



Division of General
Medical Disciplines

Family Medicine
Center for Education & Research in
Family & Community Medicine
Stanford University School of Medicine



Newsletter

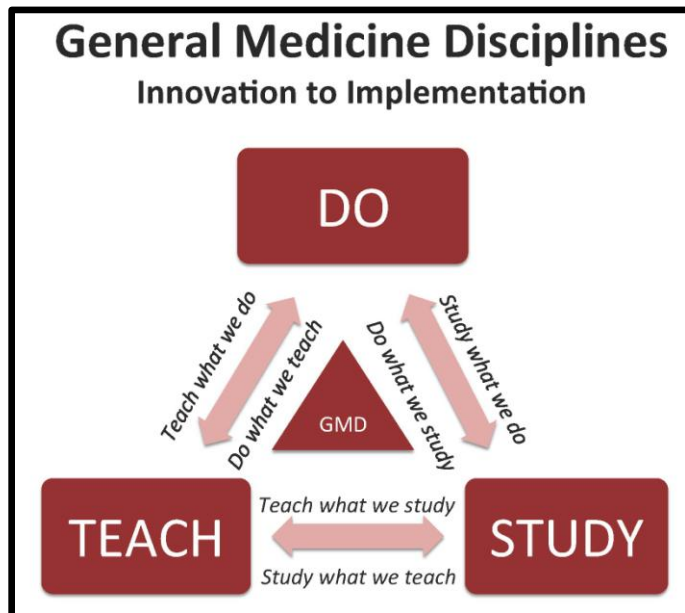
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General Medical Disciplines – Two Years Later

In November 2010, the School of Medicine created a new [Division of General Medical Disciplines \(DGMD\)](#), a unique, national model for the study, advancement, promotion, and practice of high quality, cost effective, and patient-centered healthcare delivery, and the development of healthcare leaders of the future. Now two years later the Division has brought together nearly 90 faculty, including 10 full professors, in internal medicine and family medicine, geriatrics, occupational health, palliative care, pediatrics, neurology, endocrinology, and infectious disease. Collaborators in the Division also include attorneys, businesspersons and statisticians. National searches are currently underway to add two more Family Medicine research faculty. In addition to the Center for Education & Research in Family & Community Medicine, the Division includes the Clinical Excellence Research Center, the Center for Health Care Evaluation, the Stanford Faculty Development Center for Medical Teachers, the Quantitative Sciences Unit and has additional research programs in population health and global health. Clinical programs encompass family medicine, general internal medicine, hospital medicine, geriatrics, and palliative care & hospice. Its education program for medical students, residents, fellows and physician assistants truly lead the school in quality and innovation. The Division is led by [Mark Cullen](#), MD, Professor of Medicine (GMD). He recently wrote, “We have become suddenly not only the largest Division at the



Division of General Medical Disciplines (DGMD), a unique, national model for the study, advancement, promotion, and practice of high quality, cost effective, and patient-centered healthcare delivery, and the development of healthcare leaders of the future. Now two years later the Division has brought together nearly 90 faculty, including 10 full professors, in internal medicine and family medicine, geriatrics, occupational health, palliative care, pediatrics, neurology, endocrinology, and infectious disease. Collaborators in the Division also include attorneys, businesspersons and statisticians. National searches are currently underway to add two more Family Medicine research faculty. In addition to the Center for Education & Research in Family & Community Medicine, the Division includes the Clinical Excellence Research Center, the Center for Health Care Evaluation, the Stanford Faculty Development Center for Medical Teachers, the Quantitative Sciences Unit and has additional research programs in population health and global health. Clinical programs encompass family medicine, general internal medicine, hospital medicine, geriatrics, and palliative care & hospice. Its education program for medical students, residents, fellows and physician assistants truly lead the school in quality and innovation. The Division is led by [Mark Cullen](#), MD, Professor of Medicine (GMD). He recently wrote, “We have become suddenly not only the largest Division at the

School, but are rapidly becoming the strongest, whether judged by educational productivity, grant support or patient care metrics.” Cullen came to Stanford in 2009 from Yale, where he was Director of the Yale Occupational and Environmental Medicine Program.

