THE PULSE

University of Florida Department of Community Health and Family Medicine



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CHFM faculty and staff have been hard at work to advance the field of family medicine. p. 03

THREE MISSIONS

CHFM continues to focus on patient care, education and scholarship as part of its three missions. p. 03

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CHFM EVENTS

Learn about past and upcoming CHFM events.

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CHAIR'S MESSAGE

Fellow CHFM Member,

Welcome to the March edition of *The Pulse*! More than ever, our department is experiencing an exciting time of both growth and change. We have hired six physician faculty members this year and our academic productivity continues to grow. Our residency program had a successful "Match" and we will be welcoming nine new interns this July.

We are beginning the process of reapplying to maintain our Patient-Centered Medical Home recognition. And the new extended hours for the patient care we provide at UF Health Family Medicine – Main and UF Health Family Medicine – Haile Plantation have been extremely successful. This growth and change could not be accomplished without the excellent work of our faculty, residents, nurses and staff.

I hope you enjoy this edition of The Pulse!

Best regards,

Peter J. Carek, MD, MS C. Sue and Louis C. Murray, MD Professor and Chair

IN MEMORIAM

SEY PARK MEMORIAL FUND FOR RESIDENT AND STUDENT EDUCATION AND RESILIENCY OUTREACH January 9, 2018

Dr. Sey Park



SEPTEMBER 19, 1989 - JANUARY 9, 2018

Memorial Service

January 22, 2018 at 6:00 PM University of Florida Auditorium Corner of Union Road and Newell Drive Gainesville, FL 32611 **OBITUARY**



Sey Hee Park, age 28, passed away on January 9, 2018, in Gainesville, Florida. Sey was born in Orlando, and after attending the University of Florida for undergraduate studies, he pursued his medical school training at UF as well.

At the time of his passing, Sey was in his second year of residency within the Family Medicine program and aspired to improve the interface between medicine and technology, which combined his love of computers and patient care. Well regarded by colleagues and patients alike, Sey was best known for his jovial personality, kindness, and compassion.

He is survived by his parents, Hoon and Young Park, his sister, Ki Park, his brother-in-law, Michael Ossenbeck, and his nephew, Andrew Ossenbeck.

This fund is named in honor of Dr. Sey Park, a family medicine resident who tragically passed away in 2018 at the age of 28. Sey was beloved by patients and colleagues alike for his warm personality and compassion towards everyone he met. He was also passionate about outreach programs such as University of Florida College of Medicine-sponsored mission trips and Equal Access Clinic service to provide care for underserved populations.

This fund is aimed in part to provide support to programs focused on care towards these underserved populations. Dr. Park was also known for his support of medical students and fellow residents during times of emotional distress. He recognized the importance of maintaining resilience while in medical training to support those who dedicate their profession towards the care of others.

An additional goal of this fund is to promote programs and initiatives to highlight the importance of maintaining resilience and encourage resident well-being.

CLICK HERE to make a donation in honor Dr. Sey Park's passion for service.

Resident Profile Memorial Service Program The Independent Florida Alligator Tribute Guestbook

ACHIEVEMENTS

Community Health and Family Medicine faculty and staff have been hard at work to advance the field of family medicine. In recognition of their accomplishments, the section below outlines some of the most notable achievements across the department this quarter.

2017 Center of Excellence Award

UF Health Shands Hospital was a recipient of the 2017 Center of Excellence Award. This award gives national recognition to an institution for continued excellence in wound healing.

Top Reviewer for 2017 - Journal of Graduate Medical Education

The department would like to congratulate Dr. John Malaty on his recognition in the Journal of Graduate Medical Education as a Top Reviewer for 2017.

Student Award for Delta Omega Public Health Honorary Society

Congratulations to Denny Fe Agana for receiving national recognition at the American Public Health Association annual meeting.

Edward A. Bouchet National Graduate Honor Society

CHFM would like to also congratulate Denny Fe Agana for her acceptance into the Edward A. Bouchet National Graduate Honor Society. Her induction ceremony will take place at Yale University in April 2018.

Superior Accomplishment Awards

The department would like to congratulate Najwa Liscombe for receiving a 2018 Superior Accomplishment Award and Dr. Ann Grooms for also receiving superior recognition in the category of Diversity & Inclusion in the Workplace.

Spirit of Gainesville Award

Congratulations to Virginia Bruzzese for receiving the Spirit of Gainesville Award in recognition of her clinical and educational work at the Mobile Outreach Clinic.

PATIENT CARE



Ku-Lang Chang, MD, FAAFP, MRO

Dr. Ku-Lang Chang graduated from the University of the Witwatersrand Medical School in Johannesburg, South Africa, in 1985 and became an assistant professor at Family Medicine - Hampton Oaks in 1998. Dr. Chang is the Medical Review Officer for Shands Occupational Health and the Director of Quality and Safety; she is also board certified in Family Medicine and a Fellow of the American Academy of Family Physicians.

One of her greatest passions is helping patients alleviate pains, anxiety, depression, sinus, and headaches through the work of acupuncture. As a child, she was often treated by her father with acupuncture for severe colds and discomfort.

Dr. Chang completed her acupuncture training at the University of Miami, and later at the University of California, Los Angeles. In 2009, she was awarded a Faculty Enhancement Opportunity Award to study Acupuncture at McMaster University in Hamilton, Ontario, Canada. The experience allowed Dr. Chang to gain insight and research new approaches in using acupuncture in an evidence-based fashion for the neurofunctional treatment of pain.

Dr. Chang provides a unique service to her patients at the Hampton Oaks clinic. Many of her patients are interested in treatment modalities besides pharmacotherapy. She hopes to continue to heal them through the art of acupuncture and family medicine practices.

SPOTLIGHT

The Department of Community Health and Family Medicine would like to shine a spotlight on two faculty members that are working diligently to make a difference in their communities. Welcome Dr. Brian Fitzgerald and Dr. Brenda McMahon to Family Medicine – Old Town and Family Medicine – Eastside, respectively.



