

The Official Publication of the Kentucky Academy of Family Physicians

# **J**KAFP**JOURNAL**

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VOLUME 85

The Kentucky Academy of Family Physicians

CONGRATULATES *THE CLASS*  
*of* 2015

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The Kentucky Academy of Family Physicians

**64TH ANNUAL SCIENTIFIC ASSEMBLY**

November 12-14, 2015 At The Campbell House In Lexington, Ky

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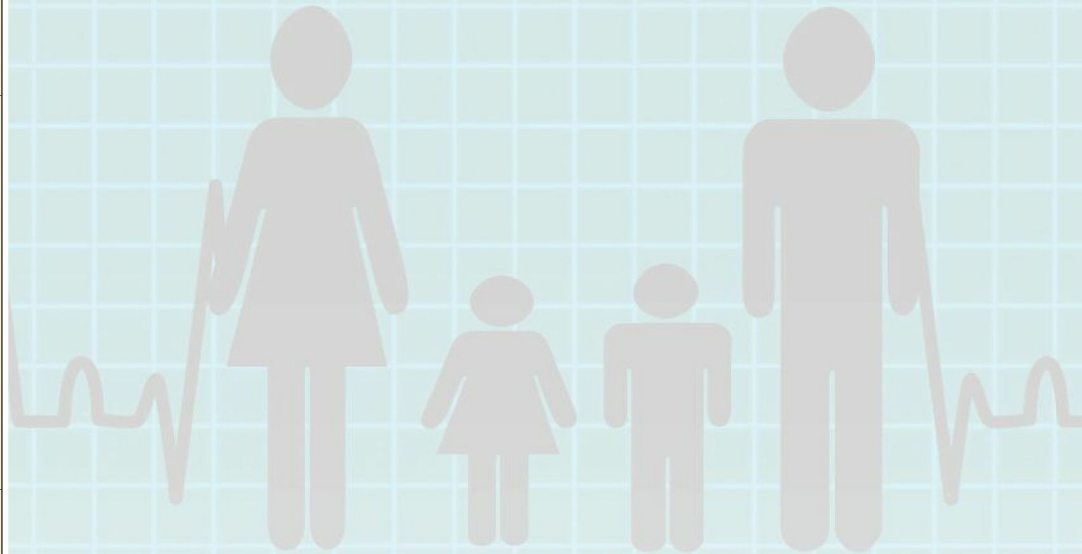


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# ▶ message from Your PRESIDENT

Monday, August 2, 2004, was my first working day as fully trained physician. I was terrified. My first patient was a gracious, middle-aged woman who was probably as nervous as I was. I managed to survive that encounter, and the one after that, and the one after that. That first year, and those first five thousand visits or so, yielded a nearly vertical learning curve. I learned how to think creatively with scarce resources, (read: Macgyver anything) and how to negotiate with patients. I leaned on my mentors for advice and read to fill in the gaps in my education.

Eleven years later, my practice has evolved with the needs of my patients and my knowledge and skills feel comfortable and broken in. These days I call my mentors to wish them well in their retirement and I read to ensure I'm not behind the times.

In this issue we highlight the graduates of Kentucky's family medicine residency programs. Each of these young physicians will face the same terrifying first day and each will grow into a confident, comfortable practitioner with time and experience. Their contributions to the welfare of the Commonwealth over the span of their careers cannot be overestimated.

As happy as I am to see these young doctors enter the ranks of Kentucky's working physicians, they are not nearly enough to cover the shortage of family physicians needed in our communities. With so many choices available to family medicine graduates: academics, hospital medicine, emergency medicine, sports medicine and more, most of these graduates have plans long before residency completion and competition is fierce among us to bring new graduate physicians to our individual communities. Our primary care physician workforce shortage in Kentucky continues and the void is often filled by urgent care, limited service clinics, emergency rooms and independent practice nurse practitioners, none of which in part or in whole, is a satisfying solution.

The Academy works hard to grow more Kentucky students into Kentucky family physicians. We support pipeline projects through the Area Health Education Centers and advocate for increased loan repayment for medical students. We have seen increases in the number of seats for medical education in Kentucky. We also work with the medical schools to recruit more working family docs to teach medical students so that they can experience the wide variety of practice settings in Kentucky. We

have been talking with other Academies around the nation for innovative ideas to solve this crisis including state tax reform.

Our best hope for reducing our shortage in the long run is growing new physicians ourselves. Our role in that process as family physicians is to demonstrate the value and scope of family medicine. When we interact with students as their coach, Scout troop leader, parent volunteer, Sunday school teacher or as their doctor when they're in your office, ask them, "Have you ever thought about being a doctor when you grow up?" Engage students in conversation about being a physician. We all have at least one mentor who influenced us long before we stepped up to the anatomy table. We need that one person in our lives who triggers us to consider that the impossible is possible and that we may possess the necessary attributes to be a family physician.

The beauty and power of mentorship lies in its unpredictability; it isn't possible to know where or how far its effect will go. Even if students don't ultimately choose family medicine or even medicine, the exposure to our complex and diverse practices leaves them with a respect for and understanding of the demands of our specialty.

I graduated high school dreaming I would write for Saturday Night Live. I graduated college with a bachelor's degree in history, and two parents convinced I'd just thrown away a very expensive liberal arts education and no hope of a viable future. They were despondent. I knew I didn't want to teach high school, get a PhD, go to law school or become a social worker. Since it seemed I'd exhausted my known options, I was despondent too. So, I accepted a fellowship that offered a stipend far below minimum wage and that decision started my life-long love affair with Kentucky.

The afternoon before I left for Kentucky, I went to my family doc with a bad case of swimmer's ear. Dr. Revak's office was in a 1960s converted yellow ranch house on the corner lot of a residential neighborhood. The only difference between his office and the rest of the houses on the street was the dusty skeleton in the bay window all year long. The living room had been converted into a waiting area with linoleum flooring and well worn, slippery, dining room chairs lined up around the perimeter. A desk and assistant stood in the arched doorway to the dining room, blocking the entrance to the back office. The three bedrooms were the three exam rooms. I was his last patient of the day. I sat in the wooden chair next to the big oak desk in exam room three. He walked in, shirt slightly crumpled and looking worn out from the

day. He looked at me over his big, horn rimmed glasses and asked me what was next in my life. Truthfully, I had no idea, I was freaked out, and I told him so. He listened while I talked about what was on my mind and about my future.

