

Family Medicine Connection

DEPARTMENT OF FAMILY MEDICINE AND COMMUNITY HEALTH • APRIL 2010

A Break from Minnesota's Winter in Sunny Jalapa

by Therese Zink, MD, MPH

"The Gringos are here!" This time I didn't actually hear those words, but the news that we had arrived echoed on the streets of Jalapa, Nicaragua. With a population of 24,000 (the size of Faribault or Austin, Minnesota), Jalapa is nestled in the mountains of northern Nicaragua—about 20 minutes by car from the Honduran border.

This was my fourth trip to Jalapa with a Minnesota nonprofit—Interfaith Service to Latin America (ISLA). For 15 years this nongovernment organization has provided limited medical services, scholarships, and construction. Four trips are made annually—January, March, June, and October.



Local Red Cross on the streets of Jalapa, Nicaragua

Read more, pg. 2

CONTENTS

Harvard Street Forum	3
North Memorial Changes	3
ACCORD Findings	3
Duluth News	4
Family Medicine Nights Out	5
Faculty Development	5
Congrats Grads	6
Welcome PGY-1s	6
Who's New	6
Here's What's Happening	7
Scholars' Corner	8

Reasons to Celebrate

By Macaran Baird, MD, MS

Our department has much to celebrate.

We remain ranked in the top three National Institutes of Health-funded family medicine departments, according to data released by Blue Ridge Institute for Medical Research.

The LEAN process (referenced in January's newsletter) has helped our teaching clinics improve patient and staff satisfaction as well as publically reported clinical outcomes. For example, one clinic reached 27% success on all five diabetes quality measures.

We were also successful in the recent NRMP (National Resident Matching Program) Match. All of our family medicine residencies have filled their positions.

Beyond our department's accomplishments, all of family medicine has reason to celebrate. In the University of Minnesota Medical School, 15.3% of students chose family medicine residencies, and the family medicine national fill rate of 91.4%* was the highest ever.

We are so grateful for our outstanding faculty, residents, staff, and preceptors that have helped make these accomplishments a reality.

*Data from NRMP Advanced Data Tables for 2010

Women's Health Outreach

None of the local gynecologists have been willing to work in the public system. So for the past 10 years, ISLA has filled a gap in women's health, collecting Pap smears, evaluating abnormal Paps with colposcopy, and treating with LEEP as appropriate.

Four years ago, ISLA encouraged the formation of a women's foundation (Fundación de Mujeres), a group of local business women who advocate for women's health. The group publicizes ISLA's Pap smear brigades, registers women for the clinics, helps conduct clinics in rural communities, and distributes results to patients.

Seeing Patients

While in Jalapa, I worked, and worked hard: 43 Pap smears including a few colposcopies in one day during the past visit.

We conducted clinics for six days. Two of which were on the edge of a tobacco field. A U-shaped board, cut from plywood by a construction crew, can be set on a table or desk to create an exam table for Paps.

Patients walked in from the field, registered on the porch, received preventive education from the Fundación, and then came into a "bedroom" clinic. The bed was the best piece of furniture in the house for placing the board. Thanks to headlamps, hand sanitizer, and dozens of metal speculums donated from the U.S., our conditions were clean and safe.

The last few years I have also had a mini-uterine prolapse clinic. With multiple births, prolapse is common and hysterectomy is often unaffordable; the wait is long within the public system, or not an option for elderly women. I have honed my pessary-fitting skills, since I rarely use them in the U.S. An elderly patient who saw me last year for a "mass between her legs," her uterus, hugged me when

she returned this year for a recheck.

What's Next

For the last two years pre-health professional students from St. Olaf College have conducted door-to-door needs assessment surveys in rural communities. Adapted from a WHO tool, the survey data is helping ISLA plan the next phases of their health initiatives.

The survey also gives student an opportunity to see locals' homes and experience their generous hospitality.

