Members of the 1999 graduating class of the Family Practice Residency were honored at an awards dinner at the Bryant Conference Center on June 15, 1999. The program admitted its first resident in 1974. The first class completed the program in 1976. Michael McBrearty, MD, the Chief Resident of that class, now practices in Fairhope, Alabama.

With the addition of these fourteen graduates, 258 family physicians have completed the program, and 129 of these alumni are practising in Alabama, said Marc Armstrong, MD, Residency Director, who presided at the event. Dr. Armstrong was the first resident in the program.

"More than half of this class," said Armstrong, "will be entering practice in towns with a population of less than 30,000." In the 25 years since it began, the CCHS residency has trained 258 family practitioners. Fifty percent of them are in towns smaller than 25,000; and 51 percent are practising in Alabama.

Graduates were joined by their families, CCHS faculty, and DCH officials as departmental honors and special awards were presented. Chief Resident Beau Freeman, MD, received the Internal Medicine award and one of two Research Awards. Lon Haskell, MD, received two departmental awards: the Obstetrics and Gynecology Award; and the William F. DeShazo III award, for excellence in family medicine. Dr. Haskell and Clint McEntyre, MD, were co-winners of the Society of Family Medicine Resident Teaching Award, and Dr. Ireland, who presented the award, said that members of this class were all exceptionally good teachers.

Chelley Alexander, MD, was co-winner of the Research Award. Lori Stanfield, MD, received the Pediatrics Award, and Edward Denhard, MD, won the Psychiatry Award. Dr. Amy Shenkenberg, MD, and Beau Freeman, MD, received University of Alabama captain's chairs for their leadership as chief residents.

Paul Molday, MD, Department Chair, presented Adam Burrell, MD, the OB Fellowship Award for his year of work in the field. He also presented an Excellence in Teaching Award from the Association of Professors of Gynecology and Obstetrics to Karl Hasik, MD.

"Pipeline" at Work: The Rural Scholar programs at CCHS identify and nurture outstanding rural students who are considering health careers in rural areas. High school students came to campus this summer for one rural scholar program, and the fourth class of Rural Medical Scholars were just interviewed and selected. Preparing for the interview process on June 24 are Melissa Behringer, MD (back to camera), Dr. Jim Leeper, Dr. Roger Lacy, and Dr. Michael Taylor. (See page 3)

Also in this issue...
- Reflections by Dean Curry 2
- CCHS News Briefs 2
- Medical Emergency Series 2
- Resident Research Awards 5
- Faculty Notes 6
- Higginbotham Joins BCM Faculty 7
- Notes from Alums 7
- New Medical Students at CCHS 8

First Residency Reunion August 7 Celebrating 25th Anniversary of Program

Former family practice residents at CCHS are invited to the first formal reunion of residents on Saturday evening, August 7, at the NorthRiver Yacht Club. An elegant seated dinner preceded by a cocktail hour is planned. Dr. Jerry McKnight, Chair of Family Medicine and also a graduate of the CCHS Family Practice Residency, said he hoped all graduates will come and enjoy celebrating the 25th year of the residency program and catching up with fellow classmates and teachers. There will be a brief program, and special alumni will be recognized.

Training of family practice physicians, especially those who would locate in underserved rural communities, was an original goal of the Alabama Legislature in founding CCHS in 1972. The residency program opened in 1974. CCHS is a branch of the University of Alabama School of Medicine. Its mission focuses on primary care and serving the health care needs of Alabama's rural areas.

A keepsake book with alumni profiles and photos of residents through the years is being compiled for the event. Alums—even if they cannot attend—are urged to send information and a photo for the book. A cocktail hour at 6:00 p.m. will be followed by dinner at 7:00. Former residents are asked to RSVP by July 23.

For more information, contact: Vicki Johnson, (205) 348-0093 (E-mail:vjohnson@cchs.ua.edu), or Jerry McKnight, MD, at (205) 348-2884 (mcknight@cchs.ua.edu).
Summer Reflections

CCHS Highlights 1998-99

by William Curry, MD, Dean

We recently compiled a list of the highlights at CCHS in the past year. A quick review shows how much significant work is being done here. I am especially pleased to see how well our faculty and staff are building team efforts in teaching, research, clinical service, and community outreach.

