



MDFPR BULLETIN

Spring 2003

MDFPR set to begin Geriatric Fellowship

At its April meeting, the MDFPR Board of Directors voted to approve a geriatric fellowship program, to begin in July. The remaining step in developing this program is accreditation by the American Council on Graduate Medical Education, which we hope will be forthcoming by the end of May.

The program will be offered as a one-year fellowship and will be under the direction of faculty member **Karen Gershman, MD**.

Karen and **Dan Onion** spent time last fall visiting and discussing other geriatric fellowships throughout the country. Formal accreditation application was made at the end of January.

The proposed program envisions one or two fellows (called geriatric medicine residents) each year. To be eligible, applicants must have completed full training in family practice or internal medicine. At the end of their training year, fellows will be eligible to sit for the Added Qualification in Geriatrics exam given by the American Boards of Family Practice and Medicine, and will receive a nursing home Certified Medical Director imprimatur.

The Residency and MaineGeneral began exploring the possibility of such a program because of the overwhelming need

anticipated by aging demographics of the Maine population, and because the 1999 Balanced Budget Act allowed rural regions such as ours to add new programs and obtain Graduate Medical Education Medicare payments for them. Dr. Gershman also hopes that the fellowship will serve as an inspiration and focal point for much more geriatric activities in the Waterville and Augusta areas.

The curriculum will build on the long standing Geriatric Assessment Unit founded years ago by Karen and Alex McPhedran, along with the Alzheimer Boarding Home, the two hospital nursing homes (Gray Birch and Glenridge), the Inn at City Hall (a new low income supported living center), the local Hospice (of which Jim Schneid is medical director and with which Rick Hobbs plays an active role), and the rehabilitation unit at the Seton campus of MaineGeneral. The "C" team area of the Family Medicine Institute will be remodeled with new exam rooms and will become the clinical base for the fellowship, thereby using the current practice populations from the patient panels of Karen Gershman, Dan Onion, Holly Gerlaugh, and Rod Forrey. Months One and Two will be dedicated to the Skilled Nursing Unit at Gray Birch and the Seton Rehab Unit. After that, the fellow will become an integral member of the newly expanded Geriatric Assessment Team. The Team will see a wide spectrum of geriatric patients in consultation to the primary care givers in the FMI, the hospitals, Maine-Dartmouth Family Practice in Fairfield, nursing homes and in the patients' homes. The team will include Janice Petzel MD, MaineGeneral's new geropsychiatrist. MDFPR graduate Michelle Perkins Dostie ('00), the new medical director of Gray Birch and Glenridge nursing homes, will supervise much of the curricular pieces there.

Residency graduate **Betsy Hart, MD ('93)**, is tentatively interested in beginning the fellowship this July if accreditation is received as we hope. Please help us recruit others as you may hear of them for this summer or future years. We are exploring the possibility of shared positions as well. Fellows will be paid as 4th year residents.

Much of the planning work for the fellowship has been generously funded by the Bingham Program of Maine through a planning grant administered by Lisa Miller.

2003-2004

Incoming Interns and Residents

Welcome to new resident staff who will be joining us for the upcoming academic year.

PGY2

Hanna Napiorkowska received her medical degree from Akademia Medyczna in Gdansk, Poland. Born in Krasnosielc, Poland, she completed a year-long residency at the Naval Hospital in Gdansk, followed by working for 2 years as a junior physician in Poland, prior to her emigrating to the United States in 1996. She is currently enrolled as a PGYII resident at Meadville Medical Center in Meadville, PA. Meadville is closing its program at the end of this year. Hanna will be joining MDFPR in May with 14 months credit toward her 36 month requirement.

PGY1

Ahmed Aldilaimi received his medical degree from Al-Mustansiriyah University College of Medicine in Bagdad, Iraq. He is currently doing a preliminary internal medicine internship at Howard University Hospital in Washington, DC. Born in Baghdad, Iraq, Ahmed has worked as a clinical research coordinator and medical assistant at Johns Hopkins University, as well as practiced as an internist in both Yemen and Iraq.

Pamela Courtney will be receiving her medical degree from New England College of Osteopathic Medicine in Biddeford, ME in June. She received her undergraduate degree from the University of New England in Biddeford, ME. Born in Tachikawa, Japan, in a military family, Pamela has owned her own electrology business, and worked as an aerobics instructor and guidance counselor. As a volunteer, she worked in the Portland Free Clinic and was an EMT in Cape Elizabeth's volunteer rescue.

Amy Madden will be receiving her medical degree from Dartmouth Medical School in June. She received her undergraduate degree from Dartmouth College in Hanover, NH. Born in Melrose, MA, Amy's work experiences include being a community response and education coordinator for the mid-coast Maine area and worked for the Peace Corps in Africa. As a volunteer, she is a mentor for 1st, 2nd and 3rd year medical students, is on a wellness committee that addresses the needs of the DMS community, was a student coordinator for a dental clinic, was a student needs assistant for students dealing with mental health and substance abuse issues, taught health and science to 5th graders, was an EMT, and a peer educator for STDs. Amy did a clerkship at the FMI in May/June 2002.

