

DEPARTMENT OF FAMILY MEDICINE

MAY 2019

CARING FOR A WOMAN THROUGH HER CHILDBEARING YEARS



Bethany Panchal, MD – Assistant Professor - Clinical

The rates of maternal mortality in the US are at an alarming number. As family physicians and primary care providers we are in a unique position of caring for women before, during and after her pregnancy - even if we do not her prenatal care. We are at the frontline of her care to keep her and her family as healthy as possible.

It's important to remember that pregnancy is a normal part of life, not a disease process. There are some simple but important things to remember when caring for a woman during her childbearing years and beyond.

As a woman comes to this time in her life we need to be asking her about her reproductive life plan. Does she want children? If so when and how many? This conversation can have a major effect on preventing unplanned pregnancies and in helping to start a healthy pregnancy off on the right foot. If she is not ready for pregnancy but is at risk for it, ensure she has access and information about all forms of birth control. If she is ready for pregnancy, she should be started on a prenatal vitamin and her medication list reviewed. Carefully consider if she is on a medication that is not recommended in pregnancy such as paroxetine, ACE inhibitors, ARBs, or statins.

We are additionally uniquely equipped to care for women during pregnancy given our previous training in prenatal care (residency). Pregnant women continue to experience the same conditions that occur outside of pregnancy such as simple respiratory or ear infections to asthma exacerbations or depression. Many of the same medications we use to treat these outside of pregnancy are also ok to use in pregnancy, but using an easily accessible medication checker such as Epocrates™ or Micromedex™ can aid us in what we choose. Asthma control is very important in pregnancy as it can worsen due to the physiologic changes that occur. Continue her on her inhaled corticosteroids to prevent exacerbations, there is no need to stop them.

Finally, though pregnancy only lasts nine months, the effects on a woman's lifetime health is significant. It's important to obtain a comprehensive obstetrical history on all women who have ever been pregnant, beyond how many times she has been pregnant or if she has ever had a c-section. For example, women who have had gestational diabetes, though often resolved once the woman delivers, gives her at greater lifetime risk for type 2 diabetes mellitus than any other risk factor; 50% of women will go on to develop T2DM within 5-10 years of her pregnancy. In addition, GDM, pre-eclampsia and pregnancy induced hypertension disorders increase a woman's lifetime risk of hypertension, heart disease, stroke and renal disease.

Given the special conditions above, keeping in mind where a woman is in her childbearing years will significantly help to improve her overall health and the health of her children. We, as family physicians are in a position to positively change the health of women and thus the concerning rates of maternal mortality.

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PWP UPDATE



Allison Macerollo, MD, Director – Medical Student Education

Newly minted Med 3's are coming soon to an office near you! The calendar year for the rising third years starts in May and with it comes new students to the PWP ring. Most faculty in our department interact with students in the FM unit of the PWP ring and we appreciate all you do to shape the

medical students. Matt Farrell and I have been working to meet with each group this year about the rotation including expectations, best practices, evaluations and student feedback. Our goal is that each student gains valuable skills in interviewing and assessing patients of all ages while maintaining an appreciation for family medicine and primary care. These are lofty goals, but you all have been working to achieve this. Our students take the experience seriously and appreciate your verbal and written feedback in evaluations. Please let me know if there are questions or ideas for improvement for PWP.

PUTTING VALUES TO THE TEST



When **Ashley Jones, CNP**, Outpatient Care Center Gahanna Family Medicine, boarded her flight in April, she was traveling to visit friends and family in Houston, Texas. The plane was just 45 minutes away from her final destination when the flight attendant requested a nurse or doctor to help evaluate a passenger. Read more about how Ashley put her values to the test [here](#).

WELCOME DR. BANAS!



David Banas, MD joins us from Mount Carmel Health System, where he was Associate Director & Medical Director for the family medicine residency program. Dr. Banas earned his MD from The Ohio State University, and completed his family medicine residency training at Fairview Hospital/Cleveland Clinic, where he also completed a Pathology and Laboratory Medicine Internship. Dr. Banas also completed an Adolescent Medicine Fellowship at the MetroHealth Medical Center. Dr. Banas is currently seeing patients at OSU Family Medicine at Outpatient Lewis Center.

IN THE NEWS



the association for medical imaging management

Maryanna Klatt, PhD, articles, [Reimagining the Medical Imaging Professional](#) and [Ask the Professor: Is the Patient Part of the Treatment Plan?](#) were recently published in *Radiology Management*.



Steve Graef, PhD, sports psychologist and, explores what happens when sports end. Read the full article [here](#).

FAME Faculty Awards

Nominations are now open for the College of Medicine FAME faculty awards. . Criteria can be found [here](#). Nominations are due by May 31st. Questions can be directed to FAME@osumc.edu

Gail Johannes Award Nominations

Nominations are now open for the Gail Johannes Award for Long-Term Service. Nomination information may be found at BRAVO > Recognition Tools and Resources > Gail Johannes Award. Preference is given to employees in the allied health fields, Maintenance, Security, business and administrative services, non-licensed personnel and Housekeeping. Nominations should be submitted to BRAVO@osumc.edu by July 3rd. Contact BRAVO@osumc.edu for additional information.

