Quad Cities Residents Tackle Nutrition in the River Bend

Community hunger is prevalent and growing. Nutrition education that teaches food budgeting skills and meal preparation strategies involving less meat can enable families to make the best use of their food budget from a health standpoint.

Physicians at the Genesis Quad Cities Family Medicine Residency Program recently participated in a community research project with Dr. Joan Temmerman, a Genesis Family Physician and part-time faculty member, and the River Bend Foodbank.

As part of their Quality Project Requirement, Drs. Andrea Cavey, Amber Meyer and Kalani Snyder assisted Temmerman with a project to improve nutritional knowledge and eating behaviors among River Bend food pantry clients.

Temmerman developed this project as part of her Master of Public Health in Nutrition degree. The pilot study encouraged clients to try three easy, quick, healthy, meatless meals that cost < $1 per serving and to use ingredients commonly available at food pantries. A brief educational session, along with recipe tastings, were provided at two mobile pantry sites.

This study fills a major gap in the body of knowledge concerning community programs that target knowledge and behavior among food pantry clients. The model could inform a new strategy to build healthy nutritional behaviors and self-sufficiency in low-income individuals and could be easily applied to other mobile food pantries. Drs. Temmerman, Cavey, Meyer and Snyder hope to publish these important findings.
**Family Medicine Interest Fair 2015**

Medical students from the University of Iowa Carver College of Medicine attended the Iowa Family Medicine Residency Fair at Hotel Vetro in Downtown Iowa City on April 20, 2015.

The annual event is hosted by the Family Medicine Interest Group, the Iowa Family Medicine Residency Network, and the Office of Statewide Clinical Education Programs.

Each of the eight programs in the Iowa Family Medicine Residency Network was represented, and students had the opportunity to speak with current residents, faculty, and staff to learn what each residency program has to offer.


**Upcoming Sioux City 14th Annual CME Event**

Siouxland Medical Education Foundation, also known as The Family Medicine Center, is once again partnering with Siouxland Medical Doctors to sponsor the *14th Annual CME Event*. The daylong program will feature a variety of speakers and topics, and will be held on **Friday, June 26, 2015** at the Marina Inn and Conference Center in South Sioux City, Nebraska.

Current residents, faculty physicians, and residency graduates from the Siouxland Medical Education Foundation; area physicians, nurse practitioners; physician assistants; and other allied healthcare providers, are encouraged to attend. It is also a great time to network with other providers and catch up on news from Foundation graduates.

Speakers include:

- Cindy Buys, Pharm.D., Siouxland Medical Education Foundation: *Antibiotic Use in the Outpatient Setting*
- Nicole Shea, Mercy Medical Center in Sioux City, Iowa: *Stroke Rehabilitations*
- Nitin Pagedar, M.D., University of Iowa Carver College Medicine: *Thyroid Disorders and Cancers*
- Gerald McGowan, M.D. and Amy Rief-Elks, D.O., Siouxland Medical Education Foundation, will lead group discussion in the afternoon on the SAM Module: Hypertension.

Registration begins at 8:15 am with the first speaker commencing at 9:00 am.

*To register contact Linda Lindgren on (712)-294-5054.*
Awards and Honors

President and Provost Award for Teaching Excellence

Marcy Rosenbaum, Ph.D., Office of Consultation and Research in Medical Education, was one of four University of Iowa faculty members to win the 2015 President and Provost Award for Teaching Excellence in recognition of their years of outstanding teaching. The award is a university-wide recognition for faculty members who have demonstrated a sustained, high level of teaching excellence.

Rosenbaum’s teaching activities have encompassed all levels of learners including undergraduates, medical and health professional students, residents, fellows, and faculty. She spearheaded the implementation of a comprehensive, integrated clinical communication curriculum that provides medical students with an experiential model for learning communication skills throughout their four-year training.

