

**From the Chairman**

Congratulations to Dr. Christine Jacobs and the team who received \$1.8 Million from HRSA to develop a Family Medicine Behavioral Health Collaborative Curriculum. The team includes Jay Brieler, Mattie White, Craig Smith, Jeff Scherrer, Carissa van den Berk-Clark, Max Zubatsky, Dixie Meyer, Joanne Salas and Scott Secret.

Congratulations to Dr. Fred Rottnek who was awarded The [Collaborative Partner Award](#) which recognizes a faculty member who, though not a member of Student Development, consistently supports the work of the division that contributes to student success and student learning.

Congratulations to Dr. Matthew Witthaus (PGY3) who received the STFM Resident Teacher Award for his outstanding teaching of medical students and junior residents. Matt also joins as a fellow in the MPH program.

SLU's Family Medicine Interest Group was selected 1 of 17 to be awarded the [2016 Program of Excellence Award](#) for their outstanding activities in generating interest in family medicine. [Click Here](#) to view the winning application.

I also want to congratulate our newly promoted faculty:

- Dr. Fred Rottnek, Professor
- Dr. William Manard, Associate Professor
- Dr. Kimberly Zoberi, Associate Professor
- Dr. Kelly Everard, Associate Professor
- Dr. David Pole, Assistant Professor

Welcome to our new faculty member, Dr. Betsy Wan who graduated from the SOM, joined the St. Mary's Family Medicine Program. Dr. Wan just completed her residency at St. Mary's.

We also welcome Dr. Alex LaBounty who recently graduated from the St. Elizabeth's residency program, Dr. Steven Cagle who joins us from his residency at Nellis AFB, in Las Vegas, Nevada, and Alex MacDonald a clinical social worker who is the Behavioral Health Specialist.

Two important members of our SLUCare team, Lauren Fischer, RN and Erica Crannage, PharmD, both had baby girls this year. Erica's daughter Elizabeth was born on Saturday, April 16th and weighed in at 7 lb. 7 oz. Lauren Fischer's daughter Alyana was born July 13 and weighed 7 lbs. 5 oz. Congratulations to both happy families!

**Remember to:**

Join us on October 26<sup>th</sup> for a morning of Faculty and Staff Development and Team Building. Details to come!

**Clinical**

Our SLUCare clinics just finished a very successful year, with losses at their all-time lowest. As many of you know, Family Medicine at SLUCare is supported by the specialty practices, and Family Medicine supports the specialty practices through referrals. Your ongoing referrals to SLUCare specialist physicians help us to maintain this mutually beneficial arrangement indicator of the high quality care that our practice provides.

We have successfully negotiated for another year of support from SLU HR for MYCare (formerly SLU Medical Home) for our family medicine clinics. This program offers services exclusively to SLU employees and their dependents, including education sessions, consults with allied health professionals, and the services of a nurse care manager. Thanks to Dr. Manard and Lauren Fischer, we successfully achieved (and were able to report) compliance with nine of the ten metrics that were established as part of our HR agreement that are indicators of high quality care.

**Medical Student Education**

Dr. Kelly Everard was selected by Christopher Collins, SJ to attend the Association of Jesuit Colleges and University's Jesuit Leadership Seminar at Loyola University Chicago. Participants in The Jesuit Leadership Seminar were introduced to the foundations of Jesuit education and actively engaged in discussions with peers from around the country on how the Jesuit educational tradition may be applied in the everyday work of university decision making.



Dr. Kelly Everard and Dr. Fred Rottnek wrapped up the successful Lilly Speaker Series for 2015-16. A grant from the Lilly Foundation allowed us to hold six talks over the year for medical school faculty to reconnect with their vocation. We had a total of 93 faculty attended the 6

sessions. We will continue the speaker series for 2016-17 and will expand it to include faculty from the Doisy College of Health Sciences and the School for Public Health and Social Justice.

