Creating the Future of Family Medicine with 4-year Residency at OHSU

The OHSU Department of Family Medicine has launched a four-year residency program aimed at expanding curriculum through the development of additional competencies.

In July, the Accreditation Council for Graduate Medical Education notified the department that it was one of 12 residency programs selected to participate in the organization’s 4-year Length of Training pilot.

“Residency education in family medicine has been fairly static since the establishment of our specialty,” said Roger Garvin, MD, Residency Director. “We’re re-envisioning what our curriculum should look like and, as a part of that, extending our curriculum into a fourth year.

The Affordable Care Act, and the increase in emphasis on primary care, calls for new residency graduates who can lead and adapt to change. That adaptability is just one area the four-year curriculum is focused on.

“The health-reform process in our country will require family physicians who have new and expanded skill sets,” said John Saultz, MD, Department Chair. “This is particularly true in Oregon where the reform process is ahead of much of the rest of the country. To prepare family physicians to practice in this environment, a new model of residency program is required. We are trying to create that model here in Family Medicine, and we are partnering with other programs around the country to study which changes are associated with better educational outcomes.”

Implementation of the 4-year Family Medicine Residency Program included the development of additional competencies:

- Change management
- Leadership
- Information Management
- Population Health Management

(continued on page 2)
Family Medicine at Richmond Works Lean

Family Medicine at Richmond is continuing implementation of Lean, a continuous quality-improvement methodology based on the Toyota Production System.

“The underlying assumption is that every system and process has inherent waste,” said Erwin Teuber, PhD, Family Medicine at Richmond Executive Director. “Lean is about zeroing in on that waste and eliminating it.”

Lean utilizes employee teams to discover more effective processes, said Erin Kirk, Richmond’s Quality Program Manager.

“It focuses on workplace organization and standardization as a means of finding and eliminating waste,” she said.

The clinic started Lean in 2010 with impressive results. For example, the process of scanning documents into the electronic health record was backed up eight weeks prior to Lean implementation. Clinicians were filing copies of reports in their desk drawers to make sure they had access to them because of the delay.

“We put a Lean team on it and they redesigned the scanning process, reducing the wait time to 24 hours,” Teuber said. “That caught our attention.”

Starting in May, Richmond moved into the next phase of Lean called 5S. It’s a subset of Lean tools that stands for Sort, Set in order, Shine, Standardize and Sustain. Consultant Tom Fabrizio, President and founder of Lean Manufacturing Tools, LLC, came to the clinic in July, teaching and coaching employee groups.

There are five teams working on 5S projects designed to make work areas more efficient.

“It’s not only about making work areas more efficient, but making them more employee-friendly, safe and ergonomic,” Kirk said. “Tom has documented throughout his 30-plus years of working with Lean that this approach reduces absenteeism and improves employee morale.”

Seven Lean teams are working on flow charting clinic processes, including rooming patients, scheduling patients and phone-call resolution. Fourteen employees are being trained as project leads, and will be certified Lean Practitioners at the end of the projects.

“There’s a lot of measurement and analysis in the Lean process,” Teuber said. “Everything about this requires an appreciation that we work within an organizational system. When you tinker with one point, it affects the other parts.”

4-year Residency (continued from page 1)

Residents will be expected to complete a minimum of 3000 patient visits during their four-year residency. Goals/outcomes of the program include residents’ demonstration of proficiency in Quality Improvement Skills, capacity to use leadership skills and styles, assessment of the quality of evidence used in family medicine and efficiency of practice to the level of a junior faculty in first year practice.

This fall’s interns, the Class of 2016, will be the first to complete the four-year residency. Interns said the extra year of training will give them a broader perspective and more time to pursue interests.

“I knew I would need more than three years to be able to explore my areas of interest in-depth,” said Emily Waterman, MD. “I am also excited that this expanded program includes an emphasis in relevant areas such as leadership and the Patient-centered Primary Care Home, since these will be very pertinent to my career once I leave residency.”

Lindsay Braun, MD, also said the additional year would provide opportunities to explore specific interests.

“Family medicine is a broad field and the prospect of being in the first group to undergo and shape changes in the curriculum is an exciting one,” she added.

Family medicine physicians of the future will be expected to take on a leadership role in both patient management and health care public policy, said Jason Kroening-Roché, MD, MPH.

