

DEPARTMENT OF FAMILY MEDICINE & PUBLIC HEALTH SCIENCES



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



Way to go FMC Rochester team! PCMH for all locations in 2016!"



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



ADFM —Association of Departments of Family Medicine

ADFM is comprised of the Chairs and Senior Administrators of Department of Family Medicine representing 150 Family Medicine Departments. Its mission is to lead the transformation of medical education, research, and health care to improve the health of the nation.

FAMILY MEDICINE AND PUBLIC HEALTH SCIENCES RECEIVES BC/BS OF MICHIGAN DESIGNATION AS PATIENT-CENTERED MEDICAL HOME (PCMH)

The Department of Family Medicine and Public Health Sciences (DFMPHS) Rochester Clinic was one of five Wayne State University Physician Group (WSUPG) practices to receive Blue Cross Blue Shield of Michigan PCMH designation effective July 1, 2015–June 30, 2016.



**Blue Cross
Blue Shield
Blue Care Network
of Michigan**

A PCMH team coordinates patient health care, tracks patient conditions and ensures that they receive the care they need. The offer extended access to the care team, coordinate complementary care (such as nutrition counseling) and help patients learn to better manage conditions like asthma and diabetes.

WSUPG distributed an announcement to its faculty, physicians and staff on July 13, 2015 as well as posting the notification on its website

<https://www.upgdocs.info>

“Achieving this designation acknowledges the hard work and dedication our organization commits to

improving and offering quality patient-and family-centered care,” said Michelle Bryant, vice president of Quality and Patient Care Services for WSUPG.

“We should be very proud of our PCMH-designated physicians, who are amongst an elite group of Michigan health care providers receiving this recognition from BCBSM.

Furthermore, Maribeth Mateo, M.D., vice chair of Clinical Affairs in the DFMPHS says, “Practicing in the PCMH model requires an entire team comprised of health care providers, allied health professionals, ancillary and support staff located both at the practice sites and our corporate office, all dedicated to keeping our communities’ health and quality of life our top priority”

The Family Medicine Department will continue to strive for improvement at all its site and hope to add its Southfield and new Troy practice to the list in 2016.

Other WSUPG practices also receiving PCMH designation include: Geriatric Medicine—Detroit Receiving Hospital Rose Parks WISH; Internal Medicine—General Medicine UHC 5A (formerly 4C); Internal Medicine—General Medicine GMAP; University Pediatrics—General Pediatrics and Adolescent Medicine.

Congratulations to everyone for their hard work and collaboration resulting in this accomplishment!!



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Post-editorial comments:
The DFMPHS Newsletter editors would like to recognize Lisa Blackwell for her 21 years of service with Wayne State University.

Congratulations Lisa!!

DFMPHS RESEARCHERS' WORK HIGHLIGHTED IN RECENT MEDIA REPORTS

Dr. Dawn Misra, Professor and Associate Chair in the Department of Family Medicine and Public Health Sciences was interviewed recently and published at www.researchmedia.eu on the topic of *Perinatal epidemiology*.

Dr. Misra explained how she first became involved in her research regarding infant mortality among African-American women, summarized the aims of her work, and shared her plans for continuing research on the topic.

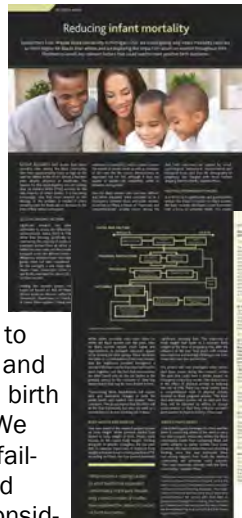
In addition to the interview, International Innovation—'The leading global dissemination resource' recently published an article by Dr. Dawn Misra about her research on *Reducing Infant Mortality*.

In the article, Dr. Misra explains "The primary objectives of this work is to determine whether and how risk of preterm birth relates to racism. We hypothesize that a failure to rigorously and comprehensively consider racism as a fundamental factor has limited our understanding of the etiology of preterm birth among Black women. If risks of

preterm birth are rooted in experiences of racism, whether personally mediated, institutional, or internalized, current strategies aimed at improving pregnancy outcomes and eliminating disparities will need to be broadened to address the influence of racism in the US.



