

The Murmur

Maine-Dartmouth Family Medicine Residency Newsletter
June 2019, Issue 1

Welcome everyone to the rebirth of the Maine-Dartmouth Family Medicine Residency Newsletter!

After several years of ruminating about how nice it would be to have a newsletter that would help reconnect graduates, residents, faculty, staff and others tied to the residency, we are resurrecting the newsletter begun in the spring of 2000 by faculty alum Frederic C. Craigie, PhD. With 350 plus graduates and over 100 employees, our hope is that the newsletter will do several things:

- Help connect graduates with each other.
- Help residents identify future resources (for elective rotations or future employment opportunities).
- Help faculty and staff hear what graduates are doing as they move their professional lives . . . how has their training here prepared them well (or poorly) for this?

We recognize that the Newsletter will morph (and improve) over time as we learn what you are interested in. However, some of the pieces we initially envision would be:



- Spotlight on a graduate
- Program changes
- Personal updates (or class updates) and messages
- Call for stories
- And if nothing else, there should be one hellacious party when the residency turns 50 in about 5 years, and we will need some gifted party planners. We want you to be ready to attend!

MDFMR Program Changes

It's a bit intimidating trying to summarize changes at the residency for graduates, some of whom completed training in the 1970s and others who completed it more recently. However, we'll do our best to summarize how the residency started, list some of the notable changes (see the accompanying table), and then spend some time on where we are now.

Maine-Dartmouth is the oldest family medicine residency in New England, and was formed in Augusta in 1973 as a consortium of four Central Maine hospitals and Medical Care Development, a Maine based rural research and development

organization. The family practice center in Augusta (Family Medicine Institute) was intended to provide quality primary care to an underserved population who had been until then receiving fragmented medical care in specialty medical clinics. Since then, the residency has continued to offer needed primary care to all comers including those who are disadvantaged whether by poverty, mental illness, addiction or no insurance coverage.

Some of the events/changes over the years are listed in the table to the right.

Mission Statement

- Educating physicians for a lifetime of competent, compassionate & personally satisfying practice.
- Improving the health of Maine people with particular emphasis on rural areas & underserved
- Promoting the involvement of physicians in the life of the broader community.

As you can see in the table, Maine-Dartmouth has certainly grown (and become more complicated) over the years. Presently, we have 6 practices (two model family medicine training centers, a faculty family medicine practice, Dermatology practice, Neuromuscular Medicine Practice and a Geriatric practice) and provide care with approximately 80,000 office visits, and 1,400 inpatient admissions. However (in case you think we are crazed), before we decide to develop new programs, we ask three questions: (1) Does it help meet health care needs in the community? (2) Does it improve resident training? and (3) Can it be close to financially neutral?

Changes over the years

1970s	<i>Addition of Nurse Practitioners and Physician Assistants to augment services and provider team-based care.</i>
1980	<i>Affiliation with Dartmouth Medical School</i>
1982-83	<i>John McPhee visited the residency and practices of recent graduates, and the New Yorker published his Heirs of General Practice in 1984</i>
1986	<i>Recruitment of first osteopathic resident physician</i>
1988	<i>Sabbatical program for faculty (unique amongst community based programs)</i>
1993	<i>Development of a second model Family Practice Center (MDFP) in Fairfield, ME</i>
1994	<i>Affiliation with University of New England School of Osteopathic Medicine</i>
1995	<i>Family Medicine Institute moved to new building on East Chestnut St</i>
1999	<i>Statement of Mission formulated (See on the left)</i>
2001	<i>Four Seasons Family Practice opens – Faculty practice</i>
2003-2012	<i>Developed multiple Fellowship programs (See below)</i>
2012	<i>Maine-Dartmouth Family Medicine Residency Dermatology developed</i>
1980-present	<i>Student training programs and electives with UNE, Dartmouth, Tufts, etc.</i>

Fortunately, medical students entering family medicine remain excited about what we offer. We continue to train residents for broad spectrum family medicine including inpatient, outpatient and OB care. The majority of our graduates opt to do outpatient care, but significant numbers opt for full spectrum or ER/hospitalist work and some pursue more specialized work (Geriatrics, Sports Med, etc.).

