

UNIVERSITY OF MISSOURI-COLUMBIA
DEPARTMENT OF FAMILY AND COMMUNITY MEDICINE
Family Facts and Pride Points

For the past 14 years, MU's Department of Family and Community Medicine has been ranked among the top three family medicine department in the country by *US News and World Report's* annual *Best Graduate Schools* report. Ranking results are based on expert opinion about program quality and other indicators that describe the strength of a department's faculty, the effectiveness of its teaching, scholarly, and research efforts, and the performance of students who are trained in the program.

A DEPARTMENT COMMITTED TO PATIENT CARE

The department delivers nearly one fourth of the outpatient care and a vast majority of the primary care provided at this institution. By offering comprehensive, cost-effective, and high quality care, the department improves health and expands services for mid-Missourians, especially the underserved. During the past year, Family Medicine physicians managed 85,000 outpatient visits in 10 practices at seven locations:

GREEN MEADOWS FAMILY PRACTICE CENTER is located minutes from University Hospital and draws most of its patients from the Columbia area, including many University of Missouri employees. The clinic, which is the site of three family practices, also serves a federally designated medically underserved population (46,000 visits annually).

CALLAWAY PHYSICIANS is the department's satellite teaching practice in Fulton (population 10,000). This clinic is located in Callaway County, a rural county designated as a HPSA county and medically underserved area (15,000 visits annually).

FAYETTE MEDICAL CLINIC is the department's rural satellite teaching practice in Fayette (population 3,500). This clinic is located in Howard County, a federally designated HPSA and a medically underserved area (10,000 visits).

FAMILY HEALTH CENTER (FHC) is a federally qualified community health center founded by Family Medicine faculty and now run by a professional manager and community board. FHC serves a medically underserved population; Family Medicine residents train here, and half of the physicians who serve FHC are MU Family Medicine faculty members (18,000 visits).

UNIVERSITY PHYSICIANS-KEENE is a four-person community practice. This practice also serves medically underserved populations and is a teaching site for medical students (11,000 visits).

UNIVERSITY PHYSICIANS-WOODRAIL is our department's newest and fastest growing clinics. Located in southwest Columbia, this practice provides a full range of primary care services and is a teaching site for medical students (7,000 visits).

UNIVERSITY PHYSICIANS-SMILEY LANE is scheduled to open in early 2008. Key features of this clinic include a drive-through pharmacy as well as on-site lab and radiology services. Physicians and other clinic staff members provide a full range of primary care services to families and individuals in this northeast Columbia practice.

Eight MU Family Physicians have been named "Best Doctors in America." The "Best Doctors" list is one of the most prestigious and credible tools available to consumers for selecting a doctor. Only 30,000 – 4 percent of all U.S. doctors – are selected by their peers for this honor.

ANNE FITZSIMMONS, MD
ELIZABETH GARRETT, MD

JAMES KINDERKNECHT, MD
MICHAEL LEFEVRE, MD

DAVID MEHR, MD
ERIKA RINGDAHL, MD

HAROLD WILLIAMSON JR., MD
STEVEN ZWEIG, MD

A DEPARTMENT COMMITTED TO RESEARCH AND SCHOLARLY EFFORTS

Motivated by its mission to improve health, Family Medicine faculty members continually generate relevant research. Through the years, this research has made important changes in physicians' approach to primary care. Current research conducted by the department focuses on diverse topics which include alcohol use and its impact on health and injury; smoking cessation; chronic disease care and management; elder mistreatment; effective ways to treat lower respiratory infections in the elderly; quality of nursing home care; cancer epidemiology and control; diabetes care and complications; hospice; palliative care; and health and spirituality.

