt Endowment Fund.



The Residents and Administration of UNC-Chapel Hill, recognized the opposition Robert had encountered during his Chairmanship and created this heartfelt diploma for him upon his departure to the University of Cincinnati.

### 1978 Family Health Symposium

Robert organized this comprehensive review of the impact of the changing status of the family on health, co-

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sponsored by the Royal Society of Medicine (UK) and the Royal Society of Medicine Foundation (US) and held at the University of Cincinnati.

**1978 First Residency Class Graduation:**  
James Kegler and Martin Haskel

**1979 – 1991 Robert procured a total of \$15,000,000 in federal, state and private grants which helped expand and support the Department.**

**1981 – 1997 Founded and Directed the Headache Center**

Robert's interest in managing pain continued. A migraine sufferer himself, he founded and was the first director of



Dr. Robert Smith with Sir George Godber, Harvey Estes, Dr. Proger, and Senator Eastland.

the University Headache Center. Financial support included the Mary Le Blond family and the Sophie Procter-Bell Fund.

**1979 Robert was elected to the Cincinnati Literary Club, the nation's longest running literary club (founded in 1849).**

In the following 35 years, Robert

presented 22 original papers. He became its President in 2006 and received the rare distinction of Honorary Member in 2014.

**In 1981 Robert's second daughter, Alison Jane Smith, died at 31 in Holmes Hospital, after a lifelong battle with Cystic Fibrosis.**

**1983 Purchased Community Practice in Wyoming, Ohio**

Robert used a portion of the Lazarus gift to acquire the Wyoming Family Practice office and set up a "real world" practice to teach medical students and residents the principles of family medicine.

## A RENAISSANCE MAN

**1985 Started Fellowship in Geriatrics, Recruiting Dr. Gregg Warshaw, as Director and Martha Betty Semmons Chair**

That same year Dr. Smith was elected to the Alpha Omega Alpha Honor Society and gave the award dinner address.

**1988 Co-ordinated an Anglo-American Conference on "The Future Role of Computers in Family Care"**

This was sponsored by the Royal Society of Medicine, the Society of Teachers of Family Medicine and the UC Department of Family Medicine.

**1991 Retirement**

Robert was the last faculty member in the College of Medicine required to step down at age 70, in accordance with Federal law at that time, and became Emeritus. In the same year he was honored by the North Carolina Department of Family Medicine at Chapel Hill, who commissioned a portrait of him to hang in the departmental conference room. He received numerous citations, certificates and awards for his contributions to Family Medicine education from: Cincinnati Academy of Medicine, Ohio House of Representatives, City of Cincinnati, Governor, Ohio Academy of Family Physicians, Association of Departments of Family Medicine, Ohio State Medical Society, United States Congress, and General Assembly of the State of Ohio. In 16 years the program had trained 127 residents and introduced more than 5000

medical students to the principles of Family Medicine.

**1991 – 2005**

Robert focused further medical activity on the study and treatment of family practice patients with migraine, the introduction of triptans to migraine practice and producing clinical guidelines for the diagnosis and treatment of migraine patients in general practice. Requests for information about his headache research continue to be received.

**2005 Philanthropy**

The Robert and Myfanwy Smith Chair of Family Medicine was established and Robert Graham, MD, former Executive Director of the AAFP (1985 – 2000), became the first recipient.

**2005 The Family Medicine Genomics Research Project**

Robert received a grant of \$1 million from the George and Ellen Rieveschl Foundation to "Search for a possible Genomics basis related responsiveness to the treatment of Type 2 Diabetes with Thiazolidinediones." This is an ongoing community study involving 13 primary care practices in Greater Cincinnati.

**2007 Daniel Drake Award**

Robert received the UC College of Medicine's highest award, the Daniel Drake Medal. He was the first family physician to be honored with this award.

**2010 Robert's third daughter, Caroline Rachel (Smith) Drinnan, MD, who graduated from the University of Cincinnati (1979) and practiced as a pediatrician in California, died of a brain tumor.**

**2012 Lifetime Achievement Award**

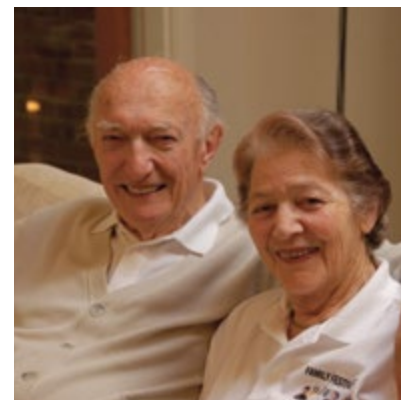
Robert received the American Headache Society Lifetime Achievement Award in recognition of his 50 years of research on the problem of migraine headaches.

**2015 Smith Conference Room**

The UC Board of Trustees approved the naming of the Robert and Myfanwy Smith Conference Room for use in the UC College of Medicine

**2016 Lifetime Achievement Award**

The Cincinnati Business Courier honored Robert with the 2016 Health Care Heroes Lifetime Achievement Award. ■



Robert and Myfanwy Smith

## UC Names College Of Medicine Dean, Senior VP For Health Affairs

*Dr. Andrew Filak is the 53rd dean in the 200-year history of the College of Medicine*

The University of Cincinnati has named Dr. Andrew Filak Jr., dean of the College of Medicine and senior vice president for health affairs. Filak, who has been serving in the role on an interim basis since August 2018, officially assumed the position Jan. 1, 2020, upon approval by the UC Board of Trustees.

Filak has more than four decades of experience at the UC College of Medicine, UC Medical Center, and the UC Academic Health Center. Prior to his position as interim dean, Filak served as senior associate dean for academic affairs, founding chair of the Department of Medical Education and



professor of medical education and family and community medicine at the UC College of Medicine. He also served as vice president for education for UC Health and director of the Family Medicine Residency Training Program.

Filak continues to practice Family Medicine, teach medical students and residents, and serve on many national, state and university committees.

Filak joined the UC faculty in 1981. He received his medical degree from George Washington University School of Medicine and Health Sciences in Washington, D.C., and completed his family medicine residency at the UC College of Medicine where he also served as chief resident. ■



**UNIVERSITY OF  
CINCINNATI**  
COLLEGE OF  
MEDICINE



## FACULTY SPOTLIGHT:

## Louito Edje, MD

*Associate Dean of Graduate Medical Education and  
Designated Institutional Official*

**Please tell us about yourself:**

I was born a Hawkeye when my father was doing his PhD in agronomy, then at 11 months of age travelled to Malawi, South Central Africa where I attended British boarding schools until we spent one year of sabbatical with my parents in Colombia. A year later, we settled in the US, where I finished up high school and went on to Michigan State at 16 for a BS in physiology.

Subsequently, it was my privilege to be class president at University of Michigan Medical school where I fell in love with family medicine for the wonderfully rich patient-physician relationships, the problem solving, and the breadth of care we provide. My residency was at the Toledo Hospital FM program where I graduated Chief and started private practice. For the next 13 years, I had a practice base of about 2,500 patients and was office co-manager for 10 partners in the largest primary care office in town. I mentored learners and taught in my residency program. When an opening became available, for program director at my alma mater I took it and subsequently became Designated Institutional Official (DIO) for the institution where I practiced inpatient medicine until coming to Cincinnati.

**Top life highlights:**

For me, highlights are so classified because of the significance of what follows as result of that highlight.

