



UNIVERSITY OF CINCINNATI COLLEGE OF MEDICINE

DEPARTMENT OF

Family and Community Medicine



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CHAIR'S MESSAGE

From our beginning in 1969, family medicine has championed collaborative patient centered care within the community. From home to office visits to obstetrics, hospital and emergency care, 50 years later, our patient first mission continues. In this issue, we honor a true family medicine legend and highlight emerging leaders in the evolving scope of family medicine. Dr. Lucy O. Oxley was the first African American graduate of the College of Medicine in 1936 and practiced family medicine in Cincinnati for fifty years. With the help of the Oxley family, Dr. Phil Diller researched and documented Dr. Oxley's lasting contributions to family medicine and our community. The unveiling of the commemorative panel and wonderful event that followed is our first article below. In this issue, we also highlight four emerging scope of practice opportunities led by outstanding teams in our UC Department of Family and Community Medicine: Integrative Medicine, Gender-Affirming Care, Palliative Care and Survivorship. We're excited to share these inspiring stories as family medicine continues to be first in whole person and community care. ■

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

Capturing the Life of Lucy Oxley, MD, with a Commemorative Panel

On Nov. 13, 2018, the UC College of Medicine, the Winkler Center for the History of the Health Professions and UC Department of Family and Community Medicine jointly

sponsored a reception to unveil a commemorative panel detailing the life of Dr. Lucy Oxley. Oxley was the first African American graduate of the College of Medicine in 1936 (BA in

Medicine in 1935) and practiced family medicine in Cincinnati from 1940-1990. The event was held in the College of Medicine CARE-Crawley Atrium and

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The unveiling of the commemorative panel in the CARE/Crawley Atrium, with (left to right) Anna Gomez (Oxley's great-granddaughter), Charlotte Hatcher (Oxley's great-grandniece), Dr. Phil Diller and Janis Gomez-Smith (Oxley's granddaughter).

**Lucy Oxley, MD**

Oxley Commemorative Panel

continued from page 1

attended by members of the Oxley family, friends and faculty of the College of Medicine and the DFCM. Chairing the event was Dr. Phil Diller who spoke along with Janis Gomez-Smith (Oxley's granddaughter), Dr. Kenneth Davis (Professor of Surgery and creator of the Lucy Oxley Scholarship in 2008) and Oxley Scholarship recipient Christa

Nnoromele (UC COM M4). Two panels were created, one placed in the entry way to the COM near Kresge auditorium and the other in the DFCM Robert and Myfanwy Smith Conference Room.

Oxley was a pioneer in many facets of her life. She endured much discrimination and adversity during her tenure in the UC COM from 1929-1935

and despite this excelled as a student rising to the top 15 in her class. Due to her race she was denied a coveted internship at UC General Hospital and instead completed her internship at Freedman's Hospital in Washington, D.C. She eventually returned to Cincinnati in 1940. She was of the original general practitioners who helped found the Cincinnati Society of General Practitioners, the forerunner of the Southwestern Society of General Physicians and the Ohio Academy of General Practice. In 1984, she was recognized by the Ohio Academy of Family Practice as the OAFP Physician of the Year. She was runner-up for the American Academy of Family Physicians Physician of the Year in 1985 and 1986.

Oxley was a strong community partner for the DFCM during Dr. Robert Smith's tenure. She was a regular attender of residency graduations in those years, and she was the person who received the \$1 million dollar gift from the Lazarus Foundation on behalf of the DFCM that has helped support the Department Chair since 1984.

Oxley is one of the UC COM alumni whose life story continues to inspire. Her place in the history of the college and her multifaceted role as a community family physician is now captured in the commemorative panel. When you visit, take the time to review her life story. ■



Dr. Kenneth Davis, Professor of Surgery and creator of the Lucy Oxley Scholarship in 2008 (left), spoke at the event, as did Oxley Scholarship recipient Christa Nnoromele (UC COM M4, right).

"A pioneer and servant leader committed to the community"

Oxley's granddaughter Janis Gomez-Smith shared the following insightful comments about "Grandma Lucy" at the unveiling ceremony.

"Dr. Lucy Oxley was a Renaissance woman with so many talents in areas of knowledge. She was intellectually curious, she was a life-long learner. Always reading and training and raising her level of knowledge and expertise. She was an artist who loved landscapes but also was quite technical and paid particular attention to detail. [One of her landscapes is incorporated on the panel and also as the backdrop for the panel.] Grandma Lucy was an avid gardener with a green thumb for all plants. She was always well dressed, quite sophisticated, always with a hat. She was well mannered, respectfully honest and forthright, yet sometimes stern with a smile.

Grandma Lucy was a servant leader committed to her community. She was passionate about her patients and their families. She also was a mentor especially to people of color in medicine who came after her." ■



Oxley (seated, far right) shown with other College of Medicine students.

FACULTY SPOTLIGHT:

Sian Cotton, PhD

Please tell us about yourself.

I am a health psychologist by training, a mom of three beautiful children, a vegetarian and a yogi, and an advocate for integrative health and wellness. As Founding Director of the UC Center for Integrative Health and Wellness and UC Health Integrative Medicine, I am working with our teams to help transform a costly system of disease management into a health-care system with a focus on wellness, prevention, and integrative health for all.

Why did you choose family medicine?

Family Medicine sort of chose me actually. When I joined UC 14 years ago, I was recruited by Dr. Joel Tsevat at the VA, and he found a UC home for me in Family Medicine. There is clear alignment of value and mission between Integrative Medicine and Family Medicine. I don't think I landed here by chance.

