Message from the Chair

James M. Herman, M.D., M.S.P.H.

Welcome to the Winter 2008 edition of our F&Cm newsletter: I am glad to report that our department is making wonderful progress in all of our mission areas. You will see evidence in these pages of all of this.

For example, you will read about our new walk-in hours at UPG-Fishburn Road, a wonderful example of providing patient care when people need and want it the most. You also will read about our work in a new course in the College of Medicine's curriculum entitled "Foundations of Clinical Medicine." You will see evidence of the work being done in our Residency Program, which recently won an award of national recognition from the AAPF and received funding for a training grant. Finally, you will read about the need for ideas from our daily practice for research.

Please join me in welcoming our newest faculty member, Matthew Silvis, M.D., who has returned to Penn State Hershey College of Medicine, his alma mater, as a faculty member. Dr. Silvis is seeing patients at UPG-Palmyra, and Penn State Hershey Sports Medicine Center. He also provides sports medicine services to the Hershey Bears and other local sports teams, and anticipates working in the Penn State Concussion Clinic. We are very pleased to have Matthew Silvis, M.D., back working with us again.

Foundations of Clinical Medicine

Peter R. Lewis, M.D.

Foundations of Clinical Medicine is a new course as of the 2007-08 academic year for first- and second-year medical students. The integrated and longitudinal course components include clinical interviewing, physical diagnosis, and clinical skills sessions.

Clinical interviewing in year 1 begins in August with introductory lectures on fundamentals of communication and the doctor-patient relationship, presented by myself and Dennis Gingrich, M.D.

The majority of first-year clinical interviewing teaching occurs in small groups of ten to eleven students and includes review and reflection upon component syllabus readings followed by demonstration, practice, and review of components and techniques with the use of trained standardized patients.

Small group leaders from our Department of Family & Community Medicine include Carol Baas, M.D., Ann Bogdan, M.D., Linda Chambers, M.D., Sam Faber, M.D., Barbara Hoffman, M.D., Anne Kanter, M.D., John Messmer, M.D., Rich Rayner, M.D., Matt Silvis, M.D., (continued on page 3).
Faculty News

N. Benjamin Fredrick, M.D.
Fredrick has completed the Junior Faculty Development Program course. He is a member of the Kienle Center's Board of Directors.

Barbara Hoffmann, M.D.
Hoffmann was recently appointed to the Penn State Commission on Women.

Ellen Johnson, M.D.
Johnson has recently been named the new associate director of the Family Medicine Residency Program.

Shou Ling Leong, M.D.
Leong was elected chair for the Group on Online Cases, Society of Teachers of Family Medicine, and also serves as a mentor for the Junior Faculty Development Program.

Daniel Schlegel, M.D.
In pursuit of a master's degree in health administration, Schlegel is enrolled in Health System Organization classes at Penn State Harrisburg.

Matthew Silvis, M.D.
A graduate of Penn State Hershey College of Medicine, Silvis has returned as the newest member of our faculty. During the five years since his graduation, he completed his residency and a family medicine/sports medicine fellowship at Wake Forest University and a year of private practice in Newcastle, Wyoming. Silvis is seeing patients at UPG-Palmyra and at the Sports Medicine Clinic. He would appreciate any referrals from our department as he works to develop this clinic.

George Henning, M.D.
Henning is serving on a task force for the PA Department of Health seeking funding for family planning services for uninsured women in rural and urban areas. He serves on the State Agroterrorism and Southcentral (PA) Agroterrorism task forces.

Jane (Corson) Weida, M.D.
Weida was elected president of the Pennsylvania Academy of Family Physicians in May.

Penn State/Good Samaritan Hospital Family Medicine Residency Program
Our residency program recently received national recognition from The American Academy of Family Physicians/F. Wyeth Immunization Program as a Best Practice and awarded first place for its unique program to improve childhood immunization rates.

Call for Ideas

William Curry, M.D., M.S., associate vice chair for research
Penn State Ambulatory Research Network

In the course of our daily work, difficult questions about patient care arise. Often, good evidence to guide our efforts for evaluation and treatment may not exist. In addition, the way we do many of our routine tasks may be less than satisfactory for our patients and ourselves. We have all come across these situations—wonder if we are approaching them in the best way.

Often we talk things over and seek answers from others, or we ponder the questions quietly and fleetingly. In the hectic pace of our days, these thought-provoking moments may be temporarily lost as we move onto the next twenty-something things to do. Yet don't those nagging questions return when we encounter the same or similar situations over and over again?

Unanticipated knowledge and important information can come from sharing one's questions, thoughts, and insights.

We are inviting everyone to share their questions.

We want you to know that you will be heard, and we are hungry for your thoughts.

Collect ideas and questions you may have from your practice and forward to wcurry@psu.edu or mgreybill2@psu.edu.

We are hoping that this will lead to future research ideas that will have clinical relevance to you and your patients.
Amounts Count
William Curry, M.D., M.S., associate vice chair for research

William Curry, M.D., led a multidisciplinary team in the development and field testing of a Web-based diet education tool for people with diabetes. The research team included a family physician, a Ph.D. dietician, and an adult learning specialist. They were excited about the very positive pilot results.

A grant was obtained through Thematic Initiative Fund from Penn State University to focus on portion control as a component of diabetes management. There are three phases to the project: developing a video-rich education module with the assistance of WPSU, Penn State’s public television station; preparing tools to assess knowledge, confidence, and self-efficacy; and testing by Cooperative Extension educators in Cumberland and Adams counties. In the educational tool comparison (Web-based versus educational tool), there was significant improvement in knowledge, confidence, and self-efficacy in the group using the Web-based education tool.

