

# ON ROUNDS AT CCHS

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diagnosis or therapy were long referred to as the "art" of medicine, an uncomfortable term for many of us because it is too general. "Art" does not lead to an explicit body of knowledge that can be readily taught or learned. Medical students, often tired and always stressed, tend to catch a quick nap when the teacher speaks of the art of medicine.

Technology has come to mean applied science. We think of objects, tools, or machinery; however, the Greek root, technologia, meant the systematic treatment of an art. If we continue to apply that meaning, then those interactions between doctor and patient that have been called "art" can be said also to be technical, provided that we deal with them systematically.

If we identify fear as an element in illness and if we can systematically deal with it, then fear becomes a technical problem as much as fever is. Anxiety should lend itself to technical solutions as readily as angina. Although it is true that fear or anxiety cannot be measured as precisely as fever or angina, each can be quantitated on some scale, once they are recognized, even if that scale is measured only as high, low, or medium.

In addition, we are about as close to understanding the biological pathways of anxiety as we are those for angina. Both are symptoms with subjective components as well as objective sequelae. There is no intrinsic difference between the two.

I would submit that the recognition and treatment of one is no more or less technical than the other, and one could argue equally well that the creation of the implantable heart is a work of art that required aesthetics as well as engineering.

W.J.C.

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Masthead designed by Anna F. Jacobs

As I write this, the third person to receive an implanted artificial heart is entering his third postoperative day in Louisville and is listed in "critical but stable condition." Mechanical heart implants would satisfy anyone's criteria for high technology medical care. In medical education, we struggle with the continuing issue of what medical students should "know" about the technical aspects of medicine versus the general principles of biomedical science and of human behavior as manifested by individuals, families, and communities. These behaviors reflect beliefs and attitudes about health and illness that we need to understand in order to counsel patients wisely.

Those aspects of medicine that are not characterized by physical interventions for

## CCHS Residency Graduates:

### Overview

The first residents were accepted into the CCHS Family Practice Residency Program in January 1975; therefore, this is an appropriate time to examine where the products of the program's first decade have gone and what kind of practices they have entered or established.

Of the 81 program graduates, all of whom have passed their American Board of Family Practice Certification Examinations, 40 are practicing in Alabama. Among the remaining 41 graduates, 30 have remained in the Southeast: 7 each in Mississippi and Louisiana; 4 in North Carolina; 3 each in Georgia and Florida; 2 each in Tennessee and Kentucky; and 1 each in South Carolina and Virginia. The others are widely scattered, with 3 in Texas and 1 each in Missouri, Illinois, Wisconsin, Colorado, Nevada, Arizona, and West Germany.

Private practice is by far the most popular option; three-quarters of the program's graduates have elected to set up solo practices or, more often, to join family practice groups or multispecialty groups. A number of graduates have chosen to go into practice together. For example, Drs. Michael Belyeu (1977), Wayne Peters (1978), and Michael Wells (1978) are in practice together in Albertville, Alabama; Drs. Russell Ingram (1979), Harrison Moore (1982), and Larry Tucker (1981) have a group practice in Atmore, Alabama; Drs. David Hopper (1982) and Vance Moore (1981) have a joint practice in Oxford, Alabama, as do Drs. Keith Dismuke (1978) and Joe Fritz (1978) in Tuscaloosa and Drs. Martha Crenshaw (1981) and Catherine Huggins (1982) in Stone Mountain, Georgia. Another out-of-state group practice is composed of Drs. Randall Horton (1979), Louis McCormick (1979), and Brent Allain (1979) in Franklin, Louisiana.

It is especially impressive, given the historical emphasis of the college on training physicians for underserved rural areas, that 15 program graduates are in practice in federally designated Health Manpower Shortage Areas in Alabama: Dr.

Wendell Shannon (1978) in Athens; Drs. David Hopper (1982) and Vance Moore (1981) in Oxford; Dr. Sage Smith (1984) in Monroeville; Dr. Herbert Stone (1979) in Prichard; Drs. Russell Ingram (1979), Harrison Moore (1982), and Larry Tucker (1981) in Atmore; Dr. Sandral Hullett (1979) in Eutaw; Dr. Larry Skelton (1980) in Moundville; Dr. John Brandon (1981) in Gordo; Dr. John Hollis (1984) in Sulligent; Dr. Garry Magouirk (1983) in Berry; and Drs. Roger Moss (1983) and Phillip Smith (1982) in Fayette.