Timothy Pieh will be receiving his medical degree from the Dartmouth Medical School in June. He received his undergraduate degree from Duke University in Durham, NC. Born in Boston, MA, Tim's work experiences include being an EMT, a phlebotomist, and ropes course director and instructor. As a volunteer, he co-founded the student-run volunteer service for all emergency medical responses at Duke University and the medical center. He did a clerkship in Fairfield in May/June 2002.

Jenny Pisculli will be receiving her medical degree from the Ben Gurion University of the Negev in Beer Sheva, Israel in May. This medical school is unique in that it is in partnership with Columbia University in New York and provides emphasis in addressing cross-cultural issues. Born in Los Angeles, CA, Jenny received an undergraduate degree

from the University of California at Santa Barbara. Her work experiences include teaching chemistry in Bulgaria and Hawaii and monitoring patients in hyperbaric chambers. Her volunteer experiences include teaching English to Bedouin students.

Jan Ryszkowski received his medical degree from the American University of the Caribbean in Monssarat, West Indies. He is currently doing a preliminary surgery internship at Dartmouth Hitchcock Medical

Center. He received his undergraduate degree from Wayne State University in Detroit, MI, in 1993. Born in Boleslawiec, Poland, Jan came to the United States in 1987 and achieved US Citizenship while at Wayne State University. His past work experiences include working for the US Postal Service, painting and landscaping. His volunteer experiences include helping homeless and displaced war refugees and working in hospitals

Ferdinant Saran received his medical degree from Shahid Beheshti University of Medical Sciences in Tehran, Iran. He is currently doing a preliminary general surgery internship at the University of Connecticut Health Center in Farmington, Connecticut. Prior to his coming to the United States, Ferdinant was a board-certified surgeon in Iran. His past work experiences in Iran include battlefield hospitals, a private practice and directing an emergency department.

Gayle Smith will be receiving her medical degree from the Philadelphia College of Osteopathic Medicine in May. Born in Philadelphia, PA, Gayle received her undergraduate degree from St. Mary's College of Maryland. Her work experiences include working with autistic children. As a volunteer, Gayle was director of a student a cappella singing group, is involved with Habitat for Humanity and is an educator in sexual health.

Karen Sokol will be receiving her medical degree from the University of Vermont College of Medicine in Burlington, Vermont in May. She received a Master's Degree in public health from the University of Michigan, Ann Arbor, MI and her undergraduate degree from Boston University in Boston, MA. Born in Boston, MA, Karen grew up in Belfast, ME. Her work experiences include being a consultant for STDs in Central Africa for the Centers for Disease Control, Health Education Specialist in the Peace Corps, a public health educator for the Maine Department of Human Services, and research assistant at the University of Michigan. Karen is a published author both in Africa and the United States. She did a

clerkship at the FMI in July 2002. Karen will be doing a part-time residency for her PGY1 year.

DeJong receives award from Family Planning Association

Faculty member **Russell DeJong, MD**, was a recipient of the first *Parker and Linda Harris Mission Award for Contributions to Reproductive Health* from the Family Planning Association of Maine. Presented at a Special Awards Dinner in Portland on October 24, the award recognizes "physicians and other health care professionals who devote themselves to the reproductive health care of women and teens."

In his presentation of the Harris Award, FPA Executive Director George A. Hill offered the following remarks about Russ:

Very few people have had the impact that Russ DeJong has had over the last two decades on his colleagues in the medical community. He has achieved his influence by walking the walk. An OB-GYN by training, a specialist, he has dedicated himself to the training of family practice physicians to make sure that they achieve the highest level of competence when serving women and teens. As a professor at Maine Dartmouth Family Practice Residency, he has taught a generation of physicians, hundreds of doctors, 60 percent of whom remain in the state of Maine.

For twenty years, Russ has provided low- or no-cost prenatal care through the Prenatal Clinic at Mid-Maine Medical Center. For twenty years he has provided the full range of reproductive health care services, including abortion, in one of the state's more conservative areas. For twenty years, he has had to decide whether a bullet proof vest will be a part of his wardrobe as he deals with threats and harassment. And over the last twenty years, he has earned the affection and the respect of a

generation of family practice physicians whom he has trained, if not in his own image, then certainly as docs capable of providing the highest quality of care to the most vulnerable members of our state's population—low-income women and teens. Russ's impact has been long lasting in other areas as well.

Five years ago, while serving as the Family Planning System's Medical Director, the FPA began discussing with Russ his concerns about how few abortion providers there were in the state of Maine. The atmosphere at the time couldn't have been less encouraging since only a few months earlier, two clinic workers in Boston had been killed by a deranged young man. The impact of this event was substantial; the number of physicians willing to make the service available dropped by 20 percent here in Maine.

It was with Russ' support and hard work that the FPA initiated the Institute for Reproductive Health, which makes first trimester abortion services available to women and is unique in that it provides a certified training program for physicians willing to learn how to provide such services. Five years later, there has been, as a result of the Institute's training program, which Russ supervises, a 20 percent increase in the number of abortion providers in the state of Maine. Russ' teaching style has created a safe environment for residents and for physicians which makes it possible for all to learn as they objectively review cases performed at the Institute and gather the competence, experience and education needed so that they can share the responsibility that he and Parker have for so many years shouldered on behalf of women living in rural Maine.

