



FAMILY PRACTICE INTEREST GROUP

VOLUME 5, ISSUE 3

MARCH 2004

FPIG COMMUNITY SERVICE UPDATE

Silpa Kilaru and Chiarra Thompson; MED II

Traditionally, when the subject of the Ohio State FPIG Community Service Committee is mentioned, the first association made with this group is the Mt. Carmel Outreach Van. The Mt. Carmel Outreach Van is the hallmark of our Community Outreach. It is basically a large Winnebago with two complete exam rooms, a small pharmacy, and a surprising amount of medical equipment. One or two evenings each week, a couple of students board the van at one of the local homeless shelters. They take patient histories, perform physical exams, and are intimately involved with the management of the patients' health care while on the van. The FPIG coordinators post a sign-up sheet on the FPIG bulletin board, and coordinate the schedule with the doctor from Mt. Carmel, Dr. Jack O'Handley. The van is fully staffed by volunteer doctors and nurses and other staff members from Mt. Carmel Family Practice and travels throughout the city of Columbus providing medical care to our underserved population.

The students meet the van at one of three places—the YMCA, the YWCA, or the Friends of the Homeless. The patients are initially triaged by the nursing staff inside the homeless facility, and then are sent out to the van. At that point the patient is interviewed by the student, examined by the physician and student, and then treated accordingly.

The staff on the van is very nice, willing to teach, providing a comfortable environment in which students can learn various clinical skills and proper ways to deal with

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OAFP STUDENT RETREAT

Eric Prenger; MED IV

The OAFP Resident and Student Affairs Committees plan the annual program that serves as a forum for residents and students. This forum provides networking opportunities for those interested in family medicine. It also provides exposure to speakers, topics, and procedural skills that may not be provided during medical school or residency training. The event is open to any resident training in family medicine at an Ohio residency program or any medical student attending a medical school in the state of Ohio. Last year, all seven medical schools had students in attendance.

Planning is underway for the 2004 Resident/Student Retreat. This year's date for the annual retreat is Saturday and Sunday, April 3 & 4, 2004. The retreat will be at the Concourse Hotel near Easton Town Center in Columbus, Ohio. Student registration and programming begins at

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SPORTS MEDICINE INTEREST GROUP

Randell Wexler, MD, MPH; Assistant Professor
OSU Department of Family Medicine

The Sports Medicine Interest group is up and running. Elections for officers were held on February 2 with Jared Miner MS1 serving as the President, Ashlee Warren MS 1 as the Vice President, and Erin Prewitt MS1 as the Treasurer. Other founding members, all MS1's are: Aerik Williams, Gurpreet (Monti) Dhillon, Jennifer Shoreman, Nicholas Mills, and Rebecca Steiner.

The Sports Medicine Interest Group will meet monthly, and will cover such topics as prophylactic taping, management of game time injuries, sports nutrition, and rehabilitation of athletes. In addition, members will help provide game time coverage at various high school sporting events throughout the year including football and the State Basketball Tournament. To further promote sports medicine at Ohio State, as well as elsewhere, some of our members will serve on the Ohio Academy of Family Physicians Sports Medicine Committee.

We are new to The Ohio State College of Medicine and Public Health, and we want all interested medical students to know that they are welcome to join us to see how sports medicine and family medicine can be one and the same.

For more information, you may contact any of our founding students, or you may reach me at wexler-1@medctr.osu.edu.

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other social issues.

In addition to the previously mentioned community service activities, we are also in the process of scheduling a diabetes screening training session with the Central Ohio Diabetes Association. We are also planning to have the Penny War between the first and second-year classes in April.

In October, the FPIG organized a volunteer effort at the Mid Ohio Food Bank. The Food Bank's mission is to provide food for hungry people. Both first and second-year students joined other volunteers to help with food reclamation as well as repackaging. Volunteers were trained by the Food Bank staff to carefully inspect each item to check for any damage. The items were then labeled, sorted, and boxed for distribution to local shelters. The students really enjoyed participating in this effort and were eager to find out about the next volunteer opportunity. The FPIG took another trip to the Food Bank on February 24th to once again contribute to a worthy cause!

