

Family Medicine Connection

DEPARTMENT OF FAMILY MEDICINE AND COMMUNITY HEALTH • APRIL 2009

Head's Letter

In the midst of a continuing nation-wide economic struggle, the department has much for which to be thankful.

We just learned that the American Academy of Family Physicians has once again named the Medical School among the top 10 LCME-accredited schools in the nation for the 2005-08 academic years. This honor is given to medical schools with the highest percentage of students entering family medicine residencies and could not have been achieved without the support of our Duluth faculty who provide hundreds of hours mentoring first- and second-year medical students.

We are excited to welcome the Duluth Family Medicine Residency to our group of administered or affiliated residency programs. The program began in 1975 and has graduated 272 residents. Program director, Tom Day, MD, has

spent the majority of his career preparing residents for rural practice in Minnesota and beyond.

Over the past few months, our research faculty submitted funding proposals to the National Institutes of Health and Agency for Healthcare Research and Quality in the amount of

\$5.5 million. By the end of this month, they will submit 10-15 additional proposals within the new fiscal stimulus bill funding opportunities. This has been a significant task for faculty and staff alike; but, we are excited about the possibilities of continuing to strengthen our research infrastructure, enhance partnerships with other academic departments and institutions, and speed the uptake of innovations into practice.

This edition of the *Family Medicine Connection* includes updates from the



Duluth Family Medicine Residency faculty Tom Day, MD, Roger Waage, MD, and David Hutchinson, MD, pose with residents in front of the Duluth Family Practice Center.

department's Duluth campus, news about UCare—a nonprofit health plan founded by department faculty in the mid-1980s, reflections from Pita Adam, MD, MSPH, on her leave studying chronic disease management in Argentina, and much more.

Happy spring!

Macaran A. Baird, MD, MS
Professor and Head

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Duluth News

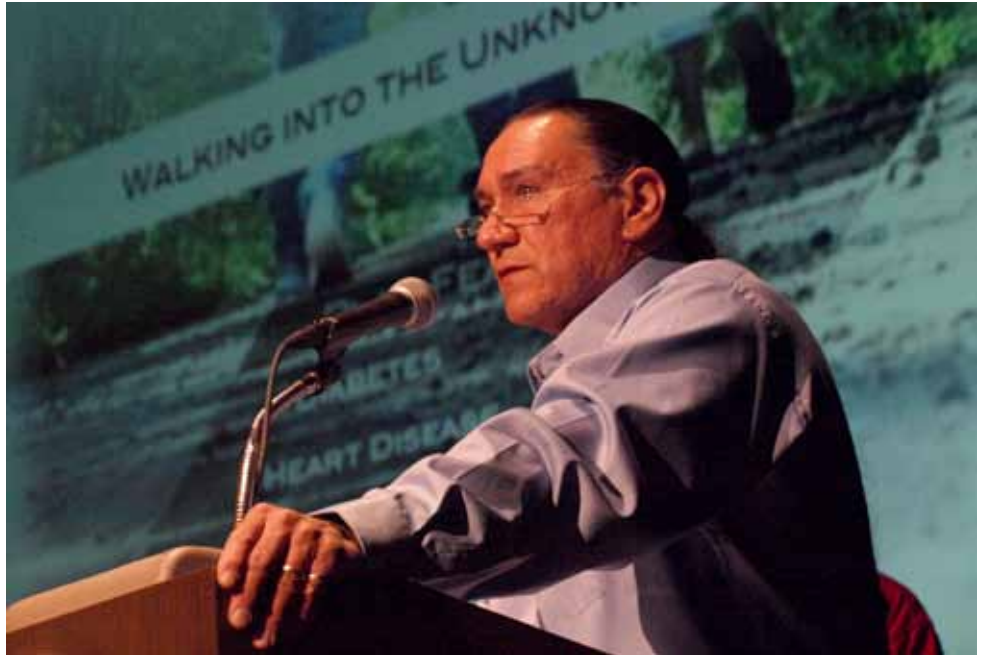
Walking into the Unknown Premieres

Arne Vainio, MD, and David Jorde, MD, Medical School alumni and Department of Family Medicine and Community Health–Duluth campus adjunct faculty, are featured in *Walking into the Unknown*, a new 65-minute health documentary. The film follows Vainio as he experiences health screenings from a patient’s vantage point.

