

Family & Community MEDICINE

Fall 2006

THREE Rs OF RETIREMENT NEW REWARDS ... ENRICHED RELATIONSHIPS ... MEANINGFUL REFLECTION

ROBIN BLAKE MISSES HIS PATIENTS.

Six years ago, at age 55, he stopped practicing medicine. Since then, however, he has discovered new ways to experience the rewards and intellectual stimulation that were such an important part of his 30-year career as a family physician. He writes, and it's in his short stories — not clinic — that Dr. Blake connects with patients these days.

"I had to make an emotional adjustment initially. Not being a practicing physician meant I lost a little status. It changed my self image, but that's okay," Dr. Blake explains. "I feel like what I've gained and what I've been able to do as a result of my decision to take early retirement have been good."

His decision to come to Missouri back in 1978 was a good one, too, and not just for him. MU Family Medicine is a strong and successful department, thanks in part to Robin Blake's ongoing presence and dedication to his patients, students, and colleagues.

A 1971 graduate of Washington University School of Medicine, St. Louis, Dr. Blake completed a one-year internship at the University

of North Carolina (UNC)-Chapel Hill before moving to Hot Springs, NC, a rural town in Appalachia. He served as medical director of Hot Springs Health Program for four years and had just finished the two-year Robert Wood Johnson Clinical Scholars Program at UNC when former Chair and Professor Emeritus Dr. Jack Colwill recruited him to MU Family Medicine.

Dr. Blake wanted to be a full-time faculty member. He wanted to practice medicine; teach medical students, residents, and fellows; work with nurse practitioners; and do research.

"Missouri gave me an opportunity to *do it all*," he explains. "But what attracted me most about coming here was Dr. Colwill's leadership and his vision for the department. He wanted to build a strong research enterprise and asked me to help him achieve this goal."

When he first came to MU, Dr. Blake focused on caring for patients, training residents and nurse practitioners, and teaching epidemiology in the Graduate School. He also helped Family Medicine Professor Dr. Gerald Perkoff develop the Robert Wood Johnson (RWJ) Academic Fellowship, a two-year program designed to prepare family physicians for roles in academic medicine. Established in 1980, the fellowship has promoted scholarship and meaningful research in the department for more than 25 years.

It was during the early '90s that Dr. Blake's involvement and important contributions to medical school education began. Dean Lester Bryant had decided to revamp the School of Medicine curriculum by then — changing it from a curriculum focused on memorization to one that teaches students how to problem solve and apply skills and knowledge to patient care. Under the leadership of Family Medicine Professor

Michael Hosokawa, EdD, some of the top faculty members in the school — Dr. Blake among them — participated in this long and complicated process. By fall of '93, Problem-Based Learning (PBL) had been implemented at MU.

"I was attracted to the concepts of PBL and believed it offered a better way to teach and learn," says Dr. Blake. "So when they asked me to help with this project, I agreed because I thought the work would be stimulating."

In 1992, while he was still working on the PBL curriculum, Dr. Blake was recruited for another project. Dr. Colwill asked him and Dr. Perkoff to co-direct the RWJ Generalist Physician Initiative, an eight-year, \$32 million program designed to increase the supply of primary care physicians.

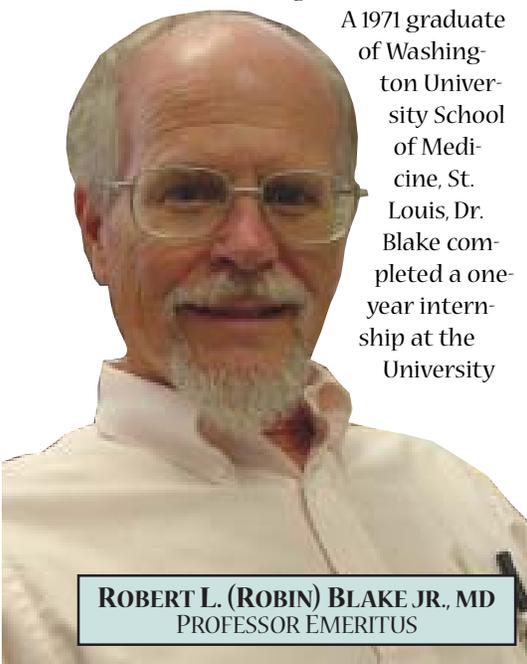
"As administrator for GPI, I was required to make annual site visits to medical schools across the country," Dr. Blake says. "Because of all this traveling, as well as my increasing involvement with medical students, I had to cut back on most of my resident education responsibilities. And in 1999, I stopped teaching the epidemiology course."

That year — 1999 — was the same year he began teaching *Medicine and Literature*, a course he developed for undergraduates in MU's Honors College.

"Most of the students who take my course are pre-med. They are bright, motivated, and fun," he says. "They want to learn, and I love teaching them."

Dr. Blake has always liked his job and valued the impact his work has on patients and students, but as the year 2000 approached, he found himself re-evaluating what he wanted to do with his life and career.

"I wanted time to relax and enjoy my family. I wanted time to take classes and pursue my interests in writing, lit-



ROBERT L. (ROBIN) BLAKE JR., MD
PROFESSOR EMERITUS

FACULTY FOCUS

Chair's Message

This edition of our department newsletter has some poignant nostalgia and great advice for all of us.

Graduates from the 1980s and 1990s will recognize the wonderful evolution of Robin Blake's career. Widely acknowledged as "the smartest guy I ever met," Robin also has taught us all about the courage to follow instincts and dreams, even when it means substantial and fundamental change.

Speaking of change ... lots of the advice from our graduates of 10, 20, and 30 years ago focuses on the importance of embracing change. Confidence in your selection of a specialty, your training, and your instinct is another common theme from our graduates.