In the U.S.,

you may have a door

slammed in your face, but in Nicaragua neighbors invite students over to their houses to conduct the survey. As a thank you to those who participated, we handed out toothbrushes or bars of soap.

Those of you who have done service work outside of the usual Minnesota setting understand the richness of these experiences. I return appreciating the gifts I have been given; my own challenges and worries now viewed with a new perspective. I am reminded that

physical poverty does not equal spiritual poverty.

Currently, I am leading an effort within the department to organize our diverse efforts in international health so that medical students and residents can easily join those of us who are committed to international health outreach. Results



L-R, Phyllis Wiener, NP, Rita Wilson (nurse), Nancy Gartner (medical assistant), David Dexter, MD (pathology), and Therese Zink, MD, MPH

from a recent survey of department residents and residency directors will be shared this spring.

Zink is associate director for research and evaluation of the Rural Physician Associate Program and faculty at St. John's Hospital Family Medicine Residency.

She has written numerous award-winning stories about doctoring, published in both literary and medical journals.

Learn more about

Interfaith Service to Latin America at <http://isla.cc>.

Harvard Street Forum

On March 5, pediatrician Maren Olsen, MD, and psychologist Don Brunnquell, PhD, from St. Paul Children's Hospital, along with Barbara Elliott, PhD, Duluth campus faculty, discussed an ethical approach to parent-teen health care decision-making at the Harvard Street Forum.

The forum serves as a venue for discussing health care related issues of relevance and controversy.

L-R, Barbara Elliott, PhD, Maren Olsen, MD, Don Brunnquell, PhD, and Nancy Baker, MD, moderator



North Memorial Leadership Changes



L-R, Shailey Prasad, MD, MPH, Mike Wootten, MD, and Mark Bixby, MD

On March 18, **Mark Bixby, MD**, stepped down from his role as North Memorial Family Medicine Residency director (1996-2010) to serve as the residency's director of hospital medicine and part-time physician-in-chief for North Memorial Physician Services.

Mike Wootten, MD, associate director since 2008, was named North Memorial's new residency director; and, **Shailey Prasad, MD, MPH**, former Broadway Family Medicine medical director, was named the new associate director.

Congrats to Bixby, Prasad, and Wootten on these exciting new roles at North Memorial.

ACCORD Released Findings

The ACCORD (Action to Control Cardiovascular Risk in Diabetes) trial, conducted at Phalen Village Clinic from 2001 to 2009, released findings in March.

Working with researchers from across the United States and Canada, ACCORD investigated the effects of blood pressure control and the combination of fibrates and statins in reducing major cardiovascular events in participants with Type 2 diabetes.

The blood pressure and lipid results

were released in two articles on March 14 in the *New England Journal of Medicine*. Department research director and ACCORD trial principal investigator **Kevin A. Peterson, MD, MPH**, was among the authors.

The article "Effects of intensive blood pressure control in Type 2 diabetes mellitus" demonstrates that in patients with Type 2 diabetes at high risk for cardiovascular events targeting a systolic blood pressure of less than 120 mm Hg, as compared with less than 140mmHg, did not significantly reduce the rate of

fatal and nonfatal major cardiovascular events. It did, however, result in a significant reduction in strokes.

The results of the lipid arm of the study found the combination of fenofibrate and simvastatin did not reduce the rate of fatal cardiovascular events, nonfatal myocardial infarction, or nonfatal strokes, as compared to use of simvastatin alone. It did, however, show a possible benefit for patients with both a high baseline triglyceride level and a low baseline level of high-density lipoprotein cholesterol.

Duluth News

Horning Appointed to AAFP Commission

Duluth second-year resident **Matthew Horning, MD**, was appointed resident representative to the American Academy of Family Physicians Commission on Health of the Public and Science in October 2009.

The goals of the commission include eliminating health disparities, promoting cultural proficiency, and addressing rural health issues through review and development of clinical policy statements and public health activities.

