

THE PULSE

SPRING IS HERE!



DEPARTMENT OF
COMMUNITY HEALTH AND
FAMILY MEDICINE
VOLUME 5, ISSUE 4



CHAIR'S MESSAGE

Fellow CHFM Members,

Welcome to another edition of the Pulse! While we have been extremely busy addressing issues and concerns regarding COVID-19, you will read about numerous other activities involving members of our department. Of particular note, several faculty members have received awards or special recognition recently. I want to thank these individuals for their contributions to our department, college, university and community. If you or another faculty member you know has received a recognition or award, please let me know so we can also highlight the achievements in future editions of the Pulse.

Finally, I want to thank everyone for their work and patience during the current crisis. Your dedication and commitment to our profession is inspiring.

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

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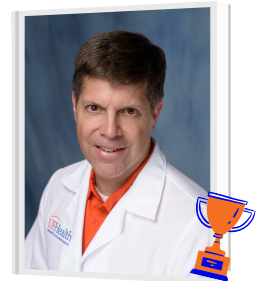


ACHIEVEMENTS



FELLOW OF THE AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE

Congratulations to Dr. Jay Clugston for being named Fellow of the American Medical Society for Sports Medicine (AMSSM.) Dr. Clugston was also interviewed by *Men's Health* magazine for his comments on a possible brain injury. You can find his quotes at the end of this article: "Inside the Race to Solve America's Concussion Crisis." *Men's Health*. December 12, 2019. <https://www.menshealth.com/health/a30136982/brain-injury-concussion-cure/>



UF WOUND CARE AND HYPERBARIC CENTER- 2019 HEALOGICS CENTER OF DISTINCTION AWARD

A huge accomplishment for the UF Wound Care and Hyperbaric Center for earning the 2019 Healogsics Center of Distinction Award. This honor is awarded for achieving or exceeding outstanding clinical operation results in 2019 which include:

- >92% Patient Satisfaction Rate**
- >92% Healing Rate**
- Median Days to heal < or equal to 28**



WELLCARE PATIENT SATISFACTION AWARD RECIPIENTS

Dr. Carek presented WellCare (Medicaid and Medicare) patient satisfaction awards to Drs. Elvy Mercado, Asim Merchant, and John Malaty - January 2019.





ACHIEVEMENTS



UF SOCIETY OF TEACHING SCHOLARS

Congratulations to Professor Lauren Solberg on her acceptance to the University of Florida College of Medicine Society of Teaching Scholars. She was selected out of ten candidates and was formally inducted on March 18, during the Medical Education Week Awards Banquet.



PRESIDENT OF THE GOLD HUMANISM HONOR SOCIETY BOARD

We would also like to congratulate Dr. Sam Dickmann for his new role as President of the College of Medicine Gold Humanism Honor Society Faculty Board. Previously, he was the student president from 2013-2014 during his fourth year in medical school.



ELECTED TO ACADEMY OF SCIENCE OF ENGINEERING AND MEDICINE OF FLORIDA

Dr. Arch Mainous was elected to the Academy of Science of Engineering and Medicine of Florida for his “enhanced knowledge and practice of primary care by improving antibiotic use, physician-patient communication, and detection of cardiovascular and diabetes care.” He will be inducted in a ceremony during the group’s annual meeting, scheduled on November 7.



COLLEGE OF MEDICINE’S 2019-20 UNIVERSITY TERM PROFESSOR

The University of Florida Term Professorship Program recognizes and rewards significant faculty academic achievements. Based on the nomination and the recommendation of the College of Medicine Advisory Committee, Dr. Rob Hatch has been named one of the College of Medicine’s 2019-20 University Term Professors. Congratulations on this significant recognition!



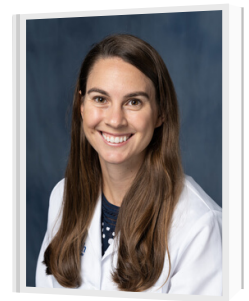


FACULTY SPOTLIGHT



DR. MEGAN LABUZ

The Department of Community Health and Family Medicine welcomes Dr. Megan LaBuz who joined the faculty at Family Medicine – Main on April 3, 2020. She is board certified in Family Medicine and Sports Medicine and specializes in the treatment and management of non-operative musculoskeletal and sports medicine injuries with the goal of helping patients return to the level of activity they desire. She has served as a team physician for Lehigh University, an assistant team physician for the University of Delaware, and has provided game coverage at the University of Notre Dame, as well as physician coverage for multiple community, and national events. Dr. LaBuz grew up in Pennsylvania and recently moved to Florida and looks forward to seeing both primary care and sports medicine patients.



