

# DEPARTMENT OF FAMILY MEDICINE & PUBLIC HEALTH SCIENCES



Tweet from Chair,  
Tsveti Markova, MD, FAAFP



Amazing activity and accomplishments on all fronts! All should feel so proud.



Department of Family Medicine and Public Health Sciences

## Mission Statement

We are committed to improving the health, well-being, and environment of individuals, families, and communities by advancing the science and practice of family medicine and public health through innovation and excellence in research and education.

## Acronym Soup



**BFEF—Behavioral Science/ Family Systems Education Fellowship**

[www.stfm.org](http://www.stfm.org)

A competitive, yearlong fellowship for family medicine faculty who have responsibility for coordinating or teaching the behavioral science/family systems curriculum.

## FAMILY MEDICINE & PUBLIC HEALTH SCIENCES FACULTY PUBLISH RESEARCH

**Youcheng Liu**, ScD, Associate Professor in the Health Equity Division and his colleagues recently published a book chapter in the “Handbook of Respiratory Protection: Safe Guarding Against Current and Emerging Hazards edited by LeeAnn



Racz, Dirk P. Yamamoto and Robert M. Eninger, Boca Raton: Taylor and Francis Group, [CRC Press, 2018](#)”.

The chapter is titled “Respiratory protection against isocyanate exposure”, which reviewed isocyanate physical and chemical properties, health effects, occupational exposure limits and controlling methods. It also reviewed field and laboratory studies on respirator efficiencies. It discussed in more detail a CDC/NIOSH-funded cross-sectional study in the auto body repair and refinishing industry in Connecticut that Dr. Liu and his colleagues conducted. They evaluated respiratory programs in 36 auto body shops, performed fit testing on 142 workers, measured 22 spray painters of their respiratory exposure to airborne isocyanates inside negative pressure, air-purifying half-facepiece respirators during spray-painting and priming activities. They assessed workplace protection factors, compared them with OSHA assigned protection factors for these respirators and

demonstrated that these respirators provide effective protection against isocyanate exposure in spray and priming operations if workers are properly trained and fitted.

The handbook provides a contemporary update and understanding on the subject and guidance for protection during processes and scenarios only recently encountered by occupational health and safety professionals as well as those long since in practice. It also contains information on respiratory protection for healthcare and infectious diseases, emergency responders and nanoparticle exposure in workplaces.

Assistant Professor, **Samuele Zilioli**, PhD and several of his colleagues have published their research entitled “Socioeconomic status, family negative, emotional climate, and anti-inflammatory gene expression among youth with asthma” in Volume 91, May 2018 issue of [Psychoneuroendocrinology](#).



Dr. Zilioli is senior/ corresponding author in the paper. The highlights of the article are as follows:

- This study tested links between socioeconomic status and expression of the glucocorticoid receptor gene *NR3C1* via natu-

ralistically observed family emotional climate.

- There was a significant indirect path from socioeconomic status to *NR3C1* expression via family negative emotional climate.
- No equivalent path was found for family positive emotional climate.

The article explains that several common, chronic, and debilitating diseases such as asthma, heart disease, and cancer are closely linked with chronic inflammation (Ershler and Keller, 2000). As these diseases show socioeconomic status (SES) disparities, it is critical to understand the biological and psychosocial mediators of links between SES and inflammatory disease. The paper examines the effects of SES on a key anti-inflammatory regulatory element, the glucocorticoid receptor gene *NR3C1*, via an important aspect of the social environmental, family emotional climate.

“I think this article is particularly interesting because it is in line with the mission of our department and is innovative in its methodology and findings.” said Sam Zilioli.

For more information about Dr. Zilioli’s research and published work visit: <http://samzilioli.wixsite.com/mysite>

Congratulations to you both!!



The Spring 2018 issue of Michigan Family Physicians magazine contained two articles about the Department of Family Medicine & Public Health Sciences.

