Department Goals Set at Annual Retreat

In an effort to foster scholarly activity production among faculty in the department, the department’s retreat this year was focused around the issue of research and scholarly activity. Since 2000, the department’s production of peer reviewed journal articles averages about 12 per year and we are successful in obtaining about one research grant or contract per year. Compared to other academic departments within the School of Medicine and compared to other departments of community and family medicine nationwide, that is a fairly low level of production. At the retreat, division chiefs and I gave an update on each division’s performance in FY 03 using balanced scorecard methodology. I suggested setting seven key departmental goals for the next three to five years. After much discussion among division chiefs at the executive committee meeting following the retreat, we decided upon the following outcomes:

### Key Department Outcomes

<table>
<thead>
<tr>
<th>Criteria</th>
<th>FY 03</th>
<th>Goal (by FY 06)</th>
</tr>
</thead>
<tbody>
<tr>
<td>New peer reviewed journal articles published annually</td>
<td>12</td>
<td>25</td>
</tr>
<tr>
<td>New research grants/contracts awarded annually</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>New business contracts awarded annually</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Initial civilian U.S. graduate fill rate at SLU/St. Elizabeth’s FPRP</td>
<td>67%</td>
<td>80%</td>
</tr>
<tr>
<td>Annual number of teaching RU’s from OCA awarded for medical student teaching</td>
<td>13,004</td>
<td>15,000</td>
</tr>
<tr>
<td>Percent of medical students going into FM at SLU</td>
<td>6%</td>
<td>12%</td>
</tr>
<tr>
<td>Net clinical revenue at Primary Care &amp; Prevention Center, Des Peres</td>
<td>$95,762</td>
<td>$400,000</td>
</tr>
</tbody>
</table>

I believe that we can reach these goals in three years. The executive committee will meet to decide on strategies and plans to accomplish these and other key goals in the coming months.

Now that the departmental and divisional scorecards have been developed and we have established key departmental outcomes, each division chief will also be asking his/her faculty and staff to develop individual scorecards for their own performances over the year.

The department also applied for renewed Title VII funding through a training grant request that, if awarded, will improve our predoctoral, research, and residency training components. The focus of our training grant will be to improve training and research in mental health, public health, and cultural competency. Specifically, the main activities we will undertake to achieve these goals are to expand our required family medicine clerkship from four to six weeks, develop a rural medicine focus to our residency program, and continue to support our research division wherein we develop a focus on community-based participatory research focused on access issues and health disparities in the St. Louis area. We recently received good news that the House Conference Committee has recommended almost full funding of Title VII programs compared to last year. Generally what is recommended in a conference committee is approved in the final budget, and thus, funds do look available for Title VII next year.

Last, our end of life/palliative care and women’s health focus groups have had their first meetings. The end of life/palliative care group will be focusing on ways to publish results from our Health Care Wishes project at the Alexian Brothers Community Services PACE Program. The women’s health group brainstormed numerous ideas for projects including looking at access issues for pregnant patients and examining unexplained fatigue among our primary care patients.

I wish everyone Happy Holidays!

Mark B. Mengel, MD, MPH
Horng-Shiuann Wu, PhD, a new faculty member in the department, is continuing to work on her research grant entitled, "Measuring Fatigue in Persons with Cancer." She has developed a 16-item cancer-related fatigue instrument from the patient's perspective. In seeking a larger sample size to further test the psychometric properties of this new instrument, she is currently collecting data at St. Louis Cancer and Breast Institute, the Center for Cancer Care and Research, Midwest Hematology Oncology Group, and Memorial and St. Elizabeth's Hospital Cancer Treatment Center. She will continue to publish the results from her cancer-related fatigue project. She is also currently working with Dr. Mark Mengel in developing a research project on unexplained fatigue in primary care and an integrated review of unexplained fatigue.