An additional 19 graduates are practicing in counties with partial designation as shortage areas but are not located within the specified service areas; however, these physicians well may be providing services to their counties' underserved populations. Therefore, 34 out of 40 graduates of the residency program who are practicing in Alabama are located in counties with full or partial designations as primary care shortage areas.

Subsequent articles in this series on residency graduates will focus on such topics as those practicing in underserved areas; practice decisions of women graduates; graduates who chose emergency medicine; why out-of-staters left the state; the graduates who stayed in Tuscaloosa; the difficulties of establishing an urban or suburban versus a small town practice; graduates who are teaching, both as full-time faculty and as preceptors; and other topics of interest that may develop as the series proceeds. Suggestions from readers would be most appreciated.



## Profile

### Stephen H. Gehlbach, M.D.

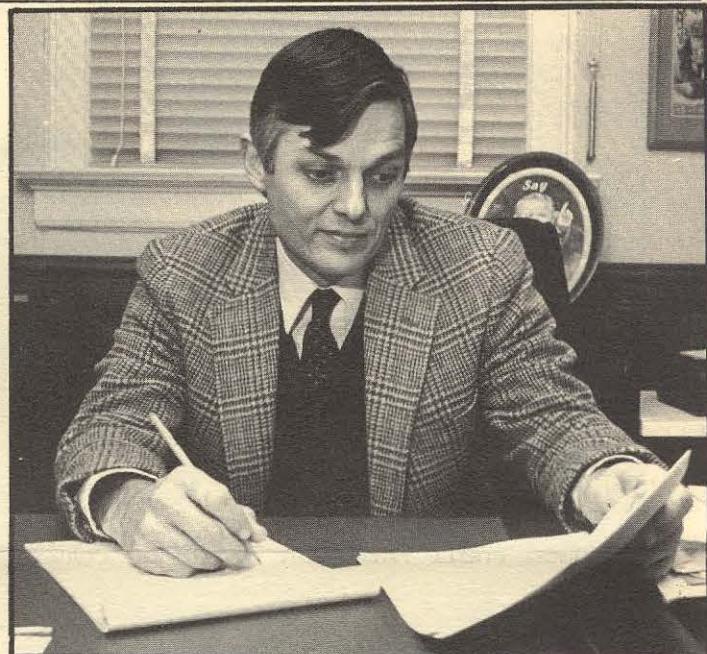
Dr. Steve Gehlbach, the newly appointed Associate Dean for Academic Affairs and Professor of Pediatrics, envisions faculty development to be the prime responsibility of his position: assisting clinicians in research and improving methods of teaching and evaluating, the major components of an academic environment. Dr. Gehlbach is uniquely qualified to fill this role.

After receiving his undergraduate degree from Harvard College in 1964 and his medical degree from Case Western Reserve University School of Medicine in 1968, Dr. Gehlbach did a mixed medical/pediatrics internship at the Royal Victoria Hospital in Montreal, Quebec, and was junior assistant resident in pediatrics at Children's Hospital Medical Center. He served two years with the Center for Disease Control, U.S. Public Health Service, assigned to the North Carolina State Board of Health as a field epidemiologist. He completed his training in pediatrics as Senior Assistant Resident at Duke Medical Center in 1973 and received a Master of Public Health degree from the University of North Carolina School of Public Health in 1974.

Dr. Gehlbach's first academic appointment was in the Department of Pediatrics, U.N.C. School of Medicine. In 1976, he joined the Department of Community and Family Medicine, Duke University Medical Center, and subsequently received a joint appointment in the Department of Pediatrics.

