

# Family Medicine Connection

DEPARTMENT OF FAMILY MEDICINE AND COMMUNITY HEALTH • NOVEMBER 2008

## Department Update

In late September, I traveled to Scotland where I had the privilege of sharing our Minnesota Complexity Assessment Method and seeing patients with David Weller, GP, Professor and Head, University of Edinburgh School of Clinical Sciences and Community Health. In addition, I presented a plenary session, *Making the Case for Holistic Mental Health Primary Care*, at the Collaborating for Mental Health—Primary Care and Communities conference in Dundee, sponsored by the Scottish Development Centre for Mental Health. The Development Centre is committed to finding operational strategies that create a more integrated approach to behavioral health as a part of primary care.

Scotland's systematic approach to health care emphasizes primary care, universal access, and universal coverage. Their system costs about half as much as our US system, and their primary care physicians often earn slightly more than hospital-based clinicians. This approach yields improved population-based health outcomes and places more emphasis on prevention, use of teams, commu-

nity-based resources, and self directed care.

With a culture that has a broad acceptance of a collective and publicly-funded health care system, my Scottish colleagues are pleased to report that 50% to 60% of their medical school graduates enter general practice. Their general practitioners may already deliver much of what we project a medical home could accomplish once we define and operationalize that term.

I was inspired by this experience but remain cautious about how our US system may develop. While American, British, and other systems struggle with costs, access, and quality of care, some parts of the world face far different priorities as a consequence of war. In an upcoming newsletter, we will include impressions from Jim Van Vooren, MD, based on his recurrent trips to Afghanistan.

Thank you for your participation as we



Macaran A. Baird, MD, MS, outside the clinic in Edinburgh, Scotland, where he saw patients

all work to enhance family medicine and community health. As always, I welcome your comments.

Sincerely,

Macaran A. Baird, MD, MS  
Professor and Head

Submit notice of grant awards, publications, media attention, or other news to the department's communications team (see contact information below).

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# In Memoriam

## A Celebration of Life

On Monday, October 6, faculty, friends, and family from around the country gathered in McNamara Alumni Center Memorial Hall to remember **Carole J. Bland, PhD**, Department of Family Medicine and Community Health faculty member for 34 years. Tributes given by friends and colleagues provided insights into her loyalty, positive attitude, and the mentorship she provided to so many. Her skills and numerous contributions will be missed in the months and years ahead.

Most recently, Bland served as assistant dean for faculty development in the Medical School, co-directed the leadership component of the Deborah E. Powell Center for Women's Health, and directed the family medicine fellowship in clinical research.

Throughout her career, she received multiple awards and honors, recognizing her extraordinary scholarly achievements, including the American Education Research Association Distinguished Career Award, Society of Teachers of Family Medicine (STFM) Excellence in Education Award, STFM Presidential Award, and STFM Curtis G. Hames Award.

Bland was integral to building the focus and philosophy of family medicine faculty development. Her research interests included faculty and administrator development

and productivity, educational design and evaluation, and mentoring relationships. In addition to producing numerous scholarly journal articles, Bland authored several books on faculty development and research.

### Remembering Carole

Carole was a friend and mentor to many, including me. Her loyalty to the University and family medicine was exceeded only by her intellectual curiosity and boundless energy. Carole's personal presence will be missed, but her positive imprint on the University, Medical School, and department will remain.

Macaran Baird, MD, MS

Several years ago, I was asked by Carole to substitute for her and give a speech on faculty development in Chicago. Needless to say, the audience was disappointed that she wasn't there.

Through that experience, I learned of Carole's national stature among other universities.

Russell Luepker, MD, MS  
School of Public Health

Family medicine and higher education took a major hit when Carole left us. She has been a constant symbol of excellence throughout our department's history. Through her work in education,



research, and faculty development, she has touched thousands of family physicians and medical educators, binding them all in some way to our department. Those who were fortunate to work with her experienced firsthand the qualities she brought to every encounter—intellectual rigor, relentless optimism, and collegial esteem. One always felt special in her presence.

Jim Pacala, MD, MS

Carole had an extraordinary passion for improving the lives of Medical School faculty. Her glow of enthusiasm was infectious. As dean of the Medical School, I especially appreciated how she surveyed and studied faculty so that we could better understand their challenges and work on ways to overcome them.

Deborah Powell, MD

Carole was an extraordinary person who contributed to the discipline of family medicine in many ways. She was an excellent teacher who truly enjoyed passing on her art to family medicine fellows and faculty. Even with her extremely busy schedule, she would make you feel that teaching and focusing on your needs was the most important thing she could be doing.