Brian Fitzgerald, MDAssistant Professor
Family Medicine – Old Town

Dr. Brian Fitzgerald is a family physician who primarily practices outpatient primary care at the Family Medicine – Old Town location and inpatient medicine at UF Health Shands Hospital.

Dr. Fitzgerald received his Bachelor of Science in Psychology from the University of Florida, where he also completed his Doctor of Medicine degree. He then completed his family medicine residency at the University of North Carolina.

He is passionate about providing high-quality care to underserved communities and has been involved in student-run free clinics for many years.

Certifications and Professional Organizations

- Advanced Life Support in Obstetrics
- Advanced Cardiovascular Life Support
- American Board of Family Medicine Board Certification
- State of North Carolina Medical Unrestricted License

Honors and Awards

- Arnold P. Gold Foundation Humanism
- UF College of Medicine Honors Convocation
- International Medical Mission Service Award
- UF College of Medicine Department of Psychiatry Excellence Award in Human Behavior



Brenda McMahon, MD
Assistant Professor
Family Medicine – Eastside

Dr. Brenda McMahon practiced family medicine in Texas for over 20 years before relocating to Gainesville, Florida. She joins the Family Medicine – Eastside location as a clinical assistant professor.

Dr. McMahon received her Bachelor of Science in Biology from St. Mary's University and her medical degree from McGovern Medical School in Houston, Texas. She then completed her family medicine residency at the Memorial Family Medicine Residency Program.

Her professional interests include preventive care and healthy living. She takes pride in improving the health of her patients with individualized care.

Certifications and Professional Organizations

- American Board of Family Medicine
- Texas Medical Association
- Bexar County Medical Society
- Advanced Cardiac Life Support

Honors and Awards

- St. Mary's University Honors Program Scholar
- Graduated Cum Laude from St. Mary's University

EDUCATION

Medical Student Education

The STFM Conference on Medical Student Education took place February 1–4, 2018, in Austin, Texas. The UF Department of Community Health and Family Medicine had a total of 6 presentations, and multiple faculty members attended the conference. The department would like to thank everyone for their hard work and dedication to improving the quality of education at the University of Florida.

Residency Program

UF Health Family Medicine – Main held their first Annual Holiday Luncheon for patients in December 2017, and it was a great success. Residents and clinic staff provided food for patients who might not otherwise have a holiday meal and were also able to socialize with them. It was an excellent experience for everyone involved, and the clinic cannot wait to do it again this year!

The residency program wrapped up their interview season with close to 100 interviews this year. Current residents were also highly involved, taking applicants out to dinners and lunches, and even participating in the interview process. Overall, the residency program is expecting a fantastic intern class starting in July 2018. Faculty and staff are also invited to the graduation ceremony being held at the Florida Museum of Natural History on June 23, 2018.

One of the primary goals of the residency program is to train house staff in the best clinical environment possible. Dr. John Malaty, Dr. Danielle Nelson, Dr. Maribeth Porter and Ms. Mindy Halbrook continue working diligently on clinic initiatives to improve the learning experience. They continue to be part of the I3 Collaborative. Dr. Nelson, Dr. Porter and Dr. Lauren Conroy (PGY-2) recently returned from the kickoff Clinic First Collaborative, where they discussed further implementation of The Building Blocks of Primary Care.

Please join the Family Medicine Residency Program in welcoming the 2018-2019 residency class!



Kelcie Brown Loma Linda University



Rachael Hager Marshall University



Hunter Haley University of Alabama



Thanh-Tam Le UNC Chapel Hill



Andrew Miller Florida International University



Chirag Panchal Philadelphia College of Osteopathic Medicine



Anne Littell
Lake Erie College of
Osteopathic Medicine



Eric Pettyjohn West Virginia University



Inocente Santiago III University of Florida

Sports Medicine Fellowship



Dr. Tim Durkin (left), Dr. Max Testa (middle) and Dr. Stephen Carek (right) finally meeting.

On January 3, 2018, the Sports Medicine Fellowship program received their matches for the 2018–2019 academic year. The department would like to welcome UF Health Family Medicine Resident Dr. Jairo Oliva and Dr. Saundra Jackson from the Emergency Department at Jacksonville. Dr. Oliva and Dr. Jackson will both be joining the Sports Medicine Fellowship program on July 1.

Dr. Stephen Carek and Dr. Tim Durkin continue to work hard supporting Gators basketball, gymnastics, baseball, softball, lacrosse and tennis. During the first week of February, both fellows received exciting news that they would have the opportunity to travel to Salt Lake City, Utah, to work with world-renowned sports medicine physician Dr. Max Testa. Dr. Testa has extensive experience working with Olympians and world champions across the globe. This event was an excellent opportunity to gain knowledge and experience for sports medicine fellows.

Starting mid-March, UF's spring football practice will begin. The fellows will rotate daily coverage with faculty as athletes begin training for the upcoming Gators football season. From March 29 through March 31, they will also assist with coverage for the Florida Relays held at Percy Beard Track.

Program in Bioethics, Law and Medical Professionalism

With robust bioethics education and training, healthcare providers are better equipped to address ethical issues that arise during the course of treatment.