The continuing mission of the Division is to promote and sustain health by:

- *Serving as an accountable source of continuity and advocacy, and a medical home for patients receiving care within Stanford’s and its partners’ Health Care systems*
- *Researching the health of populations, healthcare quality, and systems of care delivery*
- *Preparing our future physicians to practice patient-centered and team-based medicine in our existing and future healthcare environment*

The Future of Primary Care

Stanford medical students have organized a course in the Medical School entitled “The Future of Primary Care.” The lecture series began on January 14, 2013 and will conclude on March 11, 2013. Speakers include primary care leaders from the community, faculty from UCSF, the Dean and faculty of the School of Medicine and the CEO of Stanford Hospitals & Clinics. The first session attracted such a large group, that it had to be moved across the all to a larger lecture hall where there was still standing room only. The series is open to the public. A list of the times, dates, speakers and locations can be found on the Family Medicine Facebook page: <https://www.facebook.com/StanfordFamilyMedicine>

Stanford PA Impacts Global Health in New Guinea

PCAP graduate, class of 2005, Mike Jorgensen RN, NP, PA-C, is working with [Doctors Without Borders \(Medecins Sans Frontieres\)](#) (MSF) in Papua, New Guinea.(See the MSF video <http://www.msf.tv/#msf-the-issues-BzqvJSiZZ2l>) He is part of an ortho-trauma team deployed to provide surgical care for the victims of rampant domestic and clan violence there. He is at a remote hospital in the highlands, where ortho surgery services are offered as well as Family Services to help counsel and teach alternatives to violence. Mike received both his NP and PA certificates from PCAP, and completed an ortho residency after graduation. He was employed at Stanford on the Ortho Trauma service before answering the call to join MSF. Although MSF does not as a rule use PAs on their missions, Mike’s excellent preparation made him one of the first PAs to assume an active role in providing clinical services. In addition to his current work in New Guinea, he has been to Haiti after the earthquake, Sri Lanka, and southern Afghanistan. On December 12, 2012, he dialogued with Stanford Primary Care Associate Program students via Skype, discussing Global Public Health issues. During the session Mike talked about how his mission in New Guinea achieved the 10 Essential Services of Public Health on a global scale (<http://www.cdc.gov/nphpsp/essentialServices.html>), as well as sharing his perspective as a PA in that setting.

Betsy & Alan Carpenter Retiring From Teaching Advance Directives & Ethical Decisions



Alan Carpenter, Betsy Carpenter, Tracy Rydel

For more than two decades Betsy and Alan Carpenter have been teaching Stanford medical students about Advance Directives and Ethical Decisions. The Carpenters’ teaching at Stanford began with Betsy in 1993, and Alan joined her after closing his medical practice in 1994. They became unique personalities coming together in the classroom. Their work provides the foundation for meeting one of the LCME certification requirements of the School of Medicine. Our students remember the Carpenters and their strong emphasis on filling out the Advance Directives and Do Not Resuscitate (DNR) forms for themselves and patients, long after they have left the medical school. When students come back to visit, it isn’t uncommon for them to ask “How are the Carpenters?” They are among the Family

Medicine Core Clerkship’s most memorable, and beloved instructors. Typical comments from students: “exceptionally effective in teaching the material”, “interacted easily and respectfully”, “presented with both humility and clarity”. Pictured is [Tracy Rydel](#), MD, family physician, Clinical Assistant Professor of Medicine (GMD) presenting awards of appreciation to them at a recent holiday event.

The Carpenters don’t limit their teaching to Stanford. Betsy in particular schedules talks to various groups throughout the

state including group homes, community centers and professional conferences. Through the years she has helped introduce the concept of advance directives to minority groups whose culture previously avoided such topics. She has probably helped over 1000 people write their Advance Directives. Alan worked as an Internist for 40 years and is an advocate of physician assisted dying. Another part of their pro-active community involvement has been the distribution of updated materials to medical centers in the area and testifying in regards to legislation in Sacramento.

