

# Family and Community Medicine



University of  
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## ASSOCIATE CHAIR’S MESSAGE

Friends and colleagues, welcome to the Winter/Spring 2023 DFCM newsletter! This newsletter spotlights some of the amazing staff who have contributed to our Department in the past, and those who are now carrying the torch. I think you will love catching up with familiar faces and meeting new ones. In addition, we are featuring just a few of our early career faculty who are making their mark in the department and the community. And of course, there are updates from each of our divisions.

This year, a huge accomplishment for our department is the planned opening of the new West Chester Family Medicine Residency Program. Responding to the need for family physicians in our community, the residency will open its doors this July to six new interns. Many thanks to Bruce Gebhardt, Jeff Ushupun and all who have worked to make this a reality.

For those of you who don't know me, I was a resident here in the program from 1997-2000, took an eight-year hiatus in Wisconsin and Honduras, and then returned to the department in 2009. I am proud to say that I have now spent the better part of my career in the Department, in the Christ/UC Residency Division and the Division of Urban, Underserved and Global Health. I became Associate Chair in July 2021.

One theme that keeps coming up throughout this newsletter, and over my last eighteen months as Associate Chair, is this: as a department, we are a family and a community. Although we may be scattered across the city, state, and country, we hold many shared experiences—we remember enjoying the camaraderie of the resident retreats, or the excitement of graduation. We have felt the physical and emotional exhaustion after a global health trip to Honduras or Guatemala. We have developed relationships with our co-residents and fellow faculty and staff that have become friendships to last a lifetime and support us through tough times. We have felt the love and support of mentors, and pride when we see our learners grow and excel. Perhaps most of all, we all hold the shared value of providing high quality, excellent primary care for all people, regardless of where they live or who they are.

In that spirit of community, we want to hear from you! Please share with us your updates. Where are you now? Please feel free to reach out to me any time—I would love to hear from you. Thank you for your ongoing support of our Department!



**Christine O'Dea, MD**  
Associate Chair



## Health Care Heroes

The 2023 Business Courier Health Care Heroes awards ceremony took place in February. Louito Edje, MD, Associate Dean for Graduate Medical Education, and professor for the departments of Medical Education and Family and Community Medicine, was a finalist in the Community Outreach category. Sarah Pickle, MD, Associate Professor of the Department of Family and Community Medicine, was a winner in the Patient Experience category.

## Attention Residency Grads of Years 2013, 2003, 1993, 1983: We Want to Know How You're Doing!

Past residency grads of years 2013, 2003, 1993, 1983: please send us an update for use in a future edition to celebrate 50 years of residency grads. We'd love to see your photos too! Send to [kimberly.hawkins@uc.edu](mailto:kimberly.hawkins@uc.edu)

STAFF SPOTLIGHT:

Melia Warnsley

*A little about me:*

I was born and raised here in Cincinnati and I moved to New Orleans in 1981. After graduation, I worked at both Tulane University Law School and Loyola School of Law. I moved back to Cincinnati in late



1986. I have three sons, LC, Terrell and Denard – ages 39, 35 and 31. I am blessed to have one granddaughter,

Sahira (17) and four grandsons, Terell Jr (15), Terry (12), Treylan (11) and TeKobe (7). I've been dating my boyfriend, Devirn, for close to 18 years.

*Different roles you had in DFCM*

Temporary employee, Secretary I, Medical Secretary II, Administrative Secretary I, Administrative Secretary II, Executive Staff Assistant and lastly, Associate To. My UC career started in March 1991 as a temporary employee through Kelly Services. What was initially supposed to only be a 90-day assignment to cover for an employee that was on medical leave, somehow turned into a 31-year career. At the time I started, the department was located on the first floor of the MSB where the Department of Emergency Medicine currently lives and Dr. Robert Smith was the Chair of the department. For unknown reasons, the employee on medical leave resigned and I applied for the permanent position. In 1992, Dr. Robert Smith stepped down as Chair and

Dr. Alan David was hired. In 1993, the department moved over to the Health Professions Building (HPB) where we stayed for 23 years. Throughout the years, the titles I held were Secretary I, Medical Secretary II, Administrative Secretary I, and Administrative Secretary II – all union positions. In 1994, the University of Cincinnati Medical Center privatized becoming University Hospital joining The Health Alliance of Greater Cincinnati, which was comprised at that time of University Hospital, the Christ Hospital, St. Luke Hospital, Jewish Hospital and Ft. Hamilton Hospital. Eventually it was announced that with the privatization move, the abolishment of hundreds of staff union positions held by University of Cincinnati employee would begin. This meant that those union positions in the hospital would begin the 'bumping' process - a downward spiral of more senior staff within the same job classifications bumping the current employee out of their position. Because I was a relatively new hire at the time, I was notified that a more senior staff person was bumping me out of my position and I would be placed in another position in another department. At that time, Yvonne Lupella was my current position and informed Dr. Alan David and Vern Rolf, the department's Business Administrator at the time, that she was planning to retire. I was then able to apply for her position and "saved" from having to go to another department. That more senior employee that bumped me out of my



4-Wheeling on vacation



Vacation riding a horse in the ocean

position was Charity Noble, who remained a staff member of the department for many years until she retired.

*Personal motto/mantra*

Live your life NOW! Don't put things off saying that you'll travel, etc when you retire! Take those vacations now! Our day-to-day lives are basically just routines – work, go home, attend children extracurricular activities, do household chores, etc., all the while waiting for that one annual week-long family vacation. I encourage people to sneak in small joys with weekend trips, day trips, etc. Appreciate those small opportunities because life is too short and not promised!

*Reflect on your time here at UC*

I have seen a lot of faculty and staff leave to pursue other opportunities. Some have even come back! That's because this has got to be one of the best departments in this University with some of the best people! Our department has and continues to be truly about family – I think



Melia & Devirn in Hawaii



Melia and her 3 sons Terrell, Denard, and LC



Melia's two sons, Denard and Terrell, and all 5 grandchildren: Terry, Treylan, Sahira, TeKobe, and Terrell



Melia on vacation

I can speak for all staff when I say that being able to have the flexibility in our jobs to take care of our families' needs is much appreciated. Feeling the heartfelt compassion from the department during personal tragedies such as my house fire and the sudden loss of my father was very touching.

**Five Year Wish List**

Probably by the time you are reading this, I will have retired, moved to Tampa, FL and will have been on three cruises (one in November and two in December). Although I have been fortunate enough to travel while I was working, there's a whole big world out there that I need to explore so my five year wish list would be – continued good health for me and my family.

**Favorite Things to Do**

traveling, reading, watching my grandsons play sports, watching medical and legal drama shows and Hallmark movies. I don't have any hobbies – maybe now that I'm retiring I will discover a hobby.

**STAFF SPOTLIGHT:**

**RaeJean Hardig**

Hello! I'm RaeJean Hardig, Business Administrator for Family and Community Medicine. I spend the majority of my time at University Health Service coordinating daily operations, budgets and other business activities for the multifaceted unit. Since starting in August 2019, it's been a whirlwind of activity to meet the challenges of providing healthcare on a college campus amid a pandemic. Organizing and implementing a testing center in three weeks for the main campus was perhaps the biggest challenge so far.

I'm so grateful to serve the UC community. Completing both my undergraduate and graduate degrees here, I'm able to give back to the institution that supported my professional and personal growth. My relationship with my husband, John, of almost 30 years blossomed during my undergraduate years at UC. We have two children Audrey, (22) and Jack, (16) both of whom attend University of Cincinnati.

Once I leave campus for the day, I enjoy spending time listening to music especially on vinyl, playing with my two dogs (Ziggy and Jetpack) and working at our family-owned music store.