### Family and Community Medicine Silo-Busting



1. Fred Rottnek is working with Criminal Justice Ministry (CJM) on a variety of departmental projects
  - a. Two IPE 4900 teams will work with staff on projects identified by the staff last semester
    - i. Team Fitness Test: the survey measures and recommends methods to enhance performance of teams in health care settings
    - ii. Quality of Worklife Survey: developed by the CDC's division of occupational health (NIOSH), the survey measures workplace stressors and offers interventions
  - b. Catherine Damin is an MFT doctoral student who will have her practicum at CJM. She will provide trauma-informed counseling and lay the groundwork for CJM to be a regular MFT practicum site.
  - c. Fred is working with CJM and Family Courts in Saint Louis County to create a LUCC experience for our Residency Program.
2. Jeff Scherrer, Fred Rottnek, Mattie White, Kim Zoberi, Matt Breeden, and Matt Witthaus are developing a proposal to expand buprenorphine training among SLUCare physicians to decrease the opioid burden among established patients.
3. While Fred Rottnek is transitioning out of his practice in Corrections Medicine in Saint Louis County, Dr. Mary Hastings, the Medical Director, is continuing to work with our residents at the jail and juvenile detention. Jen Bello will be joining our practice in October.
4. Kelly Everard and Fred Rottnek are working with a special task force to create a faculty and staff development and onboarding guide for our department. They hope to share the finished products with other departments in order to more effectively introduce staff and faculty to not only their work, but also the life of the university.
5. Kelly Everard and Fred Rottnek will expand the 2016-17 Lilly Speaker Series for faculty to reconnect with the mission of SLU to include faculty from across the health sciences.
6. Kelly Everard and Fred Rottnek, along with Christopher Collins, SJ, have developed a program as part of new faculty orientation called *New Faculty Immersion: SLU History, Identity, and Mission*.
7. Kelly Everard and Fred Rottnek have developed two new electives for the purposes of supporting Coe students in their service, spreading the influence of Family Medicine, and securing more RU's. The MS-2 elective is Student Leadership in Longitudinal Service and will focus on nuts-and-bolts tools to enhance participation and outcomes related to service. (This is open to all MS-2's). The MS-4 elective, Community Medicine, will allow protected time for Coe students to work more closely with their mentor by focusing on particular aspects of their service and project development. Please guide students to these electives.
8. Kelly Everard, Mattie White, and third-year student John Heafner are working on a project for medical students called *Evaluating the effects of an extra-curricular musculoskeletal exam training session on second year medical students' clinical knowledge*.

**Mercy Graduate Medical Education – SLU Family Medicine – St. Louis, MO**

In July we welcomed Dr. John Campbell, MD as a new faculty member. Dr. Campbell did his medical school training at Washington University in St. Louis, his family medicine residency at Mercy St. Louis and completed a geriatric fellowship through St. Louis University. He is returning with his family to the St. Louis area after serving as a faculty member at Georgetown University in the Depts. of Family Medicine and Geriatrics.

Program Evaluations projects: Abbey Woods - Evaluating appointment wait times in a family medicine residency clinic and Sam Sparks -- Utilization of osteopathic manipulative therapy in an allopathic family medicine residency.

Quality Improvement projects -- Andy Bryant -- Effective strategies to improve safe prescribing of medications to geriatric patients in a family medicine residency and Ted Eckelkamp -- Does a focused physician educational intervention increase use of bisphosphonates in osteoporosis?

In June we said goodbye to Dr. Marsha Mertens, a long time faculty member of Mercy Family Medicine Residency. Dr. Mertens has been a faculty member for over 30 years and has consistently been honored by our residents as one of the best teachers year after year. Her fellow faculty members have had the utmost respect and admiration of her, both as an exemplary family physician and wise mentor. She will be dearly missed by our staff and her patients. Dr. Mertens is transitioning to a smaller practice in Hillsboro, MO to be closer to home.