The MU Dorsett L. Spurgeon, MD Distinguished Medical Research Award has been awarded to Family Medicine faculty members for three consecutive years:

2005: ERIK LINDBLOOM, MD, MSPH

2006: KEVIN EVERETT, PHD

2007: JOSEPH LEMASTER, MD, MPH

• Four faculty members have been chosen by **The Robert Wood Johnson Foundation** to participate in its **Generalist Physician Faculty Scholars Program**. This prestigious award provides funding over four years to support a faculty member's academic development and research. Faculty awardees include:

JOSEPH LEMASTER, MD, MPH: His research focuses on diabetes and the complications of this disease. In his current research, he is implementing a community-based, medical practice partnership designed to improve support and self-management for rural Missourians with type 2 diabetes.

ERIK LINDBLOOM, MD, MSPH: He is trying to identify factors that will help physicians recognize if/when an elderly person is being mistreated or at risk for mistreatment.

DAVID MEHR, MD, MS: His most recent research has focused on the diagnosis, prognosis, site of treatment, and cost of treatment of lower respiratory infections in nursing home residents.

DANIEL VINSON, MD, MSPH: Dr. Vinson is the only clinician in MU's School of Medicine doing alcohol research with patients. He is working to develop ways that help patients address problem drinking.

Since 2000, department faculty members have authored an average of 55 peer-reviewed publications each year. The source journals for these publications include the *New England Journal of Medicine*, *British Medical Journal*, *Journal of the American Medical Association*, *Academic Medicine*, *Journal of Family Practice*, *American Family Physician*, *Health Affairs*, *Health Services Research*, *Journal of the American Geriatrics Society*, *The Gerontologist*, *Journal of Rural Health*, and *Annals of Internal Medicine*.

The Society of Teachers of Family Medicine (STFM) annually recognizes the BEST RESEARCH PAPERS published in a peer-reviewed journal by one of its members. Since 1994, eight papers written by MU Family Medicine faculty have been recognized.

2006: “Does Hospitalization Impact Survival After Lower Respiratory Infection in Nursing Home Residents?”

Robin Kruse, PhD; David R. Mehr, MD, MS, et al. (*Medical Care* 2004)

2005: “Daily Weight-Bearing Activity Does Not Increase the Risk of Diabetic Foot Ulcers”

Joseph LeMaster, MD, MPH, et al. (*Med Sci Sports Exerc* 2003)

2004: “A Population-Based Case-Crossover and Case-Control Study of Alcohol and the Risk of Injury”

Daniel Vinson, MD, MSPH, et al. (*J Stud Alcohol* 2003)

2003: “Predicting Morality in Nursing Home Residents with Lower Respiratory Track Infection: Missouri LRI Study”

David R. Mehr, MD, MS; Robin Kruse, PhD; Steven Zweig, MD, MSPH, et al. (*JAMA* 2001)

1999: “Consumer Reports in Health Care: Do They Make a Difference in Patient Care?”

Daniel R. Longo, ScD, et al. (*JAMA* 1997)

1997: “Hospital Smoking Bans and Employee Smoking Behavior”

Daniel R. Longo, ScD; Robin L. Kruse, PhD, et al. (*JAMA* 1996)

1995: “Effect of Prenatal Ultrasound Screening on Perinatal Outcome”

Bernard Ewigman, MD, MSPH; Michael LeFevre, MD, MSPH; Radius Study Group, et al. (*N Eng J Med* 1993)

1994: “The Missouri Child Fatality Study: Underreporting of Maltreatment Fatalities Among Children Younger Than Five Years of Age, 1993-1986”

Bernard Ewigman, MD, MSPH; Coleen Kivlahan, MD, MSPH, et al. (*Pediatrics* 1993)

A DEPARTMENT COMMITTED TO TEACHING

The Department of Family and Community Medicine was created at MU shortly after family medicine became a board certified specialty in 1969. Family Medicine faculty members established two goals at that time:

to expand primary care services – especially in rural and underserved areas – by teaching doctors how to be family physicians, and to increase the number of academically trained teachers of family medicine.

For the past 30 years, its pursuit of these goals has never waned. Well trained family medicine practitioners and academic leaders who now provide exemplary care and leadership across the country serve as calling cards for the Department of Family and Community Medicine. Family Medicine faculty members include physicians, researchers, and educators who value scholarship, integrity, compassion, humor, and respect. They are mentors and role models, as well as stellar educators, who inspire medical students, residents, and fellows to reach their full potential.