Robert Nicholson, PhD, Assistant Professor, is currently involved in research that looks at effective ways of communicating information about behavioral issues (e.g., triggers, stress, emotional factors) in migraine prevention. He is also preparing research that will focus on health disparities in headache diagnosis and care among ethnicities. In collaboration with researchers at the School of Public Health, Dr. Nicholson is looking at ways to target health information for physical activity and colorectal cancer prevention. The protocol for a Cochrane Review, which he is leading, entitled "Behavioral Therapies for Migraine" will be published in early 2004 with the full review to follow later in the year. His research findings have recently been submitted for publication to Headache and Pain Medicine. Finally, Dr. Nicholson will be sitting for his licensing exam as a clinical psychologist so that he can soon begin working with the St. Louis Behavioral Medicine Institute.

While completing her coursework and beginning her dissertation for her Ph.D. in public health, department research associate, Leigh Tenkku, MPH, is working on five studies:

- **Beliefs and Values Survey for the End of Life Study with Richard Schamp, MD and John Chibnall, PhD.** This study looks at the feasibility of collecting information on an individual's beliefs and values at end of life as a way to assist in guiding a patient in his/her decisions for end of life care. The setting for this study is at PACE (Program for the All-Inclusive Care of the Elderly) where baseline data has been collected from approximately 60 patients. The same information is being collected from the patient's family members who complete the survey as if they are speaking for their loved one. The PACE program in Chattanooga, Tennessee may be used for additional data collection. Ms. Tenkku and her collaborators plan to write a grant to expand the data collection to include several PACE sites nationwide.

- **Refugee Acculturation & Adaptation Model (REFRAME) Pilot & Feasibility Study in a Sample of Bantu Somali Refugees.** Along with Katherine Jahnig, MD of the Washington University Medical School, Barbara Bogomolov of the BJH Refugee and Health Services, and Mary DeGroot, PhD of the Department of Psychology at Ohio University, Ms. Tenkku is in the data collection phase of this study that is being conducted at Barnes-Jewish Hospital Medicine Clinic. The purpose of this study is to explore the feasibility of investigating patient-provider interactions within the healthcare setting with newly arrived Bantu Somali refugee adults. It may have implications for patient-provider interactions not only for refugees but for other minority populations as well.

- **Family Alzheimer's Care Environment.** This study has been funded through the Simon Foundation and will be reviewed in January at the Missouri Foundation for Health for additional funding. It seeks to design and implement a training curriculum using an innovative, home-like environment for caregivers of those with dementia. The initial pilot will be done with the Jewish and Community Services Adult Day Program.

- **Psychiatric Illness and Unintended Pregnancy.** This study was done to examine the relationship between maternal psychiatric illness and intention of pregnancy. The sample was comprised of low-income, pregnant women from both rural (Bootheel of Missouri) and urban (St. Louis) areas. The preliminary findings reveal that the intention of wanting to be pregnant is more closely associated with psychiatric illness. This study will be submitted to Family Planning Perspectives in January 2004.

- **Reducing Teenage Pregnancy in a Community-Based Setting.** This project is currently under development using the Belleville Family Clinic as one of the community partners in its design. A trend has been seen in the clinic of increased numbers of teenage pregnancies and this study will seek to incorporate community members in the design of the intervention, its implementation and the evaluation.

Dr. Haynes has returned safely from a four-month deployment to Iraq and Afghanistan.

Dr. Zoberi had a baby boy! Mark Imran Zoberi was born November 14th.

Dr. Railey is now seeing patients at the Primary Care and Prevention Center along with Drs. Mengel, Zoberi, and Cannon.

Dr. Railey, Dr. Ulione and Carrie Lee Venable will be presenting at the STFM Pre-doc Conference in New Orleans in January regarding the successes of the mastery course.
Dr. Don Weaver, Assistant Surgeon General, Visits Department During Primary Care Week

As part of the National Primary Care Week activities in October, Donald Weaver, M.D., Assistant Surgeon General and Director of the National Health Service Corps (NHSC), visited with department staff, gave two presentations for students and a department Grand Rounds on Tuesday evening, October 21st.