“You should go to medical school. “

Instinctively I dismissed it out of hand.

“I went to medical school. YOU can go to medical school. You’d be great”

I sat in my car for a very long time after that visit. As a small child, when people asked me, I instinctively told them I wanted to be a doctor when I grew up, but over the years, for a number of reasons, my dreams changed. Sitting in the heat of the August afternoon, I knew. All of the jumbled pieces in my head came together and I saw my future and it made sense to me. I just knew.

I got home, walked through the front door and declared to my mom, “I think I need to try to go to medical school.”

She put down the newspaper she was reading. “It’s about time you figured that

out. It’s what you always said you wanted to do when you were little.”

Sheesh.

Once I made that decision, every door I needed to opened and the road to medical school, though not easy, was smooth.

To be a doctor, I didn’t need knowledge or skills, I needed to be a good learner and to be willing to work hard and persevere. I could do that. I needed experience. I could get that. I needed a few courses. I could take those. How many of us know bright kids out there who fit those criteria? What I needed was someone to listen and put the bug in my ear. Dave Revak did that for me. Something I hadn’t considered possible, became so.

As family physicians we are humanists as much as scientists. We need students who are nurturers, who are thoughtful, who are the listeners, the quiet hard workers, the readers, the outside-the-box thinkers, the tinkerers, the advocates, the animal lovers and the care givers. Students don’t

see these skills as valuable because they can’t be graded or written on a transcript, but they are invaluable as skilled clinicians and cannot be taught. These children, who may not instantly come to mind as potential physicians or who may not think of themselves as doctors also define the values of family medicine: inclusive, intuitive, nurturing, healing, creative, listening, comprehensive and inventive.

Look at the students in your life again through these new eyes and see who you think may benefit from your mentoring. Invite them to your office for the day or week. Give them the information for the local AHEC office. Encourage them to continue to follow their dreams and to consider going to medical school. One day we may be celebrating their accomplishments in this Journal and wishing them well as they begin their career as Kentucky’s newest family physicians.

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# The End of the Beginning

As a medical student, the most important thing I learned was how much I didn't know. The second most important thing I learned was how to swallow my pride by saying, 'I don't know, but I'll find out and get back to you.' Both indicate a cultural problem that we as physicians and healthcare providers need to address. All too often, members of the general public assume that medicine is practiced with one hundred percent surety. Few things could be farther from the truth.

As any practicing physician can tell you, it is exceedingly rare that our differential includes only one diagnosis. It is simply improbable that we could eliminate all possible confounding variables. Instead, the differential diagnosis includes a list of the

most likely pathology along with several other possibilities of decreasing probability. We as clinicians and scientists accept that as the normal course of action, but the average layperson doesn't understand how much inaccuracy is inherent in the whole process.

That's not to say that we as physicians are incompetent. We know a lot of stuff. As Family Physicians we are often called upon for a variety of illnesses and healthcare decisions, necessitating at least a passing familiarity with nearly all facets of medicine.

Unfortunately, the sum of what we know has expanded beyond the ability of any individual to "know it all." In the 1930s, the Merck Manual would have fit in a shirt pocket, and there were no vaccines for rabies or polio. Penicillin had just been discovered, and medical school at the University of Pennsylvania was \$500 per

year. Fast forward to today. Well over 2000 different compounds and formulations crowd the pharmacopoeia. Preventive medicine spans everything from vaccines to colonoscopy. And we've all experienced firsthand the rising cost of medical school tuition.

Yet, more than anything, the sum of our knowledge serves to point out how much we have left to learn. As a student at the University of Kentucky College of Medicine and as a resident in a community based training program in Greenwood, SC, my job was to learn. As a practicing New Physician, an AAFP designation, that job expands to include using what I've learned in pursuit of helping patients attain the best health outcomes possible. Both studying and experiential learning continue throughout our careers.

We cannot simply rely on what we learned during our first year of medical school, but neither should we discount that foundational material from anatomy and biochemistry. We have to use every tool at our disposal.

To that end, the American Academy of Family Physicians, the Kentucky Academy of Family Physicians and the other state and local medical associations provide amazing resources for initial and continuing education. They have created everything from text-based materials in print and electronic formats, to live events and asynchronous web-based lectures. You can even read about the personal and professional struggles of your classmates and colleagues in the AAFP sponsored blogs (blogs.aafp.org), spanning topics from payment reform to physician burnout and everything in between. We need to be lifelong learners. I hope that this Resident and Student focused issue of the KAFP Journal reminds each of us of the passion for learning that brought us here, while encouraging those just starting down the path.

**Gerry Tolbert, MD** is a practicing physician at Total Access Physicians, PSC, Florence, KY and CTK Health & Wellness, Covington, KY

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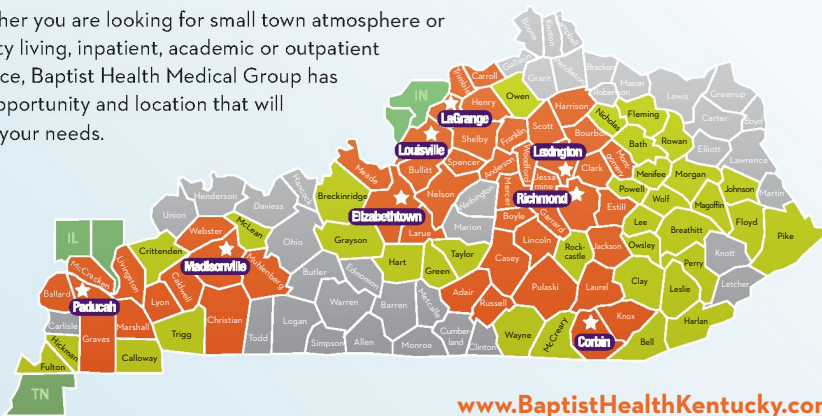
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# ▶ FAMILY MEDICINE IS PRIMARY FOR KENTUCKY!

