

DEPARTMENT OF FAMILY MEDICINE



SUB-PELOTON FOR FAMILY MEDICINE

Pelotonia is coming up August 3-4, 2019! The Department of Family Medicine now has a sub-peloton "Team Buckeye – Hub of the Wheel". We would like to encourage everyone to join us as a Rider, Virtual Rider (only \$100 fundraising

Commitment) or as a Volunteer. Friends and family may also join our Sub-Peloton. To register, please access this [link](#).

Every dollar raised by participants benefits cancer research at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute. All of your efforts to this great cause would be greatly appreciated. Please reach out to Dr. Eunice Oppenheim-Knudsen at eunice.oppenheim-knudsen@osumc.edu if you have any questions.

PROMOTIONS



The Board of Trustees approved the promotions of **Bethany Panchal, MD** to Associate Professor of Clinical Family Medicine and **Randell Wexler, MD, MPH** to Professor of Family Medicine. Congratulations to Dr. Panchal and Dr. Wexler on their achievements!

IN THIS ISSUE

- Longitudinal Practice
- Dr. Klatt win patient safety advancement grant
- Quarterly diversity update
- In the community
- Learn the art of becoming your own massage therapist
- Is diet soda better for you than regular soda?
- Faculty spotlights
- Why come to a large academic medical center for residency in family medicine?
- Staff spotlight
- NP spotlight
- Resident spotlight



LONGITUDINAL PRACTICE



Kristen Rundell, MD ~ Vice Chair, Education

We would like to share some information regarding our program to help you make a decision if this would be a good fit for you and your professional goals. First let us say that teaching a medical student has many rewards that go beyond being invited to hood them during graduation to decreasing physician burnout.

In 2012, OSU decided to change the medical school curriculum. It was decided that integrated the basic sciences with an ambulatory experience for the first and second year students would help to give a basic understanding of the physiology and the relationship to direct patient care. In addition to the medical knowledge it was also a way to start the professional development of the student of "how to be doctor". This program has been a great success for students with the added surprise that our preceptors also had a boost in their professional development.

This ambulatory will span a 17 month period and will include 22 sessions which are approximately 4 hours in duration. There is dedicated curriculum with specific objectives for each session. We like to describe it as "we teach them" and "you show them". The students learn history taking skills and physical exam skills in their small groups and then they are assigned to practice these skills in their ambulatory setting. An example may be that they learn about taking a family history and then will need to practice that during their next longitudinal practice setting. As a faculty member of this program, your med center Id which will give you access to the OSU library and to FD4ME which free CME for physicians. There is also a website with teaching videos, resources for educational questions. We also offer one on one site visits and once yearly web streamed faculty development focusing on challenges faced by preceptors while teaching.

DR. KLATT WINS PATIENT SAFETY ADVANCEMENT GRANT



Maryanna Klatt, PhD and her team carrying out *Enhancing Quality of Patient Experience via an Innovative Reduction of Pre-Operative Anxiety*, have accepted the Patient Safety Advancement Grant awarded to them in the amount of \$20,500.00. The goal of the research being supported by this grant are to assess feasibility and pilot initial outcomes of reducing preoperative anxiety. Congratulations to Dr. Klatt and her team!

QUARTERLY DIVERSITY UPDATE



Leon McDougle, MD ~ Chief Diversity Officer

Risa Long, PhD and **Maria Williams Alexander, PsyD** were featured in the latest OSU Wexner Medicine Quarterly Diversity Update. In addition, **Sondos Al Sad, MD** speaks to healthcare and Ramadan. You can read the full update [here](#).

CONGRATS!



Sophia Tolliver, MD was recently awarded the NIH/NMA Travel Award. As part of the award, Dr. Tolliver will be participating in the NMA Convention as well as attending a special two-day NIH Workshop on Career Development in Academic Medicine.



Bethany Panchal, MD was invited to join the 2019-20 co-hort of the Faculty Leadership Institute (FLI) starting in September 2019.



