

Family Medicine Connection

DEPARTMENT OF FAMILY MEDICINE AND COMMUNITY HEALTH • JANUARY 2010

Inter-professional Street Outreach Project

Second-year University of Minnesota medical student and biathlete **Carolyn Bramante** established IStOP (Inter-professional Street Outreach Project) in 2008 to provide basic medical care and information to persons experiencing homelessness.

What Is IStOP?

IStOP is comprised of more than 70 University students, studying the disciplines of medicine, nursing, physical therapy, pharmacy, and veterinary medicine.

Read more, pg. 2



LEAN

By Macaran Baird, MD, MS

Last July we began an action plan for patient care improvement using the LEAN model. LEAN is based on the Toyota brand of process improvement and bottom up management. Initiatives are designed to give staff more job satisfaction by making it easier to “do the right thing” and improve patient experiences and measureable patient care outcomes.

Broadway Family Medicine was our first clinic to implement the process. In September the work moved to Smiley’s Clinic. Smiley’s effort was enhanced by what had been learned at Broadway as well as through work their faculty began several years ago.

Following the standardized 14-week intensive launch at each

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Hippocrates Cafe

On November 23, University of Minnesota Physicians Mill City Clinic was host to the first-ever Hippocrates Cafe presentation, exploring influenza in social and historical contexts through spoken word and music.

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Baird, from 1

of their sites, Broadway and Smiley's continue the never ending cycle of improvement. We've learned that: 1) some dilemmas are easier to move forward than others, and 2) we need to be patient with each other and persistent in our efforts.

Bethesda Clinic just launched the process, and positive changes are already apparent. Phalen Village Clinic is set to begin in April. Although the work has been labor-intensive, it is rewarding to

watch the excitement spread. Faculty, staff, and patients are beginning to see the benefits of more consistent, reliable, patient-centered waste-free care.

We have recently learned that the Centers for Medicare and Medicaid Services are establishing a demonstration project joining with private insurers to pursue an Advanced Primary Care model, also known as patient-centered medical home. The Minnesota Department of Health will participate with leaders in

Colorado, Maine, Massachusetts, New Hampshire, Pennsylvania, Rhode Island, and Vermont to identify and develop common measures for the project.

I believe our recent work to transform the way we deliver medical care well positions us to participate in the state's initiatives to improve health care for our citizens. The months ahead are exciting; stay tuned.

IStOP, from 1

"Our main goal is to answer questions and encourage patients to seek care from appropriate services as well as to provide what care we are able on-site. There is often general mistrust of facilities, which is understandable because of the number of systems that have failed in order for someone to become homeless," said Bramante.

Student volunteers educate patients about free and sliding-scale resources in the area, what to discuss with providers, and what can be treated in lower-cost facilities vs. emergency rooms.

IStOP provides outreach at the Women of Nations shelter in St. Paul (Saturdays, 9:30-11 am) and St. Mark's (Mondays, 6-7 pm) and Holy Rosary (Wednesdays, 5:30-6:30 pm) churches in Minneapolis, in partnership with StreetWorks Collaborative.

Partnership with StreetWorks Collaborative

StreetWorks Collaborative is an effort among 13 youth-serving agencies to offer an array of housing options and services, including emergency shelter, transitional housing, meals, clothing, HIV/STD prevention, medical care, mental health counseling, alcohol and chemical dependency treatment, employment opportunities, and educational and life skills programs.

In January, IStOP and StreetWorks Collaborative hope to launch medical street outreach.

Program Leadership

Last February, medical student **Jake Feigal** joined Bramante as co-chair.

Feigal, who previously worked with people experiencing homelessness, had this to say about the program, "Health



Carolyn Bramante and Jake Feigal

care is at the forefront of needs for most people without a home; it can be difficult to manage disease when someone's other basic needs are in doubt. IStOP's model of taking a step toward people to make health care that much more accessible is wonderful and exactly what people experiencing homelessness need."

IStOP is advised by Medical School faculty **John Song, MD, MPH**, and has several family medicine preceptors, including faculty **Kirby Clark, MD**, and **Kola Okuyemi, MD, MPH**, and residents **Beth Larson, MD**, and **Christine Athmann, MD**.

Preceptors Needed

More preceptors are needed; to get involved, e-mail IStOP.UMN@gmail.com or fill out IStOP's volunteer preceptor form at <http://tinyurl.com/IStOP>.