What advice would you give new Family Medicine residents?

Stay open to possibilities, follow what you are passionate about, listen to your gut and take care of yourself personally so that you can continue to serve others.

Top three life highlights

That's an easy 3...Sophia, our 14yo daughter; Jonah, our 12yo son; and Noah, our 10yo son. Parenting is a gift — albeit there is no parenting manual so some days are not easy. They are the highlight of my life.

Something surprising about yourself

I am a musician — I would love to be singing every day if I could. I studied violin for 20 years, and taught myself some piano and guitar. But mostly I would be in musical theater if I wasn't doing Integrative Medicine.

What do you like to do on your days off?

Sleep, walk, be outside, do yoga, be with my family and friends. I enjoy downtime on my front porch, being active in the outdoors, and yes, drinking red wine and getting my nails done, if I'm being honest.



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*Research Professor of Family and Community Medicine,
Founding Director, UC Center for Integrative Health and Wellness*

What do you find most rewarding about your job?

The real possibility of changing lives and improving the health of our community. Having students come up to me and say "why haven't I heard about these data on nutrition, mindfulness and exercise as it relates to chronic disease before?" And knowing that we continue to move this needle at UC by increasingly introducing these concepts in an embedded fashion into our educational system.

Best piece of advice you have received?

Be gentle with yourself. Stay focused. Treat others how you would like to be treated. Follow your passion.

What interests you about integrative health care?

The reality is that we can and should be doing better. For example, we have a serious opioid crisis with many evidence-based non-pharmacologic approaches to pain management that hospitals simply don't offer because they aren't covered by insurance. We cannot accept the status quo of "we don't offer that because insurance doesn't pay for it." Our community deserves better and we have many successful models around the country where integrative health approaches are baked into the healthcare delivery and educational system.

Your wish list for your next five years?

To endow the Center for Integrative Health and Wellness and recruit a Clinical Director and a Research Director.

Your biggest professional challenges?

Funding is a major issue for many of the Center's programs as wellness, prevention and some integrative therapies are often not supported through traditional payor models. We have a wonderful community Advisory Council, led by Carrie Hayden and Dr. John Tew, that I am so grateful for as they continue to pursue community connectivity and sustainability for the Center and its mission.

We are creating a horizontally embedded clinical care model which is challenging as it requires collaboration and innovation with many teams that sometimes operate in silos. That said, I see these "challenges" as opportunities to engage and meet more people and partner together to bring wellness in a sustainable manner to more members of our community, regardless of ability to pay. We have made so much progress regarding Integrative Medicine at UC in the past few years that I am hopeful we will continue to proactively pursue wellness, prevention and integrative health care into our system so that it is here to stay. ■

The Evolving Scope of Practice

The collaborative, whole person approach of the family physician guides the way in the evolving scope of practice, including survivorship, palliative care, integrative medicine and gender-affirming care.

Emerging Need for Expertise in Care of Cancer Survivors

The last decade has seen significant progress in the treatment of cancer. This has led to an increase in the number of cancer survivors and this number is expected increase over the next decade.



Erickson



Kirschner

An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. The various types of treatments for cancer such as surgery, radiation and chemotherapy frequently have treatment related physical side effects. In addition, cancer can also affect patients psychologically, socially and spiritually, with enduring impact. Family members, friends, and caregivers—also impacted by the survivorship experience—are included in the definition of survivorship. Because survivorship

involves every dimension of the person, the family physician's whole person approach is increasingly being recognized as necessary for the care of cancer survivors.

At the University of Cincinnati, the Cancer Survivorship program was started in 2015 with a generous gift from The Robert and Adele Schiff Family Foundation to develop programs promoting health and better quality of life for patients during and after cancer treatment and increase research into

continues on page 6

Palliative Care

The leading causes of death in the United States are associated with significant suffering near the end of life, and the relief of suffering is increasingly recognized as an important goal by patients, families and health care systems. Palliative care has emerged as an organized interdisciplinary response to the needs of patients with serious or life limiting illness.

Because family physicians are trained to focus on the whole person in the context of their family, they are well suited to provide palliative care for patients struggling with serious illness. This care by definition tends not only to physical symptoms, but also the psychological and spiritual struggles that often are part of the experience of patients and families as they cope with life limiting illness.

The most rapidly expanding palliative care efforts in recent years have been in acute-care hospital settings and outpatient practices. Faculty from the UC Department of Family and Community Medicine (DFCM) have led local efforts to expand and improve palliative care education and services in our hospitals.

Doug Smucker, MD, Professor Emeritus, was the first faculty member in our department to focus his clinical time and teaching efforts in hospice and palliative care. After sabbatical studies in

hospice and palliative care in London, England in 2003, Smucker returned to the DFCM to practice and teach in local hospice organizations. Five years later, he led the formation of the current interdisciplinary palliative care team at the Christ Hospital, where our family practice residency is centered.