**TOP PERSONAL HIGHLIGHTS**

- Giving birth to my daughter Francesca who is a senior at Miami University. She is a talented achiever and a leader in her own right. Her humility has often left me finding out about her accomplishments after the fact. Like the time she sang the national anthem flawlessly at a basketball game on Veteran's day, or the time she was voted Resident Hall President of the Year by all the other dorm presidents.
- Surviving bilateral pulmonary emboli several years ago was pivotal in that gratitude became the lens through which I started to view almost everything. I developed a personal sense of clarity regarding "what could have been". As result, perspective is not very far from my mind in most situations I encounter in a day.
- Finding my quarantine buddy, Sy. Shortly after we first met, he found the GPS location of a beautiful rosebush that was in the corner of nondescript little garden featured in my FB profile. Once he located it, he took me there. It was in a lovely woman's yard in Italy. We eventually got married there.



**"While I practice evidence-based medicine, the need to practice evidence-based teaching became more compelling the longer I was in education. Pursuing an MHPE was one of the best career decisions because it has fundamentally changed the perspective I have toward teaching."**

**TOP PROFESSIONAL HIGHLIGHTS**

- Double University of Michigan Medical School Alumna (MD 1995, MHPE 2017)
- Graduated over 60 board certified FM physicians, then established a thriving new family medicine residency program with a pharmacy residency in a designated primary care shortage area.
- Chaired the American Medical Association's Reference Committee for the Council on Medical Education that laid the foundation for the legal advocacy of over 600 residents who were displaced by the Hahnemann closure. Our work resulted in acquisition of medical liability tail coverage for all learners after they had been displaced due to bankruptcy of their sponsoring institution.
- I also have had the privilege of being the 2012 Ohio Academy of Family Physicians Ohio Family Physician of the Year and I am the American Academy of Family Physician's candidate for the 2021 election to the Council on Medical Education.
- It goes without saying that being a member of the University of Cincinnati leadership team, where strong family medicine mentors are a plenty, has already been a dream fulfilled. The support and comradery have been second to none. I look forward to continuing to learn from and support our medical community.

**What is a DIO? Why were you drawn to it?**

The acronym stands for Designated Institutional Official. That is a term from the Accreditation Council on Graduate Medical Education (ACGME), the organization that accredits most residencies and fellowships in the US. DIOs are responsible for ensuring the integrity of the learning experience for all learners at a specific sponsoring institution.

My job is defined by three A's: accreditation, advocacy and advancement:

- Accreditation is the most important since it is the foundation upon which all else stands for our close to 100 University of Cincinnati Medical Center residencies and fellowships.
- Advocacy, for the resources and learning environment of all our post-graduate learners.
- Advancement, at both the individual learner level as well as institutional level. We are charged with promotion of learners throughout their tenures with us as well as provision of the healthiest professional foundation from which to launch their medical careers.

Being a DIO is an intersection of several aspects of my former professional life. I was Department Chair and then Chief of Staff at the over 700-member medical staff at the hospital I practiced at for over 15 years. During that time I really enjoyed working with colleagues from multiple specialties. I am a reviewer for the ACGME Family Medicine Residency Committee which is a group of family physicians who set the parameters within which family medicine is taught, we also annually review all new and existing residency programs and the FM subspecialty fellowships of addiction medicine, clinical informatics, hospice and palliative medicine, geriatrics, and sports medicine. I am an elected delegate for Ohio physicians and represent our state at the American Medical Association, largely in area of medical education. I have the distinct privilege of caring for patients with excellent clinical partners at Wyoming Primary Care for 0.3 FTE.

#### ***What is an MHPE degree?***

Returning to formal education for a master's in health professions education (MPHE) was largely driven by a desire to understand the literature on how learners in the health professions learn. As an educator, while I practice evidence-based medicine, the need to practice evidence-based teaching became more compelling the longer I was in education. Pursuing an MHPE was one of the best career decisions I have ever made because it has fundamentally changed the perspective I have toward teaching and advocating for learners at both the undergraduate and graduate medical education levels. One of my primary foci of competency during my masters was leadership, specifically organizational leadership using Kotter's The 8 Steps Process. It also broadened my learner cohort to include those of oral and maxillofacial surgery, pharmacy, nursing and the allied health professions.

#### ***What advice would you give new Family Medicine residents, learners or peers?***

- No matter how busy your clinic day is, always come to a screeching halt when you are doing two things – explaining and listening.
- Most family physicians do this without thinking about it but practice incremental relationship building. Taking at least 45 seconds each visit to ask one question unrelated to medicine is one of the best pieces of advice I learned to develop relationships with my patients. It has also been shown to improve patient satisfaction for individual visits. The quality of your relationship could make a difference between life and death. That difference may manifest ever so quietly in the elderly lady who dared, upon the foundation of trust, to tell you about the drop of rectal blood that resulted in you making a diagnosis of adenocarcinoma. Or that man who started doing physicals because you biopsied a persistent little black fleck on his shin that was later found to be early acral lentiginous melanoma. When you are making any critical life decision ask yourself four questions:
  - What is the BEST thing that could happen if I DO this?
  - What is the BEST thing that could happen if I DON'T do this?
  - What is the WORST thing that could happen if I DO this?
  - What is the WORST thing that could happen if I DON'T do this?
 It may take a rotation, a heart-to-heart with someone who knows you, a candid conversation with a trusted mentor or significant other to answer these four questions. Ultimately, you will make a

decision having done your due diligence and mitigate any downstream regret.

#### ***Something surprising about yourself:***

I am an artist. My media are acrylic on canvas and graphite on paper. I have displayed my work at the Community Gallery in the Toledo Museum of Art seven years in a row. I had 33 pieces of my art, featuring jazz legends, displayed in a restaurant in the Toledo area. I almost always have a calligraphy pen in my purse.

#### ***What do you like to do on your days off?***

I enjoy reading. One of my favorite authors is English novelist, Jeffrey Archer. I spend time with 'the hubster', he's a classically-trained pianist with degrees in tax and employment law. Nothing like the brisk, merry notes of Ragtime dancing through the air on a Saturday morning!

#### ***Favorite food:***

Indian! Hot lamb curry, warm garlic naan and cold mango lassi!

#### ***What do you find most rewarding about your job?***

Watching a learner progress through Hubert and Stuart Dreyfus's 5 stages of expertise — from a novice with imposter syndrome to the masterful elegance of an adaptive expert.

#### ***What is the best piece of advice you have ever received/ how do you apply it to your everyday life?***

"Know thyself" for it is in knowing yourself that you know best how to help others. Learn your strengths, then strengthen them. Strength finder 2.0 by Tom Rath is a great place to start. That also means knowing your weaknesses and minding your biases. Rest when you rest – truly rest, it should be restorative. Replenish when you can – make time for what fulfills you. Be safe – physically, especially now, but also mentally. Guard your thoughts, keep them safe because they have a greater impact on your wellbeing than you may know.

#### ***What is on your wish list for your next five years here?***

I look forward to our institution emerging from this COVID pandemic flush with transformative innovations that catapult our learning environment to the next level. We also have an opportunity to preserve the best of our COVID-related communication strategies, building on the comradery that has been so evident during the past several months.

#### ***What are your biggest professional challenges?***

Having to say "no", especially during COVID. I had to deny a resident a previously planned, unique opportunity to do an away rotation in Malawi, Central Africa. Since I lived in Malawi and my siblings were born in the hospital where this resident would be, I knew this experience would be one of a kind. I had to say no. It just so happened that Ohio's Stay at Home order went into effect a very short time thereafter reflecting the appropriateness of the decision, but it was not easy.

