



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



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**[PCAP Developing Teaching Practice at Samaritan House](#)**

The faculty of the Stanford School of Medicine [Primary Care Associate Program \(PCAP\)](#) has completed the first phase of a new project with The [Samaritan House](#) Free Clinic in Redwood City. The goal of the project is to provide a clinical teaching site for physician assistant students in a setting serving low income patients. Over a 6 month period, the PCAP faculty clinic and one PA student were scheduled to see patients on Friday mornings. Fourteen students participated in the first phase of the project. Lucinda Hirahoka, PA-C, FNP, MPH, Director of PCAP, said that faculty and students reported a high degree of satisfaction with both the clinical and teaching experience. The setting provides an opportunity for students to see a clinic that leverages limited resources to serve an important population. There is also ample time for teaching, and students benefited from the more extensive interactions with faculty. The second phase of the project will begin in January 2011.

Established in 1974, Samaritan House is a non-profit health and human services agency with over 30 years of experience in providing a broad range of services and resources to low-income residents of San Mateo County. Services include [case management](#), [clothing](#), [medical care](#), [food](#), [shelter](#), [employment assistance](#), and [food and toys for the holidays](#). All services are provided free of charge to low-income families. Samaritan House operates two highly recognized Free Clinics, one in San Mateo, and one in Redwood City. Both clinics offer free primary and specialty care to an expanding number of uninsured adults and children. The medical staff consists of volunteer physicians. The free clinics provide about 8,000 patient visits each year.

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**[Tracy Rydel Receives Bloomfield Teaching Award](#)**

[Tracy Rydel](#), MD, Clinical Assistant Professor of Family Medicine, recently received the Arthur L. Bloomfield Award for Excellence in the Teaching of Clinical Medicine. This award is given by the medical students each year to 3 members of the faculty they identify as their best teachers. The award is one of the more prestigious teaching recognitions that the school gives. It commemorates the late Arthur Bloomfield, MD, chair of the Department of Medicine from 1926 to 1954. One student described Tracy, "Her organized approach, along with keeping us involved and having 'props' make sessions memorable and enjoyable." Dr. Rydel joined the Stanford faculty in 2007 after completed her residency training at the University of California at San Francisco. She is the Director of the Family Medicine Core Clerkship, one of the required educational experiences for all medical students. The clerkship combines seeing patients in the Stanford Family Medicine Clinic, as well as at other clinical sites, with classroom experiences on a variety of topics on common outpatient



illnesses and other subjects not addressed elsewhere in the School of Medicine curriculum such as cultural competency, and death and dying. Dr. Rydel is also currently pursuing fellowship training in Integrative Medicine at the University of Arizona.

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## O'Connor Hospital Family Medicine Residency Teaches Innovative Diabetes Care



L to R: Laura Rees, 2<sup>nd</sup> Year FM Resident; Robyn Beresford, PA-C; Grace Yu, MD; German Blanco, Chronic Illness Patient Care Coordinator

“There are more effective ways of managing chronic illnesses like diabetes or hypertension than what is traditionally taught in medical schools and residencies,” said [Dr. Grace Yu](#), Adjunct Clinical Assistant Professor at the Stanford affiliated [O'Connor Family Medicine Residency](#) program. Chronic illnesses, such as diabetes, continue to be the major causes of death and disease. Yet most training programs fail to educate future physicians about better, alternative models of care. In 2008, the residency participated with Stanford Family Medicine in a state-wide chronic illness collaborative. This led to the establishment of the Chronic Illness Management Clinic at O'Connor that currently focuses on diabetes care. It has evolved into a robust teaching clinic and clinical experience for both the residents and patients. To help patients

