ACHIEVEMENTS
CHFM faculty and staff have been hard at work to advance the field of family medicine.
p. 02

FACULTY SPOTLIGHT
Shining a light on the great work family medicine providers do for the Gainesville community.
p. 03

THREE MISSIONS
CHFM continues to focus on patient care, education and research as part of its three missions.
p. 04

CHFM EVENTS
Learn about past and upcoming CHFM events.
p. 08

CHAIR’S MESSAGE
Fellow CHFM Member,

Welcome to the June edition of The Pulse! In addition to our continued excellence in patient care and education, our department continues to grow in our research and quality improvement activities.

This growth is best exemplified in the increasing numbers of peer-reviewed presentations being accepted to regional, national, and international medical meetings (over 50 last fiscal year, including residents and students) and peer-reviewed publications (over 40 last year).

As we move our department forward, this increased scholarly activity is fundamental to our growth and success. Please review this edition of The Pulse and share with others. Our continued success as a department is due to the excellent work of our faculty, residents, and staff.

Best regards,

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

SEC Team Physician of the Year

Congratulations to Dr. James R. "Jay" Clugston, who was named SEC Team Physician of the Year for 2017–18 by the Southern Orthopaedic Association. In addition, the University of Florida College of Medicine Athletic Training Staff will receive a check for $1,000 to be used for student athletic trainer education, courtesy of DJO Global, who has sponsored this stipend since the award's inception in 2003.

2018 Exemplary Teacher Award

Congratulations to Dr. Jocelyn Gravlee for receiving the UF College of Medicine 2018 Exemplary Teacher Award. Dr. Gravlee has received this award every year since 2009.

2018 NCAA Research Award

The American Medical Society for Sports Medicine (AMSSM) awarded the 2018 NCAA Research Award to Dr. Stephen Carek for his work on Interventricular Septum Measurements in Pre-Participation Screening of Collegiate Athletes: Understanding the Grey Zone.

Stem Cell Oversell Television Interview

Professor Bill Allen was interviewed in April by Katie LaGrone with WPTV, an NBC-affiliated television station in West Palm Beach, FL (local news channel 5). Take a closer look at Professor Allen's interview by clicking the following link: There's a problem with stem cell therapy in Florida.

UF Wound Care and Hyperbaric Center - WISH Study

UF Wound Care and Hyperbaric Center will be the clinical heart of the WISH study, an NIH-sponsored, multidisciplinary study of venous leg ulcers with Dr. Joyce Stechmiller and the Department of Nursing, Dr. Schultz and Dr. Gibson at the UF Institute for Wound Research, and the Montana State University. This study aims to enhance the health outcomes of individuals with chronic non-healing wounds (CHNW) by elucidating the complex biobehavioral factors that influence patient-oriented symptoms such as pain and other distressing symptoms, the healing trajectory, and presence of biofilm.

PATIENT CARE

Dr. Daniel Rubin received his Bachelor of Science in biology from the University of Central Florida, followed by his medical degree and family medicine residency from the University of Florida. In 2001, he joined the UF Health Family Medicine – Haile Plantation clinic with a patient care focus on health maintenance and disease prevention.

During his time at the University of Florida, Dr. Rubin has been highly involved in medical student education and has earned the Exemplary Teacher Award a total of ten times. He has served as the Family Medicine Interest Group faculty advisor for the past five years and has been a course director for the College of Medicine’s Introduction to Clinical Practice. Dr. Rubin has also been published in the 10 Minute Diagnosis Handbook and the Geriatric Nephrology and Urology as well as reviewed for the Journal of National Medical Association, American Family Physician, and Journal of Family Practice. He has been an invited speaker at local, state, and national conferences.
Dr. Arch G. "Chip" Mainous joined the University of Florida faculty in September 2013. In addition to his position as Chair and Florida Blue Endowed Professor in the Department of Health Services Research, Management and Policy, he is also a Professor and Vice Chair for Research in the Department of Community Health and Family Medicine. Prior to coming to the University of Florida, he was the Associate Dean for Assessment and Evaluation and Professor and Director of Research in the Department of Family Medicine in the College of Medicine at the Medical University of South Carolina.