During the Spring 2018 semester, BLMP faculty provided lectures and small group learning activities for first- and second-year medical students. Topics included:

- Abortion and Maternal/Fetal Issues
- Advance Directives and End-of-Life Decision-Making
- Allocation of Scarce Medical Resources
- Capacity and Decision-Making
- Clinical Bioethics Consultation
- Ethical Dilemmas in Hematology
- Ethics and Health Policy
- Key Issues in Law and Ethics
- Medical Error, Liability and Apology
- Organ Transplantation Issues
- Physician-Assisted Suicide
- The Culture of Medicine

Throughout this spring semester, BLMP faculty also directed the following courses:

- CM E 21: Advanced Issues in Medical Ethics and Law
- CM E 23: History of Medicine
- CM E 29: Financial, Business and Health Systems Aspects of Medicine
- GMS 6875: Ethical/Policy Issues in Clinical Research
- GMS 6876: Law and Ethics of Aging



The UF College of Medicine's Ethics Society, led by first-year medical students, met on February 19. During the meeting, Dr. Ray Moseley held a case conference and discussion on controversial cases about patient and family interactions. Dr. Moseley's clinical trials for his informed consent study are ongoing. He and his team of researchers have submitted a grant proposal to the NIH for an electronic advance directives project.

Supported by a grant from the NSF, Professor Lauren Solberg, along with colleagues from Texas Christian University, created a course on Coursera called "TECH MeD: Transdisciplinary Education for Critical Hacks of Medical Devices."

Professor Bill Allen delivered an interactive presentation, "Physician Aid-in-Dying," during the Adult and Pediatric Palliative Care Conference on March 21 in the UF Health Shands Auxiliary Conference Center. On March 22, Professor Allen presented "Chaplains' Code of Ethics" during the training of chaplains for UF Health Shands Hospital. Professor Allen served on the UF Health National Healthcare Decisions Day Planning Committee, which met on several occasions to organize events that will be held throughout the month of April (see "Upcoming Events" section on Page 13 for more information).

Faculty in the BLMP program also serve as consultants whom help solve clinical and organizational ethical issues that patients and healthcare providers experience. The ethics consult service is available 24/7 for both inpatient and outpatient consultations, providing critical support to care teams, patients and their families in order to optimize ethical outcomes. The on-call bioethicist may arrange a team-based or individualized consult to address a variety of concerns, including, but not limited to: the appointment of social worker proxies; considerations regarding decisional capacity; the execution of advance directives; questions about informed consent; and resolving plan-of-care conflicts and issues in end-of-life care.

SCHOLARSHIP

Research: New Studies

IMPACT OF INTERVIEWS ON HOW APPLICANTS PERCEIVE PROGRAMS IN THE RESIDENCY MATCH

Drs. Charlie and Kristina Michaudet, in collaboration with Dr. Heather Harrell in the Department of Internal Medicine, are working on a study to assess the pressures placed on senior medical students applying to residency programs during interview season and how these various pressures might affect how applicants perceive these programs. Prior studies have shown that certain programs commit National Residency Match Program (NRMP) violations/breaches, leading applicants to feel pressured. Hern et al. (2007) found that about one in five applicants were asked for a commitment (verbal or otherwise) to rank a program highly during interview season. Approximately 75% of these applicants felt either uncomfortable or very uncomfortable by the request. Even more interestingly, approximately 40% of applicants who received such a request were less likely to rank the program on their rank lists. This study will determine if this has changed in recent years and if applicants still feel undue pressure from programs during interview season. Secondly, this study will examine how actions by programs during interview season impact how applicants perceive these programs, and whether there is any correlation between an applicant's level of academic competitiveness and the pressures he/she faces during interview season.

USABILITY AND TOLERABILITY OF NOVEL PROTECTION DEVICE AGAINST POTENTIAL BRAIN INJURY DURING COMPETITIVE SPORT



Dr. Jay R. Clugston and Dr. Guy Nicolette, in collaboration with Dr. Brian Sindelar in the Department of Neurosurgery, are working on a study to determine how well collegiate athletes (male football, female soccer, and female lacrosse players) tolerate wearing a new device called the Q30 Cervical Compression Collar, or Q Collar.

The collar is made of soft fabric, plastic and silicone over a soft embedded metal "spring" that is fitted around the neck providing comfortable compression to the internal jugular vein on each side of the neck. Slight pressure on the neck will mildly increase blood volume in the brain to create a "cushion" that may reduce movement of the brain inside the skull. The theory is that this mild compression will help prevent concussions by back-filling the space around the brain with some blood, which acts as a cushion for the brain.

Research: Ongoing Studies

A PATIENT-CENTERED INTERVENTION USING VIRTUAL TECHNOLOGY TO REDUCE COLORECTAL CANCER DISPARITIES IN PRIMARY CARE

Dr. Peter Carek, in collaboration with Dr. Janice Krieger, Director of the STEM Translational Communication Research Program in the College of Journalism and Communications, are working on a study that will test the efficacy of a patient-centered, tailored message intervention delivered via virtual technology for increasing CRC screening within guidelines among racial/ethnic minority and rural patients. Colorectal cancer (CRC) is the second leading cause of cancer death in the United States. Unfortunately, there are significant CRC screening disparities that result in higher rates of CRC-related morbidity and mortality for minority and rural patient populations, particularly in the southern United States. The development of interventions that capitalize on advances in communication, informatics, and computer science have great promise for resolving theoretical and practical problems associated with CRC screening decision-making. This study hypothesizes that exposure to a minimally tailored CRC screening intervention delivered via VHT will lead to improved cognitive processing of the intervention and increased adherence with initial and repeated annual FIT screening completion as compared to a fully tailored, text-only intervention. This hypothesis will be tested through two specific aims. In Specific Aim 1, we will conduct focus groups and think-aloud interviews stratified by geography, gender, and racial/ethnic background to expand and pilot test an intervention that uses a virtual human as a delivery mechanism for CRC screening information. In Specific Aim 2, patients (N = 3,000) will be recruited via primary care clinics and a secure, clinical data warehouse to complete a patient randomized test of the efficacy of the intervention for promoting initial and repeat FIT testing. Dependent measures will be assessed via patient self-report and chart review. The proposed study will reduce health disparities and associated morbidity and mortality due to CRC via increasing screening among racial/ethnic minority and rural populations.

