Welcome from the Chair

Dr. Mary Jo Welker

Congratulations on starting on the next phase of your career goals, and welcome to a great new year with the Family Medicine Interest Group at The Ohio State University. I am sure that the returning medical students are looking forward to the many leadership activities. And we have an engaging faculty who are looking forward to working with all of you over the coming year.

As a result of the students and faculty and their hard work, the department has accomplished the goal of being the “First of 10 by 2010” in the area of medical student education. 2008 marked the eighth year in a row that the Family Medicine Interest Group at The Ohio State University was awarded the American Academy of Family Physicians Program of Excellence Award—the only institution in the nation to have that distinction. In addition, we have received several individual awards from this organization, such as the award for infrastructure. We continue to be proud of the students and faculty who have worked together over the last eight years to accomplish this honor, and we know that each of you will work equally hard to continue this proud tradition.

This year, Dr. Holly Cronau will be serving as the interim director of our pre-doctoral programming for the medical students in our department, along with the help of Dr. Benita Petri, our mentorship program leader; Dr. John McConaghy facilitating the Pre-Medical Initiative; and Dr. Kelly Fleming, the advisor for our Family Medicine Interest Group and newsletter. And while Dr. Linda Stone has stepped down as the director of our pre-doctoral program, she will continue to support our Honors Program and our Family Medicine Leadership Development Program. We will continue with many of our other activities—research projects, legislative activities, the wilderness medicine interest group, and our sports medicine interest group. Family medicine offers so many opportunities to choose from.

Finally, I would like to invite you to attend our Annual Department Meeting to hear Dr. Richard Roberts speak about “International Medicine.” Dr. Roberts currently serves as the President-Elect of WONCA - the World Organization of National Colleges and Academies of Family Medicine. He has a wealth of knowledge about issues and opportunities around the world. In addition, we are asking Dr. Theresa Long, the Director of the Columbus Department of Health, to speak about the diseases we are seeing in Columbus as a result of the large number of immigrants and refugees that have settled in our community. We are expecting this to be a great learning experience for both the residents and students.

http://fmig.org.ohio-state.edu
**Ambulatory Care Clerkship**

*Dr. Holly Cronau*

Welcome to another exciting year of learning from the Director of Clinical Education! As we are beginning a new academic year, we are continuing to change and improve the clinical months for students. We have added new preceptors and will continue to recruit physicians to add diversity to our clinical experiences. Didactics have been updated and clinical skills workshops continue to be offered. Please don't hesitate to contact us with questions or updates.

The 2008 Summer Externship was just completed. Eleven students completed the four-week clinical experiences in rural and urban sites such as Rardin, OSU East, Coshocton, Bucyrus, Mt Gilead and Bellefontaine. We could not do this without dedicated preceptors who give of their time year after year. The students were excited about their experiences and will be sharing their experiences in a Capstone Session August 20th. Thanks again to all who participated!

---

**Mentorship in Family Medicine**

*Dr. Benita Petri*

Welcome new and returning students! These will be some of the most interesting and challenging four years that you will face. Fortunately, you are not alone. As you get to know your professors and classmates, you will find that we all have shared similar experiences in our past, and we are here to help. The mentorship program in the Department of Family Medicine is available to all medical students, and in particular, Med Is and Med IIs.

The program consists of an attending physician who is matched with a medical student based upon their interests. As the Director of the Mentorship Program, I will personally meet with any student who is interested in having a mentor. After I meet with the student, I will then match them up with the physician who will be their mentor. If you are interested in having a mentor, sign up for one. I will arrange a meeting for us to talk. We will also have sign up sheets available at the FMIG Welcome Picnic and at the FMIG orientation meeting.

You can also contact me at Benita.Petri@osumc.edu so that we can start this process. Looking forward to meeting you!

---

**OAFP Annual Fall Kick-off Event for Residents and Students**

Sunday, Oct 12 2008
11:30-4:30PM
SplatterPark in Mt. Gilead, OH

FREE for registered AAFP student members
Contact: kmahler@ohioafp.org
Deadline to register is Friday, Oct 3, 2008!
MedShow Update

Dr. Linda Stone

With 50,000 hits a month and continuing to add more viewers, the MedShow project (www.medshow.com) is growing and changing on a weekly basis. From Elementary MD (fun entertainment for all ages) to Tips to Practice By (Dr. Bob and Dr. Dan let us peek into the life of practicing physicians), this internet portal is being built and enjoyed. MedShow is a collaboration between 2 Under Entertainment and The Ohio State University College of Medicine (through an initiative sponsored by the Department of Family Medicine). Affiliated partners include the Ohio and American Academy of Family Physicians.