Duluth News

“Doctors on Call” in Its 28th Season

“Doctors on Call” entered its 28th season offering medical advice to the Duluth/Superior area on October 8. The program is broadcast live on Duluth’s public television station WDSE-TV and allows viewers an opportunity to call in and have their questions answered by a panel of family physicians and specialists practicing in northeast Minnesota.

Ray Christensen, MD, Ruth Westra, DO, MPH, and Alan Johns, MD, host each half-hour program, which airs Thursdays at 7 pm through March 4.

Upcoming topics include cancer, lung problems, allergies and skin problems, and heart problems.

Duluth Students Present at 2009 AAFP Scientific Assembly

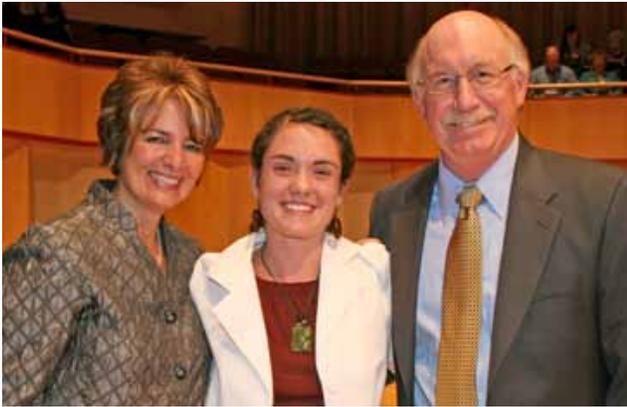
The 2009 American Academy of Family Physicians Scientific Assembly was held October 14-17 in Boston, MA. Former Medical School – Duluth campus student **Sara Olmanson**, now on her Rural Physician Associate Program rotation in Princeton, MN, and current second-year Medical School – Duluth campus student **Katelyn Rogers** presented results of their research.

Olmanson’s presentation summarized an interview-based qualitative study of the perceptions of rural family physicians

regarding future developments in rural family medicine.

Rogers’s presentation described her study of communications issues among Mexican patients and health care providers in a rural, central Minnesota community.

Nationally, there were 16 medical student and resident submissions accepted in this year’s assembly. Of the three national awards presented, Olmanson’s poster received second place.



(Left photo) – Katelyn Rogers (center) with Duluth campus Associate Dean for Student Affairs and Admissions Lillian Repesh, PhD, and Gary Davis, PhD, Medical School Duluth – campus senior associate dean



(Right photo) – Sara Olmanson with Repesh and Kathy Watson, MD, Medical School associate dean for students and student learning

Lake Superior Medical Society Names Westra Educator of the Year

On December 1, the Lake Superior Medical Society presented **Ruth Westra, DO, MPH**, chair of the department’s Duluth campus, its Educator of the Year award.

Westra was recognized for her extraordinary efforts in educating medical students and involvement in “Doctors on Call,” and the Health of People Everywhere (HOPE) Clinic, serving underserved and uninsured populations in the Duluth area.

Ruth Westra, DO, MPH, and Thomas Wiig, MD, Lake Superior Medical Society president



Rural Minnesota Telemental Health Network Finalist

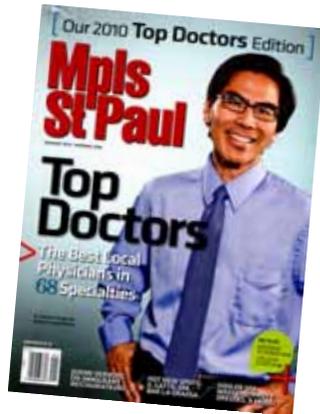
The Rural Minnesota Telemental Health Network, an initiative of the University's Center for Rural Mental Health Studies, was a finalist in a competition sponsored by Ashoka's Changemakers and the Robert Wood Johnson Foundation called, "Rethinking Mental Health: Improving Community Wellbeing." Department faculty **Jim Boulger, PhD**, (right) directs the center.



2010 Top Docs

Mpls.St.Paul Magazine 2010 "Top Doctors" issue hit newsstands December 31.

The following faculty were named: **Alison Warford, MD** (adolescent medicine); **Jon Hallberg, MD**, **Kara Pacala, MD**, and **Carolyn Torkelson, MD, MS** (family medicine); **Jim Pacala, MD, MS** (family medicine and geriatrics); and **Rob Johnson, MD**,



David Olson, MD, and **Steve Stovitz, MD** (sports medicine).