Also, in October during National Primary Care Week, the FPIG sponsored a panel entitled "Collaborative Primary Care". The panelists, a family practitioner, nurse practitioner, and physician's assistant, discussed the various ways in which primary care is often delivered in an interdisciplinary fashion. The panel was a definite success, as students were very interested in learning about a topic that would no doubt prove useful in their medical careers.

The FPIG Community Service Committee is still investigating future community service events, so keep on the lookout for more great opportunities to help out in our community! We hope to get everyone involved!

CALL FOR NOMINATIONS: THE FAMILY MEDICINE LEADERSHIP DEVELOPMENT PROGRAM

The Family Medicine Leadership Development Program is designed for medical students, in their third and fourth year, who are pursuing a career in family medicine. Family physicians are often called upon by their communities, their hospitals, organized medicine and the business community to serve in leadership roles. Because of this reality, the Family Medicine Leadership Development Program was designed to assist students in perfecting their leadership skills.

A student may be nominated for the FMLDP by students in the program and by a faculty member of the Department of Family Medicine. Nominations should be forwarded to one of the Co-chairs of the FMLDP: Eric Prenger, Melanie Rausche or Cindy Gleit. Their email addresses are on the back of the newsletter.



THE RESIDENCY CONNECTION

Susan Crist, MD, Intern
Mt. Carmel Family Practice Residency Program

A Few Simple Lessons: A Reflection on Intern Year from a Mt. Carmel Resident

It was the first day of my internship and I was on call for the entire service of internal medicine. I was 26 years old with a world of expectations and a pocket full of experience. And I was scared.

I had all the tools I needed for my first call: Washington Manual, Pocket Pharmacopoeia, Compaq iPaq, stethoscope, reflex hammer, pager, ID badge and new (freshly ironed) white coat. I didn't know what it quite meant to have the letters "M.D." embroidered next to my name but I was determined to find out.

I walked into morning report to find both familiar and unfamiliar faces. Dr. Ecklar, the Internal Medicine Director, announced I was the first intern on call. Jovially he told me to try not to kill anyone that night. He also reminded me to call the senior resident with any questions.

Did I ever. The first call was about a patient with mild cirrhosis who had a headache requesting Tylenol. I did the full workup. I went straight to the bedside and then sat at his chart for fifteen minutes. Many thoughts crossed my mind, but mainly I worried about the hepatic metabolism of acetaminophen with this patient's cirrhosis. Finally I gave the senior a call. Indeed the man finally got 650 mg of Tylenol q 4 hours much to his, and the nurses' relief I am sure.

As the month went on I found a strange thing happening: I was learning and becoming more competent. I was becoming a doctor. I started understanding when it was necessary to evaluate a patient for a headache and when it was not. When I needed to call the senior resident and when I did not. More importantly, I learned that I was never alone. The senior residents were there with me every step of the way if I needed them to be or they gave me as much autonomy as I wanted (or as I was allowed). It was great. But as a family practice resident I had another unique challenge coming my way which I experienced during my third and fifth months when I dove into OB/GYN and Pediatrics.

I chose to become a family practitioner in part because of its great diversity and unique opportunity to follow patients

throughout their entire life spans. With this in mind I was both enthused and a bit nervous to enter into the world of childhood medicine. What little book knowledge of pediatrics and OB/GYN I remembered in medical school was buried under a lot of cobwebs! (Thank goodness that Mt. Carmel had sponsored the Advanced Support in Obstetrics class which was pretty much the entire OB/GYN module of medical school in two short days mixed in with neonatal resuscitation!) The challenge I found with both OB/GYN and Pediatrics unique to a family practice resident was that I felt that I was starting as a new intern all over again. Pediatrics and OB/GYN are so completely different from adult inpatient medicine. I was as a new intern while the other categorical pediatric or OB/GYN interns had been there for several months already. This meant they not only *knew* the system but they had already gained a significant amount of knowledge over me in their subject. For example, the pediatric residents could identify HSP on the spot and knew the management of croup like the back of their hand, while I had never even given racemic epinephrine before! But once again as the months went on I was amazed that I learned the information and by the end, thanks to the help of my seniors, fellow interns, and amazing attendings, felt and acted like a real doctor.

