The Department of Community & Family Medicine
Saint Louis University School of Medicine
1402 S. Grand Boulevard
St. Louis, Missouri 63104
(314) 577-8527
http://medschool.slu.edu/confam

News & Notes

Volume 7: September 2003

AHEC SPONSORS FIRST CONTINUING EDUCATION CONFERENCE

The first AHEC Continuing Education Conference entitled “A Crisis of Care: Effective Interventions for Complex Patients in Underserved Populations” was held on September 19th and 20th at Saint Louis University Health Sciences Center. The conference was designed for primary care practitioners including physicians, nurses, social workers and other allied and mental health professionals to examine the health care disparities in underserved St. Louis communities, demonstrate the inter-professional collaborative team model, and generate effective interventions for complex patients.

On Friday morning, September 19th, Richard Kurz, Ph.D., Chairman of the Department of Health Management and Policy, Saint Louis University School of Public Health opened the conference by presenting, “A Crisis of Care in St. Louis City and Its Implications.” Louise Quesada, M.P.H., Health Planner for the St. Louis City Department of Health followed with the “Top and Most Common Health Care Disparities in St. Louis”. The morning program concluded with Will Rossi, M.D., Director of Diversity Programs and Associate Dean, Washington University School of Medicine and President of the Mound City Medical Forum, presenting on the “Sources and Effects of Racism and Prejudice Upon Health”. A panel discussion over lunch followed the presentations.

The afternoon focused on inter-professional practice. Irma Ruebling, M.A., P.T. presented on “Inter-Professional Teamwork: Forming an Interdisciplinary Team”, Richard Schamp, M.D., Associate Professor and Medical Director of the Program for All-Inclusive Care of the Elderly (PACE) led a mock team meeting to demonstrate interdisciplinary teamwork in practice. The day ended with a case study with small group interaction.

On Saturday, September 20th, Bearegard Stubblefield-Tave, MBA led a HRSA cultural competency workshop. Learning objectives for the workshop included:

- The case for cultural competence
- The impact of culture on patient care
- Cultural Competence frameworks
- Improved cross-cultural communications skills using the LEARN mnemonic
- Planning, Assessing and Increasing organizational cultural competence to support quality care and improve organizational performance
- Critical issues in caring for Black/African-American and Hispanic/Latino patients
- Approaches to eliminating health disparities by strengthening community cultural competence

The speakers and information shared at the conference were enthusiastically received by the attendees. This conference will be an annual event and next year may explore the solicitation of abstracts from regiona practitioners regarding best practices.

AHEC ECMO AHEC MAHEC AHEC ECMO AHEC MAHEC AHEC ECMO AHEC MAHEC AHEC ECMO AHEC

The Alphabet Soup of AHEC: What Does It All Mean?

AHEC is an acronym for “Area Health Education Center”. The SLU AHEC Program Office was established in 2001 to enhance access to quality health care through community-academic educational partnerships focusing on the health care needs of the underserved in the St. Louis area. ECMO AHEC is an abbreviation for “East Central Missouri AHEC”. It is the local center which assists the SLU Program Office in meeting its goals through the creation and implementation of programs whose aim is to improve recruitment, minority representation, distribution and retention of health professionals in the St. Louis area. MAHEC (“Missouri AHEC”) is the network of regional AHEC program offices, centers and facilities in the state of Missouri. The SLU Program Office is a member of the MAHEC network.

AHEC ECMO AHEC MAHEC AHEC ECMO AHEC MAHEC AHEC ECMO AHEC MAHEC AHEC ECMO AHEC
From the Chair . . .

The summer has been anything but quiet for us here in Community and Family Medicine. Dr. Ullione, who assumed the role of vice-chair on July 1st, has begun streamlining the operation of our academic units and orienting new research faculty and staff to the department. Ms. Garrison, deputy director of our SLU AHEC Program Office, has worked closely with ECMO AHEC to ensure that our first continuing education conference on the care of complex patients in underserved environments went well. Dr. Railey, our predoctoral director, has joined the School of Medicine’s Curriculum Committee and is exploring the option of expanding our required family medicine clerkship from four to six weeks. I have been meeting regularly with faculty across all divisions, but particularly in our Family Practice Residency Program, to stimulate scholarly productivity. Clinically, patient volume continues to increase at our Primary Care and Prevention Center in Des Peres. Some of this growth may be attributed to the addition of Drs. Mike Cannon and Mike Railey to the practice.