Mark Yeazel, MD, MPH

### CAROLE J. BLAND FUND FOR FACULTY DEVELOPMENT

The Carole J. Bland Fund for Faculty Development has been created through the Minnesota Medical Foundation. Contributions will be used to annually provide the Carole J. Bland Mentor of the Year Award to a faculty member who exemplifies her gift and passion for mentoring. Memorials may be directed to the Minnesota Medical Foundation, PO Box 64001, St. Paul, MN 55164 or [www.mmf.umn.edu/giveto/blandfund](http://www.mmf.umn.edu/giveto/blandfund).

## Hospice and Palliative Medicine Fellowship

Hospice and palliative medicine became a newly recognized subspecialty by the American Board of Medical Specialties in 2006. Since then, academic hospitals have begun introducing new fellowship training programs in hospice and palliative medicine to meet the increased need for palliative care subspecialists. The University of Minnesota Medical School is no exception.

On July 1, a one-year clinical fellowship in hospice and palliative medicine was launched by the Department of Family Medicine and Community Health, Department of Medicine, and University of Minnesota Medical Center (UMMC), Fairview.

**Sandra Gordon-Kolb, MD, MMM,** palliative care services medical director at UMMC, Fairview leads the program.

Training includes expertise in symptom relief and pain management and decisional support for patients and families suffering from advanced or progressive illness, including cancer, heart disease, multiple sclerosis, and more. Fellows are primarily trained at the UMMC, on the Fairview Riverside and University campuses. Additional rotations occur at the Children's Hospitals and Clinics of Minneapolis—Minnesota, Gillette Children's Hospital, Region's Hospital, and Walker Methodist Health Center.

### SANDRA GORDON-KOLB, MD, MMM

Gordon-Kolb, a general internist by training and experience, holds dual faculty appointments in the departments of medicine and family medicine and community health. She attended medical school at the University of North Carolina—Chapel Hill and residency at the University of Connecticut Health Center. Gordon-Kolb is interested in the integration of palliative care in the early continuum of chronic illness and belongs to the American College of Physicians, American College of Physician Executives, American Pain Society, and American College of Hospice and Palliative Medicine.

She has 8 adult children and 14 grandchildren and enjoys quilting, knitting, traveling, and cooking.



## 2008 Minnesota State Fair

Saturday, August 30, the department hosted the Academic Health Center booth in the University of Minnesota building at the Minnesota State Fair. Booth activities included "Ask the Doctor," "Ask the PharmD," and recruitment for the AIM-HIGH Cholesterol Management Program.

**Ellen Dodds, Jean Moon, PharmD, Kendra Seaquist, Jeremy Springer, MD, and Steve Stovitz, MD,** and Methodist Hospital family medicine residents **Stephanie Hunstad, MD, Janna Johanns, MD, and Kristin Tapper, MD,** were among the volunteers. Their time, energy, and expertise was greatly appreciated.



L-R, Stephanie Hunstad, MD, Jeremy Springer, MD, Kristin Tapper, MD, and Janna Johanns, MD

# Duluth News

## Faculty, Medical Students, and Alumni Shine at AAFP Annual Meeting

**Ruth Westra, DO, MPH**, chair of the Department of Family Medicine and Community Health - Duluth campus, and **Jim Boulger, PhD**, department faculty and director of the Duluth campus Center for Rural Mental Health Studies and interim head of the Department of Behavioral Sciences, advised and supported a current and former medical student in their research endeavors through the Minnesota Academy of Family Physicians (MAFP) Mersy Scholarships. Both students presented their findings at the American Academy of Family Physicians (AAFP) Scientific Assembly held September 17-21 in San Diego, California.

**Libby Wagner, MD**, first-year resident at St. John's Hospital Family Medicine Residency Program, presented her research on obstetrical care in rural Minnesota, which was recognized as the most interesting paper by physicians attending the MAFP Research Day last April. **Karen Myren**, fourth-year medical student,



Libby Wagner, MD



Karen Myren

presented her research on urinary incontinence following vaginal and cesarean-section delivery. Myren was one of five medical students

nationally selected to present in San Diego and received third place at the meeting.

In addition, Boulger presented the results of a study conducted by the Center for Rural Mental Health Studies on patient acceptance of integrated telemental health services within rural family medicine practices. **Erik Brodt, MD**, Medical School class of 2006, was among 20 family medicine residents selected to receive the 2008 AAFP/Bristol Meyers Squibb Award for Excellence in Graduate Medical Education. Brodt is a third-year resident with the Swedish Cherry Hill family medicine residency in Seattle, Washington.

