UPMC Shadyside Family Medicine Faculty spread Holiday Cheer

Each December for at least 12 years, faculty, residents, students (and even applicants!) have participated in the annual lunchtime holiday caroling at UPMC Shadyside Hospital which was started by Shadyside family medicine faculty.

Above, faculty member Jackie Weaver-Agostoni, MD, joins other staff and passersby in song. Below, faculty members Drs. Barry Coutinho (keyboard), Tay Takedai (violin), David Blandino and Rowena Pingul-Ravano (vocals) lead the crowd.

Family Medicine Research Update

Led by Richard Zimmerman, MD, MPH, MA, the PittVax Immunization Research Group is located within the Department of Family Medicine and maintains a dynamic research program, many related to flu vaccine.

PittVax has just launched the 3rd season of its Influenza Vaccine Effectiveness study. As one of 5 sites participating across the country, research staff work in 11 primary care and urgent care sites across southwestern Pennsylvania to recruit participants with upper respiratory infections. Data from last season was sent to the Centers for Disease Control and Prevention (CDC) and together with those of the other 4 sites was used by the World Health Organization (WHO) to determine the formulation of the 2013-14 Southern Hemisphere influenza vaccine.

In conjunction with colleagues at the Vaccine & Gene Therapy Institute of Florida and Sanofi, PittVax researchers recently completed a 3-year influenza vaccine immunogenicity study this fall.

The group is working with 10 primary care family and internal medicine practices in Western Pennsylvania and 3 community health centers in Houston TX (with colleagues from Baylor College of Medicine) to assist them with improving their adult vaccination rates using its 4 Pillars Toolkit. Preliminary work has just begun to extend the 4 Pillars Toolkit to use with primary care practices that treat adolescents.

Dr. Zimmerman’s group is analyzing data on a number of studies including its Childhood Influenza Immunization Study and a study of high dose influenza vaccine among elderly adults in long-term care.

The PittVax research group includes: Rick Zimmerman, MD, MPH, MA; Mahlon Raymund, PhD; Hsin-Hui Huang, MD; Tricia Nowalk, PhD, RD; Cho Cho Lin, PhD; Jonathan Raviotta, MPH; Krissy Moelhing, MPH; and Michael Susick, MPH; with support from Shakala Kyle.
Family Medicine/Rural Medicine Interest Groups Fall Service Trip
By Ayesha Moghul, MS2

On a crisp Saturday morning in October, before the sun had the chance to fully rise and shine, a group of first- and second-year medical students and members of the department of family medicine took their passion for medicine to rural Pennsylvania. First stop was Charleroi, PA in Washington County, for the Monongahela Valley Hospital-Lois Orange Ducoeur Breast Cancer Walk.

Dressed in white coats with stethoscopes around our necks, we started setting up our area. However, as we looked around, it felt like we were missing something. We had all the medical equipment we needed, the hand sanitizer and informational handouts and everything else we could possibly need…but we had no PINK! We were at an event for Breast Cancer Awareness – this was pink central! So, we walked over to one of the tables and got our pink ribbons, a couple bead necklaces, classy pink shades, and once we had our pink on, we got down to business.

Everything was going pretty smoothly, until the DJ decided to blast the music louder. Now it was hard to tell whether what we heard through the stethoscope were Korotkoff sounds or the bass from the speakers. It seemed like everyone’s heart was pumping to the beat of the music! Fortunately, we had Dr. Dan Lincoln with us who shared his expertise and showed us some tricks on how to measure blood pressure using different methods such as feeling for the pulse to stop as you increase the pressure in the cuff in an attempt to at least get a range for the systolic blood pressure. (continued on next page)

Have a Great Idea? Dr. John Maier PinCh Hits

The Clinical and Translational Science Institute (CTSI) at the University of Pittsburgh has tapped DFM Director of Research and Development John Maier, MD, PhD to direct the Pitt Innovation Challenge (PinCh). This competition invites teams (which must include at least one University of Pittsburgh faculty member but can otherwise comprise individuals from all walks of life and regions) to present innovative ideas that can help people get more engaged in their own health and healthcare. Each of the 3 winning teams will receive $100,000 and a project manager to help execute a 12-month project to move the solution one step further along the path of development. If you are interested in participating, please visit the competition website: www.pinch.pitt.edu.
Fall Service Trip, continued

After the walk, and hoping for a quieter venue, we packed up and headed to Greene County to offer our services at the Historical Society’s Harvest Festival in Waynesburg, PA. We set up our mini-clinic inside the museum, Greene County’s former Poor House. Once again we set up our tables with stations for blood pressure and glucose monitoring, an area for BMI measurements, and this time we also set up a section with apples and water to promote healthy eating, samples of toothpastes to promote healthy dental habits, and small treats for children who wanted to participate in the health screening (with the parents’ consent, of course).

