I recently gave my sixth annual State of the Department address during Medical Grand Rounds on October 21, 2008. I chose to subtitle it “Putting Things Into Perspective” in order to reflect on the collective accomplishments of staff, faculty, and housestaff during the past five to six years. Most of the leadership changes were discussed in the inaugural issue of Lions in Medicine (Summer, 2008), but Sue Hassenbein joined us this summer as Coordinator, Administrative Support replacing Judy Birli, who retired after thirty-seven years of service to Penn State. Additional highlights of my address include: (1) several faculty and residents recognized for key leadership positions or awards; (2) promotion of Bob Gabbay, Mike Verderame and Cindy Whitener to Professor, and Ed Gunther (with tenure) and Abraham Mathew to Associate Professor; (3) Professor Emeritus status for Jim Hammond and John Goldman; (4) introduction of twenty-six new faculty members since October, 2007; (5) growth in our AEF reserves and endowments; (6) Dwight Davis’ selection as a College of Medicine Distinguished Educator, making eight in the department; (7) filling all categorical PGY 1 positions in the other four-week component. The case-based core curricular teaching will continue, but will be compressed into a two-week time period. Additional clinically based activities will be added in these two weeks, such as exposure to key internal medicine procedures (such as endoscopy, pulmonary function testing, cardiac catheterization, and others) and essential medicine based training material (such as EKG interpretation and teaching of the cardiovascular physical examination).

The most significant change will occur in the second two weeks, during which students will be assigned to a specific division in the department (termed a 'selective') to engage in a variety of clinical educational experiences within that discipline. This will give students a more intensive exposure to that division’s activities across the broad spectrum of clinical activities undertaken by department faculty. These include participation in outpatient clinics, consultation services, procedural interventions and educational activities. The intent is to ‘immerse’ students into a division to gain perspective on how these internists...
Endocrinology, Diabetes, and Metabolism
Andrea Manni, M.D.

The Division of Endocrinology, Diabetes, and Metabolism is committed to the institutional goals of enhancing the quality of life through improved health, the professional preparation of those who will serve the health needs of others, and the discovery of knowledge that will benefit all. The Division has recently made great strides in meeting these goals.

Our fellowship training program, under the leadership of Andrea Manni, M.D., Fellowship Program Director, received full five-year accreditation from the ACGME at our last site visit. This achievement was attained through the dedicated work of the staff of the division to meet the requirements of the ACGME. Our fellowship program participated in ERAS and the NRMP for the first time in 2008. We received over 100 applicants for one position and successfully matched.

Our training program offers a two-year clinical track (which is what most of our trainees select). There is also the option of a third year in the training program, focusing on research. Two of our recent fellowship program graduates, Nazia Raja-Khan, M.D., and John Jun, M.D., completed the three-year track and were then invited to join the faculty of the division.

Dr. Raja-Khan completed her fellowship training and joined the faculty in 2007. In January, 2008, she was able to compete successfully for a competitive NIH-funded institutional BIRCHW award, which is targeted for investigators performing clinical research in women related health issues (Dr. Raja-Khan’s research focuses on polycystic ovary syndrome). This award will provide seventy-five percent salary support for the next three years and will allow her to have protected time for her research. Earlier this year, Dr. Raja-Khan also replaced Dr. Robert Gabbay as a course co-director for the Endocrine teaching block for second-year medical students.

Dr. Jun completed his fellowship and joined our faculty in 2008. He was accepted into the Physician Scientist Program of the institution, which will provide partial salary support for three years, to help him establish his own independent research program. His primary focus will be on basic research in the area of mechanisms of endothelial dysfunction in relation to cardiovascular complications in type 1 diabetes. Dr. Jun will also serve as Assistant Program Director for the Fellowship Training Program.

In research news, Dr. Manni, Principal Investigator, along with Dr. Karam El-Bayoumy (Penn State Cancer Institute), Co-Principal Investigator, was recently awarded a five-year, $7.5 million Promise Grant from Susan G. Komen for the Cure. This grant, titled, “Combination of low-dose antiestrogens with omega-3 fatty acids for prevention of hormone-independent breast cancer” is a collaborative effort, involving several other investigators at Penn State College of Medicine, University Park, Fox Chase Cancer Center, and Colorado State University. Only four of seventy-four submitted Promise grants were fully awarded by the Komen Foundation.

