Monday Memo – December 18, 2017

Holiday Giving

- **Holiday Gift Bags** --- The department’s Holiday ‘Basket’ project was a great success again this year. We filled 330 holiday gift bags and distributed them to 11 shelters and 8 CHCs and primary care practices/outreach programs. The FMIG medical students helped with fund raising as well as deliveries to many of the shelters. We collected over $3200 from 41 individuals and a small army of medical students who contributed over $800 in toiletries to the project (spearheaded by Angeline Ngo and Ashley Millette). Coordinated by Judy Savageau, the project’s success included significant contributions from Amy Green, Paula Yockel, Kate Sullivan, Jennifer Masoud, Linda Hollis, and Lorna Chiasson. Thanks to all of you who contributed items and your well wishes throughout the project.

- **Coats for Kids Campaign** --- The department’s annual community service project to supply children in the Worcester Public Schools with a new coat, hat, and mittens (coordinated by Judy Savageau) was another tremendous success this year. We ‘winterized’ 45 children, including many from Head Start Programs and a newly arrived family from Puerto Rico! Nearly $1200 was raised to support this program with donations from 30 individuals – some of whom even did their own shopping for the outerwear! Thanks to all of you who supported this program. We were happy to find good homes for all of these coats as the temperatures start to dramatically drop!

Presentations

- Ricardo Poza co-presented at the Online Learning Consortium Accelerate Conference in Orlando, FL on November 16. The presentation was titled: “Integrating Innovation and Collaboration Across Institutions to Create Online Learning for Health Professions.”, and was about the PCORI instructional design work the Center for Integrated Primary Care has been doing for the past two years, in collaboration with Arizona State University and the University of Vermont.

Medical Student Education

- Amber Hewitt and Beth Mazyck presented at the 3rd Military Service (Veterans’ Health) Interstitial on Dec. 15th organized by Linda Cragin, MassAHEC and Janet Hale, Graduate School of Nursing. More than 30 veterans, members of the military and family members were also involved, including Carolyn Langer. The key message is that less than 30% of veterans get their care through the VA and statistically, 1 in every 10 patient in Central MA is a veteran and our learners won’t know unless they ask about military service.
- Thanks are extended to Karen Rayla for her ongoing support of the Primary Care Optional Enrichment Elective, organized by students Meaghan Foster and Stephanie Ng.

Professional Service

- Hugh Silk was appointed to represent the American Academy of Family Physicians (AAFP) to the Academy of General Dentistry (AGD)/American Academy of Family Physicians (AAFP)/American Association of Diabetes Educators (AADE) Diabetes Task Force. He was present for the first meeting, the Diabetes Summit 2017, in Chicago on Saturday December 16. The goal is to create tools to engage dentists and primary care providers around diabetes care and oral health.

Academic Appointments

- Congratulations to the following individuals with recently completed academic appointments:

  Elana Bannerman, MD was recently appointed as an Instructor in the Department. Dr. Bannerman is a 2013 graduate of Rutgers Robert Wood Johnson Medical School, a 2016 graduate of the Medical College of Wisconsin Waukesha Family Medicine Residency Program in Wisconsin, and a graduate of our Sports Medicine Fellowship. Dr. Bannerman recently accepted a position as a primary care & sports medicine physician with Foundation Medical Partners in Hudson, NH where she will be precepting residents as part of the Concord Family Medicine Residency Program, and will continue to teach within the UMass Fellowship.

  Jessica Bossie, MD was recently appointed as an Instructor in the Department. A National Health Service Corps Scholar, Dr. Bossie received her medical degree in 2014 from the Boston University School of Medicine, and went on to graduate from the UMass Worcester Family Medicine Residency program in 2017, with training at the Barre Family Health Center. Dr. Bossie recently accepted a position as a family physician with the Health Service for the Homeless Health Center based in Springfield, MA and has expressed an interest in precepting medical students and residents once she establishes her practice.

  Mukti Kulkarni, MD, MPH was recently appointed as an Assistant Professor in the Department. Dr. Kulkarni is a 2012 graduate of Washington University School of Medicine in St. Louis and completed a Family Medicine Residency Program at the University of Colorado. In 2017 she graduated from the Department’s Preventive Medicine Residency Program. Dr. Kulkarni currently sees patients and precepts medical students/residents at Hahnemann Family Health Center on a part-time basis. She also serves as a valuable member of our core preventive medicine residency faculty, devoting significant time to teaching preventive medicine residents, presenting seminars, and serving as a resident advisor. In addition to her part-time position in our Department, Dr. Kulkarni recently accepted a new part-time position as the Medical Director for the Massachusetts Department of Youth Services/Health Imperatives southeast region where
she works with adolescents, providing them with medical care while they are based in correctional care programs.

