



## Division of Family Medicine Stanford University School of Medicine Newsletter



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Welcome to the first issue of the **Stanford Division of Family Medicine Electronic Newsletter**.

Through this medium we hope to renew old connections and continue existing relationships with people involved with Family Medicine at Stanford at various stages in their careers and professional lives.

Family Medicine is alive and thriving at Stanford. The division's mission is to provide interdisciplinary education and research opportunities for students and residents and to deliver primary care across the life span for individuals and families with particular reference to the health care needs of underserved and diverse communities. Its principal programs are the Stanford Family Medicine Clinic, the Center for Education in Family & Community Medicine, the Primary Care Associate Program, the Family Medicine Residency in San Jose, and the Geriatric Education Center.

### **A New Family Medicine**

A few months ago, we were pleased to move Family Medicine at Stanford from the Dean's Office to our new academic home as the 15th division in the [Department of Medicine](#). [Joseph Hopkins, MD, MMM](#), Clinical Professor of Family Medicine and Medical Director for Quality at Stanford Hospital, accepted the position as Chief of the new Division. Hopkins was the founding director of the Midpeninsula Health Service in Palo Alto, which pioneered early applications of evidence based medicine, patient empowerment and multidisciplinary care of the elderly. The new division was created with the support of and advocacy by the Department Chair of Medicine [Ralph Horwitz, MD](#), who is encouraging the growth of FM programs. Horwitz, a generalist himself with a special interest in the social determinants of health, is placing more emphasis on the growth of primary care at Stanford than has been seen for many years. Along with creating a new division of family medicine, he has also recruited a new chief for general internal medicine and is enhancing their programs. [Virginia Fowkes, FNP, MHS](#) serves as Associate Director of the Division and continues her activities in evaluation research and program development for FM and the California Statewide AHEC.

[The Stanford Center for Education in Family and Community Medicine](#) (CEFCM), established in 2003 by [Sam LeBaron, MD, PhD](#), Professor of Family Medicine, will continue as a center in the new division.

CEFCM provides an umbrella for the interdisciplinary and community focused programs led by FM faculty and staff which fulfill our academic mission.

[Erika Schillinger, MD](#), Clinical Associate Professor and Director of Pre-doctoral Education for the Division, oversees the FM courses and clerkships. Her research focuses on the patients' experience of medical student trainees in the clinical setting, giving voice to patients as they interact with future doctors. Her teaching spans the medical education continuum, from leading the Clinical Skills training of first year students in the Practice of Medicine course, to teaching and mentoring students throughout their medical education in the Educators 4 CARE program, to directing the Core Clerkship in Family Medicine. She has championed interdisciplinary teaching, curriculum development, and hands on, practical, and celebrated didactic and clinical teaching. She is always eager to talk with, and develop, potential clinical preceptors.

### **Care for the Elderly**

[The Stanford Geriatric Education Center](#) (SGEC), originally created in 1987 by [Gwen Yeo, PhD](#) to conduct research and provide education for health professionals about ethnic elders, remains the longest continually funded geriatric education center in the nation. It strives to increase knowledge in chronic and palliative care management, cancer care, emergency preparedness, and health literacy through multi-county programs for health professionals and also to train faculty at Stanford. [Nancy Morioka-Douglas, MD, MPH](#), has been a key faculty member of the SGEC since its inception. Deputy Director **Marita Grudzen, MHS**, has worked with the governments of Turkey and Soai University in Japan, countries who are concerned about the needs of a growing population of elders.

Marita also coordinates the Women's Health Course and, along with Chaplain **Bruce Feldstein, MD**, and **Art Johnson**, academic research & program officer, teaches a monthly, 3 hour seminar on "Spirituality & Meaning in Medicine" as part of the Family Medicine Core Clerkship.

### **Family Medicine Residency Program**

Stanford's affiliated [Family Medicine Residency Program](#) founded by [William Fowkes, MD](#), Emeritus Professor of Family Medicine, in 1977 at San Jose Medical Center and directed by Robert Norman, MD, moved to O'Connor Hospital five years ago. Since then it has grown from 18 to 24 residents and has two fellows in Sports Medicine. Students from top schools across the nation seek acceptance into this highly competitive program. In 2009, over 100 applicants were interviewed for 8 positions. Its nearly 200 graduates practice throughout the nation, with approximately 85% practicing in the greater Bay Area. Graduates work in small and large multispecialty groups, county and community clinics, and academic teaching practices.

