Monday Memo – April 3, 2017

Awards and Recognition

- Jim Ledwith has been honored by the Worcester North District Medical Society as its 2017 Community Clinician of the Year. In selecting him for this honor, his colleagues noted his efforts in medical education, his leadership within the University of Massachusetts Medical School’s Department of Family Medicine and Community Health, and his volunteer work as a physician in providing care for those unable to afford health care or insurance. In his community work, he has been a volunteer physician at the Worcester Evening Free Medical Service Program since 2006 and became medical director of the Epworth Methodist Free Medical Program in 2011. Congratulations Jim.

Publications


Presentations

- Elaine Gabovitch presented on “Solving the Autism Puzzle for Your State: A Review of ASD/DD Planning & Implementation Activities from 4 States” at the Association of Maternal & Child Health Programs (AMCHP) 2017 Annual Conference in Kansas City on March 7.

- Several faculty and graduates were highlighted at the March 24-25 annual meeting and spring refresher of the Massachusetts Academy of Family Physicians in Boston:
The Academy inducted Leonard Finn (UMMS 74, Worcester residency 77) into their Preceptor Hall of Fame, and Kelly Holland (UMMS 08) was honored as Family Physician of the Year.

Fred Baker completed his year as Academy President and assumed the Chairmanship of the Board of Directors. The slate of officers elected to lead the Academy included David Gilchrist (President-Elect), Jennifer Sparks (Vice President), Dennis Dimitri (AAFP delegate), and Pablo Hernandez (Treasurer).

Faculty presenters included:

Steve Earls and David Gilchrist: *Scribes in the Office*
Jeffrey Geller and Lisa Koers (Greater Lawrence Famil Medicine): *Evidence-Based Use of Acupuncture and the Current State of Practice in the US*
Beth Koester: *Not Too Much, Not Too Little, But Just Right: Pearls and Pitfalls of Antibiotic Use by Primary Care Physicians*
Mary Lindholm: *Turn Off the Heat! Diagnosis and Management of the Perimenopausal Woman*
Trish Seymour: *Current Issues and Update in Perioperative Care*

**Media**

- Joanne Calista, Executive Director of the Center for Health Impact, formerly the Central MA AHEC, was quoted in the March 30 issue of the Worcester Telegram and Gazette related to the health rankings for Worcester County. Joanne also serves on the Worcester Board of Health.

**Appointment**

- Alixe Bonardi was appointed as a Fellow of the American Association for Intellectual and Developmental Disability.

**Academic Appointments and Promotions**

- Congratulations to the following faculty with recently completed academic promotions:

  **Wen-Chieh Lin, PhD** was recently promoted to Research Associate Professor in the Department. Dr. Lin received dual Masters degrees, the first in Biomedical Engineering from Rensselaer Polytechnic Institute (1993) and the second in Health Services Research and Policy from the University of Minnesota (1996). He completed his PhD (2000) in Health Services Research, Policy and Administration also from the University of Minnesota. Prior to coming to UMass Dr. Lin was an Assistant Professor in the Department of Family and Community
Medicine at the University of Missouri-Columbia, Columbia, MO (2001-2006). Earlier in his career he held Research Assistant positions at the New York State Department of Health (1991-94), the School of Public Health at the University of Minnesota (1994-2000) and the School of Medicine at the University of Minnesota (1996-2000). In 2006 he was hired by UMass Medical School as a Senior Project Director for the Center for Health Policy and Research in Commonwealth Medicine and was appointed as an Assistant Professor in our Department.

Dr. Lin has contributed to over 15 peer reviewed journals, appearing as first author on six of them. Since 1999 he has served as Principal Investigator or Co-Investigator, Scientific or Project Lead on several grants and/or contracts with agencies such as Mass Health, Massachusetts Executive Office of Elder Affairs, Massachusetts Department of Public Health and the Center for Health Information and Analysis. Funded by the agencies mentioned, Dr. Lin’s claims database for research and evaluation which he has been conducting has brought him regional and national recognition. Additionally, many of the agencies he has collaborated with have been recipients of project based reports generated as a result of the work he has done including, “Potentially Preventable Readmissions for the Delivery Systems Transformation Initiative” and “Adoption of High Deductible Health Plans in Massachusetts, 2009-12”. Dr. Lin’s CV also includes a number of conference presentations he has given at national meetings including the American Public Health Association, AcademyHealth and AcademicHealth annual meetings.