The Kentucky Academy of Family Physicians

## 64TH ANNUAL SCIENTIFIC ASSEMBLY

November 12-14, 2015 At The Campbell House In Lexington, Ky

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8:00am-3:15am	<b>PRIMARY CARE WOMEN'S HEALTH FORUM™</b>
8:00am-9:15am	Recognizing and Modifying Diabetic Risk and Obesity in Women-Speaker: TBA
9:15am-10:15am	Hormonal Therapeutic Selection for Contraception and Management of Women With Chronic Medical Conditions-Speaker: TBA
10:15am-10:30am	Break
10:30am-11:30am	From Hospital to Home: Best Practices for Primary Care Providers in the Management of Acute Coronary Syndrome Patients-Speaker: TBA
11:30am-12:30pm	Leveraging Patient Assessment and Treatment Advances to Improve Quality of Life in Women Who Suffer from Migraines-Speaker: TBA
12:00pm-1:00pm	Past President's Luncheon
12:30pm-1:00pm	Lunch
1:00pm-2:00pm	Utilizing a Shared Decision Making Approach to Mental Health Disorder Management –Speaker: TBA
2:00pm-3:15pm	A Primary Care Approach to Female Urinary Incontinence-Speaker: TBA
3:15pm-3:30pm	Break
3:30pm-6:30pm	DOT Medical Examiners Certification Training-Speaker: Nancy Swikert, MD, Union, KY
6:30pm-10:30pm	Board of Directors & Committees Meeting

### FRIDAY, NOVEMBER 13, 2015

7:00am-8:00am	Registration/Breakfast
8:00am-9:00am	Telemedicine – Where is it being Used-Speaker: Ron Waldrige, II, MD, Shelbyville, KY
9:00am-10:00am	Diabetes: Making the Right Choice in a Sea of Treatment Options Speaker: Robert Wood, MD, Madisonville, KY
10:00am-11:00am	Spouse Brunch
10:00am-10:15am	Break
10:15am-11:15am	Diabetes: Making the Right Choice in a Sea of Treatment Options Implementation Workshop-Speaker: Robert Wood, MD, Madisonville, KY
11:15am-1:00pm	COD Luncheon
1:00pm-2:00pm	Bringing the Horizon Closer: Achieving and Sustaining Symptomatic Remission & Recovery in Major Depressive Disorder-Speaker: TBA
2:00pm-3:00pm	ACS: Strategies to Engage Patients-Speaker: TBA
3:00pm-3:15pm	Break
3:15pm-4:15pm	New Drug Update –Speaker TBA
4:15pm-5:15pm	Navigating the Pathophysiology and New Treatment Options for the Effective Management of Onychomycosis-Speaker: TBA
1:00pm-5:15pm	<b>RESIDENTS WORKSHOP</b>
1:00pm-2:00pm	Q&A with Practice Panel
2:00pm-3:00pm	Recruiting: What to Expect-Speaker: Rebecca Woods with JenCare
3:00pm-3:15pm	Break
3:15pm-4:30pm	Contracting Workshop-Speaker: team from MML&K Attorney
4:30pm-5:15pm	Open Q&A
5:15pm-7:30pm	<b>ALL ATTENDEES RECEPTION</b>

## SATURDAY, NOVEMBER 14, 2015

7:00am-8:00am	Registration/Breakfast
8:00am-9:30am	Nutrition & Exercise – Jump Starting Your Patients-Speaker: Robert Murray, MD, OSUSOM
9:30am-11:00am	Team-Based Approach to Orthopedic Injuries-Speakers: Syed Naseeruddin, MD, Clarksville, TN and Kentucky Orthopedic Rehab Team, Louisville, KY
11:00am-1:00pm	Installation & Award Luncheon
1:00pm-2:00pm	CPR, Feeding Tubes, and Dialysis, Oh Why? Examining the Evidence behind Common End-of-Life Choices-Speaker: Steven A. House, MD, Glasgow FMRP
2:00pm-3:00pm	Approach to Skin Lesions- Speaker: Roy Hall, MD, Baptist Health FMRP, Madisonville, KY
3:00pm-3:15pm	Break
3:15pm-5:15pm	Oral Health Integration in the Medical Home-Speaker: Alan Stevens Wrightson, MD, Lexington, KY
1:00pm-5:00pm	<b>OPTIONAL WORKSHOPS</b>

### PREVENTIVE CARE SAMS

**1:00pm-2:00pm** SAMS Prep Session  
**2:00pm-3:00pm** SAMS Prep Session  
**3:00pm-3:15pm** Break  
**3:15pm-5:00pm** SAMS Prep Session

Speaker: Monica Sullivan, M.D.  
 St. Elizabeth Healthcare  
 Edgewood, KY

### ABFM WORKSHOP

**1:00pm-2:00pm** ABFM Basic Requirements Part 1 & Part 3  
**2:00pm-3:00pm** ABFM Assessments Part 3 & Part 4  
**3:00pm-3:15pm** Break  
**3:15pm-4:30pm** ABFM PQRS

Speakers: Dr. Joseph Tollison and  
 Jane Ireland  
 American Board of  
 Family Medicine  
 Lexington, KY

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 o. 859.258.4135 | c. 859.230.4417  
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Lora Neace, CPCS  
 Recruitment & Credentialing Specialist  
 o. 859.258.4508 | f. 859.258.6122  
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**Kentucky Academy of Family Physicians 64th Annual Scientific Assembly  
November 12-14, 2015 at the Campbell House, Lexington, KY**

Name \_\_\_\_\_ Profession (MD, DO, PA, RN, etc.) \_\_\_\_\_  
(PLEASE PRINT)