CCHS Leads Interdisciplinary Planning for Conference on Rural Health April 27-28, 2000

CCHS, along with The University of Alabama's Colleges of Nursing, Human Environmental Sciences, and Social Work and the UA Office of Sponsored Programs, will host an interdisciplinary conference on Rural Health in Alabama April 27-28, 2000. The target audience includes physicians, nurses, hospital administrators, allied health professionals, state extension service agents, business and agricultural organizations in rural Alabama, and community leaders. The conference will be held at the Bryant Conference Center in Tuscaloosa. The interdepartmental program will be co-chaired by John Wheat, MD, MPH, Associate Professor of Community Medicine and Internal Medicine, and is coordinating input from the Administration, Nursing, Social Work, and Human Environmental Sciences at UA and from other partners around the state. For more information, contact: Kay Fendley in the Office of CCHS, (205) 348-1344, kfendley@cchs.ua.edu.

Alabama Health Network to Provide Medicaid Maternity Care in Six Counties

Capstone Medical Center and CCHS physicians will be coordinating maternity care as part of the Alabama Health Network (AHN) starting August 1. AHN was awarded the Medicaid Maternity Waiver contract from the state in January to serve six West Alabama counties. Capstone is one of the founding partners of the Alabama Health Network, a nonprofit corporation formed by local providers to improve health care services in West Alabama. The five founding members are Bibb Medical Center, Capstone Health Services Foundation, DCH Regional Health System, Family Healthcare of Alabama, and Pickens County Medical Center. AHN will serve patients in District Four (Bibb, Fayette, Pickens, and Tuscaloosa Counties) and District Seven (Greene and Hale Counties). An innovative computerized Maternity Care Tracking System created by Dr. Tom McFall, Associate Professor of OB/GYN at the College of Community Health Sciences and Medical Director of AHN, will be used to monitor treatment plans with Care Coordinators and local physicians.

Grand Rounds

1999 MEDICAL EMERGENCY SERIES

William R. Willard Auditorium, DCH 12:15 p.m. Lunch is served at noon.

For more information, contact Vicki Johnson, CME Coordinator, (205) 348-0093. vjohnson@cchs.ua.edu.

JULY

1 George Nunn, M.D.
   "Trauma to the Chest"
   (205) 348-0093.

2 Bryan Lipsen, M.D.
   "Acute Renal Failure"

3 Steve Lovelady, M.D.
   "Airway Management"

4 Ashley Evans, M.D.
   "Pediatric Seizures"

5 Karen J. Kanney, M.D.
   "DKA & Diabetic Emergencies"

6 David Rice, M.D.
   "Respiratory Failure"

7 Stephen H snakeson, M.D.
   "Orthopaedic Emergencies"

8 A. B. Reddy, M.D.
   "Upper GI Bleeding"

9 Omar Smith, M.D.
   "Urinary Tract Infections"

10 John Mauney, M.D.
   "Treatment of AMI"

11 William Curry, M.D.
   "Hypertension Emergencies"

12 James Shoats, M.D.
   "ENT Emergencies"

13 Charles Nevels, M.D.
   "Psychiatric Emergencies I"

14 Charles Nevels, M.D.
   "Psychiatric Emergencies II"

AUGUST

1 James Geyer, M.D.
   "Neurological Emergencies"

2 Steven Andrus, M.D.
   "Trauma with Multiple Injuries"

3 Eugene Marsh, M.D.
   "Stroke"

4 S. B. Sandor, M.D.
   "Lawy G Bleding"

5 Michael Taylor, M.D.
   "Child Abuse"

6 Ross Vaughn, M.D.
   "Congestive Heart Failure"

7 George Knezevicka, M.D.
   "Eye Emergencies"

8 Thomas McHattie, M.D.
   "OB/GYN Emergencies"

9 Ashok Vaghjimal, M.D.
   "Infectious Disease Pearls"

10 John Waits, M.D.
   "Acute Abdomen"

11 Thomas Scott, M.D.
   "Allergy Emergencies"

On Rounds • 2 • Summer 1999
26 Rural Health Scholars Attend Seventh Year of RHS Summer Program

Twenty-six rising high school seniors from rural Alabama counties attended the seventh session of the Rural Health Scholars program at UA this summer. This year's class includes students from 21 rural counties and 24 different high schools. The Rural Health Scholars Program is conducted by the College of Community Health Sciences, a branch of the University of Alabama School of Medicine. Participants are high school students from rural areas who will enter their senior year in the fall. This year's 26 Rural Health Scholars lived in a dorm on the UA campus during a 3-week summer program which began June 6, 1999. These outstanding high school juniors from rural areas were chosen based on academic achievement and interest in rural health careers. They took English and Chemistry courses for college credit; made field trips to Bibb, Fayette, and Pickens counties and the medical school in Huntsville; and attended lectures on rural health careers.