CLINICAL SPOTLIGHT PART 1



We would like to extend special recognition to Kim Lynch and Ashley Pankey for establishing the Virtual Telemedicine Clinic in record time. The normal lead time necessary to bring up a new clinic in Epic is 60 days. This allows the playbook to be filled out by the clinic manager with the appropriate information which will allow the various Epic teams to set up all of the pieces up correctly. This includes not only the creation of the clinic name and ID but also verifying that background workflow is correct. Various components such as making sure the routing of printing and orders are sent to the correct printers, creating billing areas and communicating new areas with Manage Care, and adding security to user profiles are all important steps prior to a new clinic being established. With the Virtual Telemedicine Clinic, it went from concept to implementation in just **seven days**.

To make the implementation even more complicated, an additional call center with the ability to schedule patients in the new virtual department was utilized. The UF College of Pharmacy operates the Center for Quality Medication Management (CQM), a call center run by fourth year pharmacy students, created to answer patient questions regarding medications. The CQM was enlisted to answer calls from UF and UF Health employees who had flu like symptoms but were not established with a UF Health PCP. The CQM was not an Epic run facility prior to being pulled in to assist with these phone calls. New security templates had to be created, functionality to streamline the registration process for users not familiar with insurance and registration processes and training of these new users increased the complexity of establishing a new clinic in such a short time. Twice daily calls were scheduled for the Epic team to check in and make sure all was moving forward as smoothly as possible and all of the pieces were in place for the next steps to be taken. More than 30 people dropped everything to focus on the creation and implementation of the new clinic. This included Epic analysts from various teams, the Epic training department, the UF Health training department, BAR and the Access Center.



CLINICAL SPOTLIGHT



CLINICAL SPOTLIGHT PART 2

Once the Epic pieces were almost in place, the clinic needed to be staffed with a clinic manager, support staff and providers. Ashely Pankey was asked to manage the new Virtual Clinic in addition to her duties in the Jonesville clinic. CHFM and Internal Medicine providers stepped up to fill the six slots per session each day. Clinic staff in Jonesville started the tedious task of emailing patients Zoom information, following up with patients to make sure they were able to connect and trouble shoot with the patients if they were unable to connect. The staff of the home clinic of scheduled providers also stepped in to help with Zoom issues.

At this time, the Virtual Clinic is still operational although the volume has greatly reduced over the past couple of weeks. The volume of patients reporting flu like symptoms has decreased to the point the clinic is fully staffed with one provider. If the number of patients reporting flu like symptoms increases, the clinic is able to be rapidly re-expanded to previous provider levels. And, as patients become more familiar with using Zoom, the burden on clinic staff will be reduced and they can return to normal duties as we continue to see more patients in clinic.

It is with much appreciation and gratitude the department and the organization recognizes the enormous magnitude of the Virtual Telemedicine Clinic and the herculean effort put forth by all of those involved.





EDUCATION



PROGRAM IN BIOETHICS, LAW, AND MEDICAL PROFESSIONALISM

The BLMP faculty offered four online elective options to third and fourth year medical students in order to ease the College of Medicine's transition to an online curriculum. The faculty also developed and led a new CLG for the third year medical students on the topic of Analyzing Complex Ethical Issues and Role of Ethics Consultation and Other Services.

Professor William Allen facilitated an elective course for third year medical students titled "Advanced Issues in Medical Ethics and Law," as well as taught two sessions of the Health Outcomes Policy Intensive for the first year medical students. Professor Allen also taught GMS6875, a graduate level course on the topic of Ethical and Policy Issues in Clinical Research, and facilitated an elective course for fourth year medical students titled "Financial, Business, and Health Systems Aspects of Medicine" with Dr. Ray Mosley.

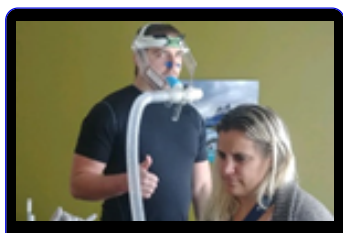
In his role with the IRB, Dr. Moseley reviewed numerous research proposals regarding COVID-19. Dr. Moseley collaborated with College of Medicine faculty to include an ethics component in the new COVID-19 Basics elective, and led an elective course for fourth year medical students titled "History of Medicine."