He is currently the Deputy Editor of the journal *Family Medicine* and is on the editorial boards of the *Annals of Family Medicine* and *BMJ Open*. Dr. Mainous has published more than 350 articles in peer-reviewed journals and has conducted a variety of studies on conditions commonly presenting in primary care, including respiratory infections, diabetes, cardiovascular disease, and iron disorders.

These studies have been funded by a diverse portfolio of sponsors, including National Institutes of Health, Agency for Healthcare Research and Quality, the Robert Wood Johnson Foundation, and the Centers for Disease Control and Prevention. Much of Dr. Mainous’ research has focused on improving the delivery of healthcare by attempting to improve the detection of disease and providing the right care for the right individual.

**Awards and Honors**

- Best Abstract at Academy Health Annual Research Meeting (2017)
- Distinguished Paper (STFM 2016)
- Innovative Program Award (STFM 2016)
- Distinguished Research Mentor Award (NAPCRG 2016)

Dr. Alpa Desai is the medical director at both the UF Health Family Medicine – Jonesville and UF Health Family Medicine – Hampton Oaks clinic. After receiving her Doctorate of Osteopathic Medicine from Western University of Health Sciences, Dr. Desai completed her Family Medicine residency at the David Grant Medical Center in California. Before joining our team, Dr. Desai served as Major in the United States Air Force until her Honorable Discharge in June 2007.

Her clinical interests include women’s health, preventative health, and adolescent health. She has published chapters in the books *Nailing the Written Emergency Board Examination* as well as *Primary Care for the Emergency Physician*. Dr. Desai also enjoys spending time with her family, running, and volunteering her time with the Food 4 Kids Backpack Program and A Very Good Deed local charitable organizations.

**Awards and Honors**

- Exemplary Teacher Award (2016)
- Customer Service Keys (2012/2014)
MEDICAL STUDENT EDUCATION

Earlier this year, Medicare regulations were changed to allow medical student documentation to be used for billing. The University of Florida is developing policies to implement this change, which should be good for both students and faculty.

The Society of Teachers of Family Medicine is holding its annual conference on medical student education from January 31 through February 3, 2019, at the Hyatt Regency Riverfront Hotel in Jacksonville, FL. This conference brings together a unique blend of educators and students.

Sessions will cover:

- Cutting-edge educational process and design
- Community engagement
- Competency-based curricula and assessment methods
- Gender equity in academic medicine

Conference registration will open in October 2018.

FAMILY MEDICINE RESIDENCY PROGRAM

It has been an eventful year for the University of Florida’s Family Medicine Residency Program! On July 11, the program will welcome the new class of interns to the UF Health Family Medicine – Main location. The residency program continues to push towards the goal of providing an excellent clinical learning environment.

Starting in July, the upper-level residents will transition to a "min-block" schedule that will hopefully improve patient and resident clinic continuity. It will also allow residents to be fully engaged in the clinic as well as other rotations. "We are looking forward to this innovative, new schedule," said Dr. Maribeth Porter, residency program director. Faculty and staff who have worked alongside the residents are excited about new beginnings but also sad to say goodbye to the graduating third-year residents. All but one of our graduating residents will be staying in Florida, with five practicing outpatient medicine and two continuing to Sports Medicine fellowships.

Congratulations to the graduating residency class of 2018!
SPORTS MEDICINE FELLOWSHIP

Graduation is getting closer for Dr. Stephen Carek and Dr. Tim Durkin. In April, they helped cover the Tom Jones Memorial Track & Field multi-day event. They also assisted with high school athlete physicals and Gator football practices. On April 14, they participated in their last Gator football game.