Commenting on his appointment, Horning said, "Involvement with the Minnesota Academy of Family Physicians helped me appreciate the unique vantage point students and residents have within the specialty of family medicine and the important contributions we make to ensure the success and strength of our specialty in the future."



Pearson and Nordehn on "DocTalks"

"DocTalks" is a free, public outreach program covering health care topics, sponsored by the Medical School – Duluth campus.

On February 10, University of Minnesota Duluth students and Duluth area residents had the opportunity to see **Jennifer Pearson, MD**, demonstrate how she teaches medical students to deliver babies with Noelle, the Medical School's birthing simulator. **Glenn Nordehn, DO**, also displayed an auscultation learning Web site, aimed to augment learners' abilities to accurately recognize common heart sounds.



Rural Pre-Med Summit

More than 90 pre-medical students and their advisors from 27 undergraduate schools attended the Rural Pre-Med Summit at the Duluth campus February 13.

Medical School – Duluth campus faculty, administrators, and current medical students discussed the challenges and rewards of pursuing a career in medicine and emphasized Duluth's mission—to prepare doctors for primary care and practice in rural communities. Gary Davis, PhD, senior associate dean of the Medical School – Duluth campus, commented that the mission of the school has never been more important to the state and country.

We're proud of our record of recruiting and graduating students who want to be primary care physicians. Because of the demand in rural communities, we must work hard to keep that momentum going.

– Gary Davis, PhD, senior associate dean

Summit speakers and hands-on presenters included department faculty **Jeff Adams, MD, Jim Boulger, PhD, Ray Christensen, MD, Sue Nordin, MD, and Ruth Westra, DO, MPH**; first-year medical students **Matthew Deyo-Svendsen, Jessica Malone, Coridon Quinn, Sarah Ristvedt, Nora Sadek, and Kristen Scislow**; second-year medical students **Ohmar Coughlin, Kat Joseph, Ashley Nord, Shawn Olson, Josh Peltier, and Jessica Simmons**; and third-year medical student **Kyle McKenzie**.

Family Medicine Update

May 12-14

Radisson University Hotel
www.cme.umn.edu



Nights Out with Family Medicine

The winter Night Out with Family Medicine was held January 28 at Mill City Clinic in Minneapolis. While the event was recruitment-focused, medical students, faculty, residents, staff, and community members were also able to enjoy the second Hippocrates Cafe presentation in which two Guthrie actors explored the nature of family medicine and primary care through poetry, song, and essay.



It's so great to be able to interact with physicians, residents, and other students, especially in a setting that is different from the norm. I wish there were more events like this to break up studying and give us perspective on what life as a physician is really like.

– First-year medical student

Spring's Night Out with Family Medicine will be held April 21, 5:30-8:30 pm, at St. Anthony Main Event Centre in Minneapolis. A panel of physicians will discuss how they got started in primary care clinical research. Speakers include department faculty **Sharon Allen, MD, PhD, Dwenda Gjerdingen, MD, MS, and Kevin A. Peterson, MD, MPH**, and resident **Libby Brevier, MD**. Medical students and guests will also have the opportunity to connect with faculty and residents from all eight University of Minnesota family medicine residencies.

Faculty Development Fellowship

In January, the department rolled out its new Faculty Development Fellowship, created, directed, and taught by **Joe Brocato, PhD, and Mark Yeazel, MD, MPH**.

The fellowship takes department and regional junior faculty through a six-month collaborative, hands-on training

program, covering curriculum development and evaluation and teaching skills.

Following completion in June, fellows will be viewed as an additional resource in their programs or areas to help improve the quality of teaching throughout the department and beyond.

Current fellow **Krista Skorupa, MD**, had this to say about the program: "For someone who has no formal training in education, the fellowship has been an invaluable experience thus far. Most importantly, it has been a lot of fun to interact with and learn from other faculty."



UNIVERSITY OF MINNESOTA

Family Medicine Residency Alumni & RPAP and Medical Student Preceptors

Join us for *Hippocrates Cafe*, a production by **Jon Hallberg, MD**, and **two Guthrie actors**, illuminating the *Essence of Family Medicine* through song, poetry, and essay.