RaeJean with her son, Jack



RaeJean with her daughter, Audrey

## STAFF SPOTLIGHT:

## Beth Terrill

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*Please tell us about yourself*

I have worked with the Department of Family & Community Medicine for a total of 26 years. I started in the billing department shortly after high school and then moved to the business office while I went to UC full-time for my Bachelor of Business Administration. After I graduated, I worked for Castellini Management Company which was a family office for the Castellinis. I worked there for 5 years but was approached by the EDDBA for the Department about coming back as the Business Manager. I started back in 2004 and have been here since! I have been married to my high school sweetheart, Steve, for 31 years. We have two daughters, Allison and Ashley. Allison is 23 years old and is an RN with Children's. She is starting her Master's program for Family Nurse Practitioner in January here at UC. Ashley is 21 and a senior at Indiana University. She will graduate in May with her BSN. We have a dog, Toto, who is very spoiled since both of our kids are now gone.

*Top three life highlights*

My kids, Allison and Ashley, and obtaining my Master of Health Administration this year.

*Something surprising about yourself*

I have a twin sister, Amy. She lives in Noblesville so I don't get to spend as much time as I would like with her. Amy also worked for the Department when I started in the billing office. She is now the Revenue Cycle Director for Community Health Network in Indianapolis.

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

I love to be outside when it's nice out. You can usually find me doing yard work/gardening. I also enjoy reading and spending time with my family.

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

It is getting to work with everyone in the Department and seeing all of their accomplishments. I truly feel blessed to be a part of Family & Community Medicine!



*Beth's Vacation*



*Beth's (spoiled) dog Toto*

## STAFF SPOTLIGHT:

## Dan Hargraves, MSW

**Something surprising about yourself:**

Something that not everyone might know is that I was part of two modestly successful indie hip hop groups in my early adult life. We actually won the US championship in team DJing and represented the country in an international competition in 2006, where we were dominated by our peers from around the world. I was able to tour the continental US several times over and discovered many towns and cities that I otherwise would have never had the opportunity or gumption to explore. Ironically, this led to my interest in social science research and eventual current career!

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

Though I love my work and colleagues, home life is very busy and satisfying. I have an oft times unhealthy love for pinball, to the extent of owning and maintaining two machines in our home. I'm also revitalizing an N gauge (1:160) train set my



"Dantown"

grandfather built for me when I was 5 years old. And though our two dogs, Phoebe and Walter, two sons, ages 11 and 9, and wife, Holly, could sit for hours and listen to me describe the details of these projects, we love to go camping in our pop-up to any state, county, or national park where camping is allowed. We are planning our biggest excursion yet out to Colorado and Utah this summer. We love travelling to small towns for antiquing, window shopping, bookstores, ice cream, and any historical oddities and lore.

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

Being a Principal Research Assistant has provided such a rich life experience that I could have never anticipated on my first day here. I am privileged to work with what I believe are the most intelligent and altruistic people on Earth. Helping projects come to fruition and then sharing our findings via publication and presentations is always gratifying. The sample sizes are modest, but speaking with the participants, particularly the providers in our fellowship program, I know the training experience is impactful and resonates in how they advocate and serve post-training. I love being a part of these teams and training opportunities that reach beyond the lectures and discussion evaluations and into our communities.

**Before working at UC, what was the most unusual or interesting job you've ever had?**

Despite an adventurous career in music, the most interesting job before arriving at UC was the night time custodian at Krohn Conservatory. I was all alone at night after closing time tending the floors and tidying up the jungle. I took my time. It was so peaceful and eerie, and felt like traveling to a far off world every evening! I was always amazed that the waterfall was activated by a simple light switch.

**What is your biggest achievement to date – personal or professional?**

My biggest professional achievement was being nominated by my peers and superiors for the College of Medicine Research Award and being selected as one of seven finalists. I feel like we have a healthy amount of humility in our DFCM and often find it challenging to brag about the work we do. Reading the letters of support from medical students, our chair, our division director and faculty about the impact I had on their projects and research trajectory was so validating for me as someone who entered the position as a social worker with limited experience as a research assistant. I still doubt myself as part of my daily routine, but often look to that moment as one of belonging. An extra special thanks needs to be extended to Soni Regan, PhD, and Nancy Elder, MD for taking a chance on me!



Dan and his son at a Bengals Game



Dan and his sons at Mammoth Cave



Dan and his wife Holly at The Cape



Jackie and her son, Leo



## FACULTY SPOTLIGHT:

## Jackie Knapke, PhD



*Please tell us about yourself and your current position in the DFCM.*

My husband, Jay Twomey, and I live in the Clifton neighborhood with our 8 year old son, Leo. I have worked at UC for over 14 years, primarily

around research education in the Center for Clinical and Translational Science and Training. I have been a faculty member in the DFCM's Research Division for just over 3 years.

*What projects are you currently working on or are you excited to begin soon?*

My time is currently split between 7 funded projects and many smaller, unfunded projects. This year, I am most excited to be working on my first NIH grant award as a PI. My co-PI, Pat Ryan, is an epidemiologist at Children's; he and I just received a 5 year/\$850,000 R25 training grant award from the NIEHS. We'll be bringing community academic research teams from around the country to Cincinnati to learn how to use air sensors in environmental justice communities.

*How has UC helped you in your career development?*

I have grown so much since starting here in 2008, and UC has opened up new pathways for me every step of the way. I came with a Master's degree in education, worked my way through the staff ranks and realized I needed research training to conduct the kinds of educational research needed at the CCTST. I earned my PhD in 2015 and have been so fortunate to continue to work with the CCTST but also join the DFCM faculty.

*What is your guilty pleasure?*

I have always loved to read and I'm a night owl. My guilty pleasure is reading in bed with the lights off and everyone else asleep, just me and the soft glow of my kindle.

*What is your motto or personal mantra?*

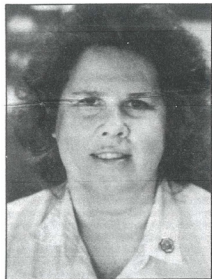
When I'm stressed, I find myself repeating "it's going to be okay" in my head. And 99% of the time, everything does work out. Or, when I have to have a sense of humor about it, I whisper "Serenity now!" (a la Frank Costanza from Seinfeld).

RETIRED STAFF  
SPOTLIGHT:

Lois Grimenstein, RN

I joined family medicine in 1983 as a nurse in the Family Medicine Clinic. In 1988, I began a new position combining my nursing experience with medical education as Director of the Office of Community Preceptor Development, Continuity Medical Education, and Department of Family Medicine. I believe I

**New Hope  
at Leonard**



SHARING AND COPING — Lois Grimenstein, RN, and Chronic Pain Outreach organizers, offers help to other chronic pain sufferers.

had one of the best jobs in the world. Every day was different and my learning skills skyrocketed. However by March 2000, my lupus was becoming more aggressive and my physicians told me I needed to stop working,

in hopes that the lupus would go into remission.

My fondest memories are of these people. In my opinion Family Medicine is very much like a family. The people in the department from faculty to staff were caring, compassionate and went above and beyond in everything they did. I can truly say that people in Family Medicine not only touched my life but also my heart. Everyone worked as a team and that made it a great place to work, many became my friends. I enjoyed working with the medical students and physicians in the community. It was not only interesting but exciting to see how the students grew and developed over the four years of medical school. It was wonderful to see how excited students were each Friday, when they came back to class and they would share the experience they had during the week in their preceptors office.