Professional and personal balance, the importance of relationships, and the relatively negligible benefit of "go for the money" are other important themes.

A few graduates also talked about the importance of electronic records. Several of our faculty are working closely with the Cerner Corporation, recognizing that health information technology must become one of the trusted partners in our office.

I hope you'll enjoy reading about the accomplishments of our department and its graduates as much as I have.

HAROLD A. WILLIAMSON JR.
Professor and Chair

CONGRATULATIONS

JACK COLWILL, MD, professor emeritus and former chair, was presented the 2006 Curtis G. Hames Research Award by the Society of Teachers of Family Medicine (STFM) Foundation. This award, supported by the Hames Endowment of the Medical College of Georgia, was created 20 years ago to honor individuals who have dedicated their careers to the development of family medicine research.



JACK COLWILL

KEVIN EVERETT, PhD, assistant professor, is the recipient of the 2006 Dorsett L. Spurgeon MD Distinguished Medical Research Award. In addition to a cash prize, Dr. Everett has the honor of presenting the keynote address at MU's Health Sciences Research Day in November.



KEVIN EVERETT

Dr. Everett's work is focused on identifying tobacco-use problems of at-risk groups, which include adolescents, young adults and populations with tobacco-related health disparities, and developing interventions that promote cessation and prevention in these groups.

The Spurgeon Medical Research Award was created to recognize outstanding achievements by MU School of Medicine faculty in the early stages of their careers. Winners must demonstrate research productivity, evidence of scholarly achievement, independent accomplishments at MU, evidence of the impact their research has on their particular field of study, and promise of future research significance.



ROBIN KRUSE

ROBIN KRUSE, PhD, MSPH, research assistant professor, received an honorable mention in the 2006 STFM Best Research Paper Award competition. Dr. Kruse was primary author of "Does Hospitalization Impact Survival After Lower Respiratory Infection in Nursing Home Residents?" **David Mehr, MD, MS**, professor, was a co-author of this paper, which was published in the fall 2004 issue of *Medical Care*.

JAMES CAMPBELL, PhD, professor and director of research, won the gold medal in the singles racquetball match at the 2006 Transplant Games held this summer in Louisville, KY. These games, sponsored by the National Kidney Foundation, were established in 1990 to promote camaraderie among those who have had transplants. Dr. Campbell had his first transplant in 1974, and when he needed a second transplant in 2003, his wife, Anne, donated her kidney.



JAMES CAMPBELL

WELCOME

WILLIAM MILLER, MD has accepted the position of assistant professor and joined the medical staff at University Physicians-Woodrail, MU's newest family medicine clinic located in south Columbia. Dr. Miller, who attended University of Missouri-Kansas City for medical school and residency training, was in private practice for 25 years before joining our faculty. His clinic was in St. Joseph, a town located 30 miles north of Kansas City, MO.



WILLIAM MILLER

KARL KOCHENDORFER, MD, who earned his MD and completed family medicine residency at University of Illinois at Chicago (UIC) Medical School, has joined our faculty as an assistant professor. Dr. Kochendorfer sees patients at Green Meadows Family Practice Center. He also serves as director of medical informatics, and in this role, his efforts are focused on identifying ways the department can utilize technology to improve family medicine education and care.



KARL KOCHENDORFER

PARTNERS



CHRONIC DISEASE has been a strong and ongoing interest at MU Family and Community Medicine. By collaborating with Cerner, a corporation that leads the nation in developing and supplying health care information technology, the Department of Family Medicine is taking a pioneering approach toward improving the way clinicians manage chronic illness.

Teamwork is a key feature of this new approach to patient care. A multidisciplinary team, which includes chronic illness nurse educators, a diabetes nurse practitioner expert, a dietician, mental health workers, clinic staff, and other health professionals, collaborates with the family physician regarding patient care decisions. A nurse partner is assigned to each patient and

works alongside the physician to manage the patient's care.

GOAL ONE: Make it easier and more efficient for physicians to do the right thing for the chronically ill.

Having a "next generation" electronic medical record (EMR) in the office will give physicians access to accurate and up-to-date information that should improve care not only for those with chronic disease but also for patients with other health care needs.

GOAL TWO: Help patients manage their own care. By connecting via "smart devices" from home to their physician's office, patients will be able to electronically send information such as blood sugars, blood pressure, and weight to their doctors. Nurse partners will consult with the multidisciplinary

team as they monitor this information and provide feedback to help patients better manage their illness.

GOAL THREE: Help family physicians manage populations of people. To achieve this goal, specific reports need to be created. Information generated in these reports would (1) alert physicians about which patients are not meeting pre-identified targets for their chronic illness, (2) document how specific doctors are doing at helping patients meet their targets, and (3) summarize how well each practice is doing at managing their patients' chronic illnesses. With Medicare and many insurance companies adopting "pay for performance" policies, these reports could impact physician compensation and ultimately improve quality of care.

As MU Family and Community Medicine leaders look to the future and their vision for the new model of family medicine, they are collaborating with their Cerner colleagues to enhance the "medical home" concept. Features of the "medical home" are:

- ❖ An electronic information system, including the EMR, supports patient care.
- ❖ Health care is relationship-based.
- ❖ Care is focused on health improvement.
- ❖ Patient care is provided by a multidisciplinary health care team.
- ❖ Patients are taught to self-manage their disease.
- ❖ Health care is provided independent of doctor visits.
- ❖ Community resources are part of the health care process.

The right information for the patient ... just in time



FAREWELL

STAN DORST, MD, former associate professor of MU Family Medicine, has joined the Jefferson City Medical Group, a multispecialty group located in mid-Missouri. Dr. Dorst came to MU in 2001 to serve as associate director of our residency program, teach, and see patients at Green Meadows Family Practice Center. He is focused on patient care at his new job, he says, which is work he truly enjoys.