Lastly, Shawnita Sealey-Jefferson, PhD, a post-doctoral fellow working with Dr. Misra, was first author on an original contribution published in the *American Journal of Epidemiology* (Advance Access dated July 9,



2015). The article is entitled "Perceived Physical and Social Residential Environment and Preterm Delivery in African-American Women. Other WSU contributing authors are Carmen Giurgescu (Nursing), Laura Helmkamp, Dawn P. Misra,

and Theresa L. Osypuk from the University of Minnesota. Using data collected from the Life-course Influences on Fetal Environments (LIFE) Study, researchers examined whether perceptions of the current social and physical environment were associated with preterm birth (PTB) rates among postpartum African-American women. No significant associations between perceived residential environment and PTB were found in the total sample, however, education may have played a factor.

The summary of their study suggests that the association of perceived residential environment with preterm delivery (PTD) may vary by educational status. Specifically, PTD rates in women with ≤ 12 years of education may be significantly affected by perceptions of their neighborhood (including healthy food availability, walkability, safety, social cohesion, and social disorder). It is determined that to understand the causes of disparate birth outcomes in this high-risk population, a deeper understanding of the complex and dynamic relations between individual and environmental factors is necessary.

If you would like to read the full details of these three publications, please contact Judy Magdalenic at jmagdale@med.wayne.edu and she will send a PDF to you via email.

MICHIGAN AHEC HOSTS FIRST FRIENDS OF MI-AHEC DINNER

The Michigan Area Health Education Center (MI-AHEC) hosted its first friends of MI-AHEC Dinner on June 5 at the Wharton Center for the Performing Arts in East Lansing, MI. The dinner served a two-fold purpose as a celebration of the successful creation of the statewide network and the kickoff of the Friends of MI-AHEC fundraising campaign.

Lt. Gov. Brian Calley served as the keynote speaker of the event. Other speakers included Melanie Brim, president and chief executive officer of the Michigan Health Council; Kim Sibilsky,

executive director of the Michigan Primary Care Association; and Wayne Bradley, president of the Detroit Community Health Connection.

Michigan AHEC is funded by the U.S. Health Resources and Services Administration and Wayne State University along with other academic partners. The program strengthens the state's health care workforce by recruiting, training and retaining health professionals committed to increasing access to primary care.

During the dinner, five scholarships were presented to students from across the state in honor of former dean Valerie M. Parisi, MD, MPH, MBA. Dr. Parisi, is a cofounder of MI-AHEC.



For more information and photos of the event, see the School of Medicine Prognosis E-News dated July 16, 2015.

DFMPHS HOSTS WORKSHOP ANNOUNCING KEY FINDINGS IN WSU STUDY OF MIDDLE EAST REFUGEE NEEDS

Key policy makers gathered on Friday, August 14 to discuss the findings and implications of a multi-year research study conducted by Wayne State University School of Medicine researchers on the stress and needs of newly arrived refugees from the Middle East, particularly Iraqi refugees. The goal of the workshop was to identify concrete means to address newly arrived refugee needs and to provide input to policy change to optimize the health of refugees.

Individuals working on the study participated in the workshop also attended by representatives from Mayor Duggan, Senator Debbie Stabenow and Senator Gary Peters' offices.

The research study was funded by a National Institute of Health project entitled "Health, Health Care Resource Needs and Utilization in Newly Arrived Middle Eastern Refugees: Implication of Findings from a Two-Year Follow-up Study of Newly Arrived Iraqi Refugees"

The researchers worked with community partners in the Arab community to identify approximately 300 study participants. Specifically, Arab Community Center for Economic and Social Services (ACCESS) who assists the Arab and Middle Eastern immigrant population in adapting to life in America. Other participating organizations included Lutheran Social Services of Michigan, The Chaldean Federation of America, and the Roman Catholic Archdiocese of Detroit.

Dr. Bengt Arnetz, MD, PhD, conducted one of the largest studies ever on stress resiliency and the social programs designed to ease post-traumatic stress disorder among Iraqi war refugees.

A substantial number of these new immigrants carry the nightmares associated with the horrors they saw and experienced in their native homeland. Many people affected by their

experiences need help to overcome these nightmares.