One of my fondest memories involves planning the Preceptor's Award Recognition Dinner. We wanted to recognize our preceptor's in a unique way. George H. W. Bush was President at that time and he was interested in

volunteering programs. I asked Jack Kues PhD, who was Pre Doc. Director at that time, if it would be a problem if I called the White House? He said he didn't think so. About a week later, during a staff meeting, one of our sectaries knocked at the door and said "Lois, the White House is on the phone for you." There was dead silence in the room. President Bush was unable to attend the Preceptor's Dinner and apologized. However, he asked if I could send him the names and addresses of all of our preceptors. About six weeks later, phones became very busy at our office. Communities preceptors were receiving personal letters of thanks for volunteering to teach our medical students.

One piece of advice I put into practice was always make the person in front of you know they are most important and let them know they have your attention.

When feeling overwhelmed, to stop and take a few minutes break. To those just starting out, get to know everyone and what their job duties are, offer to help if there is ever a need, and last but not least is SMILE!

Today my biggest achievements are being a wife, mother and grandmother and establishing two support groups for independence and chronic pain and chronic illness. Currently, I enjoy spending time with family and friends, cooking and entertaining and biblical studies and as a volunteer chaplain when able.

My last comment is to thank all who helped me along the way and shared their tips and treasures. That made my time in

Family Medicine special. Thank you to Rick Ricer MD, Jerry Friemoth MD, Barb Tobias MD, Bruce Gebhart MD, Kathy Downey MD, Mary Ann Curtiss MD, Jack Kues PhD, Elizabeth Gothelf, Irene Moore Lohre and many more, and of course Robert Smith MD, who always took time to answer questions and loved to teach.



Lois and her family



Lois is still young at heart, making snow angels

**RETIRED STAFF  
SPOTLIGHT:****Sharon Mullen**

I started my tenure with the now UC Healthcare System when the medical center was still named General Hospital. I worked with the department both in full time and part time capacities until 2013. Thus, I had almost 35 years tenure in UC Family Medicine.

Working the Family Medicine Residency Program proved satisfying and challenging. I witnessed a plethora of young, smart residents move on to begin their private practice or work with organizations in their practices, join residency programs as faculty, or gain employment as physicians working with the underserved in the U.S. and internationally. It was wonderful to get to know these capable, dedicated, and caring physicians on various levels.

As my residency office mate and forever friend, Judy Flick, would probably also attest, there were few dull moments within the program. Between program accreditation guideline changes and hospital, community physician, and each system's physician affiliations, and rotational schedules, there was always tweaking of requirements with which to contend.

Residency office hours typically (especially before cell phones and email) were infused with residents rolling in and out with their needs and wants to consider or simply them desiring to chat. The chats were important. They shared their joys, and at times they had to share their griefs; it was at times family concerns they shared, like how they could maneuver long residency hours while maintaining focus on a young family. Often they would share an important lesson learned while taking care of a patient or a service victory. Each resident was unique; each resident was a work in progress, each resident was a huge loss at graduation, as we knew they were off to new frontiers.

Each resident brought their strengths to the program to make it thrive and remain highly visible and viable, even in times of downturn of interest in primary care. The residents keep the program one to be sought-out as they traveled back to their alma maters for residency fairs to share

their excitement about UC Family Medicine. We retained and gained faculty through the years whose expertise and reputation were the impetus for many young medical students to choose to train with us.

Best advice to give someone? The wisest man who ever lived, Solomon, gave that advice: "Whatsoever thy hand findeth to do, do it with thy might..." Ecclesiastes 9:10. Find your life's work – this is true even for the everyday humdrum work of life – do it with all diligence.

Two aspirations of mine have been realized since my time in the UC Family Medicine Residency. My husband and I have always wanted to live rurally. In 2013, we moved to rural Columbus, IN. Our house is about 200 steps from where our daughter and son-in-law built a home with our two young grandchildren. We are on a combined 31 acres. It's awesome to be working in my home office and hear the faint roar of a 12-volt, John Deere car driving up the front walk with my 3-year-old grandson about to run over more of my favorite Black Eyed Susans, as he comes see what's happening. His 7-year-old sister is usually not far behind. It actually means we're then off to some outside adventure. We walk off to see the chickens or barn cats or pigs, or the littles will want to tour the garden to find a tomato to eat off the vine. We also keep bees, but they are inconsequential to a 3 or a 7-year old. Our grandchildren live with our son and daughter-in-law in Loveland, OH. The "cousins" get together frequently, and our visits and sleepovers are epic.

My other aspiration post residency administrative work was to write a book. I completed my first, with others planned, in 2019. It is not a NYTimes best-seller, but I was pleased to self-publish, "Yoshi of Bethlehem." It is a Biblically-based, fictional work about a shepherd, Yoshi, and how his life is intertwined with that of Jesus Christ.

We are blessed beyond comprehension with our rural life. My husband, Kevin, and I plan to retire in February 2023. He is an RN/BSN working in mental health; I am working as a bookkeeper for my church. He will return to his carpentry roots (and has an elaborate shop) after retirement and re-focus on wood projects. I have a book outline...



For all those with whom I have worked through the years, you are present in my thinking and prayers often. Judy Flick and I have stayed in touch. From the Tim McCarren to Phil Diller to Montiel Rosenthal to Sean Otteman to Chris Bernheisel to Rita Girard to Christy O'Dea years, each of you provides great memories. I would like to name every resident and faculty physician with whom I rubbed elbows through the years – you mean so much to me. I send love to you all! Thank you for putting up with me!

**RETIRED STAFF  
SPOTLIGHT:**

**William Walker**



I was the Business Administrator for the department from 2010 to 2019 and the old adage that “if you like what you do and enjoy the people you work with you will never feel like you are working” certainly held true for my days in Family Medicine. I have fond memories of my time with the physicians and staff. These days Terri and I spend a good deal of the time traveling between Michigan, Florida and Colorado to visit our kids. Right now we are in Keystone, Colorado. We came to see the Aspens in the fall, but, have been treated to an early winter snow storm. The good news is the slopes have opened early and we are enjoying the skiing with few crowds. (So when I fall, there are less people to witness the event).

The most challenging part of my job at the time was trying to navigate between the administrations of both the University and Christ Hospitals. Each group had diverse goals, but Dr. Diller was a wonderful negotiator and kept the department’s goals in perspective.

I will always cherish the relationship that I was able to develop with Dr. Robert Smith. His insights of not only the development of the Department, but, also his views of the world, politics and life in general still ring in my memories. As I grow older, I continue to see the wisdom in his words.

As a department, I think Family Medicine is very fortunate to have the dedicated team of Dr. Bernheisel and Beth Terrill at the helm. Not only are they both talented and smart, they look out and develop the newer people in the department. That unselfish leadership style makes the department a truly wonderful place to work.

I realize how lucky I am every day. I have a good life, great kids and a wonderful person to share this stage of my life with. I really think I am a lucky man and am so happy I finished my forty years working in Healthcare with a wonderful, dedicated and talented group of people. Working in Family Medicine was a joyful experience for me.



*Bill's home in Keystone, Colorado, about an hour outside of Denver.*

EARLY CAREER  
FACULTY SPOTLIGHT:

## Shanna Stryker, MD

*Please tell us about yourself and your current position in the DFCM.*

I'm currently an Assistant Professor in our department after finishing Family Medicine-Psychiatry residency in 2018 and the Global Health fellowship in 2020. I'm in the Division of Research, and the Division of Urban, Underserved, and Global Health.

