

DEPARTMENT OF FAMILY MEDICINE

JULY 2019



COMMUNITY HEALTH UPDATE

Mark Rastetter, MD ~ Vice Chair for Community Health

We as a department are not only trying to understand how to identify and respond to the social determinants of health within the context of direct patient care, but we are continuing to

identify and respond to the needs of the communities we serve on a larger scale. I wanted to bring you some updates.

One clear issue affecting our patients and communities is the opiate crisis, which has continued to devastate Central Ohio. We are continuing to have more and more providers obtain their DATA waivers and will be responding by providing Medication Assisted Treatment in our offices and working with our partners at Talbot hall on protocols and staff education to assure an efficient and effective program.

With the help of an awarded grant, our department is also working with the Moms2B program to design a 38 foot shared Mobile Health Unit that will provide full spectrum care to communities on the near east side, and others. The identification of barriers and a focus on the social determinants will be intrinsic to the operations, which are expected to begin in January 2020. We also continue to strengthen our relationships with community health organizations like PrimaryOne Health and Equitas, with several of our providers providing clinical care at these organizations to help serve specific at risk communities. Enhancements are also being made in our residency program in health equity leadership.

This is just a brief update of some of the programs we have going on now and upcoming. I know a lot of you also have projects and programs with a community health focus and I am excited to be in a position to advocate and accompany you and the department in improving the lives of the patients and communities we serve.

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APPOINTMENT TO ASSOCIATE PROFESSOR



Shalina Nair, MD



Riza Conroy, MD



Annosheh Behrooz, MD



Bushra Siddiqi, MD



Rebecca Grant, MD

Congratulations to **Shalina Nair, MD, Riza Conroy, MD, Annosheh Behrooz, MD, Bushra Siddiqi, MD, and Rebecca Grant, MD** to being appointed to Associate Professor of Clinical Family Medicine!

Q3 PATIENT SATISFACTION ACHIEVEMENT HONOREES NAMED



Congratulations to **OSU Family Medicine at Outpatient Upper Arlington, OSU Family Medicine at Thomas Rardin, OSU Family Medicine at Outpatient Gahanna, and OSU Family Medicine at New Albany** for meeting or exceeding their Patient Satisfaction Survey target score during Q3 FY19!

IN THE NEWS



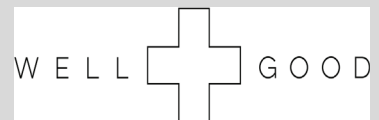
Bryant Walrod, MD explains the importance of flexibility in [The Best Ways to Recover from Exercise.](#)



Sophia Tolliver, MD explains the hazards of being sedentary in the Washington Post article, [How binge-watching is hazardous to your health.](#)



Ashley Jones, MS, FNP-BC article, [Bacterial Vaginosis: A Review of Treatment, Occurrence, and Disparities,](#) was recently published in The Journal of Nurse Practitioners.



Sophia Tolliver, MD was featured in Well and Good's article, [What's the difference between feeling tired and having fatigue?](#)

SERVING REFUGEE PATIENTS IN FAMILY MEDICINE



Jamie Robinson, MD, Assistant Professor of Clinical Family Medicine, **Laurie Greco, PhD**, Assistant Professor of Clinical Family Medicine, and **Andrew Davis, MD**, PGY3 resident within the department, presented at the North American Refugee Health Conference this past in Toronto, Canada. Topics presented were “Serving Refugee Patients in an Urban Family Medicine Clinic,” “Behavioral Health Integrative and Team-Based Care in OSU Family Medicine Refugee Health Clinic,” and “Mindfulness, Values, and Exposure: An Integrative Approach to Treating PTSD and Depression in Arabic-Speaking Refugees.”

WELCOME NEW FACULTY!



Jeffrey Schord, MD, recently graduated from OSU’s Family Medicine Residency program, and will begin his role as Assistant Professor of Clinical Family Medicine on July 15th at OSU Family Medicine at Outpatient Worthington.



Sara Lacy, PsyD joins department as an Assistant Professor of Clinical Family Medicine, after having been practicing at the Department of Veterans Affairs here in Columbus. Dr. Lacy received her doctorate in clinical psychology from Indiana State University and will be practicing at OSU Center for Integrative Medicine.

