

DEPARTMENT OF FAMILY MEDICINE

April 2019



QUALITY UPDATE - GAHANNA

Shalina Nair, MD – Clinical Assistant Professor

OSU Family Medicine at OutPatient Gahanna has been involved with several quality improvement initiatives this past year. A DMAIC framework was used to help structure a project to increase depression screening in our office, which

was one of the eCQM requirements for CPC+ (both the USPSTF and the AAFP recommend screening adults for depression). The two-item and nine-item Patient Health Questionnaires are validated screening tools that have similar specificity, with the PHQ9 having a slightly higher sensitivity. Our project goal was to increase utilization of the PHQ9 depression screening tool by 10% from our current baseline. We focused on patient encounters age 18 and older who were presenting for either physical or follow-up visits and excluded pediatric/adolescent visits and acute visits to minimize disruption to patient flow. We analyzed the reasons for low screening rates which include lack of time, the reason for the visit may not be for depression, multiple screening methods available, literacy and language barriers, and workflow variation with the rooming process. We obtained measurements for several months prior to screening and during implementation, which demonstrated that our screening rates improved by 25% and still continue to increase. Moving forward, we have adjusted this process based on provider feedback and process simplicity and are now using multiple methods (dry erase forms and tablets) and are utilizing both PHQ2 and PHQ9 tools to further increase our depression screening rates.

Several physicians in Gahanna are currently involved in a Low Back Pain Pathway pilot project, which involves working with the Department of Physical Therapy to utilize the STarT Back questionnaire and fast track appropriate patients into physical therapy within 24 hours of presentation. The STarT Back questionnaire is a validated nine-item screening tool that helps determine if a patient is low, medium or high risk for a poor outcome to allow for targeted treatment interventions. The global aim for this project is to improve high value care for low back pain patients in order to reduce cost, improve patient experience, and overall outcomes. Our goals for this project are to increase access to conservative measures, improve return to baseline functional abilities, decrease absences from work, decrease narcotic use, and improve patient satisfaction with timely access to resources.

To improve patient safety, a project was implemented to refine our high priority message triage process, with the goal to reduce the risk of a critical condition questions not being answered in an appropriate timeframe. I worked with the lead business assistant, Stella Blackburn, to determine a manageable list of conditions, such as chest pain, shortness of breath, allergic reaction, and slurred speech that should not wait to be addressed. We recognized that the potential severity of these conditions may be clear to clinical staff but may not always be apparent to non-clinical staff, which can then potentially negatively impact patient safety. We decided that a provider should answer these critical condition questions while the patient was still on the phone in order to provide direction on how to proceed. This has been a simple yet effective improvement to our high priority message triage process. Overall these projects have been successful in Gahanna because the entire office is willing to work together as a team to help improve patient safety and the quality care.

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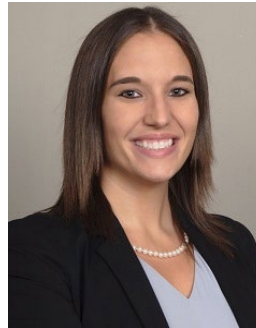
WELCOME RESIDENCY CLASS OF 2022!

URBAN TRACK



Ayo Adesanya, MD, PhD

Undergrad
Univ of Chicago
- Biology
- BioChem
Med School
OSU



Katy Anderson, DO

Undergrad
Univ of Dayton
- Spanish
- Premed
Med School
Ohio Univ - Dublin

UNIVERSITY TRACK



Logan Beckett, DO

Undergrad
Southern State
Southeastern Univ
Shawnee State
(Portsmouth)
- PreMed
Medical School
Ohio Univ



Dev Desai, MD

Undergrad
Clemson
- Health
Science
- Psychology
Medical School:
Univ SC



Lilly Hetson, MD, MA

Undergrad
Univ of Akron
- Natural Sciences
- MA, Medical
Ethics, Humanities
Med School
NeoMed



Dana Maxwell, DO

Undergrad
Lesley Univ (MA)
- Liberal Arts
- Psychology
- PreMed courses
Brandies (Univ
MA)
Med School
Ohio Univ



Adam Pfaller, MD

Undergrad
Univ WI
- Kinesiology
Med School
Univ WI



CJ Skok, DO

Undergrad
Indiana Univ
- Neuroscience
- Psychology
Med School
Chicago College
of Osteopathic
Medicine



Kyle Toth, DO

Undergrad
OSU
- Biology
Med School
Ohio Univ

NEW CHIEF AND CO-CHIEF RESIDENTS ELECTED



Election results are in and **Hiten Patel, MD** will become the Chief Resident, beginning May 1, 2019. Joining him as Co-Chief Residents are **Barbara Barash, MD** and **Daniel Krajcik, MD**, who will also be beginning their new roles on May 1, 2019.