In May our third year residents presented their scholarly activity projects at the Mercy Research Colloquium – a regional conference highlighting the research of residents and other providers throughout Mercy. The following are the MFM graduate scholarly projects: Help Desk Answers: Melissa Lao -- Does Vitamin D supplementation reduce risk of stress fractures?

Finally, in April, Dr. Grant Hoekzema, MD attended his first meeting as a member of the ACGME Review Committee for Family Medicine; his six year appointment begins this summer.

Dr. Hoekzema was nominated for the position on the RC-FM by the AAFP, which serves as one of three appointing organizations to the ACGME RC-FM.

**SLU Family Medicine Residency Program - SSM St. Mary's Health Center – St. Louis, MO**

Graduation ceremony was held on Saturday, June 25<sup>th</sup>, in DuBourg Hall's Sinquefeld Stateroom.

Congratulations to Dr. Kanika Turner (PGY2) who received the AFMRD Resident Award for Advocacy for her commitment and work in the area of Healthcare Disparities.

The 2016 AAFP National Conference was attended by Dr. Betsy Wan (Faculty), Cathy Jung (Program Coordinator), and Drs. Alicia Brooks, Michael Donovan, Joe Moleski, and Kanika Turner (Residents). Our booth was part of the Missouri Street, which was located in a prime spot on the Exhibit Hall floor next to the escalators. The conference was held at the Convention Center in Kansas City, MO from July 28<sup>th</sup> thru July 30<sup>th</sup>, 2016. We attended the MAFP Reception Friday evening, July 29<sup>th</sup>. All six Missouri programs were present at the MAFP Reception at the Midland Theater.

Congratulations to Alicia Brooks, MD (PGY2) who was elected as the new MAFP Alternate Resident Director, replacing Kanika Turner, MD (Chief Resident) who moves into the MAFP Resident Director position for 2016-2017. The position is a two-year term. Next year, Dr. Brooks will replace Dr. Turner as the Resident Director on the MAFP Board. The Resident Director has voting rights. The election took place at the MAFP Reception on Friday, July 29<sup>th</sup>. Four of the six Missouri programs had residents running for the position. Dr. Brooks is the 4<sup>th</sup> one of our residents to be elected to this position. Our previously elected residents were Imani Anwisy, MD and Betsy Wan, MD. Thank you Kanika and Alicia for representing our program and the MAFP.

Congratulations to Michael Donovan, MD (PGY2) on his poster presentation at the American Academy of Pediatricians Hospital Medicine Conference in Chicago on July 31<sup>st</sup>, 2016. Dr. Donovan's poster was in collaboration with Katherine Mackrell, MD, a PGY2 Pediatric Resident at Cardinal Glennon.



While working together on the Pediatric Inpatient team, Drs. Donovan and Mackrell had a patient present with delirium and rhabdomyolysis. Their poster was based on this case and entitled: "Snapchat: A Window for Help?"

Congratulations to Dr. Christine Jacobs who has joined the nominating committee of the Family Physicians Inquiry Network (FPIN).

Congratulations to Joe Moleski, DO (PGY2) who designed our new Family Medicine Inpatient Service Hand-Off tool. This tool will make our patient care transitions much safer.

Dr. Jay Brieler served a on medical mission trip in rural Honduras on July 23<sup>rd</sup> thru 31<sup>st</sup>, 2016. The group, Washington Overseas Mission, has been going to the same small village, Guanacaste, for six years. The providers are starting to see the benefits of yearly fluoride treatments for children, improved nutrition, and continuity of care.

### **Welcome our incoming Class of 2019**

*Deanna Chavez, MD*

Creighton University School of Medicine

*Ritesh Gandhi, MD*

Chicago Medical School at

Rosalind Franklin University of Medicine & Science

*Brittany Goodrich-Braun, MD*

Saint Louis University School of Medicine

*Yibing Li, MD*

University of North Carolina at

Chapel Hill School of Medicine

*Alison Matsunaga, MD*

Saint Louis University School of Medicine

*Ashley Meyr, MD*

Saint Louis University School of Medicine

### **SLU Family Medicine Residency Program – Belleville, IL**

On June 24<sup>th</sup> we said our official farewell to the Class of 2016 at the graduation ceremony held in the Centennial Room at St. Elizabeth's Hospital.