The researchers tracked Iraqi refugees in metro Detroit who have been exposed to war in their home country to determine the effect of post-migration factors such as employment, acculturation classes, and mental and social health services in mitigating stress and post-traumatic stress disorder. While the study focused on refugees from Iraq, the results are expected to yield valuable information for other refugee groups.

This study was very important because refugees are at an elevated risk of suffering from post-displacement mental disorders, which increases the demand on and costs of mental health and social services.

Article excerpted from SOM Prognosis E-News dated August 7, 2015.

Important Dates



2015-2016 DFMPHS All
Faculty Meeting Schedule
8:30–11:45 AM

September 16, 2015
November 18, 2015
February 17, 2016
April 20, 2016
June 15, 2016



www.jacksplaceforautism.org

FUNDRAISING EFFORTS FOR WSUPG'S PSYCHIATRY AND BEHAVIORAL SCIENCES AND FAMILY MEDICINE DEPARTMENTS

Wayne State University Physician's Group hosted a fundraiser at Freedom Hill Amphitheater in Sterling Heights on Sunday, August 9. Attendees were treated to a concert by the Beach Boys and Temptations.

The funds raised during the evening's event were put into a segregated fund within the University's Fund of Medical Research and Education to be used exclusively to support Post-Traumatic Stress Disorder (PTSD) research for fire, police, and military veterans.

The Psychiatry and Behavioral Neurosciences Department and the Department of Family Medicine and Public Health Sciences launched the initiative to incorporate short-term treatment options as well as prevention and awareness programs to help first responders identify PTSD early in themselves and their colleagues.

The City of Sterling Heights is partnering with Wayne State University Physician Group on the effort to design and implement a compre-

hensive treatment model for police officers, firefighters and military veterans who experience PTSD.

Although most people associate PTSD with victims and soldiers in war, it can affect anyone. Police officers and firefighters experience particularly high incidences of PTSD due to the fact that they often witness traumatic events while on the job.

The event was well attended and the money raised will be going to these important programs.



FACULTY SPOTLIGHT

MPH Practicum Director, Dana Rice, Dr.PH learned to Tango for a good cause in the Dancing with the All-Stars fundraising event held at Joe Louis Arena on August 3, 2015 for the Jack's Place for Autism Foundation.

Jack's Place for Autism, is dedicated to providing support, education, compassion and a comprehensive array of services to help families cope with the "day-to-day" challenges of Autism. The mission of the organization is to improve the quality of life for individuals impacted by autism spectrum disorder

The foundation was started by former Tigers catcher and broadcaster Jim Price and his wife, Lisa, and former Tiger's General Manager Dave Dombrowski's wife, Karie after the

Price's son Jackson was diagnosed with autism.



The fundraiser, in association with Fred Astaire Dance Studios of Bloomfield Hills, featured an array of 'All Star' dancers with a partner who

learned a dance with them or dancing with a pro from the Fred Astaire Dance Studio.

To read about the services offered by The Foundation and to watch the dance performances, watch the video at <http://www.jacksplaceforautism.org/live/>. Dr. Rice's Tango with Donald Westfall is approximately 1:05 into the video. (NOTE: at the time of newsletter distribution, this video link is not working properly but check back later for their link to go live again).

While you are at the site, if interested, take a moment to donate to this worthwhile cause.

Congratulations to Dr. Rice on the impressive dance moves and for supporting a worthwhile organization in our community!

WSU C2 PIPELINE WARRIORS COLLEGE EXPERIENCE

The C2 Pipeline is a Wayne State University, College of Nursing Program that is funded as a 21st Century Community Learning Centers (CCLC) program through the Michigan Department of Education. The CCLC program “supports the creation of community learning centers that provide academic enrichment opportunities during non-school hours for children, particularly students who attend high-poverty and low-performing schools. The program helps students meet the state and local student standards in core academic subjects, such as reading and math; offers students a broad array of enrichment activities that can complement their regular academic programs; and offers literacy and other educational services to the families of participating children.’

DFMPPHS faculty member, Dr. Stephen Warnick, from the DMC/WSU Family Medicine residency program, participated as a volunteer in this year’s program which took place July 26 through August 6, 2015. This year’s theme was Health Disparities: Diabetes. A group of WSU volunteers mentored students to create a healthcare related project. The projects could be PSAs, Health APPs, Tools or anything that could be used to help overcome the problem of Diabetes in their community. The project ‘winners’ had a chance to win a WSU scholarship.

