

ON ROUNDS AT CCHS

A NEWSLETTER
OF THE
COLLEGE OF
COMMUNITY HEALTH
SCIENCES
THE UNIVERSITY OF ALABAMA

The Dean's Corner

Periodically, I devote this space to medical education issues discussed at the annual meeting of the Association of American Medical Colleges, generally abbreviated as AAMC. This year was the 100th Annual Meeting of this group, which represents all of the 126 medical schools in the United States.

Some profound and refreshing changes in goals and directions for medical schools are occurring. You will recognize these as goals and programs which the College of Community Health Sciences expressed as early as 1975. There is now widespread recognition that there are serious shortages of primary physicians, defined as those who practice family medicine, general medicine, internal medicine, pediatrics or obstetrics. Even so, the number of medical doctors doing primary care residencies has declined in this decade. Despite efforts to hold level the number of residency positions in procedure-oriented specialties and to increase the required length of training in those specialties, there are not yet any encouraging trends in medical student selection of primary care residencies. The reasons why medical students choose hospital based specialties such as radiology, anesthesiology, or the surgical specialties are complex. The oft quoted statement that medical students choose these specialties in higher numbers because the pay is better is an insult

to the motivation of this generation of medical students. The rapid technological change in many of these specialties is exciting, intellectually stimulating and shows promise of improving the health of many individuals. Such promise, although it is not invariably fulfilled, is a stimulus to the best aspiration of a medical student choosing a career. Another major dilemma in attracting medical students to primary specialties is the medical profession's move to provide better documentation of the highest quality of medical care without rapid escalation of the cost of care. This burden falls most heavily on primary physicians who assume responsibility for patients in continuity, as well as during episodes of acute illness in the hospital. To say this succinctly, the paperwork load is not distributed evenly across all specialties in medicine.

The AAMC is aware of these and other issues that affect medical student choice of specialty. This organization is taking a leadership role in encouraging medical students not only to be aware of these issues, but to try to resolve those that weigh most heavily on primary care physicians.

A major part of this dilemma continues to be the relative paucity of physicians in small towns and rural areas. Perhaps the most gratifying trend within the AAMC is the decision to address this issue head-on and encourage those medical schools in this county that are in states or regions with many underserved communities to modify admission standards and the medical curriculum to address these issues head-on. This is a major breakthrough and reinforces the position that this College has tried to address for more than a decade.

WJC

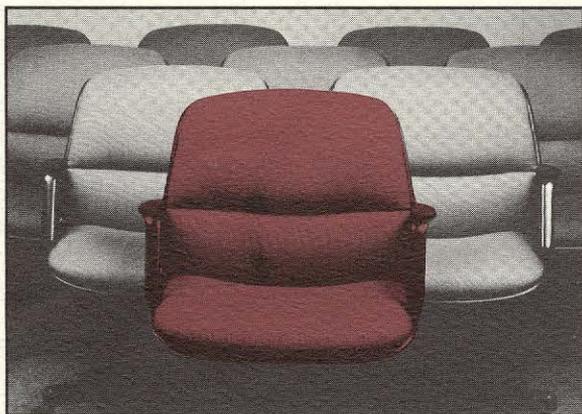
The William R. Willard Auditorium

A few men and women in every generation make contributions that affect all of us by virtue of their character and intellect. Recognition of these unique accomplishments is important, first to honor the person and secondly to identify those characteristics and values which may serve as models for those who would follow. Dr. William R. Willard's dedication to improving health care in the United States represents such a commitment.

Although Dr. Willard's accomplishments as an innovative leader in medical education have been recognized and lauded by the American Medical Association, the American Board of Family Practice and the Association of American Medical Colleges, the William R. Willard Auditorium will serve as a daily reminder of his contributions to medical education in Alabama and the United States. Sufficient time has elapsed since Dr. Willard came here as the first dean of the College of Community Health Sciences to witness his success in developing primary physicians for Alabama and for his contributions to improving health care in rural areas.

(Continued on page 3)

There's a Seat for You!