#### ***What is your motto or personal mantra?***

A statement by Melody Beattie — "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates vision for tomorrow." ■

## FACULTY SPOTLIGHT: Charles J. Schubert, MD

*Division Director of Urban,  
Underserved and Global Health*

**Please tell us about yourself:**

Born in Cincinnati in the 1950's, (yes I'm that old), raised in Cincy, med school at Cincy and the rest of my life in Cincy except when living in Africa. Nephew of William Schubert, MD (past CEO and chair of pediatrics at Cincy Children's, and that's how I got my residency and job), Husband of Julie (born in Africa), father of three wonderful sons (who all have a job and are no longer dependent on the family paycheck) and also birthed Crossroad Health Center in 1992 (it was a figurative C-section). Most important, I'm Papa to my lovely granddaughter Sierra, aged two.



*With wife Julie*

**What is most challenging about your job?**

I need a shuttle back and forth between Children's and UC. Perhaps a Bird scooter would work well. Also learning the culture of family medicine, but that is fun, perhaps I should not have been a pediatrician after all. But I'm too old to be a resident now.

**Top three life highlights:**

That could be my three decades with Julie, my three sons, or three great cups of coffee over the years.

**Something surprising about yourself:**

Norm Abrams of "This Old House" is my hero carpenter.

**What do you like to do on your days off?**

Build things, bike and walk and walk and walk with Julie.

**What do you find most rewarding about your job?**

Facilitating opportunities for colleagues and especially trainees to serve underserved populations in this country and abroad.



*With family*



*Crossroad Health Center, Over-The-Rhine*

*Baobab tree, Africa*

**What is the best piece of advice you have ever received/how do you apply it to your everyday life?**

To dream the impossible dream, fight the unbeatable foe, to reach the unreachable star...

From starting Crossroad Health Center, to my work in Africa to trying to become a family doc.

**What interests you about your specialty?**

I love the long term impact that is possible when caring for kids.

**What is on your wish list for your next five years here?**

Retirement (but not too soon), vibrant relationships with global health partners and local partners caring for underserved people, more grandchildren.

**What are your biggest professional challenges?**

Getting it all done in a part time job.

**What is your motto or personal mantra?**

Whatever you did for one of the least of these brothers and sisters of mine, you did for me. ■



## FACULTY SPOTLIGHT:

## Irene Hamrick, MD

*Geriatrics Division Director,  
Martha Betty Semmons Endowed Chair in  
Geriatric Medicine Education*

**Please tell us about yourself:**

I grew up in Germany and wanted to become a physician since I was nine. To do that I took four years of Latin, a requirement in Germany at the time, and in high school majored in biology and chemistry. I married my husband, an Army soldier from North Carolina who was stationed in Wiesbaden. For five years, I was a stay-at-home mom and then attended medical school at East Carolina University in Greenville, NC. For my family stability, I stayed there to do my training in family medicine and geriatrics and on faculty. I became fellowship director and division director of geriatrics, and after 20 years, left for University of Wisconsin-Madison to do more research and to develop a geriatrics teaching program. One year ago, I moved to UC.

**Why did you choose to join our Department?**

Supportive leadership and wonderful faculty! I would not be able to do what I do if it was not for the tremendous support I receive from leadership and my outstanding faculty.

**Top three life highlights:**

My children, getting a B on my first medical school exam (biochemistry), and learning English. My fifth grade English teacher recommended I drop out of English because I would never learn the language.

**Something surprising about yourself:**

I was on food stamps (now SNAP) during nursing school and medical school. Now I pay more in taxes each year than I received in total food stamps over the years.

I learned five foreign languages. Notice, I said learned, and don't speak them anymore after 40+ years of non-use. But I can still understand much when I travel in those countries.



**"I like to quote Einstein who said, 'life is like a bicycle. To stay in balance, you have to keep moving.' Not only am I a big fan of exercise—I bike to work—but I am an advocate to move professionally. Not necessarily geographically, but taking on different challenges throughout our careers to stay stimulated."**

**What do you like to do on your days off?**

So many things: snow skiing, ballroom dancing, running, cooking, sewing, knitting, traveling, reading historic markers, and most of all visiting my grandchildren.

**What do you find most rewarding about your job?**

Seeing my learner's eyes light up when I teach them something they didn't know, or my faculty when they get a publication or grant.

**What is the best piece of advice you have ever received/how do you apply it to your everyday life?**

The father of my children died of alcoholism, and in Al-Anon I learned the Serenity Prayer: God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. (Reinhold Niebuhr) I use it in all areas of my life.

**What interests you about geriatrics?**

Every patient is different and I love to use my creativity to improve their quality of life, not with medicine or surgery, but with our knowledge of physiology and aging changes.

**What is your biggest professional challenge?**

The shortage of geriatricians due to the low reimbursement. ■



*Wearing  
traditional  
German  
dress*

*Two sons  
with their  
families*

## DIVISION UPDATE:

## OFFICE OF GERIATRIC MEDICINE

Irene Hamrick, MD, Director

## Two New Fellows Join Program; Fellowship Graduate Joins UC Practice

We are excited to welcome our two new geriatric medicine fellows, Dr. Amanda Arnold and Dr. Anna Schweikert, who join with our other geriatric fellow, Dr. Nicole Soria.

Arnold graduated from Howard University with a BS/MD combined degree and completed internal medicine residency at the University of Cincinnati. Arnold, originally from Barbados, looks forward to practicing in Cincinnati after graduating, primarily in the nursing home setting. Arnold enjoys hiking and time in the outdoors.

Schweikert is a graduate of the University of Dayton, attended University of Cincinnati College of Medicine and completed training at The Christ Hospital/University of Cincinnati (TCH/UC) Family Medicine Residency, where she led as chief resident. Schweikert originally hails from the suburbs of



Arnold

Chicago, where she grew up on a cattle farm. Schweikert is looking forward to practicing in Cincinnati in primary care and nursing home care after completing her training.

Dr. Kara Ciani, a graduate of TCH/UC Family Medicine residency, graduated from the TCH/UC Geriatric Medicine fellowship Nov. 20. She is joining the UC Health Primary Care - Wyoming Practice and will continue to provide care and teach at Maple Knoll Village with the geriatric fellowship. We



Schweikert

thank Ciani for her dedication to our patients and commitment to teaching and learning. ■

## New Director of Fellowship Program Named

Dr. Anna Goroncy, assistant professor of family and community medicine, a



Goroncy

graduate of TCH/UC Family Medicine Residency and Geriatric Fellowship, became program director of the geriatric fellowship in July 2019. She looks forward to building on the successes

during Dr. Jeffrey Schlaudecker's tenure, including successful fellowship recruitment, a strong learning environment at Maple Knoll Village and a growing teaching faculty core. In addition, Goroncy looks forward to integrating more education on social determinants of health and implicit bias in care and community engagement, including integrating the fellowship in the Walnut Hills Community partnership started in the TCH/UC FM residency. ■

## Goroncy Receives HSRA Geriatrics Career Award

Dr. Anna Goroncy received a four-year \$300,000 Geriatric Academic Career Award from the federal Health Resources and Services Administration (HSRA), one of 26 people in the country to do so.

With this support, Goroncy will gain additional training in home-based primary care, teaching and addressing the social determinants of health and implicit racial bias in graduate medical education and medical care. She will augment the existing home visit curriculum and expand the program to incorporate medical students and physician assistant students. She will also build on a community partnership with Walnut Hills by leading geriatric fellows in completing a geriatric-focused community assessment. ■

## RESEARCH AND GRANTS:

The five-physician faculty at the VA— Drs. **Nam-Ha Brown, Elise Henning, Sumita Govil, Sara Goldsberry and Susan Davis**— have taken on several initiatives recently: aromatherapy, healing touch and dehydration management. Henning and Brown were awarded the SPARK grant to develop a music program to manage not only behavior problems in dementia but also delirium, anxiety, and possibly pain, depression and other problems.

