QUALITY UPDATE - GAHANNA

Shalina Nair, MD – Clinical Assistant Professor

OSU Family Medicine at OutPatient Gahanna has been involved with several quality improvement initiatives this past year. A DMAIC framework was used to help structure a project to increase depression screening in our office, which was one of the eCQM requirements for CPC+ (both the USPSTF and the AAFP recommend screening adults for depression). The two-item and nine-item Patient Health Questionnaires are validated screening tools that have similar specificity, with the PHQ9 having a slightly higher sensitivity. Our project goal was to increase utilization of the PHQ9 depression screening tool by 10% from our current baseline. We focused on patient encounters age 18 and older who were presenting for either physical or follow-up visits and excluded pediatric/adolescent visits and acute visits to minimize disruption to patient flow. We analyzed the reasons for low screening rates which include lack of time, the reason for the visit may not be for depression, multiple screening methods available, literacy and language barriers, and workflow variation with the rooming process. We obtained measurements for several months prior to screening and during implementation, which demonstrated that our screening rates improved by 25% and still continue to increase. Moving forward, we have adjusted this process based on provider feedback and process simplicity and are now using multiple methods (dry erase forms and tablets) and are utilizing both PHQ2 and PHQ9 tools to further increase our depression screening rates.

Several physicians in Gahanna are currently involved in a Low Back Pain Pathway pilot project, which involves working with the Department of Physical Therapy to utilize the STarT Back questionnaire and fast track appropriate patients into physical therapy within 24 hours of presentation. The STarT Back questionnaire is a validated nine-item screening tool that helps determine if a patient is low, medium or high risk for a poor outcome to allow for targeted treatment interventions. The global aim for this project is to improve high value care for low back pain patients in order to reduce cost, improve patient experience, and overall outcomes. Our goals for this project are to increase access to conservative measures, improve return to baseline functional abilities, decrease absences from work, decrease narcotic use, and improve patient satisfaction with timely access to resources.

To improve patient safety, a project was implemented to refine our high priority message triage process, with the goal to reduce the risk of a critical condition questions not being answered in an appropriate timeframe. I worked with the lead business assistant, Stella Blackburn, to determine a manageable list of conditions, such as chest pain, shortness of breath, allergic reaction, and slurred speech that should not wait to be addressed. We recognized that the potential severity of these conditions may be clear to clinical staff but may not always be apparent to non-clinical staff, which can then potentially negatively impact patient safety. We decided that a provider should answer these critical condition questions while the patient was still on the phone in order to provide direction on how to proceed. This has been a simple yet effective improvement to our high priority message triage process. Overall these projects have been successful in Gahanna because the entire office is willing to work together as a team to help improve patient safety and the quality care.
WELCOME RESIDENCY CLASS OF 2022!

URBAN TRACK

Ayo Adesanya, MD, PhD
Undergrad
Univ of Chicago
- Biology
- BioChem
Med School
OSU

Katy Anderson, DO
Undergrad
Univ of Dayton
- Spanish
- Premed
Med School
Ohio Univ - Dublin

UNIVERSITY TRACK

Logan Beckett, DO
Undergrad
Southern State
Southeastern Univ
Shawnee State
(Portsmouth)
- PreMed
Medical School
Ohio Univ

Dev Desai, MD
Undergrad
Clemson
- Health
Science
- Psychology
Medical School:
Univ SC

Lilly Hetson, MD, MA
Undergrad
Univ of Akron
- Natural Sciences
- MA, Medical
Ethics, Humanities
Med School
NeoMed

Dana Maxwell, DO
Undergrad
Lesley Univ (MA)
- Liberal Arts
- Psychology
- PreMed courses
Brandies (Univ MA)
Med School
Ohio Univ

Adam Pfaller, MD
Undergrad
Univ WI
- Kinesiology
Med School
Univ WI

CJ Skok, DO
Undergrad
Indiana Univ
- Neuroscience
- Psychology
Med School
Chicago College of Osteopathic Medicine

Kyle Toth, DO
Undergrad
OSU
- Biology
Med School
Ohio Univ
NEW CHIEF AND CO-CHIEF RESIDENTS ELECTED

Election results are in and Hiten Patel, MD will become the Chief Resident, beginning May 1, 2019. Joining him as Co-Chief Residents are Barbara Barash, MD and Daniel Krajcik, MD, who will also be beginning their new roles on May 1, 2019.

FAMILY MEDICINE FACULTY AUTHOR ARTICLE ON NEJM CATALYST

A new entry on the New England Journal of Medicine’s sister site, NEJM Catalyst, written by Drs. Cynthia Sieck, Daniel Walker, and Ann Scheck McAleerney, faculty members of Ohio State’s own CATALYST and joined by Dr. Sheldon Retchin of the Ohio State College of Public Health, delves into the importance of understanding patients’ capacity for engagement.