Smucker and Phil Diller, MD, (then Chair of DFCM) were awarded



Smucker



Hartmann

a five-year grant from the federal Health Resources and Services Administration (HRSA) in 2011. This grant supported faculty development, educational outreach to the Cincinnati community, and curriculum development for students, residents, and interdisciplinary teams in our community. HRSA funding

continues on page 6



UC Medical Center Palliative Care Team: (seated, left to right) Debra Roane-Brundidge, Lori Herbst, Angela Oder, (standing, left to right) Michelle Atallah, Amy Arnold, Phil Diller and Jami Gibson

Center for Integrative Health and Wellness

The Center for Integrative Health and Wellness at the University of Cincinnati is changing the current approach to



Cotton

healthcare, from disease management to whole-person wellness care. Our mission is to improve the health of our local and global communities through innovative, internationally-

recognized research, education, clinical practice, and community engagement efforts. The Center is comprised of the clinical program, UC Health Integrative Medicine, and an academic program housed within the Division of Integrative Medicine, Department of Family and Community Medicine. Currently, the Center has 32 affiliated faculty from 12 departments including Primary Care, Neurology, Oncology, Psychiatry, Cardiology and others, as well as

Cincinnati Children's Hospital Medical Center and the Cincinnati VA Medical Center – all are working towards integrative health and wellness care for our community and beyond.

Founded in 2012, UC Health Integrative Medicine is embedding integrative health services throughout our health system, with services offered at UC Medical Center, UC Health Barrett Center, UC Health Women's Center and in the UC Gardner Neuroscience



Mindfulness-Based Stress Reduction course for participants in the Cincinnati COOKS! Program.

Institute (beginning in April 2019). Clinical services include integrative medicine physician consults, biofeedback and health psychology, acupuncture therapy, massage therapy, mind-body therapies (i.e., relaxation, mindfulness, guided imagery), movement-based therapies (tai chi and yoga) and healing touch starting in fall 2019. Access to care is a major focus and our dedicated insurance specialist assists patients and families with determining coverage. Most insurance companies cover physician consults and health psychology services, with a growing number of insurers beginning to cover acupuncture therapy; currently eight insurers cover acupuncture for patients at UC Health. With the support of generous donors, we also offer mind-body therapies to promote relaxation, comfort and healing in our infusion suites at UC Health Barrett Center and will expand to the new UC Gardner Neuroscience Institute for

continues on page 6

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Gender-Affirming Care in Family Medicine

By Sarah Pickle, MD



Pickle

As family medicine physicians, we are uniquely equipped to provide patients across the gender spectrum with comprehensive, patient-centered care that recognizes the importance of living

a healthy and authentic life aligned with one's gender identity—this is gender-affirming care.

A career in family medicine can take many different forms; that flexibility is what drew me to the field. When I embarked on my journey into family medicine—first through residency, then a women's health fellowship—I did not envision a career that included transgender health care. But like all evolving processes, the final outcomes in medicine are not always visible at the onset.

Over the course of my fellowship, I developed an expertise in reproductive

health, family planning, contraception, menopause, and sexual health. I spent much of my clinical time helping patients understand and navigate their bodies' hormonal milieus and feel empowered to live their best and most authentic lives. My field of specialty could be summarized as body autonomy.

When I had the opportunity to care for transgender and gender non-conforming patients, the family medicine physician and "body autonomist" in me leapt at the chance. Providing gender-affirming care embodied all the things I love about family medicine—the holistic, total person approach of family medicine, the science of hormonal health, and the intersection of medicine and social justice.

What is Next in Gender-Affirming Care?

We have an excellent foundation for teaching gender-affirming care at the University of Cincinnati College of Medicine (UC COM). In 2016, UC COM and Cincinnati Children's Hospital Medical Center partnered to create a Transgender Health curriculum for the

second year medical students at UC COM. As most medical schools lack a dedicated curriculum on transgender health, UC COM's curriculum received local attention on NPR (see link below) and was published by the American Association of Medical Colleges (see link below) as a model curriculum. Since 2016, UC COM has continued to expand how we are teaching gender-affirming care to the next generation of health care providers. Next on the horizon is planning for integrated mental health care into the family medicine medical home. This model will allow patients to receive comprehensive, whole person care to address medical and mental health needs in a way that minimizes barriers to accessing care.

LEARN MORE ABOUT OUR PROGRAMS:

- **Cincinnati Edition NPR:** www.wvxu.org/post/training-next-generation-physicians-work-effectively-their-transgender-patients#stream/0
- **Association of American Medical Colleges:** www.medicalportal.org/publication/10536/ ■

The Evolving Scope of Practice

Survivorship (continued)

cancer survivorship. In addition, the gift was to be used to support survivorship education for health professionals. This gift has been transformational over the past four years by supporting conferences that have featured national leaders in survivorship, a research grants program for UC faculty, and embedding survivorship clinical programs in the UC Cancer Institute (UCCI).

In January 2017, the DFCM began its involvement in the Cancer Survivorship program when the program's founding director, Dr. Beverly Reigle, joined the DFCM. Reigle had been in the UCCI and was faculty from the UC College of Nursing and oversaw and recruited staff for the program, directed and planned the annual conference and oversaw the research grant's program. In addition, she trained staff on the expectations and standards for survivorship assessment and follow-up care plans in the UCCI. She retired in June 2018 and two of her trainees, Michelle Kirschner, ACNP, and family physician, Melissa Erickson, MD, became co-directors of the program. Kirschner has broad based training in adult internal medicine and specialty training in critical care, cardiac and pulmonary medicine. She adeptly individualizes care for each patient based on the type of cancer and the unique treatments. Erickson is a UC COM graduate ('03), who did her residency in Indianapolis and has been practicing in the PCN for five years at the Florence office. In 2018, Erickson began building on her foundation as a family physician to expand her scope and depth of practice in caring for survivorship patients. She is joining a small number of family physicians who are developing the emerging discipline of Onco-primary care, a unique area of expertise now included in the leading cancer centers across the country. Erickson currently sees patients in the CCHMC Survivorship Clinic, and various sites in UC Health. She is quickly being recognized by her colleagues as a physician who can assist with cancer survivors who are very complex or do not have a primary care physician. Erickson is yet another example of how DFCM is responding to local need for comprehensive/whole person care for complex patients. ■

Palliative Care (continued)

allowed additional faculty members to gain expertise and board certification in hospice and palliative medicine. As part of the grant funded effort, Smucker launched the first physician fellowship training program in hospice and palliative care in Cincinnati. This one-year fellowship at the Christ Hospital is now led by Reid Hartmann, MD, and has further expanded physician expertise in palliative care in our community.