The American Medical Society for Sports Medicine (AMSSM) Annual Conference was held in Orlando, FL, from April 23 to April 28. Both Dr. Carek and Dr. Durkin gave presentations at the conference. The American Medical Society for Sports Medicine awarded the 2018 NCAA Research Award to Dr. Carek for his work on *Interventricular Septum Measurements in Pre-Participation Screening of Collegiate Athletes: Understanding the Grey Zone*. Both fellows also attended and presented at the American College of Sports Medicine National Conference in Minneapolis, Minnesota, from May 29 through June 2.

On June 30, Dr. Stephen Carek and Dr. Timothy Durkin will be graduating from the Primary Care Sports Medicine Fellowship program. Dr. Carek will be moving to Greenville, South Carolina, where he will begin his Assistant Professor of Family Medicine position with Greenville Health System and University of South Carolina School of Medicine. His job will include primary care, sports medicine, inpatient, research, and teaching.

Dr. Durkin will be moving to Durango, Colorado, to open his own practice incorporating sports medicine, wilderness medicine, and primary care. He will also be working as an emergency medicine physician once a month at an Indian Reservation in New Mexico.

On July 1, the department officially welcomes Dr. Jairo Olivas and Dr. Saundra Jackson to the Primary Care Sports Medicine Fellowship program. Dr. Olivas comes from the UF Family Medicine Residency program and Dr. Jackson joins from Baptist Health in Jacksonville. Both are excited to be part of the Gator Nation and participate in many levels of the fellowship program.

Dr. Jairo Olivas, MD

Dr. Jairo Olivas completed both his undergraduate studies and medical degree at the University of New Mexico in Albuquerque, New Mexico. He completed his family medicine residency at the University of Florida with the intentions to pursue sports medicine.

Dr. Olivas is excited to remain in Gainesville for his Primary Care Sports Medicine Fellowship. When he isn’t providing medical care to patients, he can be found spending time with his family and grilling outdoors.

Dr. Saundra Jackson, MD

Dr. Saundra Jackson completed her undergraduate education at The University of North Carolina at Chapel Hill, and then moved on to medical school at Northwestern University prior to returning to UNC for her emergency medicine training.

Dr. Jackson has been practicing community emergency medicine in Florida for the past seven years, most recently in Jacksonville, where she currently resides with her husband, Wade, and 13-month-old son, Mason. Dr. Jackson is very excited about her opportunity to become a part of the CHFM family and will make a small space for Gator gear in Mason’s closet.
PROGRAM IN BIOETHICS, LAW AND MEDICAL PROFESSIONALISM

Professor Allen served as an expert consultant for a television interview, "Stem Cell Oversell," with Katie LaGrone. The interview aired on WPTV-TV, an NBC-affiliated television station, in West Palm Beach on April 27, and in Tampa on April 30.

Professor Allen participated in an interdisciplinary panel discussion on April 23. Co-hosted by UF Health and The Conversation Project at the Alachua County Senior Recreation Center, the Who Will Speak For You? panel addressed advance directives and promoted their completion.

Professor Allen returned to the Senior Recreation Center on May 15 to deliver a lecture on assisted suicide entitled “Degrees of Aid-in-Dying: Finding Plateaus in the So-Called Slippery Slope.”

Dr. Ray Moseley presented “The Promise of Electronic, Interactive Informed Consent” during the 26th Annual Florida Bioethics Network (FBN) conference in Miami on April 6. Themed “Florida Ethics: Debates, Decisions, Solutions,” the conference boasted over 350 attendees. Celeste Philip, MD, MPH, who serves as the surgeon general of Florida and secretary of the Florida Department of Health, also attended and delivered a presentation titled “Public Health: Linking Ethics, Policy and Education.”

Dr. Moseley taught outstanding high school students about medical ethics on June 14 and June 15, during the Student Science Training Program (SSTP). Hosted by the UF Center for Precollegiate Education and Training, the SSTP is a seven-week residential research summer camp that offers an accelerated and rigorous curriculum for outstanding soon-to-be 12th graders who are interested in pursuing careers in engineering, mathematics, medicine, science or technology.