Robert Gabbay, M.D., Ph.D., was recently named Executive Director of the Penn State Hershey Institute for Diabetes and Obesity (PSHIDO) in 2008. Dr. Gabbay had served as a Co-Director of PSHIDO since 2002. This change occurred as part of a strategic planning process for the institution. There was a desire to incorporate the obesity faculty within the diabetes center, and Dr. Gabbay was chosen as Executive Director of the new Penn State Hershey Institute for Diabetes and Obesity. He has been successful in garnering funding from the institution, private foundations, philanthropic sources, and state government for over $2.5 million. The organization continues to grow and is one of the more successful institutes within our organization, and has established diabetes and obesity as institutional strategic areas.

In division personnel news, one of our long-term faculty members, James Hammond, M.D., retired in June, 2008, after more than thirty-five years spent at the Hershey Medical Center. Dr. Hammond is currently spending his days hunting and fishing in the marshes and swamps of Delaware (although he did return to Hershey in August for the Bruce Springsteen concert). We have recently hired a new nurse practitioner, Deborah Shepherd. Some of you may know her from when she previously worked at HMC, in Family and Community Medicine, a few years ago. She joined our Division in July. She will be seeing diabetes patients and assisting with their disease management between visits to their physician.

Goals for the future include optimizing the mentorship of junior academic faculty so they can be successful in obtaining extramural funding. We are also planning on submitting an application for a training grant in endocrinology, which would further strengthen the research training of our fellows. Dr. Gabbay is working on obtaining NIH designation for the Diabetes Center. We will also continue to provide outstanding care to our patients, as evidenced by several of our staff (Susan Jones, C.R.N.P., Mary Lathrop, M.D., Rena DeArment, M.D.) attaining “star” status on patient satisfaction scores.
A s a core mission for the Department of Medicine, community outreach should include providing our clinical partners with the advice and assistance they request to develop new programs which will be of benefit to their patients and staff.

Penn State Hershey has had a long relationship with Mount Nittany Medical Center in State College through a gynecologic resident training program, an innovative invasive cardiology program, and the Penn State Cancer Institute. Over the past few months, the Department of Medicine has established a hospitalist outreach program to assist community hospitals in the development of hospitalist services including recruitment of staff, integration into the existing staff structure, enhancement of quality and utilization parameters and exposure to clinical research and education opportunities. Because of the established association with Mount Nittany Medical Center and its desire to work with the Hershey Medical Center on such a project, we are focusing outreach efforts on this institution.

Mount Nittany Medical Center is a 203-bed acute care community hospital “offering medical, surgical, diagnostic and community services that are focused on helping patients reach their health potential” according to the hospital’s mission statement. It employs over 1,300 health care professionals and has about 240 physicians on staff. The emergency room sees over 50,000 visits per year and there are over 1,200 births per year. Forty-two percent of admissions come through the emergency room.

Goals of developing a hospitalist program in conjunction with our medical center and department of medicine are to help with patient flow and ER throughput, formalize a model inpatient quality program to supplement the approach patient care, better understand their thought processes, and how their care fits into the overall treatment of the individual, in addition to exposing the student to the factual content of the discipline.

"We believe this rotation structure will enable students to better appreciate the breadth and depth of what internists do while continuing to focus on teaching the basic clinical skills required of all third year students, such as obtaining histories, performing physical examinations and conveying medical information to others," according to Dr. Phil Masters, the clerkship director. "And, as students will have some input into which subspecialty through which they rotate, this structure should help them in exploring whether internal medicine and its subspecialties might be a good 'fit' for them as they make career decisions in their third year." This is particularly important as the number of students entering internal medicine has been relatively ‘flat’ or declining in recent years, and students are struggling with understanding which disciplines might suit them well as they approach residency training.

For more information on the clerkship or the other educational activities of the department, please contact Dr. Masters at (717) 531-8161 or at pmasters@psu.edu.