Address \_\_\_\_\_ Phone \_\_\_\_\_

Spouse/Guest(s)  
Attending \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone/Work \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

**FULL CONFERENCE FEE**

- KAFP & Other AAFP Members \$360.00
- Life Members \$ 55.00
- Non Members of the AAFP \$460.00
- Other Health Care Providers \$310.00
- Residents & Students \$ 55.00

**Please indicate below if you plan to attend only these sessions:**

- DOT Medical Examiners \$ 350.00  
Thursday, Nov. 12, 2015, 3:30pm-6:30pm
- SAMs PREVENTIVE CARE PREP SESSION ONLY \$ 105.00  
Sat., Nov. 14, 2015, 1:00pm-5:00pm w/break

**For online Registration go to  
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[janice.hechesky@gmail.com](mailto:janice.hechesky@gmail.com)  
KAFP  
P.O. Box 1444  
Ashland, KY 41105  
Questions call  
1-888-287-9339**

**NO CHARGE FOR SPECIAL EVENTS BUT YOU MUST INDICATED IF ATTENDING :**

- Thursday, Nov. 12, 2015, 12pm-1pm, Past Presidents Luncheon - Number Attending \_\_\_\_?
- Thursday, Nov. 12, 2015, 6:30pm-10:30pm, Board of Directors & Committees Dinner
- Friday, Nov. 13, 2015 10am-11am, Spouse Brunch –Name \_\_\_\_\_

**TOTAL REGISTRATION COST \$ \_\_\_\_\_**

**Cancellation Policy:** We will give a 75% refund if you notify us in writing or by phone by **October 12, 2015**. If you register past that date no refund on canceled registrations.



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Signature \_\_\_\_\_ Date \_\_\_\_\_

**HOTEL RESERVATION INFORMATION:**

**The Campbell House** • 1375 South Broadway • Lexington, KY 40504  
**Group Code:** K64 **Group Name:** KAFP 64th Annual Scientific Assembly  
**Cut-off Date:** Before 12:01 am EST on **Oct. 23, 2015** **Room Rate:** Single/Double \$119.00 plus tax  
**Phone Registration:** 1-859-255-4281  
**Web Registration:**  
<https://bookings.ihotelier.com/The-Campbell-House/bookings.jsp?hotelID=86099&groupID=1345496>

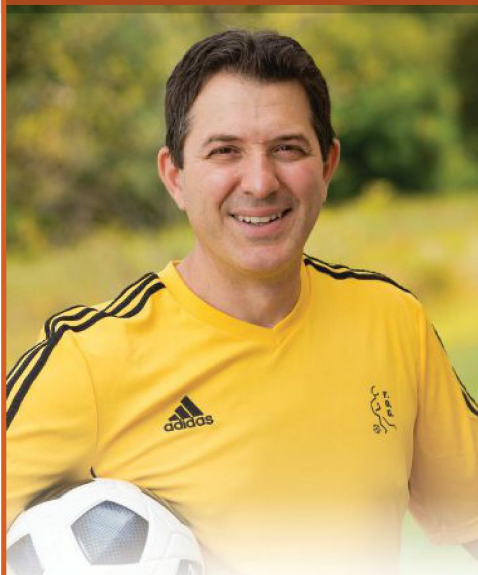


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**Dr. Gueorgui Dimov** of St. Joseph Hospital in Nashua, NH, tested the waters with TeamHealth when he took a temporary hospitalist position about three years ago. He liked the management style and the autonomy the organization provides physicians so much he signed on full-time. Dr. Dimov especially appreciates the compensation plans at TeamHealth and the organization's sensitivity to physician workload. He says the opportunity to enjoy snow-skiing trips, soccer games, a day at the beach and time with his family is the ultimate reward for making the right career choice.

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Over the last 41 years, our residency program has trained 263 graduates, the majority of which practice in Kentucky. Our mission statement demonstrates our three-fold purpose: to recruit excellent students, to provide training that is second to none and individualized to the resident's needs, and to graduate family physicians who will become well-respected clinicians in their community. Our training encompasses experiences at the University of Kentucky Hospital as well as providing continuity hospital care in a smaller more patient-centered environment, UK Good Samaritan Hospital within UK Healthcare. We also utilize community sites both in Lexington and in surrounding rural communities, allowing our program to have the best of both worlds and prepare our residents well for a wide variety of patient care needs. We are very proud of our 2015 Graduates!

BY KEVIN A. PEARCE, MD, MPH



## The University of Kentucky Department of Family and Community Medicine

The University of Kentucky Department of Family and Community Medicine (UK DFCM) strives to improve the health of the people of Kentucky and society at large through excellence in healthcare delivery, education of physicians and other healthcare professionals and the advancement of knowledge through research and scholarship. Our education of medical students and our residency training programs are designed to produce well-rounded physicians, with special emphasis on addressing primary care physician shortages in Kentucky. Our faculty and residents provide care to patients in central and eastern Kentucky via family medicine centers located in Lexington, Hazard, Morehead, Georgetown, and Hindman. Research and scholarship activities in the UK DFCM cluster into three broad areas: health services research, health behaviors research and educational innovations.

This academic year has been productive and exciting for the UK DFCM. Each of our residency programs (Lexington, Hazard, Morehead) has a full complement of excellent young physicians in training. Our Sports Medicine Fellowship Program continues to thrive as well and we are still accepting two new fellows each year from a large pool of applicants. These residents and fellows have been quite productive this past academic year in terms of scholarly work, presenting 13 papers/posters at either statewide or national conferences. Among the residents in our Lexington and Morehead programs, six participated in our Global Health Track for residents, and five participated in our Sports Medicine Track. Those in the Sports Medicine Track developed scholarly work leading to presentations at two national Sports Medicine conferences (in New Orleans and Orlando). We are proud that our Lexington residency program was among 1 of 30 residency programs to participate in a volunteer ACGME self-study site visit and the only Family Medicine program within the cohort of 30 participating volunteer programs. The purpose of this visit was to give the ACGME site reviewers an opportunity to formalize their new review process in lieu of the *New Accreditation System* and program requirements. A formal report from ACGME was positive and indicative of compliancy and innovation.

