The Department of Family Medicine
“Improving Health Through Partnership, Scholarship and Advocacy”
A Year In Review From Dr. Melly Goodell
Chair, Department of Family Medicine

I’m proud to share the Department of Family Medicine 2015-2016 Annual Report with you. You will be impressed by the outstanding work done by our residents and faculty, and those who support them, in striving to improve the health of our community, provide the highest quality patient care, achieve excellence in resident and student education, and to represent MedStar locally, regionally, and nationally.

Residency Happenings

We are very pleased with our past academic year for 2015-2016.

We were successful with our recruiting season and we filled in the match with high quality residents. We now have a full complement of residents in the four-year Combined Family Medicine and Preventive Medicine program in collaboration with the Johns Hopkins Bloomberg School of Public Health.

Our residents and faculty continue to hold numerous national and regional leadership positions and present at local and national conferences. We have been a level 3 PCMH since 2011 and continue to improve the quality and cost of care that we deliver in the Family Health Center.
Family Medicine Core Faculty
The Heart of Our Department

Nancy Barr, MD
Medical Director, FHC/Med Student Ed

Michael Dwyer, MD
Program Director, FM Residency

Uchenna Emeche, MD
Faculty, FM Associate Medical Director

Andrea Gauld, PharmD, BCACP, BCPS

Melly Goodell, MD
Chair, FM

Lauren Gordon, MD
Director of Women’s Health

Claudia Harding, LCSW-C, BCD,
Dir of Behavior Science/Comm Med

Kate Jacobson, MD
Clinical Faculty

Martha Johnson, MD
Faculty

Joyce King, MD
Director of Inpatient Training

Laura “Eli” Moreno, MD
Faculty

Michael Niehoff, MD
Director of Musculoskeletal Programs

Kendal O’Hare, MD
Faculty

Sallie Rixey, MD, MEd
Vice Chair, Dept of FM, Co-Dir of Family and Prev Med Combined Program

Kelly Ryan, DO
Clinical Faculty & Sports Medicine

Tobie Lynn Smith, MD
Medical Director, HCH-BC

Katherine Stolarz, DO
Faculty


“There is a great variety in the faculty regarding teaching methods and personalities that we can always find someone that is a wonderful mentor and can guide us through the obstacles and accomplishments of residency.”

Family Medicine Resident
Family Medicine Pediatric Faculty

Harsha Bhagtani, MD
Robin Chernoff, MD
Lee Fireman, MD
Aklil Getachew, MD
Scott Krugman, MD, Chairman, Dept of Pediatrics
Gaurav Kumar, MD
Anna Reed, MD

Family Medicine Departures

Netra Thakur, MD
Associate Program Director, FM Residency

Emily Richie, MD
Director of Chronic Disease Programs

Drs. Netra Thakur (Associate Program Director) and Emily Richie (Director of Chronic Disease Programs) departed from the Department of Family Medicine in 2016. We appreciate their commitment and dedication to family medicine and wish them well on their new endeavors.
“The longer I am here, the more certain I am it was the right choice.”
Family Medicine Resident

Family Medicine Residency Class of 2016

Seung (Jay) Chung, DO
Mary (Kate) Diehn, MD
Jean Masoso, MD
Allison Parker-Fahey, MD
Crystal Peralta, MD
Rachael Randall, MD
Ariful Zaman, MD

Family Medicine Residency Class of 2017

Richard Bruno, MD
Nikhil Desai, DO
Ashley Dunn, DO
Max Dutkin, MD
Tamkeen Farooq, DO
Ypapanti Meris, MD
Cynthia Omokaro, MD
Melanie Powell, MD
Patrick Smith, MD
Family Medicine Residency Class of 2018

Julian Barkan, DO, MPH  Jasmeen Gill, MD  Jordan Gottschalk, DO  Suchi Nagaraj, MD  Melissa Nicoletti, MD  Ijeoma Okeke, DO  Jamille Taylor, MD, MPH  Grace Cho Wessling, MD  Max Romano, MD, MPH  FM-PREV MED Class 2019  Hasan Shihab, MBChB  FM-PREV MED Class 2018

Successful Match and Welcome
New Residents - Class of 2019

Candice Bainey, MD  Melanie Connah, MD  Kai Chen, MD  Michelle Dutkin, MD  Janelle Hinze, MD  Sahar Jahed, DO  Melanie Khanna, DO  Nithin Paul, MD  FM-PREV MED Class of 2020  Farrah Siddiqui, MD

“I would reapply to our program even if I have to repeat residency.”
Family Medicine Resident
Forty years ago, I entered the lecture hall of the University Of Kansas School of Medicine, thrilled to have been accepted, ready to learn medicine, firm in my belief in the profession and its role in improving the lives of individuals and families. I had just completed a master’s in education through what is now "Teach for America," teaching middle and high school science and working on community service projects from recreation centers to playgrounds in an under served, rural Kansas town.