Exploring the site today, you should focus on the Learn and Enjoy tabs while other areas are still under construction. Find out about the latest ‘Issues in Medicine’ or explore the ‘Student Journal’ or ‘Physician Corner’ areas to read about the lives and opinions that are part of our medical community today. Many OSU alumni have been tuning in to MedShow to view the ‘Medical Milestones’ feature and relive the big moments in the medical school experience including Match Day and Hooding.

Although MedShow began as an OSU-focused venture, other medical schools across the country are joining our MedShow family. Tune in and keep up-to-date on OSU and other universities that contribute to the content of MedShow.

Our purpose is a straightforward one: encouraging the next generation to look at careers in medicine through a portal that combines education, entertainment and information. Keep an eye on the FMIG newsletter for more updates on MedShow throughout the year and, of course, visit www.medshow.com!

Pre-medical Initiative

The Pre-medical initiative is a branch of FMIG dedicated to bridging the gap between college and medical school for undergraduate students. The group meets approximately one time per month with the undergrads. The first meeting is usually on the medical school interview and application process. If you are interested in being a part of this group, please contact: Liz Renard, Matt Haldeman, or Ryan Christensen.

FMIG appreciates the financial support of

Columbus family medicine residencies: Grant, Riverside, Mount Carmel, and the OSU Residencies

and

Central Ohio Academy of Family Physicians

Your continued support makes the success of our organization possible.

AAFP National Conference of Family Medicine Residents and Students
Read about it on page 7
Anatomy Advice for Med1s

Susan Friedman, Med 2

Like many new medical students, I’ll never forget my first time in the anatomy lab. It was the very first day of school and my stomach churned and bubbled; feeling like I had mistakenly swallowed a bottle of Drain-o. I had just sat through a lecture where I literally did not understand every other word coming out of the professor’s mouth. Dorsal, ventral, medial, lateral, proximal, distal… I felt like a traveler in some alternate universe, and I really wanted the spaceship to return to my home planet.

But I remained determined to continue on in this anatomical voyage. I followed the herd of students to the basement of Graves Hall, where we changed into scrubs. Weaving our way through the underground tunnels we finally made it to the labs. The distinctive smell of formaldehyde filled the air. What was I doing here? For goodness sake’s, I had studied English in college! I was clearly unqualified to dissect a cadaver. Someone alert the authorities—a humanities major had gotten into the anatomy lab.

Clearly, I was nervous—as I know many of you new Med1s must be. So in order to ease your fears, I have compiled a list of anatomy dos and don’ts that I hope will help you in your exploration of the human body.

Do befriend your anatomy group mates. Proper dissection takes a great deal of care, attention, and time. The process is made exponentially more enjoyable when you are surrounded by friends. Not to mention the fact that your lab group will not disappear after anatomy is over. You will be together for much of your journey through medical school.

Don’t go scalpel crazy. I’m going to level with you, using a scalpel is going to seem like an attractive option a lot of time. It’s sharp, it’s fast, and it’s easy. But unfortunately, it is also the least likely to preserve delicate structures that you are going to want to see. Try Dr. Jones’ patented scissor spreading technique (it works, trust me) or better yet, use your hands!

Do use the labs outside of dissection periods. The best way to study anatomy is up close and personal, not via textbook. The tags on the practicals will be on each and every cadaver in the labs—not just yours. So come in on the weekends or in the evenings and take a look at your classmates’ dissections. This will help you to understand the anatomical relationships as opposed to simply memorizing where something is in your dissection. I really wish I had understood this concept before the first exam, so learn from my mistake and frequent the labs whenever you can.

Don’t be afraid to ask questions. The anatomy professors are fantastic and willing to help you in any way they can. Your fellow students are also a great source of information. There are more than 200 students in your class, make use of them! Some of them will have vast anatomical knowledge and some will not (like yours truly). But keep in mind that the process of explaining concepts is just as useful a study tool as having them explained to you.