The Harvest Festival was just as busy as the cancer walk, if not more. By the end of the day, we were all pros at using our stethoscopes and the sphygmomanometers to check blood pressures. Too bad it was time to wrap up the clinic, but at least we would be back again the next day, this time with Dr. Amy Crawford-Faucher. And what better way to end the day than with a re-enactment of a battle from the Civil War!

Sunday we returned to the Harvest Festival and couldn’t resist the beautiful fall weather. We set up shop outside – lucky for us, we found prime real estate between the soldiers’ campsite and the picnic benches by the cafeteria and hotdog stand (they had a 2 for $5 special; there was no way people could resist). With our white coats and electronic gadgets, we blended in seamlessly with the Civil War-era environment.

For many of us, this was the first such trip we have made in our career as medical students. The first time we stepped outside the structured medical curriculum and experienced the medical profession through real world encounters. We were shy at first and a little unsure of our abilities. However, with support and guidance from our family medicine team, we overcame our shyness, became confident in our abilities, and danced our way into the hearts of our patients (both figuratively and literally—I believe there’s a video somewhere out there). Let’s just say that with our team of thirteen, we rocked it!
In the News: from the Department of Family Medicine


Bill Markle, MD, Tracey Conti, MD faculty and program director, respectively, at UPMC McKeesport Family Medicine Residency Program and Manjusha Kad, MD, published “Sexually Transmitted Diseases” (Prim Care. 2013 Sep;40(3):557-8).


Chyongchiou (Cho Cho) Lin, PhD, Richard K. Zimmerman, MD, MPH, MA; Mary Patricia Nowalk, PhD, all family medicine faculty, and doctoral students in public health Hsin-Hui Huang and Jonathan M. Raviotta, published “Randomized controlled trial of two dosing schedules for human papillomavirus vaccination among college age males” (Vaccine. 2014; 32(6): 693-699.)

Jeannette South-Paul, MD, Department Chair, Family Medicine, with Roth LH, Barnes B, and Schuman J, published “Diversity to achieve quality.” (ACMS Bulletin August 2013:342-342, 351.)


Christina Wong, MD, former St. Margaret geriatrics fellow, and Lora Cox-Vance, MD, St. Margaret faculty, published “Failure to Thrive: A Tragic Case of End-Stage Polymyositis.” (Journal of the American Geriatrics Society. 2013;61(s1)).

Valerie Wislo, MD, former St. Margaret resident, and faculty development fellowship faculty Drs. Anne McGaffey, Frank D’Amico and Linda Hogan, with Drs. Scopaz KA, and Bridges MW (formerly at St. Margaret), and Jewell IK, and Hughes K, published “Fitwits : Preparing Residency-Based Physicians to Discuss Childhood Obesity With Preteens.” (Clinical Pediatrics 2013 52: 1107-1117).


**In the News, continued**


David Yuan, MD, MS; Frank J. D’Amico, PhD; and Stephen A. Wilson, MD, MPH, of St. Margaret and Michael Bridges, PhD (formerly faculty development fellowship faculty); published “The Effect of Medical Student Feedback About Resident Teaching on Resident Teaching Identity: A Randomized Controlled Trial.” (*Fam Med 2014;46(1):49-54.*)

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**Highlights this year include:**

- **Reviews** of new guidelines for lipids, JNC 8, screening for melanoma, and children with asthma, sinusitis and AOM.
- **Hands-on sessions** on neck pain from our osteopathic faculty and other practical breakout sessions.

**Among our themes for this year’s course:**

- **Making wise choices:** our faculty will bring you updates from the Choosing Wisely guidelines
- **Primary care is a team sport:** primary care colleagues in pharmacy, nursing, and physical therapy will be assisting our primary care and other specialty docs in our sessions
- **Getting ready for (re)certification:** reviews of common conditions, board review sessions, take-home questions, and our second ABFM MOC session on the vulnerable elderly.

For more information, please visit [https://ccehs.upmc.edu](https://ccehs.upmc.edu)
Family Medicine Photo Album

UPMC Shadyside Holiday Caroling:

Department of Family Medicine Holiday Party

“Speed Mentoring” Jan. 21: An evening for students exploring family medicine