The UK DFCM faculty and residents teach and mentor medical students on a daily basis across the curriculum. Our

teaching techniques are poised to improve with the initiation of our faculty development and mentoring programs led by our Vice Chair, Dr. Wanda Gonsalves. However, our largest impact, during the past academic year, was with the direct mentoring/teaching of over 103 third year medical students who were completing the required Family Medicine clerkship. Of those 103 students, 84 were mentored directly in a rural AHEC setting. As our third year clerkship greatly depends on our community-based faculty, it would be impossible to mentor students without our community-based faculty involvement—so thank you for your continued support of our third year family medicine clerkship. In addition to our third year clerkship, the DFCM faculty offers a broad array of electives for medical students at all levels of instruction - examples include *Healer's Art*, *Mindfulness in Medicine*, *Leadership in Rural and Underserved Health*, *Salvation Army Student-Run Clinic*, *Introduction to Global Health*, *Interprofessional Teamwork in Global Health*, *Medical Spanish* and *Sports Medicine*.

One of our newest offerings (which have now entered its fourth year) is our *Global Health Track* for medical students. The DFCM has been responsible for the development of this innovative set of electives, which is open to all UK medical students. The global track, electives and related experiences serve to maintain and strengthen student interest in serving people who are most in need. Students who participate in this track have activities available to them that span across all four years of medical school. As you know, there is good evidence reflecting that students who work in resource-limited settings (via global health experiences) are more likely to practice in underserved settings after residency. So far, our students have had primary care experiences in Costa Rica, India, Ecuador, South Africa, Mexico, Israel, and Zambia. Students who successfully complete the Global Health Track (at the end of their four years) receive special recognition at graduation. To date, over 84 UK medical students have enrolled in the *Global Health Track*.

Our division of Community Medicine, led by Dr. Roberto Cardarelli and his support team, has secured funding for several projects including The Terminate Lung Cancer Study whose goal is to assess the impact of a community-driven lung cancer

awareness campaign in 19 counties, and the Passport Health Plan's Improved Health Outcomes Program "Bridges to Home" program, an effort to reduce 30-day readmission rates at St. Claire Regional Medical Center in Morehead, KY through identification of high-risk-for-readmit patients, and utilization of Lay Health Workers for their social & care needs are just a couple of examples. Together with William Elder, PhD, the division acquired funding from the Pfizer Corporation to provide multifaceted continuing education (CE) interventions to health care providers caring for individuals with chronic pain.

With input from the KAFP and the AAFP, the department has been recognized by the National Committee for Quality Assurance (NCQA) as a level 3 Patient-Centered Medical Home (PCMH), their highest level of recognition on 6/4/2015, led by our Medical Director, Dr. Jonathan Ballard. Our progress toward PCMH recognition has been fueled by the excellent leadership of our site-based medical directors and residency program directors, and is partially supported by two grants from the U.S. Health Resources and Services Administration (HRSA).

We were also pleased when the DFCM in Lexington won an

award from the Kentucky Regional Extension Center for quality improvement. Additionally, the Hazard and Hindman offices are currently installing a new electronic health records system. While each of our sites has specific opportunities and challenges, we are generally making progress. We are taking deliberate steps that will prepare us for value-based reimbursement while operating within the realities of the current fee-for-service environment. These steps include improved billing and coding procedures coupled with attention to systems-based practices that are designed to enhance practice efficiency, communication, access to care, patient activation, evidence-based practice and patient satisfaction.

Our department continues to grow and develop. We moved into our new home, UK Health Care at Turfand, occupying 85,000 square feet of the first floor. We have added three new faculty physicians this year; in Lexington, Drs. Ginny Gottschalk, Neena Thomas-Eapen, and Mary Burchett-Sheppard. Overall, the UK Department of Family and Community Medicine will continue its exciting work aimed at improving healthcare and the workforce that delivers it, and we look forward to another year of close collaboration with the KAFP.

**Kevin A. Pearce, MD, MPH**, is Professor and Chair, of the Department of Family and Community Medicine, University Kentucky College of Medicine. A graduate of the University of Florida College of Medicine, Dr. Pearce has been a Board-Certified family physician for 29 years, and has served on the faculty at UK since 1998. He is the founding Director of the Kentucky Ambulatory Network, which is devoted to practice-based research, and serves on the Leadership Committee of the UK Center for Clinical and Translational Science.

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## University of Louisville Department of Family and Geriatric Medicine

The last twelve months have been an exciting time here at the University of Louisville. After a year where there was so much change in our leadership, this year has been about optimism and accomplishments.

In the most recent match, the U of L School of Medicine placed nineteen students in Family Medicine throughout the US. Among these outstanding students, future U of L residents Drs. Sarah McGill and Zachary Strickland joined current interns Drs. Wanda Lowe and Amelia Nordmann for a presentation on Medical Student Education at the Society for Teachers of Family Medicine Annual Meeting in Atlanta this year. Drs. Lowe and Lucy Fernandez also presented second educational curriculum on how to incorporate Spanish language into medical school education. Both presentations were well received.

Furthermore, second year medical student Michael Lovelace has recently been chosen to be among 30 students selected to receive a 2015 *Family Medicine Leads Emerging Leader Institute* Scholarship. The credit for this success can be shared by many within the medical school and our department, but special mention needs to be made of the Clerkship Director, Dr. Donna Roberts, and the Senior Faculty for Resident Education, Dr. Steve Wheeler, for their work with medical students over the years.

Dr. Lucy Fernandez, Assistant Residency Director, has formalized a medical Spanish class that uses a peer instructors to review phrases in Spanish that will be most helpful as a foundation to performing office visits in the students' specialties. This class has filled with every offering.

From the School of Medicine end of year awards, Dr. Charles Kodner was honored by the medical students for his outstanding teaching through the 2015 Calhoun Teaching Award.