GRACE MARKETPLACE & DIGNITY VILLAGE PILOT STUDY

Dr. Shenary Cotter, in collaboration with Dr. Karla Shelnutt, an Associate Professor in the Department of Family, Youth, & Community Sciences, and Dr. LaToya O'Neal, an Assistant Professor in the Department of Family, Youth, & Community Sciences, are working on a study assessing food insecurity, poor nutrition, mental health issues, and chronic health conditions with members of the homeless population at GRACE Marketplace and Dignity Village. These are all contributing factors to the many health issues that members of the homeless population face and could further exacerbate their other present chronic health conditions. The study collected data from residents of Grace Marketplace and Dignity village in the form of a semi-structured interview-styled survey between July 14, 2017 and- August 5, 2017 on-site at GRACE Marketplace. The survey contained two segments: an intake assessment segment, and a survey segment.

The intake assessment involved the collection of physiological health parameters that included: blood pressure, heart rate, height, weight, Body Mass Index (BMI), BMI classification, waist circumference, and self-reported diabetes diagnosis status. The participants then completed an interview-styled survey consisting of validated scales and novel items which assess the self-reported access to healthcare services, nutritious foods, physical and mental health levels of the GM / DV, and interest in a community garden. The validated scales included: the National Cancer Institute (NCI) Fruit & Vegetable Screener (NCI_F/V), Stage of Change Measure items for nutrition and fruit & vegetable intake, the International Physical Activity Questionnaire (IPAQ), and the DASS-21 (Depression, Anxiety, Stress Scale). The proposed study will assess physiological, psychological, and nutritional health while evaluating potential solutions from the perspective of the participants including community-oriented interventions such as a community garden and or nutrition education.

PROFESSIONAL IDENTITY, JOB SATISFACTION, AND COMMITMENT OF NON PHYSICIAN FACULTY IN ACADEMIC FAMILY MEDICINE

Dr. Arch Mainous, in collaboration with Dr. Peter Carek, are conducting a survey study through the Council of Academic Family Medicine Educational Research Alliance (CERA) which is a joint initiative of all four major U.S. academic family medicine organizations (STFM, NAPCRG, ADFM, and AFMRD). The aims of this study were to: 1) investigate in a national survey of academic nonphysician faculty the feeling of identity of nonphysician faculty in family medicine and perceptions of respect by their colleagues and 2) evaluate the level of self-efficacy, job satisfaction, and organizational commitment of nonphysician faculty in relation to the feelings of family medicine identity. The overall participant pool indicated that their sense of feeling valued within family medicine, professional identity with family medicine, commitment to their organization, job satisfaction, and self-efficacy were all high.

MEDICAL STUDENT WELLNESS CURRICULUM TO IMPROVE MEDICAL STUDENT WELL BEING

Dr. Kristy Smith is developing a wellness curriculum to improve medical student well-being and decrease depression and anxiety in medical students. Medical Student Well Being Index, GAD-7, and PHQ-9 scores will be taken on medical students every three months longitudinally throughout medical school. Interventions will include incorporating basic stress management, study skills, and resilience training to help students gain the tools they need to improve quality of life, decrease depression and anxiety, decrease dropout rates and time off, and ultimately improve academic performance. Data collection will commence with the incoming first year medical students this fall.

SICKLE CELL / HEMOGLOBINOPATHIES

Dr. Arch Mainous, in collaboration with Dr. Peter Carek, are conducting a study to develop and implement a clinical decision support system into the electronic health record for patients with sickle cell disease and other hemoglobinopathies whose primary care is delivered in the Department of Community Health and Family Medicine. The purpose of this study is to show the impact of utilizing programmed alerts to remind providers to order ferritin test on patients during routine office visits. Due to the increased blood transfusions as part of treating pain associated with sickle cell disease, this patient population tend to have high amounts of iron in their blood. Patients who test a ferritin level above 1,000ng/mL are recommended to undergo chelation therapy. Mid-cycle numbers show that there is a 50% rate of ordering ferritin labs on eligible patients.

PAIN MANAGEMENT PROGRAM STUDY

Dr. Siegfried O. F. Schmidt, in collaboration with Lesa Gilbert, FNP-BC, Dr. George Samraj, Dr. David Feller and Dr. Ku-Lang Chang, are nearing the fourth year of the UF Pain Management Program at Main (PMPM) within the UF Family Medicine Residency Program. Through this study, researchers are continuing to monitor the care received by patients with chronic pain conditions who are being seen at the location with the goal to analyze patient data to better understand these patients' experiences and understand how their treatment and diagnoses changed after being referred to this program. Alongside the patient care aspect, the research team intends to evaluate resident education and knowledge gained from their one-month rotation with PMPM.

IMPROVING INFLUENZA VACCINATION RATES IN A FAMILY MEDICINE CENTER

Dr. John Malaty, in collaboration with Drs. Dickmann (PGY-3), Conroy (PGY-1), and Dideban (PGY-2), is conducting a study to determine if a quality improvement intervention implemented at a family medicine center has been effective in improving influenza vaccination rates. The influenza vaccination rate for patients seen by family medicine residents and faculty members in their family medical center will be determined, both before and after the intervention, and sub-group analysis involving vaccination rates for patients with specific demographic details and relevant chronic conditions will be analyzed. Data will be requested from UF Physicians Decision Support on patients seen at UF Health Family Medicine – Main clinic starting September 1, 2015 through August 31, 2016 for the pre-intervention analysis and from September 1, 2016 to August 31, 2017 for the post-intervention analysis. The data being analyzed is associated with patients who received primary and/or specialty care at UF Health Family Medicine - Main. Descriptive statistics will be used to determine the baseline influenza vaccination rate prior to the intervention, the rate of vaccination after the intervention and the rate of declines for vaccination after the intervention. The data will then be stratified to assess the rates across important demographic sub-groups. Further statistical analyses, using descriptive statistics and bivariate analyses, will be done to evaluate the prevalence of vaccination among patient subgroups with specific diagnoses which place them at high-risk for influenza-related complications per CDC guidelines.