incorporate exercise into their daily lives, the Clinic offers patients a provider-led hour-long walk in the neighborhood around the hospital. There are also traditional visits for the patient to meet one-on-one with the Diabetes Management Team: Dr. Yu, Robin Beresford, PA-C, and German Blanco, Chronic Illness Patient Care Coordinator. But what makes the clinic unique is it functions both as a support group and as an educational class. “This is a place where patients can come as often as they want to meet with other patients sharing their same chronic illnesses,” said Dr. Yu, who focuses on facilitating, rather than leading, these visits, helping patients to teach and support one another. The clinic serves all patients equally, regardless of ethnicity, socioeconomic status, education or gender. Patients are able to learn more about diabetes and how to live a healthier lifestyle. They benefit greatly from interactions with others with diabetes who “get it” – truly understand what living with the disease is like. Participants in the Clinic also showed improved diabetes quality measures. The results have been published: [JGIM 2010 25\(Suppl 4\):615-9](#)

There are a growing number of research studies that show individual clinic/office visits fail to provide optimal care for patient with chronic diseases. Many diverse, innovative models, like the one at the O'Connor FM Residency, uniformly achieve better outcomes than traditional care, as well as improved patient and physician satisfaction. The residency plans to extend the chronic disease model to other diseases in the near future.

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## Evaleen Jones, MD, Certified in Mind Body Medicine

[Evaleen Jones](#), MD, Clinical Associate Professor of Family Medicine, recently completed the Professional Certification Program from Dr. [James Gordon's Center for Mind Body Medicine](#) in Washington DC. After 132 hours of continuing education in this emerging field of psycho-neuro-immuno-endocrinology she wrote her thesis paper on “The Neurobiology of Twelve Step Programs” exploring the latest neuroreceptor and genetic breakthroughs redefining Addiction Medicine. She is sitting for Addiction Medicine Board Certification December 10, 2010. Along with colleague [Eva Weinlander](#), MD, Clinical Associate Professor of Family Medicine, she has led medical student and physician groups in 8 week experiential workshops designed to enhance self-awareness, self-expression and stress management skills. Dr. Evaleen Jones is a member of the newly formed SUMC Physician Wellness Steering Committee where she hopes to incorporate practices of mindfulness, meditation, imagery, and biofeedback that cultivate self-reflection, self-care and personal well-being



“It’s pretty simple,” she says, “a balanced and centered doctor will change every doctor-patient relationship from good to great”.

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### ***ABFM YLAG Issues “Grand Challenges’ for the Future Primary Care and Community Health***

The ABFM Young Leaders Advisory Group (YLAG) recently presented thirteen “[Grand Challenges](#)” for leaders in public health and medicine building on the not as yet fully realized recommendations of the “Folsom Report” published in 1967 entitled “Health is a Community Affair.” The challenges were issued at a Primary Care Forum Washington, DC, on October 5<sup>th</sup>, 2010. They provide a set of goals to guide development of primary care and community health in the future. The presentations were attended by about 30 policy makers, opinion leaders and students from HRSA, NHQA, AAFP and other agencies and institutions, George Washington and Georgetown Universities. Details of this report and other developments in Primary Care can be found on the [Graham Center](#) Website. YLAG is a 7 member group appointed by the ABFM to guide the future success of Family Medicine at yet another time of major change in our health care system. [Sean David](#), MD, S,M, D.Phil, Clinical Associate Professor, is a member of this prestigious group.

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### ***Erika Schillinger Receives Dean’s Contribution to Teaching Award***

More recognition for teaching excellence has been awarded to [Erika Schillinger](#), MD, Clinical Associate Professor of Family Medicine. Charles Prober, MD, Senior Associate Dean for Medical Education presented her a Teaching Excellence pin as a token of appreciation for her efforts on behalf of medical students. Among many words of praise, one student commented, “Dr. Schillinger was by far my best Practice of Medicine preceptor. She is patient, smart, fun and wonderful to work with! Her dedication to her patients and to teaching is admirable.” Erika is the Family Medicine Director of Predoctoral Education. She oversees all the FM courses and clerkships.

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### ***[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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