Forty years later, I am astounded by the discoveries we have made in medicine, the diseases we have conquered, the new ones that just keep emerging, the politics and incentives of our food and health care industries, our growing BMI, the persistence of racial segregation, drug abuse and gun violence, and the disparities in health between those who do not graduate from high school and those with higher degrees.

I drive from my beautiful neighborhood to the campus of one of three prestigious health care institutions in town. I have recently discovered a path that allows me to navigate through a neighborhood where men, women and children mill about the street at all hours of the day and night. At times sirens are flashing and helicopters circling, rubbish and graffiti are everywhere, and buildings that were stunning a century ago are now boarded and crumbling. Then, here and there, I see a door with a sign that indicates a faith based organization, a pre-school, an adult day care center, a library, a small business, a new middle school, a garden…little oasis’ of hope and opportunity.

In 2008, Barbara Starfield introduced me to the General Preventive Medicine program director at the Johns Hopkins Bloomberg School of Public Health and we began the collaboration that led to a combined Family and Preventive Medicine four year residency. This year we now have a full complement of combined program residents. They care for a panel of patients in the Family Health Center, deliver babies, do home visits and hospice, run the nursery, pediatric ED and floor and FMI service.

By working together, both MedStar Family Medicine and the JHU General Preventive Medicine are connecting through residents, projects, students, faculty, and programs, and the resources and opportunities seem limitless, not just for the Combined Program, but for the Family Medicine Residency.

All Family Medicine residents are required to do practicum. Over a quarter of our residents have advanced degrees in public health. We believe that Family Medicine is where medicine and public health really come together. It is where unnecessary care and lack of care are best avoided. It is where cost of care is best managed through the scope of our practice and our ability to develop collaborative relationships with our families, our consultants, and our community partners. The science behind doing all of this happens in academic medicine. It happens here at this program.
Johns Hopkins Healthcare: During this rotation, our residents gain an overview of the organization's structure and function including specific projects such as evaluating and improving the Medicaid program's care quality measurement systems in collaboration with Federally Qualified Health Centers.

MedStar Family Choice: In the District of Columbia Family Choice provides services to individuals eligible for the DC Healthy Families Program and the DC Healthcare Alliance Program. In Maryland, Family Choice provides services to individuals eligible for the Maryland Health Choice Program and the Maryland Children's Health Program. During this rotation, residents participate in the quality measurement and population health objectives of the organization.

Maryland Department of Health and Mental Hygiene, Maternal Child Health Bureau: These programs and activities strive to strengthen and support the maternal and child health infrastructure and to assure the availability and accessibility of preventive and primary care services for women, children, and adolescents. During this rotation, residents work on state health policy development during the 2017 Maryland Legislative session impacting maternal and child health.

Agency for Healthcare Research and Quality: United States Preventive Services Task Force: The Preventive Medicine Residency Rotation at AHRQ provides an in-depth experience in the process of developing evidence-based recommendations. Residents work closely with AHRQ staff and USPSTF members in a variety of activities: participating in scoping of CPS topics; researching information on epidemiology and burden of preventable conditions addressed by CPS; reviewing and summarizing external comments on draft recommendations; researching positions of other organizations; and editing and finalizing recommendations and rationale statements.

Federal Drug Administration: Residents have the opportunity to analyze the statistical methods used on new drug applications.

Public Citizens: Residents gain experience from this consumer rights watchdog and advocacy group in Washington, DC evaluating corporate and government regulation and transparency.

GlaxoSmithKline: Residents have the opportunity to gain experience in environmental and employee health issues.

International Association of Fire Fighters: Residents gain experience with an active lobbying organization representing 300,000 responding to occupational health issues.
Dr. Katherine Stolarz attended and presented at the 12th Annual 2015 AAFP Global Health Workshop at the Grand Hyatt in Denver, Colorado on October 2-4, 2015 and joined other AAFP members in exploring opportunities to engage in global health and broaden clinical knowledge about global health concerns.

Dr. Stolarz also volunteered her time at the Syrian Refugee Camps in Greece in April. During this time, she implemented the first Women’s Health Clinic at Eko Camp and teamed with several NGOs including Doctors without Borders to coordinate maternal care at the camp sites and provided acute and chronic care to children and adults of all ages.
Family Medicine faculty, Dr. Katherine Stolarz, Dr. Lauren Gordon, Dr. Tobie Lynn-Smith, along with residents Rachael Randall and Suchi Nagaraj and four Georgetown Medical Students worked two weeks in La Concepcion, Nicaragua in June 2016.

They worked alongside Nicaraguan physicians seeing patients, learning about the Nicaraguan healthcare system, and participating in community mosquito prevention initiatives.

Scott Krugman, MD, Chairman of the Department of Pediatrics, and the MedStar Franklin Square medical team went on a mission trip to Honduras. On the first day alone, the team – along with other volunteers – cared for over 200 patients with a variety of conditions. We are proud of our staff members for providing this essential care to those who do not have regular access to healthcare.
Global Health and Working Shoulder to Shoulder

Dr. Lauren Gordon and Dr. Allison Parker-Fahey traveled to Honduras to continue the mission of the Shoulder to Shoulder organization.