We believe our success is rooted in

- Being one of the few residencies in the northeast that offers full spectrum training
- Specialty programs that allow advanced training in certain areas
- Committed high quality faculty
- Integrative Medicine emphasis
- Opportunities in International work, family planning, dermatology, addiction training, acupuncture training, dental training
- Close partnership with MaineGeneral where most of the clinical leaders are graduates of the program or present day faculty members.

Despite all the changes, much remains the same. We are committed to taking care of everyone regardless of ability to pay or their particular medical, social or economic challenges. There continues to be a sense of community and support for each other that is missing in many medical environments. MaineGeneral, Geisel School of Medicine at Dartmouth and Medical Care Development remain well represented on our Board of Directors. Alex McPhedran remains a valued preceptor and resource for residents and learners.

In October, 2018, we welcomed a new Residency Director to Maine-Dartmouth, Dr. Raj Woolever. Some of you may already know him as he is rooted in Maine and was recently the Residency Director at the Central Maine Medical Center Family Medicine Residency. Raj will help us face the joys (and challenges) in Graduate Medical Education and Health Care in the coming years. Welcome to Raj!

Alumnus Spotlight: Jennifer Cavalari, DO

Jennifer Cavalari, DO graduated from MDFMR in June 2017. Jen splits her time between Houlton, Maine where she works as a hospitalist at Houlton Regional Hospital and Honduras where she works with Sustainable Empowerment Leadership Foundation ("SELF") (<http://www.selfhn.org>), which she helped co-found during residency. SELF is an international non-profit and provides medical care clinics treating acute and chronic disease for entire Honduran families. SELF volunteers also do home visits, provide education, preventative services and work with whole communities on large projects such as clean water projects for entire villages, young leaders' community microenterprise programs and sustainable farming projects. Education and empowering locals underlies everything SELF does. Education includes talking to people about GERD, proper body mechanics while lifting, diabetic foot ulcer care and medication usage among other things. Primary prevention health topics include cervical cancer screening, birth control and dental hygiene among others.

UPCOMING EVENTS

The Nevola Symposium will be taking place on June 11, 2019 at Thomas College in Waterville. This always presents a great opportunity to reconnect with the community and graduates from the residency. Attendance is by registration. Please contact Ann Bryon at 207-626-1889 for details.

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2019 Residency Graduation continues to be a well-attended event, and this year it will take place on June 28, 2019 at Colby College. We will be celebrating another class of enthusiastic physicians. The majority will be directly going into primary care and approximately half the class will remain in Maine.



In 2018 Jen was awarded the Maine Hospital Association Caregiver of the Year award. Jen is known to be a very attentive physician to patients, families and work colleagues alike. Her 168 hour shifts at Houlton Regional Hospital allow her time to travel to Honduras. In residency Jen studied acupuncture with Rick Hobbs MD (MDFMR class of 1979) and passed the national acupuncture board exam and continues to use acupuncture in her global practice. Jen would like residents today to understand the importance of taking time for family, friends, their selves and the unique things that bring them joy. “The harder you work, the more self-care you need to add to the to-do list!” Jen enjoys the following portable activities when she is not working: yoga, cooking and listening to podcasts.

Jen comments: “People always ask where my home is, and I have a hard time answering that question. I have many homes . . . which can be both liberating and unsettling at the same time. Connecting locally, wherever I find myself helps me continue to contribute to and feel supported by many communities. After residency, the return of complete independence can be overwhelming, and I think it is tempting to continue to constantly fill your free time. With my international life, being constantly on the go, I am always looking for ways to settle, center myself, and feel grounded no matter where I am. I am incredibly grateful for a unique and dynamic life and I am always working on ways to make it my own.”

We hope you have enjoyed the newsletter. We anticipate distributing it biannually to start and we welcome your suggestions on how to improve it. Please let us know what kinds of articles you would like us to include and what topics would interest you. Additionally, if you have information or announcements that you believe would be of general interest to the residency community, please forward them to us for consideration.

Please send suggestions, materials and updated contact information to: jennifer.goodwin@mainegeneral.org



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