Professor Lauren Solberg taught a new course (MDU 4070) for Medical Honors Program students. The course explores the topic of Physician Perspectives on Global Health Topics in Healthcare. She also collaborated with COM faculty to develop new COVID-19 CLG for the first year medical students.

SPORTS MEDICINE FELLOWSHIP



From January to March, Drs. Gary Allen, Josh Altman, and Nicole Pitts covered Gymnastics, Men & Women's Tennis (Dr. Pitts' favorite), Swim & Dive, Lacrosse, Baseball, Softball, Women's Basketball and traveled to Tennessee, LSU and Georgia for Men's Basketball coverage in addition to home game coverage. They went on several job interviews in Florida and out of state seeking future positions. Hopefully all will be signing contracts soon.



In February, they spent a week with Dr. Max Testa at the Intermountain Healthcare Clinic in Park City, Utah. They had an amazing sports performance experience doing lactate threshold testing and designing workout programs with him, as well as some after clinic, cross country skiing. Upon their return to Gainesville, they helped cover the medical tents for the Five Points of Life Half Marathon.





EDUCATION



SPORTS MEDICINE FELLOWSHIP CONTINUED...

Then COVID-19 hit in March and event coverage including spring football has been put on hold. Our fellows are rotating as much as clinics allow with Pediatrics, Spine and Sports Medicine. They have all been conducting Telehealth medicine for patients that don't need to be physically seen for examination and Dr. Altman has been working continuity ER shifts. We are holding additional didactics each week through Zoom and attending supplementary Ortho/Sports Zoom lectures as well.

The AMSSM annual meeting set for April 24-29 was canceled, but not before our fellows had multiple abstracts accepted, which have subsequently been published in the *Clinical Journal of Sports Medicine* (listed in publications.)

Check out our Google Scholar page for UF Sports Medicine Fellowship faculty publications,
<https://scholar.google.com/citations?user=dsx4mmkAAAAJ&hl=en&authuser=1>

WELCOME 2020-2021 FELLOWS!



Jonathan Aubry, MD



Laura Cook, MD



Susanna "Sus" Zorn, MD



EDUCATION



FAMILY MEDICINE RESIDENCY PROGRAM

The Residency Program was ecstatic to match all nine intern positions on Match day and is looking forward to welcoming the new interns in July! The Program is busy planning orientation for them while their new chiefs work on building the schedule for next year. Out of the graduating residents, there are four residents who have matched into fellowship programs, three in Sports Medicine and one in Palliative Care. There are also several others going in to private practices or hospitalist services. Graduation will have to look different this year, so the Residency Program is in the process of coming up with a new plan!

The end of the 2019-2020 residency year has certainly been one for the books with the introduction of COVID-19. Many changes and adjustments had to be made, but the Residency Program banded together and remained strong. Residents, faculty, and staff have worked hard to remain optimistic and provide quality care for our patients. On the positive side, the pandemic has provided some new practice management opportunities for the Program. They had their own COVID-19 clinic for a couple of weeks complete with some outdoor testing. Residents have also gotten to experience telemedicine with all of its highs and lows.

Two new faculty were welcomed to the Residency Program this quarter, Dr. Velyn Wu and Dr. Megan LaBuz. Dr. Wu is an associate program director who is very passionate about graduate medical education. She will be helping update the Program's goals and objectives, revising didactic training, and improving our evaluations...just to get started. Dr. LaBuz completed a sports medicine fellowship and will be in charge of our sports medicine curriculum. Both will see patients at Main St., precept residents, and cover the inpatient service.

Though times are uncertain, they are as excited as ever for the new intern class and what the next academic year may hold. The Residency Program has incredible residents, a full complement of innovative residency faculty, and some of the best staff and nurses you'll find anywhere.

PLEASE WELCOME OUR 2020-2021 FAMILY MEDICINE RESIDENTS!



Christian Aguado
Charles E. Schmidt College of
Medicine at Florida Atlantic
University



Cindy Nunez
Indiana University



Austin Gillette
Philadelphia College of
Osteopathic Medicine



Cole Harris
Alabama College of
Osteopathic Medicine



EDUCATION



INCOMING 2020-2021 FAMILY MEDICINE RESIDENTS CONTINUED...