In my discussions with faculty, it is clear that there are common areas of interest in the department. To date, I have formed groups of faculty who are interested in the topics of end of life issues/palliative care, women’s health, and sports medicine. I expect there is enough interest to form additional groups on behavioral medicine and community participatory research. The first meeting of our end of life/palliative care group was very stimulating and produced ideas for two to three journal articles. I am hopeful that these groups will reduce isolation in the department, and improve not only our scholarly productivity, but also our teaching and clinical practices as well.

This fall we will be applying for a renewal of our predoctoral training grant and our research infrastructure training grant, both of which have led to substantial growth in the department. Not only will we be focusing both grants on areas of strength, but we will continue to develop our teaching in cultural competencies by focusing on health disparities. We will also attempt to develop expertise in the emerging field of community participatory research.

I sincerely appreciate everyone’s hard work over the summer as we attempt to maintain our growth. It is nice to see that we are making progress.

-Mark Mengel, MD, MPH

National Health Service Corps (NHSC)

The National Health Service Corps (NHSC) is committed to improving the health of the underserved by uniting communities in need with caring health professionals and supporting communities’ efforts to build better systems of care.

Over the past 25 years, Saint Louis University School of Medicine has had nearly 150 students participate in the NHSC Scholars program. These students receive tuition reimbursement for their service to underserved communities. One-third of the NHSC scholar graduates are now practicing family physicians. We currently have five NHSC scholar students who will also serve in underserved communities upon completion of their training.

To increase awareness of the program and to provide support for our current NHSC students, the NHSC has started an Ambassador program. Carrie Lee Venable, MS, Education Coordinator for the department, is currently serving as the Saint Louis University School of Medicine’s NHSC Ambassador. As such, she is assisting SLU’s current NHSC scholars to prepare for service with the underserved. Ms. Venable is currently looking for practicing family physicians who work with underserved communities to serve as mentors for these Scholars. This requires nothing more than being available to answer questions and provide suggestions to the students on things to learn. If you are interested, please contact her at 314-577-8527 or venablec@slu.edu.

On an even more exciting note, Dr. Don Weaver, Director of the NHSC and Assistant U.S. Surgeon General, will be our keynote speaker at our Grand Rounds presentation on October 21st from 6-7 p.m. in Auditorium A of the Learning Resources Center. In addition, we have set aside 10-11 am for past and current NHSC scholars to meet with him. Please contact Ms. Venable for more details.

America’s Health Care Heroes
News from Research

New Faces

The research division recently welcomed some new members. In August, Horng-Shiuann Wu, Ph.D., joined us as an assistant professor in the research division. Dr. Wu finished her Ph.D. in Nursing in May from Saint Louis University School of Nursing. Her dissertation project was "Measuring Fatigue in Persons with Cancer: An Instrumentation Study." She received funding for this grant from the Oncology Nursing Society Foundation and is continuing data collection on the measurement of fatigue. Dr. Wu has published both a book chapter, article and presented in this area. She has recently submitted a manuscript on the qualitative aspects of her study to Supportive Care in Cancer. A native of Taiwan who is fluent in Taiwanese, Mandarin and English, Dr. Wu is a foreign language reviewer for the campus Institutional Review Board. Dr. Wu's specific research skills include instrument design and evaluation, and statistics such as Structural Equation Modeling, Growth Curve Analysis and Hierarchical Linear Models.

Lisa Payne is the new administrative secretary for the division. Lisa began her work with the department in August after relocating to the St. Louis area from Atlanta to accompany her husband, Jim, who is attending Covenant Theological Seminary.

Publications

Rob Nicholson, Ph.D. has become nationally and internationally recognized for his work exploring the causes of headache pain after his article, "Differences in Anger Expression Between Individuals With and Without Headache After Controlling for Depression and Anxiety" was published in Headache. His research has been quoted in 81 outlets including the Los Angeles Times, Chicago Tribune, New York Post, etc. He was interviewed by Prevention, Arthritis Today, First for Women, Fitness, Self, Health, and Parents magazines as well as by the BBC in London regarding anger and headaches. Dr. Nicholson has also published "A Brief Cognitive-Behavioral Intervention for Patients with Noncardiac Chest Pain" in Behavior Therapy.