MARTHA TERRY, MD, who served as assistant professor in our department for three years, has moved to Johnston, IA, with her husband, 2006 Family Medicine Fellowship graduate **Michael Ohl, MD, MSPH**. A 1998 MU Family Medicine Residency alum, Dr. Terry plans to take a year off and help her children — daughter Madeline and son Aidan — get settled before she begins looking for a job.

WEN-CHIEH LIN, PhD, former research assistant professor in our department, has joined the faculty at University of Massachusetts Center for Health Policy and Research, Worcester. During his five years at MU, Dr. Lin studied health care delivery, looking for ways to improve the system and the care it provides older patients.

Our Deepest Sympathy to the Families of

JOHN SALMONS, PhD, who passed away in Albuquerque, NM, this summer. Dr. Salmons, a former faculty at MU's College of Engineering, is survived by his wife, Ruth. Ruth was the first administrative manager at MU Family Medicine, serving the department from 1976-83.

BARBARA CAVENAGH, who passed away in Wales, UK, this August. Mrs. Cavenagh was married to AJM (Sandy) Cavenagh, MD, a former faculty member and preceptor for MU Family Medicine. Dr. Cavenagh retired from general practice during the early '90s.

CONGRATS TO THE RESIDENCY CLASS OF

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AMANDA ALLMON, MD

As a new faculty member, Amanda will see patients at the Woodrail Clinic and teach in our residency program. She and her husband, Jason Hoffman, had their first child, Graham, in June.

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PAUL ANGLETON, MD

Paul, Sara, and their son, Eli, moved to Chillicothe, a town of 6,000 in central Illinois. Paul is in private practice with another family physician at the Order of St. Francis Medical Group Clinic.

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SARAH CURRY, MD

Sarah, Steven, and their baby, Truman, returned home to Sikeston, MO, where Sarah practices medicine with a group that includes MU Family Medicine graduate Cully Bryant.

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KRISTEN DEANE, MD

As a new faculty member, Kristen is an associate director of our residency program and will see patients at Woodrail Clinic. She and her husband, Kurt Tarwater, are expecting their first child this fall.



SIMON MCKEOWN, MD

Simon, Julie, and their children, Jonah, Christian, Rory, Sophie, Rosanna, Dominique, and Brenden, moved to Mexico, MO, where Simon works at Audrain Hospital Clinic with Family Medicine alum Justin Jones.



RYAN MCWILLIAMS, MD

Ryan's father, grandfather, and great-grandfather have all been family physicians ... family medicine obviously runs in the family. Ryan has headed to the Pacific northwest and plans to practice medicine with a group.



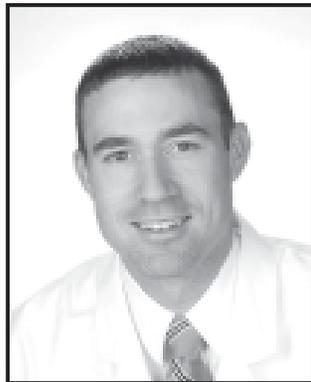
ERIN PIONTEK, MD

Erin inherited her love for medicine from her parents; both have careers in health care. She moved to St. Louis to practice with MU Family Medicine alum Matt Beckerdite at O'Fallon Family Medicine Clinic.



SCOTT ROOS, MD

Scott, Jan, and their children, Henry and Annicka, moved to St. Louis where Scott practices at O'Fallon Health Central. This family medicine clinic is part of the BJC Medical Group.



BJ SCHULTZ, MD

BJ, Sue, and their son, Samuel, are living in Columbia while BJ completes the sports medicine fellowship program at MU. He sees patients at Green Meadows Family Practice Center.



NATALIE SEFTON, MD

As a new faculty member, Natalie sees patients at Green Meadows Family Practice Center and teaches residents. Tony Choi, her husband, is an orthopedic resident at MU.



JEREMY SWINDLE, MD

Jeremy, Rebecca, and their children, Sabine and Jacob, moved to Newberg, a town 35 minutes southwest of Portland, OR, where Jeremy practices at Providence Medical Group.

“What Advice Do You Have For Our 2006 Family Medicine Graduates?”

THEY RESPONDED

“Do not be afraid to take calculated risks, both professionally and financially, early on in your career. Remember, you have a track record of good decision-making, and, with a bit of careful homework, you should be capable of further successful choices.”

BILL BIRKBY, MD
RESIDENCY CLASS OF 1976

DR. BIRKBY is a practicing general pathologist, partner in Boyce & Bynum Pathology Laboratories in Columbia, and the laboratory medical director at Columbia Regional Hospital. In 1991, he quit practicing family medicine to enroll in the four-year pathology residency program at MU. He began employment with his current group in 1995.

Dr. Birkby and his wife, Lynn, have three children and two grandchildren ... and another grandchild due on Halloween.



BILL BIRKBY (right) with **A. Sherwood Baker, MD**, an early faculty member and “father” of the MU Family Medicine Residency Program.

“I hope you enjoy family medicine as much as I have during the past 30 years. If you’re pursuing a career in private practice, arrange to have help so it’s easier to balance work and family.”

CHUCK JANOVSKY, MD
RESIDENCY CLASS OF 1976

DR. JANOVSKY has practiced family medicine at Health Partners Medical Group, a multispecialty practice located in Michigan City, IN, since completing residency. He currently serves as director of LaPorte County Health Department and medical director of a local nursing home.

Dr. Janovsky and his wife, Teresa, have three children and two grandsons.



CHUCK JANOVSKY with his sister and his wife, **Teresa** (right).