The post, available at catalyst.nejm.org/patient-engagement-capacity-model “addresses why we need to focus on a patient’s capacity to engage and the context in which engagement occurs in order to improve our ability to engage patients in their care,” writes Cynthia Sieck, PhD, MPH, the lead author for the piece. Dr. Sieck recently received a $2.27 million grant, Total Engagement and Activation Measure (TEAM), from the National Institutes of Health to develop a new measure of the capacity for patients to engage in their health care. Read more about TEAM, Dr. Sieck’s work, and the work of CATALYST faculty that led to this post.

CAMPUS CAMPAIGN 2019

Campus Campaign 2019 runs through April 30th. Campus campaign rallies faculty and staff to support the people, programs, and research at Ohio State that are close to their hearts. If you’re interested in supporting Family Medicine, there are two funds that are recommended:

- 312107 Family Medicine Predoctoral Education Development Fund
- 312152 Family Medicine Resident Education Fund

Other Department of Family Medicine funds can be found at our website: https://wexnermedical.osu.edu/departments/family-medicine/giving

OSU Family Medicine at Healthy New Albany was recognized by the Health System IT Steering Committee for having one of the highest MyChart activation rates at 90%! They were rewarded with balloons, a plaque plate, and a $200 contribution to Family Medicine’s Patient Education Fund.

Timothy Huerta, PhD, Daniel Walker, PhD, and Christine Swoboda, PhD’s Likelihood of Smoking Among Cancer Survivors: An Updated Health Information National Trends Survey Analysis, was published by the Society For Research On Nicotine and Tobacco. The full article can be read here.

Allison Macerollo, MD was recently selected to participate in the STFM Building Better Clinical Training Experiences pilot project for project #2. Dr. Macerollo will attend an introductory webinar as part of the pilot kick-off, as well as a learning collaborative to be held this October in Kansas City.

Benthantry Panchal, MD’s manuscript, Prescribing habits of primary care providers in women of childbearing age and its association with documentation of contraception: An assessment of high-risk medications, was accepted for publication in JABFM. Additional OSU Family Medicine providers who contributed to the article include Cheryl Bourne, APRN-CNP, Emily Vrontos, PharmD, Sandra Palmer, DO, and previous residents, Camille Moreno, and Amy Simpson, DO.
OSUMC has embarked on an initiative to help Faculty and staff mitigate the impact of stress and to build resilience through offering the programming *Mindfulness in Motion* as part of the larger Gabbe Health and Wellness Initiative that began July 2018. *Mindfulness in Motion* is an evidenced-based 8-week, 1 hour a week program that is offered both at the main hospital campus and various ambulatory sites. A nutritious meal is provided at each session as part of the program.

*Mindfulness in Motion* was created by Maryanna Klatt, PhD here in the Department of Family Medicine.

Through *Mindfulness in Motion* you will learn how to:
- Improve your own sleep quality
- Eat mindfully
- Be more present with your patients and at home
- Change your reaction to stress
- Be aware of your body and inner experience through mindfulness

Program has been show to significantly:
- Increase resilience
- Increase work engagement
- Decrease burnout (22-26% decrease thus far!)
- Decrease perceived stress

If interested in being part of this initiative, and you can make a commitment to attend each of these 8 sessions, please email Wellness@osumc.edu to get on the waitlist so you know when a new cohort is being offered, and have the ability to sign up. You also need to be sure that your manager approves work release time for you to attend each session, so that your work coverage is assured. Cohorts are offered Autumn, Winter, and Spring. All cohorts were filled with a waitlist for Autumn, Winter & Spring 2018-2019, so please email Wellness@osumc.edu today if interested for next cohort beginning Autumn 2019.

---

**MED STUDENT GRADUATION CELEBRATION**

*Allison Macerollo, MD – Director of Medical Student Education*

Our department hosted a Graduation Celebration this past March to celebrate 2019 graduating medical students who matched into family medicine. Eleven students graduating from the College of Medicine will be joining us in a career in Family Medicine. We are lucky to have 4 students staying in Columbus and spread throughout the city at OSU, Riverside, Dublin Methodist, and Grant. Our remaining students will be all over the US at the University of Massachusetts in Boston MA, University of Wisconsin in Madison WI, Carolinas Medical Center in Charlotte NC and finally four students heading to California. These four will be at Family Health Centers in San Diego, Contra Costa in Martinez, Adventist Health in Glendale and UC Irvine in Orange. We want to say welcome to the newly matched Family Medicine students and congratulations to all graduating students and best wishes in all you do!
HAPPY BIRTHDAY