Hiten Patel, MD was selected to receive one of the 12 *Family Medicine Leads Emerging Leader Institute* 2018 Leadership Project Awards to return to AAFP National Conference this July, and to participate in showcasing his project, "How Prevalent is Patient Portal Use? Does Portal Use Result in Improved Cancer Screening?"

IN THE NEWS



Sondos Al Sad, MD was a guest on WOSU's Wellness Wednesday, where the focus of topic was on sunscreen and skin protection. The full interview can be accessed [here](#).

The Columbus Dispatch

Sondos Al Sad, MD was quoted in The Columbus Dispatch's article, [Ramadan: Should you be fasting with diabetes?](#)

IN THE COMMUNITY



Providers and staff from OSU Family Medicine at Healthy New Albany participate in the New Albany Founder's Day Parade.



Staff from OSU Family Medicine at Outpatient Worthington participated in the 2019 Race For the Cure.



Providers and staff were on hand for Community Health Day at OSU Outpatient East.

IN THE NEWS



Bryant Walrod, MD offers insight into [How to Become More Flexible \(Because Yes, It's Important\)](#).



James Borchers, MD outlines the benefits of low impact exercise in [The 7 Best Low-Impact Exercises for People with Diabetes](#)

PUBLICATIONS

GLOBAL ADVANCES IN HEALTH AND MEDICINE

Maryanna Klatt, PhD had two articles, [Beyond the East-West Dichotomy - The Course Yoga: Theory and Practice Conveys the Benefits of an Ayurvedic Lens for Global Health](#) and [Advancing Global Health and Medicine Through the Energy of Youth: A Research Team Burning Bright](#), in *Global Advances in Health and Medicine*.

JABFM

JOURNAL OF THE AMERICAN BOARD OF FAMILY MEDICINE

Bethany Panchal, MD's article, *Prescribing habits of primary care providers in women of childbearing age and its association with documentation of contraception: An assessment of high-risk medications*, is scheduled to be published in the July/August 2019 issue of 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**.

HAPPY BIRTHDAY!

Mary Harris, June 2nd
John McConaghy, June 3rd
Vera Meleshchuk, June 6th
Sheila Sterling, June 7th
Sacheen Bradley-Rees, June 7th
Shalina Nair, June 7th
Tiffany Schreiber, June 8th
David Thangarajah, June 8th
Kelsey Smith, June 14th
Cheryl Bourne, June 16th
Jamie Bailey, June 19th
Cathy Chapman, June 19th
Melissa Driscoll, June 21st
Malaika Hunter, June 23rd
Andrew Davis, June 23rd
Michele Mack, June 24th
Nicole Kornder, June 25th
Sarah Gwilliams, June 26th
Stephanie Thompson, June 28th
Maryanna Klatt, June 28th
Jennifer Rollins, June 29th

YEARS OF SERVICE

Paul Kirk, 26 years
Rebecca Grant, 11 years
Mary Wynd, 21 years
Megan Krallman, 3 years
Samuel Jacobowitz, 3 years
Matthew Knapke, 3 years
Nicole Umanoff, 3 years
Chelsea Fu, 3 years
Selim Sheikh, 3 years
Jeffrey Schord, 3 years

LEARN THE ART OF BECOMING YOUR OWN MESSAGE THERAPIST

According to the National Institutes of Health's National Center for Complementary and Alternative Medicine, massage therapy relieves pain and stress, reduces anxiety and depression and promotes relaxation and well-being. You can learn the art of becoming your own massage therapist from **Cheryl Boschert, LMT**, using



Rollers, tennis balls and, of course, your own hands! This class begins by releasing problem areas throughout the body, includes a gentle stretch and closes with relaxation practice. Class is conducted on the floor using yoga mats. No experience is necessary.