Within our academic accomplishments, Dr. Fernandez collaborated with our Department Chair, Dr. Diane Harper to publish *How to screen for cervical cancer in the 21<sup>st</sup> century*. Drs. Wright, Girdler and Fernandez were published in the *Annals of Internal*

*Medicine* under the supervision of Dr. Harper on the effectiveness of influenza vaccination among pregnant HIV positive and negative women. Our resident of the year, Dr. Katherine Pohlgeers published her work in *Current Sports Medicine Reports* under the guidance of the Sports Medicine Faculty.

Other resident scholarly activity included Dr. Benjamin Risner presenting a poster at the Kentucky Public Health Association Annual Meeting, and four residents presenting posters at the American Medical Society for Sports Medicine Annual Meeting.

Our geriatricians were out in force at the American Medical Director Association Annual Meeting in Louisville this year. Our Geriatrics Fellowship Director Dr. Laura Morton, along with Drs. Demetria Antimisariis, Rangaraj Gopalraj, and Renee Girdler, to participate in oral research presentations.

Dr. Sarah Moyer serves as the Interim Director for the Louisville Metro Department of Public Health as well as the Medical Director of LMDPH; in this position she is able to provide our residents' an in-depth community medicine education.

Our residency coordinator Tanya Keenan participated in three national presentations as a certified Training Administrator of Graduate Medical Education (TAGME) including *Building an effective GME community* and *The Language of Leadership*.

The U of L School of Medicine Trover Campus under the direction of Dr. Bill Crump was recently the recipient of the national award from the AAMC GRMC for community engagement in medical education, a high honor. HRSA has recognized the Trover Campus as the second ranked Rural Medicine program in the nation. We are proud to announce that our recent U of L residency graduate, Dr. Shalonda Newcomb, will be joining the Trover Campus this summer with a significant medical student teaching role.

At the UofL/Glasgow Family Medicine residency program, Dr. Brent Wright is serving as Chair of the Board of Trustees of the KY Medical Association and President of the KY Rural Health Association.



Dr. Amelia Kiser has been involved in an innovative telemedicine project to take Google-Glass to the bedside at nursing homes. She and her team in Glenview nursing home went to the American Geriatrics Society meeting in Washington DC to present their work together with Dr. Furman.

Dr. Steven House became a Fellow of the American Academy of Hospice and Palliative Medicine. Two residents presented posters at the

KAFP annual meeting, one presented a poster at the American Medical Society for Sports Medicine meeting, and another co-authored a chapter on “Chemotherapy-Related Mucositis” for 5-Minute Consult.

Finally, this past April, at the STFM Annual meeting, Dr. Harper was presented with the Curtis G Hames Lifetime Achievement award for her contribution to women’s health research.

**Diane M. Harper, MD, MPH, MS**, completed her undergraduate and graduate degrees at the Massachusetts Institute of Technology in Boston, Massachusetts, in the fields of Chemical Engineering and Polymerics. She received her medical degree from the University of Kansas in Kansas City, with residencies in OB/GYN and Family Medicine. Early in her academic career, she received the American Cancer Society Cancer Control Career Development Award, which allowed her to attend Stanford and Harvard, studying Medical Decision Making, Cost Effectiveness Analysis and Biostatistics as part of her MPH. She developed and directed the Gynecologic Cancer Prevention Research Group at the Norris Cotton Cancer Center at the Geisel School of Medicine at Dartmouth where her successful work on all aspects of HPV associated diseases was completed.






She is now the Rowntree Endowed Chair and Professor at the University of Louisville School of Medicine where she continues to promote student, resident, fellow and faculty cross-collaborative research while working to innovate payment reform for primary care and workforce engagement in the state of Kentucky.



## What has your career done for you lately?

As facility medical director, **Dr. Karen Kriza** relies on TeamHealth to manage the administrative duties associated with operating an efficient emergency room. Thanks to TeamHealth’s support with scheduling, recruiting, insurance negotiations and risk management, Dr. Kriza has more time to focus on her patients and family and enjoy the luxuries of living by the water.

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#### Paul B. Hall Regional Medical Center

Paintsville, KY – Medical Director and Staff Physician

#### The Medical Center

Bowling Green, KY – Staff Physician



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# THE KENTUCKY ACADEMY OF FAMILY PHYSICIANS Congratulates the Class of 2015

We want to honor your efforts during the last three years in preparation to become Board Certified in the Specialty of Family Medicine. Your life as a Family Physician will be vital for your patients, hospital, community, and profession. As you move forward with your career, please remember that we are here for you as an academy that serves the needs of both you and your patients. We look forward to your involvement and wish you the best in all of your future endeavors. The recognition devoted towards this accomplishment honors all of the physicians who have given of themselves towards the lifelong journey of your education.



EAST KENTUCKY



## BAPTIST HEALTH

### FAMILY MEDICINE RESIDENCY

Our goal was, and is, to increase the number of qualified primary care physicians practicing in rural, underserved areas. Baptist Health Madisonville Family Medicine Residency Program was the first Family Medicine Residency in the state of Kentucky. We opened our doors in 1971 to help increase the availability of quality medical care. There are currently 18 residents seeing patients at Baptist Health Madisonville through the Family Medicine Residency Program. Including the 2015 class, there has been 209 graduates from our program.



**Alissa Daugherty, M.D.** is staying with Baptist Health Medical Associates and working as a Family Medicine Physician in Hopkinsville, KY.



**Lenora Evans, D.O.** is moving to Evansville, IN and joining St. Mary's Medical Group and working as an Outpatient Family Medicine Physician.



**David Jamora, M.D.** is moving to Nashville, TN where he plans to work as a Family Medicine Physician.



**Girisha Kaur, M.D.** is moving to Las Vegas, NV and joining Southwest Medical Associates and working as an Outpatient Family Medicine Physician.



**Aamir Nawaz, M.D.** is moving to Fort Wayne, IN where he will be entering an Emergency Medicine Fellowship at Parkview Hospital.