FAMILY MEDICINE FACULTY AUTHOR ARTICLE ON NEJM CATALYST

A new entry on the *New England Journal of Medicine's* sister site, NEJM Catalyst, written by **Drs. Cynthia Sieck, Daniel Walker, and Ann Scheck McAlearney**, faculty members of Ohio State's own CATALYST and joined by Dr. Sheldon Retchin of the Ohio State College of Public Health, delves into the importance of understanding patients' capacity for engagement.

The post, available at catalyst.nejm.org/patient-engagement-capacity-model "addresses why we need to focus on a patient's capacity to engage and the context in which engagement occurs in order to improve our ability to engage patients in their care," writes Cynthia Sieck, PhD, MPH, the lead author for the piece. Dr. Sieck recently received a \$2.27 million grant, Total Engagement and Activation Measure (TEAM), from the National Institutes of Health to develop a new measure of the capacity for patients to engage in their health care.

[Read more about TEAM](#), Dr. Sieck's work, and the work of CATALYST faculty that led to this post.

CAMPUS CAMPAIGN 2019

Campus Campaign 2019 runs through April 30th. Campus campaign rallies faculty and staff to support the people, programs, and research at Ohio State that are close to their hearts. If you're interested in supporting Family Medicine, there are two funds that are recommended:

- 312107 Family Medicine Predoctoral Education Development Fund
- 312152 Family Medicine Resident Education Fund

Other Department of Family Medicine funds can be found at our website: <https://wexnermedical.osu.edu/departments/family-medicine/giving>



IN THE NEWS



OSU Family Medicine at Healthy New Albany was recognized by the Health System IT Steering Committee for having one of the highest MyChart activation rates at 90%! They were rewarded with balloons, a plaque plate, and a \$200 contribution to Family Medicine's Patient Education Fund.



Timothy Huerta, PhD, Daniel Walker, PhD, and Christine Swoboda, PhD's *Likelihood of Smoking Among Cancer Survivors: An Updated Health Information National Trends Survey Analysis*, was published by the Society For Research On Nicotine and Tobacco. The full article can be read [here](#).



Allison Macerollo, MD was recently selected to participate in the STFM Building Better Clinical Training Experiences pilot project for project #2. Dr. Macerollo will attend an introductory webinar as part of the pilot kick-off, as well as a learning collaborative to be held this October in Kansas City.



Benthany Panchal, MD's manuscript, *Prescribing habits of primary care providers in women of childbearing age and its association with documentation of contraception: An assessment of high-risk medications*, was accepted for publication in JABFM. Additional OSU Family Medicine providers who contributed to the article include **Cheryl Bourne, APRN-CNP, Emily Vrontos, PharmD, Sandra Palmer, DO**, and previous residents, **Camille Moreno, and Amy Simpson, DO**.

MINDFULNESS IN MOTION

OSUMC has embarked on an initiative to help Faculty and staff mitigate the impact of stress and to build resilience through offering the programming **Mindfulness in Motion** as part of the larger Gabbe Health and Wellness Initiative that began July 2018. **Mindfulness in Motion** is an evidenced-based 8-week, 1 hour a week program that is offered both at the main hospital campus and various ambulatory sites. A nutritious meal is provided at each session as part of the program.



Mindfulness in Motion was created by **Maryanna Klatt, PhD** here in the Department of Family Medicine.

Through **Mindfulness in Motion** you will learn how to...