The setting where my entire intern experience comes together is in my continuity office that I have each week. I see patients that I have picked up along the way. Some I have inherited from previous residents. Some I have hand selected from their inpatient stays. But what is really neat is that I see all kinds of stuff. Surgery, pediatrics, OB/GYN, internal medicine—you name it, I do it. And what I really am starting to feel like is that my inpatient months are *starting* to help me manage my outpatients, which I think is the whole point. Becoming a doctor really is an interesting process.

If there is one thing I have learned this year is that medicine is not an individual effort. It can absolutely not be done alone. I know as a medical student I heard it a hundred times and I never understood it until I was a resident. And it looks like this: Nowell, Neil, Brian, JoJo, Julia, and Jen. Those are the names of my fellow classmates. I couldn't have made it this far without their support. And I hope that all of you are lucky enough to find that kind of support too. They say that a man's success is measured on the quality of his friends. Well, I say that this woman's success in her internship is largely measured on the quality of her friends in the internship.



SUMMER EXTERNSHIP

Emily Smith; MED II

Soon to be Med 2's, are you looking for a summer experience that is 100% clinical and will put a little bit of money in your pockets? Well, the Family Practice Externship can give you those experiences and more!

Last summer I was placed with Dr. Michael Johnson, a Family Practitioner of 30 years, in the rural town of Bucyrus, OH. Besides being a really cool doctor with the most outrageous stories, Dr. Johnson is also the county coroner and assists on surgeries. The best part about this experience was that I felt like part of the medical team. After observing many physical exams, I went solo and did the patient's vitals, history and physical, and then reported back to Dr. Johnson. Sometimes I would find a heart murmur, a butterfly rash and even some neuropathies! I was able to utilize PCM skills such as screening for domestic violence and depression – I used SIG E CAPS a lot! Instead of sitting in class, I was actually practicing being a doctor! Besides free cafeteria lunches and a YMCA pass, I was able to scrub in on hernia repairs, cholecystectomies and watched numerous lacerations be sewn. Though I did not experience going on a coroner's case, I did help with the deceased paper work, pictures and meetings with the family who wanted to talk about the autopsy reports.

Having this experience before the 2nd year of medical school gave me a booster shot of confidence for the physical examination course. Also, another perk is that the externship is only 6 weeks long so there is some vacation time before Med 2. So, if you want a 100% clinical opportunity this summer apply for the Family Practice Externship Program – it's worth it!

Questions? Smith-118@medctr.osu.edu

TIPS FOR MED IIS

Erin Maynard; MED II

Well it's that time of the year again. This is a column dedicated to the current Med Is and is to help them prepare for Med II. I felt bad for everyone having to listen to just my advice all year long, so for this article I pooled my fellow colleagues to help me make a top ten list. So here goes...

Top Ten Ways to Survive Med II

10. Keep your studying constant. (Don't let yourself get behind the first week of a block so you're playing catch-up the last two weeks).
9. Prepare for your preceptor. Take the few minutes to look ahead at what you are supposed to know.
8. Find other people with similar study styles and pair up with them. Individual study is good, but sometimes it is good to hear feedback from someone else.
7. Get friends together to join a Dr. Stang Review group. Give it a try, this was a class favorite.
6. Join an intramural team, (D-League hockey) or do something extra-curricular with friends.
5. Buy a First Aid Review Book. (Not good for primary studying but great book in the end). Also buying your review books little by little doesn't make such a noticeable impact on your wallet like buying them all at once.
4. Take the time to maintain relationships outside of the classroom, (e.g. Family and Friends).
3. Let exercise become part of your regular routine!
2. Take the extra time to look up questions you had from last year as you progress through year two. This should save you valuable time when it comes to board review.
1. Keep up the good work and have fun!

That's all for now. Good luck and hopefully, I'll make it through Med II!

SUMMER EXTERNSHIP OPPORTUNITIES

JUNE 14 THROUGH JULY 23, 2003

\$1,500 STIPEND

ROOM AND BOARD PROVIDED AT OUT-OF-TOWN SITES

Preceptorships are available in rural and inner city sites. The preceptorship will offer you an excellent chance to explore primary care opportunities while practicing your history-taking, physical examination and doctor-patient relationship skills. Research positions are also available. For information or to request an application, please contact Laura Hebenstreit by phone at 293-5284 or email at hebenstreit-1@medctr.osu.edu.

