



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

Family and Community Medicine News

For the alumni, residents, students and other friends of Family & Community Medicine



From the Chairman David Stewart, MD, MPH

Greetings from the Department of Family and Community Medicine to all of our alumni, supporters and friends. We are pleased to update Departmental activities in education, patient care and scholarly activity. I am sure that the updates in this issue will highlight how, with your continued support and interest, the Department is an innovative leader in Family Medicine within the state of Maryland and nationally. Our alumni weekend is approaching and we are excited to have Joshua Sharfstein, MD, Secretary of Health for the State of Maryland speaking on "Healthcare Reform in Maryland." We look forward to seeing all of you on Saturday, November 6. As always we are interested in how you are doing, please send updates to Karen Webster at kwebster@som.umaryland.edu. I hope you enjoy this fall issue.

Save the Date!

The Bronushas Lecture/
Alumni
Weekend is fast approaching.

Mark your calendars for
Saturday, November 5, 2011.

Inside this issue:

From the Chairman

Clinical Psychology

Bronushas Lecture/
Alumni Weekend

Bariatrics

Residency Update

From the Graduate
Division

Maryland Learning
Collaborative &
PCMH

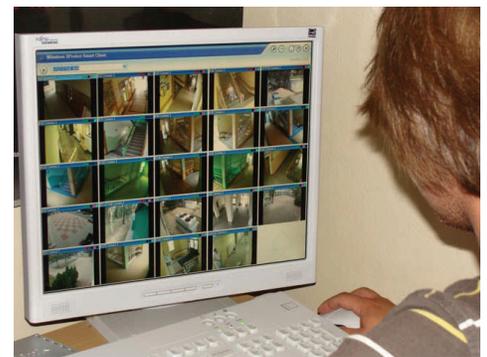
Clinic-Wide Video Precepting

Adrienne Williams, PhD

As part of the American Recovery and Reinvestment Act (The Stimulus Package), University of Maryland, Department of Family and Community Medicine received a grant through the Health Resources and

Services Administration for the purchase of equipment for the training of Family Medicine residents. Under the leadership of Dr.

Adrienne Williams, the department is in the process of purchasing and installing a video monitoring system that will place video cameras in every exam room in the clinic. With this video system, faculty will be able to observe, record, and provide feedback to residents from a centralized video monitoring station.



The introduction of clinic-wide video precepting will substantially enhance resident skills in key areas that are essential to improving primary care within the Patient Centered Medical Home. Physician and mental health faculty will collaborate to provide multidisciplinary feedback to residents, both in real time and after patient appointments. Use of video precepting has been found to improve resident communication and patient interaction skills, and contributes to residents' ability to develop insight into their own behaviors. The integration of video

Alumni Weekend, Family Health Center Dedication, and Finish the Clinic!!!

Kevin Ferentz, MD, Director of Clinical Operations

We have several wonderful things going on in the Department for which we need your help! The first is our attending our up-coming Alumni Weekend and Bronushas Lecture. This year's honoree for the Bronushas Lectureship is Dr. Joshua Sharfstein, Secretary of the Maryland Department of Health and Mental Hygiene. Dr. Sharfstein served in the past as the Commissioner of Health for the City of Baltimore, and was recently the Principal Deputy Commissioner of the U.S. Food and Drug Administration, the agency's second highest ranking position at the FDA. Dr. Sharfstein will be speaking about the Future of Healthcare in Maryland.

Including Dr. Sharfstein's presentation, there is a total of six hours of CME offered – including talks on Diabetes, Obesity, the Patient Centered Medical Home, and more. And it free!!! Please put Saturday, November 5th on your calendar. The Alumni Weekend will be held at the Southern Management Campus Center, 621 W. Lombard Street. Watch for the brochure and registration coming your way!

The evening before the Alumni Weekend we will be dedicating the Dr. Marion and Esther Friedman Family Health Center, our beautifully appointed office, named in honor of the parents of Dr. Barry Friedman. Please come to the office at 29 S. Paca at 4 PM on Friday for this wonderful ceremony.

And... we are still looking for sponsors for the 13 remaining rooms that need renovating. For a gift of \$ 1,600 you can have a room dedicated in your honor, or in the name of someone you love. 20 of the rooms are already accounted for – by alumni, current and former faculty, and friends of the department. The sponsorship includes a plaque that will be placed on the door indicating your generosity. Be a part of the redesign of our Family Health Center!

Bariatric Medicine at Family & Community Medicine

Verlyn Warrington, MD

Obesity is a disease of epidemic proportion amongst America's adults, adolescents and children. Family physicians are in a unique position to lead the charge in evaluation, prevention and treatment of obesity. The University of Maryland Department of Family and Community Medicine has responded to the need in our patient population by establishing the University of Maryland Medical Weight Management Program. Since its inception in October 2009, the bariatric practice has provided care to more than 200 patients.



Staffed by Drs. Verlyn Warrington and Vivienne Rose, the program offers individualized treatment of obesity and obesity related diseases in children, adolescents and adults. The program also offers services to normal weight but metabolically obese patients. The scope of therapy is wide, ranging from individualized dietary and exercise prescriptions to closely monitored very low calorie diets (liquid diets), as well as pre- and post bariatric surgery management. A much needed cognitive behavioral group, facilitated by our office manager Harriet Mandell LCSW-C, complements the medical therapy.

A recent addition to the program is a pediatric/adolescent clinic where patients are seen two Saturdays per month and patients are treated in a family based manner.

The majority of patients who have 3 or more visits in the program can boast of significant weight loss, improved metabolic markers such as cholesterol and hemoglobin A1C and enhanced quality of life. Referrals to the medical bariatric practice can be made by calling (410) 328 1942.