School Nurses Reduce Absenteeism of Students Due to Illness

[Eunice Rodrigues](#), MPH, PhD, Associate Professor (Teaching) of Pediatrics, and colleagues recently demonstrated the value of school nurses in reducing school absenteeism due to illness. Four schools with added full-time nurses (demonstration) were compared with five schools with part-time nurses (comparison) in the San Jose Unified School District (SJUSD). When a full-time nurse was added to demonstration schools, the number of absences due to illness dropped while increasing in the comparison schools and yielding an approximately half-day difference in mean absences due to illness by 2008-09. This reduction equated to a savings of \$48,518.62 in ADA funding for 6,081 students. The investigators noted, "These findings affirm the need to invest and prioritize school health services. Full-time school nurses play an important role in improving the management of asthma and other chronic conditions among students in underserved schools, which can impact school absenteeism due to illness and attendance-related district funding."

(This study was presented at the American Public Health Associate Annual Meeting in October 2012.) ([more](#))



Wang Award Recognizes Three Stanford Medical Students Planning FM Careers

The Yang Chiao Wang Award in Family Medicine was recently awarded to 3 Stanford medical students in recognition of their leadership:

Danica Lomeli plans on a career in academic family medicine spending half of her time practicing family practice in a clinic that serves Latino patients and the other half teaching and doing research. She has far-reaching interests from studying religious poetry to discovering ways to promote wellness among her fellow medical school classmates. She has been a teaching assistant in seven medical school courses. She strives to be a trusted mentor for her students. She is an energetic organizer and leader who is able to build consensus and put the needs of those for whom she is working above her own needs. Her research interests focus on curriculum design, specifically professionalism and the promotion of reflective practice. Her continuity clerkship perception commented, "I have been most impressed by the way she just 'gets' patients and is able to almost instantly put them at ease, no matter what their background or age or gender or ethnicity may be."

Brynn Smedra plans a full spectrum practice of Family Medicine in a community that lacks access to quality health care. She wants to practice evidence based, effective, compassionate and humanistic medicine on a community level. Her experiences span the sciences and the arts. She initially pursued a career in modern dance with the Robert Morris Dance team. Later she completed a master's degree program at the Université de la Méditerranée, Aix-Marseille, doing research on drug therapy for colon cancer. In medical school she discovered that her true passion is in working closely and longitudinally with patients and decided that a career in Family Medicine would best allow her to pursue her interests and most effectively use her many skills. Comment from her E4C mentor: "Her academic accomplishments, caring attitude and sophisticated interpersonal skills make her an outstanding young doctor. "

Robert Tsai is invested in pursuing medicine for the sake of improving the lives of chronically ill and the disenfranchised. He has worked at the World Health Organization in complementary and alternative medicine and obtained a graduate degree in Health Policy and Management from Harvard School of Public Health. He was a Boston Schweitzer Fellow and Program Director to start-up the New Orleans Schweitzer Fellows Program. Fellows focused on identifying unmet health need in the local community and designing a community service project to address that need. He has worked with the American Medical Association and was elected by students nationally to serve as their Speaker. His exceptional track record – in research, extracurricular activities, and national leadership positions – speaks clearly of the purpose in his heart: to advocate for equal and better health of every patient.

This award was established in 2011 through the generous gift of the family of Mrs. Yang Chiao Wang. The award is given

to graduating medical students demonstrating extraordinary leadership and pursuing a career in Family Medicine. Mrs. Wang strongly believed in the unique care provided by Stanford's family physicians, and entrusted the health of several generations of her family to them.

