Family Medicine Graduates 2009

We are so pleased to announce the family medicine matches for graduating class of 2009. As you can see form the list below we have folks going to all over the US, coast to coast!

LINDSEY BOSTELMAN  
Toledo Hospital; Ohio

JACOB BRYAN  
University of Michigan Hospitals-Ann Arbor; Michigan

BRIAN CARLISLE  
Riverside Methodist Hospital; Ohio

RICKY GARDNER  
Memorial Hospital; Indiana

EUGENE HO  
Arrowhead Regional Medical Center; California

KELLY JEPPESEN  
McKay-Dee Hospital Center; Utah

JOSHUA JONES  
Riverside Methodist Hospital; Ohio

ADRIENNE LEWIS  
Akron Gen Med/NEOUCOM; Ohio

MIKA McDOUGALL  
Oregon Health and Science University; Oregon

JARED MINER  
Utah Valley Regional Medical Center; Utah

SARAH PICKERING  
Fairview Hospital; Ohio

D. ROXANNE RICHARDS  
University of Virginia; Virginia

JOHN TYCHONIEVICH  
Univ. of Pittsburgh Med. Ctr. St. Margaret; Pennsylvania

GABRIEL WILLIAMS IV  
Grand Rapids Med. Ed. & Research Center; Michigan

JOHN WUNG  
Mt. Sinai Hospital Medical Center; Illinois
Honors Reception and Department of Family Medicine Chair Award Recipients 2009

The family medicine honors program was a huge success and the presentations were well rounded and covered topics from the exercise prescription to business in medicine.

As the year draws to a close we want to celebrate our student leaders of family medicine. Here are the winners:

- **Tennyson Williams, MD Award in Humanism**
  Given in recognition of the student who possesses “the heart of a family physician”
  Lindsey Bostelman

- **Pat Fahey, MD and Larry Gabel, PhD Award in Academic Excellence**
  Given to the student whose dedication to family medicine, family medicine research, and the teaching of family medicine exemplifies the pivotal role of family medicine in the future
  Kelly Jeppesen & Adrienne Lewis

- **John Lombardo, MD Award in Community Service**
  Given to honor the student who has given exceptional service to the community
  Ricky Gardner

- **Glen Aukerman, MD Award in Leadership**
  Given in recognition of the student who has shown exemplary leadership ability at the local, state, and national level
  Jacob Bryan

- **Mary Jo Welker, MD Award in Professionalism**
  Given in recognition of the student who best exemplifies the pursuit of professional excellence
  Jared Miner
Now is an exciting time for health care reform and family medicine advocacy. The patient-centered medical home (PCMH) is in full-swing and is gaining increasing support in the state- and national-level health care debates. If you haven’t heard of the PCMH, it is a new model of primary care delivery that combines the best of traditional family medicine with innovative practice enhancements such as enhanced access, electronic records, disease registries, and team-based care. The impact of the PCMH so far has been astounding! PCMH pilot projects have demonstrated reduced hospital admissions, reduced health inequities, and improved quality of care at lower health costs.

This past week, I attended the Robert Young Legislative Conference, sponsored by the Ohio Academy of Family Physicians. Family physicians from across Ohio met with their state legislators to discuss the importance of family medicine and the PCMH. We explained why the family medicine line item (GFR-235-519) is important in helping support family medicine departments affiliated with medical schools. We discussed how legislators can support students in choosing primary care careers by providing low-interest loans and loan forgiveness programs. OAFP members also explained their concerns to Paolo DeMaria, Executive Vice Chancellor of the Ohio Board of Regents, that Ohio medical schools were not targeting students interested in primary care specialties.

In the past I have had the privilege of lobbying in Washington, D.C. for both the American Medical Association and the American Academy of Family Physicians (AAFP). In addition, I’ve served in several national roles in the AAFP and also as a student member of the AAFP Commission on Education. These experiences have given me incredible insight into the health care policy debate, and I’ve made a lot of wonderful friends along the way. If you are interested in getting involved with the AAFP or the AMA please contact me at jacob.bryan@osumc.edu.

Thank You!

FMIG appreciates the financial support of the Columbus family medicine residencies:

- Grant
- Riverside
- Mount Carmel
- OSU
Every year, the OAFP (Ohio Academy of Family Physicians) holds a retreat for Ohio medical students interested in family medicine. We attended the retreat this year in April. It was a busy weekend of lectures, procedure workshops, and, of course, a chance to have fun meeting other Ohio medical students! This is definitely an experience we would recommend for other students who are considering family medicine. One big part of the weekend was a series of interesting lectures on topics relevant to healthcare today. The idea of a patient-centered medical home where patients go to a primary care doctor who knows them personally and has followed them for their long-term care was a prominent theme.