2011-2012 Residency Updates

Kevin Carter, MD; Chief Resident

The new 2011-2012 residency year has begun! We welcomed 10 fresh-faced interns (2 more than in years past) into 29 S. Paca Street on June 13th to start their orientation. The new class of interns come from all over the U.S. including California, Alabama, and Florida to name a few locales. This year we are faced with new residency work-hour requirements that limit interns from working more than 16 continuous hours and upper year residents from working for more than 28 hours.

The training program has numerous new curricular additions that we hope will continue to place our residency training program as one of the most innovative and exciting programs in the country. Dr. Stephanie Davis is leading an OB house call program that allows residents to make a home visit with their OB continuity patients during both the third trimester and also in the immediate postpartum period to visit with mom and baby. A few residents have already had the opportunity to participate in this program, and the results have been outstanding in terms of the close relationships formed between residents and their patients. A new grant-funded project organized by our behavioral medicine specialist, Dr. Adrienne Williams, has allowed for the installation of new cameras in all of our exam rooms to allow for direct-observation precepting.

We have also developed a few new rotations this year. Our interns are spending two weeks in a dedicated Nutrition curriculum working with dietitians in many of University hospital's specialty programs as well as the department of Endocrinology. Our third years have a new community medicine month dedicated to rural medicine. The class was able to spend a weekend retreat earlier this spring in Garrett and Allegany counties visiting numerous clinical and recreational sites. For 4 weeks, each resident will be living and working in these communities where family docs really do it all! It will especially be an amazing experience to work in Garrett County, where all women's health and pediatric care is provided by the family physicians because there are no OB/GYNs or Pediatricians. Dr. Niharika Khanna and Dr. Zowie Barnes have developed a new family planning and GYN procedure clinic to further enhance the procedural training of all residents.

These are just a few of the many exciting advancements going on in the residency program. On behalf of myself and the other two chief residents this year, Dr. Leonie Prao and Dr. Carlos Duarte, we encourage any alumni wishing to know more about the current program or who would like to participate in our weekly educational conferences to contact us through our chiefs' email account at UMMSFMCHIEFS@som.umaryland.edu.

From the Graduate Division....

Yvette Rooks MD CAQ FFAFP, Vice Chair and Residency Program Director

The new Duty Hour requirements have brought a new way of educating today's physician.. With limits on the number of hours worked per day and week and having to have no post call responsibilities have limited many of our trainees number of experiences and patient care contact. Yes it has impacting residency training. The department of Family and Community Medicine has begun to increase the number of residency positions with the support of the Graduate Medical Education office and University Hospital to help with the ever increasing need for more "bodies" to cover the same work. For the first time in our program we have a "Day-Intern" and a "Night-Intern" for our Family Medicine In-Patient service. The transition of care is crucial to patient safety and to resident education. The role of the Attending physician is drastically different as it is expected that at nearly ever transfer of care we be present to ensure that the resident is receiving the appropriate education and that patients care is not compromised.

As our training of residents in our program changes, we will continue to rely on our Alumni to offer suggestions on training options; elective experiences; practice management suggestions to help us guide the training of the "new generation" of physicians. The program has also experienced growth in our Sports Medicine exposure with increase in the number of Fellows and opportunities for resident education. We now offer sports medicine clinic four half days a week offering primary care orthopedic care, concussion management and nutrition/exercises management. We have established a great relationship with the Department of Emergency Medicine and receive an abundance of referrals.

Lastly, the residents are actively involved in a variety of community and school volunteer activities for which we were recently acknowledged by the AAFP, AIM-HI program. Check us out!

<http://www.aafp.org/online/en/home/clinical/publichealth/aim/success/baltimorersf.html>

Maryland Learning Collaborative for the Multi-Payer Patient Centered Medical Home Project. On the road to Transformation - One practice at a time!

Niharika Khanna, MBBS, MD



Congratulations to the State of Maryland leadership for recognizing that the way forward to improve the health of Marylanders and reduce costs is by advancing primary care. Leadership is drawn from the two academic centers, University of Maryland School of Medicine and Nursing, and Johns Hopkins Community Physicians, working synergistically with the Maryland Health Care Commission.

The Maryland Learning Collaborative (MLC) practices are supported by insurance carriers, employers and the MLC personnel as a novel resource to support the advancement of primary care. This project includes a diverse array of 53 primary care practices all over the State of Maryland with a shared philosophy and belief in accessible, coordinated, continuous, comprehensive high quality health care, but varied in their size, linkage to hospital systems, patient mix, urban/rural location, safety net providers and others. The MLC includes Family Medicine, Internal Medicine, Pediatrician and Nurse Practitioner lead practices and will support the primary care practice community by offering education, consulting and advising to transform into patient centered medical homes.

The MLC will look for opportunities to increase capacity for advancing primary care in the state of Maryland by providing training for practice transformation coaches and developing educational curricula and models for implementation and possible integration of care management within primary care practices. Offering care management supported by insurance carriers is a key strength, and an instrument to achieve the goal of improved chronic disease management and preventive care. Care Management targets will be high utilizers of the emergency room and hospitals due to preventable conditions. Ultimately, practices will aim to develop individualized care plans for all patients identified as high risk for preventable utilization of emergency rooms and hospitalizations. Health Information Technology support will be offered by our partner CRISP health through the Regional Extension Center and future portal access through the Health Information Exchange.

A steering committee of stakeholders, along with a nurse consultant, will guide all activities germane to the MLC. The MLC will continue to support its participating practices with webinars, conference calls and collaborative meetings in the upcoming months.

More information is available at their website: <http://medschool.umaryland.edu/familymedicine/mdlearning/default.asp>