Dates: 2nd Thursday of the month: 07/11/19, 08/08/19, 09/12/19, 10/10/19

Time: 7:00-8:00 pm

Location: Ohio State Center for Integrative Medicine
2000 Kenny Rd., Columbus, OH 43221

Cost: \$15.00 per one hour session

Register here: <https://www.regonline.com/selfmassage>

IS DIET SODA BETTER FOR YOU THAN REGULAR SODA?



Matthew Black, RD

With increased awareness of caloric intake throughout the United States, individuals have turned to focus their attention on their liquid calories. Is skipping the extra calories in soda helpful or hurtful? Learn more [here](#).

FACULTY SPOTLIGHTS



Balpreet Jammu, MD is Clinical Assistant Professor in the Department of Family Medicine and Clinical Lead at OSU Family Medicine at Worthington. Dr. Jammu received his MD from Wayne State University School of Medicine, completed his internship at the Detroit Medical Center/Hutzel Hospital and then came to The Ohio State University for residency where he served as Chief Resident within the Department of Family Medicine. Outside of work, Dr. Jammu enjoys being an active volunteer in the Worthington Kilbourne High School Marching Band.

YEARS OF SERVICE

Jordan Hilgefert, 3 years
Michelle Mullins, 2 years
Christen Johnson, 2 years
David Ringel, 2 years
Benjamin Swartz, 2 years
Tyler Adamson, 2 years
Naketa Thomas, 2 years
Melissa Davis, 7 years
Sara Scott, 1 year
Malvika Sharma, 1 year
Shreya Reddy, 1 year
Daniel Krajcik, 1 year
Patrick Dyer, 1 year
Amethyst Gauthier, 1 year
Katie Kessler, 1 year
Bradley Christoph, 1 year
Annamarie Beckmeyer, 1 year
Hayley Shackelford, 1 year
Katelyn Walsh, 1 year
Mark Grady, 1 year
David Kageorge, 6 years
Daniel Walker, 4 years
Nicholas Watkins, 3 years



Robert Crane, MD is a Clinical Professor in the Department of Family Medicine. Dr. Crane has an interest in preventing nicotine/tobacco addiction and is the founder and president of the Preventing Tobacco Addiction Foundation, an organization dedicated to increasing awareness of the risks of nicotine addiction and secondhand smoke, and raising the legal minimum sale age for all nicotine products to age 21. Dr. Crane is also co-chair for “SmokeFree Columbus,” the coalition that helped pass smoke-free legislation in a dozen

Central Ohio communities and led to statewide legislation. Dr. Crane is the recipient of the 2011 Public Health Award from the American Academy of Family Physicians and the 2014 C. Everett Koop Award from the American Lung Association. Dr. Crane lives in Dublin with his wife and three children.

WHY COME TO A LARGE ACADEMIC MEDICAL CENTER (A.K.A. OSUWMC) FOR RESIDENCY IN FAMILY MEDICINE?

Aside from great medical training and exposure to a large variety of residency experiences, you might be asked to be a guest speaker for students in an academic course on Resiliency! In April, Dr. Matt Knapke, 3rd year Family Medicine Resident, spoke to Dr. Maryanna Klatt’s (Clinical Professor in Family Medicine) undergraduate honors course entitled, *Mindful Resilience: From the Individual to the Organization*. This College of Education and Human Ecology course is offered to honors students across majors, but was designed by Dr. Klatt for the pre-medical student. The idea was to plant the seeds of personal resiliency with these students who will be our leaders of tomorrow, both within and beyond medicine.

Her thought was to give students the tools to run both their personal lives in a resilient manner, in addition to influencing the organizations they will eventually lead- whether it be a medical center, a busy medical practice, etc.

Dr. Klatt invites physicians (and other professionals who embody resiliency techniques) to share their perspectives with the honors students as personal testimonies including what to watch out for, and what to proactively incorporate into a professional life to ensure a long and fulfilling career. Course enrollment is filled each year with a waiting list.