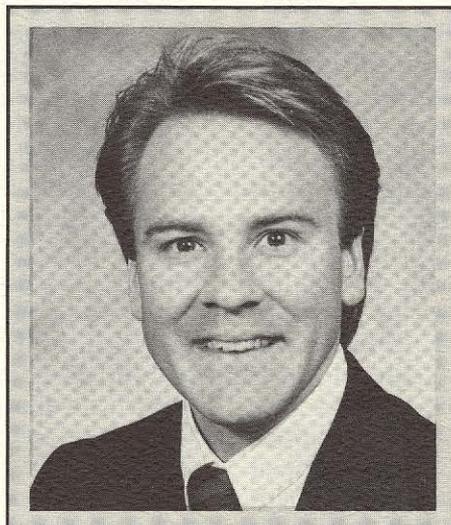


The University of Alabama
Willard Auditorium
Educational Tower at DCH Medical Center

James H. Akers
Senior Medical Student
University Of Alabama
School Of Medicine
Tuscaloosa Program
1959-1990

On February 1, 1990, senior medical student James Harvey Akers died as a result of injuries sustained in an automobile accident near Thomason, Georgia. The accident occurred while Jim was on his way to an interview for a position in a residency program.

A native of Florence,



Medical education is one of the most important services of The University of Alabama. Training tomorrow's physicians and keeping today's practitioners abreast of developments in medicine improves the quality of health care available to Alabamians.

The Willard Auditorium of the Educational Tower at DCH is the University's prime medical lecture facility in Tuscaloosa. But the auditorium needs renovations that will improve its usefulness, including updated audiovisual equipment.

You can support improved health care in Alabama by making a contribution toward the renovation of Willard Auditorium. Your gift of \$250 will entitle you to dedicate a seat in the lecture hall to the person or organization of your choice. The dedication will be inscribed on a brass nameplate permanently affixed to the seat.

To make this enduring donation, put your desired inscription in the blanks below and send it with your check to the given address. If you prefer to pay in installments, please contact John Maxwell to make those arrangements.

5 10 15 20 25 30

5 10 15 20 25 30

Make checks payable to the Willard Auditorium Fund, and mail them with the inscription to:

The College of Community Health Sciences
The University of Alabama
Box 870326
Tuscaloosa, Alabama 35487-0326
ATTN: John Maxwell
(205) 348-8831

Alabama, Jim was a graduate of Auburn University with a baccalaureate degree in music education. He did post graduate work at the University of North Alabama prior to entering the University of Alabama School of Medicine in 1986. He was an member of the Auburn Knights and Phi Kappa Tau at Auburn and of Good Shepherd Lutheran Church in Florence.

Jim was expecting to graduate from UASOM in May 1990 and to enter a residency in obstetrics/gynecology after graduation. He was 30 years old.

(Willard Auditorium continued from page 1)

Naming the remodeled and upgraded auditorium in the University's Medical Education Tower at DCH Regional Medical Center for Dean Willard is a fitting way to honor him. This is the largest educational room within the College. It is the location of the College's lecture series for medical students and residents and for continuing medical education programs. It is also used almost daily by the hospital for a variety of functions, including patient education. Many of the activities that take place in the auditorium reflect Dr. Willard's philosophy of medical education with emphasis on education for family practice and health care services for rural areas.

The fund raising campaign to complete this state-of-the-art facility is well under way. Contributions honoring Dr. Willard are coming in at a gratifying rate. We are optimistic that the campaign will be completed on schedule, and that we will have Dr. Willard's name constantly before us as a medical leader to be emulated.

Research at CCHS

Social Support and High Blood Pressure in the Black Community

William W. Dressler, Ph.D.

Numerous studies in recent years have documented the relationships between various social factors and cardiovascular disease. Of particular interest in current research is the relationship of social support and cardiovascular disease. In several large, prospective epidemiological studies from the U.S. and Western Europe, it has been found that persons who have few social contacts--including persons who are unmarried, report having little interaction with friends, or who are members of few organizations--are at 4-5 times increased risk of death from cardiovascular disease than persons with more social contacts.

Social support can be defined more precisely as the perception on the part of the individual that, during times of felt need, material and emotional assistance will be available to him or her. Social support thus describes a quality of social relationships, rather than merely the quantity of social contacts.

