



Division of General
Medical Disciplines

Family Medicine

Center for Education & Research in Family & Community Medicine

Stanford University School of Medicine



Newsletter

Issue 11, August 2013

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[Surge in Medical Students Choosing Family Medicine](#)



The growing interest in primary care careers among Stanford Medical Students was very evident in the annual resident match this Spring. Eight students chose Family Medicine as their next step in training. This is a substantial increase from 1-3/year over the past decades. The students and their choices: (Left to right in picture) Morgan Theis - UCSF-Santa Rosa (Santa Rosa CA); Gordon Powers - Maine Medical Center (Portland ME); Rachel Sussman - O'Connor (San Jose CA); Alexis Hansen - Providence-Milwaukie (Portland, OR); Erika Schillinger, Faculty; Danica Lomeli - UCLA-Santa Monica (Santa Monica CA); Raymond Tsai - UCLA-Santa Monica (Santa Monica CA); Brynn Smedra - OHSU, Cascades East (Klamath Falls OR); Tamara Montacute - O'Connor (San Jose CA)

Stanford students matching in all primary care fields has rebounded from a low in 2009, with fewer students choosing specialties such as radiology, anesthesia, and orthopedics. Two years ago Stanford students organized a local chapter of [Primary Care Progress](#) to advocate for more educational opportunities in primary care, including experience in community settings. They also want more opportunities for research in primary care. This past Winter they organized a course, "The Future of Primary Care", that featured speakers from multiple sectors of the healthcare delivery system, policy makers and innovators. The students are now planning a pre-clinical continuity course. Each student will spend time in a community clinic weekly. During one week in four, there will be a didactic session with a curriculum of relevant topics. Mindful of the need to also add value to the clinic, each student will carry out a QI project over the year in collaboration with the clinic. The student group plans to hold another town meeting on primary care in the fall and is also planning to continue its dialogue with the Dean. Three or four students will attend the national PCP Conference in August.

[Risk of Suicide in Chronic Mental Illness](#)

Most primary care physicians have patients with a chronic mental illness. A recent study showed that people with mental illness were almost five times as likely to be a victim of murder as a person without a psychiatric diagnosis. This was true for those with chronic depression and anxiety as well as more severe disorders such as schizophrenia. Results were adjusted for several factors such as sex, age, marital status, educational level, employment status and income. The findings were consistent with those from smaller studies done in the United States. A key implication of these new findings is that clinicians should assess risk for the full array of adverse outcomes that may befall people with mental health problems. This should include

Mental disorders (ICD-10 codes)	aHR (95% CI)*
Any mental disorder (F00-F69)	4.91 (3.99, 6.03)
Substance use disorders (F10-F19)	9.37 (7.39, 11.88)
Schizophrenia, schizotypal and delusional disorders (F20-F29)	1.33 (0.68, 2.58)
Schizophrenia (F20)	1.82 (0.85, 3.86)
Affective disorders (F30-F39)	2.38 (1.62, 3.50)
Depression (F32-F33)	2.55 (1.70, 3.83)
Neurotic, stress-related and somatoform disorders (F40-F48)	2.83 (2.00, 4.00)
Anxiety disorders (F40-F41)	2.16 (1.32, 3.52)
Personality disorders (F60-F61)	3.21 (1.70, 6.06)

assessment of personal safety and conflict management skills. People with mental illness, as well as their families, should receive advice on avoiding various types of harm. The lead author of the study is [Casey Crump](#), MD, PhD, Clinical Assistant Professor of Medicine (General Medical Disciplines – Family Medicine). (The study was published in *BMJ*. 2013; 346:f557)

Growth of Primary Care Clinics

There has been much growth in Primary Care at Stanford in the past year. The Portola Valley Primary Care Practice opened in November with seven physicians, and appears to be increasingly busy and well received by the community. They are soon to be adding “circuit-riding” specialists, physical therapy, and plain x-ray to their practice. In June the Express Care Clinic began in the Hoover Pavilion. Initially open 10-7, M-F, the clinic sees a wide spectrum of urgent medical needs. Although targeted especially to Stanford employees, it is open to the general public. It has been an effective safety-valve for days when primary care is busy, and serves as a portal for new patients to enter our system. The Concierge Clinic opened in May at Blake Wilbur and has just hired its second physician. Finally, the core physician staff of Primary Care Los Altos is arriving, despite the clinic not being ready; Stanford Family Medicine and Stanford Internal Medicine Clinics are graciously hosting the four new physicians. In the meantime, two additional sites are being planned, one further south and the other to the north. In all sites, family medicine physicians are being recruited and hired in roughly equal numbers with internal medicine. More broadly speaking, the medical school and the hospital have jointly undertaken a strategic planning process for faculty primary care that includes expanding the educational and research presence and activities of family medicine and primary care, in addition to the purely clinical.