- Improve your own sleep quality
- Eat mindfully
- Be more present with your patients and at home
- Change your reaction to stress
- Be aware of your body and inner experience through mindfulness

Program has been shown to significantly:

- Increase resilience
- Increase work engagement
- Decrease burnout (22-26% decrease thus far!)
- Decrease perceived stress

If interested in being part of this initiative, and you can make a commitment to attend each of these 8 sessions, please email Wellness@osumc.edu to get on the waitlist so you know when a new cohort is being offered, and have the ability to sign up. You also need to be sure that your manager approves work release time for you to attend each session, so that your work coverage is assured. Cohorts are offered Autumn, Winter, and Spring. All cohorts were filled with a waitlist for Autumn, Winter & Spring 2018-2019, so please email Wellness@osumc.edu today if interested for next cohort beginning Autumn 2019.

MED STUDENT GRADUATION CELEBRATION

Allison Macerollo, MD – Director of Medical Student Education

Our department hosted a Graduation Celebration this past March to celebrate 2019 graduating medical students who matched into family medicine. Eleven students graduating from the College of Medicine will be joining us in a career in Family Medicine. We are lucky to have 4 students staying in Columbus and spread throughout the city at OSU, Riverside, Dublin Methodist, and Grant. Our remaining students will be all over the US at the University of Massachusetts in Boston MA, University of Wisconsin in Madison WI, Carolinas Medical Center in Charlotte NC and finally four students heading to California. These four will be at Family Health Centers in San Diego, Contra Costa in Martinez, Adventist Health in Glendale and UC Irvine in Orange. We want to say welcome to the newly matched Family Medicine students and congratulations to all graduating students and best wishes in all you do!



EVENTS

Primary Care Providers and Gestational Diabetes Webinar Available

April 5, 2019

Primary care providers, nurses, and diabetes educators are invited to participate in a one-hour webinar, Friday April 5th at noon with **Bethany Panchal, MD**. The webinar is free and will discuss the link between type 2 diabetes mellitus and gestational diabetes over the life course and resources for both providers and patients. Register for the webinar [here](#).

Faculty Athletic Council Events

The mission of the Faculty Athletic Council is to cultivate camaraderie and physical wellness in OSU faculty through sports. Physicians and research faculty are invited to Faculty Athletic Council's upcoming events:

Basketball Nights

Dates/Times:

- Thurs, April 18: 6-8 pm

Location:

Adventure Recreation Center
Wood Court #1
855 Woody Hayes Drive

Soccer Nights

Dates/Times:

- Tues, Apr 30 – 6-8 pm
- Tues, May 28 – 6-8 pm
- Tues, Jun 25 – 6-8 pm

Location:

Adventure Recreation Center
Turf Field #2
855 Woody Hayes Drive

HAPPY BIRTHDAY

Rachael McGuirk, April 2nd

Julita Spohn, April 3rd

MaryJo Welker, April 5th

Sophia Tolliver, April 5th

Katherine Jurden, April 5th

Jessica Perks, April 6th

Pamela Bauer, April 6th

Jacqualynn Campbell, April 8th

Risa Long, April 8th

Sakeya Sachs, April 11th

Rhonda Crockett, April 13th

James Questel, April 14th

Christen Johnson, April 15th

Kathy Miller, April 16th

Bushra Siddiqi, April 17th

Angela Miller, April 17th

Krista Duritsa, April 19th

Sarah Stynchula, April 20th

Jennifer Wenger, April 20th

Issac Kyeremateng, April 20th

Amy Largan, April 21st

Jessica Hennessy, April 21st

Lisa McConnell, April 22nd

Angela Potts, April 22nd

Christine Harsh, April 23rd

Lakeysha Watson, April 25th

Hilary Hirtle, April 28th

Stella Blackburn, April 29th

FACULTY SPOTLIGHT



Whitney Christian, MD began her role as Clinical Assistant Professor in 2017, after having completed her residency training with OSU Department of Family Medicine. Dr. Christian is passionate about teaching patients how they can take the lead in their own health, and has an interest in women's health, adolescent medicine, and preventative medicine. Outside of work, Dr. Christian enjoys traveling, exercising, and spending time with her family. Dr. Christian practices at OSU Family Medicine at Outpatient East.



