

DEPARTMENT OF FAMILY MEDICINE & PUBLIC HEALTH SCIENCES



**Tweet from Chair,
Tsveti Markova, MD, FAAFP**



Healthy, happy and successful 2017!!



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.

We're on the Web!

www.familymedicine.med.wayne.edu/

Important Dates

publicizing paper



DFMPHS All-Faculty Meetings

February 8, 2017

June 21, 2017

Family Medicine and Public Health Sciences Department-wide Research Day

April 19, 2017

BEHAVIORAL HEALTH PROFESSORS ARE AWARDED 2016 DIANE WILLIS AWARD

Deborah Ellis, PhD and professor in the Behavioral Sciences Division and Sylvie Naar, PhD, professor and division director of the Department of Family Medicine and Public Health Sciences Behavioral Sciences Division received the 2016 Diane Willis Award for outstanding article in the *Journal of Pediatric Psychology* by the Society of Pediatrics Psychology (SPP).

The article is titled: Mediators of Treatment Effects in a Randomized Clinical Trial of Multisystemic Therapy-Health Care (MST-HC) in Adolescents with Poorly Controlled Asthma: Disease Knowledge and Device Use Skills. *Journal of Pediatric Psychology*, 40 (9), 522-530. doi: 10.1093/jpepsy/jsv114.

The Award honors Diane J. Willis, who served SPP as president and founding editor of the journal and the SPP newsletter. Articles are selected for this award on the basis of:

- Potential to significantly contribute to scholarship in the science and practice of pediatric psychology as evidenced by having a positive impact on the field/topic area by influencing or guiding future

research or having implications for policy, practice, training and professional developments.

- Potential for long-lasting utility and value to the field.
- Demonstration of particular innovation and excellence in approaching the topic for usefulness in application, development of theory, and appropriateness or advancement of methodology and design; and
- Providing an example for others to model.

Drs. Ellis and Naar's article contained information from their NIH-funded randomized trial testing intensive, home-based family treatment (Multisystemic Therapy, or MST) as an intervention to improve illness management and health outcomes in African American adolescents with poorly controlled asthma.

The study investigated whether MST impacted proposed mediators of intervention effects—asthma knowledge and controller device use skills and whether any improvements in turn mediated changes in illness management.

Results from the study showed that adolescents in the MST group had increases

in asthma knowledge; asthma knowledge was unchanged for those randomized to attention control. Controller device use skills increased for adolescents in the MST-HC group, while skills declined for attention control. In turn, these increases in asthma knowledge and asthma skills were responsible for improved illness management. The results of the study show the value of tailored, home-based interventions that include knowledge and skills building components are for addressing poorly controlled asthma illness management in African American youth.

Congratulations to Drs. Ellis and Naar!!



Deborah Ellis, PhD



Sylvie Naar, PhD

WSU School of Medicine
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& Public Health Sciences

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Acronym Soup



NBME—National Board of Medical Examiners

A non-profit organization with the purpose of providing assessments of health care professionals, primarily physicians. The NBME established and maintains the United States Medical Licensing Exam (USMLE) and co-sponsors the Post-Licensure Assessment Exam (PLAS)

www.nbme.org

NEW LEADERSHIP AT WSU CRITTENTON FAMILY MEDICINE CENTER

Pierre Morris, MD has been appointed to serve as Interim Program Director (PD) of the Crittenton Family Medicine Residency Program. Dr. Morris is more than familiar with the program as a prior graduate, faculty member, and former Program Director. We welcome him again to that position.

Maribeth Mateo, MD has announced her resignation from the positions she has held at Wayne State University Physician Group effective February 17 (Interim Program Director) and

March 2 (Vice Chair, Clinical Affairs and physician). We wish Dr. Mateo well and thank her for her contributions to the Family Medicine and Public Health Sciences department over the last few years.

Dr. John Otremba, MD, PharmD has assumed the responsibilities of Medical Director of the Family Medicine Clinic (FMC) in Rochester. He has been proactively engaged in streamlining processes and improving clinical operations with a goal of patient care and education experiences for

our learners.

Shannon Lyons, the clinical manager of the Troy Family Medicine Center has been appointed to provide managerial oversight for the Rochester FMC. In this clinical management role, she will be responsible for staff schedules and assignments, patients' schedules, customer service issue resolution, and all other day-to-day clinical operation matters.

Welcome Dr. Morris, Dr. Otremba and Shannon to your new roles within the department.