FOLEY’S RULES OF THE ROAD FOR GRADUATING RESIDENTS

1. Do what Jack Colwill even suggests might be a good idea.
2. Believe none of what you hear, half of what you see, and all of which you smell.
3. A Smith and Wesson beats four aces.
4. Every fact you have learned at Missouri won’t last 10 years; every habit Mizzou instilled will serve a lifetime.
5. Read a real book once in a while or live in the dark.
6. Never get your honey where you make your money.
7. Leave it at work and go home.
8. In the long run, we’re all dead.
9. Believe in God and hope He returns the favor.
10. Don’t bet against the Buckeyes.

ANDY FOLEY, MD
RESIDENCY CLASS OF 1976

DR. FOLEY has been one of two student health physicians at University of Dayton (UD) for three years. Before coming to UD, he directed the St. Elizabeth Family Practice Residency Program until the hospital closed its doors.

He is still married to Janis, which, he says, “is good for a plenary indulgence.” His daughter is in a PhD program, studying English, at Stony Brook (SUNY), and his son has started college at UD. He is still writing and trying to get published. (NOTE: Dr. Foley is available for wisdom consults.)



ANDY FOLEY sent this photo along with his “Rules of the Road.”

“Go towards something, not away from it.”

(advice given years ago by Jack Colwill)

LARRY JOHNSON, MD
RESIDENCY CLASS OF 1976

DR. JOHNSON is board certified in emergency medicine and has been doing ER work for the past 10 years. He is on staff at Fulton County Health Center, a hospital located in the rural community of Wauseon, OH.

Dr. Johnson has been married 34 years. He had three children, but one of them, a daughter, died of bone cancer in 1996. He has six grandchildren, plus another one on the way.



LARRY JOHNSON

“What Advice Do You Have For Our 2006 Family Medicine Graduates?”

THEY RESPONDED



LYNN BROADFIELD

“Listen to your patients; they will tell you the diagnosis.”

LYNN BROADFIELD, MD
RESIDENCY CLASS OF 1986

DR. BROADFIELD works at Mountain View Medical Group, CO, a large partnership that practices office-based medicine. She also serves as medical director of Open Bible Free Clinic. This health care facility serves indigent families in Colorado Springs.

Dr. Broadfield enjoys skiing, traveling, and pets. She, her husband, Berry Huffman, and their 10-year-old son, Noah, have a bird, a snake, and a dog.



PHIL SMITH

“Never stop reading or learning, for everything you learn will be useful and valuable one day. Appreciate how well trained you are as a Mizzou residency grad. Your opportunities are limitless.”

PHIL SMITH, MD
RESIDENCY CLASS OF 1986

DR. SMITH is chief medical informatics officer for Adventist Health System in Orlando, FL. Adventist owns and operates 36 hospitals in 10 states. His office is in Zephyrhills, where he serves part-time as vice president of medical affairs for a 154-bed hospital.

Dr. Smith and his wife, Beth, live in New Port Richey, FL, where he practiced until 1997. Beth is active in Bible Study Fellowship, and Dr. Smith is on the board and vice president of a church planting organization in West Africa. They have three children, a daughter who recently married and is a copy editor for an Arkansas newspaper; a son studying computer engineering at University of Illinois-Champaign; and a daughter who just started Flagler College in St. Augustine, FL.

“Remember that there are a variety of things a family doc can do. Consider the PHS ... you won't need a business office, and the Corps offers a wide range of clinical, research, and administrative roles. Plus, you'll have the opportunity to respond to disasters and other public health threats.”

GENE FREUND, MD
RESIDENCY CLASS OF 1986

DR. FREUND serves in the United States Public Health Service (PHS). He currently works with the Centers for Medicare and Medicaid Services (CMS), addressing quality of care issues for Medicare.

Dr. Freund is married to Claudia Denton (since 1988), and they have two children, Grace (14) and Carl (9). He races and sails his folding trimaran on the Chesapeake Bay and still plays guitar (and family still says, “No!! Don't sing!!!”). His Weimaraner keeps him running most mornings.



GENE FREUND was deployed and provided disaster relief after Hurricane Katrina.



TOM JEVON with his wife and three children.

“No matter where you practice — rural, suburban, or urban — you need to be part of a larger network of physicians that manages patients in your area with a region-wide EHR.”

TOM JEVON, MD
RESIDENCY CLASS OF 1986

DR. JEVON has worked as a solo family doctor in suburban Boston until this past summer, when a new family doctor from Tufts Residency joined his practice. For years, he has been involved in a large physician network, and he is currently leading the deployment of the EMR for the 150 doctors in his Physician Hospital Organization.

Dr. Jevon is married to Louise Richardson, and they have three children, Ciara (17), Fiona (15), and Rory (12).



JIM NAHLIK

“Keep on the cutting edge with technology ... observe and act on the changes in health care delivery.”

JIM NAHLIK, MD
RESIDENCY CLASS OF 1986

DR. NAHLIK maintains a private practice in west St. Louis County and is chief of family practice at Missouri Baptist Medical Center.

“What Advice Do You Have For Our 2006 Family Medicine Graduates?”

THEY RESPONDED



STEVE SLOAN

“Keep your perspective. Know who your patient is, and know who the doctor is. Know what your patient wants, and know what the doctor wants. Listen to your patient, and listen to what the doctor tells the patient. Deliver what your patient needs, and keep your own needs met.

Humor, compassion, feeling, comfort, love, and joy. I have heard it said that medical school and residency remove these from doctors. If that is so, please remember to collect them at the door and take them with you before you leave. They belong to you, and you will need them in your practice. If you find a colleague who misplaced some of these, share yours. Don't be afraid to touch your patients or to be touched.”