## PUBLICATIONS:

**Dr. Anna Goroncy, Dr. Julia Bedard-Thomas, Dr. Christian Gausvik, Dr. Sandra Regan, Jonathan Wessels, and Keesha Goodnow:** I Live Alone but Don't Feel Alone: Social Isolation and Loneliness From the Patient Perspective *digitalrepository.aurorahealthcare.org/jpcrr/vol6/iss4/5*

**Dr. Irene Hamrick and Dr. Nicole Soria:** Antipsychotics for Treating Delirium in Hospitalized Adults *practiceupdate.com/content/antipsychotics-for-treating-delirium-in-hospitalized-adults/89395/65/6/1*

## Dr. Irene Hamrick and Dr. Nam-Ha

**Brown:** Effect of Collaborative Dementia Care via Telephone and Internet on Quality of Life, Caregiver Well-Being, and Healthcare Use

*practiceupdate.com/content/effect-of-collaborative-dementia-care-via-telephone-and-internet-on-quality-of-life-caregiver-well-being-and-healthcare-use/90480/65/6/1*

## Dr. Irene Hamrick and Dr. Kiara Ciani:

Thyroid Replacement Therapy, TSH Concentrations, and Long-Term Health Outcomes in Patients With Hypothyroidism *practiceupdate.com/content/thyroid-replacement-therapy-tsh-concentrations-and-long-term-health-outcomes-in-patients-with-hypothyroidism/89047/65/6/1*

## PRESENTATIONS

**Dr. Jeffrey Schlaudecker** gave a grand rounds presentation on dementia and brain health to P&G employees.

**Dr. Irene Hamrick** gave 4 presentations to physicians at the American Academy of Family Physicians in Ft. Myers, FL: Insomnia, Elder Abuse, Stroke and Diabetes. ■

## DIVISION UPDATE:

## UNIVERSITY HEALTH SERVICES

Kim Miller, MD, Executive Director

Things have been hopping at UHS, as we have transitioned our clinical care back to a hybrid of telehealth and in person visits. We are especially happy that Dr. Lauri Nandyal joined UHS in March. She has been an outstanding addition.

Our COVID-19 surveillance team has been hard at work, ably led by Dr. Victoria Wulsin. Responsible for COVID reporting and guidance for University faculty, staff, and students, we are also busy partnering with the University on the Return to Campus plan for Fall semester. Shout out to Dr. Sammie Lammie, FMP resident, who put in many volunteer hours on our REDCap project. Thanks to Lammie and her brilliant

husband André vanZyl – we couldn't have done this without you.

In July, we welcomed back Dr. Christine Collins, of the Lindner Center of HOPE, from her maternity leave, who will join Dr. Fabiano Nery in providing direct psychiatric care of our UHS patients as well as oversee eleven residents for outpatient continuity clinic for 2020-2021. This care will also be a hybrid of telehealth and in person, and we are so happy to have this fantastic

team on board!

Finally, we must extend our deepest thanks to Dr. Charles Collins, who has provided exceptional psychiatric care to our UC students and overseen the psychiatry resident clinic. Charles Collins will be retiring Aug. 6 to spend time with family, including his beloved granddaughters. Thank you, Charles, for your many years of service at UHS! ■



Miller

### Welcome to this year's psychiatry residents:

Jessica Povlinski, MD  
Justin Miller, DO  
Julie Ronecker, DO  
John Strader, MD

Franklyn Booth, MD  
Katherine Zappia, MD, PhD  
Ariel James, DO  
Sola (Oluwasola)

Morakinyo, MD  
Mack Ontiveros, MD  
Cole (Nicholas) Pechin, DO  
Jason Seymour, MD ■

## DIVISION UPDATE:

## INTEGRATIVE MEDICINE

### Turner Farm Foundation Gives \$1.5M to Create Endowed Chair

*The following article is provided by the UC Foundation.*

A \$1.5 million gift from the Turner Farm Foundation – and a \$500,000 matching gift from the University of Cincinnati College of Medicine's Hagins Family Matching Gift Program – has established an endowed chair at the UC Center for Integrative Health and Wellness. The Turner Farm Foundation Endowed Chair will support the director of the center in perpetuity and advance the center's mission of improving the health of the local and global community through integrative health and wellness programs and efforts.

"This extraordinary gift means that Cincinnati will always have a center dedicated to integrative medicine," said Sian Cotton, PhD, director of the UC Center for Integrative Health and Wellness. "It advances our efforts and demonstrates that we have the support of both the college and the greater community. We are so grateful to Turner Farm for its continued support and collaborations for wellness."

Cotton, who has served as director of

the center since 2013, is the first Turner Farm Foundation Endowed Chair. The UC Board of Trustees approved the name of the chair at its April 28 meeting.

"Turner Farm's leadership and investment in the Cincinnati community is admirable," said UC President Neville G. Pinto. "We are proud that such a leader has recognized the difference-making ability of the UC Center for Integrative Health and Wellness and grateful to them for helping us drive toward the next innovations in health care."

"Turner Farm's mission statement speaks to our responsibility to be proper stewards of the land, ourselves and the greater community. Our investment in the UC Center for Integrative Health and Wellness addresses the second and third pillar of that responsibility," said Robert Edmiston, executive director of Turner Farm. "The endowed chair strengthens the center's foundation in the community, giving it a permanency, and also provides a greater platform for Sian's important message."

Cotton's work at the center is also being supported by the UC College of

Medicine through the Hagins Family Matching Gift Program, an estate gift from UC alumna Frances Hagins, MD (Med '51), and her husband William Hagins, MD.

"The UC Center for Integrative Health and Wellness is a vital part of our community, providing research, education, clinical care, and community engagement," said Andrew Filak Jr., MD, senior vice president for health affairs and Christian R. Holmes Professor and dean of the College of Medicine. "We are proud to be able to augment Turner Farm's generous gift to endow the chair."

"One of the critical components to integrative medicine is its focus on preventative care," said Richard P. Lofgren, MD, president and CEO of UC Health. "The science-based approaches employed by the center – from medical massage to mindfulness to nutrition and health coaching – has made an immeasurable impact on the lives of those in our immediate community and beyond. At UC Health, we are proud to offer patients and families something that surpasses traditional healthcare providers." ■

UNIVERSITY OF  
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UNIVERSITY  
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## DIVISION UPDATE:

UNIVERSITY OF  
CINCINNATICOLLEGE OF  
MEDICINEINTEGRATIVE  
MEDICINE  
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## INTEGRATIVE MEDICINE

Sian Cotton, PhD, Director

## Sanghvi Memorial Lecture Featured Harvard's Peter Wayne, PhD

The Dr. Khushman V. Sanghvi Memorial Lectureship on the Mind-Body Interface in Health and Healing was held Oct. 15-16, 2019. Keynote speaker Dr. Peter Wayne, associate professor of medicine at Harvard Medical School and director of research and interim center director for the Harvard Osher Center for Integrative Medicine presented "Bringing the Body Back to Mind-Body Medicine Research" to over 300 medical students, faculty, staff and community members at the UC College of Medicine Kresge Auditorium.

Wayne also led a tai chi experiential during his visit.