A prolific author, Dr. Gehlbach's research interests have included the spread of disease in day nurseries, childhood poisoning, and nicotine absorption by tobacco harvesters. Many of his most recent publications deal with teaching, especially in family practice residency programs. His very readable book, Interpreting the Medical Literature: A Clinicians Guide, not only provides practicing physicians with advice on reading critically, it is also an excellent introduction to research terminology and methodology for medical students and residents.

Dr. Gehlbach feels the college has the potential to become "a small but bright academic jewel" and has begun his job with skill and enthusiasm.



## HSL News

### Computers in Medicine

Increasingly, computers are becoming an integral part of modern medicine. As Richard Walters points out in "An Introduction to Computer Technology" (Journal of Family Practice 1984; 19:40-46), the days are over when a physician was vaguely familiar with the computer as a tool for handling administrative details but not as a resource for improving patient care.

Reflective of the increasing role of computers in medicine, the Health Sciences Library has recently added the following to its collection: Microcomputers and the Medical Professional by Christina J. McClung (New York: Wiley, 1984); Computers in the Doctor's Office by Stephen Radin (New York: Praeger, 1984); Computerizing Your Medical Office: A Guide to You and Your Staff by Dot Sellers (Oradell, NJ: Medical Economics Books, 1983); and the videotape From Black Bag to Black Box: Computers in the Medical Office (per 440).

In addition, numerous journal articles on the subject have appeared recently. The entire July 1984 issue of the Journal of Family Practice was devoted to the subject. Other journal articles can be retrieved through Index Medicus under the subject headings "Computers" and "Information Systems." For further information or assistance, contact the Health Sciences Library.



Tuscaloosa Mayor Al DuPont, State Senator Ryan deGraffenreid, University of Alabama President Joab Thomas, Congressman Richard Shelby, and CCHS Dean Will Coggins at the ground-breaking ceremony for the Family Medicine Supersuite at the Capstone Medical Center on December 13.

### Recognition and Management of Mental Disorder

Mental disorder represents a major health problem in the United States, and family physicians are in a position to determine, or at least influence, the course of treatment for many Americans. As a result, residency training programs have embraced a comprehensive approach to patient care--an effort to treat the whole person, not only the biological processes of disease but the psychological and emotional problems as well. Required objectives of family practice residency programs include the diagnosis and management of psychological disorder and elements of psychotherapy, psychopharmacology, and psychiatric counseling. Curricula must therefore address a broad spectrum of mental illness.

Since 1981, an interdisciplinary research team, led by Dr. Roland Ficken, Associate Professor and Chief of Behavioral Science, has been examining the recognition

and management of mental disorder among the patients of third-year family practice residents at CCHS. Working with Dr. Ficken have been Dr. Russell Anderson, M.D., Associate Professor and Chief of Family Medicine, Dr. James Leeper, Associate Professor of Community Medicine, Dr. Ralph Jones, Professor and Chief of Psychiatry, Dr. Tamar Milo, formerly Data Analyst with the Department of Community Medicine, and Lee Badger, Research Coordinator for the Department of Psychiatry.

The study has several specific stages. First, patients are screened for the presence of possible psychiatric disorder. From the group of patients who have elevated scores, a random sample is selected and a standardized psychiatric interview is administered. Without knowing the result of that interview, the patient's resident physician is questioned about the perceived status of the patient's mental health and

the medical management of any psychiatric problems. Finally, there is an audit of the patient's chart to review the completeness and comprehensiveness of the medical record.

Without a doubt, the most important finding of the research so far has been the nonrecognition of a significant number of diagnoses revealed by the psychiatric interview. Most of these oversights were of patients with anxiety or depression, the most common and often the most debilitating of the mental disorders found in primary care settings. In addition, residents' diagnoses of mental distress were frequently vague and undifferentiated. These results, along with similar findings in studies of other primary care disciplines, point to the need for greater attention to the recognition and management of mental disorder. It is the curriculum rather than the residents that is lacking. Since these results first became known, emphasis has been placed on devoting a greater proportion of the behavioral science/psychiatry curriculum at CCHS to the diagnosis and treatment of anxiety and depression. The same study is currently being repeated with new third-year residents with the hope that these increased learning opportunities will be reflected in improved skills.