**STEVE SLOAN, MD
RESIDENCY CLASS OF 1986**

DR. SLOAN has practiced in Green River, WY, for 20 years and currently serves as medical director of the outpatient clinics and long term care center of Castle Rock Hospital District. He is active in the Wyoming Medical Society, serving on its board for 15 years and as its president in 2000-01. Dr. Sloan earned the 2006 Wyoming Medical Society Community Service Award.

Dr. Sloan's wife has served two terms as president of Wyoming Medical Alliance. His son attends Western Wyoming Community College; his daughter attends University of Utah.



STEVE CRANE

“Do it for love. Money buys precious little of real value, and at the end of the day, your greatest contribution will likely be the time you spend with your family and friends.”

**STEVE CRANE, MD
RESIDENCY CLASS OF 1986**

DR. CRANE is program director of a rural track residency program in Hendersonville,

NC. He is very involved in a number of local, regional, and state initiatives aimed at improving quality of care, improving access to care for the uninsured, and helping other rural practices adopt EHR through a RHIO model.

Dr. Crane is still blissfully married to Kate Sloss, also a 1986 MU Family Medicine Residency graduate. Dr. Sloss maintains a solo rural practice in Bat Cave, NC. Their oldest daughter (born during third year of residency) is a junior at UNC-Asheville. Their son is a freshman at UNC-Chapel Hill, and their youngest daughter just started high school.



KATE SLOSS



LOU SANNER

“Find good colleagues with whom to work — you'll need them in academics and private practice.

Be a good partner; it will make your job and your life easier.”

**LOU SANNER, MD
RESIDENCY CLASS OF 1986**

DR. SANNER completed the Robert Wood Johnson Academic Fellowship Program at MU in 1988. He then joined the University of Wisconsin Department of Family Medicine (UWDFM), where he served as residency program director until 2002. Today, Dr. Sanner is an associate professor at UWDFM, and he teaches, practices, and serves as medical director at Northeast Family Medical Center. His academic interests center around resident education, particularly training for underserved rural and urban practice.

Dr. Sanner, who has recently remarried, has four children, ranging in age from 21 to 31, and two grandchildren.



PHIL WHITECAR

“It's a great time for family medicine because change begets opportunity. Once you get over the fear, there are all sorts of things you can do with your training. I'm a good example of that. For me, it was palliative care.

Patients are great. Enjoy your practice and have fun at work ...

those are the memories you will keep later in life.”

**PHIL WHITECAR, MD
RESIDENCY CLASS OF 1986**

DR. WHITECAR completed a national health service rotation right after residency; then he joined the Family Medicine faculty at Wright State University in Dayton, OH. Today he is an associate professor and associate director of the Dayton Community Family Medicine Residency Program. Dr. Whitecar is board certified in pain medicine and is in the process of developing a palliative care service in the hospital.

Dr. Whitecar and Deborah, his wife of 28 years, live in Beavercreek. Their sons, Stephen and David, attend college.

“What Advice Do You Have For Our 2006 Family Medicine Graduates?”

THEY RESPONDED



CULLY BRYANT

“Don’t go for the money!”

CULLY BRYANT, MD
RESIDENCY CLASS OF 1996

DR. BRYANT works at Ferguson Medical Group, a large multispecialty practice that serves Sikeston and the surrounding areas in rural southeastern Missouri. He also serves as director of medical education for MU Southeast Region Rural Track, and he is on the board of directors at Scott County Health Department.

Dr. Bryant and his wife of 17 years, Julie, have two sons, Tanner (14) and Beau (7), and a daughter, Harper (10). After developing an interest in triathlons five years ago, Dr. Bryant and his friends created Fins and Feet, a group that organizes triathlons for youth in southeast Missouri.

“Find a professional niche that allows you sufficient latitude to pursue medicine as a passion and a calling rather than as a means to financial reward. The pressures to do the latter are great and growing. Only by doing the former, in my view, can one have a satisfying and meaningful impact long term.”

MARK ELLIS, MD
RESIDENCY CLASS OF 1996

DR. ELLIS completed the faculty development fellowship at MU in 1999, and shortly thereafter, he joined the faculty at Cox Family Medicine Residency in Springfield, MO. During his six “very satisfying” years with Cox Residency, Dr. Ellis’ responsibilities included teaching, full-range clinical practice, administration, and research regarding patients’ and doctors’ views of spiritual assessment.

During that time, he met, courted, and married Marcia Nichols, and on March 12, 2003, they were blessed with twin sons, Ryan and Garrett. For Dr. Ellis, the past year has witnessed his transition to private practice, also with Cox Health (Center for Family Medicine Associates); his wife’s completion of a master’s degree in counseling; and Ryan’s and Garrett’s mastery of everything from the alphabet to hanging spoons from the ends of their noses.

“Other than serving as a big, hairy play-toy for Ryan and Garrett, my ‘free time’ is occupied in various activities at my church, writing poetry, running, and (when I get the chance) music in various forms,” says Dr. Ellis.



TOP: MARK ELLIS with his wife, Marcia Nichols.
BOTTOM: Ryan & Garrett Ellis



JOHN DELZELL

“Get an EHR. Learn about electronic access of information. Almost everything is available electronically now.

Think about getting an MBA, especially if you are going to be involved in the management of your practice or hospital.”

JOHN DELZELL, MD
RESIDENCY CLASS OF 1996

DR. DELZELL is currently a Jayhawk. Until July 2005, he had been the program director at University of Tennessee Saint Francis Family Medicine Residency. He left that position to live closer to his family in Missouri. He joined University of Kansas School of Medicine faculty and now serves as an associate professor and associate director of predoctoral programs. Dr. Delzell loves the Department of Family Medicine at KU. They are doing exciting educational research and are in the middle of a curricular redesign for the entire medical school, he says.