She also developed and delivers comprehensive training for faculty seeking to refine their teaching skills. Through her commitment to improving the skills of other educators, she has built a foundation that supports many more than those she works with directly. A highly sought after consultant and speaker, Rosenbaum regularly lectures nationally and internationally. She won the Collegiate Teaching award in 2004 and held the Dr. Harold A Myers Distinguished Professorship from 2009 to 2012.

113th Annual Aesculapian Frolics Award Recipients

The Carver College of Medicine student-led 113th Annual Aesculapian Frolics, held on Saturday, April 18th, 2015, presented the following faculty with awards in recognition of their contributions to resident teaching:

- **William John Yost, M.D.**, Director of the Internal Medicine Residency Program at Iowa Methodist Medical Center, received the University of Iowa Carver College of Medicine M4 Faculty Teacher of the Year Award.

- **Sami Faruqui, M.D.**, transitional year resident physician at Iowa Methodist Medical Center, received the M3 Resident Teacher of the Year Award.

- **Carolina Landeen, M.D.**, 2nd year internal medicine resident at Iowa Methodist Medical Center, received the M4 Resident Teacher of the Year Award.

- **Jill Endres, M.D.**, Clinical Associate Professor of Family Medicine at the University of Iowa, received the M4 Senior Faculty of the Year Award.

ACSMF-AMSSMF Clinical Research Grant Award

**Kyle Smoot, M.D.**, Clinical Assistant Professor of Family Medicine at the University of Iowa, was awarded the AMSSM Foundation-ACSM Foundation Clinical Research Grant 2015 for his research titled: “The relationship between muscle damage and acute kidney injury biomarkers in American football players during preseason workouts.”

‘Top reviewer’ recognition from American Journal of Preventive Medicine

**Barcey T. Levy, M.D.**, Professor of Family Medicine at the University of Iowa, was informed that based on quality rankings of all peer reviews performed for the American Journal of Preventive Medicine (AJPM) over the past year, she was considered one of their top reviewers. Peer reviewers are essential to maintaining the excellence and prestige of AJPM. As an advisor to authors and to the AJPM Editorial Office, her work allows the journal to preserve and enhance AJPM's reputation as the premier source of timely and evidence-based information on prevention science, education, practice and policy for a global audience.
Iowa Family Medicine Residents Council Election 2015

At its April 24 meeting, the Iowa Family Medicine Residents Council elected the following officers:

- **President:** Current President-elect Garrett Fedderson, D.O., R2 at Northeast Iowa Medical Education Foundation in Waterloo will advance to President.
- **President-elect:** Amber Meyer, M.D., R1 at Genesis Quad Cities Family Medicine Residency Program in Davenport.
- **Treasurer:** Andrew Gisleson, D.O., R2 at Genesis Quad Cities Family Medicine Residency Program in Davenport.
- **Secretary:** Alexandra Hubbell, D.O., R2 at Iowa Lutheran Hospital in Des Moines.

The Iowa Family Medicine Residents’ Council is an elected body of 24 residents from the University of Iowa-Affiliated Family Medicine Residency Network. Each of the eight family medicine residency programs have one representative from each training level (R1, R2, and R3.)

Once elected, the residents serve a three-year term. Council meetings provide a forum for discussion and exchange of ideas on topics related to family medicine.


Not pictured: G. Rhett Andelin, D.O., and Jason Ellis, D.O.

2015 Residency Match Results

The Carver College of Medicine graduated 154 medical students this year. Forty-nine percent (76) are entering primary care programs. Fifteen percent of the class chose internal medicine careers, 13 percent each for family medicine and pediatrics, and 6 percent are training in obstetrics and gynecology.

Graduates Entering Primary Care Programs (% of class):

- Internal Medicine 23 (15%)  
- Family Medicine 20 (13%)  
- Pediatrics 20 (13%)  
- Ob/Gyn 9 (6%)  
- Combined Programs 4 (2%)  

Primary Care Total 76 (49%)
New Appointments

Julie L. Anderson-Suddarth, M.D., has been appointed director of the pediatric residency program at Blank Children’s Hospital in Des Moines. Dr. Anderson-Suddarth, a 1999 graduate of the University of Iowa College of Medicine, graduated from the pediatric residency program at Blank Children’s Hospital and completed a fellowship in pediatric emergency medicine at Akron (OH) Children’s Hospital. She is a pediatric emergency medicine physician at Blank Children’s Hospital.