Laurie Greco, PhD is an Assistant Professor of Clinical Family Medicine and the Director of Psychology Fellowship Training Program within the department. Dr. Greco received her PhD in clinical psychology from West Virginia University and completed her residency in clinical health psychology at the Cincinnati Children's Hospital Medical Center. Her research focuses on understanding how social-contextual factors and individual psychological processes can contribute to various forms of human

resiliency. Dr. Greco enjoys traveling, yoga, dancing (ballet, tap, and jazz), wine tasting, and ambling in the woods with her husband, nieces, and nephews. Dr. Greco practices at OSU Family Medicine at Thomas Rardin.

CNP SPOTLIGHT



Liz Beck, MS, RN, FNP-C joined The Ohio State University Wexner Medical Center in 2009 and has been affiliated with the Department of Family Medicine since 2012 as both a nurse manager and advanced practice nurse. Her background includes a Nurse Residency and experience as a cardiac nurse in electrophysiology at OSU. Her clinical interests include preventive health, women's health and older adults. Liz has enjoyed teaching and precepting this year both Master's level

students and new OSU Nurse Practitioner Fellows. Liz lives in Columbus with her husband and 3 active sons. She enjoys cheering the Beck boys on from the sidelines and also enjoys travel especially to the beach. Liz practices at OSU Family Medicine at Healthy New Albany.

RESIDENT SPOTLIGHT



Andrew Davis, MD is a PGY2 University Track resident within the Department of Family Medicine. A native of Dublin, Ohio, Dr. Davis received his undergraduate degree from The Ohio State University and his MD from Wright State University. On coming back to OSU for his residency training, Dr. Davis notes that he is particularly fond of the resources, research, and innovation offered by OSU, while still providing the same opportunities that a community program offers. Dr. Davis is excited to be working with the people that he met on his interview day and to once again be back at his Alma Mater. Outside of residency, Dr. Davis enjoys spending time with his wife (Kelly), their families, and their new puppy, Murphy.

STAFF SPOTLIGHT



Christine Richardson has been the practice manager for OSU Family Medicine at Worthington since 2012, after being an Operations Manager for a large neurosurgical practice for 11 years. Originally from Marion, OH, Christine lived in Germany for 4 years after graduating from high school, before returning to the US to live in Washington State and finally returning to Ohio in 2000. Her decision to work in the medical field was largely driven by her father's passing at the age of 39 from lung cancer. She remembers being surrounded by some of the most caring and compassionate hospice nurses and, at that moment, she knew that she was going to be in a profession focused on helping others, regardless of circumstance. Outside of work, Christine loves watching sports (Atlanta Falcons – Rise Up!), spending time with family (especially her three children, Tyler – 28, Kaitlynn – 22, Alexa – 16), traveling, catching Broadway shows, enjoying a nice glass of Cabernet, and never misses an episode of *The Young and The Restless*.

NEW ALBANY RISE VISITS OSU FAMILY MEDICINE AT HEALTHY NEW ALBANY

A class from New Albany Rise visited OSU Family Medicine at Healthy New Albany. During the field trip, providers and staff shared with the class the ins and outs of how a doctor's office works, and all about the jobs that make up a doctor's office

Dear Dr. Wood and Staff,

THANK YOU SO MUCH FOR HOSTING OUR CLASS. WE LOVED TOURING YOUR OFFICE AND LEARNING WHAT TO EXPECT WHEN WE VISIT A DOCTOR'S OFFICE. WE APPRECIATE THE EXPERIENCE VERY MUCH.

HOW TO TALK TO YOUR PARTNER ABOUT STIs

Sondos Al Sad, MD – Assistant Professor of Clinical Family Medicine

Sexually transmitted infections (STIs) continue to rise in the United States. Left untreated, STIs can lead to an increased risk of contracting HIV and can cause serious complications. Having a conversation about your sexual history may not come easy for you, but the key thing is to remove emotion and focus on the facts. Learn more [here](#).



SHOULD YOU AVOID EATING FRUCTANS?



Lori Chong, MBA, RDN, LD, CDE, IFNCP – Registered Dietician, Family Medicine

Some people who think their bodies are sensitive to gluten may, in fact, be intolerant to fructans, polymers of fructose that occur in large quantities in wheat products. To find out more about what you need to know when considering whether to avoid fructans, read further [here](#).

QUESTIONS & SUBMISSIONS

Questions and submissions for the Department of Family Medicine newsletter can be directed to FamMedNewsletter@osumc.edu. Submissions are due the last day of every month in order to be included in the following month's issue.

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