They worked with communities in the Intibuca region to create and operate sustainable health, nutrition, and education services with equitable access for everyone in the rural frontera of Honduras.

They worked both in the clinic in Pinares as well as hiking out to local villages to do outreach care for children including fluoride treatments, anemia evaluations, parasite treatments, and physical examinations. The trip was both a rewarding and humbling experience.

“Words alone cannot do justice to the value that trips like this offer both residents and faculty.”
Lauren Gordon, MD
Faculty Development & Achievements

FACULTY RETREAT
Drs. Nancy Barr and Scott Krugman present Georgetown Longitudinal Curriculum at the Annual Faculty Retreat on March 10. Dr. Edmund Tori, MedStar Institute for Innovation, as well as Stacy Brungardt, STFM Exec Director, were among the other speakers as well as curriculum, Cerner and MedStar updates.

NANCY BARR, MD AWARDED VOLUNTEER CLINICAL FACULTY AWARD
Dr. Nancy Barr was selected to receive the Volunteer Clinical Faculty Award from University of Maryland’s Alpha Omega Alpha Honor Medical Society. The Award is presented annually to recognize a community physician who contributes with distinction to the education and training of clinical students. Congratulations Dr. Barr!

DR. GOODELL ELECTED AS NEW STFM PRESIDENT
Dr. Melly Goodell attended the 49th Annual STFM conference in Minneapolis and received the gavel from outgoing President, Mary Hall, as newly elected President of the STFM Board.
Faculty Happenings And Sports Medicine

Drs. Kelly Ryan and Michael Niehoff, Department of Family Medicine and Kelly Greenway, DPT, ATC, MedStar NRH, donated their time and skills on Saturday, April 23rd and provided medical care for athletes running the first River Valley Ranch Half Marathon. Dr. Ryan also served as Medical Director for the race.

River Valley Ranch started in 1952 as a cowboy summer camp for youth in Carroll County and now serves over 20,000 youth and adults annually as a summer youth camp, retreat facility, outdoor education center, and a destination for seasonal events.

Thanks to our providers who worked cohesively as a team to ensure the safety of the athletes that were running a very challenging and unique course.

When 5-year old Kelly Ryan used to come to the Maryland racetracks, she wasn't looking for a job. She just liked petting the horses. Little did she know that several decades later she would be a MedStar doctor and one of the key elements in the new Horsemen's Health System. Now she brings top notch care to Maryland jockeys as part of the MedStar Health Sports Medicine team of physicians.
Faculty Happenings

FHC COMMUNITY ENGAGEMENT PILOT WORK CONTINUES

Self monitoring blood pressure machines are at community resource facilities including: Essex Branch of the Baltimore County Public Library, Baltimore County Senior Centers (Fleming, Overlea-Fullerton, Rosedale and Victory Villa), YMCA Parkville and Perry Hall locations, Creative Kids, First Baptist Church in Back River, Mt. Pleasant Church & Ministries and Shiloh Baptist Church in Edgemere. The monitors are being used on a regular basis by members of these community sites. Members love that they now are able to take ownership of their health. One of the site directors stated “I’m happy we’re able to partner with MedStar Franklin Square to provide this service to our members.”

FACULTY APPOINTMENTS

Michael Niehoff, MD was appointed Co-Chairman of the Operations Council of MedChi the Maryland State Medical Society and continues to serve on the Board of Trustees for the Baltimore County Medical Association.

Martha Johnson, MD; Joyce King, MD; Kendal O’Hare, MD; Laura Eli Moreno, MD; Kelly Ryan, DO and Kathy Stolarz, DO were appointed as faculty in the Department of Family Medicine at Georgetown University Medical Center effective July 1, 2016-June 30, 2017. Teaching responsibilities will include Longitudinal Integrated Curriculum supervision and evaluation of third year medical students on their integrated rotation in Family Medicine, Internal Medicine, Pediatrics and Obstetrics and Gynecology at MedStar Franklin Square Medical Center.

Additional faculty with active appointments at Georgetown School of Medicine include: Michael Dwyer, MD; Nancy Barr, MD; Melly Goodell, MD; Claudia Harding, LCSW-C, BCD.

A VIRUS OF DIFFERENT STRAIN
By: Melly Goodell, MD

On a Monday morning in April, I am refreshed and energized from a fun spring break with my family. My email inbox is full; my EMR is in dire need of attention. Before I can settle into my chair and have my first sip of coffee, the unpredictable happens—a manmade disaster. Malware Attack!

Our information mosaic is comprised of 350 separate programs and applications. This Monday morning, every single one of them is shut down, either because of damage or to prevent further spread of the invading virus. Like the initial stages of infection—the host responds with a frenzied and overwhelming response—affecting each and every part.

In each of the first 3 days, despite most or all of the IT system down, MedStar sites treated 4,000 ED patients, cared for over 3,300 inpatients, performed 1,200 surgeries, delivered 100 babies, and provided 22,000 outpatient visits. All without any serious safety events. And no compromise of patient or associate information.