I'll stop there, except to say: Russ, thank you, for everything you have done to make reproductive freedom a reality in the state of Maine. We are grateful to you and we are proud to give you the first Linda and Parker Harris Award for Exceptional Contributions in the Medical Community to Reproductive Health and Freedom.



Russ DeJong, joined by faculty members
Persis Hope FNP and Associate Director
Cathy Morrow MD

Gerlaugh and Adler featured in book on Rural Primary Care

A new book by Fitzhugh Mullan, MD, has two wonderful chapters that feature faculty member **Holly Gerlaugh, PA-C** and 1987 graduate **Connie Adler, MD**. Mullan is a pediatrician by training and presently serves as Clinical Professor of Health Care Sciences and Pediatrics at The George Washington University School of Medicine

and Health Sciences. He is a former Assistant Surgeon General and has directed the Public Health History Project, the Center for Medical Effectiveness Research, and the Bureau of Health Professions.

His 2002 book, is *Big Doctoring in America: Profiles in Primary Care* (Berkeley: University of California Press). "Big Doctoring," Mullan says, means "doctoring that embraces the whole person, that values comprehensiveness and continuity, that welcomes the richness and the complexity of the complete human being." Holly's chapter, "A One-Woman Merger," (alluding to her dual credentials as a Nurse Practitioner and a Physician Assistant) and Connie's chapter, "Living Rural Medicine," both provide Mullan's brief introduction, then some great writing by Holly and Connie about the evolution of their professional passions and roles.

If you are interested in reading these chapters and do not have easy access to the book, call the Residency office and we can send photocopies.

As an outgrowth of this publication, Connie Adler was interviewed by Staff Writer Samantha C. DePoy of the Lewiston Sun Journal, who wrote the following feature in the November 20, 2002 edition.

Connie Adler was a midwife in her 20s, but she realized that helping women deliver babies wasn't enough. "I wanted to understand more systems so I could do a better job," she said.

She went back to medical school and hit the books. Now she's a fully licensed obstetrician-gynecologist who delivers more than 100 babies a year.

She's also featured in a book, the only Maine doctor profiled in "Big Doctoring in America: Profiles in Primary Care," by Fitzhugh Mullan, M.D., and published by the University of California Press. The book looks at the changing emphasis in medicine over the years from specialist to primary-care physician. The chapter devoted to Dr. Adler's story, "Living Rural Medicine," talks about the doctor's work at Farmington's Franklin

Memorial Hospital and Pine Tree Women's Care. Mullan did interviews with 75 medical care professionals around the country before settling on 15 to feature in his book. The book was published in October.

(Augusta nurse practitioner Holly Gerlaugh is the other Mainer in the book, featured in a chapter entitled "A One-Woman Merger.")

Adler, from Queens, N.Y., estimates that she has brought more than 2,000 lives into this world.

"It's very special, it's really a miracle," she said of birth. "Being with a woman in labor is a very special privilege. It's a very intense time, but it's delightful. There is nothing I'd rather be doing."

The topic of rural doctoring is an important one for her. "Rural areas are clearly where there is a need," she said. There are some tradeoffs, like more hours and less pay. But it's worthwhile, she said, because she knows her patients better and has an invaluable impact on their lives. "I take care of women," she said. "Healthy women who are treated as equals makes for a better, stronger society."

Adler advocates women's issues like ending domestic violence, bringing about equality, and understanding the social, political and physical issues of women. She has served for the past six years as the director for the state program on breast and cervical cancer that provides free screenings. She is also involved in Peace in Our Families, a Farmington-area group that advocates against domestic violence.

In her spare time, Adler loves to cook, read, cross-country ski, sail and hike. She is married to Mike Rowland, who works at MeadWestvaco Corp. in occupational medicine, and has two daughters: Naiche, 29, who is studying for her doctorate in molecular genetics at Columbia University, and Shifra, 20, who is studying philosophy at Cambridge University.

Although the book was originally published as a series in the *Journal of American Medicine* for health professionals, Adler said that anyone can benefit from reading it. "People need to be more active advocates for universal health care, she said. "I hope nonmedical people read it. For there to be changes in our system, huge numbers of people need to stand up and demand the care they need."

The book aside, Adler's primary focus is women in Franklin County. "I want to help them to be well," she said. "Women need to feel safe in the world and have equal say in controlling their own lives. All of the things that affect women and children, I want to be a part of."

Residency involvement in conference on Rural Health Care

Several members of the wider MDFPR community will participate in a conference on *Surviving and Enjoying Maine Rural Practice*, to be held in Farmington on November 21. Coordinated by **Connie Adler ('87)**, **Dan Onion**, and a consortium of physicians from Franklin County, the *Physicians in Rural Practice Symposium* will explore approaches to training, maintaining and sustaining physicians in community-oriented primary care medicine in the 21st Century. The event will take place at the Education Center of Franklin Memorial Hospital.