Bridges to Health Through Tibetan Medicine

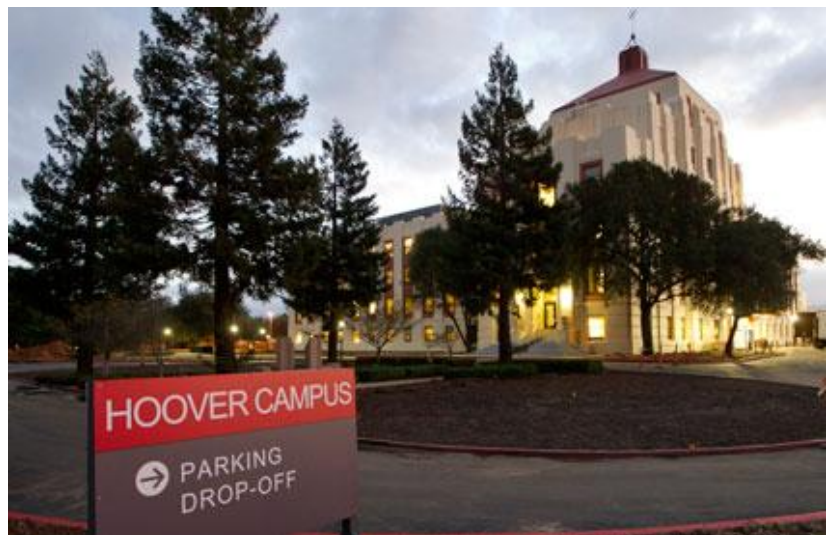
On Friday, November 16th the Stanford Family Medicine Interest Group (FMIG) and Center for Education and Research in Family & Community Medicine (CERFCM) organized a panel discussion with a prestigious visiting doctors from Tibet: Dr. Tsewant Tamdin, who works with the Dalai Lama, and two local Tibetan practitioners, Dr. Tseten Namgyal and Dr. Yangdron Kalzang . Erica Weirich, MD, a family physician at the Palo Alto Medical Foundation, founder and director of the Global Health Research Foundation, provided a Western viewpoint for integrating other practices into healthcare. The panel was moderated by [Tracy Rydel](#), MD, family physician, Clinical Assistant Professor of Medicine (GMD), who completed a fellowship in Integrative Medicine. She is the former Associate Medicine Director at the [OSHER Center for Integrative Medicine](#) at UCSF. The packed crowd heard viewpoints about medicine that challenged and complemented the traditional Western model. The recognition of the influence of psychological and social conditions and subtle energies prompted much discussion during the two hour panel. As the psycho-social-spiritual model is added to the biomedical realm, such programs providing comparing systems can provide increasing insight and possible guidance. The program was made possible through contributions by the [Stanford Center for Innovation in Global Health](#), and the [Center for East Asian Studies](#).

PA Students Present Posters at Community Health Symposium

Three Stanford PA students presented posters at the Community Health Symposium sponsored by the [Office of Community Health](#) on November 8, 2012: “The Primary Care Intake Form: A Model to Include All” by Melanine Houser PA-S; Belinda Martindale PA-S; Laurie Silicato PA-S; “Face-Paint and Educate: Providing Interactive Events in Underserved, Frequented Public Arenas to target Children and Families at Risk for Obesity”, by Helen Chung PA-S; Vanessa Fuentes PA-S; Julie Huber PA-S; Daniel McCarthy PA-S; and “Educational Materials for Spanish-speaking Latinos with Diabetes Mellitus II” by Alejandra Perez PA-S. The mission of the Office of Community Health is to develop, implement and integrate education, research and clinical training programs aimed at building leaders in community health and improving the health of underserved populations. The annual symposium featured keynote speaker, Anthony Iton, MD, JD, MPH Senior Vice President, Healthy Communities, The [California Endowment](#). Posters at the symposium featured a wide range of community health service, educational and research projects undertaken by Stanford students, trainees and faculty in communities in the Bay Area and around the world.

Hoover Pavilion Becomes New Ambulatory Care Center

The historic Hoover Pavilion recently reopened after extensive restoration, renovation and redecorating. The building is now a state of the art ambulatory care facility housing Stanford Family Medicine, Stanford Internal Medicine Stanford Coordinated Care, the Stanford Center for Integrative Medicine, Stanford Neurology, Stanford Senior Care, and the practices of several community physicians. The facility also includes the main branch of the Stanford Health Library, a pharmacy and a laboratory blood draw station. Originally built in 1931, the building served as the community hospital for the City of Palo Alto. The Stanford Family Medicine Clinic was previously located at Hoover and served many patients who remembered being hospitalized there. A few of



them were born in the wing where the clinic was located on the 3rd floor, originally the Labor & Delivery unit. One patient brought in his mother's hospital bill when he was born. The total charges were \$256! While care was taken to preserve the original architectural charm of the exterior and original lobby, the remainder of the building is thoroughly modern, full of up to date equipment and designed for effective work flow and patient centered care experiences. [\(more\)](#)