The team first presented their findings at the 1983 annual meeting of the Society for Teachers of Family Medicine. Full details of the project were published in the September/October issue of Family Medicine.

### News Briefs

#### Appointments, Honors, and Awards

The University of Alabama received one of six Special Recognition Awards presented at the United Way of Tuscaloosa County Annual Awards Dinner. Sarah DEMELLIER, Coordinator of Contracts and Grants, accepted the award as chair of the 1984 UA United Way Campaign.

Dr. William DRESSLER, Associate Professor of Behavioral Science, has recently been designated as one of thirteen University Research Fellows, with a two-year appointment retroactive to August 16, 1984. The

purpose of the fellows program is to supplement salaries and support for UA faculty excelling in sponsored research.

Margaret GARNER, Assistant Professor and Clinical Nutritionist, Department of Family Medicine, has been appointed adjunct assistant professor in the School of Home Economics.

Dr. Robert PIERONI, Professor of Internal Medicine, was elected to fellowship status in the American Geriatrics Society in November 1984.

#### Publications and Presentations

Lee BADGER, Research Coordinator, Department of Psychiatry, Dr. Ralph JONES, Professor and Chief of Psychiatry, and Dr. Nicholas GREEN, Associate Professor of Psychiatry, presented a workshop titled "Overview of the Problems of Child Abuse and Neglect in the State of Alabama" at the Governor's Conference on the Prevention of Child Abuse and Neglect in Montgomery on February 4.

Dr. Lorin BAUMHOVER, Professor of Behavioral Science and Director of the Center for the Study of Aging, presented the paper "Coalitions Between Academic Programs and Health Professions" at the Association for Gerontology in Higher Education meeting in Washington, DC, February 14-17. On January 17 in Montgomery, Dr. Baumhover served on a panel on "Long Term Care: A National Challenge," which was sponsored by the Veterans Administration Cooperative Health Manpower Education Program.

Dr. David HEFELINGER, Professor and Chief of Pediatrics, was interviewed on January 16 by University Relations for a feature story on the pediatric cardiology clinic conducted monthly at the CMC by Dr. Mac Bargeron from the University of Alabama School of Medicine, Birmingham. On January 21, Dr. Hefelfinger presented a guest lecture on "Fever--Implications, Management, and Counseling" for the Capstone College of Nursing. He also presented two lectures as part of the orientation program for the pediatric intensive care nurses: "Meningitis" on January 23 and "Differentiating Respiratory Tract Disease" on February 6.

Dr. James LEEPER, Associate Professor of Community Medicine, Lee BADGER, Research Coordinator, Department of Psychiatry, and Dr. Tamar MILO, formerly Data Analyst in the Department of Community Medicine, have published "Mental Disorders Among Physical Disability Determination Patients" in the American Journal of Public Health 1985; 75(1):78-79.

Dr. Robert PIERONI, Professor of Internal Medicine, is the author of "Centenarians," the initial chapter in Handbook on the Aged in the United States, edited by Erdman B. Palmore (Westport, CT: Greenwood Press, 1984). Dr. Pieroni also recently edited the winter issue of the Alabama Society of Internal Medicine Newsletter and presented "Diagnosis and Treatment of Environmental Hazards" at the 75th Field Hospital, Army Reserve Medical Corps.

Dr. Arthur STAMLER, Associate Professor of Pediatrics, participated in a panel discussion on "Recognizing and Reporting Child Abuse" at the Governor's Conference on the Prevention of Child Abuse and Neglect on February 4 in Montgomery. Dr. Stamler also served as chair of the program committee for the conference.

#### Grant and Contract Activities

Dr. Lorin BAUMHOVER, Professor of Behavioral Science and Director of the Center for the Study of Aging, is serving as project director of the Mississippi Long Term Care Policy Research Project, which is funded by the Mississippi Council on Aging. The purpose of the project is to provide an analysis of existing data, organizational structures, and program requirements in order to design feasible management and care delivery systems for the aging network in Mississippi.

#### Meetings, Workshops, Consultations

Dr. Russell ANDERSON, Associate Professor and Chief of Family Medicine, and Dr. Samuel GASKINS, Associate Professor of Family Medicine and Director of the Family Practice Residency Program, attended the Family Practice Residency Directors meeting in Birmingham on January 25.