The keynote presentation will be given by Fitzhugh Mullan, MD (see previous article), addressing ways of keeping health care providers professionally and personally engaged in their work in rural settings.

Also participating as panelists and facilitators, along with Drs. Adler and Onion, will be **Cameron Bopp '78**, **Cynthia Robertson '83**, MDFPR Associate Director **Cathy Morrow**, former MaineGeneral CEO **Warren Kessler**, and several other people who have been involved in community-oriented primary care in Maine.

For more information, call the Franklin Memorial Hospital Community Relations Office at (207) 779-2555.

**"Confusing" Brand, Generic Drug
Name System To Be Replaced:**

**Full scientific nomenclature will
be mandatory**

WASHINGTON, DC-- In an effort to decrease prescription errors, The American Pharmaceutical Association announced today that a new naming system will be enforced by pharmacies nationwide beginning in January.

Instead of the current system of brand and generic names, clinicians will be required to use full scientific nomenclature on all prescriptions, and are urged to use the new names when discussing medications with patients and with other providers.

"There's mounting evidence that having both a brand and a generic name causes a lot of unnecessary confusion," said APhA spokesman Noreen Marzette. "You get patients taking both Lasix and furosemide, not knowing they're the same thing."

"Now in the new system, they're on 4-chloro-N-furfuryl-5-sulfamoylanthranilic acid. It just doesn't get much more unambiguous than that."

According to the APhA, responses to the planned implementation have been mixed. At a trial implementation in Baltimore, MD, some patients were reportedly unable to obtain (3b, 5b, 12b)-3-[(O-2,6-dideoxy-b-D-ribo-hexopyranosyl-(1"4)-O-2,6-dideoxy-b-D-ribo-hexopyranosyl-(1"4)-2,6-dideoxy-b-D-ribo-hexopyranosyl)oxy]-12,14-dihydroxy-card-20(22)-enolide (formerly known as digoxin) when a computer glitch caused the third hexopyranosyl to be omitted.

Nevertheless, the new system will be universally adopted by pharmacies, hospitals, and medical centers throughout the nation in January 2004. Prescriptions not written in scientific notation after that time will be sent back to the prescribing clinician for revision.

Old	New
Prozac (fluoxetine)	(<i>_</i>)-N-methyl-3-phenyl-3-[(a,a,a-trifluoro-p-tolyl)oxy]propylamine hydrochloride
Viagra (sildenafil)	1-[[3-(6,7-dihydro-1-methyl-7-oxo-3-propyl-1H-pyrazolo[4,3-d]pyrimidin-5-yl)-4-ethoxyphenyl]sulfonyl]-4-methylpiperazine citrate
Tagamet (cimetidine)	guanidine, N'-cyano-N-methyl-N-[2-[(5-methyl-1H-imidazol-4-yl)methyl]thio]ethyl]-monohydrochloride
Valium (diazepam)	7-chloro-1,3-dihydro-1-methyl-5-phenyl-2H-1,4-benzodiazepin-2-one
Norvasc (amlodipine)	(R.S.) 3-ethyl-5-methyl-2-(2-aminoethoxymethyl)-4-(2-chlorophenyl)-1,4-dihydro-6-methyl-3,5-pyridinedicarboxylate benzenesulphonate
Zithromax (azithromycin)	(2R,3S,4R,5R,8R,10R,11R,12S,13S,14R)-13-[(2,6-dideoxy-3-C-methyl-3-O-methyl-a-L-ribohexopyranosyl)oxy]-2-ethyl-3,4,10-trihydroxy-3,5,6,8,10,12,14-heptamethyl-11-[[3,4,6-trideoxy-3-(dimethylamino)-b-D-xylohexopyranosyl]oxy]-1-oxa-6-azacyclopentadecan-15-one

(acknowledgments to "Q Fever! - Medical Humor & Satire For Healthcare Professionals," www.qfever.com)

Accolades for Morrow

A review in *Family Medicine* of the recently-published *Handbook of Women's Health: An Evidence-based Approach* (J. A. Rosenfeld, Ed., Cambridge University Press, 2001) cites **Cathy Morrow's** chapter, *Psychosocial Health of Well Women throughout the Life Cycle*, at the top of the list of strongest sections of the book. Congratulations!

BCLS/ACLS

Once again this year the residency is running a BCLS and an ACLS program on Wednesday-Friday, June 25-17. We usually have room for 2-3 graduates/preceptors as well. If anyone is interested, please email or contact **Dan Onion** (donion@mainegeneral.org) to see if there is room.

Dostie in New York Marathon

Congratulations to **Michelle Perkins Dostie ('00)**, who completed the New York Marathon on November 3.

Competing in her second marathon, Michelle completed the 26 mile course in 4 hours, 58 seconds, placing her 902nd out of 4173 women in her age group. She says that her time would have been even lower, were it not for the bottleneck toward the beginning of the race, as 30,000 runners made their way across the 2-mile Verrazano Narrows Bridge.