Dr. Warnick worked with DMC-Sinai Grace/WSU FM Residency Program Director Joseph Giannola M.D. and family medicine residents Donyelle Moore M.D (PGY-3), Dinh Tran M.D. (PGY-2), and Rojy Philip M.D. (PGY-1) to mentor their team of students on the development of an innovative device, the Glucose Grip. The Glucose Grip is a

prototype steering wheel that would check blood glucose via infrared during driving to help prevent traffic accidents caused by diabetic hypoglycemia. This team of students won 3rd place in the C2 Pipeline competition, earning \$1500 scholarships to Wayne State University and the opportunity to work with the WSU School of Business to further work on their project, bringing it to fruition over the next year. The DMC-Sinai Grace/WSU Family Medicine Residency is proud to partner with C2 Pipeline to mentor students interested in professions in the health sciences.

The overall goals of the program for student participants were to:

- Give students an intense college experience to better prepare them
- Empower and educate students on diabetes
- Career exploration
- Learn to study and live in unique and sometime uncomfortable situations

The career track specialties participating in the program this year included nursing, medicine, social work, engineering, pharmacy and health.

All students participated in the College 101 sessions to learn study skills for adapting to college life such as: reading for meaning, concentration/effective listening, stress management, CAPS presentation— Conflict Management & Keeping Roommate Peace, Research Activity

with Library, Procrastination, Life After High School, Test Preparation and Studying for Sciences.

Students participating in the Medicine track of the WSU C2 Pipeline Warriors College Experience were exposed to analysis, communication and social determinants of health as they relate to medical complications of diabetes. The student was introduced to the basics of type 2 diabetes, then attended classes with topics such as diet and exercise, the cardiovascular system, diabetes and ophthalmology, the renal system and neurologic complications. The students tracked and compared their own blood sugar levels, examined the heart in real time using ultrasound techniques and had the opportunity to visit the Kresge Eye Institute, discuss kidney functions and participate in sensory exams. Finally, they took a trip to the Kado Clinical Skills Center to work with endocrinology fellows and experience the clinical setting.

The other tracks created similar activities. In addition, all students participated in community service projects, team building activities, campus scavenger hunt, volleyball tournament and cookout, leadership development, Mid Town tour, seminars on admissions and financial aid, and dorm living presentations.

The week culminated with a poster reception and gala event on the final day, August 6.

For more information about the program, contact Dr. Warnick at swarnick@med.wayne.edu

WSU MEDICAL STUDENT STRIVES TO MAKE A DIFFERENCE IN REDUCING METRO DETROIT'S HEALTH DISPARITIES

According to the Oxford English Dictionary, the term "food desert" is defined as an urban area in which it is difficult to buy affordable or good-quality fresh food. While people may not be surprised that an urban area such as Detroit has been classified as a food desert, some may not realize that several of Detroit's suburbs have been classified as food deserts as well.

Nick Cook, a student in Wayne State University's Masters in Public Health Program and a second year student in Wayne State University's Medical School, knows that public health issues such as food deserts are not restricted to large urban cities like Detroit but can often extend to adjacent older suburbs. He just completed a six week externship to study public health issues such as food deserts in Macomb County, specifically Roseville, East Pointe and Warren. He was selected as one of six WSU medical students to participate in the Bridges to Equity (B2E) Program, a federally funded initiative designed to engage medical and public health students to work collaboratively on community based projects to reduce health disparities.

For six weeks, Cook worked with the staff at Michigan Area Health Education Center (AHEC) Southeast Regional Center and the Greater Detroit Area Health Council (GDAHC) in Detroit. During his externship, he studied population health issues in Macomb County including lack of access to clinical care, diabetes and lack of access to healthy food. Nick Cook and the other B2E medical student externs will be giving a presentation about what they learned during their externships on October 2 from 9 a.m. to 10:30 a.m. at the WSU Department of Family Medicine and Public Health Science located at 3939 Woodward Ave. Detroit, MI. "While a large amount of my experiences have been in the greater Detroit

area, I think medical students and health professionals tend to simplify the situation by only using one approach to solve an issue or creating another organization to solve a problem like obesity or access to healthy food options," said Cook. "Looking at the communities in Macomb County showed that each community was unique and had its own assets as well as problems. I learned that community based organizations were already present in the area and were working as a team called the Macomb County Partners in Health, which allowed for greater communication and partnerships between organizations. These partnerships will have a larger impact on clinical care, patient education and life style changes, food access and more. One organization alone could not hope to fix all these problems but a collaboration between health systems, corner stores, parks departments and pharmacies will leave a sustainable benefit to the health of the population of Macomb County."