FAMILY MEDICINE ACADEMIC FELLOWS

Recognizing the need for more academically trained family medicine faculty, the department created an Academic Family Medicine Fellowship in 1979. This program has graduated 75 primary care physicians and researchers since 1982; 75 percent of these graduates hold jobs in academic medicine. Ranks earned by fellowship graduates are: 11 professors, 12 associate professors, 30 assistant professors, and 3 instructors. These graduates hold key leadership roles within their institutions: five are chairs and four are associate/vice chairs of their departments; ten serve as family medicine residency directors; five are predoctoral program directors; two are research directors; two serve as deans, and one directs the Graham Center.

FAMILY MEDICINE RESIDENTS

Recognizing the need to expand primary care services, especially in rural and underserved areas, the department established a three-year Family Medicine Residency in the early '70s. Since 1975, MU's Family Medicine Residency program has trained 336 physicians who practice in 36 states. Twenty percent are currently in full-time academic positions; thus MU's graduates enter academic medicine at five times the national rate. And of the graduates who do not pursue academic careers, nearly 60 percent are in rural family practice, more than two times the average nationwide.

MEDICAL STUDENTS

The Department of Family and Community Medicine maintains a strong interest and highly visible presence in the School of Medicine. Its faculty members were leaders in developing the Problem-Based Learning and Introduction to Patient Care curriculum 10 years ago. Since implementing this curriculum, medical students' scores on Step 1 and 2 of USMLE have improved significantly and are now well above the mean. Family Medicine, one of 20 departments in the School of Medicine, provides nearly 25 percent of the teaching to medical students during their first two years. Family Medicine faculty members are committed to helping students acquire basic medical knowledge, be proficient problem solvers, and learn clinical skills and attitudes essential for physicians.

A DEPARTMENT COMMITTED TO EXCELLENCE, QUALITY, AND INNOVATION

The Department of Family and Community Medicine has been built by faculty members who value learning, scholarship, and innovation. They are committed to developing exemplary programs not only for medical students, residents, and fellows, but for family physicians across the nation as well. They've also developed innovative programs that improve care and service to patients.

PROGRAMS THAT FOSTER FAMILY MEDICINE LEADERSHIP AND RESEARCH

CHAIRS WORKSHOP: MU Family Medicine developed a three-day workshop for new family medicine chairs. The primary goal of these workshops has been to prepare chairs for the challenges, expectations, and responsibilities of their role. Between 1991 and 1998, MU hosted 60 new chairs at these workshops, a total that represents more than half of the family medicine chairs in our country. The Chairs Workshop became the basis for professional development at Association of Department of Family Medicine (ADFM), an organization whose membership includes family medicine chairs from schools across the country.

MISSOURI RESEARCH WORKSHOP: The department has focused on helping other family medicine departments develop their research capacities. The Missouri Research Workshop series, which is sponsored by MU, has helped promote and improve primary care research nationally.

GRANT GENERATING PROJECT (GGP): The department hosted GGP, which was begun in 1996 by the North American Primary Care Research Group Committee on Building Research Capacity, for nearly 10 years. Former Family Medicine Professor Daniel Longo, ScD has directed the program since 1999. The goal of GGP is to increase the number of grants awarded to family medicine departments around the country.

PROGRAMS FOR MEDICAL STUDENTS, RESIDENTS, FELLOWS

ACADEMIC FELLOWSHIP: Recognizing the need for academically trained family medicine faculty, the department developed a two-year Academic Family Medicine Fellowship in 1979. Fellows (who can pursue a research, geriatrics, sports medicine, or master educator track) earn a Masters of Science degree as part of the two-year curriculum designed to develop skills vital to a successful academic career. The fellowship program has graduated over 60 primary care physicians, most of whom serve on faculties in medical school departments and residency programs across the country. Many have assumed key roles in dean's offices and provide national leadership in primary care and public health. Others have become successful researchers and innovators in curriculum development.