May 12, 2010 • 5:00–8:30 pm

TCF Bank Stadium

Congratulations 2010 Resident Graduates

Duluth

Danielle Bergman, MD; Jennifer Brown, MD; Jeremy Carlson, MD; Aanders Dommer, MD; Katherine Franklin, MD; Kurt Habben, MD; Eric Kirchner, MD; Justin Quade, MD; John Tieben, MD

Mankato

Danielle Mitchell, MD; Corina Narvaez Jacob, MD; Robert Olsen, MD

Methodist Hospital

Gregory Dukinfield, MD; Stephanie Hunstad, MD; Janna Johanns, MD; Jason Kallestad, MD; Sally Leitch, MD; Seth Vogel, MD

North Memorial

Franklin Anderson, MD; Jessica Guiroy, MD; Jacob Hayman, MD; Joseph Kalugdan, MD; Katherine Kardell, MD; Erin Kendrick, MD; Beth Larson, MD; Tanner Nissly, DO; Melissa Novak, DO; Christina Stavig, DO; Kristin Tiegs, MD

Smiley's

Hanan Abu Alnaaj, MD; Benjamin Baechler, MD; Carrie Link, MD; Fatima Nisar, MBBS; Jessica Sanchez, MBBS; Azeb Yihune, MD

St. Cloud Hospital

Kourtney Bradford, MD; Jasmine Folger, MD; Ann Lee, DO; Punam Patil, MBBS

St. John's Hospital

Christine Athmann, MD; Kevin Best, MD; Heather Hamernick, MD; Jared Reese, MD; Christopher Thompson, MD; Angela Voight, MD

St. Joseph's Hospital

Michael Lynch, MD; Kene Ogbogu, MD; James Olson, DO; Harminder Rodgers, MBBS; Kim Usher, MBBS; Cherilyn Wicks, MD; Alan Wong, MD

Welcome 2010 PGY-1 Residents

Duluth

Maria Barrell, DO; McKenzi Burmeister, MD; Jonathan Currey, MD; Heather Danckwart, MD; Dorrie Happ, MD; Keegan Jackson, MD; Aaron Jordan, MD; Monica Lee, MD; Maggie Neudecker, MD; Peter Olsen, MD

Mankato

Sasha Fach, DO; Thomas Lovinger, MD; Gavin Meany, MD; Angela Nuamah-Addo, MD; Kelsey Nylander, DO

Methodist Hospital

Maria Carrow, MD; Helen Hagan, MD; Hilary Hammell, DO; Thomas Mullin, MD; Amber Scaletta, DO; Jennifer Vesely, MD

North Memorial

Patricia Berggreen, MD; Amanda Christ, MD; Gillian Gentling, MD; Ryan Herbert, MD; Mary Kleinschmidt, MD; Austin Krohn, MD; Tria Lor, MD; Erin Louks-Smith, MD; Nicole Ulrich, DO; Nicole VandenBerg, MD

Smiley's

Nadia Arshad, MBBS; King Chung Yam, MD; Dana Kusnir, MD; Mike Parrott, MD; Marco Pocholo Valencia, MD; Ghazal Sinha, MBBS

St. Cloud Hospital

Trent Anderson, DO; Shefa Kani, MD; Jennifer Lien, DO; Nathan Tiwari, MD; Viktoriya Vladykina, MD

St. John's Hospital

Elizabeth Burnes, MD; Justin Golden, MD; Kathleen Kroschel, MD; Ryan Kroschel, MD; Jeffrey Nelson, MD; Nate Waibel, MD

St. Joseph's Hospital

Melinda Berg, DO; Eric Chau, MD; Demian Gitnacht, MD; Carrie Kern, DO; Kerry Kuffenkam, MD; Matthew McLeod, MD; Nicole Smith, MD; Tou Vang, MD

Who's New?