**Marianela Lavena, MD** was recently appointed as an Instructor in the Department. Dr. Lavena is a 2003 graduate of the University of Buenos Aires Medical School and while in Argentina she completed one year of an internal medicine residency program at Julio Mendez Hospital. In 2011 she completed a Family Medicine Residency Program at the University of Arkansas for Medical Sciences in Fayetteville, AR. This past year, Dr. Lavena joined a UMass Memorial Community Medical Group practice located in Bolton. As a full-time primary care clinician, she will have the opportunity to teach UMass medical students rotating through the office-based practice. Dr. Lavena has an interest in mindfulness and has developed and facilitated a course entitled, *Introduction to Mindfulness.*

**Hilary Mislan, MD** was recently appointed as an Assistant Professor in the Department. Dr. Mislan is a 2014 Albany Medical College graduate and she completed her Family Medicine Residency Program as part of our Worcester program based at the Family Health Center of Worcester. We were fortunate to successfully recruit Dr. Mislan as a member of our Worcester Family Medicine Residency Program’s core faculty at FHCW, where she teaches residents and medical students at all levels.

**Christine Pierre, MD** was recently appointed as an Instructor in the Department. Dr. Pierre received her medical degree in 2013 from Ross University School of Medicine, Dominica, West Indies and went on to graduate in 2016 from the UMass Worcester Family Medicine Residency program based at the Family Health Center of Worcester where she served as Chief Resident. She completed the Geriatrics Fellowship at UMassMemorial where she conducted Rounds at St. Mary’s Nursing Home with the Family Medicine residents as part of their Longitudinal Long-Term Care rotation. Since graduating from the Fellowship she has been working for Hebrew Senior Life in Roslindale as a Hospitalist and recently accepted a position as a primary care physician for Harvard Faculty Physicians at Beth Israel Deaconess Medical Center.

**Pamela Sansoucy, MD** was recently appointed as an Instructor in the Department. Dr. Sansoucy received her medical degree in 2014 from the University of Toledo, School of Medicine and went on to graduate from the UMass Worcester Family Medicine Residency program in 2017, with training at the Barre Family Health Center. While in Barre Dr. Sansoucy served as the Physician Sexual Health Educator at Quabbin Regional High School (2014-17) which led to her successfully completing two quality improvement projects focused on teen health/sexual education. Dr. Sansoucy recently accepted a position as a family medicine physician with Heywood Medical Group and has expressed an interest in precepting medical students and residents as she establishes her practice.

**Sonal Singh, MD, MPH** was recently appointed as an Associate Professor in the Department and joined UMass after a successful joint recruitment with our Department and the Meyers Primary Care Institute. Dr. Singh is a graduate of Patna Medical College
in India (1991-99) and then completed his Internal Medicine Residency program in the United States at Unity Health Systems in Rochester, NY. Prior to joining our Department he held positions in the Department of Medicine at Wake Forest University and most recently was on the faculty at Johns Hopkins University School of Medicine. In his current role he will collaborate on research projects within the Department and with Meyers Primary Care Institute. Dr. Singh has only been with us for a short time but has already had success as a Co-PI on a grant funded by Patient Centered Outcomes Research Institute (PCORI) entitled, Improving Patient Centered Communication in Primary Care: A Cluster Randomized Controlled Trial of the Comparative Effectiveness of Three Interventions. He also brings expertise in course development and facilitation and is a seasoned preceptor for a variety of learners. His clinical practice is based in the Benedict Family Medicine Clinic.

Neha Wacks, MD was recently appointed as an Assistant Professor in the Department. Dr. Wacks received her medical degree in 2014 from Tufts School of Medicine and in 2017 she graduated from the Worcester Family Medicine program, having trained at the Family Health Center of Worcester where she served as Chief Resident. As a resident she was dedicated to curricular innovations in the residency which included the development of a wellness curriculum for interns. We were fortunate to recruit her this past summer as a Hospitalist on the Family Medicine Inpatient Service based at the Memorial campus.

WELLNESS MOMENTS FOR THE MONDAY MEMO

As we head into the holiday season, it is a good reminder that one’s own interpretation of a situation is more predictive of how we respond than the situation itself. This phenomenon is evident when we observe how some of us delight and relish in the holiday season while others deeply connect with their inner-Scrooge and count the days until the New Year. Regardless of where you fall on this continuum, one thing is for certain, the holidays are a social time of year! Social support is a well documented ingredient for well-being, and while I was not familiar with the term, social resilience, an article recently shared by Hugh Silk supported the notion that bonding together is a powerful buffer to stress and helps in recovery. Click here http://www.annfammed.org/content/15/6/578.full for a quick and inspirational read! The author, David Loxterkamp, offers the following suggestions for how primary care providers can band together to “use our authority, empathy, and courage to extend the benevolence of community to every neighbor and neighborhood we touch, especially our own.”
“Those in authority could, first of all, see the practice as the unit of care—not as separate teams or players ranked by license. We could give every employee the authority to break protocol, individualize solutions, apply their ingenuity, and be flexible with their time. We could share the sacrifices of the office equitably, such as the call schedule, extended hours, or charitable activities chosen by the practice as a whole. We could provide regular, specific feedback on job performance and include everyone’s input on decisions that directly affect them. We could sponsor moments of restoration during the regular workday, including mindful meditation or a group walkabout. And at very least, we could begin to meet, talk, set goals, solve problems, and celebrate together.”