Leigh Tenkku, M.P.H. has submitted two manuscripts for publication. The first is "A School-based Risk Assessment Protocol Predicting Anxiety and Depression in Children Impacted by a Natural Disaster: A Contribution to Evidence-Based Practice" was submitted to a special edition of Children and Schools focusing on evidence-based practice in schools. The second, with Garrison, Ulione and Mengel is "Retention in Underserved Areas: Impact of Residency Experiences and Training", submitted to Medical Education.

Dr. Nicholson will be presenting his research on anger and pain entitled, "Influence of Anger-In and Depression on Disability among Headache Sufferers" at the Association for the Advancement of Behavior Therapy in Boston.

Drs. Ulione and Mengel will present their initial Fetal Alcohol Syndrome Media Campaign data at the American Public Health Association Annual Conference in San Francisco.

In January, Drs. Ulione and Railey will present results of the new clerkship curriculum at the STFM meeting in New Orleans.

Poster Presentations

Toni Garrison, M.H.A. and Leigh Tenkku, M.P.H. presented posters at the National AHEC Organization (NAO) conference in Portland, Oregon in August. Representatives from AHECs and AHEC Program Offices attended to hone leadership skills, dialogue with federal officials from the Health Resources and Services Agency (HRSA), discuss common areas of interest between AHECs and share best practices. Leigh presented an analysis of data which the SLU Program Office had collected on "Retention in Underserved Areas: Impact of Residency Experience and Training. Toni presented a poster for Dr. Ulione entitled, "Biotechnology Training for Health Care Providers".

Dr. Railey and Carrie Lee Venable, M.S. will present a poster, "A Family Medicine Sponsored Mastery Course" at the STFM Predoctoral Education meeting in January in New Orleans.
Community and International Health Corner

National Primary Care Week
October 19-25, 2003

During the week of October 19-25, the Department of Community and Family Medicine invites faculty, students, parents and other interested parties to participate in National Primary Care Week (NPCW). Since 1999, the American Medical Student Association has sponsored NPCW to highlight the importance of primary care and bring health professionals together to learn and discuss ways to improve access to health care. This year’s theme is Advocacy for Health: A Professional Responsibility.

The SLU AHEC Program Office in conjunction with ECMO AHEC will coordinate several events throughout this week. Each of these activities will take place in the Learning Resources Center on the SLU Health Sciences Campus.

On Monday, October 20th, from 5:30-8 p.m. in Auditorium A, a panel comprised of our own Dr. Michael Railey, Director of Predoctoral Education; Laura J. Stuetzer, MS, PA-C, Associate Professor in the Physician Assistant Program; and Leslie Field, MS2 will discuss careers in primary care. ECMO AHEC has issued invitations to high school students and their parents to encourage their interest in the health professions and to showcase Saint Louis University.

The Family Medicine Interest group is sponsoring a student forum featuring Dr. Donald Weaver, Assistant Surgeon General and Director of the National Health Service Corps, on Tuesday, October 21st from 11:30-1 p.m. in Auditorium B. Dr. Weaver will discuss “The Role and Need of Primary Care in Urban Underserved Areas”. Later that evening, from 6-7 p.m. in Auditorium A, Dr. Weaver will present at our department’s grand rounds regarding “The Importance of Family Practice and Primary Care to the U.S. System and Its Impact on the Community”. There will be a reception preceding the presentation at 5:30 p.m.

Following Dr. Weaver’s presentation, Lisa Patterson, Recruitment and Retention Manager of the MO Primary Care Association, will provide information on federally qualified community health centers and their role in providing primary care in Missouri.

On Wednesday, October 22nd, Hugh Stallworth, M.D, Director of the St. Louis City Health Department, will be presenting on “The Future Focus of Health Care for the Citizens of St. Louis”, from 12-1 p.m. The Student National Medical Association (SNMA) is sponsoring Dr. Stallworth’s presentation.

On Friday, October 24th, AMSA (American Medical Student Association) and CAM (Complementary and Alternative Medicine Association) are co-sponsoring a student forum in Auditorium C from 12-1 p.m. featuring William Ortega, M.D., Assistant Professor in Pulmonology, to discuss “Providing Primary Care to Diverse Populations from a Culture Perspective”.