The Sanghvi Memorial Lecture is an annual endowed lectureship exposing health care professionals and interested community members to the importance

and benefit of complementary medicine. It was created through a generous gift from UC cardiologist Vijay Sanghvi, MD, and his daughters. ■



Dr. Peter Wayne, associate professor of medicine and interim center director for the Harvard Osher Center for Integrative Medicine



Cotton

## Mindfulness in the Workplace

Chronic stress costs American business in absenteeism, turnover and diminished productivity. For local companies looking to implement resiliency initiatives, the UC Center for Integrative Health and Wellness offers:

**Mindfulness 101:** One hour-long session comprised of didactics and guided practice

**Half-day or Full-day Retreats:** Self-care, stress management and mindfulness topics

**Weekly Courses:** Four, six or eight weeks

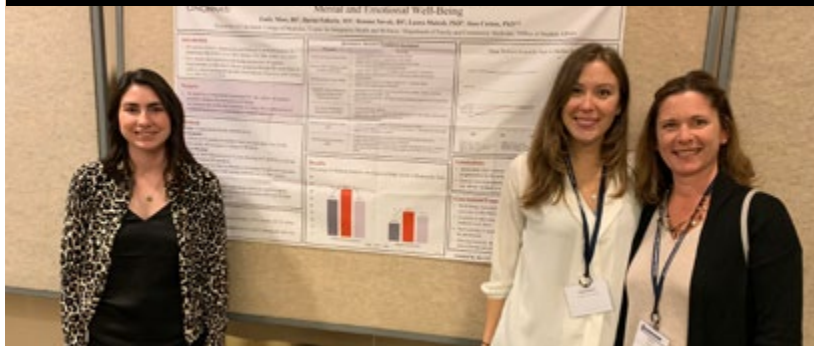
**On-site Weekly Drop-In Sessions:** Short sessions to follow up a course or retreat

**Adapted Mindfulness-Based Stress**

**Reduction (MBSR):** MBSR course adapted for the modern workplace setting

Contact Meriden McGraw at meridenmcgraw@gmail.com, or Sian Cotton, PhD, at sian.cotton@uc.edu ■

## CENTILE 2019



Faculty, staff and students affiliated with the Integrative Medicine division presented two oral abstracts at the Center for Innovation and Leadership in Education (CENTILE) Conference, Oct. 27-30, 2019 in Washington, D.C.

**(1) Longitudinal Evaluation of US Medical Student Mental and Emotional Well-Being Using a Standardized Instrument Curricular Interventions to Improve Well-Being.** *Presenters:* Emily Moss, (UC College of Medicine [COM] M4), Harini Pallerla, MS (UC DFCM Principal Research Asst.), Brenna Novak, (UC Center for Integrative Health and Wellness [CIHW]), Laura Malosh, PhD (UC COM), Sian Cotton, PhD (Professor, DFCM; Director, UC CIHW).

**(2) Impact of Mind-Body Skills Training and Group Facilitation on Faculty and Staff Well-Being: Changing the Culture of the Learning and Work Environments.** *Presenters:* Harini Pallerla, MS; Brenna Novak; Susan McDonald, MA (DFMC Senior Research Asst.), Jennifer Molano, MD (UC COM), Sian Cotton, PhD ■

**SAVE the DATE - Sat. Oct. 17, 2020 & Sat. Jan. 23, 2021**

**OPTIMIZE YOUR WELL-BEING: PREVENT. HEAL. THRIVE.**

**A virtual symposium series for the community  
focused on Integrative Health and Cancer Survivorship**

## Wellness During Times of Stress

*Mindfulness can help us to acknowledge our thoughts objectively and with kindness, to notice what is happening in the body, and to come back to the breath as a centering anchor. Start by trying this simple breathing meditation.*

## Breathing Meditation

- Relax and sit with your spine straight, feet on the ground, hands in your lap, and with the attitude that there is nothing more important than this present moment.
- Focus on your breath.
- Notice the feeling of air through your nose as you breathe in and fill your lungs.
- Slowly let the air out like a straw through your mouth.
- Notice how your body feels. Where do you feel tension?
- If your mind wanders, if you have thoughts or hear sounds, notice them like passing waves, and return back to the breath.
- Practice for 5-20 minutes.

Visit [med.uc.edu/integrative](http://med.uc.edu/integrative) for additional mindfulness resources and upcoming opportunities for virtual group mindfulness and meditation. ■

## DIVISION UPDATE:

## URBAN, UNDERSERVED AND GLOBAL HEALTH

Charles Schubert, MD, Director

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We are thrilled to welcome Dr. Charles “Chuck” Schubert to the Department of Family and Community Medicine, as our new director of the Division of Urban, Underserved and Global Health.

Schubert has been a faculty member in the University of Cincinnati College of Medicine Department of Clinical Pediatrics, since 1990 (professor since 2008) and was the

director of global health in the pediatric residency program from 2009-2017.

He has received national recognition as one of “Positive Medicine’s” 50 most Positive Physicians, has won numerous teaching awards as a pediatric emergency medicine attending, and numerous humanitarian awards,



including the Martin Luther King Jr. Humanitarian Award (CCHMC), Leo Tow Humanism in Medicine Award (UC), and the national American Academy of Pediatrics (AAP) Michael Shannon Humanitarian Award, for his tireless work for the underserved, which has included the founding of Crossroad Health Center in Cincinnati and international work in Zambia, Kenya, and Malawi. Schubert has been a generous partner and advisor with our division and family medicine residency over the past two decades.

As Director, Schubert will work with our faculty, residents, and fellows to support our division curriculum, scholarship, grants, and research. Additionally, a portion of Schubert’s activity will be funded to help our division align with UC’s Next Lives Here strategy in support of the College of Medicine’s educational opportunities, community engagement and service, and research and scholarship to advance our urban, underserved, and global health initiatives. Schubert will continue to provide clinical care at CCHMC’s Emergency Department as well. ■

## Bazemore Appointment

Dr. Andrew Bazemore, a graduate of the residency program in 2000 and faculty



Bazemore

member in the department between 2000-2004, has been appointed senior vice president of research and policy for the American Board of Family Medicine (ABFM). In this

position, Bazemore is responsible for managing all ABFM research functions and staff, development and implementation of an enterprise-wide strategy for research, co-directing the new ABFM Center for Professionalism and Value in Health Care, coordinating and developing an existing and expanding ABFM leadership/scholarship portfolio, developing national and international collaborative research partnerships, and continuing to grow his own research in measures that matter for primary care, workforce & training, and access to primary health care for vulnerable populations. For the past seven years, Bazemore served as the director of the Robert Graham Center for Policy Studies in Family Medicine. ■

## REFLECTIONS FROM OUR GLOBAL HEALTH ALUMNI



**Gupreet Kaur**—I was with family medicine from 2009-2012. My best memory was my longitudinal rotation with the homeless healthcare network: drop-in center, racetrack and the van. I also loved my independent elective with the Projects for Assistance in Transition (PATH) program in Cincinnati. This provided a good foundation towards understanding the delivery of medical care to vulnerable populations as I worked alongside committed physicians. I worked locums in the US and with Médecins Sans Frontières (MSF) prior to my current enrollment in the Master’s of Public Health program at Johns Hopkins Bloomberg School of Public Health.

My advice to students would be to get out of your physical, mental and cultural comfort zone! Whether you plan to work in the US or abroad, do work with the vulnerable populations in your local community while you are in training and be sure to pick up mentors along the way. Do at least one rotation or independent study as a resident working in a resource limited context. ■



**Jeff Heck**—After spending four years as a small town doctor and one year in Kenya, I joined the faculty at UC in 1986. In 1989 I took my first trip to Honduras with a family medicine resident (Dr. Phil Diller) and 2 medical students (Molly Kramer and Bob Bennett). On the roof top of a hotel on the last day, Dr. Diller and I mapped out an idea for a long term commitment from the

Department of Family Medicine and the people of Santa Lucia, Intibuca, that would link medical schools to under-resourced rural communities. Soon afterwards, we formed Shoulder to Shoulder. After many trips to Honduras, development of local leadership and funding from the World Bank, the seven municipalities in western Intibuca took over the leadership under the name of Hombro a Hombro.