CHARACTERIZATION OF ED HIGH UTILIZERS

Dr. Peter Carek, in collaboration with Drs. Maribeth Porter and Lisa Chacko, is working on a study to characterize the patients who are frequently readmitted to the hospital. According to CMS, approximately 1 in 5 patients are readmitted to the hospital within 30 days of discharge. 75% of these readmissions have been estimated to be preventable, which equates to a cost of \$12 billion dollars per year. This study's characterization will be completed for patients that were readmitted to the ED within 30 days of a previous hospital admission. The characterization will include demographic variables, length of stay, readmissions, primary and secondary diagnoses, and medications. Subgroups from the high utilizers will be identified and further analyzed in order to develop patient-centered and population health interventions.

FEO PROGRAM EVALUATION

Dr. David Quillen, in collaboration with Dr. Lisa Chacko, is conducting a retrospective 9-year program evaluation of the Faculty Enhancement Opportunities (FEO) Program at the University of Florida, including a survey of grantees and review of grant documents. The purpose of the study is to assess the degree to which University of Florida's innovative FEO program has impacted career development of individual faculty members and departmental advancement. A comprehensive program evaluation will allow the FEO program to share its model with other institutions, quantify the degree to which promotion and career growth were served by FEO funding and seek grantee feedback for areas of future growth and improvement. The specific aims of this study are to (1) Assess FEO grantee perspectives of the impact of FEO funding on publication, promotion, academic collaboration and contribution to departmental goals, (2) Compare original goals of FEO grants with reported outcomes, and (3) Describe and compare FEO funding across the Colleges and Departments within the University of Florida. The University of Florida's FEO program is unique, as there is currently only one other known institution-initiated faculty enhancement award nationwide. The other existing program is at Harvard University. This faculty enhancement program targets "vulnerable" faculty at risk of falling short of promotion and tenure goals early in their careers (prior to promotion). UF's FEO program is innovative in its availability to faculty as soon as three years into a faculty position. This proactive approach to supporting faculty outside of traditional sabbatical or continuing education funding lines places UF's FEO program at the forefront of innovation for faculty development nationally.

PATIENT EMPOWERED STRATEGY TO REDUCE ASTHMA MORBIDITY IN HIGHLY IMPACTED POPULATIONS (PREPARE)-VANGUARD STUDY

Dr. Ku-Lang Chang, in collaboration with Harvard University, is conducting a study measuring the impact of adding PARTICS-PARTICS-patient activated rescue therapy with Inhaled Corticosterorids (ICS) for the high-risk racial and ethnic groups of African American/Black and Hispanic/Latino patients. The PREPARE study will enroll self-identified African American/Black and Hispanic/Latino patients, the racial and ethnic groups most adversely affected by asthma. The enrolled patients will be randomized equally to the intervention (PARTICS-patient activated rescue therapy with ICS) and the usual care groups. PARTICS, the addition of ICS to each puff of SABA for rescue while continuing usual daily controller therapy was effective in a smaller very tightly controlled clinical trial; decreasing asthma exacerbations that required steroids, and asthma related ED visits or hospitalizations. Despite the added use of an ICS to rescue therapy, there was no increase in rates of oral thrush or other side effects associated with ICS use. Dr. Chang and the UF CHFM department are assisting with patient recruitment, and data collection from high-risk patients.

INFLUENCE OF SLEEP & PHYSICAL ACTIVITY ON CONCUSSION RECOVERY

Dr. Jay Clugston, in collaboration with Dr. Jaffee (UF Department of Neurology) and Dr. Bauer (UF Department of Clinical & Health Psychology), is working on a study measuring the impact of sleep and physical activity on concussion recovery. Sleep and physical activity play a crucial role in the maintenance and restoration of cognition, learning, and memory, and serves as a key factor in brain recovery. Sleep and physical activity may be factors that affect concussion recovery, including the days to symptom resolution, days to neurocognitive deficit resolution, and days to balance deficit resolution. Despite the high incidence of sleep and vigilance problems following concussion, few studies have used objective measures, such as actigraphy (e.g. wrist accelerometer unit), to describe sleep and wake disturbances. The purpose of this study is to determine the influence of sleep and physical activity on concussion recovery. The results of this study will help guide clinicians in determining the utility of sleep management programs and physical activity recommendations to aid recovery following concussion.

OTIC BAROTRAUMA STUDY

Dr. Susan Millan and her research team at the UF Health Wound Care and Hyperbaric Center at Magnolia Parke have begun their project to evaluate the causes of barotrauma during hyperbaric oxygen therapy (HBOT) and what treatments can be used to prevent otic barotrauma (OB). They have begun by analyzing historical data from 2/1/2014 through 12/31/2015, and specifically otic barotrauma adverse events that have occurred at the UF Health Wound Care and Hyperbaric Center. They plan to analyze diagnoses, depth of treatments, chamber operators, number of treatments received, gender, day of week and TEED otic barotrauma scores. The aim of this project is to determine whether there are significant factors that affect otic barotrauma while patients are undergoing hyperbaric oxygen therapy. The results of this study will help aid clinicians to not only assist in decreasing the number of OB adverse events in HBOT, but it may also inform scuba divers with comorbidities of otic barotrauma. Available literature does not address comorbidities on the incidence of otic barotrauma in HBOT or of pre-hyperbaric oxygen therapy evaluation and treatment by Otolaryngology.