Dr. William DRESSLER, Associate Professor of Behavioral Science, went to Jamaica January 28 through February 1 for a research consultation with Dr. Gerald Grell, Department of Internal Medicine, University of the West Indies. Drs. Dressler and Grell are studying blood pressure in a Jamaican community as part of the PRECAVAS Project (Prevention of Cardiovascular Disease in Developing Countries).

Dr. Samuel GASKINS, Associate Professor of Family Medicine and Director of the Family Practice Residency Program, attended a conference titled "Marketing Makes it Better for Both Patients and Physicians" sponsored by the Alabama Academy of Family Physicians at Point Clear, Alabama, January 11-13.

Dr. Nicholas GREEN, Associate Professor of Psychiatry, participated in a Sino-American Study Tour to Egypt January 17 through February 3.

Dr. David HEFELINGER, Professor and Chief of Pediatrics, Dr. Samuel GASKINS, Associate Professor of Family Medicine and Director of the Family Practice Residency Program, Margaret GARNER, Assistant Professor and Clinical Nutritionist, Department of Family Medicine, and two registered nurses from the DCH Regional Medical Center High Risk Nursery, Donna Milligan and Evelyn Powell, participated in Mead Johnson Laboratories' "Home Office Visit by Professionals" in Evansville, Indiana, January 6-8. The program included a tour of the facilities and sessions on nursery and office design, quality control/quality assurance, marketing, medical affairs, and research study overview.

Dr. Riley LUMPKIN, Professor of Family Medicine and Assistant Dean for Continuing Medical Education and Professional Relations, attended a Joint Commission on the Accreditation of Hospitals meeting in Chicago, Illinois, December 9-13, 1984.

Dr. Robert NORTHRUP, Professor and Chief of Community Medicine, consulted for the Agency for International Development or course supervision of medical students during field experiences at the Andalas University Medical School in Padang, West

Sumatra. He departed for the consultation trip on December 26, 1984, and returned on February 1, 1985.

In his role as secretary-treasurer of the Alabama Society of Internal Medicine, Dr. Robert PIERONI, Professor of Internal Medicine, attended the American Society of Internal Medicine Eastern Leadership Conference on February 1-2 in New Orleans, Louisiana.

George TULLI, CMC Administrator, and Jill STEWART, Staff Assistant, attended a meeting of the Association of Clinic Managers for University Family Practice Centers at the UAB/Selma Family Practice Center in Selma, Alabama, on January 29.

#### Community Service

Sheree JONES, Director of Nursing, Capstone Medical Center, thanks all CCHS employees who donated food items, money, and time to the holiday gift boxes. Contributions provided gift boxes to four needy families at Thanksgiving and food, toys, and clothing to two families at Christmas.

#### Arrivals and Departures

Dr. Lorin BAUMHOVER, Director of the Center for the Study of Aging, University of Alabama, has joined the CCHS faculty as Professor of Behavioral Science.

Brent GOODWIN, Coordinator of Educational Programs, resigned as of March 1 to assume the position of Assistant Director of Continuing Medical Education at UASOM, Birmingham.

Dr. Richard THOMPSON joined the Department of Community Medicine on January 2 as Research Coordinator/Associate with the Ford Foundation Grant. He replaces Dr. Michael O'REAR.

#### Vital Statistics

Our congratulations are extended to Joan and RUSSELL INGRAM, a 1979 graduate of the residency program, on the arrival of their daughter, Heather Alanna. Dr. Ingram is in practice in Atmore, Alabama, with two other graduates of the residency program, Dr. Harrison Moore (1982) and Dr. Larry Tucker (1981).

Christopher Scott Randolph, Jr., birth-weight 7 lbs. 8 oz., was born to Mary and CHRIS RANDOLPH, a 1983 graduate of UASOM, Tuscaloosa, on December 28, 1984.