For the past eight years I have been the CEO of the Mountain Area Health Education Center (MAHEC) that serves the western 16 counties of North Carolina. It turns out, it is just as challenging to recruit and retain health care professionals to rural areas in the U.S., but the challenge and many results have been rewarding. ■

## DIVISION UPDATE:

## RESIDENCY PROGRAM

Megan Rich, MD, Director



Rich

The following article is written by outgoing Residency Program director, Dr. Chris Bernheisel.

## Goodbye and Welcome!

After ten years as Program Director of the Residency, the time has come to transition to new leadership in the program. This newsletter is the final act as the Program Director, a position that I have been honored to serve in since 2010. It has been a fantastic journey, and I will forever look at my time as the Program Director of this incredible program with joy. The program could not be in better hands with Dr.

Megan Rich taking over and taking the residency to new heights. Although I am excited to see where Dr. Rich leads the program, I have found myself spending time reflecting on the past ten years. The past ten years flew by, but 2010 somehow still feels like a lifetime ago! It is hard to believe all that has been accomplished!

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RESIDENCY  
PROGRAM  
COORDINATOR

Stephanie Smith  
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com

513-721-2221



## New Family Medicine Center

At the start of the 2010s, the Family Medicine Center was still located in Forest Park, approximately 30 minutes north of The Christ Hospital (TCH). The program moved into the nine room Forest Park office in 2003, intended to be a temporary location until a closer site could be established. After quite a bit of searching, in 2011 a suite one floor below the Residency Suite in the Medical Office Building (MOB) of Christ Hospital became available and we jumped on it. Having already established a faculty practice in the MOB, we were able to move the first resident into the new Family Medicine Center (FMC) in January 2012. There probably hasn't been any greater event over the past 10 years than the new FMC. Just having the FMC directly below the residency suite and

easily accessible was revolutionary for all of us! Plus, the new space came with a group visit room for the Centering Pregnancy program that could double as a conference room, a new precepting library with desks for the residents, and offices for the FMC faculty. Since moving in, the FMC has been expanded, providing additional patient care rooms and a new entrance with a new waiting room. What a change!

## Maternity Care at The Christ Hospital

It may be hard to believe, but at the start of 2010, the residents completed their maternity care rotation at Good Samaritan Hospital. Starting in July 2010, all maternity care rotations were moved to The Christ Hospital, much to the joy of the faculty and residents!

## Community Responsive Physicians Curriculum

In July 2011, Dr. Joe Kiesler kicked off the Community Responsive Physicians Curriculum. The curriculum was developed as part of a large Health Resources and Services Administration (HRSA) grant awarded in 2010 with the goal of training residents on how to respond to the needs of vulnerable populations in their community. The curriculum included the development of longitudinal underserved sites, training on community assessments and interventions, and effective communication training. Since its implementation, the curriculum has become a foundational element of the program. All residents continue to provide care longitudinally in underserved clinical sites and gain valuable experience in how to serve the most vulnerable in our community. In addition, many of the interventions developed by the residents continue to this day and are core elements of the respective clinical sites. Defining Global Health as care for the most vulnerable here or abroad, the Community Responsive Physicians Curriculum significantly enhanced the training and experience in serving vulnerable populations in the Cincinnati area.

Aruna Puthota (second from left) is working with a team headed by Christ Hospital Cardiologist Dr. Santosh Menon, establishing a South Asian Cardiovascular Clinic, to serve a population four times more likely to develop heart disease 10 years earlier than their peers. This Clinic, only the second in the country, would help screen and target preventative interventions specifically for the growing South Asian American population in the greater Cincinnati area. On Nov. 2, the Clinic held its first lecture series for the public. Dr. Puthota utilized her combined family medicine/psychiatry training to provide a lecture on the link between stress and heart disease and unique risk factors for mental illness in this population.



## Faculty Scholars

The program has a long history of faculty who dedicate their energy and time into becoming excellent educators. Historically, this has been done through self-study, attending conferences, and/or taking part in the asynchronous faculty development fellowships throughout



DIVISION UPDATE: **Residency**

Residents and faculty again lead a Women in Medicine outreach workshop at The Christ Hospital for girls from De Paul Cristo Rey and Mt. Notre Dame High Schools.



Standing in back: Julia Bedard-Thomas, Aruna Puthota, Montiel Rosenthal, Sara Maples, Anisa Shomo. Kneeling near ultrasound: LaToya Smith and Andrea Jaramillo

the country. Through the leadership of Drs. Jeff Schlaudecker and Chris White, the program was awarded another large HRSA grant in 2015 that included time and funding for three faculty in the program to complete the Certificate Program in Medical Education, with the option of continuing on to complete the Masters of Medical Education program. Sharing their knowledge and partnering with other faculty on projects, the faculty scholars have been successful in furthering the development of all of the faculty in the program, leading to improved curriculum design, resident feedback, and scholarly output. Continuing the momentum of the faculty scholars program, a Faculty Development Fellowship was started in 2018 with Dr. Megan Rich serving as the Program Director.

### Residency Expansion

When the program moved to TCH in 2003, the number of positions had to be reduced and at the start of the decade, the program was a 5+2 program (five categorical family medicine residents with two family medicine-psychiatry residents). Since this is insufficient to meet the needs of Cincinnati, it has been a long-term goal to increase the size of the program. In 2017, The Christ Hospital approved and provide funding to expand the program by one additional resident per year, starting with the 2018 match, increasing the program to 6+2. Recently, the program was awarded an additional

position per year and will increase to a 7+2 program starting with the 2020 incoming intern class. In total, the program has gone from a total of 25 residents to 31 total residents, a significant increase!

### New Longitudinal Global Health Site and Partner

International medicine has been a core component of the program since the early 1990s, include a close partnership with a site in Honduras for many years. During the first half of the past decade, the program began exploring multiple sites in Central and South America to identify a new longitudinal clinical site. After several trips and extensive work by Dr. Christy O'Dea, a new partner and site were identified in 2015. The program has developed a strong relationship with Wuqu' Kawoq, an organization serving Mayan communities in Guatemala,

successfully furthering the international component of the Global and Underserved Curriculum. The program now travels to Guatemala four times a year and has even started a Global Health Fellowship! It has been an outstanding partnership with a bright future.

### What Comes Next?

It is fun to think about where the program was 10 years ago and where it is now. It is hard to believe that just 10 years ago our main outpatient site was in Forest Park, we were still traveling to Central America only twice a year, rotating at Good Samaritan for OB, and did not have any underserved longitudinal sites. Seeing all that has changed and all of the successes makes me excited for where the program will be in 10 years! Because a new set of residents enter every year, it is impossible to dwell too much on the past. The new interns do not compare the current situation to the past situation but instead only see what is now and how it can be better. This is a gift for all of us as it pushes us all to continually improve. The only constant is the constant push to improve and change, adapting to the needs of our learners and society.

It has been an incredible journey, and I feel lucky to have been a part of so many resident's lives and development as family physicians. It has been a blessing to serve, and I am thankful to have had the opportunity! I look forward to the growth under Rich's leadership! ■

Dr. Christian Gausvik continues to raise money for Alzheimer's disease with his annual Mimosas for Memories event. The residency family was there to help celebrate!