STFM FACULY DEVELOPMENT STUDY

Dr. Tanya Anim is working on a study to enhance development of the Family Medicine Residency Program faculty members through identification of current areas of weakness or need, and the development of a tailored faculty development series based on the needs identified. The UF Family Medicine Residency Program did not provide internal faculty development sessions until the start of this intervention. The existing faculty development program for the entire College of Medicine presents topics that often are not specific to the unique needs of the family medicine faculty. Relevant, targeted (i.e. based on identified needs) faculty development promises to dramatically improve resident and medical student education. The objectives of this study are to: (1) Develop and implement a tailored Faculty Development Series for the UF Department of Community Health and Family Medicine to improve the quality of teaching and (2) Create a practical faculty development toolkit for programs across the nation, enabling them to tailor faculty development to the needs of their own faculty. The four-step protocol for enhancing faculty development: (1) A Research Electronic Data Capture (RED Cap) survey will be administered to faculty, residents, and clinic staff to identify areas of faculty teaching that could benefit from improvement, (2) Development of a tailored faculty development series based on the needs identified in the surveys, (3) Delivery of the faculty development series utilizing a variety of presentation and teaching styles, and (4) Evaluation of the impact of the faculty development series on the experience of teaching and learning. At the end of the academic year, a follow-up faculty, resident and staff survey will assess satisfaction and perceived impact of the tailored Faculty Development Series. This evaluation will specifically assess the degree to which the Faculty Development Series addresses the stated needs. Moreover, Dr. Anim and her team will assess the educational applicability and the experiential nature of the Faculty Development Series.

LOW LITERACY ASTHMA PLAN STUDY

Drs. Elvira Mercado and Kim Nguyen, in collaboration with Karen Theoktisto, DNP, ARNP, are working on a study to test the use of a low literacy asthma plan in order to improve compliance of pediatric patients regarding asthma management and reduce the number of asthma-related emergency room visits and hospital admission rates. Asthma is the most prominent chronic illness in childhood and affects an overall 9.6% of all children in the United States (Gold, et al., 2016). Text-based asthma self-management plans in a low-literacy population may not be well received and are difficult to understand. Asthma plans that utilize pictures may communicate the severity of asthma in a more understandable method, leading to better asthma control and reducing visits to the emergency room. In Alachua County, Florida, the number of emergency room visits for children age 0-17 years with asthma has increased from 293 in 2005 up to 488 in 2014, and hospitalizations have increased from 82 to 164 during the same period (Florida Public Health Tracking System, 2016). Improved health literacy approaches have been linked to improved patient outcomes but have not been well studied in childhood asthma outcomes (Yin et al., 2016). Asthmatic children of parents with low health literacy are at risk for worse asthmarelated outcomes, more severe asthma exacerbations and increased use of emergency rooms. The development of a low-literacy asthma plan can be used as part of counseling that can offer providers a framework with which to educate parents and families on specific asthma issues. Asthma affects all Americans, but the burden is especially high for children of low-income, lesser-educated and racial- and ethnic-minority populations.

INTERACTIVE INFORMED CONSENT STUDY

Dr. Ray Moseley and Dr. Arch G. Mainous III (CHFM and UF Department of Health Services Research, Management, and Policy), in collaboration with Dr. Christopher Harle from Indiana University (UF Department of Health Policy & Management), Dr. Janice Krieger (UF College of Journalism), and Dr. Babette Brumback (UF Department of Biostatistics), are collaborating with the goal of developing and evaluating a novel, electronic informed consent application for research involving electronic health record (EHR) data. In response to NIH RFA-OD-15-002, this study addresses research using clinical records and data, including the issues of the appropriate content and duration of informed consent and patient preferences about research use of clinical information. This study will design an electronic consent application intended to improve patients' satisfaction with and understanding of consent for research using their EHR data. The electronic application will provide interactive functionality that creates a virtual, patientcentered discussion with patients about research that uses EHR data. Also, to correct potential misconceptions and increase informedness, the application will present trust-enhancing messages that highlight facts about research regulations, researcher training and data protections. This study will improve understanding of how to best give patients information about research that uses their health records and data. With this understanding, this study will develop a new computer application that patients can use in their doctors' offices. This application will allow patients to learn more about clinical research and make informed choices about whether or not they want their health records and data to be used for research. This project is innovative because it will create a virtual, patient-centered discussion about research using EHR data. Moreover, this project will produce a consent application that clinicians and researchers can use as an ethically sound and practical tool for consenting patients, in a clinical setting, for research involving EHRs.

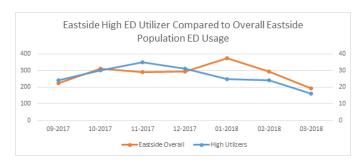
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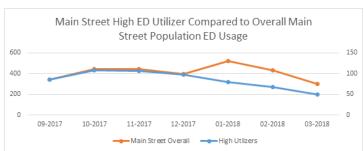
UF Quality Measures

As the department wraps up another flu reporting season, the focus and dedication to increase the number of patients who have received flu shots has been outstanding. Each clinic not only improved their average, but all clinics also exceeded benchmark numbers. As a department, the reporting rate increased from an average of 41% as of February 2017 to 61% as of February 2018! All clinics increased the number of patients screened as a total percentage. A special mention for Old Town faculty and staff who went from a 54% reporting rate in October 2017 to a 92% reporting rate in February 2018. Each clinic took on the challenge of improving flu vaccination rates. The department would like to thank everyone for making this busy flu season run smoothly.

Reduction of Patient Emergency Department Usage and Hospital Readmissions

Multidisciplinary and interdepartmental efforts continue to help identify strategies to address patients who utilize the Emergency Department at higher rates than their clinic peers. According to UFHP, the Readmission Rate for the department has decreased from 17.60% in August 2017 to 16.38% in February 2018. Emergency room utilization appears to be on a downward trajectory as well.





PUBLICATIONS

Asken B (g), Bauer R, Guskiewicz K, McCrea M, Schmidt J, Giza C, Snyder A (g), Houck Z (g), Kontos A, McCallister T, Broglio S, Clugston J, CARE Consortium Investigators. Immediate removal from activity after sport-related concussion associated with shorter clinical recovery and less severe symptoms in collegiate student-athletes. *American Journal of Sports Medicine*. Published online ahead of print March 20, 2018.