This is a concept that family medicine doctors have always known is very important, but it has only recently been defined and placed in the spotlight with the problems in the health care system today. Another (actually surprisingly interesting!) lecture focused on ethics and professionalism, and another was called “Family Physicians Do That?!” and featured a coroner and doctors involved in hospice care and home visits.

We were very happy to see that OSU’s own Dr. Stone was giving the dinner presentation on Saturday night about “The Heart of a Family Physician.” Dr. Stone gave an inspirational and passionate speech about the continuing relationship between patients and family physicians, complete with a really fancy Star Wars intro and some other great movie clips. Another highlight of the weekend for us was the procedure workshops on Sunday morning. We got to spend an hour and a half putting on (and cutting off!) arm and leg casts on each other, as well as learn about different casting and splinting materials. In another workshop, we learned how to give joint injections using a plastic model. The last workshop reviewed the anatomy pertinent to a sports physical exam and taught us the basic fundamentals of extremity exams commonly used in sports medicine.

Besides being an opportunity to learn a lot about family medicine and different procedures, this weekend also allowed us to meet Ohio doctors, residents, and medical students involved in family medicine. One of our activities was a “Round-Robin Learning Fair”
OAFP Student Retreat cont’d

in which we divided up into small groups for five twenty-minute discussions that were each led by different teams of family medicine residents. We went through case studies in the areas of sports medicine, men’s health, women’s health/OB-GYN, geriatrics, and adolescent health/pediatrics. It was interesting to hear the third and fourth-year students bounce ideas off of the residents, and even as Med-1s we were able to contribute some too. Afterwards, we got to hear a little about different residency programs as well. Another important thing to mention about the retreat is that it was held at the beautiful Cherry Valley Lodge in Newark, Ohio. This hotel is actually connected to an indoor water park, which we all got passes to for Saturday night. Riding all the water slides was really fun, and they even had a lazy river and a couple of hot tubs.

So we really enjoyed our weekend at the OAFP retreat, and this is definitely something more Ohio State medical students should look into for next year. (Case Western definitely had more students there than we did this year!) The OAFP gives scholarships to cover the cost of the entire retreat to the first five students to sign up from every Ohio medical school. This includes a weekend of great food, a nice hotel room, and a very fun water park experience. We also learned a lot from the lectures and procedure workshops, so all in all we would say that this was a great experience for anyone interested in family medicine.

“OAFP gives scholarships to cover the cost of the entire retreat to the first five students to sign up from every Ohio medical school.”

Childhood Photo “Guess Who?”

This person has been with OSU for many years and has won many awards see if you can guess who it is. She is a distinguished educator and a fantastic cardiologist.

Turn to page 8 for the Answer!
If you are reading this to consider doing a global health elective, let me just say, “DO IT!” I recently traveled to Mapoteng, Lesotho (a tiny country in Africa) with two of Ohio State’s finest family physicians, Dr Paul Nanda (attending), and Dr Andre DeLeon (second-year resident). The hospital we worked at, Maluti Adventist Hospital, was home to Lesotho’s very first family medicine residency. Here, we were able to work alongside some of the most versatile physicians I have ever met in my life.

These physicians are challenged to not only work in an extremely resource-limited environment, but also to learn and practice MULTIPLE fields of medicine: peds, OB, family, internal medicine, AND surgery.

The challenges for a student working over there are more numerous than one can imagine: limited resources, a pathology palette we’ve only ever read about, different cultures, different languages, different medicines, lack of continuity…

The BENEFITS to experiencing a global health elective, however, far outweigh the challenges. Every day I realize a new “lesson” I’ve learned as a result of doing this global health elective. But some of the more obvious lessons include an appreciation for the relative surplus of resources we have in the States, a greater cultural awareness, and an understanding of the breadth of my personal abilities. I’ve certainly learned how to interact with others with an exceeding amount of patience. I’ve developed better insight about the true magnitude of the HIV crisis. I’ve seen first-hand what “limited resources” truly are. And I’ve become inspired to become the most versatile and capable physician I can be…so that I will be as useful as possible on my next global health adventure and so that I can be a sensitive, compassionate, urbane and resourceful physician for my patients here in the States.
My Most Memorable Patient

By James Borchers MD

One of the first aspects of Family Medicine that attracted me to the specialty was the challenge of comprehensive care for the patient. As I progressed through my training and decided to pursue a fellowship in Sports Medicine I realized very quickly that much of the medical care of the athlete was based in the core tenets of Family Medicine. This was very evident in the care of my most memorable patient.