“At a time when health policy and primary care have never been more exciting, an extra year of training will give us the broad perspective and skills to be leaders in family medicine going forward,” he said.

Kira Paisley, MD, also cited leadership training as an important component of the four-year curriculum.

“Family medicine has a very broad scope of practice and an extra year of training will hopefully make me more comfortable in my skill set,” Paisley agreed. “I’m excited about the ability to tailor my training to my interests and get elective time for concentrated experiences.”
SBIRT Implementation in FM Clinics Draws National Attention

The Behavior Medicine Section is earning national attention for implementation of SBIRT in all Family Medicine clinics.

Jim Winkle, MPH, Meg Hayes, MD, and John Muench, MD, Director of Behavioral Medicine, have been invited to make two presentations at the Association for Medical Education and Research and Substance Abuse National Conference on Nov. 1 in Washington, DC.

Muench said Behavioral Medicine has been working on implementing SBIRT (Screening, Brief Intervention, Referral to Treatment) within the patient-centered medical home for about two years as part of a SAMHSA (Substance Abuse Mental Health Services Administration) residency curriculum grant focused on how to communicate about unhealthy substance use.

“‘The program is fully integrated in all our clinics,” Muench said. “It’s still not perfect. We’re learning from it and we’re tweaking it. But we’re much further along than the rest of the country.”

The first presentation at the November conference will focus on barriers and facilitators to implementation of SBIRT in the clinical setting. The second will be on adapting electronic health records to facilitate SBIRT.

“SBIRT is a team-based process that involves everyone from the registration desk to PAS, MAs, RNs and MDs,” Muench said. “It focuses on how we talk about people’s alcohol and other substance use as just part of the regular primary care clinic experience. It’s about normalizing substance use discussions within the primary care clinic session and making it part of the culture.”

SBIRT begins when patients check in at a clinic’s registration desk. The desk attendant asks them to complete a form regarding their alcohol, recreational and prescription drug use. Depending on the answers, patients may be asked to complete a second form. Clinicians then discuss patients’ answers during the exam. Substituting the word “use” for abuse in all written and verbal forms is an important part of the program.

“Abuse’ is a pejorative term,” Muench said. “It implies personal failure. We want this to be a health issue, not a moral issue. We need to ask about substance use in a non-judgmental, non-pejorative way because, as clinicians, we want to get at these issues effectively. The goal is to prevent and/or treat unhealthy substance use in a non-judgmental way – just as we do hypertension or diabetes.”

The process is relatively inexpensive to implement, involving mostly coordination and clinician training. And while that certainly does have a cost, Muench said that every $1 spent on SBIRT implementation saves $6 in hospitalizations and ER visits.

“One out of five patients who come in to primary care clinics today has problems with unhealthy alcohol use,” Muench said. “That’s something we can intervene with in SBIRT and maybe prevent health complications. That can make a huge difference in the health of our communities and in health care expenditures.”

Events

Grand Rounds, August 15
Leslie E. Kahl, MD, Associate Dean for Strategic Initiatives, will be the presenter at the FM Grand Rounds Video Conference from 7:30-8:30 a.m. Wednesday, August 15, in RM 28 of Emma Jones Hall. Title to be announced.

ALSO Educational Program
OHSU Family Medicine and OHSU Nurse-Midwifery are sponsoring an Advanced Life Support in Obstetrics (ALSO) Course on Thursday and Friday, Oct. 25-26, at OHSU. The two-day program will enhance cognitive and procedural skills of health-care professionals to help them manage obstetrical emergencies. For more information contact Peggy O’Neill, OHSU Family Medicine, 503-494-5323.

Pennington Lectures
The 2012 Merle Pennington MD Lectures in Family Medicine will be Friday, Sept. 7, in the Kirk Auditorium at the Center for Health and Healing (CHH).

The Pennington Lectures cover the latest medical information, presented by OHSU Family Medicine faculty. The keynote Merle Pennington Lecture, “Lessons Learned during 23 Years in Rural Practice,” will be presented by Bob Holland, MD.

The American Academy of Family Physicians has approved this event for up to 7.0 prescribed credits.

Cost for full day CME is $100. Half day is $50; $60 with lunch. There is a $20 late fee after August 24. FM personnel, 2012 Master Teachers and 2012 members of the Robert B. Taylor, M.D. Society attend free.