A feature article in the Kennebec Journal (<http://www.centralmaine.com/sports/stories/021105marathon.shtml>) quoted Michelle: "It's an unbelievable experience. The crowds. The hugeness of the event. It was just spectacular... they played 'New York, New York' on speakers and runners would be singing along as we got onto the Verrazano Bridge (in Staten Island)... then when we got into Brooklyn and went through all those different neighborhoods you would constantly hear the boom boxes blasting the different music." She continued, "Besides the usual blisters and muscle aches, it was great... something you never forget."

Michelle trained for the race for several months with Winthrop pediatrician Burt Richardson, who completed the New York Marathon for the third time.



Burt Richardson and Michelle Perkins Dostie
(Kennebec Journal; Jim Evans)

Armed Forces Medicine

At least three members of the Residency community are involved with medical care in the setting of the Armed Services.

Craig and Jennifer Smith ('05) have been serving in the Army National Guard for over two years, doing so concurrent with medical school and, now, internship. Jen writes:

We currently drill with the New Hampshire Army Medical Command at the VA Hospital in Manchester, NH. One weekend a month we perform physicals for soldiers new and old, and those ready to be deployed. On Saturdays, our unit completes 30-60 physicals including complete dental exams, dilated eye exams, EKGs, lab work, immunizations, hearing screens and a complete physical exam. Sunday is usually a unit training day consisting of physical fitness training, Army medical classes, or we provide a mobile exam team to bring local units up to date with labs, immunizations and dental exams.

We also are expected to complete two weeks of annual training a year. This may consist of an Army class, Army medical rotations, or providing medical support for another unit in training. This summer Craig will be the sole medical provider for a heavy artillery unit in training in northern NH. We are both very proud of the men and women serving in the military and feel privileged to be able to provide care for our soldiers.

Elizabeth Ottney ('00) is presently serving on active duty with the Army in Kuwait. She writes:

Thanks so much for the thoughts and prayers. We all feel the message of encouragement from our homeland.

Any and all care packages are welcome. We divide up the supplies amongst staff and patients.

Many wounded come with nothing but minimal clothing - no soap, shampoo, toothbrush, socks or underwear. We piece together what we have. We have little (even paper is limited).

I've seen and done more than I ever imagined - we are very close to it "all." I will be very happy to be home once again.

We have a great team here, although the work is disturbing. We provide care to prisoners of war and noncombatants (e.g., journalists, civilians, and children) as well as to Service personnel. Very sad, very hard work. We even do it wearing gas masks & chemical suits when our alarm goes off. Very eerie, surreal. Hearing the bombings in the distance in unnerving. I'll be grateful for some much needed rest on American soil (don't think I'll rest until then!).

*Cpt. Elizabeth Ottney
86th Combat Support Hospital
Camp Udairi, Kuwait
APO AE 09330*

Additions to the Family

Congratulations and very best wishes to new members of the extended Residency community and their parents:

Victoria Marie Eichel, daughter of Terry and Jim Eichel ('92), December 23 (see also class notes).

Miles Everett Lambke, son of Amber and Mike Lambke ('96), February 4.

Remy Ramsey Lajoie, daughter of Ken ('01) and Kate Lajoie, March 29.

Louisa, daughter of Claudia Geyer ('99) and Brian Shaneen, April 19.

Publications, Research Presentations and Grant activities

Publications:

Alto W, Meyer D, Matuzas W: Identification of Anxiety and Depression in a Family Practice. Colby Journal of Science (in press).

Irwin B ('04): Eastern Treat. Backcountry Adventure, 15(4): 56-61, Winter 2003.

Irwin B ('04): From Away (Wilderness Essay). Wilderness and Environmental Medicine, 14:44-46, 2003.

Glazer, J ('03), Onion, D: Review of: Clinic Epidemiology and Evidence-Based Medicine: Fundamental Principles of Clinical Reasoning J Am Brd of Fam Pract; 15:345, 2002.

Clark, M, Onion, D: Lung Cancer. In Family Medicine: Principles and Practice 6th Edition. Taylor RB (Ed.), New York: Springer-Verlag 2002.

Alto W, Colt H: The Oral Cavity. In Family Medicine: Principles and Practice 6th Edition. Taylor RB (Ed.), New York: Springer-Verlag 2002.

Presentations:

Karen Gershman: Geriatrics: Dementia Screening and Treatment. Maine Primary Care Association Annual Symposium, Jan., 2003

Cathy Morrow, Claudia Glynn, Dan Meyer: Clinical Breast Exam and Current Screening Guidelines. Maine Primary Care Association Annual Symposium, Jan., 2003

Cathy Morrow, Barbara Ginley, Betsy Hart ('93), and others: Cultural Competency for Maine Primary Care Clinicians. Maine Primary Care Association Annual Symposium, Jan., 2003

Dan Onion: Dealing with the unending requests for yet more screening test by specialists and others: using the US health services preventive task force guidelines with examples of CRP and ankle to brachial indices. Maine Academy of

Family Practice Annual Meeting, April, 2003.

Jim Schneid, Dan Meyer, Nancy Weingarten, Fred Craigie: A Family Practice Residency Employee Assistance Program: Seven years of Experience. Annual Meeting of STFM, April, 2003 (conference postponed until September due to SARS).