TG was a healthy 19 year-old sophomore walk-on on the Ohio State Football team. He had become a valued member of the team and was earning playing time in spring practice. As he caught a pass in a spring scrimmage he was tackled by another player and did not get up off the field. The athletic trainers rushed to the field to assess TG and very urgently called me to the field. As I approached TG I very quickly realized this was a serious injury. He was not moving and the training staff was very concerned. I leaned down and asked TG what was wrong and he said “I can’t feel anything below my neck”. I quickly realized TG had a significant spinal cord injury and that he needed immediate care.

As the physician taking care of TG on the field I realized I needed to coordinate everything going on around the situation to care for TG. I first needed to ensure his survival and his irregular breathing had me concerned. I quickly stabilized TG’s cervical spine and coordinated his transition from a prone to a supine position. As I was assessing his “ABC’s” of BLS I instructed one of the athletic trainers to remove his face mask so that I would have access to his airway. I also instructed one of the support staff to call 911 to get EMS services for transport and then to call the OSU ED to update them about TG and his impending arrival in the ED. I quickly had a member of the athletic training staff check TG’s peripheral neurological status and established he had no feeling or movement of his extremities. During all of this, I also continued to communicate with TG about what was happening and that we were going to make certain he was taken care of. Once we arrived at the OSU ED, the trauma team took over. I met with TG’s parents and updated them on everything that had happened and what they could expect in the next hour. Very quickly it was established that TG had suffered a significant cervical fracture with spinal cord damage. He was taken to surgery that night.

In the next few months that followed I continued to care for TG along with many of the specialists caring for him. He progressed through rehabilitation and transitioned to an apartment with his sister. I continued to find new challenges in my care for TG – from arranging home nursing services to dealing with his depression following the accident. I continued to work with TG and his family to make sure he had all of his care coordinated. In time, TG’s specialists did not need to see him regularly and I became the only physician he followed with on a regular basis. TG had a lot of goals following his tragic accident. He was determined to graduate from OSU and will do so this spring. He wanted to remain a part of the OSU football team and was able to do so as a student coach. It was very emotional this past year when he was recognized on senior day in front of 100,000 fans at Ohio Stadium. He has a goal of walking again someday and although he does not have use of his lower extremities, he has some use of his upper extremities and continues to surprise...
me with his recovery. His spirit and motivation have been inspiring to many and his story has now become one of hope rather than tragedy.

I am still TG’s Family Physician today. My journey with him has been similar to my journey with many of my patients I have cared for as a Family/Sports Physician. As a Family Physician I am so lucky to develop relationships with patients such as TG. As much as I may have been able to do for him, he like many of my patients has given so much more back to me. It has been my honor and privilege to care for TG and I hope to do so for many, many years.

As I reflect on my relationship with TG, I am reminded of something a mentor told me years ago as I embarked on my career in Sports Medicine. He told me that I would only be a good Sports Medicine Physician if I was first a good Family Medicine Physician. I am so grateful for my training in Family Medicine and especially when I think of my relationship with TG.

Answer to Childhood Photo “Guess Who?*: Dr. Mary Beth Fontana
PELOTONIA 2009

For those of you who haven’t heard, August 28-30, 2009, are the dates of Pelotonia, a cycling tour to benefit cancer research at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute. The tour consists of different cycling routes from Columbus to Athens, OH. The routes range from a 25 mile ride to a two-day 180 mile ride.

The Ohio State Sports Medicine Center is arranging the medical coverage for the event. We are in need of many volunteers to help at our First Aid stations along the way. We anticipate that we will need as many as 90 medical volunteers to help us. The only requirement for a medical volunteer is that they are BLS trained and that their certification is up to date. We will give you further instruction on the specifics before the event. There will be different shifts all day on Saturday and Sunday, and if you want to volunteer with a friend, we will put you on the same shift.

This is a great opportunity to get experience with mass event coverage. Plus, it should be a lot of fun!

For more information, go to www.pelotonia.org, and for specific questions, email kendra.mccamey@osumc.edu.

Please consider giving us a few hours to volunteer for a great cause. If you are interested, register as a medical volunteer at www.pelotonia.org and email kendra.mccamey@osumc.edu to let us know.

Thank you!

FMIG appreciates the continued financial support of the Central Ohio Academy of Family Physicians.
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