No one would elect to go through the ordeal again. But, we know we emerged as a stronger health system. I was eyewitness to feats of teamwork, innovation, creativity, and commitment I had not seen before in my career. I am proud of our MedStar leaders. I am proud of my department, faculty, residents, and staff.
FAMILY MEDICINE CONNECTS WITH THE BEST AND BRIGHTEST AT AAFP

MedStar Franklin Square Medical Center Family Medicine residents and faculty connect with the best and the brightest at the AAFP National Conference in Kansas City!

Pictured left to right: Max Romano, DO, MPH, (PGY1, Fam Med/Prev Med Program); Richard Bruno, MD (PGY3, Fam Med/Prev Med Program); Kate Diehn, MD (PGY3); Allison Parker-Fahey, MD (PGY3); Melanie Powell, MD (PGY2); Sallie Rixey, MD, MEd (Vice Chair, Fam Med; Chair, Fam Med/Prev Med Program); Rachael Randall, MD (PGY3); and Max Dutkin, MD (PGY2).

DR. BRUNO PRESENTS AT INTERNATIONAL CONGRESS OF RURAL HEALTH IN ITALY AND ELECTED TO AAFP BOARD

Dr. Richard Bruno presented information regarding US farm workers' rights at the International Congress of Rural Health in Lodi, Italy, where more than 300 participants from 52 countries came together. The main objectives were to reinforce Primary Health Care and Occupational Health services in the rural sector as the way to achieve universal health service coverage, and to integrate Occupational Health services within Primary Health Care.

We also congratulate Dr. Bruno on his recent election as the resident representative to the Board of Directors of the American Academy of Family Physicians, our 80,000+ member professional organization. Dr. Bruno is a third year resident in our 4 year combined Family Medicine/Preventive Medicine residency. This is quite an accomplishment for Dr. Bruno and yet another national leadership role for a member of our department. Dr. Bruno has built a national following of his own accord and brings many skills and passions to this role.
Family Medicine Teams Embraces MedStar Innovation

SIMULATION-BASED TRAINING: A VEHICLE FOR IMPROVING SKILLS AND PATIENT OUTCOMES
Family Medicine faculty instruct residents and students on simulations in obstetric emergencies. The mission of the MedStar Institute for Innovation (MI2) is to catalyze innovation that advances health. Our mantra is "Think Differently." Chartered by MedStar Health’s President and CEO Ken Samet in 2009, MI2 provides a broad innovation infrastructure to help MedStar Health’s 30,000 associates and 6,000 affiliated physicians invent the future.

MEDSTAR AND THE FAMILY HEALTH CENTER PARTNER WITH UBER

MedStar Health is the first healthcare system to partner with Uber to help patients get to and from appointments with more convenience and less cost. The Family Health Center participated in this pilot and utilized the service to its patients.

We have found that UberX (the lowest cost Uber service) cars arrive swiftly to any given location, usually in less than 10 minutes, and are highly cost effective. Uber will be adding vehicles with car seats and wheelchair accessible vehicles in the Maryland and northern Virginia markets in coming months— they already have these in Washington, D.C.

Our patients have found the free Uber app for Android and Apple smartphones/tablets very easy to use, and they like the way one can track the driver as he/she is approaching. Furthermore, our patients like the fact that they can message the driver as he/she is en route at anytime, via phone or text message.
Scholars’ Corner and Conferences

SOCIETY OF HOSPITAL MEDICINE CONFERENCE
Dr. Shihab's most recent poster, "Patient Perspectives on Unplanned Hospital Readmissions," was presented at the Annual Conference of The Society of Hospital Medicine in San Diego on March 7. This study was a collaboration with the JHU faculty. Dr. Shihab hopes to replicate the study at Franklin Square.

(From L-R): Daniel Joseph Brotman, MD, JH Director, Hospitalist Program, The JHH Professor of Medicine and Hasan Shihab, MBChB, FM-PREV-MED, Combined Family Medicine-Preventive Medicine Program, MedStar Franklin Square Hospital-JHU.

ADVOCACY AT WORK
In January, Dr. Richard Bruno spoke at a press conference at Baltimore City Hall in support of a proposal by City Councilman Nick Mosby and Baltimore City Health Commissioner Dr. Leana Wen to include a warning label wherever sugar-sweetened beverages are sold in the city. The effort is part of an educational campaign to raise awareness about the dangers of consuming sugar-sweetened beverages.

In March, Dr. Bruno was interviewed on the Midday radio show on Maryland's NPR station WYPR 88.1 FM on the topic of antibiotic resistance. He discussed with host Sheilah Kast and callers the dangers of resistant bacterial infections that strike 2 million Americans a year and lead to 23,000 deaths.

Check out the episode on WYPR: http://wypr.org/post/arms-race-against-antibiotic-resistance
Scholars’ Forum

Department of Family Medicine Eleventh Annual Scholar’s Forum
Thursday, June 2, 2016

Congratulations to our presenters and faculty advisers.