“Making this film changed me,” Vainio told the audience at the March 23, 2009, premiere. “I never knew what it meant, as a physician, when I sent my patients to see a dietician or to get a colonoscopy. Now I know, and I can empathize as well as educate them.”

More than 200 people attended the screening at the University of Minnesota–Duluth campus Marshall Performing Arts Center.

Among the sponsors was the University’s Center of American Indian and Minority Health (CAIMH). Joy Dorscher, MD, CAIMH director and Department of



Arne Vainio, MD, addresses the audience at the *Walking Into the Unknown* premiere.

Family Medicine and Community Health–Duluth campus faculty remarked, “The center is pleased to have been a sponsor of this event. *Walking into the Unknown* will have

an enormous impact in the lives of Native American men.”

For more information, visit www.walkingintotheunknown.com.

34% of Duluth Students Choose Family Medicine

National Resident Matching Program (NRMP) Match results were shared at the March 19, 2009, Match Day event, held at the McNamara Alumni Center on the Twin Cities campus. Thirty-four percent of the 50 graduating University of Minnesota medical students who began their education at the Duluth campus matched in family medicine residency programs in 2009. According to NRMP data, 7.4% of graduating medical students chose family medicine compared to Duluth’s 34%, making Duluth’s results 4.6 times the national average.

Medical School–Duluth campus Senior Associate Dean Gary Davis, PhD, stated, “Duluth continues to meet its mission. I give the credit to our faculty and community physicians who inspire our students, and to the students who work hard at becoming great doctors no matter what field they choose.”

Graduating medical students Kristi and Matt Florek, with daughter Charlotte, receive their match letters at the March 19, 2009, Match Day event on the Twin Cities campus. The Floreks will be joining the Mayo family medicine residency program in Rochester in July 2009.



UCare Enrolls 150,000th Member

In January 2009, UCare reached its 150,000 member milestone. An open house was held the afternoon of Tuesday, February 16, 2009, to mark the occasion.

UCare senior leadership, staff, and Board of Directors Chair Macaran Baird, MD, MS, attended the celebration, which included a display of 150,000 M&Ms in UCare's logo colors (teal and blue) and a special map highlighting the fact that UCare is now licensed to offer state public programs in all Minnesota counties.

President and CEO Nancy Feldman gave a brief presentation showing slides from earlier celebrations, and Baird followed with a salute to UCare and its significant growth over the years.

UCare began as a Medicaid demonstration project, founded by Department of Family Medicine and Community Health faculty in 1984. The nonprofit health plan now provides more than 160,000 members across Minnesota and 26 counties in western Wisconsin with health care coverage.



L-R: UCare Board of Directors Chair Macaran Baird, MD, MS; Senior Vice President for Public Affairs and Marketing Ghita Worcester; President and CEO Nancy Feldman; and Senior Vice President and General Counsel Mark Traynor celebrate at UCare's 150,000 member milestone open house.

UCare has added several new and innovative programs since its inception, including MinnesotaCare*, Minnesota Senior Health Options**, *UCare for Seniors* (a Medicare plan),

UCare Complete for adults with physical disabilities, and *UCare Connect* for adults with certified or developmental disabilities.

* A state-subsidized program for people and families without access to affordable health care coverage

** A plan combining the benefits of Medicare and Medicaid for people age 65+, who are eligible for Medical Assistance (MA) and enrolled in Medicare Parts A and B or who have MA only

Family Medicine on reSource

The University of Minnesota Physicians (UMP) began rolling out a new family medicine section on the UMP intranet site, reSource, on March 4, 2009. The family medicine pages are in development and can be found under the departments/groups section on the site. Content includes centralized information (family medicine resources, policies, and guidelines) and localized information (clinic-specific).

Check it out at:

<https://resource2.umphysicians.umn.edu/familymedicine>.

Contact Kristi Van Riper at 612-884-0363 or kvanriper@umphysicians.umn.edu with comments/questions.

Become a "Fan" on Facebook

The department has joined Facebook to communicate with medical students, residents, and resident applicants and stay connected to alumni, faculty, and staff. To view our profile, which includes photos, news, event information, and more, click on the Facebook icon on the bottom of our home page (www.fm.umn.edu).



A Glimpse into Argentina's Medical System

by Pita Adam, MD, MSPH

I spent fall 2008 in Buenos Aires, Argentina, studying chronic disease management and exposing my children to the culture and language of their grandfather. Not only did my family thoroughly enjoy living, learning, and adjusting to another society, we began to examine our lives, work, and country through different lenses.