Rachael McGuirk, April 2nd
Julita Spohn, April 3rd
MaryJo Welker, April 5th
Sophia Tolliver, April 5th
Katherine Jurden, April 5th
Jessica Perks, April 6th
Pamela Bauer, April 6th
Jacqualynn Campbell, April 8th
Risa Long, April 8th
Sakeya Sachs, April 11th
Rhonda Crockett, April 13th
James Questel, April 14th
Christen Johnson, April 15th
Kathy Miller, April 16th
Bushra Siddiqi, April 17th
Angela Miller, April 17th
Krista Duritsa, April 19th
Sarah Stynchula, April 20th
Jennifer Wenger, April 20th
Issac Kyeremateng, April 20th
Amy Largan, April 21st
Jessica Hennessy, April 21st
Lisa McConnell, April 22nd
Angela Potts, April 22nd
Christine Harsh, April 23rd
Lakeysha Watson, April 25th
Hilary Hirtle, April 28th
Stella Blackburn, April 29th

FACULTY SPOTLIGHT

Whitney Christian, MD began her role as Clinical Assistant Professor in 2017, after having completed her residency training with OSU Department of Family Medicine. Dr. Christian is passionate about teaching patients how they can take the lead in their own health, and has an interest in women’s health, adolescent medicine, and preventative medicine. Outside of work, Dr. Christian enjoys traveling, exercising, and spending time with her family. Dr. Christian practices at OSU Family Medicine at Outpatient East.

Laurie Greco, PhD is an Assistant Professor of Clinical Family Medicine and the Director of Psychology Fellowship Training Program within the department. Dr. Greco received her PhD in clinical psychology from West Virginia University and completed her residency in clinical health psychology at the Cincinnati Children’s Hospital Medical Center. Her research focuses on understanding how social-contextual factors and individual psychological processes can contribute to various forms of human resiliency. Dr. Greco enjoys traveling, yoga, dancing (ballet, tap, and jazz), wine tasting, and ambling in the woods with her husband, nieces, and nephews. Dr. Greco practices at OSU Family Medicine at Thomas Rardin.

CNP SPOTLIGHT

Liz Beck, MS, RN, FNP-C joined The Ohio State University Wexner Medical Center in 2009 and has been affiliated with the Department of Family Medicine since 2012 as both a nurse manager and advanced practice nurse. Her background includes a Nurse Residency and experience as a cardiac nurse in electrophysiology at OSU. Her clinical interests include preventive health, women’s health and older adults. Liz has enjoyed teaching and precepting this year both Master’s level students and new OSU Nurse Practitioner Fellows. Liz lives in Columbus with her husband and 3 active sons. She enjoys cheering the Beck boys on from the sidelines and also enjoys travel especially to the beach. Liz practices at OSU Family Medicine at Healthy New Albany.

RESIDENT SPOTLIGHT

Andrew Davis, MD is a PGY2 University Track resident within the Department of Family Medicine. A native of Dublin, Ohio, Dr. Davis received his undergraduate degree from The Ohio State University and his MD from Wright State University. On coming back to OSU for his residency training, Dr. Davis notes that he is particularly fond of the resources, research, and innovation offered by OSU, while still providing the same opportunities that a community program offers. Dr. Davis is excited to be working with the people that he met on his interview day and to once again be back at his Alma Mater. Outside of residency, Dr. Davis enjoys spending time with his wife (Kelly), their families, and their new puppy, Murphy.
NEW ALBANY RISE VISITS OSU FAMILY MEDICINE AT HEALTHY NEW ALBANY

A class from New Albany Rise visited OSU Family Medicine at Healthy New Albany. During the field trip, providers and staff shared with the class the ins and outs of how a doctor's office works, and all about the jobs that make up a doctor's office.

HOW TO TALK TO YOUR PARTNER ABOUT STIs

Sondos Al Sad, MD – Assistant Professor of Clinical Family Medicine

Sexually transmitted infections (STIs) continue to rise in the United States. Left untreated, STIs can lead to an increased risk of contracting HIV and can cause serious complications. Having a conversation about your sexual history may not come easy for you, but the key thing is to remove emotion and focus on the facts. Learn more [here](#).

SHOULD YOU AVOID EATING FRUCTANS?

Lori Chong, MBA, RDN, LD, CDE, IFNCP – Registered Dietician, Family Medicine

Some people who think their bodies are sensitive to gluten may, in fact, be intolerant to fructans, polymers of fructose that occur in large quantities in wheat products. To find out more about what you need to know when considering whether to avoid fructans, read further [here](#).

QUESTIONS & SUBMISSIONS

Questions and submissions for the Department of Family Medicine newsletter can be directed to FamMedNewsletter@osumc.edu. Submissions are due the last day of every month in order to be included in the following month's issue.

2231 N. High St., Columbus OH 43201
(614) 293-2653 / (614) 293-2715 - Fax
https://wexnermedical.osu.edu/departments/family-medicine