DFMPHS WELCOMES NEW DEPARTMENT ADMINISTRATOR

Rana El-Jaroudi, MBA, MPH has joined the Department of Family Medicine and Public Health Sciences in an administrative leadership role. As part of WSUPG's restructuring, Rana has been assigned to our department on a part-time basis handling administrative responsibilities previously handled by Alex Sporysz, who has moved to a new position within the Pediatrics Department.

Rana has an MPH with a concentration in Health Services Administration, a Bachelors of Science in Biostatistics, a Teaching Diploma in Health Education, and a Certificate in Computer Programming from the American University

of Beirut, Lebanon. She earned her MBA with a concentration in Quality Management from Wayne State University. Since 2009 she has worked as an Associate Director/Administrator for the School of Medicine's Physical Medicine and Rehabilitation (PM&R) Department. She is responsible for managing the research and clinical activities of the department including budget and staffing. Prior to joining WSU and UPG, Rana was a Research Coordinator for the DMC at the Rehabilitation Institute of Michigan (RIM). At RIM she coordinated research activities, designed and created databases, assisted in data analysis for research department and other staff, supervised and trained

research assistants, created presentations for research projects, created and updated departmental policies and procedures, assisted with writing research progress reports as well as other various administrative activities. Rana has two published articles, the latest titled "Measures of social outcomes in disability research."

Rana will be available in the Woodward Gardens office on most Wednesday mornings and all day Thursday. She can be reached anytime via email at

reljarou@med.wayne.edu.

Welcome Rana!

DEPARTMENT OF FAMILY MEDICINE & PUBLIC HEALTH SCIENCES AND CENTER FOR URBAN STUDIES

Public health partnerships with community partners are a vibrant tradition at WSU, with faculty engaging and mentoring interdisciplinary teams of students as well as training community health workers. For example, research with Community Health Awareness Group (CHAG), funded in 2003 by the Blue Cross-Blue Shield of Michigan Foundation, to study the effects of changing HIV testing protocols and assimilating advances in rapid testing technology in the Detroit epicenter, concluded brief client-centered risk reduction counseling was effective. Expansion of this model of client-centered community health screening and disease risk reduction is exemplified by the 2014 community health intervention “Reducing Heart Disease in Detroit: Using Family History and Risk Assessment in Community Outreach,” also known as the “Detroit HeartBeat” project.

Funded by the Detroit Medical Center Foundation, implemented by CHAG and evaluated by WSU, “Detroit HeartBeat” is an innovative and award-winning heart health outreach initiative to Detroit residents, who have significantly higher risk for heart disease than Michigan and national averages. The primary objective is outreach and cardiovascular risk reduction to Detroit residents in non-clinical community settings by community health workers. A favorite feature is the “Letter to Myself” crafted by participants when they enroll in the “HeartBeat,” which is then mailed to them at the three month follow-up as a reminder of personal health goals they hoped to accomplish.

In these and other initiatives, the Department of Family Medicine &

Public Health Sciences, in collaboration with the Center for Urban Studies, mentors undergraduate and graduate students from disciplines including public health, urban studies, medicine, nursing, education, social work and computer science to conduct community health education and outreach.

Cheryl Martin, CHAG Community Health Worker involved in the HeartBeat Program shares her experience: “We enrolled some people at church. They were more up in age, and we ended up going to their homes because they weren’t able to get out, and they really appreciated us taking the time to come out and think of them at their three and six month follow-up. They appreciated they weren’t just a number; it showed we really cared. Some were bedridden and already had high blood pressure and other health issues. They weren’t able to go out to their doctor to get their blood pressure taken, so we took it in their home.”

Scott McPherson-Moncrief, a WSU Masters in Public Health student says, “I am a 26 years old, African-American student, currently living in the City of Detroit. The reason I came to Detroit to study public health was to get an accurate look at the challenges and solutions to health dispari-

ties in metropolitan areas for people of color. My experience with the program has shown me the wide array of key players necessary in improving health outcomes. The opportunity to see multiple phases of public health initiatives, from inception through evaluation, has shown me how many organizations go into effective health impacts. I now realize that hospitals are not a panacea for health disparity, but organizations like Community Health Awareness Group (CHAG) are the key to true holistic health improvement; because real people don’t spend their lives in hospitals. The advantage of community-based health organizations is their ability to meet people where they are and render personalized health service tailored to the clients’ unique needs.”

We are proud of our faculty and students who embrace our department’s mission of 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.