Folsom Report Revisited

The Folsom report issued in 1967 was one of three reports that led to the creation of the specialty of Family Medicine. In the last two years a group was convened by the ABFM to re-examine the report and establish critical links among communities, public health, and primary care. The new report calls for establishing “communities of solution” and issued “13 Grand Challenges” to better address health care needs. These outline the “ideal primary care physician” who does not treat individual patients in isolation, but addresses their health in the context of their communities. It brings together societal obligation and individual responsibility. The group called for a system that also fosters non-medical determinants of health and demonstrations COSs grounded in patient-centered care. The Folsom Group includes [Sean David](#), MD, SM, DPhil, Clinical Associate Professor of Medicine (General Medical Disciplines – Family Medicine) at Stanford. (For more: *J Am Board Fam Med* 2013;26:232-238 and *Ann Fam Med* 2012;10:250-260)

PA Students Win National Medical Challenge Bowl

Congratulations to [Primary Care Associate Program](#) Class of 2014 students Rich Blackmon, Gourab Das and Hilary Hammond, and faculty coach Michele Toussaint, PA-C for their victory in the [National Medical Challenge Bowl](#) at the [AAPA's 41st Annual Physician Assistant Conference](#). The Challenge Bowl is an annual medical quiz show competition coordinated by the [Student Academy of AAPA](#). Questions are asked on a variety of subjects, including physical diagnosis, microbiology, anatomy, OB/GYN, pulmonary medicine, cardiology, primary care, emergency medicine and surgery. We applaud the hard work and amazing success of our Challenge Bowl champions as well as of supporting students Whitney Jacobsmeyer, Rohit Kadambi, and Zerlina Casillas, and faculty member Patti Hee, MPH, PA-C .



(Left to right) Lawrence Herman, MPA, PA-C, DFAAPA - AAPA President; Zerlina Casillas - PCAP Student; Whitney Jacobsmeyer - PCAP Student; Hilary Hammond - PCAP Student, Challenge Bowl Participant; Rich Blackmon - PCAP Student, Challenge Bowl Participant; Gourab Das - PCAP Student, Challenge Bowl Participant; Patti Hee, MPH, PA-C - PCAP Faculty; Rohit Kadambi - PCAP Student; Michele Toussaint, PA-C - PCAP Faculty, Challenge Bowl Coach; John McGinnity, MS, PA-C - AAPA President-elect

Amelia Sattler Selected as Rathmann Fellow

The Stanford School of Medicine Office of Medical Education, in conjunction with the Stanford Center for Medical Education Research and Innovation ([SCeMERI](#)), recently announced that **Dr. Amelia Sattler, MD** has been selected as a Rathmann Family Foundation [Educators-4-CARE](#) (E4C) Medical Education Fellow in Patient-Centered Care for 2013-2014. Sattler is a recent graduate of the [Family Medicine Residency](#) at O'Connor Hospital in San Jose, CA. She has recently joined the [Stanford Family Medicine](#) practice. The fellowship program provides part-time salary support for a Stanford faculty member, fellow, or chief resident to pursue further study and activities focused on the promotion of patient-centered care in medical education. [Rathmann Fellows](#) take a core curriculum in medical education theory, methods and research, participate in ongoing curriculum development in undergraduate or graduate medical education in the area of patient-centered care, and develop and conduct a scholarly project in medical education related to patient-centered care. The fellows will also participate in the Educators-4-CARE (E4C) program, serving as a mentored preceptor with selected E4C faculty in educational activities that are part of the E4C program.

O'Connor FM Residency Graduates Eight Residents & Two Fellows



On June 29, the [Family Medicine Residency Program at O'Connor Hospital](#) in San Jose, CA celebrated the graduation of eight residents. Two have joined Stanford Family Medicine. The graduates and where they will practice are (left to right in the picture): Akbar Zikria DO - Indian Health Center of Santa Clara Valley; Daniel Moring - Parris MD-Santa Clara Valley Medical Center - Gilroy; Steven Lin MD - Stanford Family Medicine; Kelly Welsh MD - Sutter East Bay; Amelia Sattler MD - Stanford Family Medicine; Ben Smith MD-Santa Clara Valley Medical Center - Milpitas; Amy Hockenbrock MD - Sports Fellowship at O'Connor Hospital; Stephanie Le DO - private practice, San Jose.

Also graduating were two [Sports Medicine](#) fellows who will be moving to new jobs (Left to right) Minh-Ha-Hoang DO - Family Medicine/Sports - Saint Louis; Heidi Forberg MD - Loma Linda ER/Sports.

The training programs at O'Connor are affiliated with Stanford School of Medicine. The residency faculty have interests that cover the breadth of Family Medicine, including international health, obstetrics, mental health, geriatrics, pain management, practice management, HIV/AIDS and sports medicine. The FM residents cover all areas of the hospital: medicine, pediatrics, ICU and labor and delivery.

Incoming residents and their medical schools are: Christopher Bernardi, DO - Western University of Health Sciences COMP; Valerie Chan, MD - University of California Irvine; Isabel Edge - MD University of California San Francisco; Valerie Halls, MD - Boston



University; Arbella Malik, MD - University of California at Davis; Tamara Montacute, MD – Stanford; Rachel Sussman, MD – Stanford; Diana Tucci, MD - University of Pittsburgh. New fellows and their residencies: Amy Hockenbrock, MD - O'Connor Hospital, Family Med; Laura Tribuzi, MD – Hofstra North Shore, Long Island Jewish, Emergency Medicine.