Fred Craigie, Cathy Morrow and Pat Cole: Medical Practices as Communities: The Spirituality of Health Care Organizations. Annual Meeting of STFM, April, 2003 (conference postponed until September due to SARS).

Grants:

Maine-Dartmouth has been awarded a 14 month \$50,000 grant from the Bureau of Health Teen and Young Adult Program to help develop school-based health services at Hodgkins Middle School in Augusta, with plans to expand to Cony High School in coming years. Our newest faculty member, **Chris Lutryzkowski ('96)** will provide medical direction, one of our NP/PAs will begin providing on-site health services sometime before January, 2004, and **Dan Meyer** will assist with evaluation activities. As is the case at the school-based health center at Maranacook Community School, our clinicians will work closely with each student's primary care clinician to coordinate care.

Dan Onion, Karen Gershman and **Dan Meyer** were awarded an \$80,000 three-year grant from the Betterment Fund to assist in completing the ACGME application and business plan for a one-year geriatric fellowship program at MDFPR and for developing and implementing the curriculum for the fellowship. If the fellowship program is approved later in May, 03, we hope to enroll our first fellow in July. We encourage anyone who might be interested in such an opportunity in the coming years to contact us. We also hope to develop mini-courses for practicing physicians on certification for nursing home medical directors and other issues in geriatric care.

Dan Meyer, MDFPR Dir. of Research, with \$10,000 planning grant support from the

Maine Children's Alliance, has submitted two grant proposals to evaluate a statewide demonstration of the cost-effectiveness of school-based health services in Maine. These were to the federal Agency for Healthcare Quality and Research and the Maine Health Access Foundation.

Bill Alto, Dan Onion, and Dan Meyer have submitted a two-year grant proposal to the Maine Health Access Foundation to develop a curriculum in oral health and dental emergencies. They worked with the Togus V.A. Dental Center, the Maine Oral Health Program and the Kennebec Dental Health Coalition in preparing the proposal. If funded, activities would begin in September.

Cathy Morrow, Presis Hope and **Dan Meyer** continue to work with the Maine Migrant Health Program and a coalition of migrant health activists to create a curriculum on using interpreters in clinical care, enhancing our "cultural humility," and some new migrant health clinical opportunities for residents and faculty. This is a one-year grant and we have participated in developing and presenting seminars as well as expanding clinical care activities.

Fred Craigie, Rick Hobbs and **Cathy Morrow** continue to work on the spirituality curriculum development grant from the George Washington Institute for Spirituality and Health. Recent initiatives have included half-day retreats in the fall and winter at the Maple Hill Farm in Hallowell (examining spirituality in primary care medicine, and the spirituality of health care organizations), a spirituality component of the Geriatrics rotation (involving videotaping of interviews with patients and families), and a re-casting of the periodic Balint Group as "Meaning in Medicine" (along the lines of Rachel Naomi Remen's program of the same name).

Dan Onion and **Dan Meyer**, working with the Maine Primary Care Association and the other FPRs in Maine, are in the second year of a three-year grant from the Bingham Program to increase the number of first year medical students who come to Maine for 6 weeks in the summer. This

summer we will have one student at one of our residency sites and a second student with **Alicia Forster ('02)** at Skowhegan Family Medicine.

Fred Rimmele Memorial Garden

Those of us who have been envisioning Fred's garden are beginning to transition from the images to reality! We have made major strides in having the garden come into being with the tremendous (volunteer) help of Andrew Woodard - known to all around here as Woody. Woody runs his own landscaping business and also works part time as a respiratory therapist at Maine General in the sleep lab. Woody created a beautiful design after meeting with a group of us. We then sought input from Kim Trudel and Mike Lambke and are now in the implementation phase. Sylvan Pontin's husband very kindly took the design and put it into a graphics form which you see here.



Rimmele garden design by Andrew Woodward,
drawn by Spencer Pontin

Recruitment

We are having our first work weekend for the garden May 24 and 25. Woody requests "lots of people with wheelbarrows" as the major layout, wall building, and perimeters will be done in preparation for our planting day. This will be Tuesday, June 3rd, when our entire MDFP and Four Seasons practice in Fairfield will spend the afternoon planting and having a BBQ.

We plan to have a more formal dedication ceremony of the garden once it is completed. Kim is planning to be with us for our first work weekend and we will be inviting you all to join us for the formal dedication when we have that scheduled. However, we want to invite you all who are able to come help us work! As noted, the first weekend will be heavier work, and Tuesday June 3 will be planting work. Woody assures us he can manage as many will show up.

We are continuing to be hard at work fund raising for the garden. We have raised more than \$3,000 dollars but need about \$8,500 to implement the garden as currently planned. Contributions of plants are certainly welcome as well. Contributions can be sent to: **Fred Rimmele Memorial Garden, MDFP, 4 Sheridan Dr., Fairfield, ME. 04937**

Another tough year for recruitment in Family Practice and primary care in general. As many of you are aware, the number of medical school applicants choosing family practice continues to decline; this year the FP program fill rate was 76%, a decline from 79% last year. Of all US seniors in medical school, 8.6% matched in family practice compared to 9.9% in 2002. There were 43 fewer positions in FP offered this year compared to last due to program closures and down-sizing. Residencies in Internal medicine and Pediatrics saw declines as well in their program fill rates, but not as appreciable as in family practice.