Adjunct faculty and former residents **John Beecher, MD**, **Steven Bergeson, MD**, **Amy Bonifas, MD**, **John Canfield, MD**, **John Dickhudt, MD**, **Paul Erickson, MD**, **Allen Fongemie, MD**, **Daniel Larkin, MD**, **Mumtaz Kazim,**

MD, **Kevin Kelly, MD**, **Allison Peterson, MD**, **Lisa Spatz, MD**, **Rochelle Taube, MD**, **David Thorson, MD**, **Tom von Sternberg, MD**, **Jennifer Welsh, MD**, and **Randon Woodworth, MD**, were also noted.

Several faculty were also named to the 2009-10 Best Doctors in America® database in October: **Nancy Baker, MD**, **Pat Fontaine, MD, MS**, and **Barbara Leone, MD** (family medicine), as well as **Jim Pacala, MD, MS** (geriatrics).

Citizen Professional Center



Tai Mendenhall, PhD, Jerica Berge, PhD, and William Doherty, PhD

Director **William Doherty, PhD**, and associate directors and department faculty **Tai Mendenhall, PhD**, and **Jerica Berge, PhD**, launched the University's Citizen Professional Center, an active partnership between the departments of family medicine and community health and family social science, in June.

Principal initiatives have included

- teaching and mentoring a wide range of professionals, including health care, social services, and public officials, in citizen work;
- promoting citizen professionalism in the education of students through coursework and mentoring; and
- conducting and promoting community-based participatory research on problems of concern to communities and professionals.

Learn more at www.cehd.umn.edu/cpc.

RPAP in Its 39th Year

The Medical School's Rural Physician Associate Program (RPAP) began its 39th year as an internationally renowned nine-month elective on September 28. This year's class has 39 students practicing at 34 sites throughout Greater Minnesota.

John Song, MD, MPH, faculty in the Department of Medicine and Center of Bioethics, joined current RPAP leadership (Director **Kathleen Brooks, MD, MBA, MPA**; Associate Director and Medical School – Duluth campus Assistant Dean for Rural Health **Ray Christensen, MD**; and Associate Director for Research and Evaluation **Therese Zink, MD, MPH**) and other core faculty (**Keith Stelter, MD, MMM**, and **Ruth Westra, DO, MPH**) to assist in site visits and oversee the community health assessment projects.

The community health component of the curriculum gives students an opportunity to learn about the health care needs of the community they're practicing in and create and implement a plan for improvement. Recent projects have addressed childhood immunizations, end-of-life issues, diabetes management, HPV vaccinations, pediatric obesity, and much more.



RPAP students with Renee Crichlow, MD, during an OB skills workshop at orientation in September

RPAP immerses students in full spectrum rural medical care, working under the supervision of family physicians.

New Faculty and Staff

Christine Furchner joined the department's medical student education office December 7 as administrative support for Sharon Allen, MD, PhD, Physician and Patient I-III course director and department researcher.



Furchner has earned an associate in applied science degree in accounting.

Kevin Switzer, MD, began a faculty appointment with the St. Cloud Hospital Family Medicine Residency in

September.

Switzer completed medical school at the University of Minnesota and residency at the St. Francis-Mayo Family Medicine (now La Crosse-Mayo Family Medicine) program. Previously, he practiced for more than 20 years at a rural clinic in Willmar, Minnesota, and also precepted for the University of Minnesota Rural Physician Associate Program.



In his free time, Switzer enjoys running, golfing, playing tennis, and spending time with family.

Alison Warford, MD, returned to the department in October, joining the faculty practice at Community-University Health Care Center. Warford is a graduate of Wright State University School of Medicine and the Ramsey Family and Community Medicine Residency, formerly in St. Paul.

Currently, she is also an adolescent medicine provider at Job Corps and Face to Face Health and Counseling, which assists homeless and underserved youth in St. Paul, and serves as medical director at Face to Face and Family Tree Clinic.

Here's What's Happening

Awards/Honors

Jerica Berge, PhD, received the Best Paper Award by a New Professional at the National Council on Family Relations Conference, held November 11-14 in San Francisco.



Mark Bixby, MD, was elected to a three-year term on the University of Minnesota Physicians board of directors in October.

Walter Bockting, PhD, was invited to join the *Encyclopedia of Human Sexuality* editorial board in November.

Joe Brocato, PhD, received recognition from *Academic Medicine* in December for his service as a peer reviewer during 2009.