Do spring for nitrile gloves. Latex gloves are definitely cheaper and easier to come by, but nitrile gloves cut the smell much better than their latex counterparts. Your lunchtime PB & J will seem a whole lot more appetizing if your hands don’t stink like formaldehyde.

I hope these tips will help you in your study of anatomy. It’s a tough subject, but when you put in the effort the experience will prove to be extremely rewarding. I hate to go maternal on you, but I want to impart an important pearl that my mother often tells me. All you can do is your best. Anatomy may not be your thing (as it certainly was not mine). I still believe that excellent spatial reasoning skills are something you’re born with, much like a beautiful singing voice. But this does not mean that these skills cannot be developed—this is what learning is all about. So work hard and try your best. The rest will fall into place. I wish you the best of luck and (as Dr. DePhilip says) a very “satisfying” anatomy adventure.
Tips for Med 2s

Peace of Mind in 30 Seconds

Ashley Holland, Med 3

I’m going to let you in on the secret of how medical school really works. The first year you get a solid overview of the body - anatomy, cells, infections, etc. Then you quickly forget what you’ve learned. The second year you focus on organ systems, reviewing most of what you’ve learned first year and adding some detail. Then you’re going to forget it again. Before you take the boards, you’ll get three weeks of review in Capstone and a month off to study. You’ll take Step 1 followed by a month off during which you promptly forget most of it again. During each rotation you’ll have reading, review books, lectures and hands-on patient care to help you relearn the material. And you guessed it, you’re going to forget most of it all over again. But this time you can connect the facts to real people, so it starts to mean something to you, and you’ll start to remember some of it. But you’ll have time to study for Step 2 to review what you’ve now forgotten 5 or 6 times. Ask your attending about the Krebs cycle, and you’ll realize just how much forgetting is entrenched in medicine.

Medicine is a process. If you’re the typical Type A personality, you’re going to think you should be able to remember every detail on every PowerPoint slide or life just might end. But the funny thing is, it doesn’t. I’m not saying don’t study as hard as you can - because learning the material twenty times is the only way you’ll ever commit it to memory or really appreciate the complexities of medicine. I’m just saying that when the professor asks you the pharmacokinetics of a drug that’s oxidized in the liver, it’s ok to think, “What side was the liver on again?” You’re still going to be a great doctor.

Tips for Med 3s

Teresa Lin, Med 4

Hello third-years! I hope your rotations have started off well. Despite the long hours, I hope you’re having fun as well! A few words of advice as you go through your rotations...

I’m sure you’ve heard this before, but try to see and do as much as you can. As a medical student, you are in a really unique position. You don’t yet have the responsibility of putting in orders, organizing discharges, and returning phone calls, but you are allowed (and often expected) to interact with patients and see procedures. While the intern or resident may be busy, you do have time to see the unusual physical findings on a patient, or assist in surgeries such as Whipples. The temptation is always there to choose an easy rotation, or to leave as soon as possible at the end of the day. However, you need to be in the mindset this is the only chance that you’ll have to learn about that particular area of medicine. For instance, unless you choose to become a surgeon, you may never see another appendectomy, or breast reconstruction, or whatever the case may be. So take the opportunity to see more and do more. At the end of the day, you may be more tired, but you will have gotten the most out of the rotation. In the future, you’ll be better equipped if your patients ask you about a particular medical condition, or how a specific surgery is performed, because you will have had first-hand experience.

Along the same lines, take the time as a third-year to really get to know your patients. You will almost always have fewer patients that you are responsible for than the rest of your team. Take this time to get to know your patients well. You’ll be surprised by how much you can learn from your patients, because most patients know quite a bit about the diseases that they have. This is your chance to work on your history-taking and physical exam skills, as well as your interpersonal skills. Get to know who the patient is as a person, what his/her

(Tips for Med3s, continued on page 6)
(Tips for Med3s, continued from page 5) background is, what his/her life has been like. Hopefully, the extra time that you spend with your patients will help to make their stay in the hospital better.

Lastly, have fun! Patients may start to think that you are their doctor (don’t abuse this power) which can be intimidating, but you’ll also find that you know more than you think you do, and that what you learned in Med 1 and 2 really was applicable! Enjoy Med 3!