The interdisciplinary palliative care team at the Christ Hospital, with Smucker serving as medical director, has become the first team in our region to achieve specialty-level certification in palliative care by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), and leads palliative care teaching efforts for our family practice residents and geriatric medicine fellows. The service sees a wide range of hospital patients from oncology, critical care and cardiology and averages a daily census of ~50 patients.

In August 2018, an expanded Palliative Care Service was launched at UC Medical Center (UCMC). Diller provides leadership for palliative care clinical and teaching efforts within UC Health. The expanding interdisciplinary team in the UCMC includes Palliative Care physicians (Drs. Diller [Family Medicine], Elizabeth Rabkin [Internal Medicine] and Lori Herbst [Internal Medicine-Pediatrics]); DFCM nurse practitioners (Angela Oder and Jami Gibson); social workers (Debra Roane-Brundidge and Michelle Atallah) and Chaplain (Amy Arnold). The service census has grown in its first year to an average census of 15-20 patients per day.

These teams come alongside the medical and surgical teams and assist with communication about patient's goals of care, clarifying a patient's code status, identifying surrogate decision makers, enhancing quality of life and/or assisting with control of distressing symptoms. In addition, the teams provide psychosocial support to patients, families and even the hospital staff. Importantly quality of care is improved while lowering cost of care. So everyone benefits and this is one way that the expertise of family medicine's training in comprehensive care adds value to health systems. ■

Integrative Medicine (continued)

patients with multiple sclerosis in 2019.

The academic program at the University of Cincinnati College of Medicine has the following areas of focus: 1) embedding integrative medicine education into the UC curriculum, 2) growing integrative health degree programs, 3) expanding mindfulness and mind-body programs, and 4) developing student, faculty and community wellness programs. Strategic academic initiatives and recent successes include two new undergraduate courses at the College of Medicine—"Science and Practice of Mind Body Medicine" and "Fundamentals of Integrative Medicine and Health." The inaugural sections of both courses filled to capacity with 30 and 45 students respectively, with a majority reporting an overwhelmingly positive experience. Community wellness and educational offerings include an eight-week Mindfulness-Based Stress Reduction (MBSR) course for the general community and at the Free Store Food Bank for participants in the Cincinnati COOKS! Program. Seasonal wellness courses were offered in collaboration with the Turner Farm teaching kitchen including Weight and Wellness in April 2019 and Gut Health for Wellness in May 2019. The Center also hosted a well-received community wellness symposium, Optimize Your Well-being: Prevent. Heal. Thrive. on Jan. 12, 2019. Over 200 attendees braved the snow for movement-based and mindfulness experientials, art as medicine interactive sessions, scientific lectures from integrative medicine thought-leaders, and more.

Fulfilling our mission would not be possible without the support of our stakeholders and champions, especially our dear Friends of the Center whose sustaining support is invaluable to our growth and impact. To learn more about our upcoming programs, to sign up for our quarterly e-newsletter, or to become a sustaining Friend of the Center please visit: med.uc.edu/integrative. We are grateful for your engagement and support as we work to expand integrative health and wellness care in our community. ■

IN GRATEFUL APPRECIATION...

We thank the many financial supporters whose generosity helps us extend the reach of our programs, expand educational opportunities for faculty, learners, and the community and make a positive difference in the world. The list below includes contributions received from 2017 to May 2019.

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DIVISION UPDATE:

OFFICE OF GERIATRIC MEDICINE

Jeffrey Schlaudecker, MD, MEd, FHM, Director



Schlaudecker

Geriatric-Emergency Medicine Fellowship First in the Region

This summer, we will have our first geriatric-emergency medicine fellow. Dr. Nicole Soria will join us for an additional year of training following her successful completion of four years as a resident in emergency medicine at UC. Soria has



Soria

a longstanding interest in caring for older adults, and was an advisee of Dr.

Many common geriatric emergency department problems remain under-researched leaving uncertainty in optimal management strategies.



Continuing Success in Partnership with VA Medical Center

Our successful partnership with the Cincinnati Veterans Affairs Medical Center continues. Five geriatricians now spend time across multiple domains of care. In addition to the on-site nursing home and hospice unit, geriatricians are now seeing both inpatient and outpatient consultations in geriatric medicine and also palliative care. These

interdisciplinary teams are fortunate to have the broad support of the Veterans Affairs system, and the practicing providers each are working to bring improved care to our veterans. In 2018, both medical students and residents in family medicine and internal medicine began learning alongside our geriatric providers at the VA. ■

Home Visit Pilot Program Initiated at Maple Knoll Village

This spring, UC Geriatrics faculty member and fellowship graduate Dr. Rachel June began home visits within our partner retirement community Maple Knoll Village (MKV). Built on the expertise of UC Geriatrician and faculty member Dr. Anna Goroncy, a working group of both UC faculty and MKV clinical and administrative leaders launched a pilot



June

program of seeing eligible MKV residents of the assisted living apartments in their homes. Home visits allow for an opportunity for better and more convenient care, and may improve clinical outcomes through better patient- and family-centered care. Response thus far has been extremely positive, and planning is underway for expansion. ■



Goroncy

Gregg Warshaw while a UC medical student. This fellowship is the first in the region, and will allow Soria to focus her clinical and research work developing a deeper understanding of how to improve the care of older adults in the emergency department. Dr. Jeff Schlaudecker will serve as Program Director for this fellowship. Geriatric emergency departments (ED) began appearing in the United States in 2008 and have become increasingly common. The ED is positioned to play a role in improving care to older adults. The expertise which an ED staff can bring to an encounter with a geriatric patient and their family can impact not only a patient's condition, but can also impact the decision to utilize relatively expensive inpatient modalities, or potentially less expensive outpatient treatments.