Dr. Markova was highlighted in the issue for being honored with the 'Courage to Lead' Award and the department is featured in the 'training physicians of tomorrow' section. If you are not a current member of MAFP and would like a PDF of the articles, please contact [jmagdale@med.wayne.edu](mailto:jmagdale@med.wayne.edu). We are in the process of securing permissions to post the information on the FM website home page.



For archived copies of the Department of Family Medicine & Public Health Sciences newsletters, visit: <http://www.familymedicine.med.wayne.edu/news.php>

## FAMILY MEDICINE AND PUBLIC HEALTH SCIENCES HOLDS 2ND ANNUAL RESEARCH DAY

The Department of Family Medicine and Public Health Sciences held its second annual Research Day on April 18 in the School of Medicine's Margherio Family Conference Center.

"The department's research day is a celebration of scholarship, intellectual curiosity, and perpetual learning. It was wonderful to see a full auditorium of enthusiastic individuals sharing knowledge on research and quality improvement projects that have been conducted or are currently going on in the department," said department Professor and Chair Tsveti Markova, MD.

The event included lectures by faculty, residents and students on several timely family medicine and public health-related topics, including the keynote address, "Developing a Program of Research in Perinatal Depression and Infant Mental Health among Minority Mothers," by Assistant Professor of Nursing Dalia Khalil, PhD, RN.

DFMPS faculty members presented: "#MeToo at WSU: Implication for Sexual Assault Survivors and Health Practitioners" by Assistant Professor Angela Tiura, PhD; "African American Participant Recruitment: How Past History Shapes Current Strategies" by Assistant Professor Rhonda Dailey, MD.

Trainee presenters included:

Medhedi Hasan (PhD student), Nicole Lopez, MD & Ashley Tabi, MD (residents), Elyse Schultz (MD/MPH student), Lea Selitsky (MD/MPH student) and Joseph Thomas, MD (resident).

Their topics included:

- motivational interviewing
- sexual health education
- grocery store-based interventions
- integration of Public Health curriculum
- traumatic experiences and sexual risk
- vitamin D, testosterone, epigenetics, and pain

Electronic posters were displayed throughout the room and were showcased by their authors during the scheduled poster session.

Guests also listened to Master of Public Health student Maliha Ahmed deliver her essay, "Achieving Health Equity: The Role of Communication and Community," which won the department's inaugural MPH student essay contest.

In addition, Elyse Schultz, a MD/MPH joint-degree student who will graduate with both degrees in June, received the 2018 Excellence in Public Health Award from the United States Public Health Service. Elyse was nominated by Associate Professor Juliann Bininda, PhD for her academic understanding of public health and her steadfast practice of the public health profession. The award was presented to

her by Harry S. Ko, DO, CDR, USPHS, Ninth District Senior Medical Executive from the USCG Air Station Detroit at Selfridge. "It was a big surprise," Schultz said. "I am very grateful that I have such supportive faculty to nominate me."

[Excerpted from the School of Medicine Prognosis article dated April 24, 2018](#)



Keynote Speaker  
Dalia Khalil, PhD, RN



Trainee Presenter  
Mehedi Hasan (PhD student)



Trainee Presenter  
Elyse Schultz  
(MD/MPH student)



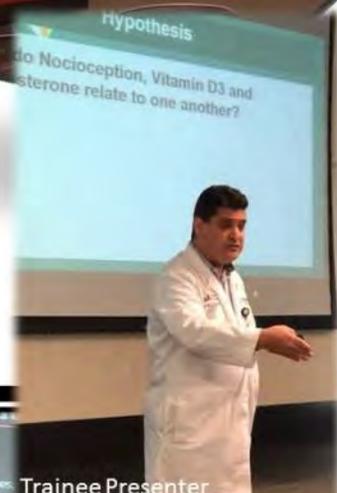
Trainee Presenters (Residents)  
L to R: Ashley Tabi, MD; Nicole Lopez, MD



2018 MPH Essay Contest Winner  
Maliha Ahmed



Trainee Presenter  
Lea Selitsky (MD/MPH student)



Trainee Presenter  
Joseph Thomas, MD (Resident)



Faculty Speaker  
Rhonda Dailey, MD



Faculty Speaker  
Angelia Tiura, PhD



Left to Right:  
Juliann Binienda, PhD  
Tsveti Markova, MD  
Elyse Schultz  
Harry Ko, DO

WSU School of Medicine  
Department of Family Medicine  
& Public Health Sciences

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The Woodward Gardens Fika group is pleased to share a photo of its most recent completed puzzle.