Social support proved to be an important factor in my study of the distribution of depressive symptoms in the Black community of West Tuscaloosa. In that study, which will be published by the State University of New York Press next year, the aim was to examine the importance of social support from the extended family in the Black community as a modifier or "buffer" against the risk of depression associated with various social and psychological stressors. The extended family, as opposed to the simple nuclear family consisting of parents and children, refers to a family in which distant relatives are seen to be as important as nuclear family members. The extended family has proven to be very important in understanding the nature of households and family structure in the African-American community. The results of the depression study were very confusing, until it was realized that the amount of social change occurring in the Black community since the early 1950s had not left the extended family and social support systems unaffected. One concomitant of social

change is the difference it creates in experience between generations. Those persons who grew up primarily before the changes of the 1950s and 1960s continued to see the extended family as their primary source of social support, but younger persons, faced with new demands and different stresses, shifted their orientation in terms of social support more to their non kin peers. We thus found that social support from the extended family was the primary buffer against stress for persons over 40, but for persons under 40, non kin supports proved more important.

In order to confirm and extend these results, a second study was carried out in the Black community, this time looking at arterial blood pressure. It was hypothesized that similar sorts of stressors would predispose persons toward higher blood pressure, and, like the depression study, that persons under 40 would be protected from the effects of those stressors primarily by their access to social support from non kin, while persons over 40 would be protected from the effects of those stressors primarily by their access to social support from extended kin.

The hypothesis was strongly confirmed. This can be seen by looking at the blood pressures of the most vulnerable groups: persons exposed to high stressor levels, but with *low* levels of social support. Persons age 25-39 with the high stressor/low non kin support combination have blood pressures of about 130/90; persons age 40-45 with the high stressor/low kin support combination have blood pressures of about 145/100. (These results come from a multivariate statistical analysis holding gender, obesity, dietary fat intake, and sodium intake constant).

Clearly more research needs to be done on this relationship, especially using larger samples and better measures of potential confounders. There are, however, two important implications of these results. First, the nature of social support, conducive as it is to better health, is such that potential support cannot come from anyone, but rather it must come from someone who stands in a specific and meaningful relationship to the person seeking the support. Second, in research and patient care in family medicine, we must be cognizant of the fact that these significant persons in a patient's life may not always be those whom we narrowly define as "family."

HSL News

New technology continues to improve services offered by the Health Sciences Library. In the last year, the library has added telefacsimilie service and Medline searching on CD-ROM.

Telefacsimilie machines (fax) are special telephone/computer/printer units that allow the transmission of documents from one location to another. Fax machines are in widespread use in business and the potential is just beginning to be recognized for patient care applications. One patient care application for fax is transmitting and receiving medical journal articles. It is for this application that the Health Sciences Library installed a telefacsimilie machine in February 1989. Funding for fax and associated costs was provided for through a grant from the Network of Alabama Academic Libraries. The grant also stipulated that the fax could only be used for interlibrary loan articles (library to library) until September 30, 1989. As of October 1, HSL has expanded the use of the fax to include transmission of photocopied articles to individuals. If you have ac-

cess to a fax machine and would like to take advantage of this service, call Barbara Doughty at 348-1364 or Sharon Glenn at 348-1367 for more information.

In September, HSL began receiving EBSCO's Medline on CD-ROM (Compact Disc-Read Only Memory). Each month the Medline database from the National Library of Medicine is reproduced on a compact disc and mailed to the library. The discs are "read" by a compact disc player connected to a personal computer. Using the CD-ROM version of Medline allows the "enduser" (library patron) to do their own searching of Medline and provides more access points (eg. keyword, journal title) than the online version. Other advantages are no online connect charges, and better browsing capabilities. Since December, HSL's journal titles have been loaded allowing searches to be tailored to just the journals HSL owns. In addition to the current year's disc, which is updated monthly, the library has backfiles for 1985 to 1988. Each year is on a separate disc. For more information on Medline CD-ROM or for a demonstration call or see Barbara Doughty in the library.

News Briefs

Appointments, Honors and Awards

Barbara **Doughty**, Medical Reference Librarian in the Health Sciences Library, was promoted from Assistant Professor to Associate Professor effective August 15, 1989.

Sandra **Hullett**, M.D., Health Service Director for West Alabama Health Services, and a graduate of the Tuscaloosa Family Practice Residency Program, was named "Rural Practitioner of the Year" in 1989 by the National Rural Health Association.

Greg **Ledet**, Library Assistant in the Health Sciences Library has been named "Alabama Volunteer of the Year" by Prison Fellowship Ministries. He received a plaque commemorating this award in a ceremony in Birmingham on September 5, 1989.