Sean David Update on IOM Fellowship

October 2012 marked the end of the first year of [Sean David's](#) James C. Puffer, M.D./American Board of Family Medicine/IOM Fellowship culminated by the IOM annual meeting. The theme of the 2012 meeting was "Transforming Health Professions Education: Creating a 21st Century Workforce", building on the report co-sponsored by IOM with many international organizations that was published in 2010 (Health professionals for a new century: transforming education to strengthen health systems in an interdependent world. *Lancet*. 2010 Dec 4;376(9756):1923-58) Dr. David's presentation, "Primary Care and Public Health: Exploring Integration to Improve Population Health" was based on the IOM report (<http://www.iom.edu/Reports/2012/Primary-Care-and-Public-Health.aspx>). The IOM and the American Board of Family Medicine (ABFM) Young Leaders Advisory Group (Dr. David is a member) previously proposed solutions to fragmentation in health care through a "communities of solution" approach to integration of primary care and public health. (<http://www.ncbi.nlm.nih.gov/pubmed/22585890>) David is a family physician and Clinical Associate Professor of Medicine (GMD).

Stanford PA Training Program Accredited for Seven Years

The [Stanford Primary Care Associate Program](#) (PCAP) received 7 years of continued accreditation from the [Accreditation Review Commission On Education for the Physician Assistant \(ARC-PA\)](#) after their last comprehensive review on September 2012. The PCAP took its first students in 1971 and has 1357 graduates. The program has focused of training providers of care for underserved and diverse communities. Compared to national averages, students are more likely to have come from underserved communities, are older, and have more health care experience prior to entering the program. A survey of recent graduates showed that 43% practice in primary care in California and 63% practice in underserved communities. Other graduates are in variety of specialty practices, including a number at Stanford. The program is director by [Lucinda Hirahoka](#), FNP, PA-C, MPH, Clinical Assistant Professor of Medicine (GMD)

Family Medicine Now on Facebook!

*We imagine that many of you are already on facebook, but the good news is that with these pages you **don't have to be a facebook user** and you don't have to log in. Just click on the links below and once on the page click on "LIKE" to be able to post notices, chat with others and generally contribute to our growing community! The Family Medicine page is <http://www.facebook.com/StanfordFamilyMedicine>*

Recent Research Publications

Crump C, Winkleby MA, Sundquist K, Sundquist J. Comorbidities and mortality in persons with schizophrenia: a Swedish national cohort study. *Am J Psych*. (in press, 2012).

Crump C, Sundquist K, Winkleby MA, Sundquist J. Early term birth (37-38 weeks) and mortality in young adulthood: a Swedish national cohort study. *Epidemiology* (in press, 2012).

Crump C, Sundquist K, Sieh W, Winkleby MA, Sundquist J. Perinatal and family risk factors for Hodgkin lymphoma in childhood through young adulthood. *Am J Epidemiol*. (in press, 2012).

American Board of Family Medicine Young Leaders Advisory Group. Improving America's health requires community-level solutions: Folsom revisited. *Am Fam Physician*. 2012 Aug 15;86(4):1-2.

McClure JB, Swan GE, St John J, Fauver R, Javitz HS, Bergen AW, Nishita D, Niaura R, Munafò MR, David SP. Pharmacogenetic Smoking Cessation Intervention in a Health Care Setting: A Pilot Feasibility Study. *Nicotine Tob Res*. 2012 Sep 4. [Epub ahead of print]

Tell Us About Yourself

Family Medicine has touched the careers of many students and residents through the years. We would love to hear about your own careers and suggestions you may have for our programs. Send information to: joeh@stanford.edu

Prior issues of this newsletter can be found at:

http://gmd.stanford.edu/news_events/fm_newsletters.html