A study done by the University of Arizona compared 12 medical schools with the largest increase in FP production against the 12 schools with the greatest decline. Not surprisingly, a negative medical school culture, low perceived prestige of the specialty, interactions with dissatisfied faculty role models and concerns about the breadth of knowledge

required of a family physician all played central roles in medical students' decisions to pursue FP residencies.

There is a lot of work going on at a national level to understand and ultimately counteract this trend. We have to continue to work at recruitment one student at a time, and despite the overall discouraging news, we continue to be delighted by the dedicated, idealistic, and committed residents we are lucky enough to match with!

We continue to need your help. Students tell us all the time that it was one FP in a community that they worked with along the way who inspired and motivated them to pursue family practice. You are more powerful than you think! Please consider taking medical students on rotations if you don't already do so. Please continue if you do. Let us help you find students if you are interested and please urge and encourage them to come take a look at us. We are planning on expanding our rotation offerings to broaden our medical student exposure. If you have a student rotating with you and you're within shouting distance, please send them to work with us for a day or two when you are away or otherwise occupied.

Everyone of us at MDFPR is involved in recruiting, but if you have ideas, suggestions or want to talk about a student or getting involved with students feel free to contact Cathy Morrow, Dan Meyer, Jim Schneid, Chris Lutrykowski (in charge of medical student rotations in Augusta) or Harry Colt (in charge of the same in Fairfield). Thanks!

2003 Nevola Symposium

The 17th annual *Nevola Symposium on Spirituality and Health* will take place Tuesday, June 17, at Colby College in Waterville.

The theme is *Transforming Tragedy, Trauma and Loss: Spirituality and Health Pathways to Reconciliation and Forgiveness*. We will be exploring forgiveness and reconciliation as healing forces at a personal/interpersonal level, and at a community/societal level. There will be two outstanding keynote speakers,

Kenneth H. Hamilton, MD and Cushman D. Anthony, Esq., along with several interactive workshops and our

customary music and good food. Presenters from the Residency will be faculty **Holly Gerlaugh**, residents **Richard Fein '03** and **Mary Ready '05**, and **Fred Craigie**.

Complete program content and registration information is now posted on the Nevola website, www.dartmouth.edu/dms/mdfpr/nevola. If you would like to receive a brochure and are not yet on the mailing list, you may call or email the Residency office.

Website news

Everyone is encouraged to log onto our website which features a "news and events" link on the homepage to learn more about what is going on. We will shortly be updating it with photos and bios of our incoming residents. Check it out at www.mainedartmouth.org. Your comments or suggestions to Dan Meyer on the website are always welcome.

Gardiner Antiques

Congratulations to faculty member **John Woytowicz** and partner **Peter Rivard** as they open a new business, Gardiner Antiques. There will be a particular emphasis on decorative arts (pottery, glassware, art) and a variety of other antique items that would grace customers' homes. Gardiner Antiques is located at 17 Brunswick Ave. in Gardiner.

Graduate Updates

Class of 1977

Name:	Larry Catlett
Address:	RFD 1, Box 3360 Leeds, ME 04263
Practice Type:	Consultant - Occupational Medicine
Work #:	207-524-2671
Fax:	207-524-2412
Email:	lcattlett@ctel.net

Most interesting current task - managing a Healthy Lifestyles Program for Ciambro - 1,700 participants - 3 full time health educators - developing software system to allow management of this undertaking as well as "score" participants and "guide" their physicians. Travel from Fort Kent

to Virginia and conduct much of the personalized health education by phone and email.

The newsletter is most informative and well done!

Class of 1982

Name: **David Jones**
 Address: P. O. Box 1268
 Presque Isle, ME 04769
 Practice Type: Private, hospital (ICU included) & OP, no OB now
 Population of Community Served: 20, 000
 Work #: 207-764-3142
 Fax: 207-764-6459
 Email: D2DJ@aol.com

Class of 1987

Name: **Constance Adler**
 Address: 200 Livermore Falls Rd.
 Farmington, ME 04938
 Practice Type: Women's care
 Population of Community Served: 40, 000
 (hospital catchment area * town = 14, 000)
 Work #: 207-778-0804
 Fax: 207-778-0338
 Email: conzadler@aol.com

Mike and I are busy and happy. Naiche is finishing her PhD in Molecular Genetics. Shifra is studying Philosophy at Cambridge University. Mike is still sailing and I'm catching babies.