All attendees must register here. For more information, visit the OHSU Family Medicine website.
Sports Medicine Treats Rose City Rollers

Practitioners with OHSU Family Medicine Sports Medicine are providing care to athletes who skate with Rose City Rollers, the local roller derby league.

Ryan Petering, MD, conducts on-site sports clinics at the team’s practice space twice a month. Melissa Novak, DO; Dennis Crawford, MD, PhD; Andrea Herzka, MD; Charles Webb, DO; Amanda Risser, MD; and Petering rotate track side coverage of bouts (roller derby competitions).

“We’ve had some residents join us, and it has been a lot of fun and incredibly helpful for the skaters who not only are getting great care around their athletic health, but are also getting connected with high-quality primary care,” Risser said.

In February, Risser and Christina Capobianco, PAS, Richmond, tried out and were admitted to the league’s Fresh Meat Training Program. They are training hard and hoping to be drafted to one of the four home teams during one of the quarterly drafts. Read about some of the Rose City Rollers athletes on the OHSU Sports Medicine Blog.

GRANTS

The Residency Section received confirmation of continued funding for the CALM CARE (Curriculum Activities for Learning Mood disorders and Community Approaches to Residency Education) grant, which has been in place for three years. The purpose of this grant is to better prepare FM residents to care for the mental health needs of underserved and vulnerable patients. This year, the grant team is focusing on implementing the specific mental health dot phrases within OCHIN Epic for use at Richmond and Scappoose. The team is also working with the FM Data Team to create reports for data collected thus far through the Gabriel Park and South Waterfront clinics.

The Research Section received confirmation of supplemental funding for the extension of the P4 (Preparing Personal Physicians for Practice) grant, which is currently in its fifth and final year. The supplement, awarded by the American Board of Family Physicians (ABFM), will allow the Evaluation Team to survey two additional cohorts of P4 graduates after exposure to residency redesign innovations. The graduate survey collects practice characteristics, scope of practice and implementation of Patient Centered Medical Home (PCMH) features among graduates from the P4 residencies, and ascertains vital information about how their residencies prepared them for practice.

PRESENTATIONS

Robert Taylor, MD, Professor Emeritus


PUBLICATIONS

Cliff Coleman, MD, MPH


Steven Wahls, MD, FAAFP


John Muench, MD, MPH; Meg Hayes, MD; Jim Winkle, MPH


Rick Deyo, MD, MPH


Family Medicine at Gabriel Park celebrated the end of its six-month construction project with a July 3 barbecue. Ben Cox, Financial Director, played chef. The construction project, which started in January and ended on June 29, included the addition of six exam rooms, new paint and flooring. “One of our goals for 2012 was to ‘survive the construction,’” said Karen Aiello, Clinic Manager. “We did survive, but we could not have done it without hours of extra work and effort by our awesome staff. People shared some great ideas and contributed to a relatively smooth transition into a beautiful new space.”

CLINIC AWARDS

Gabriel Park:
July Employee of the Month: Emily Barclay, PAS Specialist
South Waterfront:
July Employee of the Month: Lisa Erickson, PAS Specialist
Scappoose:
June Perfect Attendance: Brianne Sevigny, PAS Specialist
June Patient-Centered Choice Award: Eric Poolman, MD.
Richmond:
July Employee of the Month: Bonnie Pasko, MA.
July Perfect Attendance: Sarah Jarvis, CMA.

NEW EMPLOYEES

Cezary Wojcik, MD, PhD, DSc, is a physician at Gabriel Park. He was born in Spain, and grew up in both Poland and the Republic of Panama. He earned his MD, PhD, and DSc (habilitation) degrees from the Medical University of Warsaw. He did his postdoctoral training at the German Cancer Research Center in Heidelberg, Germany, Hospital Eduard Herriot in Lyon, France, and Mt. Sinai School in Medicine, New York. Wojcik was an assistant professor at UT Southwestern Medical Center in Dallas and at IU School of Medicine in Evansville, IN. While in Evansville, he taught medical students and conducted biomedical research focusing on cancer, neurodegenerative diseases and obesity. Before joining OHSU, he completed his Family Medicine training at the Deaconess Hospital in Evansville. His personal interests include traveling, hiking with family, reading, fishing and hunting.

BIRTHS

Chloe Jun McDougall arrived at 1:15 p.m. Wednesday, July 4, 2012. She weighed in at 7 pounds, 14 ounces. Proud parents are Mika McDougall, MD, and Craig McDougall.