Back Row: Jeff Murphy, Emily Levinson, Chris Champlin, Mary Wilson, Rachel Kishton, Christian Gausvik, Eric Cooney, Michelle Cooney. Front Row: Matthew Yeager, Becky Yeager, Christine Pasley, Shyra Carey, Lisa Laub, Rhonda Simpson, Libby Peters, Ritu Champlin

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**RESIDENCY PROGRAM COORDINATOR**

Stephanie Smith

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DIVISION UPDATE: **Residency**UNIVERSITY OF  
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COORDINATORStephanie Smith  
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**The Christ Hospital/University of Cincinnati Family Medicine Residency Graduates**

A virtual ceremony was held on June 20, 2020.

**Michelle Collier****Eric Cooney****Christian Gausvik****Sarah Hollis****Julia Bedard-Thomas****Aurora Rivendale****Congratulations and Welcome, newest interns!**

Family Medicine

FMP

**Quincy Banks**  
Wake Forest  
University SOM**Rynita Bohler**  
Wayne State  
University SOM**Emily Furnish**  
University of  
Louisville SOM**Alyssa Gerth**  
Ohio University  
Heritage College of  
Osteopathic Medicine**Josh Smith**  
University of Illinois  
at Chicago**Madhulika (Meena)  
Mamidi**  
University of  
Louisville SOM**Jhenya Nahreini**  
Georgetown  
University SOM**Evan Onusko**  
University of  
Cincinnati COM**Dorjee Norbu**  
Rush University  
Medical Center**FOUNDER'S CORNER**From the Writings of Dr. Robert Smith  
Founding Chair (1975-1990)**Whole Person Care and the Early Beginnings of Geriatrics**

"At no time is it more important to consider the whole person than it is in the latter part of life. As we grow older we have more time to reflect, more time to consider life and all its implications, perhaps some of the rush of life is over when there was little time to sit back to be contemplative and to consider the nature of things. By the very nature of aging we change, our health becomes increasingly precious to us and its care increasingly important. It is a time of life when our wholeness as a person must never be forgotten. **In our Family Medicine program at UC we are increasingly devoted to the care of the aged so that our graduates become more aware, more prepared and skilled in providing care for the whole person. This field is called geriatrics.**" ■

(Taking Care of the Whole Person, an address to residents of Marjorie P. Lee retirement community, Oct. 19, 1979)

## IN GRATEFUL APPRECIATION

In this special issue, we gratefully acknowledge the generous support of those listed below whose contributions to the Robert and Myfanwy Smith Endowed Professorship and the Robert Smith MD Conference Room have advanced the discipline of Family Medicine through research and education. Many thanks to the UC Foundation for their support in this important recognition.

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## DIVISION UPDATE:

## MEDICAL STUDENT EDUCATION

Rocky Ellis, MD, Director



Ellis

The Division of Medical Student Education has seen a lot of changes over the last several months. Not with its members, but with how we teach. When the corona pandemic hit in mid-March, our students were suddenly pulled from all in-person clinical and didactic experiences. We were faced with trying to teach Family Medicine clinical care without clinical experiences. Thanks to the efforts of our faculty and especially our staff, Nancy Jamison

and Kim Hawkins, we were able to convert our entire curriculum to virtual experiences in less than 2 weeks. Utilizing online resources, virtual cases, Zoom conferences and more, we were able to meet the goals and objectives of our Family Medicine Clerkship and give students an outstanding experience. Some innovations include assessing a student's ability to perform a musculoskeletal exam via Zoom conferencing and converting the dementia standardized

patient experience to telemedicine.

While students were allowed back into the clinical setting in June, we continue to utilize distance learning for all of our didactic experiences.

I want to thank all of our preceptors who have taught our students this past year and especially those who took students in June. We had a lot of students in June trying to make up lost in-person clinical time. Due to COVID-19, the College of Medicine had to alter the third year clerkships for this coming year. As a result, we will have more students on each rotation than normal. If you are a usual preceptor, please consider taking extra students if you are able to this year. If you have not taught a third year student or have not done it in a while, it is fun and enriching experience. Contact Nancy Jamison for more details. Thank you. ■

Congratulations to our associate director, **Dr. Sarah Pickle** (left), for being presented



a Silver Apple teaching award and the Transforming Care Award. The Transforming Care Award recognizes one medical provider from the Midwest region who overcomes racial, economic, and language barriers to provide radically inclusive LGBTQ+ or HIV/AIDS healthcare. Pickle was also presented with the Outstanding Leadership Award, recognizing a Women in Medicine and Science member for their outstanding contributions and enhancing the work environment for women within the college. ■

*The Department proudly announces the Class of 2020 and where they will attend their Residency Training*



**Logan Borgelt**  
Comm. Health Network  
Indianapolis, IN



**Selena Dasari**  
St. Mary's Medical Ctr.  
Grand Junction, CO



**Anthony DeMarco**  
Ohio State University  
Columbus, OH



**Caroline Hensley**  
University of Wisconsin  
Madison, WI



**Katie Kline**  
McLennan Cty Hospital  
Waco, TX



**Aaron Linn**  
U of Pittsburgh Med Ctr  
Pittsburgh, PA



**Kate Meizlish**  
Sutter Health  
Sacramento, CA



**Adam Miller**  
St. Elizabeth Medical Ctr  
Edgewood, KY



**Evan Onusko**  
The Christ Hospital  
Cincinnati, OH



**Roxanne Rezaei**  
Tower Hlth/Chestnut  
Hill, Philadelphia, PA



**Theo Roper**  
UC San Diego Med Ctr  
San Diego, CA



**Rahn Simon**  
St. Elizabeth Medical Ctr  
Edgewood, KY



**Domenic Termine**  
Stamford Hospital –  
Columbia; Stamford, CT



**Tyler Williams**  
University of Chicago  
Chicago, IL

### Preceptors Provide Guidance, Have Immeasurable Impact

We rely on a whole community of physicians to make the Family Medicine and Longitudinal Primary Care Clerkships successful. Current preceptors (*listing, next page*) have been vital role models, making a lasting impact on each student by encouraging them to learn and grow. We know that the COVID-19 pandemic continues to affect Family Medicine physicians, their patients and their communities. Family Medicine physicians are on the frontlines of prevention and public health and have been true heroes during this crisis. Thank you to our preceptors who are teaching our students to be the next generation of physician heroes, in the midst of unprecedented circumstances. Your guidance, mentorship and dedication to our students and to medical education makes an immeasurable impact.

**We are in the process of recruiting preceptors for these clerkships.** If you or someone you know may be interested, please contact Nancy Jamison, at nancy.jamison@uc.edu, for more details. ■

## Current Preceptors, Family Medicine and Longitudinal Primary Care Clerkships

**UC**

Lauren Ashbrook, MD  
Orson Austin, MD  
Chad Coe, MD  
Anna Daddabbo, MD  
Susan Davis, DO  
Maggie Duck, MD  
Stephen Eckart, MD  
Rocky Ellis II, MD  
Tim Freeman, MD  
Bruce Gebhardt, MD  
Chandan Gupta, MD  
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Meghan Markovich, MD  
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David Fisher, MD  
Don Fixler, MD  
Sandra Hans, MD  
Reid Hartmann, MD  
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Melissa Schroer, MD  
Jenn Spata, MD  
Bev Srinivasan MD

Barry Staley, MD  
Monica Sullivan, MD  
Rob Warden, MD  
Gwendolyn Welsh, DO

**OTHER**

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Tony Brown, MD  
Isha Butler, DO  
Charlie Cavallo, MD  
Rama Chandrashekar, MD  
John Clement, MD  
Michael Dulan, MD  
Eleanor Glass, MD  
Stephen Glaser MD  
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Christine Furgason, MD  
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Amy Van Milligan, MD  
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*Thanks to each and every preceptor. You make our outstanding clerkships possible.*