Pat Fontaine, MD, MS, was appointed to the American Academy of Family Physicians Commission on Health of the Public and Science in January. The commission works on public health issues and policies, development, and endorsement and reviews clinical practice guidelines and clinical preventative services recommendations.

Jon Hallberg, MD, was noted in *Metro* magazine's "Top 100" issue in October for making a positive impact on the Twin Cities health care scene.

Bill Roberts, MD, MS, became editor-in-chief of *Current Sports Medicine Reports* in January.

Bean Robinson, PhD, was named a fellow of the Society for the Scientific Study of Sexuality in November.

Therese Zink, MD, MPH, was asked to join the editorial board for the *Journal of Rural Health* in November.

In the Media

Macaran Baird, MD, MS, was quoted in the *Star Tribune* on October 27 about drawing medical students to primary care and on November 11 about the University's proposed conflict of interest policy.

Eli Coleman, PhD, was cited in an editorial posted to the Twin Cities Daily Planet Web site on October 19 about sexual health reform and discussed the results of a condom reliability test with ABCNews.com on November 3.



Coleman and Jamie Feldman, MD, PhD, were interviewed by ABCNews.com, WCCO Radio, and KGO News Talk San Francisco on December 7 about a recent study suggesting parents are waiting too long to talk with their children about sex.

Jon Hallberg, MD, regular Minnesota Public Radio (MPR) medical commentator, was recently on MPR discussing the new mammogram recommendations, "cyberchondria," 2009's top health care stories, the stigmas of depression, and the new Minnesota Prescription Monitoring Program.

Hallberg also wrote an article titled "The Clinic 2.0," featured in the fall edition of *Atrium*, a publication of the Northwestern Medical Humanities and Bioethics Program.

Mike Miner, PhD, was quoted in an article on Forbes.com on December 22 about the science of sexual addiction.

Bill Roberts, MD, MS, appeared on WCCO-TV's "Good Question" segment on October 1, discussing why elite marathoners run so fast.

Roberts was also quoted on LiveScience.com, on CNN.com, and in the *Detroit Free Press* about the deaths of three Detroit half-marathoners, in the *New York Times* about child marathoners, and in *NewsDay* about the safety of running the New York City marathon in October; in the *Indianapolis Star* on November 5 about exercise and weight loss; and in the *New York Times* on December 9 about whether/not time of day influences exercise performance.

Steve Stovitz, MD, was quoted in *Health Behavior News* on December 1 and in an article posted to FoxNews.com on December 2 about a University of Minnesota study evaluating whether childhood height influences the probability that normal or overweight children will become overweight adults.



ences the probability that normal or overweight children will become overweight adults.

Therese Zink, MD, MPH, was interviewed about domestic violence for a video that will be uploaded in March to the Be Smart Be Well Web site (www.besmartbewell.com).

GO GREEN

Opt to receive this newsletter electronically by e-mailing ebuege@umn.edu.

Scholars' Corner

Grants

Mustafa al' Absi, PhD, principal investigator, received a two-year \$283,962 grant from the National Institutes of Health to establish a multidisciplinary research and training program focusing on khat, a psychostimulant plant widely used in Africa and the Middle East associated with significant neurobehavioral effects.

Joe Brocato, PhD, co-principal investigator, was notified in November that



he received a three-year \$766,849 grant from the VA to provide education and training for family medicine residents and nursing

and pharmacy students in two rural VA clinics.

Tai Mendenhall, PhD, co-principal investigator, received \$15,000 in November from the Medical School's Program in Health Disparities Research to engage community members and professionals with researchers in addressing intimate partner violence in the local Hmong community.

Bean Robinson, PhD, principal investigator, was also awarded a \$15,000 planning grant from the Medical School's Program in Health Disparities Research to examine HIV-related knowledge, attitudes, and behaviors of Somali women.

Presentations

Michele Allen, MD, MS; Pat Fontaine, MD, MS; Dwenda Gjerdingen, MD, MS; Diane Madlon-Kay, MD, MS; Mike Miner, PhD; and Therese Zink, MD, MPH, were among poster and oral presenters at the 37th annual North

American Primary Care Research Group annual meeting, held November 14-18 in Quebec, Canada. Topics included health information exchange, newborn preventive services, postpartum depression, prenatal weight gain, and substance use in Latino youth.

Publications

Sharon Allen, MD, PhD, was first author of an article on patterns of smoking cessation attempts and relapse by menstrual phase, published in the November edition of *Addicted Behavior*.