“It has been rewarding to see everyone collaborate for such a good cause. This year’s forums will address cultural diversity and the need for primary care within our community,” said Cassandra E. Griffin, MA, Program Director for Community and International Health Programs and AHEC Community Coordinator.

We are excited about the opportunity to add our voices to the celebration of National Primary Care Week and hope to see many of you at these events. If you have any questions, please contact Cassandra Griffin at (314)577-8527 or by email at griffinc@slu.edu.

Tip of the hat to Devinder “Dave” Gupta, a fourth year medical student, who recently organized the first ever Educator’s Forum: Recognizing Child Abuse. Dave assembled a team of presenters from various professions to discuss issues related to child abuse - recognizing it, responsibility for reporting it and community resources for its victims. Approximately fifty individuals who ranged from school counselors to teachers, principals, nurses and education health specialists in the St. Louis City and County School Districts attended the forum held on September 17th in the Learning Resources Center here on campus. The speakers included Pediatrician Timothy Kurtz; Dr. Jeffrey Wherry, Director of the Child Advocacy Center; Social Worker Donna Bernsen; and Allan Stewart, an attorney specializing in family law. The attendees were enthusiastic in their appreciation for the information shared at the forum.

Throughout his medical school career, Dave has been an active member of the Child Abuse Prevention (CAP) Program. As a second year, he spent countless hours coordinating the annual “Spirits of Giving” (wine tasting) event that benefits CAP. Putting on this seminar was Dave’s final project in meeting the requirements for the Rodney M. Coe Distinction in Community Service Award. He was also nominated by his peers to receive a $500.00 award for his work in CAP.
Belleville Family Practice Residency Welcomes New Faculty

This academic year not only brings a hearty welcome to a superb intern class but also the addition of some new faculty.

Major Patricia Goodemote, M.D. Dr. Goodemote received her medical degree from the Uniformed Services University of Health Sciences in Bethesda, Maryland. She completed a one-year obstetrical internship before practicing as a general practitioner at Kunsan AB, Korea for one year. She was then stationed at Moody Air Force Base, Georgia for 3 years as a flight surgeon, before returning to a Family Practice residency at Offutt Air Force Base, Nebraska. After completing her residency, she practiced family medicine at Rhein Main Airbase, Germany for 3 years. Dr. Goodemote’s clinical interests include obstetrics, pediatrics, allergy, mental health, and clinical procedures.

Captain Craig Harms, M.D. — Dr. Harms received his medical degree from Loyola University Stritch School of Medicine in Chicago in 1998. After graduation he completed his residency in Family Medicine at the combined program of the University of Nebraska Medical Center and Offutt AB, NE. Upon completion of residency, he was assigned to Kunsan AB, Korea where he was a primary care physician. Since September 2002 and after completing his tour in Korea, he has worked in the Internal Medicine clinic at Scott Air Force Base. Dr. Harms’ clinical interests include adult medicine, geriatrics, and rural medicine.

Major Rhonda Ozanian, Ph.D. — Dr. Ozanian received her B.S. in Psychology and Organizations Management from the University of Maryland and received her M.S.W from Virginia Commonwealth University. She earned a Ph.D. in social work from Columbia University specializing in healthcare and social policy. Dr. Ozanian has been a USA social work officer since 1991 with assignments at Landstuhl Regional Medical Center, Germany and Wilford Hall Medical Center, San Antonio, Texas. Dr. Ozanian’s clinical interest are in adult mental health, family violence, and substance abuse.

Major Peter Seidenberg, M.D. Dr. Seidenberg received his medical degree from Pennsylvania State University, Hershey College of Medicine. He completed a fellowship in Sports Medicine at the Uniformed Services University of Health Sciences and served as faculty at Eglin AFB Family Practice Residency from 2000-2002. Dr. Seidenberg’s clinical areas of interest are sports medicine, procedures and research.

Congratulations to Frank Lemes, MS2 Recipient of NHSC Scholarship

Frank Lemes has been accepted as a National Health Service Corps (NHSC) Scholar. The NHSC is an organization that offers loan repayment to practitioners and scholarships to students for their service to the underserved. This year only 167 students out of nearly 2,000 applicants were awarded scholarships.