The Rural Health Scholars program was initiated in 1993 by John Wheat, MD, Associate Professor at CCHS, UA Chemistry Professor Dr. Robert Garner, and Cynthia Moore, now the program's director. "We have had seven classes of rural high school students from all across the state preparing to enter the Rural Medicine Pipeline, said Dr. Wheat. "To date, nine of these students have entered or have been accepted to medical school. Cynthia Moore deserves a great deal of credit for making this program such a success."

In the first six years, 171 Rural Health Scholars attended the program. (21% are African-Americans, and 66% females). These scholars represent 45 rural Alabama counties.

Funding is provided largely by the Alabama Family Practice Rural Health Board, and supple- mented by small hospitals, MASA (Medical Association, State of Alabama), the Alabama Chapter of the American Academy of Family Physicians, and UA.

Left: Cynthia Moore, RHS Director, and Wes Lawley, a counselor and class of 1995 RHS, board the bus for a field trip. Below: Dr. Wheat with counselors Lori Harris (left), a 1995 RHS, and Shamelia Clark, a 1996 RHS.

Below: These outstanding high school juniors from rural areas were chosen based on academic achievement and interest in rural health careers. They took English and Chemistry courses for college credit; made field trips to Bibb, Fayette, and Pickens counties and the medical school in Huntsville; and attended lectures on rural health careers.

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Left: Pickens County Family physician John Brandon (left) and Dr. Richard Rutland from Fayette, who were interviewers in the Rural Health Scholar selection process, take a coffee break while Dr. George Hardt (above), UASOM Director of Admissions, provides orientation to the RMS candidates who were interviewed as part of the screening for the program, which includes early admission to the UA School of Medicine. The ten scholars selected this year were chosen from 44 rural applicants.

1999 Rural Health Scholars

<table>
<thead>
<tr>
<th>Name and County</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jennifer Aboarnathy, Tallapoosa</td>
<td>Dadeville High</td>
</tr>
<tr>
<td>Ashley Bailey, Pickens</td>
<td>Gordo High</td>
</tr>
<tr>
<td>Rebecca Brewer, Marshall</td>
<td>Albertville High</td>
</tr>
<tr>
<td>Jared Chandler, Autauga</td>
<td>Billingsley</td>
</tr>
<tr>
<td>Kristen Chesser, Covington</td>
<td>Red Level High</td>
</tr>
<tr>
<td>Joel Childs, Lowndes</td>
<td>Fort Dale Academy</td>
</tr>
<tr>
<td>Derek Claxton, Limestone</td>
<td>Clemments High</td>
</tr>
<tr>
<td>Hester Lindsle Cook, Henry</td>
<td>Headland High</td>
</tr>
<tr>
<td>Tony Davison, Butler</td>
<td>Georgiana High</td>
</tr>
<tr>
<td>Meredith Eimo, Bubb</td>
<td>West Broadon High</td>
</tr>
<tr>
<td>Amy Glasgow, Randolph</td>
<td>Randolph County High</td>
</tr>
<tr>
<td>Amy Hoppel, Lauderdale</td>
<td>Central High</td>
</tr>
<tr>
<td>Karen Johnson, Winston</td>
<td>Haleylee High School</td>
</tr>
<tr>
<td>Cecil Langford, Macon</td>
<td>Hones Bluff</td>
</tr>
<tr>
<td>Noah Lott, Cullman</td>
<td>Hale County High</td>
</tr>
<tr>
<td>Tara Nauget, Cherokee</td>
<td>Cherokee High</td>
</tr>
<tr>
<td>Kevin Paschel, Marshall</td>
<td>Albertville High School</td>
</tr>
<tr>
<td>Artie Pati, Bibb</td>
<td>Indian Springs</td>
</tr>
<tr>
<td>Monica Pettway, Dallas</td>
<td>Selma High</td>
</tr>
<tr>
<td>Amanda Pugh, Clarke</td>
<td>Clarke County High</td>
</tr>
<tr>
<td>Amanda Rogers, Dekalb</td>
<td>Geraldine High School</td>
</tr>
<tr>
<td>Paremae Shepard, Dekalb</td>
<td>Collinsville High</td>
</tr>
<tr>
<td>Jason Smith, Dallas</td>
<td>Selsa High School</td>
</tr>
<tr>
<td>Kelly Steeley, Jackson</td>
<td>North Jackson High</td>
</tr>
<tr>
<td>Cassandra Thompson, Winston</td>
<td>Addison High</td>
</tr>
<tr>
<td>Alisha Vaughan, Lauderdale</td>
<td>Brathshaw High School</td>
</tr>
</tbody>
</table>