HAPPY BIRTHDAY!

- Thomas Graham, July 2nd
- Clinton Hartz, July 3rd
- Veronique Bartman, July 3rd
- Mitra Shadabi, July 3rd
- Erica Fitzgerald, July 3rd
- Tiffany Burton, July 4th
- Emilee South, July 7th
- Alysia Bailey, July 7th
- Christine Richardson, July 10th
- Janice Westphal, July 10th
- John Grandominico, July 12th
- Emily Vrontos, July 12th
- Amy Cooper, July 15th
- David Ringel, July 15th
- Ericka Bruce, July 17th
- Randell Wexler, July 20th
- Lori Chong, July 26th
- David Kageorge, July 26th
- Bethany Panchal, July 28th
- Lora Ambroza, July 30th
- Amanda Morgan, July 31st

MINDFULNESS IN MOTION



Mindfulness in Motion is an eight-week evidenced-based program created by **Dr. Maryanna Klatt** that teaches you the tools to **combat burnout** while **increasing your resiliency** and **overall quality of life** through mindfulness!

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 show to **significantly**:

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

To sign up: (or get on a waitlist for winter 2020) email wellness@osumc.edu. Deadline to sign up is August 10, 2019.

When: (1 hr/wk)

Weeks of Sept 9 – Oct 28, 2019. Classes are held weekly at the following locations:

- Mon 5:15-6:15pm – Hilliard IM & Peds
- Tues 7:30am-8:30am – Harding 370
- Wed 12:00pm-1:00pm – Crane 3202
- Thurs 11:00am-12:00pm – East 120
- Thurs 12:30pm – 1:30pm – OCUA 2113 (Please note that this option is only for physicians and DNP's)
- Thurs 5:15pm-6:15pm – 130 Doan Hall

A healthy meal will be provided each week.

DR. McCAMEY ACCEPTED INTO TEACHING AND LEADERSHIP SERIES



Kendra McCamey, MD was accepted into The Center for Faculty Advancement, Mentoring, and Engagement and Office of Curriculum and Scholarship's Educator Development Program: Teaching and Leadership Series.

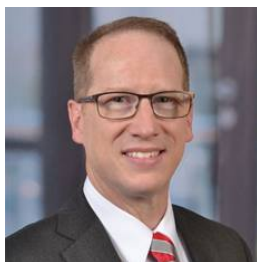
This program is designed to develop the teaching and educational leadership skills of faculty in the health sciences. Participants will accrue skills to better teach learners, design curricula and educational programs, and to run courses, clerkships, or training programs. Congratulations, Dr. McCamey!

DR. MACEROLLO ACCEPTED INTO EDUCATIONAL RESEARCH SERIES



Allison Macerollo, MD was accepted into The Center for Faculty Advancement, Mentoring, and Engagement's Educator Development Program: Educational Research Series. The series is a 9-month program that helps faculty

learn the research process as it relates to health professions education. The goal of the ERS is for faculty to design and conduct educational research; in doing so, faculty will develop greater autonomy in navigating various stages of educational research. Congratulations, Dr. Macerollo



DR. WOOD NAMED AAFP FELLOW

Joel Wood, MD was recently named Fellow of the American Academy of Family Physicians by the Academy's Commission on Membership and Membership Services. Dr. Wood will attend a Fellowship Convocation Breakfast that will take place in Philadelphia, PA this September. Congratulations, Dr. Wood!

RESIDENT SPOTLIGHT



David Ringel, MD is a PGY3 resident in the Department of Family Medicine. Dr. Ringel received his undergraduate degree from Miami University, and his MD from the University of Toledo. In his spare time, Dr. Ringel enjoys fishing, watching the Reds and Bengals play, watching the Buckeyes beat Michigan, hanging with his co-residents, and joining in on the resident volleyball, kickball, and trivia teams.