T. Riley **Lumpkin**, M.D., Professor of Family Medicine, has been selected to serve on the University of Alabama School of Medicine Admissions Committee for 1989-1990.

Robert E. **Pieroni**, M.D., Professor of Internal Medicine and Family Medicine, was accepted as a fellow by the American College of Utilization Review Physicians. Dr. Pieroni was appointed to the nominating committee of the Alabama Academy of Science for 1989-1990.

Mary Ann **Plant** Ph.D., Research Associate in the Center for the Study of Aging, has been selected as Chair of the Health Evaluation Section of the American Evaluation Association.

Lisa Rains **Russell**, Assistant Professor and Chief Medical Librarian and Barbara **Doughty**, Associate Professor and Medical Reference Librarian in the Health Sciences Library became members of the Academy of Health Information Professionals on July 1, 1989.

Naida **Saunders** has been promoted to Medical Office Assistant in the Department of Family Medicine.

Publications and Presentations

Lorin A. **Baumhover**, Ph.D., Director of the Center for the Study of Aging and Professor of Behavioral and Community Medicine, co-authored the paper, "Physicians' Mandatory Reporting of Elder Abuse," with R. Steven Daniels and Carolyn **Clark-Daniels**, Graduate Research Assistant in the Center for the Study of Aging, which was published in *The Gerontologist* in 1989. Dr. Baumhover presented the paper, "A Proposed Model for Training Psychosocial Skills to Caregivers of Homebound Elderly," which he coauthored with Colleen **Beall**, Research Assistant in the Center for the Study of Aging, and Robert E. **Pieroni**, Professor of Internal Medicine and Family

Medicine and Rebecca Edwards at the annual meeting in April of the Southern Gerontological Association in Charleston, South Carolina. Dr. Baumhover co-authored and presented the paper, "Why Physicians Fail to Report Cases of Elder Abuse," (with Dr. Pieroni, Dr. R. Steven Daniels and Carolyn Clark-Daniels, Graduate Research Associate at the Center for the Study of Aging) at the XIV International Conference of Gerontology in Acapulco, Mexico in June 1989.

Cynthia M. Cole, Ph.D., Assistant Professor of Behavioral and Community Medicine, presented "Parental Rules for Latchkey Children: Injury Prevention Versus Development?" at the Annual Meeting of the American Public Health Association held in Chicago, October 22-26, 1989.

Roland P. Ficken, Ph.D., Associate Dean for Academic Affairs and Director of Medical Student Affairs, presented the paper, "A Retrospective Examination of the Effectiveness of of Mental Disorder Management Strategies," which he co-authored with Lee W. Badger, Ph.D., Assistant Professor of Psychiatry, at the annual meeting of the Society of Teachers of Family Medicine in Denver, Colorado in April, 1989.

Robert E. Pieroni, M.D., Professor of Internal Medicine and Family Medicine, presented "Digitalis Toxicity in the Elderly: Options for Therapy" and "Methods to Minimize Legal Liability When Treating the Elderly" at the annual meeting of the American Society on Aging in March 1989 at Washington, D.C. Papers presented by Dr. Pieroni at the Alabama Academy of Science last March included "Abnormal Cholesterol Values: Clinical Vignettes" and "New Medical Quality Assurance Program for the Department of Defense." He was the co-author of the following presented papers: "Health Status and Behavior of the Elderly in Alabama," with Janis Simpson, "Munchausen's Syndrome: Case Report and Literature Review," with Richard Gist; "Alcohol Ketoacidosis," with Jim Zumstein; and "Primary Peritonitis," with Todd Sherrer. He presented "Potassium Deficiency in the Aged: Clinical Significance" at the annual meeting of the Southern Gerontological Society in Charleston, South Carolina in April, 1989. Dr. Pieroni co-authored and presented the paper, "Victimization of the Aged by Medical Quackery and Flimflam Operations," (with Dr. Lorin Baumhover) at the XIV International Conference of Gerontology in Acapulco, Mexico in June 1989.

Larry Rainey Ph.D., Project Director of BioPrep, presented the program, "Star Schools" at the annual

meeting of the Alabama Association of School Boards in Point Clear, Alabama in July 1989.

Lisa Rains Russell, Assistant Professor and Chief Medical Librarian, Health Sciences Library had "Federal Information Sources in Health and Medicine: A Selected Annotated Bibliography" published in Government Publications Review in 1989.