Hoffman NL, Weber ML, Broglio SP, McCrea M, McAllister TW, Schmidt JD, CARE Consortium Investigators (**Clugston JR**, et al.). Influence of post-concussion sleep duration on concussion recovery in collegiate athletes. *Clinical Journal of Sports Medicine*. Published online ahead of print November 16, 2017.

Schmidt JD, Rizzone K, Hoffman NL, Weber ML, Jones C, Bazarian J, Broglio SP, McCrae M, McAlister TW, CARE Consortium Investigators (Clugston JR, et al.). The influence of developmental stage and age at first concussion on number of subsequent concussions. *Journal of Pediatric Neurology*. Published online ahead of print January 19, 2018.

Shniderman AB, **Solberg LB**. Narrative identity: Challenges for retribution in the criminal justice system. *AJOB Neuroscience*. 2017;8(3):190-192.

Smith DM, Weitzel KW, Elsey AR, Wake DT, Gong Y, Duong BQ, Newsom K, Smith SM, Starostik P, Clare-Salzler MJ, **Schmidt SO**, Johnson JA, Fillingim R, Cavallari LH. Outpatient CYP2D6 genotype-supported opioid therapy: A prospective trial. *Clinical Pharmacology & Therapeutics*. 2018;103:S1. (PT-012)

PRESENTATIONS

National Presentations

Agana DF. Characteristics of Family Medicine Patients Frequently Readmitted: The Role of Outpatient Behavior. Presented at: North American Primary Care Research Group; November 2017; Montreal, Quebec, Canada.

Agana DF. Characteristics of University of Florida Family Medicine Patients Frequently Readmitted to the Hospital in 2016. Presented at: American Public Health Association Annual Meeting; November 2017; Atlanta, GA.

Chessman A, **Agana DF**, Jortberg B, et al. CERA FM Clerkship Director Survey Background Data Trends Since 2012. Presented at: 44th Annual Society of Teachers of Family Medicine Conference on Medical Student Education; February 2018; Austin, TX.

Hatch RL, Paniagua M, Margo K, et al. Update on the NBME Shelf Exam and Opportunity for Input on Future Directions. Presented at: 44th Annual Society of Teachers of Family Medicine Conference on Medical Student Education; February 2018; Austin, TX.

Hatch RL, Rubin D, Nall R, Harrell JG. Assessing physical exam skills of clerkship students – interrater reliability and correlations between different assessment methods. Presented at: 44th Annual Society of Teachers of Family Medicine Conference on Medical Student Education; February 2018; Austin, TX.

Mainous AG, Agana DF, Hatch RL, et al. Institutional NIH Research Funding and Educational Support for Family Medicine Education and Their Relationship to Family Medicine Specialty Choice. Presented at: 44th Annual Society of Teachers of Family Medicine Conference on Medical Student Education; February 2018; Austin, TX.

Rubin D, **Konopack J**, Nall R, Harlan E. Observed histories and physicals: making LCME, students and faculty happy. Presented at: 44th Annual Society of Teachers of Family Medicine Conference on Medical Student Education; February 2018; Austin, TX.

CHFM EVENTS

Upcoming Events

NATIONAL HEALTHCARE DECISIONS MONTH April 2018

The Alachua County Board of Commissioners has declared April 2018 as National Healthcare Decisions Month, recognizing the importance of having conversations and documenting medical care choices. Under the leadership of UF Health, a community collaborative that includes Haven, IFAS, LifeQuest and other organizations assisted by nearly 70 University of Florida Quality Improvement interns, has planned multiple activities to increase awareness about advance care planning.

Before I Die Walls | April 2-30

Before I Die is a global public art project aiming to inspire communities to change their relationship with death and with one another. Beginning April 2, Before I Die walls will be installed at many locations including: Possum Creek Park, Depot Park, Alachua County Senior Recreation Center, Bo Diddley Plaza, Haven Hospice Attic, United Church of Gainesville, J. Wayne Reitz Union, UF Health (Sun Terrace, FAB, 1329, OSMI and Psych/Rehab) and Santa Fe College.

UF Health Shands Arts in Medicine (AIM) | April 3–20

AIM is creating an *In My Lifetime* art installation in the Cancer Hospital's Criser Cancer Resource Center. Clinical units are participating by encouraging staff to write or illustrate things they would like to do in their lifetimes on provided flags that will be incorporated into a collaborative installation between April 3 and April 12. The multicolored flags are 6 inches by 8 inches and will be strung together in the space; the piece will be on display through April 20. The purpose of the project is to give an opportunity for reflection, as well to honor the hopes and aspirations of clinical staff.

Defining Hope Screening | April 3-28

Defining Hope is an optimistic documentary that follows patients with life-threatening illness as they make decisions about what matters most. Nursing CEUs (1.25) will be offered at all screenings and admission is FREE.

- McKnight Brain Institute's DeWeese Auditorium from 7 to 8:30 p.m. on April 3, 11, 19 and 28.
- UF Health Shands Hospital on April 6 from 7:45 to 9:15 a.m. in Room H-108 and on April 12 from 3 to 4:30 p.m. in Room 2147
- UF Health Cancer Hospital Room 1205 on April 18 from 5 to 6:30 p.m.

Death Over Dinner | April 10

The dinner table is the most forgiving place for difficult conversation. On April 10, residents of Alachua County will gather to have dinner and talk about end-of-life issues at the Senior Recreation Center. This event was quickly booked and the names of interested participants will be placed on a waiting list for the next event.

