

Family and Community Medicine



University of
CINCINNATI

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Recent Graduates

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CHAIRS' MESSAGE

You will immediately notice that there are two of us in the Chair's photo. On Aug. 2, Dr. Philip Diller was promoted to Sr. Associate Dean of Educational Affairs in the College of Medicine when Dr. Andrew Filak assumed the role as Interim Dean of the COM. Filak had served as interim in 2010-2011 and with the retirement of Dr. William Ball, he was selected to once again provide leadership to the College during this time. Diller began serving as DFCM chair in 2010 (interim) and 2011 (named) and the formally stepped down as chair Sept. 1, 2018.

Dr. Barbara Tobias (UC COM '87) who has been the Robert and Myfanwy Smith Professor since 2012 and Vice-Chair of DFCM agreed to serve as the Interim Chair. Tobias is also Medical Director of the Health Collaborative, providing leadership and support to physicians and practices in payment reform, quality improvement, population health and federal practice transformation initiatives including the Comprehensive Primary Care Classic (CPC) Initiative, CPC+ and the Accountable Health Communities initiative. Additionally, Tobias led alignment of the Health Collaborative's workforce diversity, community partnerships and pipeline efforts. Tobias and Diller will continue to support our Department's legacy efforts during this exciting leadership transition as we prepare our future Family Medicine leaders.

In this edition, we share some updates on what has been happening in the department in the last six months and highlight our community partnerships that reflect a long-term commitment to caring for vulnerable populations in Greater Cincinnati. This past May, in addition, we saw one of the highest number of medical students to enter into Family Medicine residency (19) in recent years, and welcome a new group of residents and Geriatric fellows. Finally we include updates from the other DFCM divisions. □



Philip Diller, MD, PhD, and Barbara Tobias, MD
Department of Family and Community Medicine
University of Cincinnati

Celebrating Three Notable Family Physicians (UC COM '58)

Contributing to medical practice and creating a legacy

On April 14, 2018 during the UC College of Medicine Alumni Weekend, the Department of Family and Community Medicine hosted a special recognition dinner for the UC COM Class of 1958 where class members Robert Wolf, MD, Robert Raket, MD, and Thomas Todd, MD, all Family Physicians, were recognized. Other members of the Class of '58 attended the dinner who also came to celebrate their 60th Reunion. The event was



Drs. Robert Raket, Thomas Todd and Robert Wolf (left to right)

continues on page 2

med.uc.edu/family

Facebook:
ucfamilymed

231 Albert Sabin Way
Cincinnati, OH 45267-0582

INTERIM CHAIR:
BARBARA TOBIAS, MD

Executive Staff Assistant:
Melia Warnsley
Melia.Warnsley@uc.edu
513-558-4021

Direct newsletter comments
to Melia.Warnsley@uc.edu

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Class of 1958 Recognition Dinner *continued from page 1*

held in Clifton at the Cincinnati Women's Club with over 70 joining in the celebration, including members of the Dean's office, Department of Family & Community Medicine, UC COM medical students, friends and family.

The three members of the class of 1958 contributed to the field of family medicine in unique but lasting ways.

DR. ROBERT WOLF practiced family medicine in Southern California for 28 years. Wolf had a brother, Frederick A. Wolf, MD, who was a graduate of the UC COM class of 1950 after serving in WWII. Fred Wolf ran the Queensgate Medical Center located near downtown Cincinnati that included both general practice with a special focus on occupational medicine. Robert Wolf shared that his brother was hard-working, and it was Fred's influence and support that enabled him to go to medical school. It was in 1967 that Fred Wolf took his first vacation, a trip to California. While traveling home Nov. 20 on TWA flight 128 the plane crashed on the approach to CVG, and he was killed along with 69 others. As a way of honoring his older brother, Robert Wolf created The Frederick Auer Wolf Memorial Scholarship that is given to a fourth-year medical student in the UC College of

Medicine who is deserving and going into Family Medicine. Robert Wolf's generous endowment, now above \$1.2M, was recognized with medical students in attendance.

DR. ROBERT RAKEL was President of the UC COM Class of 1958. His career as a leader and founder of the discipline of family medicine is legendary. He was the founding chair of two Departments: UC-Irvine 1968, and University of Iowa 1971. After 14 years at Iowa, he moved to Baylor College of Medicine where he was the Associate Dean for Academic and Clinical Affairs and the Chairman of the Department of Family Medicine. Rakel's most significant professional achievement was in producing Rakel's *Textbook of Family Medicine* now in its 9th Edition and joined by his son Dr. David Rakel (current Department chair at the University of New Mexico).

In March, Rakel created the Robert E. Rakel, MD, Endowed Eminent Visiting Scholar in Family and Community Medicine Fund with a commitment of \$450,000. This fund is first intended to support a visiting professor in family medicine to come to the UC COM to spend time in advancing new thought and innovation in the discipline. This fund also is intended to grow to the full

endowed professorship level of \$2M when it will become the Robert E. Rakel, MD, Endowed Chair in Family and Community Medicine. This gift will be a lasting legacy to recognize one of the UC COM's most notable family physician alumni. Rakel was honored with the Daniel Drake Award, the UC COM's highest award, in 2013.

DR. THOMAS TODD was the treasurer of the class of 1958. Todd's life and contributions were highlighted in our previous newsletter. This event was special as his whole family were present for an unveiling of a commemorative panel to be permanently displayed in the Robert and Myfanwy Smith Conference Room and announcement of the Dr. Thomas U. Todd Alumni Award. Personal remarks on four areas of Todd's life and career were given by William Carruthers (fellow citizen of Glendale—citizenship), Dr. Hillary Mount (UC COM '09— involvement in organized medicine) who read a letter from the Ohio Academy of Family Physicians, Dr. Barry Webb (UC COM '74—clinical practice) his practice partner of over 30 years, and his sons, Andy and Michael (UC COM—as a father). *See the call-out below for the Dr. Thomas U. Todd Alumni Award.* □



Dr. Robert Smith (left) visits with Dr. Diller during the Class of 1958 recognition dinner (right) celebrated over the 2018 Alumni weekend.

Accepting Nominations for the Dr. Thomas U. Todd Alumni Award

The Department of Family and Community Medicine is accepting nominations for the Dr. Thomas U. Todd Alumni Award. This award is intended to recognize a Family Physician who graduated from the UC College of Medicine and/or residency who has devoted a career to advancing the discipline of family medicine in many ways including: excellence in clinical practice, teaching students and residents, play an active role in organized medicine, and serving the community through public service.