Faculty

Tricia Hall, DO, former North Memorial resident and Chicago College of Osteopathic Medicine graduate, joined North Memorial Family Medicine Residency faculty in March.

She is passionate about eliminating inequalities of health and poverty around the globe and volunteers locally at St. Mary's Clinic, serves on several committees with non-profit organizations, and has traveled to five developing countries over the past 15 years. Most recently, Hall traveled to India to study the community-based primary health care model and is working with a local organization to develop and implement a plan using the model in Nigeria.

Hall lives in Minneapolis with her husband and two young sons. In her spare time, she enjoys choral music, fitness, and travel.



Staff

Sara Coulter, MPH, joined the Medical School Program in Health Disparities staff March 1.

Coulter earned an MPH with a focus on nutrition from the University of Washington. She previously worked on



food system assessment and feasibility research.

Coulter grew up near Albert Lea, Minnesota, and has served the Peace Corps in Zambia, Africa. She currently lives with her husband and three-month-old daughter. Her personal interests include gardening, running, and learning new things.

Katherine Harrison, MPH, joined the Tobacco Use Research Center in March as a study coordinator.

Fellow

Ryan Miller, PsyD, began a behavioral medicine fellowship January 11. He is currently completing fieldwork at

Bethesda and Smiley's clinics.

Miller earned a PsyD in clinical psychology from the Minnesota School of Professional Psychology and completed a clinical psychology internship with the VA Central Iowa Health Care System.

He is interested in medical home model integration.

Miller lives with his wife and poodle. He enjoys long distance cycling, photography, fishing, and traveling.



Here's What's Happening

Awards/Honors

In February, **Walter Bockting, PhD**, was named to the Institute of Medicine Committee on Lesbian, Gay, Bisexual, and Transgender Health Issues and Research Gaps and Opportunities, and

Pat Fontaine MD, MS, was named the American Academy of Family Physicians liaison to the American Congress of Obstetricians and Gynecologists Committee on Adolescent Healthcare.

Michael Lynch, MD, third-year resident at St. Joseph's Hospital, received the Arnold P. Gold

Foundation Humanism and Excellence in Teaching Award. Lynch was nominated by medical students for his commitment to teaching

and the compassion and humanism he demonstrates with patients.



In April, the University's College of Education and Human Development awarded **Tai Mendenhall, PhD**, the Robert H. Beck Faculty Teaching Award for excellence in teaching and advising.

The National Institutes of Health invited **Mark Yeazel, MD, MPH**, to review grants for the Recovery Act Limited Competition, "Building sustainable community-linked infrastructure to enable health science research" in February.

In the Media

Macaran Baird, MD, MS, appeared in February's *Minnesota Physician* discussing how he chose the specialty of family medicine.

Eli Coleman, PhD, spoke on WCCO-TV News "Good Question" segment February 19 about sexual addiction and was quoted in two ABCNews.com articles on March 8 about the different definitions adults apply to sex and the

development of a condom targeted at younger teenagers.

In February, **Jamie Feldman, MD, PhD**, and **Bean Robinson, PhD**, appeared on the Town Square Television program, "Girl Talk," discussing sex.

Jon Hallberg, MD, recently appeared on Minnesota Public Radio (MPR) discussing the retracted autism study, copay increases, new guidelines for aspirin intake, and weight loss tools.

The American College of Sports Medicine winter Olympics expert commentary blog featured an entry by Methodist Hospital second-year resident **Robyn Knutson Bueling, MD**, on the creation of an Olympic figure skater.

Mary Faith Marshall, PhD, spoke about end-of-life care in the *Star Tribune* March 10.

In a February 15 *Minnesota Daily* article about cyberstalking exes, **Tai Mendenhall, PhD**, was quoted.

Mike Miner, PhD, was cited about his research on compulsive sexual behavior in the *Los Angeles Times* March 1.