Additionally, a number of challenges face the field of emergency medicine to effectively and reliably improve post-ED geriatric adult outcomes. Many common geriatric ED problems remain under-researched leaving uncertainty in optimal management strategies. Soria and Schlaudecker will together examine communication between ED providers and nursing home facilities. Older adults with multiple medical co-morbidities, often multiple medications, and complex physiologic changes present even greater challenges. Following the fellowship in geriatric emergency medicine, Soria plans to enter academic medicine with a focus on teaching and improving care for older adults. ■

(From 'Geriatric Emergency Department Guidelines', American College of Emergency Physicians, 2013 white paper.)

DIVISION UPDATE:

URBAN UNDERSERVED AND GLOBAL HEALTH

*Christy O'Dea, MD, Douglas Collins, MD, Joseph Kiesler, MD,
Co-Directors*

The Urban Underserved and Global Health Division has a number of initiatives to share.



O'Dea



Collins



Kiesler

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Global Health Fellowship

The Global Health Fellowship, launched this past year, has strengthened the longitudinal impact of our partnership with Wuqu Kawoq, our Guatemala partner-organization, with a focus on improving mental health interventions. Dr. Shanna Stryker, our first faculty fellow, continues to lead our effort, which recognizes the significant need to close the global mental health care gap in Low Income and Low-Middle Income countries like Guatemala. ■

Global Health International Scholar Program (GHISP)

We are piloting a new initiative, the Global Health International Scholar Program (GHISP), in our TCH/UC Family Medicine residency. GHISP currently invites residents to participate in the review and online blog discussion of a monthly scholarly work in international global health, ranging from tropical disease to global mental health. Our hope is to expand GHISP in the future as an activity for other faculty, residents, and students at UC, interested in international topics in global health. ■

Global Health Book Club

Our division continues to offer a semi-annual book club in which all department faculty, residents, and staff may participate, in support of our mission to "inspire and train" us in the care of vulnerable populations. Our spring 2019 book selection is *The Line Becomes a River*, by Francisco Cantú, on the issue of immigration and border control on the U.S. southwest border. ■

COMMUNITY ENGAGEMENT SPOTLIGHT:

Walnut Hills Road to Medicine Program

After school, Ms. Collins' science lab at Frederick Douglass Elementary has been filled with middle schoolers and their partners from Walnut Hills High School. Pairs of students bend over a sheep heart dissection, learning anatomy for the first time. Another afternoon, students hear from a diverse panel of healthcare professionals as they walk through an interactive case. This is the Road to Medicine program. The program was started last year by a Walnut Hills High School student, Sloane Harris, as part of a larger mentoring partnership between Frederick Douglass and Walnut Hills High School called See It, Believe It, Achieve It.

The Christ Hospital/University of Cincinnati (TCH/UC) Family Medicine Residents Dr. Sara Maples, Dr. Melissa Saab and Dr. Laura Ledvora, with support of Dr. Anna Goroncy, assistant professor of Family Medicine, continued the Road to Medicine program to expose sixth–eighth graders to STEM and health professions. Over the course of seven sessions,

students are exposed to areas of science, including making ice cream and extracting DNA from strawberries, examining the ventricles of the heart, and learning about the physics of bike helmets. Along the way, students interact with medical students and physicians and discuss careers in science and medicine. Volunteers from UC College of Medicine and TCH/UC Family Medicine residents lead brief didactic sessions to introduce topics followed by hands-on activities.

Road to Medicine is one part of a developing community-based partnership with the Walnut Hills community. The goal of this program is to increase interest and confidence in STEM among students in Walnut Hills, provide mentoring opportunities, expose students to family medicine at a young age and ultimately increase diversity in the healthcare workforce. In addition, it is an opportunity to take medical students and family medicine residents out of the hospital institution into the communities they serve. ■



DIVISION UPDATE: **Urban Underserved and Global Health**

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COMMUNITY ENGAGEMENT SPOTLIGHT:**Residents Develop Community-based Partnership Opportunities**

Road to Medicine (*see previous page*) is one part of a developing community-based partnership with the Walnut Hills community.

Additional opportunities underway for engagement and learning include:

- Residents and faculty are working with the Walnut Hills Redevelopment Foundation to increase access to healthy food through supporting community gardens and developing neighborhood cooking classes.
- As part of their Outpatient Pediatrics rotation, senior Family Medicine residents are also developing curricular materials and leading monthly Healthy Living classes at DOHN High School (located in Walnut Hills) including topics such as chronic diseases, recreational drug use, stress, sleep and exercise.
- Residents are joining the Center for Closing the Health Gap in neighborhood canvassing and community needs assessments to better understand the needs of the Walnut Hills community.



A view of the Walnut Hills neighborhood

The initial partnership development work has been led by a steering committee of residents. As the partnership strengthens over the next year, we look forward to expanding opportunities to the residency faculty, residents and Family Medicine Center staff.