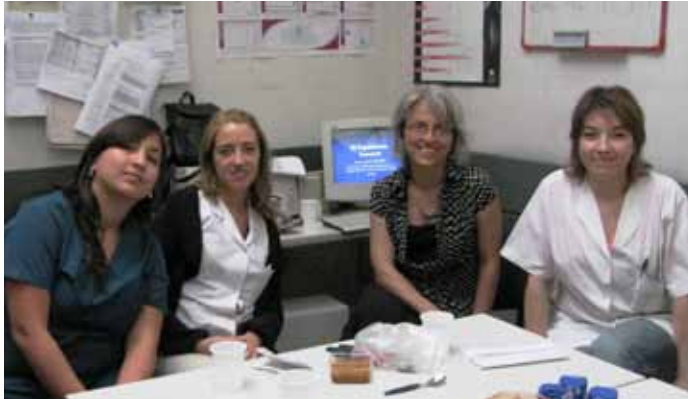
Sharing the Chronic Care Model

During my leave, I planned to observe Argentina's approach to chronic disease management and share what we're

doing in the United States to improve patient care. To prepare, I read Dr. Ed Wagner's Chronic Care Model and talked to Peter Harper, MD, MPH, Clinical Service Unit medical director, about how the department has begun incorporating this model into the care of our diabetic patients. I intended to hit the ground running with a lecture (in Spanish) on the U.S. experience in chronic disease management.

Two weeks after arriving, I met with my mentor, Julio Ceitlin, MD, the father of family medicine in South America. Over our teas of mate, Ceitlin asked me to show him my presentation. After about 10 slides, he announced, "It seems like you are proposing a model that is yours. I am not sure I see the relevance to us." That day, I assumed he didn't understand my Spanish well enough to appreciate the model. I soon learned that Ceitlin understood me quite well and that Wagner's model was ill-suited to the existing health care systems in Argentina.

During the next three months, the lens through which I viewed health care changed dramatically. It seems obvious as I write this, that the chronic disease model we espouse was specifically created to address the issues inherent in our health care system. But one loses



Pita Adam, MD, MSPH, giving a lecture at Construir Salud.

that perspective when immersed within a singular system. I wasn't planning on changing Argentinean care delivery, but I had expected more interest in our model and a parallel interest in improving the management of chronic diseases.

Two Different Health Care Systems

The U.S. and Argentinean health care systems are different in multiple ways. In the U.S., we value collaborative decision-making between the physician and patient; in Buenos Aires, physician-centered decision-making is the norm.



A private exam room at Dr. Ceitlin's family medicine clinic.

In the U.S., patients expect complete care with testing and results at their visit; in Buenos Aires, the patients expect to go elsewhere and to return to the clinic with their results for follow-up. There is no coordination between the outside labs and clinics, and only a few of the private hospitals have an electronic health record. In the U.S., we rely heavily on medications to get our patients rapidly to goal, while in Buenos Aires, primary care physicians work diligently with patients on life style changes before turning to medications.

As part of the Wagner Chronic Care Model, we use a team of physicians, behaviorists, and coordinators to educate and motivate patients to modify their lifestyles. In Argentina, there are very few nurses in the hospitals and even fewer in the clinics—the physician often works as the doctor, nurse, and technician. These stark contrasts illustrate why it cannot be assumed that one health care system's solutions can simply be adapted or even modified to serve another.

A New View

I continue to be proud of the work we are doing to improve health care in the U.S., and continue to advocate for the chronic disease model. Yet, I find myself less strident, less sure of the correct path, and humbler. I learned how difficult it is for a physician to understand and adapt to another health care system and respect our residents and faculty who have managed that transition. I place an even higher value than before on the patient-physician relationship and am encouraging life style changes more. I'm also waiting just a bit longer before turning to medications.

As for my family, my sons also view their country, food, and customs through

different lenses. My children went from eating pizza and pasta to appreciating Argentinean cuisine like milanesas, alfajores, and media lunas. They walked to school, rode public buses and metros, and travelled for days in buses and trains. They improved their Spanish, learned about the “Disappeared” of Argentina, and had the opportunity to

observe an American election from an international perspective.

My job now, both professionally and personally, is to continuously refocus through an ever-changing lens as I observe, react, and respond in this global society.



Enjoying media lunas.

Here's What's Happening

Awards/Honors

In January 2009, **Mustafa al'Absi, PhD**, was elected a fellow in the Association for Psychological Science (APS).