Frank is a second year medical student originally from Los Altos Hills, California who currently serves on the Family Medicine Interest Group (FMIG) Leadership Board as the Vice-President for Community Service. He entered medical school after serving in the Peace Corps as a Health Promotion Volunteer on Makin Island in the Republic of Kiribati. Upon graduation, Frank plans to continue his commitment to serve the underserved as a Family Physician.

Bravo, Frank! We hope your interest in family medicine continues to grow and your commitment to service continues to deepen.

Community Connections

Leigh Tenkku, MPH gave a lecture on “An Overview of the US Health System” at the Cultural Interpreter Workshop held at Southside Catholic Community Services on August 2nd. Leigh is also conducting a study with WU Collaborators entitled, “Refugee Acculturation and Adaptation Model (REFRAME) Pilot & Feasibility Study in a Sample of Somali Bantu Refugees.” This work is focused on an investigation of patient-provider interactions with the healthcare setting of a newly resettled refugee population.

On Saturday, September 27th, Toni Garrison, MHA and Cassandra Griffin, MA attended The Black Leadership Roundtable at Harris-Stowe College. The discussion centered around African American health disparities, particularly regarding HIV AIDS, cardiovascular disease and the Regional Health Commission’s report on primary care. The event was sponsored by the Missouri Foundation for Health.
East Central Missouri Education Center (ECMO AHEC) is one of seven regional AHEC centers in
the State of Missouri that work in collaboration with academic medical centers, and local communities, to
form the statewide Missouri AHEC (MAHEC). The
ECMO AHEC region comprises the inner city,
urban, suburban, and rural communities of St. Louis
City, St. Louis County, St. Charles County,
Jefferson County and Franklin County.

Barbara Bowman, BS returned to St. Louis in 1995
and joined the legions of St. Louisans committed to
making the city a fair and equitable place for
everyone. With over twenty years of experience in
both for profit and not-for-profit corporations,
Barbara had the background she needed to become
the Executive Director for ECMO AHEC.
Barbara is excited about new program development
and growing the ECMO Center and has assembled
a great staff to assist in the process of achieving that
goal.

Dwayne Morgan, MSA is the ECMO AHEC
Education Outreach Director. Under Dwayne’s
direction, twenty-two ECMO AHEC students
shadowed health professional students as well as
volunteered at various community based sites over
the last year. Eighteen students participated in the
“ACES Making the Grade Workshop” using the
ACT study guide for math and science skill building.
Dwayne is responsible for providing retention
services for ECMO AHEC high school and college
students.

Vicki Cinotto, MA, the Clinical Education
Coordinator, successfully placed 26 medical
students with preceptors throughout the ECMO
AHEC region. Vicki is currently seeking to identify
training sites as well as new multi-disciplinary sites
in the underserved community for SLU students.
Vicki played a key role in negotiating the contract
for the first multi-disciplinary training site for SLU
students, which includes a medical student, a nurse
practitioner student and a physician assistant student.
Vicki is responsible for coordinating clinical
rotations, student housing and working with ACES
Pro (post-baccalaureate and nurses in clinical
training) students.

Teal Joy Stephens, BA brings a wealth of prior CME
experience to the organization and functions as the
Community Resource Coordinator. Having
recently completed CME training, Teal led the
ECMO AHEC team in the first CME multi-
disciplinary training program. Teal is responsible
for developing, planning and implementation of
educational needs through program evaluation for
community mentors, for preceptor support services
and for youth enrichment. Teal will play a key role
in developing community partners for ECMO
AHEC.

Nazly Guzman-Singletary, BA joined ECMO
AHEC after completing her coursework towards a
master’s degree in Latin American Studies with an
emphasis in political science and women’s studies.
Fluent in Spanish, Nazly is responsible for the
marketing and outreach of the ECMO AHEC
student programs. Nazly works with the
Community Resources Coordinator to identify
community agencies and programs. She also
interfaces with schools and health professions
programs to maintain a complete resource of area
programs and admissions requirements for ECMO
AHEC students.