Special thanks to the Walnut Hills Community Partnership Steering Committee members: Dr. Sara Maples, Dr. Emily Levinson, Dr. Laura Ledvora, Dr. Melissa Saab, Dr. Alex Vance, Dr. Sammie Lammie, Dr. Rory Rivendale, Dr. Suzanne Watson and Dr. Brian Bouchard. ■

*No matter where you may
find us, our mission
remains constant: to
inspire and train family
physicians to lead and
serve in healthcare for
vulnerable populations.*

DIVISION UPDATE:

MEDICAL STUDENT EDUCATION

Rocky Ellis, MD, Director

Student Mentoring One of Department's Core Missions

The Department of Family and Community Medicine applied for the 2019 University of Cincinnati Exemplary Department Award. This year's theme of mentoring students aligns with one of the core missions of our department. DFCM has an extensive and integrated mentoring program that

mirrors the culture of the department. Nearly every faculty and staff member in the department takes part in mentoring students, and we have been very successful. In our application, we outlined more than 18 areas where we excel in mentoring, supporting, and inspiring our medical students to pursue Family

Medicine as a career. We were pleased to share our examples of mentorship with the university and were humbled to announce we received an Honorable Mention, earning a \$3,000 award for our department. ■

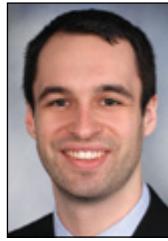
The Department of Family and Community Medicine proudly announces the Class of 2019 and where they will attend their residency training.



Adrian Acosta
St. Elizabeth Med Ctr
Edgewood, KY



Kara Babo
David Grant Med Ctr
Travis AFB, CA



Sean Bloor
Grant Medical Center
Columbus, OH



Jason Cafarelli
Summa Health/
NEOMED Akron, OH



Katie Copp
Troy Beaumont Health
Royal Oak, MI



Nathan Gordon
St. Elizabeth Med Ctr
Edgewood, KY



Laura Hadad
Univ of Michigan Hosp
Ann Arbor, MI



Rachel Hughes
Univ of NC,
Chapel Hill, NC



Jessica Hwang
Grant Medical Center
Columbus, OH



Sean Lawson
The Christ Hospital
Cincinnati, OH



Marcia Mauger
VCU-Fairfax
Vienna, VA



Bobby Mauger
Ft. Belvoir Comm Hosp
Fort Belvoir, VA



Rebecca Morris
Bethesda Hospital
Cincinnati, OH



Ana Nast
St. Mary's/SCL Health
Grand Junction, CO



Beatrice Nichols
UC Davis Med Ctr
Sacramento, CA



Andrew Ochoa
Univ of Arizona
Phoenix, AZ



Cody Pack
Grant Medical Center
Columbus, OH



Andrea Rosado
The Christ Hospital
Cincinnati, OH



LaToya Smith
The Christ Hospital
Cincinnati, OH



Matt Stewart
Ft Benning/Martin Army
Hosp, Columbus, GA



Cameron Stump
WMU Stryker SOM
Kalamazoo, MI



Arielle Tucker
Marian Regional Med Ctr
Santa Maria, CA



Ellis

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MEDICAL
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COORDINATOR

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DIVISION UPDATE:

RESIDENCY PROGRAM

Christopher Bernheisel, MD, Director

The 2018-2019 academic year is quickly coming to a close and we are once again in the season of saying hello and goodbye. Naturally, this leads to reflection on the past year and growing excitement of what is to come. We are excited to welcome our new interns. We matched eight outstanding individuals between the Family Medicine Psychiatry Program and categorical Family Medicine Program. We also celebrate our graduates as they take the next step in their journey. The very brief bios (*next page*) do not give justice to all they have accomplished. I feel honored to have been a part of their training.

There are also upcoming transitions for some of our faculty. After more than 35 years, Dr. Kathy Downey is retiring. It is impossible to express the impact she has had throughout her career, whether

directly through her patient care or indirectly through the hundreds of residents and students she has trained. Her wise words and role modeling of what family medicine is about will be missed. We are also saying goodbye to Dr. Becky Yeager who will be moving to serve as an Associate Program Director in a program in Dayton. I am so thankful for Becky's leadership in our wellness curriculum and all of her teaching on the inpatient service. She will also be missed!

We are happy to welcome new faculty into the program: Drs. Corey Keeton and Mike Putnam, graduates from this year, will serve as core faculty in the program, teaching on the inpatient service among multiple other activities; and Dr. Robert Pulliam, graduate of the Family Medicine Psychiatry Program in 2017 who will lead our Behavioral Medicine Curriculum.

As the Program Director of the residency, I am clearly not unbiased, but I cannot help but be amazed by all that the faculty, residents, and staff have accomplished over the past year! Walking through the Family Medicine Center you may see: a Centering Pregnancy Group Visit; an MA reading to a child as part of the program to have every child receive a book during their well child visits; an excited resident sharing about their time with a local community partner. It is hard not to be inspired by these incredible individuals and their dedication to their patients and communities! I look forward to another year as we continue to work to improve the lives of our patients and our local and global communities! ■



Bernheisel

Welcome to the 2019-2020 Chief Residents



MICHELLE COLLIER

I grew up in a military family, and lived in many different places in the U.S. and abroad. I graduated from Tufts University School of Medicine, but I have family here in Ohio. I am very excited and honored to serve as a chief resident! My interests include academic medicine and caring for pediatric and geriatric patients in the outpatient setting. After residency, I hope to become faculty at a medical school, teaching residents and students, while also managing an outpatient panel. In my free time, I enjoy spending time with family, cooking, and reading.