1999 Rural Medical Scholars

The fourth class of Rural Medical Scholars will enter the program in August. Members of the class were named June 24, following interviews at CCHS with rural physicians and medical faculty from Tuscaloosa and Birmingham. Forty-four applicants from rural Alabama were considered. The scholars starting this year are:

<table>
<thead>
<tr>
<th>Rural Medical Scholar</th>
<th>Hometown</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel &quot;Lee&quot; Armistead</td>
<td>Butler</td>
<td>Choctaw</td>
</tr>
<tr>
<td>Steven &quot;Dustin&quot; Bright</td>
<td>Aliberville</td>
<td>Marshall</td>
</tr>
<tr>
<td>Bethany Campbell</td>
<td>Pinson</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Kara Carpenter</td>
<td>Millport</td>
<td>Pickens</td>
</tr>
<tr>
<td>Matthew Freeman</td>
<td>Jasper</td>
<td>Walker</td>
</tr>
<tr>
<td>Brad Marker</td>
<td>Hokes Bluff</td>
<td>Elowah</td>
</tr>
<tr>
<td>RasSheda McCalpine</td>
<td>Greensboro</td>
<td>Hale</td>
</tr>
<tr>
<td>Chad McDoyr</td>
<td>Town Creek</td>
<td>Lawrence</td>
</tr>
<tr>
<td>Frances Sides</td>
<td>Cordova</td>
<td>Walker</td>
</tr>
<tr>
<td>Andrew White</td>
<td>Jackson's Gap</td>
<td>Tallapoosa</td>
</tr>
</tbody>
</table>

"We have eight rural students in year three of medical school, nine in year two, eleven in year one, and ten selected to enter next year," said Dr. John Wheat, Director of the Rural Scholar program. Members of the first class of Rural Medical Scholars returning to CCHS this year as third year medical students (see also, page 8) are:

- Angela Clifton
- Drake Lavender
- Anne Davis
- Stephanie Morgan
- Kevin Eifs
- Elizabeth Smith
- Tom Holt
- Paul Taberenc

"Susan Gau," RMS program coordinator, and LeVada Grantham, who has assisted with administration of the program, have done an excellent job in making this program work," said Dr. Wheat.
Dr. Burnum Addresses Grads

Dr. John F. Burnum, Tuscaloosa internist and CCHS clinical faculty member, was the graduation speaker. Dr. Burnum helped to establish CCHS in the early 1970's. He was introduced by Jerry McKnight, MD, Chief of Family Medicine, who recalled his first day of rounds as a CCHS resident on Dr. Burnum's service in 1984.

Dr. Burnum acknowledged the changes in medicine through the years, and he said that medicine will always be changing. But "the friendship between physician and patient does not change," he emphasized.

"Some light years ago during my training, we were advised to 'keep your distance' as a professional," he said. But he said that the friendships with patients were an integral and very rewarding part of his practice. He added that friendships are not always spontaneous and they need to be cultivated. He shared some of the ways he had cultivated friendships with his patients -- telephone calls, letters to families of patients, and seeking out family members of patients in the hospital. These things mean a lot, he said. And his caring attitude apparently was even more important to his patients than his medical expertise.

"Only three of forty thank-you notes I have received over the years thanked me for my professional knowledge. The rest thanked me for being kind and concerned," he continued, saying this custom had its roots in religion. "I averaged ten gifts of food a month--lots more in peach season and tomato season, and muscadine jelly was a biggie!"

