

# DEPARTMENT OF FAMILY MEDICINE

March 2019



## ACO UPDATE

*Randy Wexler, MD – Vice Chair, Clinical Affairs*

The ACO has entered its second year, and after laying the structural groundwork in year one, is now ready to be designing and implementing interventions to improve care.

To that end, a process engineer has been hired to help drive development of pathways to improve care, and a full-time directory is being interviewed to provide day-to-day management.

Initiatives for calendar year 2019 include distilling the 75 current value-based metrics across all contracts to 12-15 metrics that are actionable. An APP will be hired to help close gaps on patients not seen in our primary care offices, and improvements to increase HCC coding accuracy are underway and were discussed at this year's compliance seminar. Based on overall cost and manageability due to number of patients effected, heart failure, 30 day readmissions, and ambulatory sensitive conditions will be the focus.

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## RESIDENCY RETREAT



The annual spring residency retreat was once again held in Hocking Hills, Ohio at the Meadows Lodge from March 5<sup>th</sup> – 6<sup>th</sup>. Dr. Miser started the morning with his state of the residency presentation, followed by Dr. Klemanski with an exercise on values. This was followed by a discussion of inpatient with Dr. Amanda Pannu, and the afternoon was spent eating lunch, scheduling, and hearing from chief and assistant chief resident candidates before voting opened that evening.



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER



## RARDIN SUPERSTARS ROYALLY APPRECIATED

This past Valentine's Day, OSU Family Medicine at Thomas Rardin held a Valentine's Day contest to nominate the superstars of Rardin who puts the most heart into their work, are sweet as pie with patients, and who regularly adds a little sunshine to challenging workdays. The winners of the contest were **Ferre Preece, LPN**, and PGY1 resident, **Dr. Hiten Patel**. Ferre and Dr. Patel were presented with prizes and designated as "Queen and King Valentine" to show that they are "royally" appreciated.

## RESIDENT SPOTLIGHT

Dr. Nicole Umanoff is a PYG3 Urban Track resident. Originally from Rockville Centre, NY, Dr. Umanoff received her undergraduate degree from the University of Florida and her MD from Albany Medical College. Dr. Umanoff also holds a master's degree in nutrition, and is passionate about counseling her patients on ways to improve their diets. She chose Ohio State for her residency because she wanted to train in both a community hospital as well as a large academic university. In her spare time, Dr. Umanoff enjoys baking, cake decorating, party planning, painting, drawing, and crafting.



## STAFF SPOTLIGHT

Originally from Philadelphia, Christine Junk has been serving as the Community Outreach Coordinator for the Center for Integrative Medicine since 2014. Christine earned her BA in English and Psychology from OSU and was a student athlete on the Varsity Synchronized Swimming Team. She's currently applying to the PEP MPH program in OSU's College of Public Health. Christine lives in Upper Arlington with her husband, 2 sons (18 & 16), and their chocolate lab, Luke. When not cheering on her sons at sporting events, Christine likes to cook, read, watch Netflix, and spend time with family and friends. She also enjoys running, and is currently training for the Cap City Half marathon.



## IN THE NEWS



**Dr. Bethany Panchal'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 the Journal of the American Board of Family Medicine.

### North American Refugee Health Conference

Health Means the World to Us

**Dr. Jamie Robinson's** abstract, *Serving Bhutanese-Nepali Patients in an Urban Family Medicine Residency Clinic*, was accepted for oral presentation at the North American Refugee Health Conference. The conference will be held in Toronto from Jun 14-16.

## SHAPE

**Dr. Nicole Hollingshead** was quoted in Shape magazine's article, [\*The Symptoms of Depression No One Talks About\*](#).



**Dr. Aaron Clark** has been invited to present at Cardi OH's 2<sup>nd</sup> Annual Statewide Conference. Dr. Clark will speak about the produce prescription program at OSU as part of a special session regarding social determinants of health in Ohio.

## FACULTY SPOTLIGHT

Dr. Gordon Brown is a Clinical Assistant Professor who joined the department in 2017. Originally from Evansville, IN, Dr. Brown earned his MD from the Indiana University School of Medicine and completed his residency training with the St. Vincent Family Medicine Residency Program. Dr. Brown practices at OSU Outpatient Upper Arlington, where he also served as Education Lead. In his spare time, Dr. Brown enjoys exploring the great parks and restaurants around Columbus with his wife and nearly two year old daughter.



## FACULTY SPOTLIGHT

Dr. Faraz Ahmad is a Clinical Assistant Professor who joined the department in 2017. Born in Akron, OH, Dr. Ahmad grew up in Omaha, NE, where he earned his BS from Creighton University and MD from the University of Nebraska, College of Medicine. Dr. Ahmad returned to Ohio to complete his residency training at Case Western Reserve University and University Hospitals Case Medical Center, and receive his MPH from Case Western Reserve University. Dr. Ahmad practices at OSU Outpatient East, where he also serves as Clinical Lead. In his spare time, Dr. Ahmad enjoys drawing, playing basketball, and watching football, soccer, and basketball.