**Stephanie Schulz, M.D.** is staying with Baptist Health Medical Associates and working as a Family Medicine Physician in Powderly, KY.

# CONGRATULATIONS TO OUR 2015 GRADUATES!!

It is with a heavy heart that we bid goodbye to our 2015 graduates. Being a rural training track and small residency program, we develop close relationships with the residents and feel like we are losing part of our family when they graduate and move on. We wish them the very best!



**SONDOS AL SA'D, M.D.**  
After graduation, Dr. Al Sa'd plans to take a few months off to enjoy quality time with her children and is currently evaluating academic and/or family medicine positions.



**GIORGOS BIDALES, M.D.**  
Dr. Bidales will be completing an emergency medical fellowship at St. Rita's Medical Center in Lima, Ohio.



**NINA LUM, M.D.**  
**CHIEF RESIDENT**  
Dr. Lum will be working as a hospitalist at St. Joseph Hospital in London, Kentucky.

For More Information Contact:  
Site Director: Amy Conley-Sallaz, M.D.  
Residency Administrator: Carla Terry  
Phone Number: (606)783-6455  
Web Site: [http://www.st-claire.org/education/family\\_medicine\\_residency.aspx](http://www.st-claire.org/education/family_medicine_residency.aspx)



## UNIVERSITY OF LOUISVILLE/ GLASGOW FAMILY MEDICINE RESIDENCY



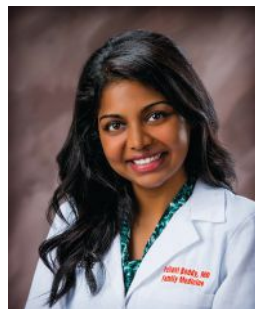
*Graduating Class of 2015*



**Burton C. Brooks, M.D.**  
Dr. Brooks will be doing an Emergency Medicine Fellowship at the University of Tennessee in Knoxville, TN.  
Start Date: July 1, 2015



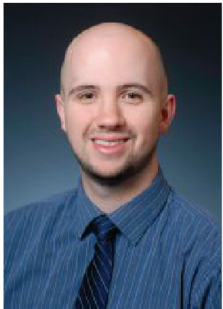
**Brook Helmer, M.D.**  
Dr. Helmer will be joining V-Tech/Carilion Clinic in Roanoke, VA as an Outpatient Primary Care attending.  
Start Date: August 24, 2015



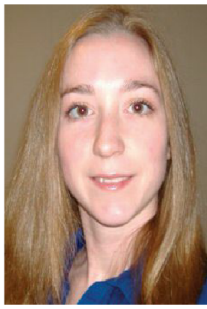
**Pallavi Reddy, M.D.**  
Dr. Reddy will be doing a Sleep Medicine Fellowship at the University of Alabama in Birmingham, AL.  
Start Date: July 1, 2015



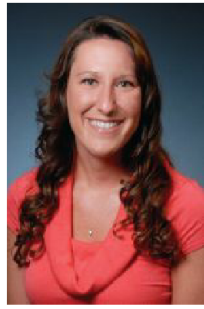
**Karen M. Weaver, M.D.**  
Dr. Weaver will be doing a fellowship in Hospice and Palliative Care at the University of South Florida in Tampa, FL.  
Start Date: July 1, 2015



**Braden Blankenship MD**  
St. Elizabeth Physicians  
Bellevue KY



**Chrystal Coates MD**  
Myrtle Beach, SC



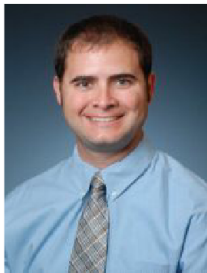
**Erica Perrino, MD**  
Charleston, IL



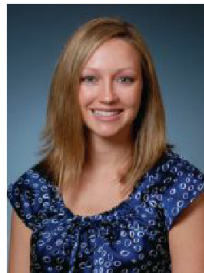
**Laura Foor, D.O.**  
Obstetric Fellow  
St. Elizabeth  
Edgewood KY



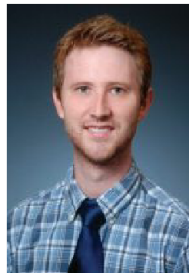
**Stefanie Lewis, M.D.**  
Dayton OH



**Dominic Perrino, D.O.**  
Mattoon, IL



**Brittany Sullivan, M.D.**  
St. Elizabeth  
Physicians  
Burlington KY



**Matthew Turner, M.D.**  
St. Elizabeth  
Healthcare  
Crestview Hills KY

## ST. ELIZABETH FAMILY MEDICINE RESIDENCY

St. Elizabeth Residency in Family Medicine has maintained the highest standards of excellence for over forty years in a nationally recognized and respected healthcare system. St. Elizabeth offers time-tested outstanding education in a highly collaborative, unopposed program, teaching broad spectrum Family Medicine with full support and encouragement of our Medical Community. We are very proud to present the graduating class of 2015 and their practice plans:

### CONGRATULATIONS! FROM YOUR FACULTY AND STAFF

**WILLIAM L. STAFFORD, M.D., PROGRAM  
DIRECTOR**

St. Elizabeth Family Medicine Center, Edgewood KY 41017,  
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EAST KENTUCKY

## UNIVERSITY OF KENTUCKY EAST KENTUCKY FAMILY MEDICINE RESIDENCY PROGRAM



**Morgan Birch, D.O.**



**Jennifer Chaney, M.D.**  
George Chaney Medical  
Clinic, Hazard



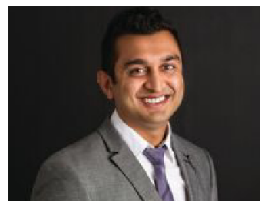
**Angela Hignite, D.O.**  
White House Clinic,  
McKee



**Crystal Fletcher-Jones, D.O.**  
Primary Care Centers of  
Eastern Kentucky, Hazard



**Wanda Noble, D.O.**  
UK East Kentucky Family  
Medicine Residency



**Ankit Patel, M.D.**

The University of Kentucky East Kentucky Family Medicine Residency Program is located in Hazard, KY. The program is dual accredited by the Accreditation Council for Graduate Medical Education (ACGME) and the American Osteopathic Association (AOA) for four positions each program year. The program currently has a component of 14 residents.