APPLICATION DEADLINE: MARCH 31, 2003

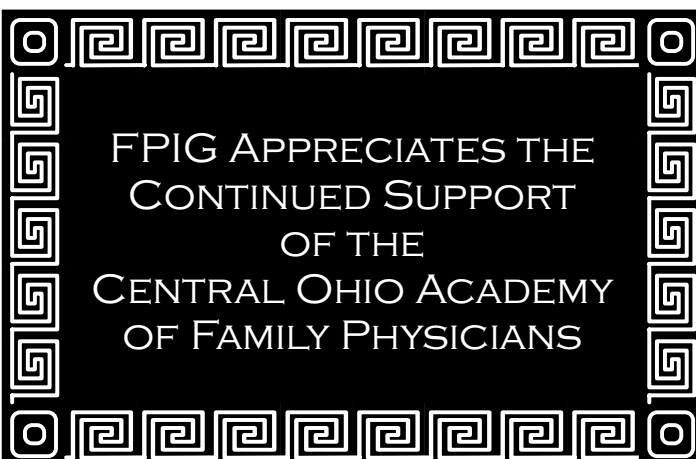


A VIEW FROM THE THIRD YEAR

Laurie Eisengart and Jen Woyach; MED III

For the past few weeks, we have noticed a lot of new faces in the halls as you Med IIs get your first taste of the hospital on your preceptorships. It reminded us how excited and nervous we were to have clinical responsibilities, so we decided to give you all a head start by telling you the most important things we've learned during our first 7 months on the wards.

- Don't be scared to disturb your patient in bed to do your physical exam. While they might not like having you push on their belly or make them sit up to listen to their lungs, it's important for you to get a good exam in order to help with their care.
- Try to come up with a differential diagnosis while taking your HOPI, that way you can ask the right questions to narrow it down rather than asking every question you can think of. Next year it's better if you don't take an hour to do an H&P – then you'll have time to eat, too! An easy way to come up with a broad differential is the ice-pick method: Imagine putting an ice pick where the patient has pain, and then think of what can go wrong with everything the ice pick goes through.
- Always think of an assessment and plan of your own before getting help from your residents. They never mind if you are wrong, and they always appreciate your effort. Plus, it's great practice for when you'll be in charge one day.



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9 AM on Saturday. The morning will be filled with a panel discussion on "Mid-Level Providers" and "How to Get the Most Out of Your Residency Fair Experience". Over lunch, students, residents, Program Directors from the Ohio residency programs, FMIG Advisors, and Researchers will have time to mix and mingle.

The afternoon programming ramps up with our Keynote Speaker, Nick Zervanos, MD, and a residency fair geared toward medical students from Med 1 through Med 4. The afternoon concludes with a Legislative/Malpractice Update (from David Paragas, OAFP Lobbyist) and a hands-on Sports Medicine workshop.

The evening will be filled with fun and games with an off-site reception located at Game Works in the Easton Town Center. This is a great way to meet and interact with students from other medical schools in Ohio, as well as residents or faculty who join in on the fun. Shuttle transportation from Easton to the Concourse Hotel guarantees no one is left behind.

Don't stay up too late Saturday night because the Retreat starts bright and early Sunday morning at 8 AM with Breakfast Roundtable discussions and the election of the student OAFP officers for next year. The retreat concludes with a Social Styles Workshop, which provides a self-assessment and helps to explain how to work efficiently and communicate clearly with others.

At the end of the Retreat, we all return to our respective medical schools and share our enthusiasm and passion for family medicine (that we developed over the weekend) with the rest of our classmates that could not attend the Retreat this year. Nevertheless, there is always the 2005 Retreat for them.

See you there!

For more information about the OAFP Resident/Student Retreat, please see:
http://www.ohioafp.org/conferences/resident_retreat.php

Want to attend?
 Contact Eric at: Prenger.15@osu.edu



FAMILY PRACTICE INTEREST GROUP

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