Office Manager, Kacy Franklin brings seven years
of administrative and fiscal experience to the AHEC
program. Kacy not only provides administrative and
secretarial support to the AHEC staff but is also
responsible for the day to day fiscal operations of the
program. In addition she assists with technical
support and web research for the staff. Kacy is key
to providing the “finishing touches” to the ECMO
AHEC programs and is a key asset to the
organization.

Calling All Preceptors!
The Family Medicine Interest group at Saint Louis University School of Medicine would like to invite retired or
currently practicing Family Physicians to be mentors to students interested in Family Medicine. A Family Physician
mentor would help students learn about the different paths and career opportunities available through Family Medicine,
and help dispel any myths associated with the specialty. Family Physician mentors are invited to help facilitate this by
meeting periodically with student mentees, being available to answer questions by phone or email, and offering
shadowing opportunities. Your participation would be invaluable in helping similarly motivated and dedicated future
doctors realize their calling as family physicians. If you are interested, please take a moment to fill out the form
enclosed with this newsletter and return it per the instructions on the form. Thank you so much for your consideration.
Saint Louis University School of Medicine
Community and Family Medicine
GRAND ROUNDS
2003-2004

Tuesday, October 21, 2003
The Importance of Family Practice and Primary Care to the U.S. System and Its Impact on the Community
Don Weaver, M.D., Director of the National Health Service Corps and Assistant U.S. Surgeon General
and
Federally Qualified Community Health Centers and Their Role in Providing Primary Care in Missouri
Lisa Patterson, Recruitment and Retention Manager of the MO Primary Care Association
Margaret McCormick-Doisy Learning Resources Center, Auditorium A, 6-8 p.m.

Tuesday, November 18, 2003
Clinical Issues in the Genetic Assessment of Cancer
Maulik Shah, M.D., Ph.D., Department of Pediatrics, Medical Genetics

Tuesday, January 20, 2004
Sickle Cell Disease: A Challenge for the African American Community
Michael DeBaun, M.D., M.P.H., Assistant Professor of Pediatrics and Biostatistics, Director of the Sickle Cell Medical Treatment and Education Center at St. Louis Children’s Hospital

Tuesday, February 17, 2004
Development of an Interprofessional Injury Prevention Intervention for Older Adults: Senior Safety Solitaire
Karen Barney, Ph.D., Assistant Professor of Occupational Therapy

Tuesday, April 13, 2004
Evaluating Clinical Competence
William Shore, M.D., Professor of Clinical Family and Community Medicine
University of California, San Francisco

Tuesday, May 18, 2004
Interprofessional Approach in Hospice Care
Barbara Westland, R.N., Director of BJC Hospice and Supportive Services and Elliot Gellman, M.D., Medical Director of BJC Wings Program
Margaret McCormick-Doisy Learning Resources Center, Auditorium C (unless otherwise noted)
Reception precedes each grand rounds at 5:30 p.m.
Presentations unless otherwise noted are from 6:00 – 7:00 p.m.
For further information call the Department of Community and Family Medicine at (314) 268-7650.
National Primary Care Week Activities at a glance

Monday, October 20th, 5:30-8 pm, LRC Auditorium A — Panel presentation for high school students and their parents to discuss careers in health care

Tuesday, October 21st, 11:30 am-1 pm, LRC Auditorium B — Dr. Donald Weaver, Assistant Surgeon General and Director of the National Health Service Corps, “The Role and Need of Primary Care in Urban Underserved Areas.” 6-7 pm, LRC Auditorium A, Dr. Weaver to present at department grand rounds: “The Importance of Family Practice and Primary Care to the U.S. System and Its Impact on the Community” followed by 7-8 pm, Lisa Patterson, Recruitment Manager for MO Primary Care Association, to provide information on FQHCs.

Wednesday, October 22nd, 12-1 pm, LRC Auditorium A, Hugh Stallworth, M.D., Director of St. Louis City Department of Health, to present “The Future Focus of Health Care for the Citizens of St. Louis” sponsored by SNMA

Friday, October 24th, 12-1 pm, LRC Auditorium C, student forum sponsored by AMSA and CAM featuring William Ortega, M.D., Assistant Professor, who will present on “Providing Primary Care to Diverse Populations from a Culture Perspective”

Department of Community and Family Medicine
Saint Louis University School of Medicine
1403 S. Grand Boulevard
St. Louis, Missouri 63104