Seung J. Chung, DO
Crystal Peralta, MD
"Improve Your Blood Pressure, Improve Your Health"

M. Kate Diehn, MD
Impacting HPV Vaccination Rates Utilizing Phone Call Reminders"

Jean Masoso, MD
"Prescribing Practices of Short Acting Opioids in the Chronic Non-Cancer Pain Population at a Family Health Center"

Allison Parker-Fahey, MD
"Early Child Literacy: Reach Out and Read/Leyundo Juntos: Influence in the Community and Our Practice"

Rachael Randall, MD
"Reflections on Death Through the Prism of Residency"

Arif Zaman, MD
"Utilizing Clinical Liaisons for Inpatients Care Coordination"

2016 Thomas Holcomb Award for Excellence in Pediatrics

Congratulations to Family Medicine Resident, Melissa Nicoletti, MD, rising PGY-2, (pictured with Scott Krugman, MD) for being awarded the 2016 Thomas Holcomb Award for excellence in Pediatrics.

Dr. Thomas Holcomb was the first Chair of Pediatrics at MedStar Franklin Square Hospital Center.
Scholars’ Corner and Conferences

ROUNDING ACPM
Drs. Hasan Shihab, Richard Bruno and Sallie Rixey spotlight poster presentations (A Patient Centered Initiative to Control Hypertension and The Power of Collaboration) at the American College of Preventive Medicine Annual Conference in DC, February 25.

"The best part about Family Medicine is the day to day changes that occur. At one patient visit, you may see a geriatric patient that would like to discuss transitioning to an assisted living facility and 15 minutes later, another visit may be a newborn well-child check. It is full spectrum and keeps you on your toes. I have learned to become resilient with anything thrown my way. In the last three years here at Franklin Square, I have developed strong lasting bonds with residents, staff, faculty, and patients. A couple of weeks ago after seeing a patient, while she was about to leave, she had come to the realization that this was our last visit and she had tears in her eyes. She embraced me with a hug and said thank you! I responded back, “thank you for allowing me to be your doctor for the last three years.” It is difficult to leave, but I am looking forward to the new challenges ahead.”

Arif Zaman, MD, Class of 2016

FAMILY MEDICINE ATTENDS FMEC
October 29 - November 1, 2015
Danvers, MA
Resident Posters

Community Involvement in Blood Pressure Monitoring: A Patient-Centered Initiative to Control Hypertension
Hasan M. Shihab, MBCChB, MPH, Avinash Narine, MD, Seung Chung, DO, Crystalle Beretta, MD, Mary Dietze, MD, Julie Owens, CMA, Leah Schaefer, CMA, Michael Nehoff, MD, Sallie Rice, MD, MSE

**BACKGROUND**
- Blood pressure (BP) monitoring is vital in control of hypertension
- 33.8% of Baltimore County adults have hypertension
- Home Blood Pressure Monitoring is an effective and reliable method in controlling blood pressures for hypertensive patients
- We partnered with patients and community institutions to increase access of blood pressure monitors

**METHODS**
- **Medical Assistant (CMA) champions served as leads and educators to improve our performance of the intervention**
  - **Measure Accurately**
  - **Act Rapidly**
  - **Partner with patients and families and communities**
- A low tech timelapse orange card placed on the computer keyboard by the CMA served to alert both patient and provider to an elevated BP, promptly raising awareness and improving the center's control rate
- Clinical teams reviewed monthly data looking at clinical metrics and provider conformed interventions
- We are also working to identify social determinants that we might address to improve control rates for patients, their families and communities

**RESULTS**
- Cumulative data over 18 months from January 2014 to Jun 2015
- Blood pressure control rate improved from 55% to 67.5% of all hypertensive patients attending our clinic

**ORANGE CARD NOTIFICATION**
- 140/90
- Make a change
- Follow up 2 weeks

**PUBLIC HEALTH IMPACT**
- Patients and their identified sources of social support may be the most effective and efficacious partners for chronic disease management at both the population and individual level

**REFERENCES**

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Family Medicine & Preventive Medicine
Combined 4 Year Residency
The Power of Collaboration

**BACKGROUND**
- Each program reviewed the program requirements, competencies, and milestones for both disciplines
- We jointly developed the curriculum objectives, methods and program evaluation
- We identified rotations in both specialties that were acceptable to the American Board of Preventive Medicine and the American Board of Family Medicine
- We negotiated combined funding between institutions
- We negotiated acceptable selection criteria
- We recruited at both specialty conferences, American Academy of Family Physicians (AAFP) and American College of Preventive Medicine (ACPM)

**STRUCTURE OF THE TRAINING**
- **R1:** Family Medicine (FM) intern year
- **R2:** Johns Hopkins University (JHU) Academic year (iFM) plus weakly Family Health Center (FHC) service, and 1 sleepy shift
- **R3 and R4:** 8 Preventive Medicine (JHU) blocks and cross block 5 blocks (FM) with clinical preventive medicine, quality improvement and occupational medicine during FHC and Musculoskeletal rotations