David, Dr. Delzell’s son, is 7 years old and in the second grade. “He continues to amaze me with his brilliance, his humor, and his energy,” says Dr. Delzell. David was diagnosed with Fanconi’s anemia in May 2004. This is a progressive aplastic anemia that will eventually require him to have a bone marrow transplant. Right now the only consequence is thrombocytopenia and a slight anemia. He is fortunate to be cared for by the best hematologists in the country at St. Jude Children’s Research Hospital, Dr. Delzell explains.

“Remember, no matter how busy your practice gets, you should strive to balance home life and work.”

KRISTIN MALAKER, MD
RESIDENCY CLASS OF 1996

DR. MALAKER completed a sports medicine fellowship at MU in 1998. Since then, she has focused on emergency medicine, working first at Boone Hospital in Columbia for seven years. For the past three years, she has worked the ER at St. Mary’s Health Center in Jefferson City. Dr. Malaker enjoys ER work and appreciates the freedom it allows. During her career, she has maintained a strong interest in dermatology and lectures on this topic annually to the AAFP.

Dr. Malaker is married to John Tate, a physical therapist who works in Boonville. They live in the house they built on 150 acres in Rocheport.



KRISTIN MALAKER with her husband, John Tate.

“What Advice Do You Have For Our 2006 Family Medicine Graduates?”

THEY RESPONDED

BRIAN MAHAFFEY



“ Find a place that you enjoy living, find great partners, and find good friends inside and outside of medicine. Even though your practice may be overwhelming at times, remember to enjoy life and your family.

Bottom line, love what you do. Even though medicine can be very frustrating, it is the best profession ... period.”

BRIAN MAHAFFEY, MD
RESIDENCY CLASS OF 1996

DR. MAHAFFEY joined St. John's Clinic in Springfield, MO, eight years ago, after finishing his sports medicine fellowship at MU. As a primary care sports medicine specialist at St. John's Orthopedic Specialists, his practice is mainly nonsurgical orthopedics. He is the team physician at Missouri State University (MSU) and the primary care provider for all athletes at MSU. He also consults for other colleges and high schools in southwest Missouri.

As director of St. John's sports medicine program, Dr. Mahaffey provides administrative and medical oversight of the program and its 30 athletic trainers. He is just finishing his second year as chair of St. John's Clinic board of directors.

It has been great to practice in his hometown and work for his alma mater, where he played baseball, Dr. Mahaffey says. With regular rotators from Cox Family Practice Residency program, he enjoys the opportunities he has to teach, too.

Dr. Mahaffey and his wife, Sandy, spend a lot of time with their two daughters, Lauren (13) and Samantha (10), who are involved in various sports activities. When time permits, they like to travel and play an occasional game of golf.

“ Follow your heart.”

DEBORAH WEEMS, MD
RESIDENCY CLASS OF 1996

DR. WEEMS moonlighted in the ER while practicing family medicine with a group in Jefferson City during the first years after residency. Realizing that she enjoyed ER work more than family medicine, Dr. Weems moved to Kansas City seven years ago and accepted a job with HCAEP, a company that provides emergency services to hospitals in the KC area. She currently works the ER at Research Medical Center-Brookside Campus and is in the process of earning certification in emergency medicine.

Dr. Weems and her husband, Fred, live in an unusual house they built in downtown St. Joseph, MO. Completed five years ago, their house has been described as an “adult playground” and includes a huge library, darkroom, recording studio, fiber art studio, and secret passageways. This house has drawn a lot of media attention. In fact, in November, it will be featured on “Off Beat America,” a television show produced by HGTV.



DEBORAH WEEMS

“ Do what it takes to have the kind to practice that you want, that you believe in, even if it's not easy or not well supported by the current medical system. Your patients will love you, and hopefully, the system will catch up.”

PAM WISEMAN, MD
RESIDENCY CLASS OF 1996

DR. WISEMAN works at Tulane University School of Medicine as assistant professor of clinical family medicine. She has an active practice, including obstetrics, and is medical director of a school-based health center. She also directs the third-year family medicine clerkship. Dr. Wiseman is currently involved in a state-level collaboration to redesign the regional health care system, and she was recently named one of the “Best Doctors” in New Orleans by a local magazine.

Dr. Wiseman has four children, Gabriel (14), Aaron (11), Jolie (8), and Eli (3). Her husband, Chris, works at Loyola University.

“Living in New Orleans has been an adventure this year. We were extremely lucky to have been only minimally affected; our house is fine. We are all holding our breath to see how this year's hurricane season evolves,” Dr. Wiseman says. “I was on duty in the hospital during Katrina and would not like to repeat the experience. Nevertheless, Chris and I are committed to rebuilding our city.”



PAM WISEMAN

“ Do what you enjoy, and enjoy what you do. Take care of yourself and your family as well as your patients. Keep an open mind, and do not close off your options, as medicine is changing at the speed of light. Be open to new ideas — and this advice is coming from an Old Dog.”

JERRY MANK, MD
RESIDENCY CLASS OF 1996

DR. MANK has been working for the VA as a community outpatient clinic provider in Mexico, MO, for the past four years. “I love it,” he says. Three years ago, he went back in the Air Force Reserves. He was active duty Air Force for four years out of residency. In the Reserves, he is assigned to an Aeromedical Staging Squadron as a flight surgeon. Basically his task is to prepare and clear medical patients for flight out of the Area of Operations. To date, he has not been deployed to a combat zone.

Dr. Mank and Christine, his wife, went to Hawaii for their 30th anniversary last year. This year they went to Kansas City. “Can't go to Hawaii every year,” he says. Rachel, their only child, turns 25 this year. She has completed her first year in the osteopathic program at Kansas City. Between Rachel and season tickets for the Chiefs, Dr. Mank spends a lot of time in KC.