Erika Schillinger Receives Mathers Award



At medical school graduation this year [Erika Schillinger](#), MD, Clinical Associate Professor of Medicine (General Medical Disciplines – Family Medicine), was given the Lawrence H. Mathers Award for Exceptional Commitment to Teaching and Active Involvement in Medical Student Education. The award, which was created in memory of the late Lawrence Mathers, MD, PhD, professor of pediatrics and of surgery, recognizes an individual who exemplifies the values and accomplishments of Mathers' work and life. This is one of many awards that Schillinger has received for her teaching. She is currently Associate Course Director, Practice of Medicine. Previously she directed the Core Family Medicine Clerkship, one of the required clerkships for all students, and the Continuity Clerkship, which she created. She is a leader in designing and implementing a new curriculum focusing on clinical skills for pre-clerkship students. Her research focuses on medical student professionalism, interpersonal communication and clinical skills.

Tracy Rydel Director of Practice of Medicine Course

[Tracy Rydel](#), MD, Clinical Assistant Professor of Medicine (General Medical Disciplines – Family Medicine) has assumed the role of Director of the Practice of Medicine -Year One course. This is the foundational course in which students learn doctoring skills, health policy, information literacy, nutrition, ethics and biostatistics. She is a former [Rathman Fellow](#) and recipient of teaching awards. Practice of Medicine is now a 6 course series over two pre-clinical years. The series includes far more than the “physical diagnosis” many may recall from their training. In addition to learning H&Ps, it includes clinical reasoning, evidence based medicine, population health, behavioral medicine, interprofessional healthcare teams, palliative medicine, common and important procedures in clinical practice and much more. The course is required for the whole medical school class, and this is the first time a family physician has been the director. Rydel is the director of the the Core Clerkship in Family Medicine.



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.* 2013; 170(3):324-33.

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* 2013; 24(2):270-6.

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Crump C, Sundquist K, Winkleby MA, Sundquist J. Mental disorders increase vulnerability for homicidal death: a Swedish nationwide cohort study. *BMJ.* 2013; 346:f557.

Crump C, Sundquist K, Winkleby MA, Sundquist J. Sociodemographic, psychiatric, and somatic risk factors for suicide. *Psychol Med.* 2013 Apr 23; 1-11.

Crump C, Sundquist K, Winkleby MA, Sundquist J. Comorbidities and mortality in bipolar disorder: a Swedish national cohort study. *JAMA Psych.* 2013 Jul 17. [Epub ahead of print].

Crump C, Ioannidis JPA, Sundquist K, Winkleby MA, Sundquist J. Mortality among persons with mental disorders is substantially overestimated using inpatient psychiatric diagnoses. *J Psych Res.* 2013 Jun 24. [Epub ahead of print].

Crump C, Sundquist K, Winkleby MA, Sundquist J. Mental disorders and risk of accidental death. *Br J Psych.* (in press, 2013).

Winkleby MA, Ned J, Ahn D, Koehler A, Fagliano K, **Crump C**. A controlled evaluation of a high school biomedical pipeline program: design and methods. *J Sci Educ Technol*. (in press, 2013).

Bough KJ, Lerman C, Rose JE, McClernon FJ, Kenny PJ, Tyndale RF, **David SP**, Stein EA, Uhl GR, Conti DV, Green C, Amur S. Biomarkers for smoking cessation. *Clin Pharmacol Ther*. 93(2013):526-38.

David SP, Lancaster T, Stead LF, Evins AE, Prochaska JJ. Opioid antagonists for smoking cessation. *Cochrane Database Syst Rev*. 6(2013):CD003086.

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Passarelli MN, Newcomb PA, Makar KW, Burnett-Hartman AN, Phipps AI, **David SP**, Hsu L, Harrison TA, Hutter CM, Duggan D, White E, Chan AT, Peters U. Genetic variants of catechol-O-methyltransferase (COMT) are not associated with colorectal cancer survival in women. *Menopause* (epub ahead of print).

David SP, Ware JJ, Chu I, Dagli P, Fusar-Poli P, Munafò MR, Ioannidis JPA. Potential reporting bias in fMRI studies of the brain. *PLoS ONE* (manuscript in press).

David SP, Strong DR, Leventhal AM, Lancaster MA, McGeary JE, Munafò MR, Bergen AW, Swan GE, Benowitz NL, Tyndale RF, Conti DV, Brown RA, Lerman C, Niaura R. Performance of a dopamine pathway additive genetic efficacy score. *Addiction* (manuscript in press).

Fusar-Poli P, Radua J, Frascarelli M, Mechelli A, Borgwardt S, Ioannidis J, **David S**. Biases in voxel-based morphometry (VBM) studies of neuropsychiatric disorders: a meta-meta-analysis. *Human Brain Mapp* (manuscript in press).

Shieh L, Chi J, Kulik C, Momeni A, Shelton A, DePorte C, **Hopkins J**. Assigning a proxy service pager for on call physicians reduces paging error in a large academic hospital. *Jt Comm J Qual Safety* (manuscript accepted)

[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