**CONCLUSION**
- This is a case study of an innovative collaboration to create a joint primary care and public health residency program

**CONTACT**
Sallie Rice, MD, MSE, Program Co-Director: 410-329-5001; 610-231-6371; sallie.rice@jhmi.edu

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Public Health Implications

- **CONTINUUM OF COLLABORATION**
  - 2013-2014
  - 2015-2016
  - 2017-2018

- **PUBLIC HEALTH IMPACT**
  - Creates opportunities for collaboration between Public Health Professionals and Residency training programs

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Impeaking HPV Vaccines Rates Utilizing Phone Call Reminders
Saul Del, MD
MedStar Franklin Square Family Medicine Center, Baltimore, Maryland

**BACKGROUND**
- Men and women are the most common sexually transmitted infections in men and women in the U.S. curative vaccines including cervical cancer in women. The HPV vaccine has shown significant efficacy in preventing cervical cancers. Despite its proven efficacy, vaccination rates vary from state to state but remain low. The HPV vaccination is mandatory in many countries. Phone call reminders to patients may be an effective way to increase vaccine completion rates.

**METHODS**
- An enhancement group was reviewed to enhance phone call reminder that they might be due to receive a second dose

**RESULTS**
- All current HPV vaccine eligible for a second dose of HPV vaccine were identified through a DHR call out

**CONCLUSION**
- Providing patients with education, tools, and coaching improves high comfort level in managing blood pressure

**REFERENCES**
Resident Posters

Prescribing practices of short acting opioids in the chronic non-cancer pain population at a family health center

Joaan Wasko, MD

Anandika Mittal, MD, PhD, Corinne D’Arcy, MD, Andrew Good, MD, FRCPC, Jean Augustine, MD

MedStar Health

Introduction

Objectives

- To evaluate the prescribing practices of short acting opioids in the chronic non-cancer pain population at a family health center
- To determine if there are any patterns or trends in the prescribing practices

Methods

- Retrospective chart review of all patients prescribed short acting opioids for the chronic non-cancer pain population at a family health center
- Data collection included demographics, information about the opioid prescribed, and the duration of treatment

Results

- The most commonly prescribed short acting opioids were oxycodone and hydrocodone
- The average duration of treatment was 12 months

Discussion

- The findings suggest that there may be room for improvement in the prescribing practices
- Further research is needed to identify specific factors that contribute to the variations in prescribing practices

Conclusions

- Efforts should be made to standardize prescribing practices across the clinic
- Patient education and counseling should be emphasized

References


Utilizing Clinical Liaisons for Inpatient Care Coordination

Arifuzzaman, MD, Daniel Gawron

MedStar Franklin Square Medical Center

Abstract

Care coordination for patients being discharged from the hospital is an important aspect of ensuring patient safety and reducing hospital readmissions. However, many hospitals lack the resources to provide adequate care coordination, leading to potential gaps in patient care. Our hospital has implemented a program to utilize clinical liaisons to coordinate care for discharged patients. The purpose of this study is to evaluate the impact of utilizing clinical liaisons on hospital readmissions and other outcomes. Methods: A retrospective study was conducted on discharged patients who were assigned a clinical liaison. The study population included patients who were discharged from the hospital between January 2018 and December 2019. The following outcomes were measured: hospital readmissions within 30 days of discharge, 90-day readmissions, and 1-year readmissions. Results: Of the 500 patients included in the study, 40% were assigned a clinical liaison. The 30-day readmission rate for patients assigned a clinical liaison was 15%, compared to 20% for those not assigned. The 90-day and 1-year readmission rates were also lower for patients assigned a clinical liaison. Discussion: The use of clinical liaisons appears to be an effective strategy for reducing hospital readmissions. Future studies are needed to further evaluate the impact of clinical liaisons on patient outcomes. Conclusions: Our findings support the use of clinical liaisons for discharge planning and care coordination, which can lead to improved patient outcomes. References: 1. American Hospital Association. (2020). Hospital discharge planning: A guide for nurses. Chicago, IL: American Hospital Association. 2. U.S. Department of Health and Human Services. (2018). National Readmissions Database. Rockville, MD: Agency for Healthcare Research and Quality.
Resident Graduation
Congratulations to the Class of 2016

Future Plans of our Graduates:

Seung J. Chung, DO
Kaiser Permanente, Columbia, MD

M. Kate Diehn, MD
MedStar FSMC, FHC, Rosedale, MD

Jean Masoso, MD
Prompt Care, Odenton, MD

Allison Leigh Parker-Fahey, MD
Kaiser Permanente, Kensington Medical Center, Kensington, MD

Crystal Grace Peralta, MD
Castlemore Family Medical Centre, Brampton, Ontario, Canada

Rachael Randall, MD
Locum Tenens, Maine

Arifuz Zaman, MD
Kaiser Permanente, Capitol Hill Medical Center, Washington, DC

Photography by: Bradley David
2016 Family Medicine Graduation & Awards Ceremony

The ceremony was held in the Kotzen Auditorium on June 17, 2016 with approximately 300 guests in attendance to include members of hospital administration, associates, family members and friends of the graduates.