### **Primary Care Associate Program**

Our [physician assistant training program](#) founded in 1972 and directed by [Virginia Fowkes, FNP, MHS](#), for over 30 years continues to thrive under the new leadership of **Lucinda Hirahoka, PAC, MPH**. The program has 1310 graduates who continue to address the program mission to recruit and retain PAs in California's medically underserved communities. A number of student rotations have been established on several specialty services at Stanford Hospital including Hepatology, Cardio-Thoracic Surgery, Trauma, Renal Transplant, Liver Transplant, Pediatric Liver Transplant, the Emergency Department, Pediatric General Surgery, and Pediatric Cardiology. Students may also spend time at the Palo Alto Veterans Administration Hospital.

## Research

Research in the division focuses mainly on community based programs. One of the largest initiatives, under the leadership of Nancy Morioka-Douglas, provides innovative health education to middle and high school youth in underserved areas of Redwood City and East Palo Alto. Newer faculty members are also bringing important work to the division research programs. [Eunice Rodriguez, MPH, PhD](#), an epidemiologist, studies social programs and policies that may have impact on health, well-being, and social reintegration. She investigates the influence of policies on social conditions and the psychological effects of social environments. Her research has implications for work and unemployment policies, health care systems, and welfare reform. [Sean David, MD, D.Phil.](#), a family physician with expertise in pharmacogenetics investigates the moderating effects of genetic variants on health-related behavior (e.g., tobacco smoking) and on drug and behavioral therapeutic efficacy in clinical trials of smoking cessation. He is investigating the efficacy of genomically-tailored drug and behavioral therapies in these trials. He also studies ethnic variation in genomic markers of tobacco use in multiple populations and evidence-based educational interventions to teach medical students tobacco treatment skills.

## Steven Lin, Stanford Medical Student, Wins Pisacano Award

Steven Lin, Year 4 Stanford Medical Student, has won the [2009 Pisacano Award](#), an ABFP award with the purpose of identifying and fostering future leaders in Family Medicine. Steven graduated summa cum laude and Phi Beta Kappa from Duke University. There he worked to eliminate healthcare inequities nationally, leading to the American Red Cross “Person of the Year” award. At Stanford he has conducted a large epidemiological study of hepatitis B in Asian Americans, which won honors from the American College of Preventative Medicine, and became a landmark paper in Hepatology. He was a major contributor to the Asian Liver Center’s “Physicians Guide to Hepatitis B,” an EBM guide funded by the CDC. He is a steering committee member for San Francisco Hep B Free, a campaign to make SF the first hepatitis-B free city. He has spoken at over a dozen national conferences in support of routine Hep B testing and vaccinations, and treatment for those chronically infected who are unable to pay. He received the Albert Schweitzer Fellowship to start a free clinic for underserved Asians. The clinic served 500 uninsured immigrants and identified almost 100 with chronic Hep B or liver cancer in one year. He was awarded the American Academy of Family Physician’s Student Community Outreach Award for this work. In his statement to the Pisacano committee, Steven wrote, “What excites me about Family Medicine as a specialty is its sheer breadth –not simply in terms of the astounding spectrum of clinical problems one must be prepared to encounter, but also the breathtaking variety of practice options one can choose to change the world.” We are so proud of Steven, and look forward to seeing how he makes his mark in the next phase of his career.

## Sam LeBaron Steps Down as Director of the Center for Education in Family and Community Medicine

In October 2009, [Sam LeBaron, MD, PhD](#), Professor of Family Medicine, stepped down as director of the Center for Family and Community Medicine (CEFCM), a position he held since 2003. LeBaron’s career at Stanford saw the creation of many of the programs that are the core strengths of the Division today. When he came to Stanford in 1992, he developed the first required clerkship in FM. Immediately; students recognized the clerkship as a valuable experience. Prior to Sam’s innovations, most of their training had been in subspecialty and hospital exposure to patients. The clerkship offered a practical opportunity to learn about the common illnesses of everyday life. Under his direction, FM was the first to use standardized patients (originally developed by our PA program) for evaluation and provision of more substantive feedback to medical students. Wellness, applied ethics, cultural competency and understanding community dynamics are some of the less traditional topics that he added to the curriculum.

LeBaron has received many teaching awards and is considered a mentor teacher for his skills in combining a humanist approach to the patient combined with excellent technical expertise. He is the only faculty member who has received all three of the major awards for medical student teaching in the same year. He has also received awards from state and national organizations. He continues in clinical practice in the [Stanford Family Medicine Clinic](#).

### **[PCAP Graduate Among First PAs to Go to Haiti](#)**

Mark Caplin, PCAP class of 2007, US Navy, paramedic and PA-C was one of 2 physician assistants in the first deployment of disaster relief to Haiti, having responded to the call from the [National Disaster Medical System](#) (NDMS). He left for Atlanta January 13, and then on to Haiti. He will be there 1 week to "indefinitely".

### **[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](mailto:joeh@stanford.edu)

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