**FMIG/FMLDP Receives National Recognition**

*Dr. Kelly Fleming*

The American Academy of Family Physicians announced the 2008 AAFP Program of Excellence Awards and, for a record setting eighth consecutive year, the OSU College of Medicine’s Family Medicine Interest Group and the Family Medicine Leadership Development Program received this prestigious award. Each year, the AAFP selects the top ten groups in the country for their Program of Excellence (PoE) awards so that excellence in student interest programming can be recognized. Special recognition was also given this year to the OSUCOM FMIG for their innovative infrastructure that provides programming from the premedical initiative through the residency connection.

The award-winning groups were honored at the AAFP National Conference for Residents and Students and are featured on the AAFP Virtual FMIG site. Kirsten McNamara and Ricky Gardner accepted the award on behalf of the group on July 30th in Kansas City. They also presented the OSUCOM FMIG programming at a National Conference FMIG Leadership Roundtable.

The Department of Family Medicine’s Vice-Chair, Larry Gabel, congratulated the group on their continued success on behalf of the Department and noted that six special recognition awards have also accompanied this eighth award during that same time period. The Department of Family Medicine continues to provide resources that are the foundation of the group’s success. It is this collaboration between students and faculty that has provided the environment for continued success. We all look forward to another great year.

**Website Revamp**

The FMIG website was recently updated and revamped by the hard work of TJ Stidham, Med 2 and Angie Lawson, Med 3. *(See preview of the homepage screen to the left)*

Please visit our new site at http://fmig.org.ohio-state.edu
Jacob Bryan and John Tychonievich, Med 4s

The 2008 National Conference took place in Kansas City on July 30 through August 2. It was a tremendous experience for everyone who went. The OSU Family Medicine Interest Group was announced as one of the winners of the AAFP’s prestigious Program of Excellence awards for the eighth year in a row. There was a residency fair with over 450 family medicine residency programs from Alabama to Wyoming.

Dr. Richard Roberts, President-elect of the World Organization of National Colleges and Academies of Family Medicine (WONCA) gave the opening lecture. Other lectures were given in a wide range of topics from Refugee Health to Health Care for Everyone to Dealing with Drug-Seeking Behavior. Procedural workshops included joint injections, casting/splinting, no-scalpel vasectomy, and many others. Dr. Linda Stone and Deb Miller gave a presentation on Ohio State’s MedShow. There was also a research symposium featuring medical students and residents who had done original primary care research.

Students, residents, and faculty came together during the last night of the conference for a party and dancing with music provided by the Spazmatics, an energized 80’s nerd band.

The Ohio student constituency proposed a total of five resolutions, more than any other state, and all of which passed. Many interesting and exciting topics were discussed in committee and during the Congress session. A resolution passed calling for the AAFP to develop curriculum objectives for medical schools and family medicine residency programs so that both groups become better exposed to patient-centered medical home concepts. Another resolution that passed called on the AAFP to investigate the feasibility of a centralized EMR system. A series of resolutions were passed regarding appropriate physician-industry interactions, including calling on the AAFP to develop educational resources for students and residents, revise their policy statement to reflect the newly-released PhRMA interaction policy, and requesting that the National Conference push for an industry interactions educational session for the 2009 conference. Following heated and passionate debate, a resolution advocating for a gradual withdrawal of industry support for AAFP-sponsored Continuing Medical Education activities did not pass in the student congress, by a narrow margin. However, a resolution did pass calling on the AAFP to disclose pharmaceutical company support for AAFP scholarships to those students wishing to apply.

Of note, OSU fourth year student Jacob Bryan was elected to the position of Alternate Student Delegate to the AAFP Congress of Delegates, which will take place later this summer in San Diego. Jake will also serve on the AAFP’s Commission on Education and its Subcommittee on Resident and Student Issues.
During this year’s retreat we intend:

- To explore the role of women’s health in sustaining the health of rural communities and gain an appreciation for the “maternity cascade”
- To showcase programs of excellence in health care services to rural Ohio women
- To frame rural health in ways that address gender, place, and culture
- To connect students with other students and practitioners interested in and passionate about generalist rural practice

The purpose of the Rural Health Scholars Program is to foster interest among medical students in a career in rural practice and to prepare them for a leadership role in restoring health to the rural communities in which they will live. Any student with an interest in rural generalist practice - whether family practice, internal medicine, pediatrics, women’s health, surgery, public health, or research - is strongly encouraged to apply. Students from any level of medical school training are welcome, and we invite students from any of Ohio’s medical schools, allopathic or osteopathic.