Nominations by colleagues and self are being accepted for a deserving individual who may have graduated from the UC COM in the years 1959, 1969, 1979, 1989, and 1999 (to coincide with the UC COM Alumni events for 2019 when the award will be given). A nomination letter describing the individual's contributions in the four areas: clinical practice, teaching, role in organized medicine and public service, accompanied by a curriculum vitae is required. This may be sent to Dr. Philip M. Diller, c/o Melia Warnsley at melia.warnsley@uc.edu. □

College Bestows Highest Honor on Department Member

Andrew T. Filak Jr., MD, is a 2018 recipient of the College of Medicine's highest honor, the Daniel Drake Medal. Given annually by the College to living faculty or alumni for their outstanding and unique contributions to medical education, scholarship and research, the award was established in 1985 to honor the 200th birthday of Daniel Drake, MD, the founder of the Medical College of Ohio, the forerunner of the UC College of Medicine. Medals are bestowed during the college's Honors Day ceremonies.

Filak, professor of medical education and family and community medicine, became interim senior vice president for health affairs and dean of the College of Medicine in August 2018. A national figure in medical education, Filak led all educational activities at the College of Medicine from 1991 until 2018.

During his career at the College of Medicine, he has served as senior associate dean for academic affairs, founding chair of the UC Department of Medical Education and vice president for education for UC Health. He also has served as the Designated Institutional Official for graduate medical education for UC Medical Center and the College of Medicine for more than 30 years in addition to various other positions

including director of the UC Area Health Education Center program and director of the Family Medicine Residency Training Program. In 2010, he served for nearly a year as interim dean of the College of Medicine and UC vice president for health affairs.

Under Filak's leadership, the College of Medicine revised and implemented an innovative four-year integrative curriculum, which began with the entering class of 2011. With these changes, medical students began receiving hands-on clinical training in a longitudinal primary care course in their first year coupled with early training in the basics of medical history taking and physical exam skills. Students also receive training as first responders to provide a context for their medical education.

Filak has also led the efforts during the college's last three Liaison Committee for Medical Education accreditation surveys, all resulting in successful eight-year accreditation.

Raised in Jersey City, New Jersey, Filak attended Saint Peters College and received his medical degree from George Washington University School of Medicine and Health Sciences in Washington, D.C. He came to UC in 1978 for his family medicine residency and served as chief



Drake Medal recipient Dr. Andrew T. Filak Jr. and wife Patty

resident in that program. He joined the UC faculty in 1981.

Filak has received numerous awards, including the Leonard Award from the Association for Hospital Medical Education (2016), University of Cincinnati Award for Excellence (2012), the Parker J. Palmer Courage to Lead Award from the Accreditation Council for Graduate Medical Education (2009), and Educator of the Year from the Ohio Academy of Family Physicians (2003). He has served in leadership roles of prominent medical education organizations, including the Accreditation Council for Graduate Medical Education, the Association of American Medical Colleges, and the National Board of Medical Examiners. □

DIVISION UPDATE:

OFFICE OF GERIATRIC MEDICINE

Jeffrey Schlaudecker, MD, MEd, FHM, Director

As we welcome two new geriatric medicine fellows into the Christ Hospital/University of Cincinnati fellowship program for the 2018-19 year, it's a great time to reflect upon our progress with the structured interdisciplinary bedside rounds (SIBR) program. Now in our third year at Maple Knoll Village (MKV), we continue to be the first and most widely recognized nursing facility in the country utilizing this structured program that enhances the quality of care for patients in the skilled nursing facility.

Adopted from Emory University and Dr. Jason Stein of 1Unit (www.1Unit.com), the SIBR program continues to flourish and draw accolades. In 2018,

director of nursing Shelley Acus and Dr. Schlaudecker traveled with one of MKV's state tested nursing assistants (STNA) to Atlanta to help train another nursing facility in the SIBR care model.

Under the model, patients are seen on a recurring regular basis at the bedside with the entire interprofessional care team. Enhanced communication results, but that's not the only benefit. When the STNAs, nurses, physical and occupational therapists, providers, and families are able to engage with the patient at the bedside, multiple other benefits are achieved, such as reduced patient falls, lower incidence of hospitalization, and even lower staff turnover. A common point of praise for families of our patients, the SIBR program

has also seen our staff become more empowered advocates for our patients.

Additionally, the program allows for an optimal training experience in which geriatric medicine fellows are able to interact with interprofessional colleagues and work towards our common goal of optimal care that is patient and family centered. Assistant Professor and UC Geriatrician Dr. Rachel June has been spearheading the SIBR program at MKV, and quality improvement initiatives and research centered on the SIBR program are underway. Additionally, a plan to expand the SIBR bedside rounding process to long-term nursing care is also underway. □



Schlaudecker

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GERIATRIC
PROGRAM
COORDINATOR
Melissa Bosse
Melissa.Bosse@uc.edu
513-558-1452

DIVISION UPDATE:

GLOBAL AND UNDERSERVED HEALTH

Christy O’Dea, MD, Director

Our definition of Global Health drives where we work. We recognize global health as care for the poor and vulnerable wherever they may be. Therefore, our mission drives us to work with the indigenous Mayan patients in the mountains of Guatemala, homeless men

and women on the streets of Cincinnati, and immigrant workers on the back side of the Belterra race track. 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 in Cincinnati and around the world. Following are just a few of the things happening in our Division. □



O’Dea

Global Health Fellowship Launched

The division enthusiastically welcomed our first Global Health Fellow on July 1, 2018 and she was on a plane to Guatemala the next day! Shanna Stryker, MD, is a recent graduate of the Family Medicine/Psychiatry residency program and has an interest in global mental health research. Her two-year fellowship includes a research project in Guatemala, clinical time with refugee patients at the Cincinnati Health Department, and a Master’s Degree in Public Health. Doug Collins, MD, has been the architect of the fellowship, and serves as the fellowship director. □