Public Health Outreach Group (L to R:) From CHAG: Victor Harrell, Cindy Bolden Calhoun, Kristina Davis, Cheryl Martin; From WSU: Noor Sabagha, Julie Gleason-Comstock, Scott McPherson-Moncrief; and Craig Miller, CHAG.

There is
FUN
to be done!
~Dr. Aless

For a half hour, most Wednesdays, many faculty and staff from the Woodward Gardens Family Medicine and Public Health Sciences take a Fika break.

Fika was introduced to the department by two of its Swedish colleagues. Fika is a social institution in Sweden. It means having a coffee break with one's colleagues, friends, or family. This practice of taking a break, often with a small snack, is central to Swedish life, and is regularly enjoyed even by the government.

The group gathers for coffee and a breakfast snack. In 2015, the group decided to incorporate working on a puzzle in addition to the casual conversations that take place around the table. Depending on the size and number of pieces, the puzzle may take anywhere from several weeks to months to complete.

Following are some of the puzzles completed by the group (more photos at the bottom of Page 6).



DR. MARKOVA PARTICIPATES IN AMA “IDEATION” SESSION

Dr. Tsveti Markova was invited to join a committee of select thought leaders established by the American Medical Association (AMA) to explore the future of medical education in America.



Dr. Markova was one of 20 leaders from around the country to “envision the association’s next steps in creating the medical school of the future”. Their input will help guide the AMA’s medical

education resource investments in 2018 and beyond.

“The experience was fascinating. I was honored and humbled to be amongst the 20 thought leaders invited to provide input on the future direction of medical education. Together with the AMA leadership and other stakeholders from the fields of medical education, health care, population health, information technology, patient advocacy groups and students, we spent time

generating ideas and concepts through a series of activities and feedback loops, said Dr. Markova. “An important element of the discussion was around the patient perspective, and, on external health care trends shaping the future health care provider profile and life-long training. We live in such exciting times for medical education and health care transformation.”

Excerpted from School of Medicine News 1-1-2017



FACULTY SPOTLIGHT

The Department of Family Medicine and Public Health Sciences welcomes Rhonda Dailey, MD as its newest faculty member. Dr. Dailey has been promoted from Research Associate to Assistant Professor on the Research Track.



Dr. Dailey earned her doctorate in medicine from the University of Iowa Carver College of Medicine in 1998. She completed her internship at the Crozer Keystone Family Medicine Residency in Springfield, PA and soon afterwards, joined Wayne State University’s Department of Family Medicine as a research associate. She has played an integral role as project manager of over 15 grants secured by DFMPHS

faculty members; of which four of the grants are currently active.

In addition to her keen interest in research, Dr. Dailey has received a certificate in Practice Facilitation from the University of Buffalo at SUNY and has completed the Stanford University Faculty Development Training. She is currently a fellow in the Certificate Program in Practice-Based Research Methods, sponsored by the Collaborative Ohio Inquiry Network (COIN), which provides training for conducting practice-based research and building PBRNs.

In her faculty role, Dr. Dailey will provide expertise and direction in developing re-

search projects and programs for departmental learners. She will be a key collaborator with department leadership on developing practice-based research programs. Dr. Dailey is also a champion of resident scholarly activity in DFMPHS with an overall goal of enhancing the WSU Family Medicine and Transitional Year resident scholarly activity curriculum which are essential to our residency program education mission.

Dr. Dailey’s research interests include reducing patient disparities related to health literacy and health education and improving patient outcomes by increasing the efficiency of primary care practices.

Congratulations, Dr. Dailey!

2016 MICHIGAN FUTURE OF FAMILY MEDICINE CONFERENCE HOSTED AT WSU SCHOOL OF MEDICINE

The WSU School of Medicine welcomed 91 medical students and residents from all of Michigan's medical schools for the 2016 Michigan Future of Family Medicine Conference, held Oct. 15, 2016 at the Margherio Family Conference Center.

The event was presented by the Michigan Academy of Family Physicians, the state's largest specialty physician association. The meeting included education sessions designed to provide medical students with opportunities to explore the depth and breadth of a career in Family Medicine.

This year, the academy introduced a new tradition of hosting the conference at a different medical school in Michigan annually, starting with WSU. In addition to serving as host, the School of Medicine promoted the conference among medical students and provided assistance with logistical planning and on-site support. Dr. Margit Chadwell, assistant professor and director of the Family Medicine Clerkship and Continuity Clerkship Year Three and Family Medicine Undergraduate Medical Education Program Project Coordinator Lisa Blackwell were instrumental in organizing the event, and Family Medicine Interest Group student leaders contributed to the conference as well.