CNP SPOTLIGHT



Holly Chignolli, BSN, MS, APRN-CNP has been part of the Buckeye family since 2005 and the Department of Family Medicine since 2012, where she works as a CNP at all of the department's walk-in care sites. Holly also received her Doctor in Nursing Practice (DNP) this past May and as part of the program, implemented an evidence-based quality improvement project that improved influenza vaccination rates at Walk in Care

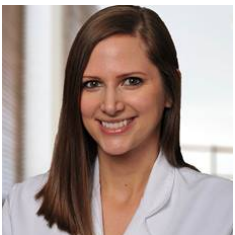
this past flu season. Holly also serves on the Advanced Practice Provider Council at OSUWMC and is an Evidence-Based Practice Mentor for ambulatory care. In her spare time Holly enjoys traveling, spending time outdoors with her husband and two young daughters, and cheering on the Buckeyes.

STAFF SPOTLIGHT



Originally from Galesburg, Illinois, **Rhonda Wright** moved to Ohio in 1991 and has been part of the Buckeye family since 2007, joining the Department of Family Medicine in 2010, where she eventually became Practice Manager for OSU Family Medicine at Outpatient Lewis Center in 2018. In her spare time, Rhonda enjoys spending time with her family (4 children and 5 grandchildren), traveling, reading (especially autobiographies and biographies), watching movies (particularly comedies), listening to music, playing board games with her family, and taking a drive with her husband on his Harley on a Sunday afternoon.

FACULTY SPOTLIGHTS



Juliet French-Vallabh, MD is an Assistant Professor of Clinical Family Medicine who joined the department in 2016. Dr. French received her MD from the University of Toledo College of Medicine and completed her family medicine residency training here at OSU's Department of Family Medicine. Dr. French specializes in the preventative health care and treatment of chronic diseases, especially obesity, hypertension, hyperlipidemia, diabetes type 2, depression and anxiety. She practices at University Health Services.



Sandra Palmer, DO is an Assistant Professor of Clinical Family Medicine who joined the department in 2017. Dr. Palmer received her DO from the Ohio University Heritage College of Osteopathic Medicine and completed her family medicine residency training here at OSU's Department of Family Medicine. Dr. Palmer's clinical interests include the full spectrum of family medicine with a special focus on wellness and preventative medicine. She practices at OSU Family Medicine at Outpatient Upper Arlington.

YEARS OF SERVICE

Ann McAlearney, 21 years
James Borchers, 15 years
Stephanie Cook, 29 years
Donald Mack, 9 years
Benita Petri-Pickstone, 22 years
Michael Alexander, 20 years
Randell Wexler, 19 years
Joel Wood, 22 years
Neil Borja, 3 years
Shelley Blackburn, 32 years
Bethany Panchal, 6 years
Cynthia Sieck, 12 years
Bushra Siddiqi, 21 years

Healthy State Alliance



ADDRESSING OHIO'S OPIOID EPIDEMIC

The **Healthy State Alliance: Addressing Ohio's Opioid Epidemic** is a one-day conference to be held on **July 31, 2019** to address Ohio's unprecedented rate of opioid use disorder and overdoses. The event is intended for physicians, physician assistants and nurse practitioners in: primary care (internal medicine, family medicine, pediatrics); emergency departments, hospitalists, pain medicine, addiction medicine, neurology, anesthesiology-pain management and psychiatry. Cost and registration information can be found [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.

AWARDS & OPPORTUNITIES

2020 YWCA WOMEN OF ACHIEVEMENT AWARDS

The Women's Place and Outreach and Engagement are accepting nominations now through July 19th for the 2020 YWCA Women of Achievement Awards. Nominate Ohio State women who have inspiring careers and service records and who possess a deep commitment to breaking down gender and racial barriers and creating opportunities for women. The Ohio State University committee will review all Ohio State nominees and submit final selections to the YWCA. [Read more](#).

STAFF CAREER & DEVELOPMENT GRANT

Staff have an opportunity to further growth and development through the Staff Career Development Grant. Grant funding is available for individuals and groups with up to \$1,250 available for individuals, \$1,750 for groups of 2-10 and \$2,000 for groups of 11 or more. The funds can be used for professional development, education or training costs related to job and/or career goals. Applications are accepted until July 31. [Read more](#).