PRIMARY CARE PRECEPTORS NEEDED

About 140 primary care physicians in either Family Medicine or Internal Medicine are needed to pair with first- or second-year medical students for a year-long preceptorship.

The preceptorship is part of the Principles of Clinical Medicine course which includes topics pertinent to clinical medicine such as history and physical exam skills, patient interaction and presentation skills.

Preceptees are expected to be able to interact with patients to practice history, physical exam skills, and presentations. A minimum of one term for one student is requested. Preceptors are committed to at least one student for one academic year/term, but additional students can be assigned on request.

Preceptorships run August 28-April 30 for second-year students and August 28-May 22 for first-year students. There are winter/spring breaks; vacation coverage is available.

Students are expected to average one four-hour shift per week; however, the day can be flexed for preceptors’ schedules. Preceptors will be required to provide written feedback to the preceptees at midterm and at the end of the term. In return, preceptors will receive 40 hours of teaching credit per student per term taught from the School of Medicine (120 hours/year). For non-OHSU faculty, OHSU volunteer faculty appointments may be available allowing access to the library and employee discounts.

Returning preceptees, contact Sara Nanez. New preceptees, sign up online. New instructors for classroom teaching sign up online.

FM PERSONNEL WEB PAGE

The Department of Family Medicine website has a new feature! Visit www.ohsu.edu/familymedicine and click on the “for OHSU FM Personnel” icon on the lower left. You’ll find a calendar, personnel links and presentation materials from the most recent Wednesday conferences. Bookmark it for easy reference.
Students, Interns, Residents Attend National Conference

OHSU Department of Family Medicine students, residents and interns attended the American Academy of Family Physicians (AAFP) 2012 National Conference of Family Medicine Residents and Medical Students in Kansas City, MO, from July 26-28.

The student/resident/intern attendance at the conference was funded by Anita D. Taylor, MAEd Travel Fund. The fund, part of the OHSU Foundation, was founded by Faculty Emerita Anita Taylor, MAEd, who retired July 1.

“Anita Taylor’s support for medical students is legendary at OHSU,” said John Saultz, MD, Department Chair. “In addition to contributing thousands of hours of her time providing advice and support, she was also generous with her contributions in support of student travel to the national student-resident conference in Kansas City each year.”

That generosity sent second-year resident Stephen Yip, MD, to the conference. He said the experience rekindled his enthusiasm for family medicine.

“I went into family medicine to help not only a community, but to help individuals in their totality and their wholeness,” he said. “It was great to be around other people who were passionate about family medicine. I think being around students who were really interested and excited to be at the conference was rejuvenating for me. It was awesome to see residents from other programs and to have that immediate connection because we were all family medicine residents.”

This was the fourth year that third-year resident Sean Robinson, MD, attended the conference. After four years, he was “workshopped out” and spent his time in the booth discussing the strengths of the OHSU Family Medicine program with “bright-eyed medical students.”

“It’s great to see the excitement our program generates,” he said. “There is a lot of interest in the four-year residency program and a lot of questions. It’s good to see students’ eagerness to jump into something unknown like this. No (other institution) has done a four-year program before.”

Eric Shayde, MD, third-year resident, put forth before the Resident Congress a resolution aimed at combating health disparities for same-gender couples by increasing access and affordability. The resolution passes; if it passed the Student Congress, it will be submitted to the AAFP Congress of Delegates in October.

“It’s approved there, then it will become part of AAFP policy that we support health care for same-sex couples,” Shayde said. “It’s our endorsement that will provide guidance to legislators and policy makers.”

Intern Anthony Chen, MD, attended the resident congress. He was able to meet and listen to several of those running for office. He said it inspired him to be more involved in the future.

“I think there’s a need for all residents to share our viewpoints,” he said. “We all have very important perspectives. Academy membership is one way to make those perspectives a reality. It’s an important time for us to advocate our vision for the future of family medicine.”

Chen also represented OHSU in the exhibition hall at the department booth.

“It was really exciting to meet so many students and residents who were passionate about family medicine and who were interested in our program,” he said. “A lot of students are excited by our 4-year residency. They’re also really excited to train as full-spectrum family doctors, not only in outpatient medicine, but inpatient, obstetrics and procedures as well.”

Do you have an item for next month’s Family Medicine Newsletter? Please email Melissa De Lyser at delyser@ohsu.edu.