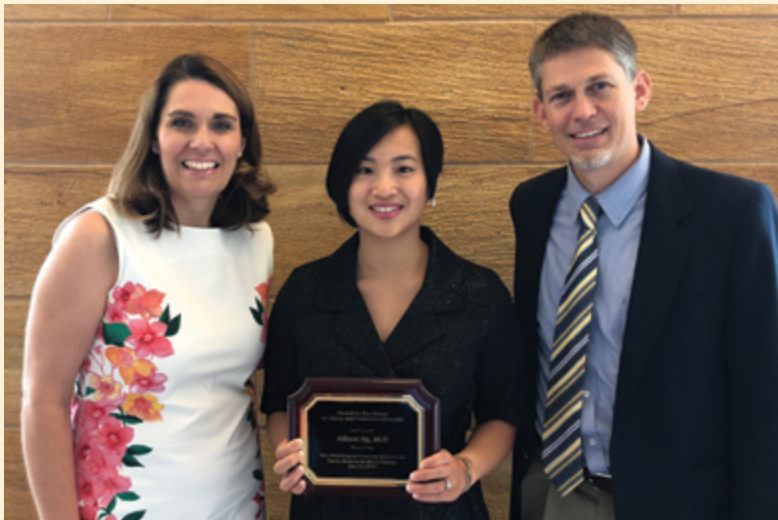
Shanna Stryker, MD, the division’s inaugural Global Health Fellow

Race Track Clinic Enters 15th Year

The Race Track Clinic is now entering its 15th year since it was founded by Joe Kiesler, MD, to serve the people living on the “backside” of Belterra Racetrack in Cincinnati. Open every Thursday evening during the racing season, the clinic is staffed by faculty (Drs. Rosenthal, Kiesler and Bernheisel), our TCH/UC Family Medicine residents, and UC medical students. The site is now supported through Cincinnati Health Network and the Healthcare for the Homeless program. Many of the people working and living on the backside are immigrants from Latin America, and our learners appreciate the opportunity to assist patients with healthcare by utilizing their Spanish language skills. The clinic is also fortunate to have wonderful volunteers who assist with clinic operations and interpreting. Thanks to all who help make this a reality for the patients. □

Excellence in Global and Underserved Health Award

This year, the division awarded the first Excellence in Global and Underserved Health Award, recognizing graduating senior resident Allison Ng, MD. The award is given to the resident who has shown consistent dedication towards care of vulnerable populations, either locally or abroad during residency. Ng was an active participant and leader in many global health activities, including a collaborative project that developed culturally specific anticipatory guidance guidelines for children under 5 in rural Guatemala. Ng will be continuing her work locally as a family physician with the Cincinnati Health Department. □



Christy O’Dea, MD; Allison Ng, MD; and Doug Collins, MD (left to right)

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:

INTEGRATIVE MEDICINE

Sian Cotton, PhD, Director

Mindfulness Based Stress Reduction (MBSR) Programs Launch

Sanghvi Gift Funds MBSR Course at Cincinnati COOKS!

This spring, the UC Center for Integrative Health and Wellness began its Mindfulness Based Stress Reduction (MBSR) with 12 participants from the Cincinnati COOKS! Program (a free culinary job-training program for under and unemployed individuals operated by the Freestore Foodbank). The MBSR program at UC was made possible by a gift from The Vijay R. Sanghvi Family Foundation; the gift was designed to provide integrative medicine therapies, such as the

practice of mindfulness based stress reduction, to Greater Cincinnati's under resourced populations.

The eight-week course involved formal mindfulness practices, such as awareness of breath, sitting, walking meditation, yoga, body scans, and weekly exercises all of which were geared towards cultivating mindfulness and awareness in everyday life.

Read more about the program at <http://healthnews.uc.edu/news/?/30022/>.



Participants in the Cincinnati COOKS! Program, a job-training program for under and unemployed individuals, recently took part in an eight-week mindfulness based stress reduction course.

MBSR Course Offered to Community; Spring Session Planned

Our first eight-week course took place Sept. 27-Nov. 15, 2018, with another session planned for spring 2019. This MBSR course is open to the public and teaches mindfulness practices (e.g. breath meditation, body scan meditation, yoga), and offers group connection aimed at enhancing self-awareness and self-care.



Community MBSR program facilitator Dr. Meera Murthi

The program is facilitated by UMass-trained MBSR instructor and Clinical Psychologist, Dr. Meera Murthi, in collaboration with the UC Center for Integrative Health and Wellness at the UC College of Medicine.

The cost is \$650, which covers over 28 hours of class time, including an all-day immersion retreat with a healthy lunch provided, and all program materials. In this evidence-based standardized protocol, groups meet weekly to learn, practice, and discuss MBSR techniques and receive home practice assignments and suggested resources to develop their skills. Visit med.uc.edu/integrative to learn more or look for the upcoming spring registration. □



Cotton

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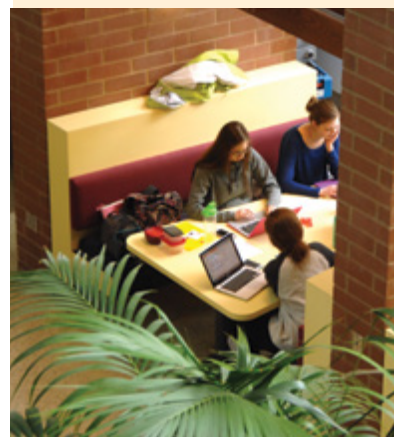
INTEGRATIVE
MEDICINE
SPECIAL
PROJECTS
COORDINATOR
Lisa Doogan
Lisa.Doogan@
uc.edu
513-558-2310

Two Integrative Medicine Courses Launch at College

Medical Sciences students to experience 'Fundamentals' as well as a clinical uses course

Fundamentals of Integrative Medicine & Health begins this fall for University of Cincinnati undergraduate students, as part of the Medical Sciences undergraduate program. This course will emphasize a critical review of the evidence-base for integrative medicine approaches and allow students to experience a variety of modalities and models for disease prevention, treatment of illness, and overall health and wellness promotion. Slated to begin in spring 2019, UC students can also look for a mind-body medicine course, "Science and practice of Mind Body Medicine," which will introduce a variety of mind-body modalities through experientials so students/practitioners can gain insights into their uses clinically.

Both new integrative medicine courses are part of the anticipated Integrative Medicine Undergraduate Certificate beginning in fall 2019. □



DIVISION UPDATE: **Integrative Medicine**

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**INTEGRATIVE
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SPECIAL
PROJECTS
COORDINATOR**

Lisa Doogan
Lisa.Doogan@
uc.edu
513-558-2310

**Integrative Medicine Physician Recognized
for Excellence in Patient Experience**

Lauri Erway Nandyal, MD, was recognized in June 2018 for excellence in the patient experience by the UC College of Medicine. She is performing in the top 1



Nandyal

percent in the Press Ganey national database for patient experience with clinical visits.