Matthew Knapke, MD

Dr Knapke gave a wonderful talk to the undergraduates and answered their many insightful questions. One student asked him about his biggest take-away from the **Mindfulness in Motion** 8-week course he attended as a 2nd year resident. His response was that he remembers to be fully present with each patient and trying not to have preconceived ideas about them or their medical condition. The highlight though for Dr. Knapke was the mindful eating principles that he says he uses everyday while in the clinic. He used to skip lunch or eat while doing computer work and now he eats lunch every day, tasting the food. Dr. Knapke tries to convey this to the interns. He also mentioned that as his 8 month old son Ben changes daily, he is totally aware of those changes, rather than missing the changes by being constantly on a device. What did the undergraduates learn from Dr. Knapke’s talk?

“I was struck by his statement that in being a leader your role is really to empower others to lead themselves, including patients to be leaders in their own healthcare...I loved his attitude that we can all learn from everyone and everything around us... gravitate to teams, communities and workplaces where you are valued and that is expressed...Know what your values are to guide your decision making... I was inspired by his clear sense of self and introspection”.

Dr. Knapke impacted future leaders in healthcare, business, and education. He took advantage of an invitation to speak to undergraduate honors students, passing along lessons that will guide the students’ approach to resiliency. Dr. Knapke is a valued member of the Family Medicine Residency team, and we are thankful to have him!

TOP PATIENT COMMENTS

"Dr. Panchal is amazing! she makes me feel like I'm her favor patient! she is always concerned about how I feel physically, mentally, etc. She really cares! She has my full trust in my medical care. She has my best interest."

"Dr. McGuirk is very personable and seems to really care about me. If I raise any issue, no matter how small, she listens and offers suggestions/solutions. I love that she takes the time to get to know me."

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.

STAFF SPOTLIGHT



Originally from Fostoria, Ohio, **Laurel Colombini** received her Medical Assisting Certification from the Ohio Institute of Health Careers, an Associates in Applied Sciences from Columbus State in May 2018, and has been pursuing a BS in Health Sciences (completion 12/2019) here at OSU. Laurel has been part of the Department of Family for 13 years, having spent 8 of those years as an MA with Integrative Medicine, before transitioning to her current role as practice manager of The OSU Center for Integrative Medicine. Laurel enjoys cooking, baking/decorating cakes, being a wife and being a mother of 2 beautiful children – Gianna, 14, and Vince, 12. She loves dogs, especially their slobbery mastiff, Leia, and going to the beach. Any place that is warm and has water is her favorite vacation spot.

NP SPOTLIGHT



Jessica Castle, CNP started her career in nursing at The Ohio State University in 2009, and then spent several years as a travel nurse throughout the U.S. She returned to Columbus in 2013 to complete her studies at Otterbein University. Following a year-long fellowship with OSU Family Medicine, she joined the Worthington Family Practice. Jessica enjoys her patients of all ages and loves championing her patients toward positive, healthy lifestyle choices. She encourages the health of her patients not only physically, but mentally, emotionally, and spiritually.

Jessica loves finding new places to hike, bike, and travel; and also enjoys weight-training, crafting, gardening, cooking, reading, and spending time with her family and friends. Jessica will be getting married this July, and will be living in Marion, with her soon-to-be husband, Scott, her step-son Silas, and her their rescued pitbull, Luci.

RESIDENT SPOTLIGHT



Christen D. Johnson, MD, MPH is a PGY-2 Urban Track resident in the Department of Family Medicine. Originally from Pickerington, OH, she earned her undergraduate degree from Wright State University and her M.D. and MPH from Wright State University Boonshoft School of Medicine. Dr. Johnson lives the phrase "To whom much is given, much is required" through her career in leadership and dedication to serving the most vulnerable communities. She is active in organizational medicine through the American Academy of Family Physicians and other organizations. Dr. Johnson enjoys the opportunities to grow and learn as a physician, researcher, and leader that OSU provides. In her spare time she enjoys spending time with her poodle Imani, gardening, painting, and running.

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<https://wexnermedical.osu.edu/departments/family-medicine>