Jim Pacala, MD, MS, appeared on MPR March 9 discussing what medical schools look for in student applicants and was quoted in a March 29 *Star Tribune* article about depression screening with elderly patients.

The Community-University Health Care Center was featured in the February cover story of *Minnesota Medicine*.

Chris Reif, MD, MPH, was quoted.

Bill Roberts, MD, MS, was quoted on Runnersworld.com February 10 about canceling marathons and referenced in the March edition of the *Twin Cities Marathon Mile Marker*, along with St. John's Hospital third-year resident **Angie Voight, MD**, in an article about elite runner Carrie Tollefson.

New Arrivals

Kirby Clark, MD, wife Kristin, and daughter Evelyn (pictured) welcomed newborn Anna Elizabeth March 8.



Amelia Schneider Hsu was born to **Luree Schneider, MD**, and Leon Hsu on February 23.

Scholars' Corner

Grants

Nicole Chaisson, MD, is working on a curriculum development grant to expand training in family planning and early pregnancy options for Smiley's residents.

In February, the University's Office of the Vice President and Vice Provost for Equity and Diversity awarded **Bean Robinson, PhD**, \$6,900 to support her study of HIV-related knowledge, attitudes, and behaviors of Somali women.

Presentations

Bill Roberts, MD, MS, was among the authors of a poster about coronary artery plaque formation in marathon runners, presented at the American College of Cardiology Annual Meeting in March.

The annual Society of Teachers of Family Medicine Predoctoral Education Conference was held January 28-31 in Jacksonville, Florida. **Ruth Westra, DO, MPH, Jim Boulger, PhD**, and medical students **Maureen Ayers Looby** and **Scott Wendroth** were presenters.

Publications

In the February edition of *Addiction*, **Sharon Allen, MD, PhD**, was among the authors of an article about reduced nicotine content cigarettes.

Jerica Berge, PhD, was lead author of an April *Journal of Adolescent Health* article about parenting style and its impact on adult weight and weight-related behaviors.

Terri McCarthy, MD, MS, was among the authors of a February *Journal of Evaluation in Clinical Practice* article about improving geriatric transitional care through interprofessional teams.

In February's *Journal of Family Therapy*, **Tai Mendenhall, PhD**, and **Jerica Berge, PhD**, wrote about the role of family therapists in trauma response.

Mike Miner, PhD, and **Bean Robinson, PhD**, were the first two authors of a March *Sexual Abuse* article about understanding sexual perpetration against children.

In April's *Journal of Behavioral Medicine*, **Miner** was among the authors of an article about behavioral intervention to reduce unsafe sex among HIV positive men.

Susie Nanney, PhD, was second author of an article about the use of mentoring programs to improve energy balance behaviors in high-risk children, published in the February edition of *Obesity*.

Kola Okuyemi, MD, MPH, was among the authors of an article on African American smokers, published in the January/February edition of the *American Journal of Health Behavior*.

In March's *Archives of Ophthalmology*, **Kevin A. Peterson, MD, MPH**, and **Lea Seaquist** were among the authors of an article about the ACCORD eye substudy.

January's *Academic Medicine* featured a multi-institutional study on medical student burnout. **David Power, MD, MPH**, was among the authors.

Bill Roberts, MD, MS, wrote about determining a "do not start" temperature for marathons in the February edition of *Medicine & Science in Sports & Exercise*.

Jessica Sanchez, MD, third-year Smiley's resident, and **Diane Madlon-Kay, MD, MS**, co-authored a helpdesk answer for February's *Evidence-Based Practice* on the effectiveness of inhaled corticosteroids on chronic obstructive pulmonary disease.

Lead author **Therese Zink, MD, MPH**, along with department staff and faculty **Deb Finstad, Jim Boulger, PhD, Ruth Westra, DO, MPH, Ray Christensen, MD**, and **Kathleen Brooks, MD, MBA, MPA**, compared practice choices and locations from University of Minnesota Duluth and Rural Physician Associate Program outcomes in April's *Academic Medicine*.