Nandyal is board-certified in family medicine and functional medicine.

She is passionate about true health creation. She approaches patient care with the principles of Functional Medicine to address the underlying cause of disease in a systems-oriented approach, looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease, in the light of the unique biology of each individual.

Visit uhealth.com/integrative/ to learn more or call 475-9567 (WLNS) to schedule an appointment. □

**Wellness Program at the
Turner Farm Kitchen**

Our body's ability to fight disease and inflammation can be enhanced by the foods we prepare and eat. In November, the UC Center for Integrative Health and Wellness welcomed John Sacco, MD, as he presented a program "Cancer-resilient Cooking & Lifestyle" at the Turner Farm Teaching Kitchen. This program included hands-on teaching kitchen instruction and a farm-fresh lunch.

For upcoming events, visit www.turnerfarm.org/events. □

SAVE THE DATE

UC Center for Integrative Health and Wellness
2019 Community Wellness Symposium
Optimize Your Wellbeing – Prevent. Heal. Thrive.
Saturday, January 12, 2019
9am-5pm UC Tangeman University Center
 Info will be updated at www.med.uc.edu/integrative

DIVISION UPDATE: **Residency Program**

Welcome New Interns

It is with joy we welcome our new interns. The class brings in the same passion for care to the most vulnerable, domestically and internationally, that is so present in all of our residents. The class is composed of two Family Medicine Psychiatry residents, Samantha Lammie (Emory University) and Laura Ledvora (Medical College of Wisconsin), and six categorical Family Medicine residents: Melissa Saab (Marshall University), Alex Vance (Marshall University), Andrea Jaramillo (Ohio University), Libby Peters (University of Cincinnati), Sara Maples (University of Cincinnati), and Emily Levinson (University of Missouri-Columbia). This is an exceptionally strong class with a wealth of skills and talents. We are excited to journey with them over the next three and five years. □



Jaramillo



Lammie



Ledvora



Levinson



Maples



Peters



Saab



Vance

DIVISION UPDATE:

RESIDENCY PROGRAM*Christopher Bernheisel, MD, Director*

Greetings from the Residency! The summer has been a full of transitions, as we said goodbye to our graduating residents (*photo below*) and hello to our new interns (*page 6*).

Over the course of their residency, this graduating class may have been the most productive in scholarship in the history of our program, producing over 35 posters, publications, or regional/national

presentations over the course of their residency! Just some of the topics they studied included: Patient and Family Advisory Council in the Family Medicine Center, Centering Pregnancy effects in prenatal care, training of community health workers in Guatemala, transgender care in the Family Medicine Center, population health at a homeless clinic, stress in pregnancy, and training in the social determinants of health. Although the faculty and I are proud of their scholarly work, we are most proud of the individuals these graduates are and the impact they will make on the lives of their patients and communities. This was truly an incredible group!

The 2018-2019 academic calendar promises to be quite full! We encourage you to check out the residency website (tchucfmresidency.com) to see updates. Best wishes to everyone! □

**Bernheisel**

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RESIDENCY PROGRAM COORDINATOR
Stephanie Smith
Stephanie.Smith@thechristhospital.com
513-721-2221



Graduating 2018 residents (left to right): Shanna Stryker, Allison Ng, Kara Ciani, Libby Beckman, Kirsten Koch, Catherine Pinkston, Kip Drewry, and Jeff Murphy

Program Transitions

In addition to the natural transitions that occur with every academic calendar, we have had additional transitions in other parts of our program. After five years as the Family Medicine Center Medical Director, Dr. Reid Hartmann stepped

**Spata**

down in July and passed the baton to **Dr. Jennifer Spata**. Spata has started off running, leading the Clinic First initiative as part of the larger national Clinic First Collaborative developed by the

AAFP. Hartmann has not gone far, remaining as core faculty in the residency while also serving as the Program Director of the Hospice and Palliative Care Fellowship. We also said goodbye to Maggie James, our Program Coordinator for the past three years. Stepping into James' role is **Stephanie Smith**. Smith has a background in education, having

received her Masters in Instructional Design and previously taught third grade. She is also experienced in Graduate Medical Education, previously working at Rush in the GME office. We are quite lucky to find such a fantastic replacement for James! One more addition to our program is a new Maternity Care Faculty, **Jessie Bertsch, CNM**. Bertsch is a Certified Nurse Midwife, previously working with Healthsource of Ohio and brings with her a clear excitement for women's health and education.

Recognizing Accomplishments

Several in the program have recently been recognized for their accomplishments. **Betsy Lazon, MD**, was the recipient of the Special Achievement Award from the Ohio Chapter of American Academic of Pediatrics for all of her work in the region on smoking cessation in the setting of prenatal care and well child checks. In connection to this work, two residents (**Brian Bouchard, MD** and **Sarah Hollis, MD**) received first place for their poster on the project at the state AAP conference!

Sara Maples, MD, was featured on the Ohio National Guard website, celebrating her graduation from medical school, delivery of her first child, and swearing in as a field surgeon in the Ohio National Guard, all in the same day! A second year resident, **Michelle Collier, MD**, was selected to be a keynote speaker at the annual 21st Century Academic Forum held at Harvard University.

Congratulations also to the following recipients of residency recognitions: **Shanna Stryker, MD**, who received the Southwestern Ohio Society of Family Physicians Kenneth A. Frederick, MD Award. **Christian Gausvik, MD**, received the Dr. J. Harry & Ruth Stagaman Intern of the Year Award. **Elizabeth Beckman, MD**, received the Society of Teachers of Family Medicine Resident as Teacher Award. **Kara Ciani, MD**, received the Marjorie Grad Vockell, MD Family Medicine Residency Award. **Brian Bouchard, MD**, received the Family Medicine Maternity Care Resident Award. □

IMPACTING CINCINNATI'S VULNERABLE POPULATIONS

The uninsured/underinsured; those experiencing homelessness and housing instability; low income elderly; underserved low income; undocumented and refugee status individuals

The department has built opportunities to serve vulnerable populations in numerous settings and sites across greater Cincinnati. These activities also include learners in the Longitudinal Primary Care Clerkship, Family Medicine residencies and the Geriatrics Fellowship. We share below some highlights about the department's vital helping presence that impacts our community.