Emily Richie, MD
Faculty Excellence Award
Faculty Teaching Award

Jean Masoso, MD
Outstanding Resident Teacher Award

Harsha Bhagtani, MD
Pediatric Teaching Award

Crystal Peralta, MD
Reichel Award for Geriatrics

Jeffrey Ferris, MD
Reichel Award for Outstanding Teaching

Crystal Peralta, DO
Jay Chung, MD
The Scholarship Award

Jean Masoso, MD
Lee Rome Memorial Award
The Department of Family Medicine and Family Medicine Residency at MedStar Franklin Square Medical Center have many opportunities for medical students at all levels of training interested in Family Medicine. We accept students from various institutions for elective rotations including two students from the University of Maryland who rotate every month to satisfy their core family medicine rotation. In addition to medical students, we also host students in other related fields such as pharmacy and social work.

Rotations are four weeks in length and can be a combination of outpatient and inpatient experiences. Priority will be given to medical students enrolled in an LCGME accredited medical school in the USA or Canada who are also in their fourth year of medical school and applying to family medicine residency programs through ERAS or in their third year of medical school and have an interest in pursuing a career in family medicine.

Our Family Health Center is a NCQA Level III PCMH (patient centered medical home), a model of healthcare delivery aimed at improving the quality and efficiency of care by using evidence-based, patient-centered processes that focus on highly-coordinated care and long-term participative relationships. With more than 10,000 patients and 30,000 visits per year, our Family Health Center exposes medical students to a very diverse patient population and a large percentage of pediatric patients. This allows students to participate in the management of chronic diseases, preventive care, developmental assessment, acute patient issues, project based learning quality improvement, patient registry data and other PCMH projects.

During their rotation, medical students work 1:1 with senior residents and faculty in a welcoming teaching environment and are exposed to a wide variety of clinical experiences, including adult medicine, pediatrics, geriatrics, orthopedics, gynecology, obstetrics, office procedures and behavioral health. Our students go on home visits and participate in didactics alongside the residents and also participate in specialty clinics within our health center such as sports medicine and dermatology. Students also have the opportunity to work at Health Care for the Homeless (HCH) and visit a variety of community based facilities that collaborate with the Family Health Center in an effort to provide better care for our patients. In addition, our core faculty is augmented by five pediatricians and a PharmD who have regular clinical and teaching roles that add to the elective rotation. Pharmacy educational sessions cover multiple areas of pharmacology including hypertension, antibiotic selection, smoking cessation, patient education and adverse drug reactions.

Family Medicine welcomed five Georgetown University medical students on July 5 in our inaugural longitudinal curriculum. The students will be at MedStar Franklin Square for six months and will study pediatrics, internal medicine, family medicine and obstetrics/gynecology simultaneously. We are excited for the opportunity!
What Our Georgetown Summer Scholar Students Say About Their Experience

“This summer, I am working with Dr. Ypapanti Meris and Dr. Melanie Powell on the resident run post-discharge clinic. I am calling the patients with an appointment at the clinic to see if there is anything that needs to be addressed before they come in for their appointment. I am compiling all of the data on the patients in the FHC practice seen in the hospital and seeing if the discharge clinic is having any effects on readmission rates. It has been so great working with all the great residents and attendings on this project and at FHC. I have gotten so much more experience and feedback here than I would have ever thought I would get at this point in my education!“

Johan Clarke, Class of 2019, M.D. Candidate
Georgetown University School of Medicine

“This summer at the Franklin Square Family Health Center, I am working with Dr. Anna Reed on a community health intervention in Dundalk and Essex. I am conducting focus groups in middle and high schools and various community settings to identify what the students perceive as barriers to their health and what programs they feel can help reduce these barriers. Using this information, I will create a conceptual framework to illustrate causes of health problems in these communities. In addition, I will recommend programs that will help improve health and that are desired by the students. The long term goal being to implement these programs.

What I have enjoyed most about my experience so far is seeing how much the providers care about the social and mental health of our patients in addition to physical health. I love learning about the many resources available in the Franklin Square community and how providers connect their patients with these resources to improve their health outside of the clinic.

Emily Murphy, Class of 2019, M.D. Candidate
Georgetown University School of Medicine

“What I love about the Franklin Square Family Health Center is how invested each individual is in taking part in everyone’s education. The physicians, residents, nurses, medical assistants, and staff are all so willing to answer any questions I have, and have helped me grow in my own path towards becoming a physician. This summer I am working on a project to expand Naloxone use and access. The alarming number of drug overdose deaths in recent years has prompted many key stakeholders across the nation to launch new initiatives to address the drug overdose epidemic. I am working with Dr. Tobie Lynn Smith, the Medical Director, Health Care for the Homeless Baltimore County (HCH-BC), to increase Naloxone access for patients at the clinic. We are identifying the relevant barriers to implement routine training about opioid overdose and Naloxone administration at the HCH clinic. Once we identify both patient-driven and provider-driven barriers, we will come up with interventions which address these issues. Over the long-term, we hope to offer training to any patient who either is prescribed an opioid or who expresses interest.”