Dr. Weaver positively commented about the department’s goals and programs aimed at increasing the number of primary health care providers and providing quality health care for the underserved. He met with our Area Health Education Center (AHEC) staff and learned about their efforts in serving students interested in becoming primary care providers. In addition, he was able to tour Family Care Health Centers – Forest Park Southeast, one of our urban medicine training sites, with clerkship preceptor, Dr. Denise Hooks-Anderson, herself an NHSC Scholar.

In his lunchtime talk to over 100 students, he stressed the importance of doctors working to improve the communities of their patients. Students also learned about the goals of primary care and the importance of primary care within the United States healthcare system.

For Family Medicine Grand Rounds, Dr. Weaver relayed the goals of the NHSC in increasing primary care providers. This past year increased national funding has allowed the NHSC to fund more loan repayment slots, putting the greatest number of primary care providers in underserved clinics around the nation. However, there is still a great need. He urged all primary care providers to find ways to serve the underserved and their local communities.

Family Medicine Interest Group News

The Family Medicine Interest Group (FMIG) has had a very busy year. Julie Kunkel and Marcos Muchado, FMIG co-presidents, have been involved in planning several events for interested students and family medicine physicians to date. They kicked off the year by hosting a lunch time talk with Dr. Michael Railey and then, in October, participated in student meetings with Dr. Donald Weaver, (see adjacent article). FMIG also hosted a meet and greet with department faculty and family physicians from the community. Dr. Deborah McPherson, Associate Director of Education at the American Academy of Family Physicians, gave student participants tips for success in her Strolling Through the Match presentation in November.

Upcoming events include evenings at the residency programs, a procedures night, a physician panel in January to present the different avenues a family physician can pursue and a joint FMIG/ethics meeting.

Julie and Marcos are doing their best to keep their classmates both fed and informed!

UPCOMING CME EVENTS

The AHEC Program Office and the ECMO AHEC Office are co-sponsoring several CME events in the coming year.

On February 18th from noon until 4 p.m. in the Learning Resources Center, Auditorium A, a workshop focusing on women’s health entitled “Interdisciplinary Approaches to Domestic Violence and Hypertension Management” will be held. Denise Hooks-Anderson, MD of Family Care Health Centers, Vetta L. Sanders-Thompson, PhD of the University of Missouri-St. Louis, and Cathy Blair, RN, MSW of the A.W.A.R.E. Program will be the featured speakers for the domestic violence portion of the program. Following that presentation, a panel of experts on hypertension management for women will present. Cordie Reese, EdD, of the School of Nursing, Ethel M. Frese, PT, of the School of Allied Health Professions along with a family physician yet to be named will be the featured speakers for this topic. A brochure with more particulars and registration information will be sent out in January.

“Child Health” is the featured topic for the CME event on April 21st and the June 23rd workshop will focus on “Geriatric Health”.

For more information on any of these upcoming workshops, please call ECMO AHEC at (314)721-9979.
NEW DEPARTMENT TELEPHONE NUMBERS

We are not certain if it’s because we have been exceptionally naughty or extraordinarily nice but Santa brought those of at the Donco Building site new phones this month, along with new phone numbers. For the next several months, some of the old department numbers will be forwarded to our new department line or, in some cases, to the individual’s extension. We offer the list of new numbers (area code 314) below for your convenience. Please make a note of the new numbers for the individuals you call.