FAMILY MEDICINE RESIDENCY: The department has offered a fully accredited family medicine residency since 1975, with 36 residents participating in the three-year program. Designed to provide opportunities to practice any sphere of family medicine, the residency offers real-world educational experiences in both metropolitan and rural settings. Clinical faculty members are professional teachers who maintain their own practices and consider teaching of residents an important and fulfilling part of academic life. They have been committed to developing innovative programs for residents that include:

Integrated Residency Program: This "first of its kind" program, which is designed for select fourth year MU medical students who know they want to pursue a career in family medicine, has enabled the department to keep some of the best and brightest MU medical students in Columbia for residency training. Since this program was initiated in 1992, seven other departments in the School of Medicine have followed Family Medicine's lead and developed similar programs.

Resident Partnership: This feature of the Family Medicine Residency, which is one of only two such programs in the country, pairs compatible residents in a partnership that lasts through their three-year training. Partners learn from each other and develop communication skills necessary for future practice.

Rural Training: In its efforts to improve rural health care and encourage physicians to practice in rural areas of Missouri, the department opened a practice in Fulton in 1975, and five years later it opened a clinic in Fayette. Both practices have become vital health care centers in their communities and important sites for medical student and residency education. Since 1975, the Family Medicine Residency program has trained 336 family physicians, all of whom have had practice experience in these rural communities. Of those residency graduates who do not enter academic family medicine, 60 percent practice in rural areas.

Care of the Underserved: Many residents provide continuing health care for a diverse set of medically indigent patients at the Family Health Center, a federally qualified community health center. The Community Medicine rotation helps all Family Medicine residents learn to identify community health care needs, evaluate community resources, and understand principles of public health and clinical epidemiology. Nearly one fourth of Family Medicine graduates provide health care for underserved populations.

MEDICAL STUDENT EDUCATION: Maintaining a strong commitment to predoctoral medical education, Family Medicine faculty members were leaders in creating the innovative Problem-Based Learning Curriculum, implemented in 1993. Other Family Medicine innovations in medical student education include:

Preceptorship: Developed in the mid-'60s, the MU Family Medicine preceptorship is one of the first such programs developed in this country and has become a model for family medicine education. By giving students opportunities to work closely with general physicians in rural communities across the state, the preceptorship provides valuable, hands-on training in family medicine.

Family Practice Clerkship: This eight-week experience is a required rotation for third year students. Thanks in large part to Title VII grant funding, MU Family Medicine has initiated exemplary programs, innovative strategies, and quality learning opportunities designed to improve the education and experiences of medical students:

Standardized Patient Program gives students feedback on their clinical skills when seeing patients in the ambulatory setting.

Teaching Patient Program trains select patients to give students feedback on their health care and communication skills.

Internet Training helps students become more expert in answering clinical questions at point of care.

Diversity Training uses didactics and role playing experiences to teach students about diversity.

Home Visit Program teaches students about safety issues for recently discharged hospital patients.

STEP (Student Teacher Education Partnership): This program links first year medical students with healthy, active seniors in the community, teaching students the joys and challenges of aging.

CLINICAL PROGRAMS AND SERVICES DESIGNED FOR PATIENTS

NURSE PARTNER MODEL: The Nurse Partner model was started in 1999 to coordinate the care of community living elderly persons with multiple chronic diseases who are patients at MU Family Medicine clinics. Its goals are to improve quality of care by enhancing continuity, care coordination, and care management.

HEALTHIER LIVING-CHRONIC CARE SELF MANAGEMENT: This class, developed by two advance practice nurses, uses patient care groups to improve chronic disease management. Patients with chronic diseases learn to manage their pain and enjoy a better quality of life in this six-week course.

DIABETES MANAGEMENT: YOU CAN DO IT!: Developed by an advance practice nurse and nutritionist, this eight-week class teaches patients to self-manage their disease with the goal of controlling and/or avoiding the complications of diabetes.