### \$450,000 HRSA Award

In September, the Department of Family Medicine and Community Health – Duluth campus received a \$450,000 Title VII Health Resources and Services Administration (HRSA) Academic Administrative Unit grant for 2008-2011, with Westra as the principal investigator. The award will fund three objectives: 1) advance the Rural Academy of Leadership with community clinic and interprofessional experiences, 2) develop simulation curriculum to improve student medical decision-making skills, and 3) establish and expand medical student learning communities using ePortfolio.

### HOPE Clinic Opens

As part of the Rural Academy of Leadership, students founded the Hope of People Everywhere (HOPE) Clinic, in conjunction with the Churches United Ministry homeless shelter in Duluth. The clinic opened October 7 and is staffed by two medical and two pharmacy students and one family medicine and one pharmacy faculty from the Duluth campus.

## Summer Highlights

Duluth first-year medical students participated in the Medical Education through Diversity and Service (MEDS) summer program. Students traveled to Bolivia, Costa Rica, Germany, Haiti, Mongolia, Nicaragua, and Tanzania to study medicine, learn about different health care systems, and work on service projects. Support for student travel comes from MEDS fundraisers, the Edward B. Stenberg Endowed Scholarship, the office of the Medical School - Duluth campus Senior Associate Dean, and the Minnesota Medical Foundation. MEDS is a student-run program, advised by **Glenn Nordehn, DO**, and will be highlighted at the Association of American Medical Colleges annual meeting in November.



Glenn Nordehn, DO

Ninety medical school interns worked in hospitals and clinics throughout Minnesota for the Summer Internship in Medicine program. The program, conceived by **Ray Christensen, MD**, Medical School - Duluth campus assistant dean for rural health, aims to give students who have completed their first year of medical school a taste of working and living in rural and smaller communities by participating in two- to six-week rotations. Forty-seven of this summer's participants were from the Duluth campus.



Ray Christensen, MD

# Residency Recruitment

## National Conference of Family Medicine Residents and Medical Students

Once a year, family medicine leaders and educators from across the nation converge on Kansas City, Missouri, for the National Conference of Family Medicine Residents and Medical Students. This year's conference, held July 30-August 2, offered hands-on learning experiences, small group workshops, leadership development, and community service projects. Students also had the opportunity to visit booths representing hundreds of family medicine residency programs.

Faculty and staff attendees included **Kris Christiansen, MD, Bill Knopp, MD, Lynn Manning, MD, Casey Martin, MD, Laura Pham,** and **Mike Wootten, MD.** Twenty-two University of Minnesota medical students and 13 residents from six of our seven residency programs were also in attendance.

On Thursday, July 31, the department treated Minnesota medical students to dinner at Gates Barbeque, followed by entertainment at the Blue Room Jazz Club. The Minnesota Academy of Family

Physicians (MAFP) Social for Minnesota medical students, residents, faculty, and staff, sponsored by Allina Hospitals & Clinics, Fairview Health Services,

HealthPartners, and Park Nicollet Clinic, was held Friday, August 1.

The department booth logged 83 visitors, a 32% increase from last year.



L-R: (front) Bill Knopp, MD, Kris Christiansen, MD, Susan Keasling, MD (third-year resident at Smiley's), Janna Johanns, MD (second-year resident at Methodist); (back) Kamal Grewal, MD (third-year resident at St. Joseph's), Casey Martin, MD, Cherilyn Wicks, MD (second-year resident at St. Joseph's), Mike Wootten, MD, Christine Athmann, MD (second-year resident at St. John's)

## Night Out with Family Medicine

Wednesday, September 10, was the fall "Night Out with Family Medicine" residency recruitment event. **Mark Bixby, MD, Bill Roberts, MD, MS,** and **Mike Broton, MD,** North Memorial residency program grad and Hennepin County Medical Center sports medicine fellow, spoke about wilderness medicine to 35 medical students and their friends and families.

## MAFP Recruitment Breakfast

The MAFP annual recruitment breakfast was held Saturday, September 27, at the Radisson University Hotel in Minneapolis. The fair offered two educational workshops—Navigating the Match and Financial Planning—and the opportunity to visit booths representing each Minnesota family medicine residency program. Forty medical students were in attendance.



Right, L-R: Krista Skorupa, MD, and Jeremy Peterson, MD, third-year resident, staff the St. John's booth at the MAFP recruitment breakfast.