Cincinnati Health Network's Healthcare for the Homeless Program

Since 1986, the Healthcare for the Homeless program has been providing care to some of the most vulnerable in Cincinnati. Dr. Bob Donovan, a 1982 UC Residency graduate, originally provided care in a small van. Today, the program has expanded to include a medical office near Findlay Market, clinics in the men's and women's shelters and mobile outreach to the Jimmy Heath House, Bethany House and Caracole. Care is provided to those who are experiencing homelessness—living on the streets, in shelters, housing programs and doubling-up with friends and families. The Department of Family and Community Medicine started a partnership with the program in 2002 to help staff the program, beginning with Drs. Susan Montuak and Nancy Elder. Many additional physicians from our Department have worked with the program over the years—Drs. Christy O'Dea, Jerry Friemoth and Doug Collins—and currently Drs. Hilja Ruegg, Chris White, and Joseph Kiesler.



● Healthcare for the Homeless Van



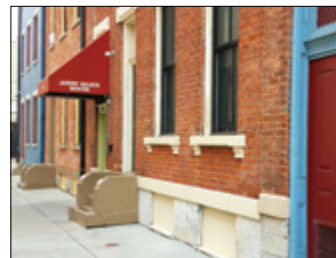
Bethany House (mobile outreach)



● Men's shelter



● Women's shelter



● Jimmy Heath House (mobile outreach)

Serving the Vulnerable, Engaging Learners to Address Determinants of Health Through Community Partnerships

Joseph Kiesler, MD, is an Associate Professor with the Department of Family and Community Medicine and is a faculty member with the Underserved and Global Health, Medical Education and Residency Divisions. For over ten years, he has been working with the Healthcare for the Homeless program, and recently took on the Medical Director role. As an educator he has focused on engaging learners with the community and underserved populations so they can learn from and with these community members and improve health of these populations. He co-directs the Physician and Society curriculum at the medical school. This longitudinal curriculum over the three years of medical school covers topics of community and population health, the business of medicine and the development of the physician identity. For this course, Kiesler established partnerships with 15 community agencies in Greater Cincinnati to teach medical students how to work with a community to address the determinants of health. He is a faculty member with the UC Open School Clinic, a free student-led interprofessional preventive health clinic located at St. Vincent DePaul, and is working with Dr. Megan Rich and others to help students start a new student run free clinic at the Healing Center. His community outreach work includes starting a free clinic for the workers that live on the backside of Belterra Race Track, creating a community homeless resource map, and serving as a founding board member for the Center for Respite Care, a 20-bed medical facility for the homeless.

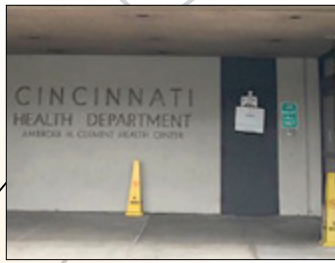


Kiesler

Next lives here:
Student Run Free Clinic at the Healing Center



Caracole (mobile outreach)

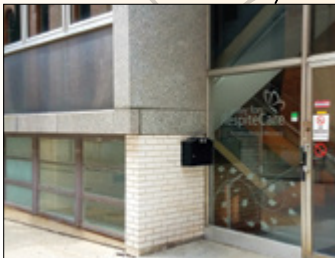


Ambrose Clement Health Center

Cincinnati Health Department Sites



Braxton Cann Health Center



Center for Respite Care

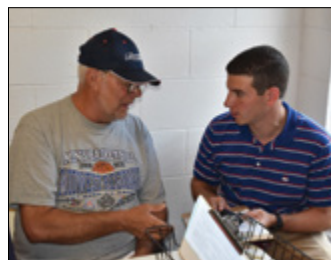


Home Based Primary Care Program

Race Track Clinic

The Race Track Clinic was started in 2004 to address the health needs of those living and working on the backside of the local horse race track in Cincinnati. The free clinic offers acute, chronic, and preventive care. One night a week during the racing season (May-Oct), faculty from the department (Drs. Montiel Rosenthal, Joseph Kiesler, Chris Bernheisel), residents from The Christ/UC Family Medicine Residency program, and medical students will provide care for individuals working at the track, including grooms, hot walkers, jockeys, and trainers. Five years

ago Cincinnati Health Network's Healthcare for the Homeless program started sponsoring the care provided at the clinic, recognizing



• Student with patient at clinic

the housing instability of those living and moving track to track. □

Crossroad Health Center



• Over the Rhine location

PROFILES CONTINUE ON NEXT PAGE

IMPACTING CINCINNATI'S VULNERABLE POPULATIONS

continued from previous page

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Center for Respite Care

The Center for Respite Care was started in 2003 to provide medical, recuperative care for those who are experiencing homelessness and are too sick to be on the street or need a place to recover after hospitalization. Dr. Bob Donovan, medical director, is with Cincinnati Health Network's Healthcare for the Homeless Program. The facility just relocated from Avondale to the St. Anthony Center in Over-the-Rhine, and now has the capacity

to accept up to 20 clients. The staff works with patients during their medical recovery on addressing issues which led them into homelessness. Over 70 percent move onto an improved living environment. Dr. Joseph Kiesler was part of the community group that worked to start the center and he served on the board until a few months ago. Medical student learners rotate with the Center for Respite Care as part of the Homeless Health elective. □

Crossroad Health Center

Founded in 1992, Crossroad is a faith-based health center whose mission is to work in partnership with patients and community to provide accessible, comprehensive health care to those most in need—children and adults living in poverty or without insurance.

No one is turned away due to inability to pay for services. Among its services, the center offers care for illnesses, routine checkups, immunizations, prenatal services, preventive services, behavioral health counseling, diabetes and nutrition education, and a smoking cessation support group. Currently, Crossroad is a medical home to more than 12,000 children and adults.

"Life can be precarious for people living in poverty. Many of our patients need help beyond medical care to stay afloat,"

says Gayle Linkletter, Communications Director at Crossroad. "As we talk with our patients during treatment, we frequently uncover urgent needs such as lack of permanent housing or behavioral health issues. We take the time to connect patients

with medical specialists and social service agencies to remedy these issues. We believe it is critical to help patients overcome these barriers to achieve a healthy, balanced life."