Thanks to all of the regular Fika participants.



## FACULTY SPOTLIGHT

**Dawn Misra**, PhD, Professor and Associate Chair, Research and Director of the



Division of Health Equity received an award from the *American Journal of Epidemiology* (AJE) and

the Society for Epidemiologic Research (SER) as one of the best 2017 AJE Reviewers of the Year.

Reviewers of the Year are chosen by the Journal's Editorial Board based on timeliness and quality of reviews.

A list of all ten 2017 Reviewers of the Year will be released on-line in March and will appear in the April, 2018 issue of the *Journal*. In addition, they will be formally recognized during SER's Annual Meeting in Baltimore, MD from June 19-22.

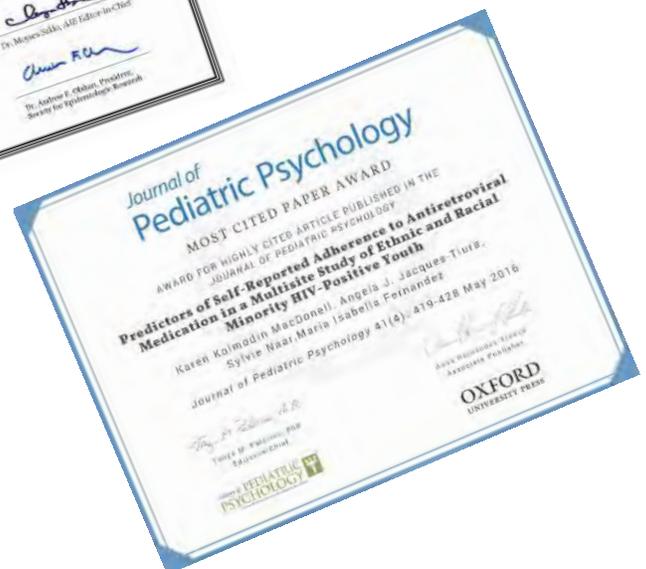
Congratulations Dr. Misra!

We also extend our congratulations to **Karen MacDonell**, PhD, Associate Professor in the Behavioral Sciences Group. Dr. MacDonell has been recognized by the *Journal of Pediatric Psychology* with an award



for her recent article being named as one of the "Top 20 Cited Articles" published in 2016. The article titled "Predictors of Self-Reported Adherence to Antiretroviral Medication in a Multisite Study of Ethnic and Racial Minority HIV-Positive Youth" received 7 citations and 651 downloads to date.

Congratulations Dr. MacDonell for this recognition of your work!





Dr. Fatin Sahhar, clinical assistant professor (voluntary) and the staff at the DMC Family Medicine residency program located at Thea Bowman Community Health Center are collecting used books for children.

This book drive is an on-going effort to get books into the hands of 'little ones'. However, adult books will also be accepted.



Please forward any donations to Judy Magdalenic, 3939 Woodward Gardens, Room 313.

## TOBACCO REDUCATION PROGRAM FOR PEOPLE LIVING WITH HIV

Angulique Outlaw, PhD, Associate Professor in the department's Behavioral Health Group was awarded an increase in funding (from \$59,425 to \$103,120) for FY2018-2019 to continue to provide tobacco reduction services for youth and young adults (ages 18 - 29 ) living with HIV in the Detroit metropolitan area.