JERRY MANK with Christine, his wife, and Rachel, his daughter.

CONGRATS TO THE FELLOWSHIP CLASS OF

2



JAMES BIRCH JR, MD, MSPH

Dr. Birch joined our faculty as assistant professor. He sees patients at Green Meadows Family Practice Center, and he teaches medical students and residents.

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BECKY HOFFMAN, MD, MSPH

Dr. Hoffman is on faculty at SIU School of Medicine, Springfield, IL. She is assistant professor in Family and Community Medicine and in the Office of Medical Education.

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MICHAEL OHL, MD, MSPH

Dr. Ohl is an adjunct assistant professor in Internal Medicine at University of Iowa. He also serves the Iowa Health Systems as an infectious disease physician.

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WHEN WE ASKED MU FELLOWSHIP ALUMS

“What Advice Do You Have For Our 2006 Family Medicine Graduates?”

THEY RESPONDED



FRANK LAWLER

“Work hard, and do what you like that gets paid for.

Don't look for external validation from the system or your peers.

If you are doing good work, keep it up.”

**FRANK LAWLER, MD
FELLOWSHIP CLASS OF 1986**

DR. LAWLER has been at the University of Oklahoma (OU) for 17 years. He is currently a professor and vice chair of the Family and Preventive Medicine Department and medical director of the Family Health Center at OU Health Sciences Center, Oklahoma City.

“Expect change. Expect that the job you sign up for will change and that you may change with it or you may choose to go elsewhere. Expect the challenges to be exciting.

Family Medicine is reasserting itself and exploring innovative approaches to care. This is the time for those with nontraditional ideas to promote their vision.”

**PAT ADAM, MD
FELLOWSHIP CLASS OF 1996**

“Be honest with yourself about what you truly enjoy and then pursue it with passion.”

**MICHAEL STIFFMAN, MD
FELLOWSHIP CLASS OF 1996**

DR. ADAM and DR. STIFFMAN are married. They were 1993 residency graduates and then completed fellowship training in 1996.

DR. ADAM is associate program director at Smiley's Residency Program at University of Minnesota. She continues to practice the full breadth of family medicine, including OB, and she does a fair amount of colposcopy and gives talks locally on the subject. Currently, Dr. Adam is conducting research on primary care teams improving care of the "heartsink" patient.

DR. STIFFMAN maintains two practices with HealthPartners, an HMO established nearly 50 years ago in Minnesota. He practices family medicine at the HealthPartners-Woodbury Clinic, and he provides primary care for people with HIV at the HealthPartners Specialty Center - Infectious Disease Clinic.

Drs. Adam and Stiffman have three children, Alex (10), George (8), and Sam (6).



**PAT ADAM and
MICHAEL STIFFMAN
with their children.**

“As practitioners, always be an advocate for your patient. Ask better questions, listen better to the answers. Your mission as a family physician is to focus on the human side of medicine.”

**KAAREN DOUGLAS, MD
FELLOWSHIP CLASS OF 1986**

DR. DOUGLAS retired from family medicine last year after 30 years of teaching and patient care. Now an independent affiliate of VMdirect, she is promoting video communications on the Internet. The work is fun, exciting, and very different, she says. (E-MAIL: kaaren@helloworld.com)

Dr. Douglas has two daughters and one granddaughter. Her husband, John Doyle, died of cancer nearly seven years ago.



KAAREN DOUGLAS

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FACULTY PUBLICATIONS

Student scores on the U.S. Medical Licensing Exam have dramatically increased since MU adopted its problem-based curriculum in 1993, according to a study conducted by Family Medicine faculty members Kimberly Hoffman, PhD, Michael Hosokawa, EdD, Robert Blake Jr., MD, and SOM Associate Dean Linda Headrick, MD, MS.

LEARN MORE: Problem-Based Learning Outcomes: Ten Years of Experience at the University of Missouri-Columbia. *ACADEMIC MEDICINE* 2006; 81: 617-625

The practice patterns of family medicine graduates are changing, according to a paper published by MU Family Medicine faculty members Erika Ringdahl, MD, Robin Kruse, PhD, MSPH, and former faculty member John Dellzell Jr., MD, MSPH, now at Kansas University Family Medicine.

LEARN MORE: Practice Patterns of Family Medicine Graduates: A Comparison of Alumni Surveys from 1998-2004. *J AM BOARD FAM MED* 2006; 19: 404-412

To help them understand how cultural differences can impact a person's life, students at MU participate in BaFa' BaFa'. Research on this simulation exercise is presented in a paper by Scott Shannon, MD, MSPH, an MU Family Medicine alum who is practicing and teaching family medicine in Kenya, and MU Family Medicine Professor Daniel Vinson, MD, MSPH.

LEARN MORE: BaFa BaFa: A Tool for Cross-Cultural Education in Medical Schools. *ANNALS OF BEHAVIORAL SCIENCE AND MEDICAL EDUCATION* 2006; 12: 26-31

There are predictors of mortality for nursing home patients with lower respiratory infections, according to a paper published by MU Family Medicine faculty members Robin Kruse, PhD, MSPH and David Mehr, MD, MS.

LEARN MORE: Predictors of Mortality for Lower Respiratory Infections in Nursing Home Residents with Dementia Validated Transnationally. *J CLINICAL EPIDEMIOLOGY* 2006; 59: 970-979

Having a usual care provider increases the provision of diabetic preventive care, according to a paper published by MU Family Medicine faculty members Joseph LeMaster, MD, MPH, Robin Kruse, PhD, MSPH, Wen-Chieh Lin, PhD, Erik Lindbloom, MD, MSPH, and University of Rochester Associate Professor George Fryer Jr., PhD.