*What projects are you currently working on or are you excited to begin soon?*

So many! I've been active in teaching gender-affirming care, with a focus on resident education. I also have several active research projects related to immigrant and refugee health, and LGBTQ+ health, with more being planned. I'm very interested in using community-engaged research methods to achieve better health justice and equity for marginalized groups, and using implementation science to study why and how educational programs or evidence-based interventions can improve healthcare for marginalized groups. One of the projects I'm most excited about is a medico-legal partnership in which I am partnering with non-profit immigration attorneys to provide medical/psychological assessments of their clients so that they can better advocate for the clients' immigration case - which is a real challenge in the political climate here in Ohio. I've included students or residents



*Shanna on her day off*

in these evaluations, and the demand for this learning experience has been through the roof! Even better, I've been able to provide assessments for several LGBTQ+ immigrants, which has allowed me to merge my passions!

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

Pottery! I also enjoy walks with my dog Suzy through the local parks, trying local restaurants, and planning my next travel adventure.

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

I love having the chance to collaborate with people across departments, and across colleges at UC. I am most energized by getting together with colleagues with different backgrounds and collaborating on how to solve a problem to make my patients' lives better and healthcare experiences more affirming

*What is your motto or personal mantra?*

I am a work in progress, which is inspired by one of my favorite quotes: "I am my best work - a series of road maps, reports, recipes, doodles, and prayers from the front lines." — Audre Lorde



*Shanna with her dog, Suzy*

**EARLY CAREER  
FACULTY SPOTLIGHT:**

**Michael Putnam, MD**

*Please tell us about yourself and your current position in the DFMC.*

My current role in the department is core residency faculty with my primary clinical time working on the inpatient service. I also precept residents in the FMC and see patients in the Post-COVID clinic. Every year, I also co-lead the introduction and training of the EMR to our new interns.

*What projects are you currently working on or are you excited to begin soon?*

I coordinate the residency conference curriculum and longitudinal internal curriculum. I am currently working on the milestones committee, RPT committee, and various mentoring roles with residents. Updating the intern EMR orientation with Dr. Glass is a process of continual improvement that keeps me busy! I am also excited to participate in the Community Primary Care Champion Fellowship this coming academic year.

*Something surprising about yourself*

I grew up in Utah/Wyoming and come from a family of rural cattle ranchers. I moved to the Midwest in my preteen years and consider this area my home – you-betcha! It should also be known that Dr. Stephen Eckart (of our department and at the Burnett Office) is an awesome brother-in-law and his sister is pretty great too :)

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

Most of my time is spent with my two wonderful children exploring bugs, dirt, and the merits of skinned knees. If not that, working on house projects with the guidance and input from Reid Hartmann. In the winter, I love to follow college basketball, specifically my Saint Louis University Billikens. Lastly, I'm also a core-leader with the men's faith and fellowship group at my Catholic parish.



*Playing in the snow with his son, Patrick*

***Before working at UC, what was the most unusual or interesting job you've ever had?***

After getting into Loyola Chicago for medical school, I deferred for a year to serve in the Jesuit Volunteer Corps. I was a Campus Minister at a Cristo Rey Catholic High School serving the youth of South Central, Los Angeles and lived in an intentional community with other volunteers. A highlight of this was helping students grow in their faith and link it to service in action.

***What do you like most about your job?***

I love working with residents and medical students in caring for patients. Patients are often at their most vulnerable in the inpatient setting and I view the advocacy and accompaniment during this time as a vocation. Being with residents and seeing them grow and helping them learn to be independent doctors by graduation is such a joy as I know the good they will continue to enact when they leave residency! Also, being with colleagues who share the mission of excellent patient care with resident development is an encouragement and the right environment for me to serve.

***What's your favorite blog or podcast?***

This American Life by Ira Glass, NPR.



*Dr. Putnam's family: wife Melissa, son Patrick, daughter Amelia*



*Amelia age 3, Patrick age 5*

DIVISION UPDATE: **Geriatric Medicine****OFFICE OF GERIATRIC MEDICINE***Irene Hamrick, MD, Director***Irene Hamrick, MD**

The geriatric division continues to integrate diversity, equity and inclusion reading, reflection and discussion in every division meeting as part of our commitment to health equity. This curriculum is led by Dr. Anna Goroncy with contributions by Felicia Beckham, NP. Dr. Goroncy also leads antiracism education and training with the UCCOM PMR residency, TCH/UCFM residency and TCH internal medicine residency. She is the TCH GME DEI co-officer with FM resident Dr. Shyla Dyer. Faculty, staff and fellows in the geriatric fellowship are now part of the Walnut Hills academic-community partnership. The team enjoyed time in our community gardens, including our new fellowship coordinator Natalie Seaburn. The fellows are collaborating with community members and partners in a senior living building to assess needs around emergency preparedness and housing insecurity. Dr. Goroncy led the second annual upstander workshop for the FM department alongside Dr. Anisa Shomo, TCH palliative care fellow Dr. Sara Maples, and TCH/UCFM residents Drs. Alyssa Brogden, Shyla Dyer and Sami Nandyal. This half-day training session focused on the history and impact of systemic racism in medicine, then utilized role-play activities with real life scenarios to equip faculty and staff to respond to racism in the clinical learning environment. Several members of the division are engaged in community service and give local presentations on geriatric topics.

Felicia Beckham and Dr. Irene Hamrick were invited to present the research study of “Transitioning from Insulin to DPP-4 inhibitors” in Paris and it was a huge success on Nov 7th.

Geriatric fellow Dr. LaToya Smith led a presentation at the Ohio Medical Director association annual meeting on the fellows’ QI and community-engaged project around disaster preparedness. She won first prize for her presentation and has been invited to speak at additional state meetings. Fourth-year UCCOM medical student Ben Hood has been a critical partner to the fellows during his longitudinal Service and Advocacy elective. Dr. Melissa Vance presented a highly-rated session on late-life depression at the Council on Aging Forum on Aging soon before her graduation.

Congratulations to our graduating fellows! Dr. Amanda Jude joined The Christ Hospital Health Network on the West Side of Cincinnati in primary care and nursing home care. Dr. Melissa Vance moved to Boseman, MT, where she practices outpatient geriatrics and primary care and is closer to her family.

**Geriatrics Teambuilding**

This fall, the Geriatrics Fellowship Team enjoyed a day of teambuilding. With our new fellows and program coordinator joining the team, it was the perfect day to get to know one another and learn about each other. Everyone participated in the Clifton Strengthfinder program, which is an online test that helps individuals identify their greatest strengths. With these results we were able to discover what everyone does best. This will help us to have stronger team dynamics, better conversations, and great team collaboration. After a fun morning of getting to know each other, the team volunteered at The Good News Garden in Walnut Hills.

**My Life My Story (MLMS)**

MLMS uses veteran stories to improve the care and relationship among veterans and their healthcare providers at the VAMC. Veterans who volunteer to participate in MLMS are interviewed by a volunteer who writes an (approximately 1000-word) story narrated in the veteran’s “voice”. The veteran reviews, edits, and proofreads the story before giving final approval. The story is entered in its own category into the VA electronic medical record and a copy is given to the veteran.

MLMS was started by Thor Ringler in 2013 at the VA medical center in Madison, WI and has spread to over 70 VA medical centers across the country. Dr. Brown and Dr. Davis are part of a team at the Cincinnati VAMC who have volunteered to champion the project.

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## Early Career Faculty



### Kara Lewnard Ciani, MD

Assistant Professor  
Fundamentals of Doctoring  
Longitudinal Primary Care Clerkship Course Co-Director  
Family and Community Medicine | Geriatric Medicine

Kara Ciani is a Cincinnati native who trained at the University of Cincinnati for medical school, residency, and geriatrics fellowship. She has been a faculty member in the Department of Family and Community Medicine since January 2020. Kara Ciani is so excited for the opportunity to return to Geriatrics and assist with the Geriatric Evaluation Center at Maple Knoll Village to provide comprehensive assessments of older adults living in our community. In her free time, you can find Kara running after 3 little boys on bikes or in strollers.