Crossroad also sees training the next generation of providers as part of their mission.

Hundreds of learners rotate through annually—including residents, medical students, nurse practitioner students, undergraduate and graduate students, and high school students. Three of their current family physicians are recent graduates of the Christ Hospital/UC Family Medicine Residency program—Drs.

Christine Furgason, Brittany Almaraz, and Gina Cano. □

SHERRY'S STORY Concerned with her young daughter's unusual behavioral problems, Price Hill mom Sherry rushed Bella to Crossroad. The pediatric nurse practitioner suspected lead poisoning which was confirmed by testing. Sherry's home had lead paint trim, and Bella had accidentally been exposed to this paint. The Crossroad team then recommended testing all three of Sherry's children for lead poisoning. All had high levels. The nurse practitioner outlined a care plan that included removal of the paint, and frequent hand-washing. She followed up with regular calls to Sherry. Today, all three children are healthy and thriving, benefitting from the medical home they have at Crossroad.

Crossroad Patient Profile

ETHNICITY	
African American	37%
White/Caucasian	49%
Hispanic/Latino	8%
Other	6%

GENDER	
Male	43%
Female	57%

AGE	
0-17	59%
18-24	6%
25-39	14%
40-59	16%
60+	5%

POVERTY LEVEL	
100% or less	61%
100-150%	13%
151-200%	6%
More than 200%	19%

Cincinnati Health Department Sites

Braxton Cann Health Center

The patient population ranges from low income with Medicaid or no insurance to college professors and business owners with private insurance, with the majority of patients having Medicaid or Medicare. Anisa Shomo, MD, Assistant



Shomo

Professor with the Department of Family and Community Medicine and Family Medicine/Geriatrics physician, sees mostly African American patients of all ages, including geriatrics. "I am African

American as well and it has always been my dream to serve patients in this setting. I work with LPCC (Longitudinal Primary Care Clerkship) students and Family Medicine Residents at this site."

Ambrose Clement Health Center

Shomo serves mostly African American low-income patients at this site. There is also a Refugee Clinic within the site. UC/Christ Hospital Family Medicine residents also provide care for these patients. □

Nearly half of all children in the city of Cincinnati live below the federal poverty level.

In Hamilton County, more than one out of four children live in poverty.

GIVING OPPORTUNITIES

UC Family Medicine Global and Underserved Health Fund supports the Division of Global and Underserved Health within the DFCM with the following stipulations: Funds may be used for, but not limited to, travel expenses, supplies, and/or other expenses related to the program. Donate at goo.gl/UxKcgM

Home Based Primary Care Program

The Home Based Primary Care Program in the Family Medicine Residency Clinic was launched in 2015 by Dr. Anna



Goroncy

Goroncy, assistant professor of Family Medicine and Associate Program Director of the Geriatric Medicine Fellowship. The program serves dual-eligible (Medicaid and Medicare) older

adults that are homebound in the urban core of Cincinnati who are seen monthly for their primary care needs. The program currently averages 25 older adults and works closely with patients, families and the broader team of home health care and community service providers to allow these patients to remain independent at home, despite multiple chronic

conditions, various physical disabilities and some people living with dementia.

Primary learners are family medicine residents and geriatric fellows with future plans to expand the program to medical students on the geriatric rotation.

Family residents have a longitudinal exposure to home visits throughout residency. First year residents now go on home visits in the first three months of residency, gaining exposure to this care delivery early in their training. Residents continue home visits throughout their training, with growing autonomy at each level. While residents learn the skills needed to incorporate home visits in their future practice, they also have the opportunity to step out of the institutional setting into the communities they serve and experience medical care from the patient's perspectives. Residents also complete a written reflection after

visits as an opportunity to practice the important skill of reflective practice.

The geriatric medicine fellows follow a continuity panel of two patients throughout the one-year fellowship. □

CAREGIVER SUPPORT "For our patients living with dementia, supporting their caregivers is one of the most important things I can do. Patients may need to see multiple physicians on a regular basis, and many caregivers have their own medical needs. Taking even one appointment off their list by my making a home visit can be a huge relief. Home environments also make it easier for a caregiver to open up about stresses or needs they may have. It's an incredibly hard job and they need all the support they can get."

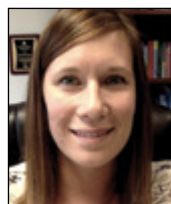
Anna Goroncy, MD

NEXT LIVES HERE: Student Run Free Clinic at the Healing Center

The UC Student Run Free Clinic (SRFC) first started with the idea to provide care for people unable to access the current health care systems. This population throughout Cincinnati includes adults lacking insurance, undocumented individuals, those with language and cultural barriers, and persons with no affordable clinic in their community. A group of undergraduate students, many now third year UC medical students, conceived the idea and have spent the past two years making it a reality. While the vision remains to eventually provide multi-disciplinary health management including prescriptions, well visits, and laboratory surveillance of chronic disease, the SRFC will initially focus on adult uninsured patients with acute complaints when it formally opens.

The SRFC is a collaborative project involving community partners such as the Healing Center, a non-profit entity in Springdale, the Greater Cincinnati Latino Coalition, who has helped with a needs assessment of the community, and an emerging partnership with Lincoln Heights Community Health Center. It

is an interprofessional endeavor involving students from the College of Nursing, the Masters of Public Health program, and the



Rich

College of Pharmacy, in addition to more than 60 medical students from all four years. Drs. Joseph Kiesler and Megan Rich are co-medical directors for the SRFC.

The SRFC has had some success already. For instance, influenza vaccinations were administered free of charge last December at the Healing Center. Once the SRFC officially opens its doors, patients will be paired with a student navigator and interpreter (if needed). The navigator will stay with the

patient for the entire visit to minimize any worries throughout the clinic process.

Each patient will be seen by a team of students, including preclinical students who will make the first pass at gathering the data from the history and physical exam. Third and fourth year student volunteers will supervise and document the visit in the patient's medical record. A pharmacy student will provide medication counseling. Together, the team will present to the volunteer preceptor. Patient advocates will be onsite to assist with referrals to specialty services and other such needs. □

GET INVOLVED If you are a practicing physician, you can volunteer as a preceptor on Saturday mornings. If you have experience operating a free clinic, you can join the board of advisors. Whatever your strengths and experiences, please contact the Communications Chair Meghan St. John, at stjohnmg@mail.uc.edu. Lastly, donations to support equipment, supplies and other operational costs are always welcome. Please contact Dr. Rich at megan.rich@uc.edu or donate online: bit.ly/2zPZIIN.