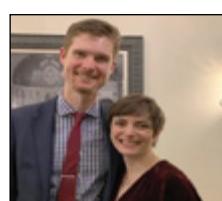
CHRISTIAN GAUSVIK

I am a Cincinnati native and attended Xavier University and the UC College of Medicine. Within the residency, I served on the Patient and Family Advisory Council for the Family Medicine Center, as recruitment committee co-chair and on the Graduate Medical Education Committee for the hospital. I have completed scholarship activity in quality improvement and care of older adults. I have a passion for geriatrics and I partner with my husband to run two annual fundraisers for Alzheimer's called Mimosas for Memories and Cincy Brews for Brains. I also enjoy architecture, exercise, cooking and dining out.



JULIA BEDARD-THOMAS (FMP)

I'm originally from the San Francisco Bay Area, did undergraduate work at Wellesley College outside Boston, MA, and completed medical school at Wake Forest University in North Carolina. Here in Cincinnati, I am looking forward to my fifth year of the Family Medicine-Psychiatry Residency and hope to complete a geriatric medicine fellowship. In the future, I plan on providing care for a full spectrum of patients including those with severe mental illness, working within a collaborative care model to deliver evidence-based population mental health, with special expertise in older adults and LGBTQ+ patients.



AURORA RIVENDALE (FMP)

I was born in beautiful San Francisco, spent the majority of my life between New Jersey and Maryland, and am proud to now call Ohio home. I chose Cincinnati's Family Medicine and Psychiatry program for its robust interest in serving those who need it most and the wonderful people. I am excited to continue into my fifth and final year and hope to stay in Cincinnati doing a combination of therapy, outpatient psychiatry and full spectrum family medicine with a focus on intellectual disability. I enjoy gardening, yoga, learning the ukulele, walking my pup Cora, and doing improv with my awesome husband, Jon. ■

DIVISION UPDATE: Residency Program

Congratulations to our Graduating Residents

Brian Bouchard, MD, will be working at a Federally Qualified Health Center in Cleveland, in a full-time clinical position composed primarily of outpatient work. As a resident, he was a leader in global health efforts and curriculum, involved in piloting the Advanced Maternity Care track and worked on research with Dr. Mount, which is currently at a draft publication stage.

Corey Keeton, MD, graduating from the FM/Psychiatry program, has joined the Department of Psychiatry as faculty with a secondary faculty position with DFCM. He will work with the inpatient psychiatry consultation/liaison team at UC, functioning as a collaborative care psychiatrist for individuals with developmental delays and neurodegenerative diseases. He looks forward to the next chapter in his career at UC.

Rachel Kishton, MD, will be a fellow in the National Clinician Scholars Program at the University of Pennsylvania, learning to research and reimagine how healthcare can be better financed, managed, and delivered. Highlights of her training include establishing an early childhood literacy project within the Family Medicine Center, and designing a depression treatment protocol with our Guatemalan NGO partner.

Mary Mattern, MD, will continue here in Ohio working in an outpatient clinic. During residency, Mary served as a Big Sister in the Big Sisters Organization along with providing care at the McMicken Clinic, serving patients with

homelessness. Some highlights of her training have been the diabetes education group appointments and research on social determinants of health with an oral presentation at STFM National Conference.

Melissa Mefford, MD, will be returning to her home town in Vevay, Indiana, to work in an outpatient family medicine office. Melissa was a Co-Chair of the Wellness Committee and co-led a project at The Christ Hospital on wellness, presenting her work with her peer at grand rounds and also a national conference. A highlight during her residency was the birth of her first daughter, Ira!

Michael Putnam, MD, intending to stay in Cincinnati and be involved in GME and teaching, served as a Chief Resident, a member of the Clinic First Steering Committee, Co-Chair of the Recruitment Committee, a member of the GMEC, and a member of the PFAC. Highlights of training include presentations all three years at the STFM, global health work with incredible co-residents, and service through various continuity sites.

Anna Schweikert, MD, will continue her training with Geriatric Fellowship at The Christ Hospital. During residency, Anna was a Choose Ohio First recipient, served as a Co-Chair of the Recruitment Committee, a member of the GME Committee, the Clinic First Steering Committee, a Chief Resident, and presented at the 2017 STFM National Conference. She comments that the highlight of her residency training was working and learning from a fantastic group of people. ■

Welcome New Interns



Josh Crosby-Cockroft*
Vanderbilt



Caitlin Delong*
Indiana University



Xavier Douglas
University of Toledo



Florence Hsiao
Yale



Sean Lawson
University of Cincinnati



Andrea Rosado
University of Cincinnati



Jordan Seto
University of Washington



Latoya Smith
University of Cincinnati

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* Family Medicine/Psychiatry residents

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DIVISION UPDATE:

RESEARCH

Saundra Regan, PhD, Director

On May 1, Dr. Saundra Regan assumed the role of Director in the Research Division as Dr. Chris White stepped down to expand his clinical time in our underserved community. Regan brings 30 years of research

expertise, grant support, and leadership. We look forward to sharing our continued success as we enter this new and exciting chapter. In this issue, we highlight our involvement on a virtual reality simulation grant, a recent



Regan

MEDTAPP award for a diabetes collaborative, and our latest success co-hosting a Community Healthcare Summit. ■

Virtual Reality Simulations Provide New Perspective on Social Determinants of Health

Research Division team members, Saundra Regan, PhD, Chris White, MD, JD, MHA, Sarah Brubaker, BA, Harini Pallerla, MS, and Mary Beth Vonder Meulen, RN, CCRN, have been working closely with Principal Investigator Sue Brammer, PhD, RN, from the College of Nursing along with Senior IT Manager Chris Collins, BA, from the UC Simulation Center on a Medicaid funded project entitled "Virtual Reality Simulation and Social Determinants of Health: A High-Tech Strategy to Improve Health Outcomes". The project entails developing two unique, immersive virtual reality simulations that will allow

providers to see life through the lens of patients facing challenges that impact health care, such as unstable housing, social isolation, and lack of transportation.