Chair’s Message (Continued)

match for the fourth consecutive year; (8) substantial increase in in-training exam scores for PGY-2’s over four years; (9) five faculty receiving teaching/education awards this past year; (10) steep increase in resident/fellow presentations/awards at regional/national meetings; (11) addition of twenty-nine scientists, physician-scientists, and physician-investigators during the past five years; (12) near doubling of total sponsored research funding to $32.5 million this past year; (13) six faculty with two or more NIH grants this past year; (14) $7.5 million Susan Komen for the Cure Foundation grant to Andrea Manni and colleagues; (15) thirty-two faculty having a total of 165 clinical trials totaling $13.2 million last year; (16) increases in inpatient admissions (27 percent to 3,744) and outpatient visits (24 percent to 83,598) during the past five years; (17) twenty-nine providers achieving 99th percentile and fourteen more 95-98th percentile nationally in patient satisfaction scores; (18) three practice sites achieved Star status in patient satisfaction; (19) new outreach initiatives with Pinnacle and Mount Nittany Medical Center; and (20) 161 scientific papers, one book, and twenty-four book chapters published last year. So, I leave it to you to judge how you think we’re doing, but I’m very proud of our collective efforts during the past five years, and look forward to doing even better during the next five years.

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excellent care already provided, develop consistent care models, help with co-management of the large volume of orthopedic cases and increase access to care for unassigned patients.

As the program grows, it is hoped that it can serve in a teaching capacity for residents and third year clerks from this institution.

We are working closely in State College and with Mr. David Towery, Operations Director in the Department of Medicine to develop volume projections, budgetary data and recruitment agreements. We hope to begin recruitment for this program in the near future. We welcome any input from departmental members as we move forward with our plans.

“...community outreach should include providing our clinical partners with the advice and assistance they request to develop new programs which will be of benefit to their patients and staff.”

A Look into the Internal Medicine Residency Program

Adam Albert, M.D., David Doughtery, M.D., and Nicole Swallow, M.D.

The 2008-2009 academic year has been a time of change for our program. As we find ourselves in the midst of recruitment season and preparation for our upcoming residency review committee site visit, we’ve had the opportunity to reflect upon some of the significant changes that have been made to enhance the experience of our residents throughout the past six months.

Change has occurred both on the inpatient and outpatient sides of our patient care activities. July 1st brought a consolidation of our continuity clinics to the Hope Drive facility, which brought all categorical residents together in one clinic setting. Additionally, we have transitioned our resident clinic into a “firm” system, which divides both residents and patients into groups in order to improve the continuity and efficiency of care for patients in the resident clinic. Further, the addition of one categorical intern to the class of 2008 (bringing our total to 19 categorical interns per year) has allowed for an important change in the nighttime coverage of patients on ward services.

The coverage of inpatients on the Medicine, Cardiology, Hematology/Oncology, and Gastroenterology/Hepatology services is now divided between two interns instead of one, allowing for increased quality of care and improved patient safety at night.

On the educational front, the focus has been on continuing to strengthen our efforts to prepare our residents for successful completion of the ABIM boards. One of the most valuable changes thus far has been the utilization of an electronic audience response system for daily review of MKSAP questions at morning report. The ARS has enabled a more efficient review of this material, as well as directed teaching of important medicine topics. We have also piloted an outcomes-based assessment of our educational activities using the ARS for a pre- and post-test of the monthly topic review which we hope will lead to further improvement in our educational endeavors.

These are but a few of the valuable changes that have been implemented during this academic year and, certainly, are just a part of the effort to advance the Internal Medicine Residency Program in our ability to prepare young physicians for the practice of medicine in the 21st century.
Meet the Team
New Faculty FY 2008/2009

Adam J. Albert, M.D.
Chief Resident

Atul Bhardwaj, M.D.
General Internal Medicine

David W. Dougherty, M.D.
Chief Resident

Ping Du, M.D., Ph.D.
Infectious Diseases and Epidemiology

Charles E. Dye, M.D.
Gastroenterology & Hepatology

Joseph L. Enama, M.D.
Rheumatology

Carol V. Freer, M.D.
General Internal Medicine

Gisoo Ghaffari, M.D.
Pulmonary, Allergy, & Critical Care Medicine

Susan A. Glod, M.D.
General Internal Medicine

Kebin Hu, M.D., Ph.D.
Nephrology

John Y. Jun, M.D.
Endocrinology, Diabetes, and Metabolism

Satoshi Kobe, Ph.D.
Cardiology

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