Monday Memo – September 11, 2017

Chair’s Corner

- **Mick Huppert:** A brief note to correct a mistake in the obituary I wrote last week about Mick Huppert: Mick grew up on a dairy farm in **Wisconsin**, not Minnesota! My sincere apologies.

- **Putterman Lecture:** I hope you are planning on joining us for tomorrow’s Grand Rounds, the annual Putterman Memorial Lecture, delivered by Jennifer DeVoe, MD, DPhil, Professor and Chair of the Department of Family Medicine at the Oregon Health and Science University in Portland, OR. Her career includes years of service as Chief Research Officer at OCHIN, where she served as executive director of the OCHIN practice-based research network of community health centers. OCHIN operates in 19 states, supports more than 100 health-center networks and more than 4,500 medical providers who serve more than 2.5 million patients. Using large health insurance claims, electronic health record and self-reported datasets, the OHSU/OCHIN team uses informatics and analytics to conduct policy-relevant and practice-relevant studies. Research findings inform community, practice and policy interventions that help to improve the delivery of care for vulnerable populations and eliminate health disparities.

  Her learning objectives include a discussion of ways for primary care to identify and address social determinants of health, supporting communities as “learning systems for health.” The Lecture, “Building Community Laboratories and Classrooms for Improving Health,” starts at noon in the Memorial Amphitheater. Come join us in person, we will be providing a light lunch!

Grants and Contracts

- The Department is now the host for the school’s 40 year old AHEC (Area Health Education Center) grant which was successfully refunded by HRSA for 2018-
2022. AHEC supports primary care workforce development for underserved populations through community based centers which are located in Pittsfield (Berkshire AHEC), Greenfield (Baystate Franklin AHEC), Worcester with Family Health Center and Central MA AHEC, the Greater Lawrence Family Health Center (Merrimack Valley AHEC), Boston Public Health Commission (Boston AHEC) and Outer Cape Health Services (Cape and Island AHEC). Linda Cragin is the PI and Suzanne Cashman and Debi Lang are the evaluators; Warren Ferguson and Bob Baldor serve as advisors.

Community Service

- Jill Tirabasse is a participant in Walk with a Doc. Walk with a Doc is a national program that encourages physical activity by inviting patients and community members to join a doctor for education and a walk. Amanda Landry, Health Alliance Community Outreach Specialist, and Rosa Fernandez, HA Manager of Community Benefits are also leading the walk with Jill. Their first local walk will be Wednesday, September 13th at 6:00PM at Coggshall Park in Fitchburg. They plan to do them monthly. All people (and dogs) are invited!

- Fitchburg Family Practice participated in the Salvation Army Block Party in Fitchburg on August 24 and provided free physicals to students.

Awards and Recognition

- Kim Lenz, PharmD, Assistant Professor in our Department, is the 2017 recipient of the Massachusetts Pharmacists Association Cardinal Health Generation Rx Champions Award. The award will be conferred at the MPhA Awards Banquet held in conjunction with the 13th Annual New England Pharmacists Convention on September 14 at Foxwoods in Mashantucket, CT. Kim has provided an instrumental leadership role in MassHealth pharmacy initiatives, such as the opioid initiative, the pediatric behavioral health medication initiative and so much more.

Publications
Daria Szkwarko and Olga Valdman are among co-authors of "An Assessment of International Family Medicine Faculty Development Priorities", a Research Brief now posted on the PRiMER (Peer-Reviewed Reports in Medical Education Research) website at https://journals.stfm.org/primer/

The direct link to the article is found at https://journals.stfm.org/primer/2017/johnston-2017-0011/

**WELLNESS MOMENTS FOR THE MONDAY MEMO**

Physician Heal Thyself

Caregivers, especially medical providers, are phenomenally great at taking care of others; however, they are not so good at taking care of themselves. Unfortunately, they maintain the belief that their time is best served by doing things for those around them or that they are being selfish if they do things for themselves. The truth is that, only by taking care of themselves will they have the energy, desire, motivation and time to take care of those around them AND they will be better at providing care to others.

The goal isn’t to make oneself *THE* priority as that (most likely) isn’t in a caregiver’s mentality, however, the next positive step is to at least put yourself at least in the *TOP 5* priorities you have for your time. Remember, even those who work for the airline industry realize that you must put on your own oxygen mask before you try to help others with theirs.