Dr. Outlaw has provided tobacco reduction services for youth and young adults living with HIV since 2014. Tobacco reduction programming for youth and young adults living with HIV involves focusing on the motivation for health outcomes and how tobacco use impacts health outcomes.

Specific programming includes: (1) Individual and group-level tobacco cessation education and counseling; (2) Horizons Project clinical staff training and monitoring of tobacco use of patients; (3) Partnering with community providers focused on health to provide Healthy Living workshops; (4) Implementing

a "Buddy System" program for tobacco users to partner in reduction efforts; and (5) Community-based education and outreach.

Members of the project include Erica Kelley (Project Coordinator), Monique Green-Jones (Project Assistant), and

Jasmine Flanagan (Project Assistant).

Congratulations to Dr. Outlaw and her team for getting this increased funding which will allow them to continue their important work.

Please contact Dr. Outlaw at [aoutlaw@med.wayne.edu](mailto:aoutlaw@med.wayne.edu) or one of her team members mentioned in this article if you have any questions about this project.

## FAMILY MEDICINE RESIDENTS PASS BOARD CERTIFICATION EXAMINATION



Congratulations to Family Medicine's PGY-3 residents who sat for the April 2018 Family Medicine Board Certification Examination (ABFM). All four passed with very high scores. Our newest ABFM Diplomats are:

- Dr. Eleanor King (Chief Resident)
- Dr. Joe Thomas (Chief Resident)

- Dr. Nicole Lopez
- Dr. Mitul Mehta

"We are all very proud of them!," said Dr. Pierre Morris, Clinical Assistant Professor and Family Medicine Program Director.

"Our other two outstanding senior residents,

Dr. Ashley Tabi and Dr. Minhchau Ha, will be taking their boards November 2018 with similar results anticipated."

Congratulations and good luck to all.

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# MI-AHEC'S SOUTHEAST REGIONAL CENTER AND WSU COLLEGE OF NURSING OFFER POVERTY SIMULATION TRAINING

The Poverty Simulation training brought students and the community together on February 27 and March 1, 2018. WSU College of Nursing, in partnership with Michigan Area Health Education Center's (MI- AHEC) Southeast Regional Center, held the training for WSU College of Nursing and School of Medicine students.

Held at the Messiah Church in Detroit, the training provided students with a unique opportunity to help them understand what life is like with a shortage of money and an abundance of stress. The goal of the training is to prepare students for the potential challenges facing their future patients and will increase the empathy and effectiveness as they care of patients facing these challenges.

Over 116 students and 16 community volunteers participated in the event. Using a simulation kit, students assumed the roles of families facing poverty and were assigned the task of providing for basic necessities and shelter and had to make decisions on how to spend what little money they were given in order to survive. Community volunteers took on the role of vendors representing community resources and services, such as a bank, utility company, pawn broker, day care center, etc. As the students go through a simulated month (represented by four 15-minute "weeks") they tried to provide for their families while dealing with crime, utility shut-offs, unemployment and a host of other issues.

"Participation in the poverty simulation provides students with experience in the struggles faced by vulnerable populations, a reflection of their

personal feelings regarding vulnerable populations, knowledge of the importance of community resources for vulnerable populations and inter-professional experiential learning between nursing and medical students," said Dr. Joan Bickes, Assistant Professor in the WSU College of Nursing who manages the Poverty Simulation training. "Perhaps most importantly, the training builds empathy for those patients in vulnerable situations by their health care providers."

Excerpted from MI-AHEC web article <https://miahec.wayne.edu/documents/povertysim>



For more information about MI-AHEC click the logo.

## Grant Announcements:

- \* 4 grants submitted by the department from February - March
- \* Congratulations to Dr. Rhonda Dailey on her grant awarded by NIH

# MI-AHEC HITS THE ROAD TO RURAL MICHIGAN WITH WSU MEDICAL STUDENTS

On March 7, 2018 Wayne State University medical students visited McKenzie Health System in Sandusky, Michigan in coordination with Michigan's Southeast Regional AHEC and the Michigan Center for Rural Health.