Chanteau M. Ayers, J.D., has been appointed Director of Medical Education Administration at UnityPoint Health – Des Moines. Ms. Ayers is a graduate of DePaul University and the University of Texas College of Law, and formerly worked as Director of Graduate Medical Education and Director of Special Initiatives for the Texas Department of State Health Services in Austin.

Stephen Pallone, M.D., commences as a new faculty physician on July 1, 2015 at The Siouxland Medical Education Foundation. Dr. Pallone attended the Virginia Commonwealth University School of Medicine and completed his Family Medicine and Psychiatry residency at the University of Iowa Carver College of Medicine in 2011. Most recently he was the Director of Behavioral Health at the Siouxland Community Health Center in Sioux City, Iowa, where he developed an integrated behavioral health and primary care model of care. He is a family physician and psychiatrist.

New faculty with the University of Iowa Department of Family Medicine:

Juana Nicoll Capizzano, M.D., started on January 5, 2015 and works at the Southeast Iowa City Family Medicine Clinic.

Jason Powers, M.D. and Katharine Saunders, M.D., started on December 31, 2014 and both work at the North Liberty Family Medicine Clinic.

Natalie Lanternier, M.D., started on December 31, 2014 and works at the River Crossing Family Medicine Clinic in Riverside, Iowa.
Presentations

Michelle Weckmann, M.D., Assistant Professor of Family Medicine at the University of Iowa, mentored pre-med student, Emily White, this past semester regarding “Exploring Narratives in Dignity Therapy.” They presented their work at the Examined Life Conference April 10-12, 2015 at the Carver College of Medicine, University of Iowa.

Michelle Weckmann, M.D., Professor of Family Medicine at the University of Iowa, presented “Integrating Psychosocial Quality Indicators into Hospice and Palliative Care Programs” at the American Academy of Hospice and Palliative Medicine and Hospice and Palliative Nurses Association Annual Assembly in Philadelphia, PA, February 25-28, 2015.

Paul James, M.D., Chair and Department Executive Officer, Department of Family Medicine at the University of Iowa, presided over the annual meeting of The Association of Departments of Family Medicine (ADFM) in Savannah, GA February 18-21, 2015. Dr. James completed his term as President of ADFM which includes the Chairs and senior departmental administrators of over 150 academic departments of family medicine in the United States. John Williams attended the conference representing as department administrator. The mission of ADFM is to transform clinical care, medical education and research to promote health equity and improve the health of the nation. Dr. James will serve as the Chairman of the Board for ADFM in the coming year.

Eric Crowell, President and CEO, UnityPoint Health – Des Moines and Douglas Dorner, M.D., Senior Vice President of Medical Education and Research at UnityPoint Health – Des Moines, were co-presenters at the AAMC’s Joint Meeting of the Council of Teaching Hospitals, Chief Medical Officers Group, Group on Faculty Practice and Group on Resident Affairs April 24th in Austin, TX. Their presentation was entitled: “Getting to Yes: From Passive Collaboration to Active Cooperation – The C-Suite and the DIO Strategic Relationship.”