The program's mission is to prepare family practitioners who are dedicated to meeting the health care needs of the people of rural Appalachia. The residents' training is designed to prepare them for meeting the unique demands of a rural practice and for providing quality care in rural settings. Since the program's beginning in 1991, 75 residents have completed their family medicine training.

Dr. Chaney will be joining George Chaney Medical Clinic in Hazard, Kentucky. Dr. Noble will be joining UK East Kentucky Family Medicine Residency. Dr. Fletcher-Jones will be joining Primary Care Centers of Eastern Kentucky in Hazard. Dr. Hignite will be joining White House Clinic in McKee, Kentucky. Drs. Patel and Birch will be practicing in Kentucky.

**Director's Name:** Stacey Johnson, M.D.

**Phone Number:** (606) 439-3557, Ext. 83565

**Fax Number:** (606) 439-1131

**Web Site:** <http://www.mc.uky.edu/RuralHealth/res.asp>

**Email:** [scjohnson2@uky.edu](mailto:scjohnson2@uky.edu)



# UNIVERSITY OF KENTUCKY (LEXINGTON) FAMILY AND COMMUNITY MEDICINE RESIDENCY PROGRAM

Over the last 41 years, our residency program has trained 263 graduates, the majority of which practice in Kentucky. Our mission statement demonstrates our three-fold purpose to recruit excellent students, to provide training that is second to none, individualized to the resident's needs, and to graduate family physicians who will become well-respected clinicians in their community. Our training encompasses experiences at the University of Kentucky Hospital as well as providing continuity hospital care in a smaller more patient-centered environment, UK Good Samaritan Hospital within UK Healthcare. We also utilize community sites both in Lexington and in surrounding rural communities, allowing our program to have the best of both worlds and prepare our residents well for a wide variety of patient care needs. We are very proud of our 2015 Graduates!

**Director's Name:** Michael King, MD, MPH • **Phone Number:** (859) 323-6712 • **Fax Number:** (859) 323-6661

**Web Site:** <http://www.mc.uky.edu/familymedicine> • **Email:** [jmta226@uky.edu](mailto:jmta226@uky.edu)



**Robin Polly, DO**

Veterans Affairs Medical  
Center – Lexington, KY



**Joseph Mitchell, MD**

University of Kentucky –  
Lexington, Kentucky



**Megan Kimball, MD**

Baptist Health Hospital –  
Lexington, KY



**James Fisette, MD**

Decatur County General  
Hospital – Parsons, TN



**Brian Clear, MD**

University of Kentucky  
Family & Community  
Medicine Turfland Clinic  
– Lexington, KY



**Larissa Kern, MD**

University of Kentucky  
Family & Community  
Medicine Georgetown  
Clinic – Georgetown, KY

## DEPARTMENT OF FAMILY AND GERIATRIC MEDICINE AT THE UNIVERSITY OF LOUISVILLE SCHOOL OF MEDICINE



The University of Louisville Family Medicine Centers are divisions of the Department of Family and Geriatric Medicine at the University of Louisville School of Medicine. The faculty and residents are committed to providing quality patient care that requires the joint efforts of our patients, their families, and our staff. Our graduating residents for 2015 include: Suraj Gathani, M.D., Tiffany Simpson, M.D., Jessica Schum, M.D., & Ben Risner, M.D., are joining a practice in Louisville, KY. Neil Patil, M.D. is joining a fellowship in Louisville, KY. Katie Pohlgeers, M.D. is joining the faculty at University of Louisville. Shalonda Newcomb, M.D., is joining the University of Louisville Trover Campus in Madisonville.



Suraj Gathani, M.D.  
Louisville, KY



Katie Pohlgeers, M.D.  
University of Louisville



Shalonda Newcomb, M.D.  
University of Louisville  
Trover Campus, Madisonville



Benjamin Risner, M.D.  
Louisville, KY



Neil Patil, M.D.  
Louisville, KY



Jessica Schum, M.D.  
Louisville, KY



Tiffany Simpson, M.D.  
Louisville, KY

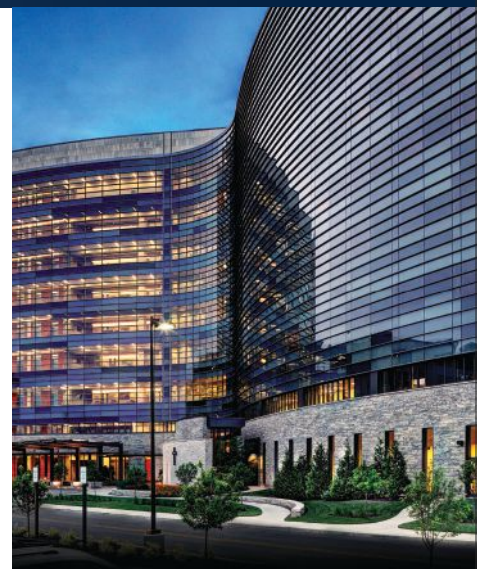
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SUPERHEROES  
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STAY ON THE ROAD TO  
**ICD-10**  
OCT 1, 2015

## STEPS TO HELP YOU TRANSITION

The ICD-10 transition will affect every part of your practice, from software upgrades, to patient registration and referrals, to clinical documentation and billing.

CMS can help you prepare. Visit [www.cms.gov/ICD10](http://www.cms.gov/ICD10) to find out how to:

- Make a Plan—Look at the codes you use, develop a budget, and prepare your staff
- Train Your Staff—Find options and resources to help your staff get ready for the transition
- Update Your Processes—Review your policies, procedures, forms, and templates
- Talk to Your Vendors and Payers—Talk to your software vendors, clearinghouses, and billing services
- Test Your Systems and Processes—Test within your practice and with your vendors and payers

**Now is the time to get ready.**

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