Name: **Patricia Doyle**
 Address: JRHC, 376 Main Street
 Jackman, ME 04945
 Practice Type: Health Center * only
 medical services for a
 50-mile radius
 Population of Community Served: ~
 1,000 plus snowmobilers and hunters!
 Work #: 207-668-7755
 Fax: 207-668-7605
 Email: pdoyle@mainegeneral.org

Class of 1992

Name: **James Eichel**
 Address: 3214 Fairview Ave.
 Alameda, CA 94501

Practice Type: Group Practice (FPs and pediatricians)
 Population of Community Served: everything you can imagine
 Work #: 510-843-4544 or
 510-523-8162
 Fax: 510-843-3871 or 510-865-2532
 Email: eichel@gowebway.com

Terry delivered Victoria Marie Eichel into Jim's awaiting hands on Monday, December 23, at 9:29 p.m. She weighed 8 pounds, 11 oz. and measured 21 1/2 inches long. Mother and baby are well and we all spent a very merry Christmas with our family. I'm still doing full-time family practice with OB (I can't believe it's been 10 years) and still mostly enjoying it. I'm still the Medical Director for Oakland's Coalition for Concerned Medical Professionals (CCMP), an all-volunteer organization dedicated to providing benefits to workers who cannot unionize. I also write 3 - 6 pieces per year for The San Diego Reader and am working on compiling these into a book in the next 1 - 2 years...stay tuned.

Name: **Ruth Ann Zent**
 Address: P. O. Box 1105
 Kotzebue, AK 99752
 Practice Type: Family Practice at
 hospital in Kotzebue, AK
 Population of Community Served: 8,000
 Work #: 907-442-3321
 Email: razmd@otz.net

Class of 1997

Name: **Tim Higgins**
 Address: 16 Steeplechase Lane
 Milton, VT 05468
 Practice Type: I am currently in a
 Radiology Residency
 Email: TJH723@aol.com

As most of you who know me are already aware, I have begun a Radiology Residency in Burlington, VT. I am finding that my clinical background of 5 years of rural primary care is extremely helpful in my training. Jenn and I remember fondly our years living in Maine and often think of moving back with our 3 children: Fiona, 6 1/2; Maeve, 4; Seamus, 1 1/2. We hope to

vacation there this summer and hope to see people then. If you are ever in Burlington, let me know.

Name: **Jennifer McConnell**
 Address: 52 Upper Narrows Lane
 Winthrop, ME 04364
 Practice Type: Maine General Health
 Associates / FP with OB
 Population of Community Served: 20, 000
 Work #: 207-377-2111
 Email: jennifer.mcconnell@mainegeneral.org

I'm keeping busy with Julie (4) and Sarah (18 months). I used to love my job, now I love my kids... but I still like my job. Sue is still at home full time, thank goodness. I'm still working for MGHA at the Winthrop Health Center, and acting as Medical Director. We've been involved with lots of great clinical initiatives. As a family, we're very involved with our church and community. And when we aren't bust at home, we are hiding away at Moosehead Lake.

Name: **Michelle Rebelsky**
 Address: 210 Fourth St.
 Grinnell, IA 50112
 Practice Type: Family Practice
 Population of Community Served: 9,000
 Work #: 641-236-2500
 Fax: 641-236-2539
 Email: rebelsky@iowatelecom.net

I am loving practice in Iowa. I work _ time and deliver about 50 babies a year. Sam got tenure at Grinnell College, so I guess we will be staying. I am the den leader of William's Cub Scout troop which is way more work and a lot more fun that I would have guessed. It has been a sad year for me with my Dad dying in June. My 3 boys are going great. William is in 2nd grade, Jonathan is 4 and in preschool and Daniel is 18 months and getting into everything. So things here are busy but feel fairly balanced. I hope all is well with the rest of my class.

I love the newsletter. It is always the first piece of mail I open when I see it. Regards and best to all.

Class of 2002

Name: **America Aurelien**
 Address: 175 Parkview Drive, Apt
 12
 Pawtucket, RI 02861
 Practice Type: FP Group - Community
 Health Center
 Population of Community Served: uninsured
 - underinsured
 Work #: 401-724-7110
 Email: DRAURELIEN@aol.com

Finally got married 10-12-02 and I am living in Rhode Island with my new husband.

Name: **Alicia Forster**
 Address: 3 Birch Meadows
 Oakland, ME 04963
 Practice Type: Full Spectrum FP
 Population of Community Served: 9,000 plus
 surrounding towns
 Work #: 207-474-6201
 Email: forster@dialmaine.com

Name: **Kristin McDermott**
 Address: 285 Maine Street
 Bucksport, ME 04416
 Practice Type: Family Practice
 Population of Community Served: +/- 5,000
 Work #: 207-469-6880
 Fax: 207-469-3776
 Email: kitmdermott@hotmail.com

I am working with the Bucksport Community Health Advisory Committee and volunteering in my son's school as I am able.

Name: **Claudette Zaremba**
 Address: P. O. Box 363
 Almont, CO 81210
 Practice Type: Family Practice
 with OB & ER
 Population of Community Served: town 5200,
 county ~ 15,000
 Work #: 970-641-1771
 Fax: 970-641-9017
 Email: hippidoc@earthlink.net

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**Maine-Dartmouth
Family Practice Residency**

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Augusta, ME 04330
(207) 626-1894

4 Sheridan Drive
Fairfield, ME
(207) 861-5030

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