### Amanda Arnold, MD

Adjunct Assistant Professor  
Assistant Medical Director,  
Geriatrics Medicine, Maple Knoll Village  
Family and Community Medicine | Geriatric Medicine

Dr. Amanda Arnold completed her BS/MD combined degree program at Howard University prior to completing her Internal Medicine Residency training at The University of Cincinnati. She subsequently completed her fellowship in Geriatrics at The Christ Hospital/ University of Cincinnati. She currently serves as Assistant Medical Director for Geriatric Medicine at Maple Knoll Village. Her current professional interests include goals of care conversations, interdisciplinary team development and transitions of care. Dr. Arnold enjoys spending time with her husband and children exploring the many outdoor adventures of the greater Cincinnati area where they can often be found hiking, camping or biking.



### Felicia Beckham, MSN, FNP-BC

Nurse Practitioner  
Family and Community Medicine  
Geriatric Medicine

Felicia Beckham is an experienced Board-Certified Family Nurse Practitioner who joined our team in August of 2021. She is a native Cincinnati who has earned her Bachelor's and Master's of Science in Nursing from The University of Cincinnati, College of Nursing. She is the co-author of nationally recognized manuscript "Transitioning from Insulin to Dipeptidyl-Peptidase 4 (DPP-4) Inhibitors for Type 2 Diabetes." She was recently selected to present the above manuscript at an International Nursing Conference in Paris, France. She currently works at The University of Cincinnati, within the Department of Family and Community Medicine, Division of Geriatrics. Felicia continues to collaborate with community organizations to improve the trajectory of healthcare outcomes in our underserved communities. She recently volunteered at the First Ladies for Health Day, Black Family Reunion and NAACP Block Party. She is interested in normalizing goals of care conversations and improving healthcare outcomes in our black communities. Felicia is a mother to one daughter, Laila, who is a freshman in High School. Felicia enjoys spending time with family and friends, traveling and reading. One of her favorite quotes is "Your greatness is not what you have, it's what you give."

## PRESENTATIONS

Hamrick IM. 2022 Annual Scientific Meeting of the American Geriatrics Society, Orlando, FL Led Special Interest Group: Information Technology Issues. Orlando, Florida. 5/13/2022

Smith L. Ohio Long-Term Care Symposium. Disaster Preparedness for Seniors in Walnut Hills Community. Dublin, Ohio. 10/22/2022

Hamrick IM and Beckham F. Nursing and Women's Healthcare, "Transitioning from insulin to dipeptidyl-peptidase 4 (dpp-4) inhibitors for type 2 diabetes." Paris, France. 11/7/2022

Hamrick IM. Ohio Medical Directors Association (OMDA) Congregate Care Group Meeting: "Ethics, End of Life Care and Decision-Making Capacity." 6/16/2022, "Incontinence" 7/28/2022, "Sleep." 9/22/2022

## PUBLICATIONS

Hamrick IM. Commentary in Primary Care Practice Update: Effect of Antihypertensive Classes on Cerebral Small Vessel Disease. 9/11/2022

Hamrick IM. Commentary in Primary Care Practice Update: Transitioning from Insulin Therapy to DPP-4 Inhibitors in Patients with Type 2 Diabetes. 10/6/2022

Hamrick IM. Commentary in Primary Care Practice Update: From the American Geriatrics Society Annual Meeting, AGS22: AGS Beers Criteria Potentially Inappropriate Medication Use in Older Adults. 10/6/2022

Hamrick, I., Goblirsch, MJ, Tuan, WJ, Beckham, F. Transitioning from insulin to dipeptidyl-peptidase 4 (DPP-4) inhibitors for type 2 diabetes, Geriatric Nursing, July-Aug 2022; 46:86-89, ISSN 0197-4572, <https://doi.org/10.1016/j.gerinurse.2022.04.023>.

## DIVISION UPDATE:

**INTEGRATIVE MEDICINE***Sian Cotton, PhD, Director*

Sian Cotton, PhD

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### Medical Student Spotlight: Sneha Rajan on Implementing Movement Therapy

Sneha Rajan is a second-year medical student at the University of Cincinnati. She graduated with an MS in dance/movement therapy from Sarah Lawrence College in 2021, following her undergraduate degree at the University of Kentucky. She is a registered dance/movement therapist with the American Dance Therapy Association. She has trained in Bharatanatyam (classical Indian dance) for the past 20 years and was the founder of the University of Kentucky's first nationally competitive Bollywood dance team. After college, she was a professional Bollywood dancer and instructor in New York City. Sneha is passionate about bringing dance/movement therapy into the medical field and exploring how integrative medicine can be used to improve mental health.



*Sneha embodies the idea of movement as medicine and has implemented it with some of our Centering® Group Medical Visit patients.  
Watch here: [https://youtu.be/h\\_g44fh3tAg](https://youtu.be/h_g44fh3tAg)*



### Meet Pamela Sharpe: The Osher Center's New Nurse Practitioner and Trained Chef



Pamela Sharpe is an ANCC Board Certified Family Nurse Practitioner and trained chef. Wanting to

create higher quality nutritional meals for her family and friends, some of whom were affected adversely by chronic health and lifestyle-related conditions, she received her BS in Food and Nutrition (along with Pre-Med and Chemistry) to gain a better understanding of the nutrition and biochemistry related to chronic conditions. She went on to receive her graduate-level training and experience as an ANCC Board-Certified Family Nurse Practitioner.

Her philosophy is: "it is never too late to change and even making small changes can help to lead to lasting results."

She enjoys walks in nature with family, friends, and her dog, bike riding, and creating and cooking mostly whole-food plant-based recipes. Pamela is accepting patients and growing her practice at the UC Gardner Neuroscience Center, Barret Cancer Center, and UC Health West Chester.

### Newly Established Medical Student Scholars Program in Integrative Health

This MSSP in Integrative and Lifestyle Medicine is designed to broaden students' knowledge and experience in the fields of Integrative medicine and Lifestyle medicine in order to expand the students' expertise as future physicians and to promote self-care and wellness. The Osher Center for Integrative Health begins accepting students to this newly established MSSP for the 2022-2023 academic year. Medical students accepted into the program will complete a minimum of: 15 hours of didactic activities, 10 hours of clinical/experiential learning, 200 hours of scholarship, and 10 hours of service and leadership in the field of integrative and lifestyle medicine. Mentorship will be provided by Sian Cotton, PhD and Director of the Osher Center for Integrative Health at UC and Kelly Lyle, MHA, MS and Education Director for the center.

## Free Virtual Lifestyle Medicine & Wellness Series

The Osher Center for Integrative Health hosts a Virtual Lifestyle Medicine and Wellness Series that the public can attend at no cost. These complimentary, virtual events are scheduled throughout the year and focused on different lifestyle medicine and wellness topics. Register or view past event recordings here: [bit.ly/uc-lifestyle-series](https://bit.ly/uc-lifestyle-series)



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Golubic

**Food as Medicine: From Farm to Pharmacy** with Mladen Golubic, MD, PhD, Medical Director for the Osher Center for Integrative Health at UC happened on Thursday, October 20, 2022. During this free class, Dr. Golubic reviewed the key mechanisms by which phytonutrients mediate “Food as Medicine” positive effects on our health, revealing how you can start craving these foods, and teach you how to maximize these food’s health benefits by paying attention to how plants are grown, how fresh they are, and how they are stored and prepared.