Students spent the day with President and CEO Dr. Steve Barnett and physicians Dr. James Sams, MD; Dr. Mark English, MD; and Dr. Mark Hamed, MD. Presentations from McKenzie's staff focused on the execution and importance of emergency medicine and primary care in rural settings, the

healthcare landscape following the passage of the Affordable Care Act, and what's it like to live and serve in a community



For more information about MI-AHEC click the logo above.



**Rural:** ru-ral, adjective  
1. of, relating to, or characteristic of the country, country life, or country people; rustic

**Sandusky, Michigan -**  
Located in Sanilac County, MI Described as a small community in the United States, having about 2,682 inhabitants.

Photo to the right: Students arrive at McKenzie Health System in Sandusky, Michigan after an approximately two hour long bus ride.



Photo to the left: Several students and McKenzie Health staff pose for a group photo.

# RISING INTEREST OF WSU STUDENTS IN FAMILY MEDICINE

On Friday, March 16, 2018, fourth year medical students all over America found out where they would be completing their residency training during the much anticipated Match Day. Here at Wayne State University School of Medicine (WSUSOM), Match Day was held at the MGM Casino Grand Ballroom. Three hundred students, their friends and families along with faculty and staff, were in attendance. It was an exciting culmination of four years of hard work.

It was also a banner year for Family Medicine here at WSUSOM having matched 47 students into our specialty, more than any previous year recorded. That represents 16% out of 299 students. In previous years, the highest number of students matching in Family Medicine was 37 in 2016. At WSUSOM, Family Medicine has remained among the top 3 specialties chosen by students and this year was even bigger. Dr. Markova, Chair of the DFMPHS acknowledges everyone's contributions: "I would like to thank everyone who participates in showing our students a great Family Medicine experience. Special thanks go out to all of our preceptors, Dr. Margit Chadwell Associate Dean of Student Affairs, Dr. Jira Coumarbatch, the Director of the Family Medicine Clerkship and Ms. Lisa Blackwell our Coordinator. Job well done!" This is a testament to everyone's efforts to sustain and increase students' interest in the specialty: from a robust Family Medicine Interest Group, to passionate specialty mentors, and faculty advisors.

In addition, congratulations to all of the Family Medicine Residency programs in Michigan. They also had a great recruiting season. In particular, our own WSUSOM Family Medicine Residency Program at Crittenton Hospital in Rochester Hills Michigan. They filled all six positions and 4 out of the six applicants chosen were from WSUSOM Excellent news!

And finally, as it relates to national trends in students choosing Family Medicine as a medical career, the American Academy of Family Physicians (AAFP) published a summary of the 2018 National Residency

Match Program (NRMP) results (reprinted below). It shows an increase in the number of students entering into Family Medicine residencies. This is great news but more work needs to be done to increase the number of students choosing Family Medicine as a career. AAFP and other organizations have set a goal of 25% of graduating allopathic and osteopathic seniors to match in Family Medicine in order to meet the societal primary care needs. "I look forward to working with everyone, including Michigan Academy of Family Physician (MAFP) and other state and local organizations, to continue this exciting trend," Dr. Markova concluded.

## NRMP Match 2018 Details

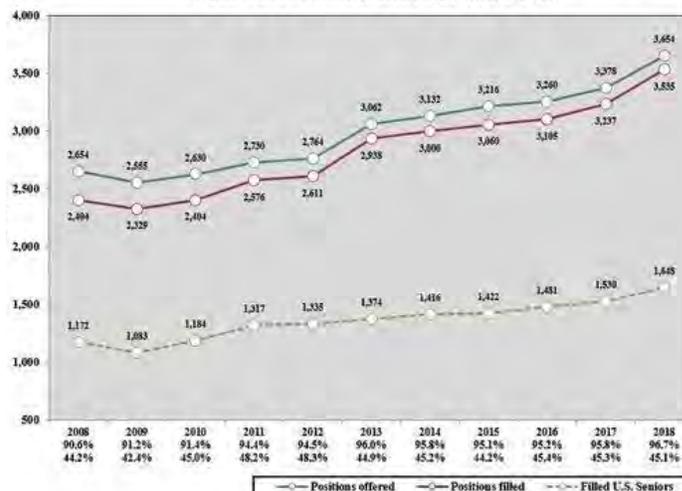
Compared with 2017, family medicine residency programs in the 2018 NRMP Match:

- Offered 276 more positions (3,654 vs. 3,378)
- Matched 298 more students and graduates (3,535 vs. 3,237)
- Matched 118 more U.S. Seniors (1,648 vs. 1,530)
- Had a slight increase in overall fill rate year-over-year (96.7% vs. 95.8%), marking the highest fill rate in the specialty's history
- Had a similar fill rate for U.S. Seniors (45.1% vs. 45.3%)
- Offered 12.0% of all position in the Match (11.7% in 2017)
- Matched 9.3% of all U.S. Seniors in the Match (8.8% in 2017)

The 2018 NRMP Match results continue a nine-year trend of increases in the number of family medicine positions offered, positions filled, and positions filled with

U.S. Seniors. In fact, the number of family medicine positions filled in the 2018 NRMP Match is the highest number filled in the history of the specialty, and has been each year since 2013. However, the number of positions filled with U.S. Seniors remains 692 below the historical high of 2,340 in 1997, and far below the number needed to achieve 25% of U.S. medical graduates matching to family medicine by 2030.

**Family Medicine Positions Offered, Filled, and Filled with U.S. Seniors: March 2008-2018**



Graph created by the American Academy of Family Physicians  
Data source: National Resident Matching Program® Advance Data Tables 2018



The chart above reflects 20-Year Data: Family Medicine Positions Offered and Filled – March 1998-2018 (does not include AOA Match data)

The 2018 results also show a fill rate above 96%, meaning that the gap between positions offered and positions filled in family medicine has diminished over time. The fill rate for family medicine has increased significantly since 2003 when it hit a low of 76.2%. This reflects a great opportunity and responsibility for U.S. medical schools to admit and graduate classes more likely to enter primary care specialties and serve in underserved areas.

# THE DEPARTMENT OF FAMILY MEDICINE AND PUBLIC HEALTH SCIENCES WELCOMES ITS NEWEST RESIDENTS

Incoming **Family Medicine** Residents:

Name	Medical School
Tarek Chahine	Wayne State University School of Medicine
Varsha Das	Wayne State University School of Medicine
Benjamin Maynard	Wayne State University School of Medicine
Bradford Woelke	Wayne State University School of Medicine
Ashely Aragona	American University of the Caribbean
Peter Ly	Michigan State University College of Human Medicine

Incoming **Transitional Year** Residents:

Name	Medical School
Brian Benenati	Wayne State University School of Medicine
Sakeena Fatima	Wayne State University School of Medicine
Kristi Wu	Michigan State University College of Human Medicine
Amy Zavell	Saint Louis University School of Medicine

Thank you to all the participants in the recruitment process, especially the Recruitment Committee, Faculty, Residents, and Coordinators.

We look forward to welcoming the new residents into our Residency Programs!



## Happy Anniversary

Congratulations to the following Department of Family Medicine and Public Health Sciences faculty for their years of service. They were recognized at this year's Employee Recognition event on Tuesday, April 24. Congratulations!!

- Juliann Binienda—25 years
- April Carcone —15 years
- Phillip Lupo —15 years
- Sabrina Williams — 20 years

## FAMILY MEDICINE 2018-2019 CHIEF RESIDENTS NAMED

We are pleased to announce that Drs. Gypa Katoch and Marco Peterson will assume leadership roles as the new Family Medicine Chief Residents for the 2018-2019 academic year.

Congratulations!!



Dr. Gypa Katoch



Dr. Marco Peterson