## New Faculty/Staff

**Carolyn Llorens Karasch** joined the department in July to work in administration. Her responsibilities include oversight of provider credentialing and work with promotion and tenure activities and the family medicine Clinical Services Unit. Karasch earned a bachelor's degree in international relations and certificate in industrial relations and is currently pursuing a master's degree in human resources management. Previously, she worked as an employment counselor for disabled veterans with the University's Department of Employment and Economic Development and from 2004-2005 served a one-year tour in Iraq.

Karasch moved from Puerto Rico to Minnesota in 1996. She now resides in St. Paul with her husband Nick and cat. Karasch enjoys traveling and studying languages. She is proficient in Spanish and English and can speak some Italian, Portuguese, German, and Japanese.



**Jacqueline (Jackie) Lyaruu-Macha** was born and raised in Tanzania, where she met and married her husband Pius. She has a bachelor's degree in human resources (HR) management and worked as an HR coordinator for the Lyngblomsten Care Center in St. Paul.



Lyaruu-Macha joined the department's HR team in July to assist with academic and faculty recruitment.

She and her husband, a software engineer for the Minnesota Department of Revenue, have two young daughters, Jessica (6) and Johanna (17 months). In her free time, she enjoys walking and reading.

**Sum Min (Mina) Park** joined the department head's office staff in June to provide administrative support. Previously, Park worked for ImageTrend, Inc. as an administrative assistant and earned her bachelor's degree in hotel, restaurant, and institution management from Iowa State University.



She lives with her husband Gyu Kwon, information systems staff at the Academic Health Center, and daughter Ye Rin. Kwon and Park met 16 years ago in San Diego, where they hope to retire someday. In their free time, they enjoy going out to eat and watching movies.

**Regina (R'Gina) Sellars**, community program specialist, began working with the Medical School Program in Health Disparities Research in May 2008 on smoking cessation projects. Sellars earned a bachelor's of science degree in psychology and secondary education and is a licensed and ordained minister. Previously, she worked for Dakota County Human Services providing mental health case management services to children and families with serious emotional disturbances. Currently, she is pursuing a master's degree in social work.

Sellars has two adult daughters—Tanee' and Cheryl. She enjoys a variety of personal interests, including writing, traveling, cooking, and spending time with family.



**Shana Sniffen, MD**, attended medical school at the University of Washington and completed her residency at North Memorial, where she began a faculty appointment in September. Sniffen is interested in health care disparities, cross cultural medicine, women's health, and native health.



In 2008, she received the department's Leonard P. Burke Memorial Award, recognizing her efforts during residency to understand the underserved community members of North Minneapolis.

Sniffen grew up in California and lived in Seattle, Washington for 10 years, prior to coming to Minneapolis for residency. She lives with her partner, Liz Rice, and enjoys Polynesian dancing, traveling, and spending time with family.

**Casey Tuck** joined the Medical School Program in Health Disparities Research in May 2008 as a research counselor for tobacco cessation projects targeting unmotivated smokers. Formerly, Tuck worked as a junior scientist for the

# Here's What's Happening

University's Center for Magnetic Resonance Research, providing assistance and instruction for data acquired using 3 Tesla Magnet with a focus on neuropsychiatric imaging. He earned a BA in psychology with a minor in sociology from the University of Vermont.



Tuck enjoys music, the outdoors, and disc golf.

**Beth Williams** was hired by the department's medical student education office in September, as administrative support for Sharon Allen, MD, PhD, Physician and Patient I-III course director. Previously, Williams worked for the Osseo Area School District, as secretary to the



principal of North View Junior High, and the University of St. Thomas Graduate School of Professional Psychology.

She has been married for 28 years and has four children and two grandchildren. In addition to her work at the department, Williams and her husband run a small manufacturing business.

## GO GREEN

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## Awards/Honors

**Peter Cermak, MD**, received the HealthEast "One of Our Best" award in August, recognizing individual efforts to further the mission and values of HealthEast.

In May, **Bill Roberts, MD, MS**, received the 2008 American College of Sports Medicine Citation Award, presented to individuals or groups that have made significant and important contributions to the exercise sciences. Roberts was honored for 25 years of excellence in clinical research, medical education, and patient care.



Bob Sallis, MD, past ACSM president (right), presents citation award to Bill Roberts, MD, MS (left).

**Jennifer Warren, PhD**, was awarded one of three 2008-09 University of Minnesota Outstanding Postdoctoral Scholar Awards at an October 1 reception at the Weisman Art Museum.

## In the Media

**Macaran Baird, MD, MS**, was quoted in the August edition of *Minnesota Medicine* about young physicians starting solo or small practices and was noted as 1 of 100 influential Minnesota health care leaders in the September issue of *Minnesota Health Care News*.