LEARN MORE: Health Care Expenses for People with Diabetes Mellitus in the United States: Does Having a Usual Care Provider Make a Difference? *J HEALTH CARE FINANCE* 2006; 32(4): 156-167

Robin Blake story continued from page 1

erature, and history," he says. "The more I thought about it, the more I realized that what I wanted wasn't compatible with working full-time as a faculty member and physician."

Recognizing the need for change, Dr. Blake decided to stop practicing medicine. It was a difficult decision because patient care had been a constant for him throughout his career. Plus, it meant the end of doctor-patient relationships that he cherished and knew he could never replace. He admits, though, his decision was the right one.

"Gradually over the years, I noticed that as my time in clinic decreased, so did my knowledge and abilities as a physician," he says. "Right before retirement, I realized that I needed to do lots more clinical medicine in order to maintain expertise and confidence about my role as a family doctor. The thought of doing more clinical work did not appeal to me, so that was my cue to get out."

The thought of relinquishing all of his responsibilities as a faculty member didn't appeal to him either. That's why when Dr. Blake retired in 2000, he agreed to work part-time at the University. Since retiring, he has continued to serve on committees and teach in the Honors College. Most of his time, however, is devoted to the education of medical students.

Dr. Blake relates well to students and wants them to be the best doctors they can be. "I have high standards and hold my students to them," he says.

Medical students recognize and appreciate his commitment to their growth and learning. They have high regards for him and have demonstrated this by presenting him nu-



GREG SCHNEIDER, MD (1998 Resident) was on faculty at University of Texas-

Southwestern, Dallas, for six years after residency. It was an amazing experience, he says, but his yearnings to try things outside of medicine were growing. In 2004, he enrolled in the MFA program in Science and Natural History Filmmaking at Montana State University-Bozeman, where he completed a year of coursework. Dr. Schneider has been a professor at St. John's College, a small, "great books" college in Santa Fe, NM, for the past year. He teaches literature, philosophy, and science, and he plans to eventually work at the college's Student Health Center.

BUD MURPHEY, MD (1985 Resident), who practices at Southern Boone County Family Care in Ashland, MO, was presented a Phoenix Award by the Southern Boone Fire Protection District this summer for helping save the life of a golfer at Eagle Knoll Golf Club in Hartsburg, MO.

Dr. Murphey was playing golf on May 24, when a player in the group ahead of him passed out. The golfer's heart stopped, and he wasn't breathing. Dr. Murphey performed cardiopulmonary resuscitation until emergency personnel arrived. The golfer revived after paramedics used an automated external defibrillator to resume heart function. After five days in the hospital, the golfer recovered.

merous teaching awards through the years. Many students have become family physicians because of Dr. Blake's influence and example.

"My relationships with students have always been rewarding, but they seem to be stronger and more satisfying since I retired," he says. "Maybe that's because I've mellowed."

Or maybe it's because Dr. Blake has returned to school himself and can relate to the stresses of being a student. Over the past six years, he has taken a couple courses each semester, usually in literature, creative writing, or history. Dr. Blake is not working on a degree and has no plans to teach the material; he's simply filling in gaps of his own education.

As professor emeritus, Dr. Blake has more time to write and currently has nearly a dozen short stories in various stages of development. "I've submitted several for publication, and they have been rejected by some of the best literary reviews in the country," he says with a smile. "Writing has always been something I enjoy and do for self expression and exploration."

Dr. Blake enjoys most of what he's doing these days and has no regrets about his decision to retire. "I feel good and am more relaxed," he says. "If you ask my wife, she'll tell you I'm happier and easier to live with."

Cokie and Robin have been married for 39 years and have two sons. Their older son, Kevin, who lives in Madison, WI, is married and has an eight-year-old daughter, Ellie. Russell is married and lives in Prague.



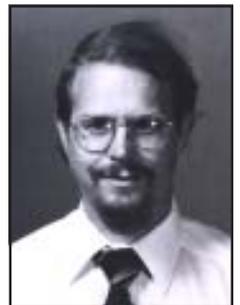
JAMES TURNER, MD (1978 Resident), a partner at Patients First Health Care in Washington, MO, was named 2006 Family

Physician of the Year by the Missouri Academy of Family Physicians.

Dr. Turner, who earned his medical degree from MU, completed residency here and then joined our faculty, serving as assistant professor of Family and Community Medicine for three years before moving to Washington in 1981.

For the past 25 years, Dr. Turner has typified the kind of doctor everyone wants and deserves. He is available at all times; willing and competent to treat all family members, regardless of age or sex; and committed to providing quality health care to all patients.

ALUMNI
UPDATES



ROBIN BLAKE, MD
— 1978 —

If you are interested in reading any of Dr. Blake's short stories, you can e-mail him at blaker@health.missouri.edu



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MU DELIVERS EVERYTHING FROM

A TO Z
 (ALLMON TO ZWEIG)

at University Physicians-Woodrail ... Its Newest Family Medicine Clinic

MU FAMILY MEDICINE opened another clinic this September.

Four of the six physicians who practice there bring 100 years of family medicine experience to the Columbia clinic. **Dr. Michael LeFevre**, **Dr. Daniel Vinson**, and **Dr. Steven Zweig** have relocated from MU's Green Meadows Family Practice Center, and **Dr. William Miller** practiced in St. Joseph, MO, before joining our faculty this summer. **Dr. Amanda Allmon** and **Dr. Kristen Deane** completed residency training in June. The knowledge, commitment, and enthusiasm they share for their work and patients contribute to the high standard of care provided at the clinic.



UP WOODRAIL FAMILY PHYSICIANS (LEFT TO RIGHT)

Michael LeFevre, MD; William Miller, MD; Kristen Deane, MD; Amanda Allmon, MD; Daniel Vinson, MD; and Steven Zweig, MD