Professor Solberg served as president of the College of Medicine Faculty Council in Gainesville from Summer 2017 through Spring 2018. The Faculty Council serves as a liaison between College of Medicine faculty and UF administration, honoring shared governance. Annually, the College of Medicine Faculty Council presents the Lifetime Achievement Award. The picture presented below was taken at the 2018 College of Medicine Spring Faculty Appreciation Reception on April 4.

Professor Solberg is mentoring a student in the Medical Student Research Program (MSRP). Lasting from June 11 through August 10, rising second-year medical students and their faculty mentors in the MSRP collaborate to conduct research. MSRP students apply to this UF College of Medicine program during their first year of medical school, and they receive funding to support their summer research experience.
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.

NCAA-DOD GRAND ALLIANCE: CARE CONSORTIUM- CUMULATIVE AND PERSISTENT INTERMEDIATE EFFECTS OF CONCUSSION AND HEAD IMPACT EXPOSURE IN CARE CONSORTIUM NCAA ATHLETES: SALIVA COLLECTION PROTOCOL

Dr. Jay Clugston, as part of the consortium led by the University of Michigan, is working on a prospective, longitudinal, multi-center, multi-sport investigation that builds off of the natural history of concussion assessed in CARE (below). Concussion (i.e., mild traumatic brain injury, or mTBI) is recognized by the U.S. military, the sports medicine community, and society at large as a major public health concern. To inform decisionmaking around these concerns, the U.S. DoD and the National Collegiate Athletic Association (NCAA) established the NCAA–DoD Grand Alliance and the Concussion Assessment, Research and Education (CARE) Consortium. Through this public-private partnership, CARE is defining the clinical and neurobiological natural history of concussive injury and recovery. In its initial phase, CARE focused on the six-month natural history and neurobiology of acute and sub-acute concussion and has enrolled over 39,000 MSA cadets and NCAA athletes.

Thus, while the initial phase of CARE focused on the six-month natural history and neurobiology of acute and sub-acute concussion, a new broader study will employ an innovative, prospective research design to determine if there are intermediate cumulative effects (i.e., alterations over a collegiate career) and persistent effects (i.e., ongoing signs/symptoms up to 4-years following MSA/collegiate graduation) associated with concussion and/or head impact exposure. The purpose of this study is to characterize genomic and proteomic profiles that predict the intermediate-term cumulative and persistent effects of concussion and/or repetitive head impacts in NCAA student-athletes by collecting saliva samples from CARE subjects.

NCAA-DOD CARE CONSORTIUM
QUALITY IMPROVEMENT

UF HEALTH QUALITY MEASURES

As of May, the department is improving UF Health quality measures across the board. Of the 6 measures, the department is passing 5 of them. Hemoglobin A1c control in diabetes mellitus, nephropathy screening in diabetic patients, influenza immunization, pneumococcal vaccination, and controlling high blood pressure are all at or above benchmark rates.

Currently, colorectal cancer screening has been steadily climbing in 2018, starting at 50% in January with 56% in May. Each clinic has put in place interventions to improve colorectal cancer screening and documentation. The department looks forward to seeing the outcomes of quality improvement at each clinic!

REDUCTION OF PATIENT EMERGENCY DEPARTMENT USAGE AND HOSPITAL READMISSIONS

The downward trend of the readmission rate continues, with the overall readmission quotient for Community Health and Family Medicine coming in at 15.11% for the period ending in May 2018. Only 553 readmissions were attributed to the department. UF Health Family Medicine – Eastside is now offering a Transitional Care Management clinic for one session a week to further assist patients in improving their health and reducing admissions.

The number of patients presenting to the Emergency Department from UF Health Family Medicine – Eastside and UF Health Family Medicine – Main continues to fluctuate but holds a steady overall downward trend. The team-based approach involving the health coaches, providers, pharmacists, and staff continues to produce improved patient care and tangible results.

UPCOMING CHFM EVENTS

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.