This year the Rural Health Scholars Program includes the following:

- A Rural Health Scholars Retreat, Friday and Saturday, October 17 and 18, 2008, in Wayne County, Ohio
- A one year student membership in the National Rural Health Association and its Ohio student chapter, with all the attendant benefits
- An opportunity for two, possibly three, students to attend the National Rural Health Association annual meeting and Rural Medical Educators pre-conference, all expenses paid.

We will be using a camp in Wayne County as our base, but will be touring facilities and meeting interesting people in a two county area. Throw in a couple Amish meals, some gorgeous autumn scenery, and the camaraderie of other rural-interested medical students from all around Ohio, and this weekend is shaping up to be a lot of fun!

Other than the expense of travel to the retreat location, all meal, lodging, and conference expenses are provided courtesy of the Dr. Martin Beyer Endowment Fund and the OSU Department of Family Medicine. This year we will even be offering van transportation from Columbus and Bellefontaine for those of you living in Toledo, Dayton, Cincinnati, Athens and Columbus.

To request an application send an email to residency@madriverfamilypractice.org with “Rural Health Scholar application” in the subject line. The deadline for inquiries is September 15, 2008. Any other questions may also be sent by email or directed by phone to Tara Wagner, Residency Coordinator, at 937-465-0080.
Family Medicine Student Leadership Team 2008-2009

COMMUNICATIONS AND FMIG NEWSLETTER EDITORIAL BOARD:
MED II: Susan Friedman, Wendy Herold, Katy Meeker
MED III: Abby Davids, Ashley Holland, Angie Lawson, FMLDP Co-chairs
MED IV: Era Gupta, Teresa Lin, FMLDP Co-chairs
Bulletin Board: Jan Esker
Webmasters: Angie Lawson, TJ Stidham
Desktop Publishing and Advising: Kristen Kelly
Advisor: Kelly Fleming, MD

COMMUNITY SERVICE:
MED II: Katelyn Krivchenia, Katie McGuire, Julianna Padavano, Robert Ricketts, Zachary Van Wagoner
MED III-IV: Megan Buller, Kelly Jeppesen
Advisor: Kelly Fleming, MD

FINANCE COMMITTEE:
Vice Chair: Matt Butterfield, Sarah Voss
Treasurer: David Beckstead
Advisor: Kelly Fleming, MD

LEADERSHIP MINI-MODULE:
MED II: Alena Neton
Advisor: Benita Petri, MD

SPECIAL PROJECTS AND EVENTS
MED II: Tracey Wagner
MED III-IV: Sarah Voss
Advisors: Kelly Fleming, MD

FMIG MEETINGS AND WORKSHOPS:
Meetings: David Swenson
Workshops: Jan Esker, Rein Lambrecht
Advisor: Kelly Fleming, MD

FAMILY MEDICINE LEADERSHIP DEVELOPMENT PROGRAM:
Co-Chairs, MED IV: Lindsey Bostelman, Jacob Bryan, Kirsten McNamara, John Tychonievich
Co-Chairs, MED III: Ashley Holland, Laura Pence, Melissa Purtsme
Combined Degree Program Chair: Abby Davids
Residency Connection Chairs: Megan Brophy, Denise White
The Other Half Chairs: Don and Martha Curtis
Advisor: Linda Stone, MD (interim)

PREMEDICAL INITIATIVE:
MED II: Ryan Christensen, Matt Haldeman, Liz Renard
MED III-IV: Kaoru Miyazaki, MiLinda Nimmo
Advisor: John McConaghy, MD

ORGANIZED MEDICINE:
OAFP Student Affairs Committee Chair: Jacob Bryan, Kirsten McNamara
AAFP Liaison: Jacob Bryan, Kirsten McNamara

SPORTS MEDICINE INTEREST GROUP:
MED II: Scott Shemor (Chair), Jarin Leavitt, Rueben Nair, David Swenson
Advisor: James Borchers, MD

MENTORSHIP PROGRAM:
MED II: Katie McGuire
Advisor: Benitra Petri, MD

MEDSHOW:
All FMIG and FMLDP officers
Advisor: Linda Stone, MD

September 2008
Have ideas/suggestions for the next FMIG newsletters?
E-mail Kristen Kelly at Kristen.kelly@osumc.edu