**Plant-Based Power Hour** with Dr. Chef Stephanie Michalak White on Wednesday, March 1, 2023 was a great success. Chef Stephanie taught us how to meal prep a healthy, plant-based lunch you can bring into the office! She set us up for success with basic knife skills and knife safety, how to choose the right ingredients for a balanced and filling lunch, and how to properly put together your meal and package it for optimal freshness.

## New Integrative Medicine Courses



Lyle

**New in Fall 2022:** The Philosophy of Yoga (MEDS 2091) taught by Kelly Lyle, MHA, MS, 200hr CYT. Through the study of the Eight Limbs of Yoga and four Paths of Yoga, students will learn foundational concepts of how to use this knowledge to facilitate a strong Yoga Asana, Pranayama, and meditation practice as well as how to apply these principles in everyday life. Students will utilize classical and modern information emphasizing the ethical practice of Hatha Yoga. This class will give the student insight into their own behavioral patterns, habits, and thoughts based on the Eight Limbs. (This course will not be an asana practice on the mat, but will focus more on the theory and philosophy of yoga.)



Walker

**New in Spring 2023:** Introduction to Nature Based Therapies and Ecopsychology (MEDS 2092) taught by Barbara Walker, PhD. This course will introduce scientifically-validated strategies around the basic theories and approaches of Nature-Based Therapeutics including restorative environments, therapeutic horticulture, animal-assisted interactions, therapeutic landscapes, forest bathing, green care farming, facilitated green exercise, wilderness therapy, and ecopsychology. The course will include four field trips throughout the semester.

DIVISION UPDATE:

## RESIDENCY PROGRAM

Megan Rich, MD, MEd, Director



Megan Rich, MD

The Christ Hospital/University of Cincinnati Residency Division has been fortunate to hire a few new faculty members over the past 3-4 years. We look forward to collaborating, supporting, learning from and cheering on each of them during their early career years! Additionally, in 2021 we hired on a phenomenal new program coordinator. Please read on to learn a little bit about their interests and dreams, and why we are so proud to call them our colleagues.

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**Holly Hargraves, BSW**

Program Coordinator  
The Christ Hospital  
UC Department of Family  
and Community Medicine  
Residency Division



**Andrea Rosado, MD**

Assistant Professor  
UC Department of Family and Community Medicine  
Residency Division, Inpatient Services



*What are the biggest lessons you have learned this year?*

To never assume anything and ask questions. Another big lesson I learned is to enforce boundaries and keep a good work life balance.

*What are your hopes for the future?*

I plan on earning my Master's degree in education and TAGME certification in the next two years. I want to continue to grow as a program coordinator and remain a part of the department of Family and Community Medicine for many years to come!

*Please describe your background.*

I graduated from the University of Cincinnati with my Social Work degree and completed training at UC for a teaching license in special education. I worked as a teacher and owned an at home daycare for several years.

My past experiences have contributed greatly to my work as a coordinator for the family medicine residency.

*Something surprising about yourself:*

I was a touring musician in another life and our band toured with The Black Keys. I still play guitar and sing but prefer being a part of the audience these days.

*What do you hope to accomplish from your experience working as a faculty member?*

I hope to be a strong clinician and teacher for our residents and contribute to a wonderful educational experience on inpatient hospital medicine. I also hope to support growth in our global health program and curriculum, and contribute to our residency's community engagement, underserved care and health equity advocacy, and recruitment and retention of colleagues who are historically excluded from medicine.

*What attracted you most to our department?*

I've been drawn to this department since my early days in medical school; members of this department were among those who originally inspired me to become a family physician in the first place! I appreciate the well-rounded strengths of the department, and love the mission-driven commitments to service and underserved care, medical education, and research.

*Please share your interests and areas of expertise.*

My interests are wide-ranging but I'm especially interested in inpatient medicine, global health, and health equity. Additionally, I love wilderness and environmental medicine, and last year completed a course to become certified as a wilderness first responder.



Family Medicine Residents and applicants mingling at our Second Look event.

## Second Look

We had a successful in person Second Look event this year at The Christ Hospital on January 14th, 2023. This event gave our applicants the opportunity to meet our residents and faculty. The applicants toured the hospital and the city of Cincinnati.

DIVISION UPDATE:

## MEDICAL STUDENT EDUCATION

Sarah Pickle, MD, Division Director



Sarah Pickle, MD

July is always a time of transitions in academic medicine, and our division of Medical Education experienced multiple exciting transitions this past July. Dr. Ellis transitioned to teaching faculty within our division after 12 incredible years as division Director. Dr. Anisa Shomo became Associate Division Director, which will expand her divisional roles in diversity, equity and inclusion efforts, career advising and mentoring, continuing to lead the Family Medicine Scholars Program, and directing the fourth-year family medicine electives. Dr. Shomo is a recipient of UC College of Medicine’s 2022 Excellent in Mentoring Award, which exemplifies her career mentoring and family medicine pipeline efforts.



Nandyal

July was also a time to reimagine elements of our family medicine clerkship curriculum by pioneering a new wellness curriculum. Our family medicine core clerkship is the only clerkship at the College of Medicine to integrate a wellness science (“Well-Sci”) thread into their clerkship. Data suggest that 43% of US medical students experience a high level of distress during their third year of medical school, with 60% experiencing burnout and 70% experiencing emotional problems. Our well-sci curriculum aims to be one component of a much larger movement across medicine to address medical student and physician wellness, burnout, and resilience. The curriculum includes a lifestyle medicine orientation, Balint-style decompression sessions led by family medicine faculty, and a 2-hour wellness workshop.



Rivendale

The workshop provides students with a toolkit to enhance self-care, well-being, movement, and connection in their own lives and bring this education into the patient care they provide now and into their future careers. Leading this curriculum, we are happy to introduce two new divisional faculty, Dr. Lauri Nandyal and Dr. Aurora Rivendale. Dr. Nandyal comes with a wealth of experience and certification in functional and integrative medicine, mindfulness, meditation, yoga, and nutrition – among other expertise. Dr. Rivendale, as a dually boarded family medicine physician and psychiatrist, brings her holistic approach to mind-body wellness, lifestyle medicine, and work-life integration. Over the next 2 years, we will be studying how this curriculum impacts student wellness, perceived stress, and overall clerkship experience.



Jackie Knapke, Anisa Shomo, Lauri Nandyal, and Hillary Mount

### Society of Teachers of Family Medicine

Jackie Knapke, Anisa Shomo, Lauri Nandyal, and Hillary Mount representing the Medical Education Division at the Society of Teachers of Family Medicine (STFM) medical education conference in New Orleans in January, 2023. Dr Knapke and Dr Nandyal were presenting the outcomes of the first 6 months of the wellness curriculum workshop.



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DIVISION UPDATE:

RESEARCH

Saundra Regan, PhD, Director



Saundra Regan, PhD

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Research Division Hosts Student Summer Program



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The Research Division welcomed seven medical students to participate in its summer experience. This summer saw students and division mentors able to return to some in-person meetings and project activities, facilitating another year of strong contributions by the students. This year’s projects included: interviewing patients at a federally qualified health center to evaluate a homeless resource map app, analyzing faculty and fellow interviews with Dr. Stryker and Daniel Hargraves, MSW, examining implementation of cervical cancer screening in LGBTQ+

individuals also with Dr. Stryker, identifying best practices in treatment for sleep disorders to improve cardiovascular health with Susan Davis, DO, and evaluating the effectiveness of upstander training within family medicine with Jackie Knapke, PhD and Anna Goroncy, MD, among many other projects. Many students plan to stay connected to their division mentors to draft abstracts to present their work with these projects at national conferences, an ongoing tradition with the program.