SRFC student leaders at the 2018 Awards Dinner

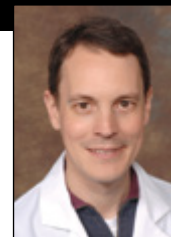
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MEDICAL
STUDENT
EDUCATION
PROGRAM
COORDINATOR
Kimberly Hawkins
Kimberly.Hawkins@
uc.edu
513-558-4020

DIVISION UPDATE:

MEDICAL STUDENT EDUCATION

Rocky Ellis, MD, Director



Ellis

Students, Faculty and Preceptors Celebrated at Annual Awards Dinner

The Division of Medical Student Education honored 19 students who matched in a Family Medicine residency (see next page) at the annual awards dinner. Dr. Bruce Gebhardt delivered a sincere and insightful keynote speech.

The Department also recognized extraordinary faculty and preceptors.

Rick Ricer, MD, was presented with the Outstanding Faculty Teaching Award.

The Doctor's Foundation gave four awards in recognition of medical students' commitment to residencies in Greater Cincinnati and Northern Kentucky. The recipients were **Sara Stigler Maples, MD, Elizabeth Peters, MD, Alexander Schmitt, MD**, and **Scott Strait, MD**.

The Hunnicutt Award goes to students who most embody the ideals of community engagement in Family Medicine, displaying altruism, service, and leadership in community settings. The 2018 Family Medicine Hunnicutt Award winners are **Cameron Ingram, MD**, and **Sara Stigler Maples, MD**.

The Ruth and Harry J. Stagaman, MD, Student Award goes to students who embody the ideals of Family Medicine as role modeled by the quintessential family physician, Dr. Harry Stagaman, including empathy,

patient centered care, high academic performance, teamwork, leadership, and education. The 2018 recipients are **Elizabeth Peters, MD**, and **Christian Williams, MD**. □



The Outstanding Faculty Preceptor of Year award went to Dr. Manoj Singh of UC Physicians at UC Health West Chester, pictured here with his wife, Tanuja Singh.



Medical Student Education Division Director, Dr. Rocky Ellis, presents Dr. Philip Hartman, UC COM class of 2011, with the Community Preceptor of the Year award. Hartman is with St. Elizabeth Physicians in Florence, KY.

Division Welcomes Dr. Shomo



Shomo

The division welcomes Dr. Anisa Shomo, who joined our team in July. Shomo is a 2013 UC/Christ Residency graduate. She completed her UC/Christ Geriatric Fellowship in 2014

and then joined our faculty. She will be creating and directing a longitudinal Family Medicine Scholars Program. □

Associate Director Named



Pickle

We are excited to announce that Dr. Sarah Pickle has been named the Associate Division Director of Medical Student Education. □

Honors Day Speech



The class representative selected by the 2018 College of Medicine graduating class to give the Honors Day Address was Libby Peters, who matched in Family Medicine. The University of Cincinnati College of Medicine Honors Day ceremony was held on Saturday, May 19 at the Aronoff Center for the Arts. □

Interested in Getting Involved in Teaching Medical Students?

Teaching is a very rewarding experience and we have a large variety of opportunities with learners in all four years of medical school. If you are interested, please do not hesitate to contact Rocky Ellis, MD, at robert.ellis@uc.edu.

DIVISION UPDATE: **Medical Student Education**

Congratulations to our 19 medical students who matched into Family Medicine Residency Programs all over the country. We are very proud of them and their accomplishments!



Nicolette Barbour
Univ of Arizona
Tucson, AZ



Michael Bi
Wright State Univ
Dayton, OH



Laura Dankovich
Mount Carmel
Medical Cntr
Columbus, OH



Eleni Eren Scott
U. of Michigan
Hospitals
Ann Arbor, MI



Theresia Gordnier
U. of Kansas Hospital
Wichita, KS



Cameron Ingram
Sacred Heart
Medical Center
Spokane, WA



Gregory Lavins
U. of Washington
Seattle, WA



Samantha Mayhew
Univ of Wisconsin-
Madison
Madison, WI



Libby Peters
The Christ Hospital
Cincinnati, OH



Shelby Reimer
Riverside Methodist
Hospital
Columbus, OH



Alex Schmitt
St Elizabeth Medical
Center
Edgewood, KY



Brooke Schutte
John Peter Smith
Hospital
Ft Worth, TX



Zara Sheikh
U.C.S.D. Medical
Center
San Diego, CA



Lama Sirhan
Univ. of Chicago
Hospitals
Chicago, IL



Sara Stigler-Maples
The Christ Hospital
Cincinnati, OH



Scott Strait
Bethesda Hospital
Cincinnati, OH



Teresa Whitaker
Grant Medical Center
Columbus, OH



Christian Williams
John Peter Smith
Hospital
Ft Worth, TX



Shane Williams
U. of Utah Affil.
Hospitals
Salt Lake City, UT

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Kimberly.Hawkins@
uc.edu
513-558-4020

DIVISION UPDATE:

RESEARCH

Christopher White, JD, MD, MHA, Director



White

Welcome to the Research Division's section of the Department of Family and Community Medicine newsletter. As a division of five faculty and six staff, our multidisciplinary team works on a broad range of projects with numerous partners both locally and nationally, all aimed at enhancing the

health of our patients. To further our academic endeavors, we offer summer research opportunities to medical and undergraduate students that combine a unique mix of in-classroom and experiential learning alongside faculty mentors on various projects. In this issue, we highlight our progress on a neuropa-

thy clinical trial, a recent expansion in the Cincinnati ECHO program, and our latest success with a Health Resources and Services Administration (HRSA) training grant. □

UNIVERSITY OF CINCINNATI

COLLEGE OF MEDICINE

RESEARCH PROGRAM COORDINATOR

Sarah Brubaker
Sarah.Brubaker@uc.edu
513-558-1430

Neuropathy Clinical Trial Nears Completion

The Research Division has a long history of working with industry partners to successfully complete clinical trials. Continuing this tradition, Family Medicine investigators Chris White, JD, MD, MHA, and Saundra Regan, PhD, are happy to report that patient recruitment for the Neuropathy Rubbing Oil Trial sponsored by Wise Consumer Products Company is nearing completion. The first patient joined the study in April 2018. White and Regan anticipate that all patients will complete the study by mid-autumn. The study is examining the safety and efficacy of a topical essential oil, which is currently available to purchase over-the-counter when used for lower extremity neuropathic pain. Midpoint analysis is currently in progress by Harini Pallerla, MS, and Tony Leonard, PhD, of the Research Division.