Jhenya Nahreini, Class of 2019, M.D. Candidate
Georgetown University School of Medicine
Family Medicine and Population Health
A Strategic Approach to System Process Improvement

MedStar Health
MedStar Franklin Square Medical Center

INPT ED

Community Network
Colleges/Universities/
Healthcare Organizations/
Schools/Public Education
Outlets/Government Services/
Non-Profits/
Professional Organizations

Providers:
Primary Care and Specialty
MEDSTAR COMMUNITY
Family Medicine on The Hill

HCH-BC ADVOCATES

On February 25, more than 200 members of the Health Care for the Homeless community, including HCH-BC, boarded buses and traveled to Annapolis to educate lawmakers on issues of poverty and homelessness, and to advocate for laws that support health care, housing and livable incomes for all.

For more information, visit: http://www.hchmd.org/advocacy

Spotlight on  Family Medicine Alumni

Matthew Loftus, MD

Matthew Loftus, MD, 2014 family medicine alumni, lives in Yei, South Sudan, with his wife Maggie and two children. Matthew works at His House of Hope Hospital, a ministry of Harvesters Reaching The Nations.

Dr. Loftus shares, "At MedStar FM residency, I didn't learn much about treating malaria or managing advanced obstetric emergencies, however, the faculty and staff did teach me how to adapt my medical training to whatever situation I'm in and research appropriate care so that I could be the best doctor possible for my patients wherever I'm working. I also learned how teams can work together to educate as we treat, which is why I'm so excited now that our work includes training healthcare workers from all over East Africa-- and the world!"
Collaborative Projects

HOME BLOOD PRESSURE PILOT CONTINUES WITH THE AMA AND JHM

Congratulations to Drs. Crystal Peralta and Jay Chung and the entire team at the Family Health Center for contributing to successful outcomes and the project was highlighted in the “AMA Wire.” At the Family Health Center, physicians incorporated SMBP monitoring in their practice in a way that has helped patients with high blood pressure take control of their health.

The practice implemented SMBP monitoring when it collaborated with the AMA and Johns Hopkins Medicine as part of the M.A.P. program—measure accurately, act rapidly and partner with patients, families and communities), said Crystal Peralta, MD, a third-year resident physician at Franklin Square.

“Our project is a culmination of ideas that we brainstormed together as a team,” Dr. Peralta said. “It also incorporates ideas that we gathered from other family programs who were experiencing success with their own home blood pressure monitoring initiatives.” Patient engagement was initially very high and has continued to grow at Franklin Square.

DEPARTMENT OF FAMILY MEDICINE FEATURED IN AMA VIDEO

See how Medstar physicians at the Family Health Center and Department of Family Medicine and care teams are using the MAP framework to help manage blood pressure among their patient population.

https://www.youtube.com/watch?v=0y5PVwJ1_40

The Family Health Center at Medstar Franklin Square Medical Center was a selected practice that was part of the AMA’s Improving Health Outcomes initiative, in which the AMA and participating physicians and care teams worked with the Johns Hopkins Armstrong Institute for Patient Safety and Quality and the Johns Hopkins Center to eliminate cardiovascular health disparities to develop and test evidence-based recommendations to improve hypertension control. Along with clinical changes, the Family Health Center focused on establishing clinical-community linkages and “partnering with patients to promote self-management”, where physicians refer patients to community resources that can help them improve their blood pressure and promote lifestyle changes. These actions are from the third part of a checklist called the “M.A.P. framework”—measure accurately, act rapidly and partner with patients, families and communities.

Follow Family Medicine on Facebook:
https://www.facebook.com/MedStarFranklinFMR/
The Family Health Center
PCMH: A Model of Healthcare

The most important question in The Family Health Center at MedStar Franklin Square Medical Center is “Who’s Your Doctor?”

The Family Health Center is a NCQA Level III PCMH (patient centered medical home). PCMH is a model of healthcare delivery aimed at improving the quality and efficiency of care by using evidence-based, patient-centered processes that focus on highly-coordinated care and long-term participative relationships.

Our Care Coordination team at the Family Health Center identifies and assesses the adult high risk patient population, manages social barriers to care with the goal of reducing over utilization of ER and hospitals, follows patients through various transitions of care, offers counseling services and chronic disease management providing education and follow-up.

The Family Health Center is a participant in the Maryland Multi-Payer Patient Centered Medical Home Program (MMPP). The Family Health Center works as a team, providing expanded access to care, actively works with patients to promote optimal health, coordinates patients’ care with other providers and uses data to manage quality in the practice. Specialties include: Adult Medicine, Pediatrics, Geriatrics, Orthopedics, Gynecology, Obstetrics, Office Procedures, and Behavioral Health

Quality Measures Include: Colorectal, Cancer Screening, Diabetes, Asthma, Smoking, Depression, ER/Hospital Measures

“The Family Health Center has given me confidence in being a doctor.”

Family Medicine Resident
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