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 are welcome!

Join the team on July 14 or August 11!
Time: 9 a.m. – 10 a.m.
Location: Depot Park – 200 SE Depot Avenue, Gainesville, FL
Raising Hope at Work is the annual employee giving campaign for UF Health Shands and UF College of Medicine faculty and staff members. As employees, we have the privilege to touch lives through medicine. As philanthropists, we have the opportunity to raise hope through giving back to UF Health.

This year, CHFM has chosen "Hour of Hope" as its theme. Please consider donating one hour of your pay to one of the following Family Medicine funds:

**Sey Park Memorial Fund for Resident and Student Education & Resiliency Outreach**
Dr. Park was known for supporting medical students and fellow residents during times of emotional distress. This fund supports the education and research activities of residents and medical students associated with CHFM.

**Cary R. Barber, M.D. Scholarship for Providers Depression Awareness and Suicide Prevention Fund**
As medical school expenses continue to rise at a rapid pace, your commitment to providing a world-class education to talented students will leave a lasting legacy for future generations. The Cary R. Barber scholarship supports a medical student interested in family medicine, depression, and suicide prevention.

**David & Pearl Braddock Endowment for Underserved Patients Fund**
Healthcare cost inflation represents one of the largest barriers to patient care. This fund helps to improve healthcare access by providing prescription vouchers and transportation passes to underserved populations in eastern Gainesville.

**Community Health and Family Medicine Education and Development Fund**
CHFM aims to become a nationally recognized model department of family medicine. This fund supports this vision by subsidizing educational and developmental expenses for residents, students, and faculty.

The best way to donate to a Family Medicine fund is to complete a paper pledge card and write the fund option you wish to give to, and then complete the payroll deduction section on the pledge card. You can also send the pledge cards directly to the UF Health Development Office through campus mail or drop them off at the UF Health Development Office in the 1329 Building, Suite 3150.

**Attn: Raising Hope at Work**
UF Health Office of Development
PO Box 100386
Gainesville, FL 32610-0386

Online Giving: giving.ufhealth.org/raisinghope/chfm

If you choose to submit directly to the UF Health Development Office, please let Emilee Rice know your donation amount. For anonymous donations, just submit a slip of paper with the donation amount and place it in Emilee/Sheila’s mailbox in the CHFM Administrative Office Copy Room.

**CHFM WELCOME RECEPTION**
**July 11, 2018**

Dr. Carek would like to invite all faculty, residents, administrative staff, ACU managers, and clinic staff to the CHFM Welcome Reception on July 11 for new faculty, residents, and fellows.
ANNUAL CHFM RESEARCH CELEBRATION
July 27, 2018

You are cordially invited to the Department of Community Health and Family Medicine's annual research celebration. This year, the event will take place on Friday, July 27, from 7:00 a.m. to 8:30 a.m. at the Shands Auxiliary Conference Center located in the UF Health Shands Cancer Hospital Atrium.

Parking is available in the east (visitor) parking garage at no cost. Valet parking is available for $4.00. Lavina Gramig will provide guest parking vouchers at the meeting.

ALUMNI WEEKEND 2018
November 9–10, 2018

Come back to Gainesville to celebrate and reminisce with old friends while reflecting on the innovation and growth that has taken place at the college over the years. Please join the University of Florida for Alumni Weekend 2018!

Please note: This year’s Celebrating Classes Dinner will take place at the Hilton UF Conference Center. Stay tuned for more information about Alumni Weekend events and join the conversation on Facebook, Twitter, and Instagram using the hashtag #UFMedReunion.

Visit drgator.ufl.edu/aw for updates and registration information.

LIFE OVER LUNCH
June 14, 2018

UF Health, the Neuromedicine Interdisciplinary Clinical and Academic Program (NICAP), community leaders, and UF students collaborated to host “Life Over Lunch” for the UF Health Shands Hospital Ethics Committee on June 14.