Fellow status is awarded to APS members who have made sustained outstanding contributions to the science of psychology in the areas of research, teaching, service, and/or application.



Jon Hallberg, MD, Rob Johnson, MD, and Jim Pacala, MD, MS, were named in the January 2009 edition of *Mpls.St.Paul Magazine* as 2008 “Top Doctors.”

The Association for the Treatment of Sexual Offenders Board of Directors reelected **Mike Miner, PhD**, at-large representative. His term begins January 2009 and ends December 2011.

Susie Nanney, PhD, began a three-year term in January 2009 on the board of directors for the Emergency Foodshelf Network, a nonprofit food bank that collects, stores, and distributes food and support services to nearly 200 hunger relief organizations in Minnesota.

Kevin Peterson, MD, MPH, was named director of the department's research program in January 2009.

The Leonard Tow Faculty Humanism in Medicine award will be presented to **David Power, MD, MPH**, at an April 17, 2009, celebration hosted by the Minnesota Medical Foundation. Each year, one faculty member is given the award for promoting the integration of humanism in the delivery of care to patients and families.

George Smith, MD, was presented the East Side Medical Society Community Service Award in January 2009 for his contributions to St. Paul's East Side neighborhood, Boy Scouts, and Rotary.



On March 1, 2009, **Brian Zamboni, PhD**, received one of three awards for outstanding faculty members from St. Mary's University of Minnesota. Zamboni has taught in St. Mary's graduate program in marriage and family therapy since 2005.

In the Media

Macaran Baird, MD, MS, was quoted in a February 17, 2009 *Minnesota Daily* article about the federal stimulus bill and potential funding opportunities for primary care professional training.



CityPages featured an article on transgender children on March 4, 2009. **Walter Bockting, PhD**, was quoted.

The January-February 2009 edition of *Minnesota* alumni magazine featured **Eli Coleman, PhD**, for his 30 years of service to the Program in Human Sexuality. Coleman also appeared on “Access Minnesota” on April 4, 2009, discussing global sexual health issues.

In February 2009, the *Academic Physician & Scientist*, a recruitment publication of the Association of American Medical Colleges, featured the University's Center for American Indian and Minority Health (CAIMH). **Joy Dorscher, MD**, and **Glenn Nordehn, DO**, were quoted about CAIMH's programming.

Jon Hallberg, MD, spoke on Minnesota Public Radio's (MPR) "All Things Considered" on January 27, 2009 about the Centers for Disease Control and Prevention recommendation that children under age five receive the HiB vaccination; on February 11, 2009, about the FDA ban on Darvon; and on March 5, 2009, about findings from a study published in the *Annals of Internal Medicine* that patients who use a single primary care physician received better treatment and health advice.

Hallberg and other Mill City Clinic staff were interviewed for a February 2, 2009, piece in the *Downtown Journal* about the opening of Mill City Clinic.

MPR's Lorna Benson interviewed **Jeremy Peterson, MD**, third-year resident at St. John's, and **Bill Roberts, MD, MS**, on January 27, 2009 about Medical Education Research Costs funding and its impact on Minnesota residency programs.

Bean Robinson, PhD, was quoted in an article on ABCNews.com on January 23, 2009 about female orgasms.



"KSTP TV News" featured **Smiley's Clinic** in an April 3, 2009 story about the new sales tax for smoking cessation.



Pictured: Ninth- and tenth-grade students participating in CAIMH's Journey Garden Program.

On February 16, 2009, the *Duluth News Tribune* featured a story about the student-run HOPE Clinic. **Ruth Westra, DO, MPH**, and **Ray Christensen, MD**, were quoted.

Interesting Stories

Therese Zink, MD, MPH, assisted former Rural Physician Associate Program (RPAP) student **Cesar Ercole, MD**, in writing a narrative about his interaction with an immigrant patient during his RPAP rotation. The story titled, "Pursuing the American Dream," was published in the February 2009 edition of *Minnesota Medicine*.

Zink also helped former RPAP student **Jean Howell** in writing a narrative published in *Pulse*, an on-line magazine that shares stories and poems written by health care professionals and patients.



In the March 2009 edition of *Minnesota Medicine*, Zink wrote about a recent encounter with a patient and her family impacted by domestic violence.

New Arrival

Vincent Michael Karasch was born to **Carolyn Karasch**, associate administrator, and her husband Nick, February 15, 2009.