The simulations focused on social determinants of health and diversity are scheduled to be deployed with Medicaid providers as an instructional tool to address the curricula gap in provider training on the social determinants of health through virtual reality simulation. The goal is to raise participants' awareness and knowledge on social determinants of health and how it impedes connecting with patients on a holistic level, thereby, impacting mental and whole health.

The project has been evaluated by



A screenshot of a street scene and non-player character from the VRS gameplay during the design phase.

content experts from the Department of Family and Community Medicine (Drs. Anna Goroncy, Joseph Kiesler, Christine O'Dea, Megan Rich, and Barbara Tobias) to provide feedback on the validity of the simulations during the development process and plans to have simulation

participants complete pre/post-tests to assess self-efficacy in dealing with social determinants of health.

In early March, several members of the team attended the All-Ohio Institute on Community Psychiatry in Columbus, Ohio to share how virtual reality simulations can be used to address social determinants of health and to unveil a sneak-peek of the simulations being developed. Participant testing and evaluation began this spring. ■

Department Receives Funding for Statewide Diabetes Collaboration with Case Western Reserve University

The Department of Family and Community Medicine will again partner with Case Western Reserve University to participate in a statewide collaborative following the success of CARDI-OH, the Ohio Cardiovascular Health Collaborative. The award for \$600,000 will focus on diabetes best practices and quality improvement aimed at Medicaid providers. Work on this project is slated to begin this summer and will continue through June 2021. The team includes Dr. Michael Holliday, Dr. Saundra Regan, Dr. Jeffrey Schlaudecker, Dr. Barbara Tobias, Dr. Shanna Stryker, Sarah Brubaker, Susie McDonald, Harini Pallerla, and Mary Beth Vonder Meulen. ■



A screenshot of an apartment scene from the VRS gameplay during the design phase.

DIVISION UPDATE:

UNIVERSITY HEALTH SERVICES

Kim Miller, MD, Executive Director

Congratulations and Kudos to UHS RN Clinical Supervisor, Tina Coberley, RN, MSN, on receiving the UC Health Ambulatory Leader of the Quarter Award on Thursday, Feb. 28. Tina has been an exceptional team builder, problem solver, and resource in her two years at UHS, who fully embodies the UC Health Priide Values. Great job, Tina! ■



From left to right: Kim Miller, MD, UHS Executive Director; Tina Coberley, RN, MSN, UHS Clinical Supervisor; Mary Gentry, UHS Operations Supervisor; Beth Terrill, EDBA, Department of Family and Community Medicine; and Nita Walker, MD, Professor of Medicine and Sr. VP of Ambulatory Services



Miller

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COORDINATOR
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Milestones

University Health Services gratefully acknowledges two milestones in our Mental Health Unit:

Congratulations to **Nancy Finch, LPCC-S, Clinical Counselor**, on her amazing 15 years of service at UHS! Her expert care for students and support for colleagues has been an invaluable asset to our team.

Congratulations and farewell to **Leslie Evelo, PhD, Clinical Psychologist**, who retires in June after almost seven years with UHS. She has provided compassionate and high quality care to our students during her time at UHS, and she will be greatly missed. ■

DIVISION UPDATE: Research

Community Opioid Epidemic Healthcare Summit Held in Partnership with The Christ Hospital

The Department of Family and Community Medicine in collaboration with The Christ Hospital Opioid Task Force held the Community Opioid Epidemic Healthcare Summit: Best Practice Strategies to Help Patients Reclaim Their Lives on Saturday, Feb. 9, 2019. The summit welcomed over 150 attendees including physicians, nurses, pharmacists, social workers, students and community members.

The summit aimed to provide a better understanding of treatment

options for patients with opioid use disorder, develop increased compassion and empathy for patients and families impacted by opioid addiction, and understand the role providers/staff may play in moving individuals and communities toward recovery.

For many, the most useful feature of the summit was hearing from Ryan Dattilo, as he shared his story with the audience. He received a standing ovation following his interview, which was facilitated by Primary Care Training and Enhancement grant Principal Investigator Dr. Jeff Schlaudecker. One attendee wrote, "Thank you for your first-hand experience—we need to humanize/personalize the opioid problem. It's about humans who are suffering from a disease. So brave and THE most important voice at this conference."

Following this well-attended event, Schlaudecker hosted a dinner and discussion in May, which highlighted



Ryan Dattilo shared his personal story, facilitated by Dr. Jeff Schlaudecker.



Joel Smith, MSW, LISW, presented a session on "Stigma, Motivation and Therapeutic Communication."

patient voice.

Special thanks to Research Division team members Dr. Chris White and Dr. Saundra Regan for their efforts and to Keesha Goodnow, Program Coordinator, for organizing this important event. ■

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Commemorating an alumni life story which continues to inspire

Attendees including members of Dr. Lucy Oxley's family gather in the CARE/Crawley Atrium [See full story, front page.](#)