CONGRATS!



Michael Alexander, MD, Clinical Assistant Professor, was selected as a recipient of the 2019 Outstanding Advisor Award by the OSU Office of Student Life. Congratulations, Dr. Alexander!



Allison Macerollo, MD, Assistant Professor of Clinical Family Medicine, was recently awarded the 2019 College of Medicine's LEAD Award. The award recognizes a staff or faculty member who provides significant contributions to the LSI curriculum and demonstrates outstanding educational leadership roles. Congratulations, Dr. Macerollo!



Jeffrey Schord, MD, PGY3 resident within the department, was honored for his teaching excellence at the 2019 Courage to Teach reception this past April. Congratulations, Dr. Schord!

PIE IN THE FACE – FOR CAMPUS CAMPAIGN

OSU Family Medicine at Outpatient Upper Arlington held a spirited fundraiser for 2019 Campus Campaign. Participants' proceeds went to a campus campaign fund of their choice.



BITE-SIZED MEDICINE

Kelsey Sicker, Med 4 and Ohio State Integrative Medicine Advanced Competency Student, came up with a unique project with fellow Med 4 student Sarah Phillips, and a medical dietetics student. Together they created a series of podcasts highlighting 10 minute conversations about a variety of nutrition

topics. They focused on delivering short conversational nutrition topics designed for physicians, residents, or students to apply to patient care. The students received grant funding to help with production costs and have inspired several OSUCOM students to continue this work upon their graduation this spring. A link to the podcasts can be found here: [Bite-Sized Medicine](#)

The Integrative Medicine Advanced Competency Program is led by **Dr. Diane Habash, Clinical Associate Professor in the Department of Family Medicine**. Dr. Habash helped to get Culinary Medicine program implemented at OSUCOM as part of the Integrative Medicine Advanced Competency. Kelsey met with faculty who oversees Longitudinal Group curriculum, which occurs in 1st & 2nd year of med school. Pitched the idea of having Culinary Medicine delivered to ALL COM students. The idea: is to pare lessons down to 1-hour segments with a video tutorial to substitute for the hands-on cooking component, then add in the case-based study discussion.

FAMILY MEDICINE WALK-IN CARE SITES



Effective January 2019, OSU Family Medicine officially has 3 Walk-in Care sites available! Locations include the family medicine offices of Upper Arlington, Worthington and East. These clinics are run by nurse practitioners who provide exceptional and timely care to our own family medicine patients as well as the community. All three Walk-in Care locations have seen record breaking months; most recently treating over 1,400 patients in February! Common conditions appropriate to treat at Walk-in Care include coughs, colds, flu, strep, UTIs, rashes, and musculoskeletal injuries. The Walk-in Care team includes: Jessica Castle, Holly Chignolli, Karen Yuhas, Shana Whitney, Rose Grady, Abby Harlan, Natalie Fisher, Alva Teets, Cara Mounts, Ashley Smith, Keitra Thompson, Lindsey Hamm and our APP Lead Sarah Hartfield.

EVENTS

Faculty Athletic Council Events

The mission of the Faculty Athletic Council is to cultivate camaraderie and physical wellness in OSU faculty through sports. Physicians and research faculty are invited to Faculty Athletic Council's upcoming events:

Soccer Nights

Dates/Times:

- Tues, May 28 – 6-8 pm
- Tues, Jun 25 – 6-8 pm

Location:

Adventure Recreation Center
Turf Field #2
855 Woody Hayes Drive

19th Annual East Community Health Day

The 19th Annual East Community Health Day is **Saturday, June 1st, from 9am-2pm at OSU Family Medicine at Outpatient East.** This great, free event allows us to serve the health needs of the community. Each year, we have several hundred attendees for health screenings, school sports physicals, health information booths, etc. Physicians/NP/PA volunteers are needed for

Kidney screening – all day
Foot & Wound – all day
Breast screening – afternoon shifts
Prostate screening – all day
Skins exams – all day

If interested in volunteering for a half or full day, contact the Associate Director of the East Hospital Medical Staff Office, Olivia Vance at:

Olivia.vance@osumc.edu

OSU Family Medicine at Outpatient East is located at 543 Taylor Ave. Columbus, OH 43203.

RESIDENT SPOTLIGHT



Hiten Patel, MD is a PGY2 resident in the Department of Family Medicine. Dr. Patel earned his undergraduate degree from The Ohio State University and his MD from the University of Toledo. Dr. Patel enjoys the vast opportunities available to him at OSU and has enjoyed the balance between academic and community practice as part of his residency. Dr. Patel enjoys hiking, traveling, playing board games, watching the Buckeyes, and spending time with his 5 nieces and nephews. His professional interests include point of care ultrasound, resident/medical education, inpatient medicine, and the integration of technology and medicine.