Future plans include long-term testing to assess long-term health and educational benefits, as well as study of the mechanisms to deploy this tool for use within the community and physician offices.

Dennis Gingrich, M.D., and myself. Additional departmental faculty members have served as substitute small group leaders. Medical students are videotaped conducting a ten-minute standardized patient interview.

Clinical interviewing in year II is a new part of the formal curriculum and includes large group and small group instruction devoted to more advanced communications topics, including fundamentals of communication II, sexual history, cultural competency, pediatric and geriatric interviewing, and communication and malpractice risk.

Physical diagnosis instruction in year I frequently overlaps with clinical interviewing and is sequenced to follow the students’ learning in Gross Anatomy. For the first time this year, students will have a videotaped physical examination exercise.

Physical diagnosis instruction in year II includes a lecture presentation on focused versus comprehensive exams, male genitalia and prostate exams, female genitalia and breast exams, pediatric and geriatric exams, and the neurologic examination.

A new part of the curriculum is clinical skills, which provides medical students with opportunities to integrate and practice their clinical interviewing and physical diagnosis teaching under the guidance of a physician faculty member who also serves as the student’s academic advisor. Students are assigned in groups of four to a faculty physician and join that physician mentor for four patient care sessions (outpatient or inpatient) in the first year and ten sessions during the second year.

Nearly half of the clinical skills faculty are members of the Department of Family & Community Medicine, including physicians from the following UPG office sites: Elizabethtown, Fishburn, Front Street, Middletown, Nyes Road, Palmyra, Silver Springs, and the Penn State/Good Samaritan Family Medicine Residency in Lebanon.

Alan Adelman, M.D., and David Richard, M.D., are preparing material on motivational interviewing to be reviewed and practiced during two of the second year clinical skills sessions.

Fishburn Walk-In Clinic
OPEN: Monday through Friday, 5:00 to 10:00 p.m.; Saturday and Sunday, noon to 8:00 p.m.

Between January 1, 2007, and August 30, 2007, more than 4,000 patients were served by Fishburn Walk-In Clinic. Patients come from the UPG sites, as well as Cherry Drive Pediatrics, Cherry Drive Internal Medicine, and community practices from Palmyra, Elizabethtown, Harrisburg, and Hershey. The clinic is typically covered during the week by C.R.N.P.s and on weekends by physician faculty.
Congressman Visits Residency

Congressman Tim Holden (PA-17) visited the residency in September to hear a presentation from family support supervisor Becky Dunlop, L.S.W., about the residency’s Reach Out & Read program. Started by a pediatrician in Boston, the program is an extension of the Family Support Program and aims to improve pediatric literacy. Children six months and older are given free books at their well-child visits to start their own home libraries. Volunteer readers visit the residency and instruct parents how to read to children while awaiting their appointments. Funding is provided through grants and donations.

Penn State Family Medicine Residency Program

GOOD SAMARITAN HOSPITAL, LEBANON

Funded Grants/Awards January through September 2007:

2007-10 HRSA Title VIII Residency Training Grant: "Translating Evidence into Outcomes that Matter to Residents and Patients," $388,748. (P. Aitken, M.D.; J. Kurie, M.Ed.)
Penn State Hershey College of Medicine, Woodward Endowment: Scholar's Award, "Translating Evidence into Outcomes that Matter to Residents, Medical Students and Patients" $8,096. (P. Aitken, M.D.; J. Kurie, M.Ed.)
Cribbs for Kids Grant: SIDS Prevention, $3,000. (B. Dunlop, L.S.W.; J. Kurie, M.Ed.)
Target Grant: Supporting residency's Reach Out & Read Program, $1,500. (L. Patches, Family support)

Presentations & Publications

Paul V. Aitken Jr., M.D., M.P.H., presented “Clinical Preventive Medicine” at the annual College of Preventive Medicine meeting in August.

Sally Craig, D.O., recently participated in the Board of Health Food Handling program, which is completed on a quarterly basis for the staff in the food service industries in our area.

N. Benjamin Fredrick, M.D., talked with the Christian Medical Society and the Kiwanis Club about hosting Haitian children’s postcardiac surgery and details about his trip to Haiti. Fredrick is course director for FCM 722 - Family Medicine Acting Internship, beginning July 2007.

George Henning, M.D., recently gave CME presentations to health care providers (EMTs, nurses extension staff, etc.) on agroterrorism. He also gave a presentation on “One Medicine” pertaining to the veterinarian’s role in human and public health to the PA Veterinarian’s Medical Association annual meeting, as well as participated in a Pocono Hospital CME program (a forum and panel discussion) on the same topic.


John Messmer, M.D., recently presented Medical Minutes on the radio, including “Hospice Care, Compassion in Dying,” “Seasonal Affective Disorder, More Than Just the Blues,” “Lyme Disease,” “National Vaccine Awareness Month,” and “Take a Loved One for a Checkup.”

Messmer also participated in career night for the College of Medicine Alumni Society to discuss family medicine. He was interviewed for an article on aging for the Patriot-News and participated as a guest speaker on "To Your Health" on WLBQ-FM, Lebanon.

Jane (Corson) Welda, M.D., presented a lecture titled “Epilepsy from the Family Physician’s Perspective” at the PAEP Clinical Education Series in Cambridge, MD, in July. In October, she presented a lecture titled “The Health Care Team” and was co-course director at the Humanitarian Medical Airlift Family Medicine Symposium in Dushanbe, Tajikistan.