In July's *Minnesota Medicine*, **Nancy Baker, MD**, wrote about the use of literary podcasts to help physicians

better understand the human condition and was quoted in an article about the Harvard Street Forum.

In October, *Today's Diet and Nutrition* featured tips from **Mark Bixby, MD**, for avoiding colds.

**Eli Coleman, PhD**, was quoted in the *Star Tribune* September 1 regarding the number of war vets returning with disabilities and its impact on relationships, on ABCnews.com

September 3 about the consequences of abstinence-only sex education, and in the *Los Angeles Times* September 18 about the influence of deceased sex therapist Marilyn Fithian.

**Jon Hallberg, MD**, was featured in the July/August *MetroDoctors* "Colleague Interview" and quoted in the August 18 *Star Tribune* regarding the November opening of the University of Minnesota Physicians Mill City Clinic.

**Bill Roberts, MD, MS**, was quoted in the *New York Times* on July 28 about the distribution of deaths during marathons and on September 10 concerning the negative impact of overtraining on athletes.

## New Arrivals

**Dana Brandenburg, PsyD**, and her husband Steve Nyhus welcomed their daughter, Aubrey Matilda, born September 6.



# Scholar's Corner

## Grants

**Jim Boulger, PhD**, Duluth family medicine faculty and director of the Center for Rural Mental Health Studies at the University of Minnesota Medical School - Duluth campus, received \$142,000 from the Minnesota Department of Human Services in September to demonstrate the effectiveness of telemental health consultations with homebound elderly and their family physicians, Carlton County public health nurses, and the center's mental health professionals.



The UCare Fund awarded **Raymond Boyle, PhD, MPH**, and **Kevin Peterson, MD, MPH**, \$46,910 in August to investigate the validity of the Minnesota Complexity Assessment Method in diabetes patients.

In August, **Pat Fontaine, MD, MS**, received \$249,287 from the Agency for Healthcare Research and Quality to assess participation by primary care clinics in electronic health information exchange initiatives.

In September, **Diane Madlon-Kay, MD, MS**, was awarded \$38,140 from the UCare Fund to examine the impact of revised nursery orders on newborn preventive services and identify whether or not racial/ethnic disparities impact the quality of newborn care.

**Susie Nanney, PhD**, was awarded \$94,037 in September from the Robert Wood Johnson Foundation to



evaluate equity and disparities in school nutrition policies/practices.

The Blandin Foundation presented **Glenn Nordehn, DO**, Duluth family medicine faculty, \$93,000 to support the Heart Sounds Project, which is a collaborative effort of the University of Minnesota Medical School - Duluth campus, University of Minnesota Duluth Swenson College of Science and Engineering, and Itasca Community College. The funding supports development of a new stethoscope able to capture human heart sounds and interface with artificial intelligence-based diagnostics.

In June, **Michelle van Ryn, PhD**, received \$356,421 from the National Cancer Institute (NCI) to coordinate national experts and stakeholders from the NCI, Veterans Affairs Medical Center, and Department of Defense in development of patient and caregiver surveys for an ongoing quality of care measurement system.

## Presentations

**Nancy Baker, MD**, presented a poster on medical humanities at the European Association of Communication in Healthcare conference, held in Oslo, Norway, September 2-5.

In July, **Pat Fontaine, MD, MS**, was invited by the Chinese Ministry of Health and Advanced Life Support in Obstetrics (ALSO) International to Shenyang, China, to teach ALSO provider



Pat Fontaine, MD, MS, with physicians and an interpreter at Sujiatun County Central Hospital in China.

and instructor courses to faculty from five selected Chinese provinces.

## Publications

**Pat Fontaine, MD, MS**, and several School of Public Health colleagues wrote about prenatal health exposures and Minnesota's role in the National Children's Study in September's *Minnesota Medicine*.

Results of a survey of medical students, assessing the frequency of suicidal ideation and its relationship to burnout, was published in the September edition of the *Annals of Internal Medicine*.

**David Power, MD, MPH**, was among the authors.

Power also co-authored an article on diagnosing lactose intolerance with medical students for *Evidence-Based Practice*, a Family Physicians Inquiries Network publication, in June.

**Bill Roberts, MD, MS**, co-authored an article in the August edition of *Medicine and Science in Sports Exercise* about the body temperature of collapsed marathon runners.



**Therese Zink, MD, MPH**, was one of several authors of an article in October's *American Journal of Emergency Medicine* examining the relationship between skin color and the detection of genital injury during the forensic sexual assault examination.