#### Miscellany

Nominations or applications for the Medical Student Award for Research and Scholarly Activity and the Resident Award for Research and Scholarly Activity must be submitted to Dr. James Leeper, Associate Professor of Community Medicine and Chair of the CCHS Research Committee, by March 31, 1985.

The Department of Obstetrics/Gynecology has returned to its renovated offices on the third floor of the Educational Tower, DCH Regional Medical Center. Likewise, the Department of Surgery has moved into its new quarters on the fourth floor of the Educational Tower.

The Capstone Medical Center has expanded its patient hours to include Saturdays from 8:00 a.m. until 12:00 noon. Minor medical problems are handled on a nonappointment basis.

#### College Calendar

##### March 1

CCHS First Friday Letters, Science, and Medicine Conference, 12:30 p.m., 101 Educational Tower, DCH Regional Medical Center. Performance by the University of Alabama Jazz Ensemble A, under the direction of Steve Sample, Professor of Music.

##### March 5

Grand Rounds, 8:00 a.m., Oak Room, DCH Regional Medical Center, "Pneumonias and DRGs"; Noon Conference, 12:30 p.m., 101 Educational Tower, DCH Regional Medical Center, "Antimicrobials and DRGs." Dr. Arthur A. Mauceri, Assistant Professor of Medicine, University of Florida at Gainesville.

##### March 6

General Faculty Meeting, 12 noon, Carrel Room, Capstone Medical Center.

##### March 8

CCHS Research Conference, 12:30 p.m., 101

Educational Tower, DCH Regional Medical Center. Dr. Stephen Gehlbach, Associate Dean for Academic Affairs and Professor of Pediatrics, "Research in Primary Care."

March 25-26

As part of the Alabama School of Alcohol and Drug Studies, Doug Talbott, M.D., Director, Impaired Health Professionals Program, Smyrna, Georgia, and Janet Woititz, Ed.D., author of Marriage on the Rocks and Adult Children of Alcoholics, will participate in the Noon Conference Series at DCH Regional Medical Center, 101 Educational Tower, 12:30-1:15 p.m.

April 5

CCHS First Friday Letters, Science, and Medicine Conference, 12:30 p.m., 101 Educational Tower, DCH Regional Medical Center. Dr. Tom Rogers, Professor of Biology, "Intercontinental Bird Migration."

April 10

General Faculty Meeting, 12 noon, Carrel Room, Capstone Medical Center.

April 12

CCHS Research Conference, 12:30 p.m., 101 Educational Tower, DCH Regional Medical Center. Dr. James Leeper, Associate Professor of Community Medicine; Martha P. Strickland, Assistant Professor and Director of the Child Development Center; Carmen Hudson, Instructor in Human Development and Family Life; and Peggy Jessee, Instructor in Human Development and Family Life and Research Associate, CCHS, "Children's Adjustment to Hospitalization."

April 13

Newcomer's reception for pediatricians and dinner at North River Yacht Club, sponsored by the West Alabama Pediatric Society and Mead Johnson Laboratories. Dr. William Long, the dinner speaker, will address "Adolescent Suicide" and "How to Make the Practitioner's Office More Conducive to Adolescents." For further information, contact Dr. David Hefelfinger, Professor and Chief of Pediatrics (348-4950).

One-day Practice Management Workshop (8:30 a.m.-4:00 p.m.) for residents and their spouses at the Stafford Inn. Speakers will be Drs. Riley Lumpkin and Brad Ware, along with outside consultants Keith Smith of KSA Associates and Brent Goodwin, Assistant Director of CME, UAB. A panel of former CCHS residency graduates will answer questions from the audience; panel members are: Drs. Larry Sullivan, J. Glenn Peters, W. Phillip Smith, W. Larry Tucker, and Brent Allain.

May 10-11

Family Medicine Update '85: A Clinical Review of Current Practice in Family Medicine, Capstone Medical Center. CCHS faculty and local physicians will serve as speakers for the workshop, which is targeted at graduates of the Family Practice Residency Program. A special Friday night reception is planned for the graduates of the 1979 class. The annual Resident's Lampoon will be held on Saturday evening, May 11. Call Drs. Riley Lumpkin or Brad Ware (349-1770, Ext. 280) for more information.

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