For more information about this study or to propose potential partners for future projects, please contact our Clinical Trials Research Nurse, Mary Beth Vonder Meulen, RN, at marybeth.vondermeulen@uc.edu. □



Cincinnati ECHO Expands to Include Two New Focus Areas

Epilepsy/Neurology, Medication Assisted Treatment added to schedule

Project ECHO Cincinnati began in 2015 with chronic pain when the UC DFCM received grant funding from Pfizer Independent Grants for Learning and Change. After three years of running ECHO Chronic Pain, we have now had the opportunity to expand our ECHO Hub to include ECHO Epilepsy/Neurology and ECHO Medication Assisted Treatment (MAT) made possible through grants from the Epilepsy Foundation and Area Health Education Center, along with Anthem. Each of the ECHO sessions will be held on a monthly basis and ran by facilitators/



consultants across UC and the Cincinnati area. The Cincinnati ECHO project team is led by program manager Susie McDonald and is supported by team

members Daniel Hargraves and Sarah Brubaker. Through our grant funding the Cincinnati ECHO team members have been able to attend the Project ECHO® Immersion Training, which has led to a greater appreciation and understanding of the ECHO model™.

To learn more about Cincinnati ECHO and how to join, please visit www.cincinnatiecho.com. □



DIVISION UPDATE: Research

Department Awarded \$2 Million HRSA Grant

Faculty-development fellowship will build bridges with community sites

Health Resources and Services Administration's (HRSA) Transformational Fellowship Training for Community Primary Care Champions is a new \$2 million, five-year award that forms a partnership between the UC DFCM and the newly accredited



Rich

Physician Assistant (PA) program at Mount St. Joseph University. The award will create a new faculty-development fellowship under Program Director, Dr. Megan Rich. Early-career primary

care physicians will be trained in leadership, healthcare transformation, and education through a curriculum

built on quality improvement, the social determinants of health, substance use disorders, collaborative mental health care, medical education curriculum, and provider wellness. Each of the 20 fellows (2018-2023) will complete a mentored practice transformation project through community-participatory learning. This will build bridges between community practice sites, UC and Mount St. Joseph University PA Program. Involved UC team members include Rich, Dr. Chris White, Dr. Soni Regan, Daniel Hargraves, Dr. Jeffrey Schlaudecker, and Sarah Brubaker. This new grant runs alongside the current Primary Care Transformation \$1.75 million HRSA grant (2015-2020) focusing on the residency, which also involves Dr. Anna Goroncy, Dr. Reid Hartmann, and Keesha Goodnow. □

NIDA Funded EMPOWER Study Currently Recruiting

Researchers from the UC DFCM Research Division are actively recruiting patients from the 16 UC Health Primary Care practices. This multi-site trial, funded by the National Institute on Drug Abuse (NIDA) is recruiting primary care patients who live with chronic pain to evaluate the effectiveness of a web-based Chronic Pain Management Program. UC Psychiatry's Theresa Winhusen, PhD, is the Principal Investigator with co-investigators Chris White, MD, JD, MHA, and Sandra Regan, PhD, from the UC DFCM.

For more information, contact our Research Nurse, Mary Beth Vonder Meulen, RN, at fmresrch@uc.edu. □

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RESEARCH
PROGRAM
COORDINATOR
Sarah Brubaker
Sarah.Brubaker@uc.edu
513-558-1430

Sandra Regan, PhD, Appointed to Faculty Position

Dr. Sandra (Soni) Regan has spent 30 years dedicated to research with 28 of those years being in the Department of Family and Community Medicine at UC. Recently, she elected to take an early retirement from her staff position in order to accept a faculty appointment as an adjunct assistant professor, in addition to serving as the associate director of the Research Division. As Regan moves forward into her new role, we asked her to reflect on her career and share her hopes for the future.

What will your research focus be as a faculty member?

I work in family medicine, so it is difficult to focus on any one research idea. I would like my research focus to be about palliative care and hospice utilization in underserved populations in various settings, but primarily outpatient, homebound and long-term care. I am very interested in the communication that takes place between patients and their physicians or other providers and patients and their families when talking about end of life issues.

What are you most looking forward to in your new role?

I am most looking forward to being back with the awesome staff and faculty that I work with in the Research Division and to building new relationships.



What did you enjoy most about your time in retirement?

During my retirement, I tried Airbnb for the first time. I had the best time with my husband in an amazing cabin built by the Amish on 56 acres in the middle of southern Indiana. We were unplugged for four full days and spent time hiking, fishing, and reading for pleasure.

What is the best piece of career/research advice that you have received? How has it helped you get to where you are today?

The best piece of career advice that I have received is that the only constant in research and in life is change. Consequently, the ability to be flexible and meet the next challenge head on with a positive attitude have helped me to move forward. □

“The ability to be flexible and meet the next challenge head on with a positive attitude have helped me to move forward.”

University of Cincinnati College of Medicine
Department of Family and Community Medicine
Medical Sciences Building 4012
231 Albert Sabin Way
PO Box 670582
Cincinnati, Ohio 45267-0582

RETURN SERVICE REQUESTED

Dr. Thomas Todd enjoys a light-hearted moment during the Class of 1958 Recognition Dinner, at which he, Dr. Robert Wolf and Dr. Robert Rakel were celebrated.

See story, front page.



Philanthropy for higher education is essential and the benefits enduring. We have seen this in the UC Department of Family and Community Medicine. We thank our alumni and friends for your past and continued support. Your gift enables us to continue to commit the time, energy and resources needed to advance innovative primary care in our community.

To Donate Online

You can follow the links below for the specific area that you would like to support. To explore other giving opportunities, or if you have any giving questions, please contact Gabriel Trieger, Associate Director of Development, at 513-584-1350 or gabriel.trieger@uc.edu. □

Family Medicine Development Fund
goo.gl/KNDwrf

Integrative Health & Wellness Development Fund
goo.gl/DiqE7p

Thomas Todd Award Fund
Email melia.warnsley@uc.edu