FACULTY SPOTLIGHTS



Stephanie Cook, DO is an Assistant Professor of Clinical Family Medicine and has been practicing family medicine since 1985. She is a graduate of the Texas College of Osteopathic Medicine and she completed her residency training at The Ohio State University. She currently practices urgent care at the University Health Services, where she is also Medical Director. Dr. Cook is strong proponent of teamwork and she works to create positive work communities wherever she goes. Her desire is to foster hope and well-being through compassionate clinical care.



Clinton Hartz, MD is an Assistant Professor of Clinical Family Medicine within the department. Dr. Hartz received his MD from St. Matthew's University School of Medicine, completed his residency training here in the Department of Family Medicine at OSU, and completed his sports medicine fellowship at The Toledo Hospital/Univ. of Toledo. Outside of work, Dr. Hartz enjoys vacationing in St. John USVI where he and his wife, Heather, got engaged and married. He also enjoys spending time outdoors (especially skiing in the Colorado Rockies), spending time with his wife, his son Beckett, and is looking forward to the arrival of his second son at the end of June. Dr. Hartz practices at OSU Family Medicine at Outpatient Lewis Center.

YEARS OF SERVICE

Yu-Ting Lozanski, 5 years

Ozan Suer, 3 years

Faraz Ahmad, 2 years

Lisa Watkins, 5 years

Hilary Hirtle, 3 years

Tawny Kosiboski, 2 years

HAPPY BIRTHDAY!

Tami Gordon, May 1st
Debra Buonaiuto, May 1st
Ann Oliva, May 2nd
Elizabeth Beck, May 2nd
Stacey Smith, May 3rd
Leah Silverstri, May 3rd
Kellie Brinkman, May 4th
Rachel Mitchell, May 16th
Deshaunte Upchurch, May 18th
Daniel Walker, May 18th
Mariann Giles, May 20th
Kayleigh Pope, May 20th
Ryan Haley, May 20th
Whitney Bunn, May 21st
Karrie Hooff May 21st
Diane Murphy, May 22nd
Rupal Oza, May 24th
Laura Beggin, May 25th
Elizabeth Cornell, May 25th
Sarah Hartfield, May 26th
Kim Moellering, May 26th
Jana Worner, May 27th
Julia Ayers, May 27th
Jennifer Hoops, May 28th
Timothy Huerta, May 28th
Morgan Turza, May 28th
Cory Hussain, May 28th
Denise Kelso, May 31st

CNP SPOTLIGHT



Cheryl Bourne, APRN-CNP was born and raised in Columbus and earned her BS in Nursing and her MS, Certified Family Nurse Practitioner at The Ohio State University. Cheryl has been a part of the Department of Family Medicine since 2010 and became the Advanced Practice Educator in 2018. In this role, she organizes and manages the Ambulatory Fellowship - a yearlong transition to practice program designed for new nurse practitioners or nurse practitioners new to family medicine. She is also responsible for the onboarding of

new nurse practitioners the department. She has organized educational opportunities for the APPs of family medicine such as lunch and learn webinars and she has designed a half day preceptor education course. Outside of work, Cheri enjoys running with her family and cheering on the Buckeyes with her husband and children. She practices at OSU Family Medicine at Thomas Rardin.

STAFF SPOTLIGHT



Originally from Cincinnati, OSU Family Medicine at Outpatient Upper Arlington practice manager, **Becky Wilkins**, obtained her BS in Business from Franklin University. Becky was inspired to become a part of the healthcare field when her mom, dad, and best friend were all diagnosed with cancer. She simultaneously held positions in the ER and the Center for Injury Research and Policy at Nationwide Children's Hospital, in addition to holding a position with OP Surgery at OSU. She anticipated moving full-time to The James, but joined Family Medicine in 2006 after seeing the compassion that her mother's PCP showed her

towards the end of her life. In her spare time, Becky enjoys spending time in her flower garden, watching the Buckeyes play ice hockey, and usually has at least one art project going. She's an avid Outlander and Game of Thrones fan, and is an animal lover – especially horses and dogs.

TOP PATIENT COMMENTS

David Klemanski, PsyD, MPH "Dr. Klemanski is genuinely caring, well informed, and insightful. His guiding questions have helped me frame my own reflective practice and make significant strides towards managing my anxiety, identifying its root causes, and acting on my feelings rather than suppressing them."

Dusty Price, APRN-CNP "Best care one could ask for. Excellent listener never feel rushed, explains situation, plan, and possible outcomes. Always has formulated plan. If not sure, does not give up."

Joel Wood, MD "Dr. Wood is an excellent physician who always takes ample time to listen to my concerns. He seems to remember my history and explains things in layman's terms without being condescending. I do not live close to his office anymore but would drive to see him at an even further distance if need be."

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<https://wexnermedical.osu.edu/departments/family-medicine>