Brandon Herndon
University of Florida



Jack Italiano
NY Institute of Technology
College of Osteopathic
Medicine



Farah Leclercq
Nova Southeastern
University College of
Osteopathic Medicine



Dildeep Sangha
Touro College of
Osteopathic Medicine NY



Keith Shamrock
Liberty University College
of Osteopathic Medicine



RESEARCH STUDIES



DOXIMITY RESIDENCY REPUTATION EFFECTS OF THE CAREER OUTCOMES OF FAMILY MEDICINE RESIDENTS

Dr. Chirag Panchal, in collaboration with Dr. Peter Carek and the American Board of Family Medicine, is conducting a study on how a residency program's reputation impacts the career outcomes of their residents. The reputation of family medicine residency programs across the country were determined using the popular Doximity Residency Navigator, a website which surveys physicians to determine their opinions of the best residency programs across the country. The research team's hypothesis is that the reputation of these programs won't be associated with improvements in residency training, board pass rates, or post-residency practice patterns.



WEIGHT-TRENDS AMONG OBESE PREGNANT WOMEN: EFFECTS ON MORBIDITY AND INFANT MORTALITY

Obesity is associated with a multitude of poor health outcomes, however, it is unclear whether weight loss should be recommended to pregnant obese women. Dr. Ming-Jim Yang, in collaboration with Dr. Danielle Nelson, is conducting a study on the associations between the weight-trends of obese women during the course of their pregnancy and various morbidities and mortality. The results of this study will hopefully provide initial evidence on what recommendations to provide obese pregnant women to improve both their own health and the health of their infant.

USE OF FLUTICASONE AND OXYMETAZOLINE DURING HYPERBARIC OXYGEN THERAPY TO PREVENT BAROTRAUMA

Hyperbaric Oxygen Therapy (HBOT) involves subjecting patients to high pressures, which can cause pain or other problems in the middle ear if a large pressure differential develops across the tympanic membrane. This condition is referred to as otic barotrauma and is a common complication of HBOT. Dr. Susan Millan at the UF Health Wound Care and Hyperbaric Center is wrapping up a study which examined whether treatment with fluticasone or oxymetazoline could decrease the chance that a patient experiences otic barotrauma. The results from this study have been finalized and a manuscript is being prepared for publication.



READMISSION SPOTLIGHT



During a crisis of such magnitude as the current pandemic, it would be assumed that the readmission rate and Emergency Department utilization would be reduced due to the overall volume of patients being seen in March and April. That is the case with our own UF Health Family Medicine – Eastside clinic. However, the downward trend started in earnest in October. Rates were at a high number of **26.68%** in September and in the four months preceding the pandemic, they reduced their readmission to a low of **9.86%** in February. To date, they have a rolling 12 month readmission rate of **16.49%** which is **4% lower** than this time last year.

When asked what methods were used to improve their readmission rate so drastically, Dr. Elvy Mercado stated it was the communication they have with their patients and their ability to bring patients into the Transitional Care Management Clinic (TCM) after discharge. The TCM Clinic saw an average of five patients per session in January and February. TCM patients were seen by the Pharmacist, Social Worker, RN Health Coach, Resident, and Attending during their appointments. This multi-disciplinary care aided in the improved readmission rates. In addition, Dr. Mercado stated their RN Health Coach, Erica Boyd-Harris, has really stepped up with patient outreach to patients who need to be closely followed.



PUBLICATIONS

Alkhamisi A, Carek S, Dillon M, **Clugston JR**. Atrial Fibrillation Induced From Commotio Cordis. *Clinical Journal of Sports Medicine*. Published December, 2019.

Brett BL, Breedlove K, McAllister T, Broglio SP, McCrea MA, CARE Consortium Investigators (**Clugston JR**, et al.). Investigating the range of symptom endorsement at initiation of a graduated return-to-play protocol after concussion and duration of the protocol: a study from the Concussion, Assessment, Research, and Education (CARE) Consortium. *American Journal of Sports Medicine*. Published online ahead of print April 16, 2020. PubMed PMID: 32298132

Asken BM, Houck ZM, Schmidt JD, Bauer RM, Broglio SP, McCrae MA, McAllister TW, **Clugston JR** and CARE Consortium Investigators. A normative reference vs. baseline testing compromise for ImPACT: the CARE Consortium multiple variable prediction (CARE-MVP) norms. *Sports Medicine*. Published online ahead of print February 7, 2020. PubMed PMID: 32034702

Garcia GP, Lavieri MS, Yang J, McCrea MA, McAllister TW, Broglio SP & CARE Consortium Investigators (**Clugston JR**, et al.). Data-driven Stochastic Optimization Approaches to Determine Decision Thresholds for Risk Estimation Models. *Institute of Industrial and Systems Engineers Transactions*. Published online ahead of print February 6, 2020.