National Blue & Green Day | April 13

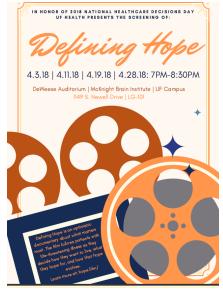
UF Health will collaborate with LifeQuest to recognize both National Healthcare Decisions Day and National Donate Life Month with activities and prizes on April 13 starting at 7 a.m. in the Shands Hospital Atrium. During this day, the public is encouraged to wear blue and green to raise awareness about the extreme need for registered donors and to encourage the completion of advance directives. Volunteers will answer questions and assist with uploading documents into participants' UF Health medical records. For more information, visit: ufhealth.org/advance-directives













WALK WITH A DOC April 14-August 11, 2018

Take a step toward better health and commit to walking just 30 minutes a day. Join the crowd for the kickoff "Walk with a Doc" event at Depot Park and enter to win prizes, meet friends and feel great about yourself.

Come walk and talk with interdisciplinary colleagues, students and patients from across Gainesville. The aim of the program is to promote community wellness, foster interprofessional health education and build stronger provider-patient relationships. Individuals of all ages and pets welcome!



April 14 | May 12 | June 9 | July 14 | August 11

Time: 9 a.m. - 10 a.m.

Location: Depot Park - 200 SE Depot Avenue, Gainesville, FL



PRIMARY CARE INNOVATIONS CONFERENCE April 28, 2018

The aim of this conference is to create a collaborative space in which the primary care community can share and learn from each other's innovative practices and ideas. The keynote speaker will be David Margolius, MD, who serves as the director of the learning collaborative for Better Health Partnership, a Northeast Ohio regional healthcare improvement effort that works with over 600 primary care providers in 69 practice sites with 10 healthcare systems.



COMMUNITY HEALTH AND WELLNESS EXPO May 18, 2018

UF Health will host a FREE health and wellness expo for the community where attendees will receive an expo bag, prizes and refreshments. The event will take place at the Hilton University of Florida Conference Center on May 18 from 8 a.m. to noon. There will also be free screenings for cholesterol, glucose, blood pressure and body mass index (BMI).

Learn about:

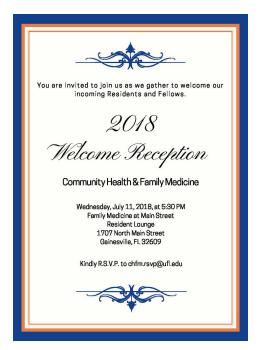
- Stress reduction and mental health
- Reducing cancer risk
- Women's health
- · Gardening and healthy eating
- Getting better sleep

CHFM 4TH ANNUAL PICNIC/ CHFM RESIDENT WELCOME RECEPTION June 2, 2018 and July 11, 2018

The Department of Community Health and Family Medicine (CHFM) would like to invite all faculty, residents, administrative staff, ACU managers, and clinic staff to the 4th annual summer picnic event and the CHFM welcome reception for residents and fellows.

If you are planning to attend either or both events, please RSVP to Emilee Rice at chfm.rsvp@ufl.edu.





Past Event Highlights

GATORS SOFTBALL GAME March 11, 2018

This year, the Department of Community Health and Family Medicine had the opportunity to sponsor a Gators Softball game against the University of Kentucky. With a final score of 4 to 0, the Gators Softball team brought home a win.

Dr. Brian Fitzgerald had the chance to throw the first pitch and represent CHFM on the field!







GATOR DAY AT THE CAPITOL February 15, 2018

Gator Day is an annual event that brings together University of Florida students, alumni, faculty, staff and administration with the goal of advocating for the University of Florida with legislators and esteemed leaders throughout Florida. Gator Day affords students and alumni the opportunity to interact with leaders in the state and local communities. On this day, members of the Gator Nation gather to showcase the university's preeminent status.

This year, Dr. Peter J. Carek was selected to be Doctor of the Day. He had a great time visiting the state capitol.





Dr. Carek (left) is pictured alongside Senator Keith Perry (right)

SUPERIOR ACCOMPLISHMENT AWARDS January 9, 2018

The Superior Accomplishment Awards recognize staff members who contribute outstanding service to the students and employees at the University of Florida. The Department of Community Health and Family Medicine would like to congratulate Najwa Liscombe for receiving a 2018 Superior Accomplishment Award and Dr. Ann Grooms for also receiving superior recognition in the category of Diversity & Inclusion in the Workplace.

Thank you for being such selfless, conscientious and kind individuals every day!



Najwa Liscombe receiving her 2018 Superior Accomplishment Award



Dr. Ann Grooms was recognized for her work with students experiencing gender dysphoria

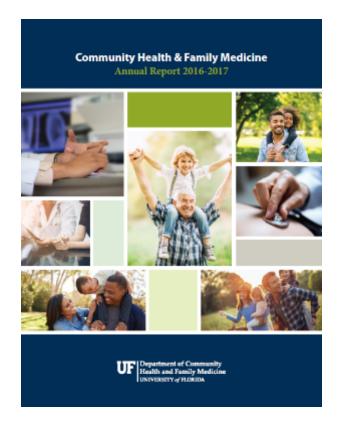
ANNUAL REPORT

The faculty and staff in the Department of Community Health and Family Medicine adhere to the highest standards of quality in education, research and patient care. The annual report is a summary of various activities and highlights in the department.

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- LETTER FROM THE CHAIRMAN
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- MEDICAL STUDENT EDUCATION PROGRAM
- BIOETHICS, LAW AND MEDICAL PROFESSIONALISM PROGRAM
- RESIDENT EDUCATION PROGRAM
- OUALITY AND PATIENT SAFETY
- COMMUNITY HEALTH
- STATE OF THE DEPARTMENT
- ADMINISTRATIVE SERVICES AND COMMITTEES
- AWARDS AND ACHIEVEMENTS
- GRANTS, RESEARCH AND PUBLICATIONS

To view a PDF version of the annual report, CLICK on the cover!



QUESTIONS



If you would like to add something to this newsletter or have any suggestions, questions, comments or concerns, please email Maggie Martinez at magdianismartine@ufl.edu with subject "CHFM Newsletter."



"Thank you for taking the time to read the March edition of The Pulse."

-Department of Community Health and Family Medicine



Newsletter Editors: Bernie Amaro & Magdianis Martinez