We were honored to have our Department Chair, David Schneider, MD, as this year's commencement speaker.

Two graduates, Drs. Hutcherson and LaBounty, will stay at the Residency as faculty members. Capt. Brett Hutcherson, DO, is shown with volunteer faculty Lt. Col. Emily Wong as she presents him with the *Family Medicine Resident of the Year for Excellence in Dermatology* award. Alex LaBounty, DO, is shown between our Military Program Director Lt. Col. Matthew Snyder, DO, and Program Director Marjorie Guthrie, MD, after receiving the *E. Charles Robacker Family Medicine Graduate* award.

Faculty member [Chris Herndon, PharmD](#), was featured in a June 26<sup>th</sup> Belleville *News-Democrat* special section on the 35<sup>th</sup> anniversary of Hospice of Southern Illinois (HSI). The section highlighted a [specialized pharmacy residency](#) program at the hospice. A photo in the article showed Associate Professor Herndon and HSI Medical Director Ellen Middendorf, MD, who is a 2003 graduate of our family medicine residency program.

Recent residency graduate Erynn Elleby, MD, was the subject of a July [article](#) in the *O'Fallon Progress* about this O'Fallon Township High School alum looking joyfully forward to practicing medicine in nearby Shiloh, Illinois. Dr. Elleby and St. Elizabeth's President and CEO, Ms. Peg Sebastian, MBA, received the hospital's *Franciscan Spirit* award.

Majorie Guthrie ('05), Program Director and residents Hayley Ralph, Stacy Jefferson, Jennifer Woosley, and Fahad Pervez represented our residency at the AAFP National Conference of Family Medicine Residents and Medical Students in Kansas City.

### **Research**

Jeff Scherrer has been appointed to the Research Planning Committee at the Medical School.

Pending IRB OGC approval, audio taping pain visit pilot study is expected to start in a few weeks. Volunteers to assist in data collection sought.

See current Research Interests and Projects table on the last page of this newsletter.



### Department Presentations and Publications

Doucette ED, Salas J, Scherrer JF. Insurance Coverage and Diabetes Quality Indicators among Patients in NHANES. *Am J Manag Care*. 2016; 22 (7):484-490

Doucette, E.D. (2016). Coming Soon: Increased Naloxone Access in Missouri. *Missouri Family Physician*, 35(3), 30-1.

Heiden-Rootes, K., & Meyer, D. (in press). Let's Stay Together. *PsycCritiques*[Review of the book *Couple relationships in the middle and later years: Their nature, complexity, and role in health and illness* edited by Jamal Bookwala. *PsycCRITIQUES*

Heiden-Rootes, K.M., Salas, J., Scherrer, J.F., Schneider, F.D., Smith, C. Prevalence of medical record diagnoses for same-sex and opposite-sex partnered patients. *J Am Board Fam Med*. In Press

Gonzales, M., Cameron, E., & Meyer, D. (4/16). *Human Trafficking: Presenting issues and beneficial mental health services for survivors of human trafficking*. American Counseling Association (ACA), Canadian Counseling Association (CCA) Annual Convention. Montreal, Quebec, Canada.

Meyer, D., Boyer, M., & Salas, J. (9/16). Love, Love, Love: Cortisol You Need. International Society of Psychoneuroendocrinology Annual Conference. Miami, FL.

Meyer, D., Robinson, B., Cohn, A., Gildenblatt, L., & Barkley, S. (in press). *The possible trajectory of relationship satisfaction across the longevity of a romantic partnership: Is there a golden age of parenting?* *The Family Journal*

Meyer, D., Parker, S., Fowler, J., Buchanan, T., & Salas, J. (4/16). *Couples in Love: Emotions & Cardiovascular Output*. Missouri Association for Marriage and Family Therapists. Saint Louis, MO.