Asken BM, Yang Z, Xu H, Weber AG, Hayes RL, Bauer RM, DeKosky S, Jaffee M, Wang KKW, **Clugston JR**. Acute Effects of Sport-Related Concussion on Serum GFAP, UCH-L1, Total Tau, and NF-L Measured by a Multiplex Assay. *Journal of Neurotrauma*. Accepted and online ahead of print February 5, 2020. PubMed PMID: 32024456

Caccese JB, Bodt BA, Iverson GL, Kaminski TW, Bryk K, Oldham J, Broglio SP, McCrea M, McAllister T, Buckley TA & CARE Consortium Investigators (**Clugston JR**, et al.). Estimated age of first exposure to contact sports and neurocognitive, psychological, and physical outcomes in healthy NCAA collegiate athletes: a cohort study. *Sports Medicine*. Published online ahead of print January 30, 2020. PubMed PMID: 32002824

Fitzgerald Jodi, Andrade Jeanette, Curl Sarah, Smith Elena, Torna Elena, **Nelson Danielle**. Development of Nutrition Counseling Resources for Family Medicine using the Knowledge to Action Framework. *Family Practice*. February 27, 2020.

PRESENTATIONS

Alkhamisi, A. Arm Weakness in a Recreational Weightlifter. ACSM Annual Conference. San Francisco, CA. June 2, 2020. Accepted.



POSTERS

Alkhamisi, A. Arm Pain in an Adolescent Baseball Player. AMSSM Annual Conference. Atlanta, GA. April 25, 2020.

Alkhamisi, A. Patient Perceptions of Nutrition Education Materials in a Family Medicine Residency Clinic. STFM Annual Conference. Salt Lake City, UT. August 24, 2020. *Accepted.*

Allen GA, Smith MS, Bruner ML, Agrawal KR, **Clugston JR,** Prine BR. Screening by Self-Report Underestimates Sickle Cell Trait Status in High School Athletes. AMSSM Oral Research Poster Presentations. *Clinical Journal of Sports Medicine.* 2020 Mar. 30(2):121-2.

Allen G, Edenfield K, Fitch R, Hainline B, **Altman J, Pitts N, Clugston JR.** Trends in Pre-Participation Cardiac Screening among NCAA Division 1 Autonomy Five Institutions. AMSSM Oral Research Poster Presentations. *Clinical Journal of Sports Medicine.* 2020 Mar. 30(2):130.

Altman J, Kelling M, Asken B, Street J, **Clugston JR,** Dillon M, **Edenfield K.** Examining the Relationship between Arm Span Height Ratio and Aortic Root in Collegiate Athletes. Selected for AMSSM Podium Research Presentation April 29, 2020. *Clinical Journal of Sports Medicine.* 2020 Mar. 30(2):108.

Altman J, Allen G, Fitch R, Hainline B, **Clugston JR, Pitts NR.** Utilization of Injection Therapies in NCAA Division 1 Autonomy Five Football Programs. AMSSM Oral Research Poster Presentations. *Clinical Journal of Sports Medicine.* 2020 Mar. 30(2):132.

Altman J, Hainline BW, Fitch RW, **Allen G, Pitts N, Clugston JR.** Mental Health in NCAA Division 1 Autonomy Five Football Programs: Resources and Specified Conditions. AMSSM Oral Research Poster Presentations. *Clinical Journal of Sports Medicine.* 2020 Mar. 30(2):115.

Clugston JR, Dimza M, Reifsteck F, Street J., Dillon M, **Edenfield K, Pitts N.** Gender Differences in Athlete ECG Findings using International Criteria. AMSSM Oral Research Poster Presentations. *Clinical Journal of Sports Medicine.* 2020 Mar. 30(2):138.

QUESTIONS/SUGGESTIONS?



Thank you for taking the time to read this issue of The Pulse!

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