Inspired by “Death Over Dinner,” Jacqueline Baron-Lee, PhD, and her NICAP Quality Improvement team facilitated small group discussions with attendees, allowing them to partake in “the most important and costly conversation America isn’t having.” As they sat together in the Harrell Medical Education Building’s South Learning Studio, attendees and facilitators enjoyed lunch while frankly discussing end-of-life topics in hopes of attaining a greater appreciation for life. At the end of the event, participants were encouraged to complete advance directives.
CHFM ANNUAL SUMMER PICNIC
June 2, 2018

On Saturday, June 2, CHFM celebrated its fourth annual summer picnic and it was a great success! The event took place at the beautiful Poe Springs, located in the nearby city of High Springs in Alachua County. Attendees enjoyed Mojo Hogtown BBQ while interacting outside of work. Fortunately, it was a beautiful day to enjoy the natural springs and play outdoors.

Dr. Carek was very pleased to have so many members of the extended CHFM family attend this year and enjoy food, fun, and fellowship. The department looks forward to having another beautiful summer picnic in 2019!

PRIMARY CARE INNOVATIONS CONFERENCE
April 28, 2018

The Primary Care Innovations Conference took place on April 28 at the George T. Harrell, M.D., Medical Education Building. The aim of the conference was to create a collaborative space in which the primary care community can share and learn from each other’s innovative practices and ideas. Dr. David Margolius did an excellent job as the keynote speaker for the conference and focused on team-oriented activities for primary care centers.

Ultimately, attendees focused on thinking beyond our current traditional medical culture/framework to push the status quo in primary care forward!

NATIONAL PRESENTATIONS

- Carek PJ, Rahmanian K, Mainous A, Ledford C. Professional Identity, Job Satisfaction and Commitment of Non-physician Faculty in Academic Family Medicine. Presented at: Society of Teachers of Family Medicine Annual Spring Meeting; May 2018; Washington, DC.
- Malaty J, Nelson D, Porter M, Halbrook M. Breaking Down Barriers: Teaching Residents to Utilize a Team-Based Approach and Transform Their Clinical Practice to Achieve the Quadruple Aim. Presented at: Society of Teachers of Family Medicine Annual Spring Meeting; May 2018; Washington, DC.
- Carek PJ. Family Medicine Residency Characteristics are Associated with Graduating Residents Passing the American Board of Family Medicine Certification Examination. Presented at: Society of Teachers of Family Medicine Annual Spring Meeting; May 2018; Washington, DC.

REGIONAL/LOCAL PRESENTATIONS

- Malaty J. Improving Patient Care and Cost Utilization. Presented at: i3 Value Regional Collaborative; April 22, 2018; Chapel Hill, NC.
- Carek PJ. Patients Frequently Readmitted to the Hospital: How do They Compare to Other Hospitalized Patients and Do They Change over Time. Presented at: James H. Free Center for Primary Care Innovation and Education; April 28, 2018; Gainesville, FL.
- Carek PJ. Primary Care Modifiable Factors of Readmissions: A Mixed Methods Approach. Presented at: James H. Free Center for Primary Care Innovation and Education; April 28, 2018; Gainesville, FL.
- Chacko L, Sutton D, Guyer L. City of Gainesville’s Community Resource Paramedic Program: A Framework for Service Learning and Community Engagement. Presented at: James H. Free Center for Primary Care Innovation and Education; April 28, 2018; Gainesville, FL.
- DeRemer C, Quinn K. The Impact of a Clinic Flow Redesign on Improving Hypertension Management in a Rural Clinic. Presented at: James H. Free Center for Primary Care Innovation and Education; April 28, 2018; Gainesville, FL.
- Malaty J, Dideban B, Dickmann S, Conroy L. Using Clinic Processes to Improve Influenza Vaccination Rates. Presented at: James H. Free Center for Primary Care Innovation and Education; April 28, 2018; Gainesville, FL.
Thank you for taking the time to read the June edition of The Pulse!

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

Newsletter Editors: Bernie Amaro & Magdianis Martinez