Over his career Dr. Lin has demonstrated a high level of service involvement both professionally and academically. Most importantly, Dr. Lin provides consultation and leads program evaluation efforts for three state agencies. As a UMMS faculty member Dr. Lin has served on workgroups in Commonwealth Medicine devoted to the dual eligibles population as well as health care cost containment. Additionally he has served as a member of Search Committees for the Center for Health Policy and Research to help recruit strong applicants for senior positions within the division. After years of serving as a peer-reviewer, Dr. Lin was recognized as an Exceptional Reviewer three consecutive years by Medical Care. In the past Dr. Lin has participated on a PhD Dissertation Committee and has worked closely with a variety of learners including fellows, residents, junior teaching faculty and staff. He has provided professional development mentorship over his career and helped many expand their knowledge and advance in their careers.

Dr. Lin has also served as Course Director for an analytical training program for staff in the Massachusetts Office of Medicaid and the Office of Clinical Affairs. In this role he had oversight of the curriculum and developed course materials and taught sections of the course dedicated to advanced research and evaluation methodology. Dr. Lin teaches a course in the Clinical and Population Health Research doctoral program through the UMass School of Graduate and
Biomedical Sciences focused on using a propensity score approach to address selection bias. Finally, he has developed an analytical tool and educational materials for conducting Medicaid claims data analysis to ensure it is done in an efficient and consistent manner.

**William Foley, DO** was recently promoted to Adjunct Assistant Professor in the Department. Dr. Foley received his Doctor of Osteopathy degree from the University of New England College of Osteopathic Medicine – Biddeford, ME in 2001 and completed his family medicine residency program at the Fitchburg Family Practice Residency Program in 2004 where he served as Co-Chief Resident. Following his residency training (2004-06) he completed a Master of Science degree in Neuromusculoskeletal Medicine and Osteopathic and Manipulative Medicine (OMM) through the Philadelphia College of Osteopathic Medicine. He joined the Department as an Instructor in 2005 employed by Great Brook Valley Family Health Center as their Director of OMM, Osteopathic Consultant and Family Physician, and also provided OMM consultations for Hahnemann Family Health Center (2006-07).

Dr. Foley has served as preceptor for medical students for several years allowing students to observe OMM and its benefits to patients in a private practice setting, Dr. Foley has proposed creating a resident interest group focused on manual medicine. Given the expansion of his clinical practice to Westboro, MA he hopes to increase his exposure to UMass students and residents. He also offers a Flexible Clinical Experience (FCE) in his office for 3rd year osteopathic medical students.

Dr. Foley has contributed to texts including the 5-Minute Clinical Consult, Orthopaedic Knowledge Update: Spine 4 and Foundations of Osteopathic Medicine, co-authoring chapters on topics such as fibromyalgia, osteopathic manipulative treatment, difficulty breathing and myalgia.

As a busy physician in private practice, he has found ways to succeed in professional service and maintaining leadership positions. Dr. Foley is currently the President of the Massachusetts Osteopathic Society and also serves on its Board of Directors. Additionally he is the Membership Committee Vice Chair and committee member for the American Academy of Osteopathy.

**WELLNESS MOMENTS**

**Mindfulness and Resilience**
Resilience, in most basic terms, is an individual’s ability to recover from setbacks and adapt well to change. Similarly, in our brain, we have a region called anterior cingulate cortex (ACC), which plays an important role in self-regulation and learning from the past experience to promote optimal decision making. The research findings of Tang and his
colleagues show that mindfulness training groups that went through only 3-hour practice have higher activity in ACC and also show higher performance on the tests of self-regulation and resisting distractors, compared to the control group (Tang et al., 2007, 2009). This means that with the help of mindfulness practice, we can change our brain in the way we react to setbacks and make decisions in our life.

For example, if you have an argument with your partner before leaving for work, you can end up replaying that conversation all day, which continues to proliferate anxiety or low mood far more than is necessary or useful. Mindfulness reduces this rumination and, if practiced regularly, changes your brain so that you’re more resilient to future stressful events. Here are five ways to build resilience:

1. **Nurture relationships.** Have a range of positive, supportive connections within and outside your family.
2. **Find meaning in difficulties.** When faced with adversity, see if you can discover some positive way in which you’ve dealt with the challenge.
3. **Be optimistic.** Use mindfulness to shift your attention from negative rumination to more positive thoughts about the future. Hope and optimism is a choice. Avoid seeing crises as insurmountable. You can’t change the fact that very stressful events happen, but you can learn to change your response to that.
4. **Be decisive.** Make decisions and take action rather than hoping things will get better one day.
5. **Accept that change is part of living.** Expect things to change and adversity to occur, rather than pretend all will always be well.