Michigan residency program representatives networked with students during dedicated exhibit times, and residents also served as student mentors during outpatient clinical procedures sessions on ultrasound-guided injections, radiofrequency/electrosurgery and more. The conference was designed to show stu-

dents and residents the opportunities available in the field, including possible fellowship routes available after residency.

"WSU was the most heavily represented school with about 30 students (see photo below) attending, nearly all on a Dr. Bruce Kresge, MD scholarship," said Dr. Chadwell. "I believe this conference, designed for students to explore Family Medicine, is instrumental in helping students to explore the many career options in our clinically rich and diverse specialty and to understand its pivotal role in achieving the health care delivery goals of our country."

"It was an honor for us at the WSU Department of Family Medicine and Public Health Sciences to host it and work closely with the Michigan Academy of Family Physicians," said Tsveti Markova, Family Medicine and Public Health Sciences department chair. "Students from all Michigan medical schools and others asked excellent questions. They seemed genuinely interested

in learning more about Family Medicine as a specialty, the value it brings not only to the individual patient but also to the public, and how they could shape its future. We are committed to further promoting student interest in Family Medicine."

Excerpted from School of Medicine News 10-10-2017



MICHIGAN
of Family
Future of Family Medicine
CONFERENCE

SATURDAY, OCTOBER 15, 2016 | DETROIT

Join us to explore the breadth and depth of Family Medicine through...

- Hands-on clinical procedure activities
- Simulation sessions on a variety of topics
- Dedicated time to connect with residency programs in Michigan
- Opportunities to learn from practicing Family Physicians, including renowned outpatient clinical procedure expert John Penninger, MD
- Free on-site networking
- Continental breakfast, lunch, all sessions and clinical workshops, and access to the exhibit hall for one low price
- Scholarship opportunities to attend the conference—contact matp@wsu.edu for details

Wayne State University
School of Medicine

Online Registration
matp.com

WAFP WAFP

matp.com | 313.347.2008



Pictured here are the WSU students who attended—thanks to scholarship funds provided through the donation from Dr. & Mrs. Bruce Kresge.

STUDENT EXTERNSHIP EXPERIENCE IGNITES PASSION FOR FAMILY MEDICINE

The following article is reprinted in its entirety from the MAFP News on October 28, 2016 at www.mafp.com/news/

With the goal of stimulating student interest in Family Medicine, the MAFP Foundation annually awards an externship grant to a MAFP medical student member studying at one



of the state's seven medical schools. Funding for the grant is made possible by the MAFP Foundation and the AAFP Foundation. The MAFP Foundation

selected **Blake Arthurs** of Wayne State University School of Medicine as the 2016 grant recipient.

Following his first year of medical school, Blake completed a clinical and research externship under the

mentorship of **Scott Yaekle, MD**, associate director and director of student affairs at Oakwood Annapolis Family Medicine Residency and a practicing family physician in Westland. Over the course of six weeks, Blake experienced geriatric and newborn rounds, deliveries, home visits, outpatient procedures, and a first-hand insight into the life of an accomplished and well-rounded family physician.



Blake also conducted a research project focused on the critical appraisal of research articles. "There are new discoveries every day in medicine, and it is tough as a Family Medicine doctor to stay on top of everything, especially since the scope of Family Medicine is so broad," Blake wrote in his journal. "The skill of determining if a certain research finding is clinically useful for the care of a specific patient is an important tool for all physicians."

Upon reflecting on his externship experience, Blake shared:

"This externship was hands down the best experience I could have hoped for. This past year of medical school I had a lot of doubts. I wondered if I had made a mistake, if this was

really what I wanted to do, if all of this schooling would be worth it. But I can now confidently say that my experience in Family Medicine this summer decidedly erased all those doubts. With the opportunity provided by the MAFP Foundation and AAFP Foundation and the generosity of Dr. Yaekle and the entire Beaumont team, I was able to see exactly what I want my future career to look like. I saw that in Family Medicine a strong doctor-patient relationship is above all else."

Special thanks also to Dr. Margit Chadwell, assistant professor and Year III Family Medicine Clerkship Director, for her continued guidance in leading activities that result in opportunities for our students.

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There is
FUN
to be done!
~Dr. Ruest