## CNP SPOTLIGHT

Tamara Alexander, MSN, RN, APRN-CNP earned her BS in Nursing and MSN from Winston Salem State University. She has been a nurse practitioner for over ten years, and focuses on preventive care, acute care needs, and chronic health problems and concerns. Her interests include making sure her patients are well educated about their health and their health care needs. Tamara practices at OSU Family Medicine at Outpatient Worthington.



## IN THE NEWS (CONT'D)



**Dr. Maryanna Klatt's** protocol paper, *Acceptability and feasibility of a 12-week yoga vs. educational film program for the management of restless legs syndrome (RLS): study protocol for a randomized controlled trial*, was published in *Trials*. The full protocol can be read [here](#).

## HAPPY BIRTHDAY!

Michael Alexander, Mar 1<sup>st</sup>

Juliet French-Vallabh, Mar 2<sup>nd</sup>

Natalie Baer, Mar 3<sup>rd</sup>

Melissa Davis, Mar 4<sup>th</sup>

Tonda Silverio, Mar 5<sup>th</sup>

Ayanna Scott, Mar 5<sup>th</sup>

Amanda Kegel, Mar 7<sup>th</sup>

Eunice Oppenheim-Knudsen,  
Mar 7<sup>th</sup>

Jasmine Silva, Mar 8<sup>th</sup>

Janet Mason, Mar 8<sup>th</sup>

Katrina Kilburn, Mar 12<sup>th</sup>

Allison Silverman, Mar 12<sup>th</sup>

Ferregrace Preece, Mar 13<sup>th</sup>

Aaron Clark, Mar 14<sup>th</sup>

Aicha Sow, Mar 14<sup>th</sup>

Sara Wortman, Mar 14<sup>th</sup>



## HAPPY BIRTHDAY!

Benjamin Swartz, Mar 15<sup>th</sup>  
Amanda Parsley, Mar 15<sup>th</sup>  
William F. Miser, Mar 16<sup>th</sup>  
Patrick Fahey, Mar 21<sup>st</sup>  
Stacy Kelley, Mar 26<sup>th</sup>  
Amanda Collins-Amara, Mar 26<sup>th</sup>  
Jonathan Williams, Mar 27<sup>th</sup>  
Kendra Short, Mar 16<sup>th</sup>  
Ronda Brzezinski, Mar 18<sup>th</sup>  
Whitney Brumley, Mar 18<sup>th</sup>  
Kevin Blubaugh, Mar 19<sup>th</sup>  
Harkiran Singh, Mar 20<sup>th</sup>  
Elaine Wiese, Mar 27<sup>th</sup>  
Jancy McClellan, Mar 28<sup>th</sup>  
Yu-Ting Lozanski, Mar 29<sup>th</sup>  
Paula Weatherman, Mar 29<sup>th</sup>  
Hailing Zhang, Mar 31<sup>st</sup>

## YEARS OF SERVICE

Eunice Oppenheim-Knudsen, 13 years  
Sheila Westendorf, 10 years  
Bryant Walrod, 8 years  
Elaina Gartin, 5 years  
Tiara Brooks, 4 years

## WHAT YOUR DOCTORS WANTS YOU TO KNOW ABOUT 'DR. GOOGLE'



*Riza Conroy, MD – Clinical Assistant Professor of Family Medicine*

Seeking health advice online isn't always a bad thing – but there are important things to keep in mind when checking with "Dr. Google." Learn more [here.](#)

## IS NORMAL BODY TEMPERATURE NO LONGER 98.6?



*Amanda Pannu, MD – Assistant Professor of Clinical Family Medicine*

Since the mid-1800s, 98.6 has been the go-to number for human body temperature. But that's not the case anymore. Learn more [here.](#)



For the past five years, Sports Medicine has hosted an annual symposium focused on concussions. The three-day event will cover the latest research and clinical best practices in many areas of brain health and performance, including concussion, mental health, chronic pain, technology and analytics.

CME credits are being offered for a variety of specialties, including Athletic Training, Physical Therapy, Occupational Therapy, Nursing, Psychology (APA) and Counselor, Social Work and Marriage and Family Therapist (CSWMFT). [Visit the Summit Website](#)

## QUESTIONS & SUBMISSIONS

Questions and submissions for the Department of Family Medicine newsletter can be directed to [FamMedNewsletter@osumc.edu](mailto:FamMedNewsletter@osumc.edu).

Submissions are due the last day of every month in order to be included in the following month's issue.