The staff and faculty of the

Research Division also reintroduced an in-person iteration of their weekly research curriculum. The program features weekly sessions on conducting literature searches, IRB protocols, quantitative and qualitative methods and analysis, and interpreting and disseminating results. The summer experience culminated in a presentation by each student detailing their project and curriculum experience. We are grateful for all the good work and dedication these students bring each summer!

New Certificate Program Aims to Engage the Community in Research

Research Division team member Jackie Knapke, PhD, served as lead developer for this new Certificate geared towards graduate students, faculty members, and academic or community researchers who are interested in integrating community engagement into their research design.

Graduates from the Certificate will obtain the skills and resources needed in order to conduct community-engaged research. Topics will include: an overview of community-engaged research and ethics, introductory research methods and dissemination, community psychology, and communicating and translating scientific results to public audiences.

Because CEnR often occurs in under-resourced communities that include people of color, an important new course will be offered on bias in health research, particularly as it relates to racism. The Certificate has been approved by the University of Cincinnati and began enrolling students in Fall 2022.



## Team Member Knapke to Co-Lead Air Quality Research Community Partnership Training Grant

Research Division team member Jackie Knapke, PhD, was recently awarded a National Institutes of Health grant, along with Cincinnati Children's Hospital Medical Center partner Patrick Ryan, PhD, a professor in the Department of Pediatrics, Division of Biostatistics & Epidemiology. The grant is titled "Research Innovations using Sensor Technology in Environmental Justice Communities," or RISE Communities.

Individuals who live in environmental justice communities have disproportionately higher rates of adverse health outcomes, often as a result of environmental and social stressors. Low-cost air sensors offer tremendous opportunities for researchers and community members to better understand air pollution exposures at neighborhood, indoor, and personal levels. RISE Communities aims to foster successful community-academic partnerships and equip research teams with the technical skills and knowledge to successfully utilize low-cost air quality sensors in environmental justice communities.

In addition to developing and offering of a free online library of education modules and materials, RISE Communities will host an annual cohort of academic-community research teams

for an all expenses paid trip to Cincinnati for in-depth training and team building. This blend of didactic, experiential, and workshop-based training offers access to expert consultants in team building and environmental health sciences to support successful community-engaged research and facilitate advocacy. Teams will also be provided with air sensors to take back to their communities and trained in methodology in data collection and visualization for dissemination of their research findings. Monthly webinars will supplement the training and offer new insights and updated information in sensor research and team building methods for both RISE program participants and the general public. Research Division team member Daniel Hargraves, MSW, will serve as program manager for the project.



RISE Communities is currently recruiting for the first training cohort to occur in early August 2023. To learn more about this opportunity, please visit [ejsensors.com](https://ejsensors.com)

## Research Division Leads Regional Quality Improvement Hub

The UC College of Medicine (COM) has been chosen by the Ohio Department of Medicaid to serve as a Regional Quality Improvement (QI) Hub. The goal of the QI Hub will be to more reliably translate best-evidenced care into clinical practice, offering structure to collectively support health improvements that can be measured at the level of Ohio's populations. Single institution efforts focusing on chronic conditions such as hypertension and diabetes have already been successful in

achieving significant improvements in health status as well as closing disparity gaps for the Medicaid population. A "Hub and Spoke" model offers greater scale as well as choice of clinical practice areas ripe for improvement.

The six Regional QI Hubs will be comprised of an Ohio College of Medicine and select hospital partners to serve as the central 'hub,' with other interested practices acting as 'spokes.' The Government Resource Center (GRC) will provide project management

to the participating Colleges of Medicine. UC's Dept of Family and Community Medicine is leading this grant in partnership with faculty from the UC Dept of General Internal Medicine (GIM), the UC Dept of GIM and Pediatrics with QI Leadership from UC Health. The team includes Research Division members Sandra Regan, PhD, who will serve as principal investigator, and Mary Beth Vonder Meulen, RN, as project manager.

DIVISION UPDATE:

**PALLIATIVE CARE**

*Lori Herbst, MD, Director*



**Lori Herbst, MD**

The UC physicians Palliative Care Team is continuing to expand! At UCMC, we have added a third social worker, Liz Kramer, MSW LSW. And we are excited to be opening our inpatient service at West Chester Hospital (WCH) starting on December 5, 2022. Dr. Fiza Warsi has been leading the expansion efforts and partnering with Melissa Jesse, LSW and Glenn Perry, MDiv who are long-time team members at WCH with palliative care and hospice experience. They will be joined by Casie Stevens, CNP, Lori Herbst, MD, Josh Jameson, DO and another of our new providers, Dr. Lisa Kiser. Dr. Kiser is an Associate Professor of Emergency Medicine who recently completed her fellowship in hospice and palliative medicine at The Christ Hospital and is returning to UC to serve patients in both the ED and Palliative Medicine.

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**Fiza Warsi, MD**  
Adjunct Assistant Professor  
Department of Family and Community Medicine  
Hospice and Palliative Care



**Sarah Jadeed**  
Program Coordinator  
Department of Family and Community Medicine  
Hospice and Palliative Care

*As mentioned above, our West Chester palliative care team is being led by Dr. Fiza Warsi. We asked her to tell us a little bit about herself with some fun, rapid-fire questions. Here's what she had to say:*

*What do you like most about the work you do in palliative care?*

Palliative care speaks directly to my soul. I truly feel gratified when I am able to connect my patients to their deepest, granular desires as they navigate the toughest moments of their lives. With my patients' "people," if I can bring them to a place of acceptance and peace, I have won the day! My work is my art. Palliative care is my medium of expression.

In my free time I love to cook and eat what I cook. I love to write and read what other people write. One meal I would eat for the rest of my life is my mother's Biryani. It was the Mughal's answer to paella or risotto. A fun fact about me: I am an olde-time radio buff and an avid anime watcher. Finally, an item I cannot live without... does my shoe closet count?



The divisions of Urban, Underserved and Global Health and palliative medicine have welcomed program coordinator Sarah Jadeed to their teams. Ms. Jadeed has spent the last five years with the school health program of the Cincinnati Health Department where she served the families of Price Hill at the Roberts Academy school-based health center. She is a proud UC alumna with a bachelor's degree in Spanish language and literature.

Currently, Sarah is assisting Dr. Lori Herbst and the palliative care team to expand the department to eventually create outpatient services for additional patient care. She is working to help support the resident elective rotations as well as managing meetings, training, and ongoing progress within the department both at the base hospital as well as in West Chester. Sarah is also dedicating a lot of time to the Guatemala trips with Global Health that will now be offering field experiences six times this next year.

In her free time, Sarah can be found in her kitchen trying new recipes and baking sourdough bread. She is also a cellist with the Seven Hills Symphony, a voracious reader, wife to Nabeel, bonus Mom to Simon and fur mama to Roxy & Sadie.

DIVISION UPDATE:

**URBAN, UNDERSERVED AND GLOBAL HEALTH**

*Charles Schubert, MD, Director*



**Charles Schubert, MD**

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The division has been working hard in a variety of areas to live out our goal to inspire, train, serve and lead in the discipline of underserved and global health. Therefore, it is exciting to highlight a few pursuits of the division.

Our Guatemala partnership with the Maya Health Alliance is expanding and prospering. We are now making in-person trips again and have expanded to five medical trips per year. This requires more effort and more demand for preceptors, but the results have been encouraging. More patients are seen and cared for while more learners are impacted. We have also added a full-time volunteer in Guatemala this year to work with our partner and help coordinate the trips. Marin O’Dea continues to perform a wonderful job in this role.