Scholar's Corner

Grants

Sharon Allen, MD, PhD, received \$335,757 from the National Institutes of Health (NIH) subcontract with the University of Connecticut in March 2009 to evaluate the effectiveness of a moderate resistance/aerobic exercise program for smoking cessation in postmenopausal women age 50/older.



The Grant-in-Aid Program administered by the University of Minnesota Graduate School awarded **Jerica Berge, PhD**, \$29,141 in January 2009 to study the prevention of obesity in female adolescents through community-based research.

In fall 2008, **Michele Allen, MD, MS**, received \$27,299 from the NIH subcontract with Cambridge Health Alliance to research interventions that increase engagement and retention in mental health care; **Dana Brandenburg, PsyD**, was awarded \$90,000 from ClearWay Minnesota to continue administering QUITPLAN, a smoking cessation program available in three of our clinics—Broadway Family Medicine, Phalen Village, and Smiley’s; **Pat Fontaine, MD, MS**, received \$49,770 from the Obesity Consortium of Minnesota to create clinically useful gestational weight gain graphs; and **Suzanne Hecht, MD**, was presented \$124,246 from NFL Charities to assess the prevalence of cardiovascular disease risk factors in Division I football athletes.

Presentations

David Satin, MD, will be among the presenters of a April 30, 2009 session titled, “Managing the medical home when new evidence challenges pay for performance guidelines” at the 42nd annual Society of Teachers of Family Medicine (STFM) spring conference, held in Denver, Colorado.

In January 2009, **Ruth Westra, DO, MPH**, and **Jeff Adams, MD**, presented posters at the annual STFM Predoctoral Education Conference.

Westra’s poster described the rural interprofessional experience for first-year medical and pharmacy students on the Duluth campus.



Adams’s poster demonstrated part of a developing program that trains first- and second-year students in the use of ultrasound and

to correlate ultrasound findings with physical diagnosis and anatomy.



Publication

Kevin Peterson, MD, MPH, and **Carol Lange, MPH**, were among the authors of a December 2008 article in *Diabetes Care* on findings from the TRANSLATE trial, a multicomponent organizational intervention that produced significant changes in diabetes care and outcomes in community primary care practices.

GO GREEN

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PHS Welcomes New Fellow

The Program in Human Sexuality (PHS) welcomed new post-doctoral fellow Ashley Mercer, PsyD, on March 23, 2009. Mercer earned a PsyD in counseling psychology from the University of St. Thomas and has experience working with abuse/trauma, personality disorders, chemi-

cal dependency, self-injury, spirituality, and family of origin, multicultural, and diversity issues. Mercer’s clinical and research interests include women’s health and sexuality, gender identity and expression, relationship concerns and communication, sexual dysfunction, and social justice issues.



New Association of Family Medicine Administration President

University of Minnesota Medical Center, Fairview, Smiley's Family Medicine Residency clinic supervisor Deanne St. George was installed as president of the Association of Family Medicine Administration (AFMA) at the March 2009 Residency Program Solutions (formerly RAP) conference for family medicine residencies.

AFMA's mission is to promote the professional growth and development of its members with emphasis on administration and coordination of health care delivery, education, and research within family medicine residency programs.

This is an impressive achievement for St. George. Smiley's faculty Nancy Baker, MD, commented, "Deanne is highly regarded for her expertise and professionalism by AAFP staff."



UPCOMING EVENTS

April

22 Family Medicine Grand Rounds: *Interprofessional Team Rounds*

Mike Wootten, MD, and
Shailey Prasad, MD, MPH
12:15-1:15 PM
Moos Tower 1-450
515 Delaware St SE
Minneapolis

April 29-May 3

STFM Annual Meeting
Denver, Colorado

May

2 Medical School Graduation

1:30-4:00 PM
Northrop Auditorium
84 Church St SE
Minneapolis

13-15

Family Medicine Update
Radisson University Hotel
615 Washington Ave SE
Minneapolis

25 University closed in observance of Memorial Day

June

3 Family Medicine Grand Rounds: *Teaching in the Patient's Presence, a Model for Outpatient Care*

David Power, MD, MPH, and
Craig Roth, MD
12:15-1:15 PM
Moos Tower 1-450
515 Delaware St SE
Minneapolis

10 Family Medicine and Community Health Resident and Fellow Commencement

6:00 PM, reception
7:00 PM, ceremony
McNamara Alumni Center
200 Oak Street SE
Minneapolis

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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