Bradley Ware, M.D., presented "Women, Children and AIDS" at the Regional AIDS Conference in Hartford Connecticut, October 15-17, 1989. He also presented "Trends and Prevention of AIDS" to the Alabama Student Chapter of the National Association for the Education of Young Children on September 27, 1989.

Grant and Contract Activities

The Center for the Study of Aging has received a \$11,610 contract from the West Alabama Planning and Development Council to conduct a needs assessment of elderly residents of West Alabama.

Arrivals and Departures

Mary Carlson resigned as Medical Office Assistant in Family Medicine in October, 1989 to move with her family to Northampton, Massachusetts.

Elizabeth L. Cockrum, M.D., accepted a position as Assistant Professor in the Department of Pediatrics effective August 14, 1989.

M. Brian Evans, Program Director of Emergency Medicine, resigned from his position in May 1989.

CCHS welcomes Jerry E. Jones, M.D., as Chief of the Department of Family Medicine effective December 1989. Dr. Jones comes to us from the University of Kentucky, Lexington, Kentucky. Dr. Jones has an impressive record of clinical and research activities and will be an asset to the Department and the College.

Rita Lane accepted the Medical Staff Assistant position in Family Medicine beginning October 30, 1989. Mrs. Lane came to CCHS from the Alabama International Trade Center.

Steve R. Lovelady, M.D., became Medical Director of the CCHS Program in Emergency Medicine on April 1, 1989.

Betty Stokes returned to work as Receptionist in the Program in Emergency Medicine at CCHS in May 1989.

Vital Statistics

David **Eaton**, M.D., a first year resident, and his wife Beth welcomed the arrival of an 8 lb. 4 oz. daughter on November 6, 1989. The baby was named Elizabeth Haley Eaton.

A son, Michael Reid, was born to first year resident Barry **Jones**, M.D., and his wife Christy on June 6, 1989. The baby weighed 9 lbs. 1 oz.

Greg **Ledet**, Library Assistant in the Health Sciences Library, and his wife Amy had a son, Andrew James, born to them on September 10, 1989.

First year resident Everett **Mckibben**, M.D., and his wife Rachelle became the parents of a 7 lb. 7 oz. daughter, Anne Louise, on November 8, 1989.

This Publication Is Printed Entirely On Recycled Paper to Help Conserve Our Natural Resources And Protect Our Environment

ON ROUNDS

Published quarterly by the College of Community Health Sciences and the Lister Hill Foundation.

Editor in Chief
Wilmer J. Coggins, M.D., Dean

Editorial Board
Colleen Beall
Jeanne Long
John Maxwell

Layout by Bobby Selwyn
Logo Designed by Anna F. Jacobs

Dana Saunders, daughter of Naida **Saunders**, Medical Office Assistant in Family Medicine, married William H. Peele, III on November 11, 1989. The couple will reside in Tampa, Florida.

David **Tuten**, M.D., a first year resident, and his wife Cindy became the parents of a daughter, Paige Victoria, on December 29, 1989. Sympathy is also extended to David on the recent death of his mother.

Miscellaneous

BioPrep teachers need medical texts and journals to use in teaching Anatomy and Physiology to high school students in Alabama. If you have old texts which you would be willing to donate, please call the BioPrep program at 348-7948. Please note that donations are tax deductible.

Cynthia **Cole**, Ph.D., Assistant Professor of Behavioral and Community Medicine, is consulting with graduate students in the Department of Psychology on Latchkey Children. She has also made presentations on this subject to local PTAs.

Mary Ann **Plant**, Ph.D., Research Associate at the Center for the Study of Aging has agreed to serve on the Tuscaloosa Aging Services Advisory Council.

Lorin A. **Baumhover**, Ph.D., Director of the Center for the Study of Aging and Professor of Behavioral and Community Medicine, was instrumental in the formation of the Tuscaloosa Area Gerontology Association (TAGA), a group formed to address issues affecting the well-being of older individuals in our community.

THE UNIVERSITY OF ALABAMA
College of Community Health Sciences
Post Office Box 870326
Tuscaloosa, Alabama 35487-0326

Non-profit Organization
U.S. Postage Paid
Permit No. 16
Tuscaloosa, AL 35487

ADDRESS CORRECTION REQUESTED

Tonie Pierce
P.O. Box 870326
276 Nott Hall
Tuscaloosa, AL
35487