OTHER FAMILY MEDICINE PRIDE POINTS

MU-AHEC RURAL MEDICAL SCHOLARS PROGRAM: In 1992, Curators at the University of Missouri assembled an advisory committee that recommended MU School of Medicine focus its efforts on rural health and primary care. Former Medical School Dean Lester Bryant named Family Medicine Professor Harold Williamson, MD, MSPH chair of a multidisciplinary rural health professions education task force. Under his leadership, MU joined Missouri Area Health Education Centers, an academic and community partnership that works to educate health professionals for rural communities. The MU-AHEC Program Office was created in 1994, and soon after that, the School of Medicine - led by Dr. Williamson - developed the MU-AHEC Rural Medical Scholars Program – a three-phase program designed to place physicians in rural Missouri:

Bryant Pre-Admission Scholars Program, the only one of its kind in the country, offers qualified undergraduate students who are interested in rural practice pre-admission to medical school.

Summer Community Program helps students gain experience and a realistic perception of rural practice. For eight weeks in the summer between their first and second year of medical school, Rural Scholars live and work closely with doctors and other health care providers in a rural Missouri community.

Rural Track Program option offers third year medical students an opportunity to participate in a six-month longitudinal experience in a rural area.

CARING FOR THE FRAIL ELDERLY: Started in 1991, Family Medicine faculty member Steven Zweig, MD, MSPH is a founder and chair of this annual conference designed to teach physicians and other health care providers across the state about improving health care for the elderly in long term care. Each year, more than 250 health care professionals attend this two-day conference.

FAMILY HEALTH CENTER (FHC): FHC, founded by faculty members Bernard Ewigman, MD, MSPH and Coleen Kivlahan, MD, MSPH, is a federally-qualified community health center established to expand primary care services to uninsured and underinsured mid-Missourians. MU Family Medicine faculty and residents provide more than half of the health care provided to FHC patients.

COLUMBIA/BOONE COUNTY HEALTH DEPARTMENT: The Health Department offers specialized programs and population-based services designed to promote the health of Boone Countians. For more than 20 years, Family Medicine faculty members have provided significant leadership and service to the Health Department. Family Medicine faculty member Debra Howenstine, MD serves as its medical director.

PRESTIGIOUS FACULTY HONORS

AAMC/Pfizer National Humanism in Medicine Award: **COLEEN KIVLAHAN, MD, MSPH**

Dr. Martin Luther King Jr. Award: **DEBRA HOWENSTINE, MD**

F. Marion Bishop Award: **JACK COLWILL, MD**

Institute of Medicine of the National Academy of Sciences members: **JACK COLWILL, MD** and **GERALD PERKOFF, MD**

National Associates of the National Academies: **JACK COLWILL, MD**

DISTINCTIVE FACULTY APPOINTMENTS AND SERVICE

American Board of Family Medicine Board of Directors: **JACK COLWILL, MD** and **ELIZABETH GARRETT, MD, MSPH**

American Medical Directors Association Foundation (AMDA): **STEVEN ZWEIG, MD, MSPH**

Association of American Medical Colleges Council of Academic Societies: **JACK COLWILL, MD** and **ELIZABETH GARRETT, MD, MSPH**

Association of Departments of Family Medicine (PRESIDENT): **JACK COLWILL, MD** and **HAROLD WILLIAMSON JR., MD, MSPH**

Council on Graduate Medical Education: **JACK COLWILL, MD**

IOM Gulf War and Health: Review of Literature on Pesticides and Solvents: **JACK COLWILL, MD** and **MICHAEL LEFEVRE, MD, MSPH**

MU Interdisciplinary Center on Aging Director: **STEVEN ZWEIG, MD, MSPH**

National Association of Primary Care Research Group: **ERIK LINDBLOOM, MD, MSPH**

National Board of Medical Examiners: **MICHAEL HOSOKAWA, EdD**

Society of Teachers of Family Medicine (PRESIDENT): **JACK COLWILL, MD** and **ELIZABETH GARRETT, MD, MSPH**

US Preventive Services Task Force (USPSTF): **MICHAEL LEFEVRE, MD, MSPH**