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## DIVISION UPDATE:

**RESEARCH***Saundra Regan, PhD, Director*

Welcome to the Research Division's section of the Department of Family and Community Medicine newsletter. As a division of five faculty and seven staff, our multidisciplinary team works on a broad range of projects

with numerous partners both locally and nationally, all aimed at enhancing the health of our patients. In this issue, we highlight our undergraduate course, a recent Health Resources and Services Administration (HRSA) grant, a

reflection on the Patient and Family Advisory Council at The Christ Hospital Family Medicine Center, and an update to ECHO Chronic Pain. ■

**Regan****Summer Research Program Provides Immersive Opportunity for Students**

This summer, Soni Regan, PhD and the Research Division team will again lead a research experience for nine medical students, including Family Medicine Scholars, and undergraduates to provide an experiential learning opportunity. This includes an internally-developed curriculum designed to lead students through all aspects of the research process from formulating a research idea and question to disseminating results. Research Division team members lead weekly sessions on conducting literature

searches, IRB protocols, quantitative and qualitative methods and analysis, and interpreting and reporting results. The program will feature an actual de-identified study from which the students can access and analyze data and end with a poster presentation and abstract for publication. The course culminates with a 10 minute presentation to staff and faculty in the Research Division on their lessons learned and summer experiences. Students will also have the chance to shadow faculty in a variety of primary care settings.

Students will also be matched with a research project to contribute at various stages, utilizing the skills learned during the curriculum sessions. Projects include integrative medicine studies, home-based primary care, implicit bias, exploring food insecurity in a Cincinnati neighborhood, developing resources for a geriatric website regarding falls, analyzing data from a microaggressions



survey completed by medical students, and addressing gaps in social determinants of health considerations in an urban health center. Students will be connected to Research Division team members and DFCM faculty as mentors throughout the project experience. Often, students have the opportunity to stay connected to the projects after their fellowship is over to continue to contribute to manuscripts and presentations. ■

**ECHO Chronic Pain Welcomes New Consultant to Panel**

The ECHO Chronic Pain teleconference program is excited to welcome our newest expert consultant to our panel,

**Tiffany**

Liz Tiffany, MD, from the Department of Psychiatry. Tiffany will be replacing Soumya Pandalai, MD, as our Addiction Medicine/Psychiatry consultant. For the past couple of years, Tiffany has been

working with a Project ECHO program on pain through Oregon Health & Science University, representing both Addiction Medicine and Psychiatry, and

will also be continuing that relationship from Cincinnati.

ECHO Chronic Pain sessions are free to attend and occur every third Thursday of



the month noon-1 pm. You connect remotely from the website [cincinnatiecho.com](http://cincinnatiecho.com) and can sign up to receive news on future sessions. ■

**Upcoming ECHO Epilepsy/Neurology Sessions**

The third year of the ECHO Epilepsy/Neurology teleconference program will kickoff in September 2020. Echo Chronic Pain will continue throughout the summer. Here is the schedule at a glance:

**1st Thursdays from 12-1 p.m. (EST)** ECHO Epilepsy/Neurology

**3rd Thursdays from 12-1 PM (EST)** ECHO Chronic Pain

A full schedule of upcoming Cincinnati ECHO teleconferences, along with additional resources and archived videos, can be found on our website: [cincinnatiecho.com](http://cincinnatiecho.com) ■



## DIVISION UPDATE: Research

## Patient and Family Advisory Council Movement Seeks Continued Expansion In Fourth Year

*The following is provided by Keesha Goodnow, BAE, Project Manager, UC HRSA Primary Care Training and Enhancement*

The Primary Care Training and Enhancement grant focuses on healthcare transformation. Involving patients in meaningful work is a core tenant. The Patient and Family Advisory Council (PFAC) at The Christ Hospital Family Medicine Center is completing its fourth year led by Physician Champion Dr. Reid Hartmann, Coordinator Keesha Goodnow and Patient- and Family-Centered Care expert Dr. Jeff Schlaudecker. This council is a vehicle for Interprofessional Collaborative Practice bringing together patients and family members, clinic staff and leadership, residents and providers. Our 30+

member council contributes to the Family Medicine Center by guiding quality improvement initiatives, providing feedback on real time clinic issues, and developing or modifying clinic resource materials and correspondence.

In 2018, we expanded our resident training model by collaborating with our community underserved partner site, Crossroad Health Center OTR, in the creation of a PFAC. With success at OTR, we continued PFAC expansion to two additional practices in 2019 with support and leadership from Drs. Christy O'Dea, Christine Furgason and Brittany Almaraz.

With COVID-19, we have seen unprecedented shifts in healthcare. In these times of social distancing, it's even more important to keep patient

relationships close. Our monthly group meetings for our PFAC have been suspended to avoid face-to-face contact but opportunities for input and improvement are more important than ever. Advisors have been key in sharing personal experiences with Telehealth visits and clinic communication, as well as providing feedback on critical resources needed during the pandemic and new office policies and work flow. This partnership continues to add value to our clinics in our ever-changing environment of healthcare. ■

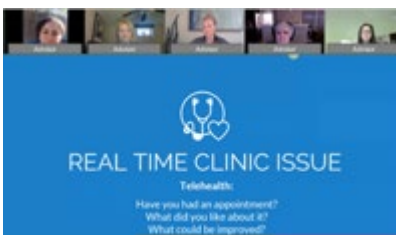
#### Patient and Family Advisory Council (PFAC) and healthcare transformation

- Bringing together patients and family members, clinic staff and leadership, residents and providers in meaningful collaboration
- Expanded outreach through three additional PFACs in collaboration with community underserved partner site, Crossroad Health Center, at Over the Rhine, Harrison and West offices
- Successfully transitioned monthly PFACs to a virtual platform due to the global pandemic of COVID-19
- Keesha Goodnow featured in Physicians Practice, *Three reasons to prioritize your Patient and Family Advisory Council during the Coronavirus pandemic*



(Above) The Patient and Family Advisory Council at The Christ Hospital Family Medicine Center (partial group shown above) has contributed for the past three years by guiding quality improvement initiatives, providing feedback on real time clinic issues, and developing or modifying clinic resource materials and correspondence.

(Below) The Patient and Family Advisory Council at the Family Medicine Center sharing their personal experiences with newly implemented Telehealth visits, using phone and video platforms.



#### DFCM Teams Up for Opioid Workforce Training

The Department of Family & Community Medicine team of Jeff Schlaudecker, MD, MEd, Soni Regan, PhD, and Harini Pallerla, MS, will be evaluating a three-year \$1.35 million dollar HRSA-funded fellowship program, Serving At-risk, youth Fellowship Experience-specialty Training (SAFE-T), received by the College of Education, Criminal Justice and Health Services (CECH), College of Nursing and College of Allied Health Sciences. The principal investigator (PI) is Michael Brubaker, PhD, (CECH) with co-PI's Shauna Acquavita, PhD, (Allied Health) and



Angela Clark, PhD, (Nursing). Funded by HRSA's Opioid Workforce Expansion Program, this grant

will fund training of students from the Master of Mental Health Counseling, Master of Social Work, and Psychiatric-Mental Health Nurse Practitioner Doctorate programs to provide evidence-supported Opiate Use Disorder and Substance Use Disorder prevention, treatment and recovery services through integrated care teams with DATA-waived Medication Assisted Treatment prescribers in the Ohio region. ■

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## Sanghvi Memorial Lecture Speaker Includes Tai Chi Experiential During Visit

*Lectureship hosts interim center director from Harvard's Osher Center for Integrative Medicine See full story, page 18.*