Meyer, D., Cameron, E., & Gonzales, M. (4/16). *I Want A New Drug: Pharmacotherapy in Counseling*. American Counseling Association (ACA), Canadian Counseling Association (CCA) Annual Convention. Montreal, Quebec, Canada.

Timberlake, D., Meyer, D., Hitchings, S., Oakley, A., Stolzhus, L., Aguirre, S., Plumb, A. (2016). *Sexually Compulsive Behaviors: Implications for Attachment, Early Life Stressors, and Religiosity*. *Sexual Addiction & Compulsivity: The Journal of Treatment and Prevention*. doi: 10.1080/10720162.2016.1189862

Boakye, E.A., Buchanan, P., Wang, J., Stringer, L., Geneus, C., Scherrer, J.F. Self-reported lifetime depression and current mental distress among veterans across service era. *Military Medicine*. In Press.

Scherrer, J.F., Salas, J., Sullivan MD, Schneider, F.D., Bucholz, K.K., Burroughs, T., Copeland, L., Ahmedani, B., Lustman, P.J. The influence of prescription opioid use duration and dose on development of treatment resistant depression. *Preventive Medicine*. 2016; 91:110-116. PMID 27497660.

Jaiswal, A., Scherrer, J.F., Salas, J., van den Berk-Clark, C., Fernando S, Herndon SM. Differences in the association between depression and opioid misuse in chronic low back pain versus chronic pain at other locations. *Healthcare*, 2016; 4(2):1-8

Jaiswal, A., Scherrer, J.F., Saleem, F. Are opioid analgesics taken for more than 90 days effective for patients with chronic low back pain (CLBP)? Evidence Based Practice. In Press

Scherrer, J.F., Salas, J., Copeland, L.A., Stock, E.M., Schneider, F.D., Sullivan, M., Bucholz, K.K., Burroughs, Lustman, P.J. Response to Ruan et al. Letter to the Editor: Increased risk of depression recurrence after initiation of prescription opioids in noncancer pain patients. *J Pain*. 2016; 17 (8):944-94

Scherrer, J.F., Schneider, F.D., Lustman, P.J. Opioid analgesics and chronic non-cancer pain: a prescription for research in primary care. *Family Pract*. In Press.

Snyder, M., Gibbs, L., Lindsay, T. (2016). [Treating Painful Peripheral Neuropathy: An Update](#). *American Family Physician*: 94(3):227-234.

Dr. Kenetra Hix, myself and Dr. Doucette's "Cultural Competence to Enhance Primary Care" for STFM's Residency Resource Curriculum has been accepted.



**2016 NAPCRG Annual Meeting being held November 12-16 in Colorado Springs.**

Submission Title: Management of Chronic Pain with Chiropractic Care and Opioids (Poster)

Submitter: Mattie White

Presenters: Mattie White and Jeffrey Scherrer

Submission Title: The Effect of Opioid Policy Environment on Physician Prescribing Habits and Attitudes. (Oral Presentation)

Submitter: Matthew Witthaus

Presenters: Matthew Witthaus, Carissa van den Berk-Clark, Mattie White, Jeffrey Scherrer  
Betsy Wan, Christine Jacobs

The following paper was chosen as a finalist for "Distinguished Paper" (top 18 of >400 abstracts) at NAPCRG:

Doucette, E.D., Van den Berk-Clark, C., Robinson, B., Stoermer, A., Yadav, K., Johnson-Javois, B. Can Hospital-Based Care Coordination Programs Decrease Emergency Room Visits? Abstract for oral presentation. 2016. North American Primary Care Research Group Annual Meeting, Colorado Springs, Colorado, November 2015.

**Assorted Department Photos**



All graduation photos courtesy of Jim Krohn, HSHS St. Elizabeth's Hospital