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977-8268

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Professor and Chairman

Margaret Ulione, PhD, RN
Vice-chair

Doug Hardin, MHA
Sr. Department Administrator

Jana Knollman
Administrative Assistant

AHEC DIVISION

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Robert Nicholson, PhD
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Horng Shiuann Wu, PhD
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Leigh Tenklku, MPH
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Erinn O’Laughlin
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Joycelyn Hubbard is a senior at Metro Academic and Classical High School in St. Louis. She has been an "ACES" Scholar since March of 2002. The "ACES" Scholars program is offered by the East Central Missouri Area Health Education Office (ECMO AHEC) and provides academic support and mentoring to high school students interested in careers in the health professions. Miss Hubbard spoke to legislators in Jefferson City to express her appreciation for the support she has received from ECMO AHEC in pursuing her dream of becoming a physician.

Excerpts of her testimony to the Missouri Legislature have been reprinted below:

- **My first ACES activity was the Mini Medical Camp at the University of Missouri-Columbia where I spent 3 days on campus and was allowed to stay in a dormitory. From this I got the experience of actually being in medical school. The Mini Medical Camp allowed me to become comfortable with the routines of physicians. Also interacting with students who were interested in the medical field made my dream of being a doctor a reality. We also visited a cadaver lab, which was my first time dealing with a body hands on. Exercises such as taking care of a patient, touring the hospital and other hands on exercises let me know that I would like becoming a doctor.**

- **The second program I attended was the ACT prep session at Saint Louis University. This gave me an idea of what skills I needed to improve on the ACT test. This was significant since it offered me something that my school did not provide. The ACES program allowed me to attend this course for free. My school provided a list of tests but they were not affordable.**

- **Also I went to a financial aid workshop held on the campus of Saint Louis University. Being the first child in my family to go off to college, this was a great workshop.**

- **Lastly I attended the National Primary Care Week panel discussion sponsored by AHEC. This again was an eye opener. There was a panel discussion that included a SLU medical student. This person was an inspiration to me. She let me know that you can attend any school you desire. She talked about being smart and having trouble with grades and still making it. She let me know on a personal level that an African-American woman from the same kind of environment I came from made it and got help on her way there.**

- **These are only a handful of the opportunities that have been offered to me by the AHEC program. None of these programs were offered by my school. Also we are often late getting information from our guidance counselor. You have to seek your counselor out for information that is not organized or specific, where in the AHEC program they seek you out, offer resources, and follow up with you.**

- **I like science and art a lot and without this program, I probably would have been an art major. This program took me from biology being only a good idea to a career choice. Without the workshops I did not know much about medicine besides the characters they showed on television. With the help of the ACES program, I knew that I didn't have to give up on my dream of becoming a physician and that there is help along the way. The ACES program let me know that I can be successful.**

- **ACES has resources that my school does not offer. This is the only program not related to my school that I received academic support and have so many resources that my school never mentions.**

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**ECMO AHEC Targets**

**Guidance Counselors, Math and Science Teachers to Provide Resources for Students Interested in Health Professions**

ECMO AHEC recently surveyed high school guidance counselors who work with students in St. Louis area public and private schools. The goal of the survey was to determine the type of information counselors need to more effectively guide underrepresented minority students into health professions careers. Twenty-six schools (19 public schools, 7 private schools) were contacted. The survey found that most schools that responded had little or no individual career planning. In many cases, the search for a career is self-directed with the student using the library, internet and other resources. Only one high school surveyed sent their counselors to a program for degree health career programs. All other health career programs were certificate programs. None of the schools surveyed had health professions programs designed specifically for minority students.

Most survey respondents indicated that they would welcome information regarding health careers and related programs. As a result, ECMO AHEC will conduct a workshop on January 30, 2004, from 9 am-2 pm for guidance counselors, math and science teachers here on the SLU Health Sciences Campus: "Health Careers 101: Explore, Experience, Expose". This workshop will not only expose these educators to health professions but also provide them with resources for students in their schools. For more information, contact ECMO AHEC at (314)721-9979.
During the holidays, there is no more fitting time to say “thanks” to all of the individuals and agencies who have worked with us this year!

We wish you health and prosperity in the new year!

Happy Holidays!

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