42nd Annual Refresher Course for the Family Physician

The following University of Iowa Family Medicine physicians presented at the 42nd Annual Refresher Course for the Family Physician, held April 14-17, 2015:

- **Katie Imborek, M.D.**: Hormone Therapy for Transgender Patients: Why, When and How
- **Michelle Weckmann, M.D.** and **David Clark, M.D.**: End-of-Life Care Topic: Managing Neuropsychiatric Symptoms
- **Denise Martinez, M.D.**: Cultural Competency
- **John Ely, M.D.**: Removing Cerumen from Kids’ Ears
- **Gerald Jogerst, M.D.**: Elder Mistreatment: What We Know, What We Can Do
- **Julia Buchkina, M.D.**: Introduction to Functional Medicine
- **Mike Ernst, Pharm.D.**: Update on New Drugs
- **Kevin Schleich, Pharm.D.**: Lipid Panel Management.
Presentations Continued

Society of Teachers of Family Medicine (STFM) Annual Spring Conference 2015

Faculty (in bold) from the Carver College of Medicine participated in several presentations at this year’s STFM Annual Spring Conference:

**Seminar:** 4/26/15 - Developing Research Infrastructure in Departments of Family Medicine of All Sizes and Structures; David Schneider, M.D., MSPH; Ardis Davis, MSW; Frank deGruy, M.D., MSFM; Bernard Ewigman, MD, MSPH; Paul James, M.D.; Anton Kuzel, M.D., MHPE; Amanda Weidner, MPH

**Work in Progress:** Session C: Disease Management: 4/26/15 - The Resident Education Clinic as an Innovation Incubator: Is a Care Coordination Program for Patients With Co-Occurring Chronic Physical and Mental Health Conditions Effective at Reducing Health Care Utilization? Anne Gaglioti, M.D.; Kate Thoma, MD, MME; Alison Lynch, M.D.; Kate Jansen, Ph.D.; George Bergus, M.D., MA.Ed

**Research Posters:** 4/27/15 - Residents’ Use and Perceptions of Monthly Interdisciplinary Care Conferences to Integrate Patients’ Behavioral and Physical Health Goals; Kate Thoma, M.D., MME; George Bergus, M.D., MA.Ed; Anne Gaglioti, M.D.; Kate Jansen, Ph.D.; Alison Lynch, M.D.

**Lecture Discussions:** 4/27/15 - Systematic Reviews in Medical Education; John Epling, M.D., MSEd; Della Rees, Ph.D.; Kate Thoma, M.D., MME

**Fellow/Resident/Student Research Work in Progress Posters:** 4/28/15 - Let’s Make Change: A Study of Intensive Lifestyle Intervention Through Resident-Led Group Visits; Nicole Gastala, M.D.; Paige Deets; Anne Gaglioti, M.D.; Kate Thoma, M.D., MME

**Completed Projects and Research, Session N:** Interprofessional Education: 4/29/15 - Use and Perceptions of a Care Management Program in a Family Medicine Residency Training Clinic; George Bergus, M.D., MAEd; Anne Gaglioti, M.D.; Alison Lynch, M.D.; Kate Jansen, Ph.D.; Kate Thoma, M.D., MME

**Completed Projects and Research, Seminar:** 4/28/15 - Making Effective Use of Clinical Cases in Family Medicine Education; George Bergus, M.D., MAEd; Kristen Bene, Ph.D.; Jason Chao, M.D., MS

**Completed Projects and Research, Session:** Diversity – 4/28/15 - Gender Difference in Perception of Incentive Compensation Systems by Academic Family Medicine Faculty: A CERA Study; Deanna Willis, M.D., MBA; Jane Williams, Ph.D.; Kevin Gebke, M.D.; George Bergus, M.D., MAEd

Factoid

Internal Medicine (IM) is a source of primary care providers for the state of Iowa and the nation.

This data is from 2012–2014 and includes the IM graduates from the University of Iowa Hospitals and Clinics (UIHC) and UnityPoint Health - Iowa Methodist Medical Center (IMMC).

Fifty percent of the IM graduates elected to continue training in a subspecialty area. Twenty-two percent chose to enter a primary care practice and 28 percent became hospitalists.
Thursday, September 24, 2015  Community-Based Medical Education Directors Meeting (Des Moines)
Friday, October 2, 2015  Community Teaching Scholars Meeting (Iowa City)
Monday, November 16, 2015  Community Teaching Scholars Meeting (Iowa City)
Wednesday, November 18, 2015  Family Practice Residency Program Directors Meeting (Iowa City)