The externship in Macomb County was not Nick's first experience trying to improve public health. He is currently a board member of Raising Our Community's Knowledge (ROCK), an organization founded by Wayne State University School of Medicine students. The group actively works to educate people in and around Detroit through interactive presentations about common health issues plagu-

ing the community.

Nick will graduate in 2018 with a MD degree from Wayne State University and plans to specialize in Hematology/Oncology.

We are pleased to put a spotlight on this student utilizing programs developed by the School of Medicine and within the Department of

Family Medicine and Public Health Sciences.



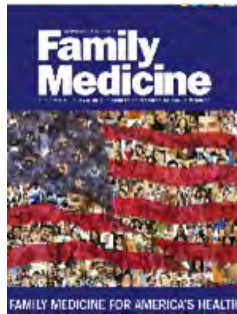
Pictured here is Nick Cook with his dog, Angus

SPECIAL ISSUE OF FAMILY MEDICINE DEVOTED TO FAMILY MEDICINE FOR AMERICA'S HEALTH AND ADFM PUBLISHES FMAHEALTH GOALS

Reprinted from email sent to ADFM Chairs listserve on September 8, 2015.

<http://www.stfm.org/FamilyMedicine/Vol47Issue8>.

Colleagues, I wanted to make you aware of two special releases today—the special issue of Family Medicine devoted to Family Medicine for America's Health, and the goal statement for FMAHealth released by Glen Stream, chair of the FMAHealth. I want to thank the many members of ADFM who contributed to the special issue—these are really good articles and I strongly encourage you to have your faculty read and discuss them amongst themselves and, importantly, with learners. The link to the special issue is



Below are the FMAHealth goals. Note the payment reform is the sixth goal, but only because this is a document

that will be seen by a wide variety of audiences. ADFM and the entire Council on Academic Family Medicine recognize that we must succeed on this goal if we are to have the best chance of achieving the rest of them. If either the goals or the special issue inspire you to share some ideas with your colleagues on our listserve, go for it! Tony (Anton Kuzel)

Article submitted by Dr. Markova

FAMILY MEDICINE
for AMERICA'S HEALTH

Health is
Primary

Statement from Family Medicine for America's Health Board Chair and President Glen Stream regarding the publication of *Family Medicine: Special Issue on Family Medicine for America's Health*:

On behalf of Family Medicine for America's Health, I would like to express thanks to the authors of these articles for sharing their knowledge, expertise, and commitment to family medicine. Over the next four years, through outreach to the public and collaboration with our colleagues in family medicine and across the health care delivery system, we will work to transform our health care system and ensure the health of all Americans. Specifically, we aim to:

1. Increase patient accessibility to their primary care team, including remote access to patient records, electronic communication with their care team and availability after hours.
2. Encourage every practice to have a patient advisory council or similar mechanism to facilitate meaningful and ongoing patient engagement.
3. Increase transparency in pricing of health care services and educate patients to better understand cost of care.
4. Integrate public and mental health into the Patient-Centered Medical Home (PCMH) and add care managers, health coaches and population health professionals to the primary care team. Incorporate training to practice in a team-based setting into graduate medical education.
5. Support policies that drive at least 40 percent of medical students toward primary care specialties with the goal of increasing the number of primary care physicians by a minimum of 52,000 by 2025.
6. Sunset fee-for-service payment in primary care. Work with public and private payers to adopt a uniform and simplified model of comprehensive payment that encourages front-end investment in expanded practice infrastructure and technology, rewards Triple Aim goals (better care, better health and lower costs) and supports broad, team-based care. Support efforts to drive HHS goal of having 85 percent of Medicare payments tied to quality or value by 2016 and 90 percent by 2018.

The ideas and actions outlined in these papers will inform our work moving forward—so we can restore a solid primary care foundation to our health care system and deliver better care and ensure better health outcomes while reducing overall costs.

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