*UC/WK Volunteer Liaison, Marin O’Dea, supports our TCH/UC teams, ensuring a productive, smooth experience.*

Our fellowship in underserved and global health has continued with the addition of Flo Hsiao. Flo obtained a POCUS grant to do prenatal ultrasound training in Guatemala. The work is progressing well, and I was excited to see one of the early outcomes of the training when I witnessed a Guatemalan nurse successfully doing an prenatal ultrasound on one of the patients.



*Global Health Fellow Dr. Flo Hsiao received funding from Mission POCUS to train Guatemala community health workers on the use of point of care ultrasound.*

Finally, it is wonderful to note that our division is growing. Andrea Rosado joined us and promises to be a wonderful addition. There will be some transitions by the end of this academic year, and I wanted to take the opportunity to thank Doug Collins for all his work and commitment over the years to the department and the work of our division. Doug will be transitioning to become the Medical Director of Crossroad Health Center and I know he will do a wonderful job there. In addition, Chuck Schubert will be retiring at the end of this academic year, so an active search has commenced.

Thanks to all for the support of our work by being a preceptor to Guatemala or at the Student Run Free Clinic. There are continued opportunities and need for preceptors at both sites. Have a great year ahead!



**Hsiao**

**Please welcome Dr. Florence Hsiao as our new Global Health Fellow.**

Dr. Hsiao graduated from the Christ Hospital / University of Cincinnati Family Medicine Residency program this past year and is starting a one-year Global Health Fellowship that will focus on point-of-care ultrasound and maternity care. Prior to residency, Dr. Hsiao received her Doctor of Medicine from Yale School of Medicine and a Bachelor’s Degree in Molecular Biology from Princeton University.

Dr. Hsiao’s academic interests include global and underserved Health, point-of care ultrasound, women’s health, and addiction medicine. During her fellowship, Dr. Hsiao will provide care at the Cincinnati Health Network and University Health Services. She will also be teaching and overseeing family medicine residents as junior faculty with the Maternity Care Service at The Christ Hospital / University of Cincinnati Family Medicine Residency Program. Additionally, she will be going on a few of the medical trips to the residency’s partner Wuqu’ Kawoq in Guatemala to precept residents and help teach Wuqu’ Kawoq’s maternity staff basic obstetric ultrasound.

In her free time, Dr. Hsiao enjoys going hiking, playing piano and clarinet, exploring new cities, and finding the best ice cream in town.

## DIVISION UPDATE:

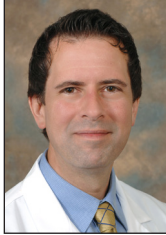
**UNIVERSITY HEALTH SERVICES***Michael Holliday, MD, Executive Director***Michael Holliday, MD**

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**New Team Members**

We recently added several members to the UHS team. We are thankful to have these caring professionals as part of our team.

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**M. Bain Butcher, MD, MFA**

Dr. Butcher is an Associate Professor in the DFCM. He has also served as an Associate Professor in UC's DAAP School of Art, where he has instructed UC students in painting and drawing. This direct contact with DAAP students has equipped Dr. Butcher with a deeper understanding of student needs, especially in a demanding academic program. Dr. Butcher has bridged the art and medicine worlds by leading interdisciplinary efforts to improve patient and care team experience through the Livewell Collaborative. This organization has helped both UC Health and Cincinnati Children's Hospital improve their patient care. Dr. Butcher has clinical experience in family medicine, including the UC Health Primary Care Network and was a fellow family medicine resident with Mike Holliday at UC's program in the late '90's. He is excited to apply his unique skill set at UHS, which includes patient care, interacting with students on UC's campus and working collaboratively to improve experiences for both patients and the health care team.

**Modupeoluwa (Mo) Durojaiye, DrPH, MA**

Dr. Durojaiye has served as the COVID Watch Manager for University Health Services (UHS). In that role, she worked with a team of nurses, University Officials, and our lead COVID clinician, Dr. Giselle Weller, MD, to craft and execute a response to the pandemic that provided both safety and a minimally disrupted academic experience for our students. She now is using her skills as a public health leader at UHS in other areas, such as tuberculosis screening and testing, immunization, and outbreak response planning.

**Jordan Seto, MD**

Dr. Seto is a recent graduate of the TCH/UC Family Medicine Residency. She received training from Dr. Sarah Pickle in both transgender and gynecologic care right here at UHS. Dr. Seto has clinical and research experience working with a variety of populations, including those who are underserved. She also has an interest in helping those with substance use disorders and will be spending much of her time outside of UHS in that role. Dr. Seto is providing gynecologic care and procedures, transgender and primary care to our students at UHS.

**Leah Zemany, NP**

Leah's nursing experience includes 3 years in the Intensive Care Unit. Her Nurse Practitioner experience includes over seven years practicing and managing at The Little Clinic in our region. In this role, Leah has already cared for UC students and is looking forward to serving the Bearcat community on site!

## WEST CHESTER FAMILY MEDICINE RESIDENCY PROGRAM

UNIVERSITY OF  
CINCINNATI  
COLLEGE OF  
MEDICINE



Starting on the left is Rick Hinds, Dr. Manoj Singh, State Senator George Lang, Dr. Sri Murthy, Joe Hinson, President & CEO West Chester Liberty Chamber, Eldra Gennings, Dr. Bruce Gebhardt, Dr. Phillip Diller, State Representative Jennifer Gross, Dr. Jeffrey Ushupun (background), Dr. Chris Bernheisel, Tom Daskalakis

### A New First for Our Campus

State Government officials, community leaders, UC Health Chairs, physicians, clinicians, leaders and staff attended an important open house and ribbon-cutting event on Tuesday, Sept. 20, to mark WCH's first residency program dedicated to our campus, The West Chester Hospital Family Medicine Residency Program.

The WCH Family Medicine Residency Program will be a 6-6-6 program, meaning 6 residents per year for a three-year program. This program was approved by the Accreditation Council for Graduate Medical Education (ACGME) this last April, and begins with the first cohort starting in July 2023, then with a full complement by July 2025. The Family Medicine residents will be based at the West Chester Hospital Campus except for pediatric experiences which will be accomplished at Cincinnati Children's Hospital Medical Center. The Residency will partner with Butler County organizations such as the Butler County Department of Health to provide residents with experience in community needs assessment and care provision. The program faculty and

residents will care for patients - cradle to grave - and the practice will be an access point of care for the underinsured and Medicaid population.

The need for family medicine physicians is continually growing due to a shortage in primary care. This new residency program will add six new family medicine residents each year for the next three years who understand and care for the health-care needs of our community.

I would like to acknowledge the significant work and planning put forth by the UC College of Medicine, the Department of Family Medicine, the office of Graduate Medical Education and our team at West Chester Hospital for their steadfast commitment to see this outstanding program launch and now, flourish. It is very gratifying to see this training program come to fruition on our campus!

The UC Health West Chester Campus Family Medicine Clinical practice is located at 7798 Discovery Drive, Suite A. New patients are being accepted, including newborns and children. The Family Medicine GME Residency office is at 7760 West VOA Park Drive, Suite B in West Chester.



Tom Daskalakis, West Chester Hospital Chief Administrative Officer, Bruce Gebhardt, MD, WCH Family Medicine Residency Program Director and State Senator George Lang who presented an official proclamation for this new facility.



Bruce Gebhardt, MD and Joe Hinson President & CEO West Chester Liberty Chamber, presenting a certificate

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## Launch of the New West Chester Hospital Family Medicine Residency

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