Macaran Baird, MD, MS, was among the authors of the "National Institutes of Health State-of-the-Science Conference Statement: Family History and Improving Health," published in the December edition of the *Annals of Internal Medicine*.

Jerica Berge, PhD, was first author of an article about the impact of parenting style on adolescent weight, published in an online edition of *Obesity* in October.

Berge, Tai Mendenhall, PhD, and Bill Doherty, PhD, wrote about targeting health disparities through community-based participatory research in the October edition of *Family Relations*.

Walter Bockting, PhD, was among the authors of an article about lifetime risk factors for HIV/sexually transmitted infections among male-to-female transgender persons, published in the November edition of the *Journal of Acquired Immune Deficiency Syndromes*.

Tai Mendenhall, PhD, wrote about diabetes in the November/December edition of *Family Therapy Magazine* and December's *American Association for Marriage and Family Therapy Consumer Update*.

Mike Miner, PhD, was among the authors of an article on the impulsive and neuroanatomical characteristics of

compulsive sexual behavior, published in the November edition of *Psychiatry Research: Neuroimaging*.

Susie Nanney, PhD, was first author of an article on state school nutrition and physical activity policy and its impact on youth obesity, published in the January *American Journal of Preventive Medicine*.

Kola Okuyemi, MD, MPH, was among the authors of an article about patterns of cigarette smoking initiation in American Indian tribes, published in the November edition of the *American Journal of Public Health*.

C. J. Peek, PhD, Macaran Baird, MD, MS, and Eli Coleman, PhD, wrote about patient complexity in the December edition of *Families, Systems, & Health*.

Steve Stovitz, MD, authored an article in January's *British Journal of Sports Medicine* titled "The pyramid of sports medicine and child health" and was first author of an article on child height and the risk of young adult obesity, published in the January issue of the *American Journal of Preventive Medicine*.

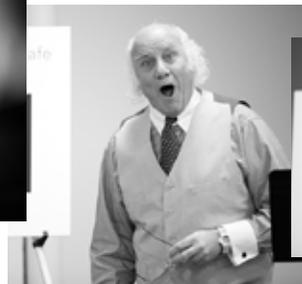
Mark Yeazel, MD, MPH, was second author of an article on long-term cardiac outcomes of childhood cancer survivors, published on *BMJ's* Web site on December 8.

Therese Zink, MD, MPH, was among the authors of a December *Journal of Forensic Nursing* article about the role of skin color in the forensic sexual assault examination.

Zink, former faculty **Gwen Halaas, MD, MBA, and Kathy Brooks, MD, MBA, MPA**, authored an article on the Rural Physician Associate Program, published in the November edition of *Medical Teacher*.

What Is Hippocrates Cafe?

Hippocrates Cafe, founded by **Jon Hallberg, MD**, is designed to illuminate the human condition, particularly from a health care perspective, through creative, artistic means. Each session, lasting approximately 60 minutes, will explore a disease or condition and incorporate equal measures of humor and serious reflection.



Photos: ©Eric Melzer 2009

Social Networking Guidelines

With the explosion of social networking sites, you may have begun to wonder about department and larger University policies and guidelines with regard to social networking.

While the University has formal guidelines on branding social networking sites bearing its name (www.tinyurl.com/UMNsocailnetworkpolicies), it has not issued policies for personal use. However, the same policies and expectations of employees apply on the Web as in the workplace.

Here are some things to keep in mind:

- 1) **Follow all applicable University and department policies.**
Do not share confidential information and maintain patient privacy.
- 2) **Write in the first person.**
Where your connection to the University and department is apparent, make it clear that you are speaking for yourself and not on behalf of the department or University.
- 3) **If you communicate about the department or University, disclose your connection.**

Social networking can be an opportunity to enhance the department's profile and help promote a consistent image. If you haven't taken the plunge and are interested in learning the 411 on various social networking tools, check out social-media-university-global.org. If you have and aren't currently a "follower" or "fan," visit us on one of the following sites:

Facebook

- www.tinyurl.com/UMfamilymedicine-Facebook
- www.tinyurl.com/ProgHumanSexuality

Twitter

- twitter.com/Human_Sexuality

UThink Blog

- blog.lib.umn.edu/phs/phsnews/

YouTube

- www.youtube.com/UMNFamilyMedicine
- www.youtube.com/PHSatUMN

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