Family Physicians in CCHS Class of 1999

<table>
<thead>
<tr>
<th>Graduate</th>
<th>Hometown</th>
<th>Practice Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chelsey Alexander, MD</td>
<td>Northport, AL</td>
<td>Undecided, Tuscaloosa, AL</td>
</tr>
<tr>
<td>Edwin Dennard, MD</td>
<td>New Orleans, LA</td>
<td>Tulane Medical School, New Orleans, LA</td>
</tr>
<tr>
<td>Beau Freeman, MD</td>
<td>Jasper, AL</td>
<td>Private Practice, Prattville, AL</td>
</tr>
<tr>
<td>Rob Hankenhof, MD</td>
<td>New Orleans, LA</td>
<td>Iberia family Practice, New Iberia, LA</td>
</tr>
<tr>
<td>Lon Haskell, MD</td>
<td>American Fork, UT</td>
<td>Maxwell Air Force Base, Montgomery, AL (4yr commit.)</td>
</tr>
<tr>
<td>Rock Helms, MD</td>
<td>Pell City, AL</td>
<td>Private Practice, Pell City, AL</td>
</tr>
<tr>
<td>Clint McEntyre, MD</td>
<td>Blakely, GA</td>
<td>Northport ER &amp; First Care, Tuscaloosa, AL</td>
</tr>
<tr>
<td>Amy Shenkenberg, MD</td>
<td>Brighton, CO</td>
<td>DCH ER, Tuscaloosa, AL</td>
</tr>
<tr>
<td>Angela Smelley, MD</td>
<td>Greensboro, AL</td>
<td>DCH ER, Tuscaloosa, AL</td>
</tr>
<tr>
<td>Lori Stanfield, MD</td>
<td>Andalusia, AL</td>
<td>Opp Family Medicine, Opp, AL</td>
</tr>
<tr>
<td>Mike Stanfield, MD</td>
<td>Albertville, AL</td>
<td>Opp Family Medicine, Opp, AL</td>
</tr>
<tr>
<td>Rowdy Valdes, MD</td>
<td>New Orleans, LA</td>
<td>North Oaks Family Medicine, Hammond, LA</td>
</tr>
<tr>
<td>Mike Watkins, M.D.</td>
<td>Houma, LA</td>
<td>Houma Family Practice, Houma, LA</td>
</tr>
<tr>
<td>Davis Woodward, M.D.</td>
<td>Louisville, MS</td>
<td>Winston Family Practice, Louisville, MS</td>
</tr>
</tbody>
</table>

- Information compiled by Anne Marie Coffin, Program Support Assistant, University of Alabama Family Practice Residency Office (205) 348-1370

On Rounds • 4 • Summer 1999

(Continued from page 1)

The class of 1999 Family Practice Residents celebrated their graduation with an awards dinner at the Bryant Center on June 15.

Front: Angela Smelley, Chelsey Alexander, Amy Shenkenberg, Beau Freeman, Mike Watkins, Rowdy Valdes, Rob Hankenhof, and Lori Stanfield.

Not present for the photo: Davis Woodward.

Second row: Amy Shenkenberg, Beau Freeman, Angela Smelley, Mike Watkins, Rob Hankenhof, and Lori Stanfield.

Front: Angela Smelley, Chelsey Alexander, Amy Shenkenberg, Beau Freeman, Mike Watkins, Rowdy Valdes, Rob Hankenhof, and Lori Stanfield.

Not present for the photo: Davis Woodward.

Sean Haskell with his very happy dad, Lon.
Edward Dennard, MD, (l) receives the Psychiatry Award from Assistant Professor Nancy Rubin, Psy.D. Adam Burnett, MD, (r) received recognition for completion of the OB Fellowship from Dr. Paul Moloney.

Lori Stanfield, MD, (r) received the Pediatrics Award from Ashley Evans, MD, Assistant Professor, Pediatrics. Left: Dr. McKnight (r) thanks Dr. Armstrong for his service as Residency Director with a plaque. Below: Dr. Evans and Lori Stanfield. Right: Kay Hall, who will retire as Residency Coordinator in October, gets a hug from Beau Freeman and gifts of appreciation.

Lon Haskell, MD, (l) and Clint McEntyre, MD, (r) were co-winners of the Society of Family Medicine Residents’ Teaching Award. Dr. Ireland, Associate Professor of Family Medicine and Assistant Director of the Residency presented the awards.

Alexander and Freeman Win Research Awards

Chelley K. Alexander, MD, and L. Beau Freeman, MD, were presented Research Awards at the resident graduation on June 15. They each received a plaque and a $100 prize in recognition of their research activities during their residency programs in CCHS. Dr. Alexander collaborated with Debbie Byrd, PharmD, Department of Family Medicine at CCHS, and Shea Pitts, PharmD, Department of Pharmacy at UAB Hospital, on an article entitled “Hydroxyurea in Pregnant Sickle Cell Patients: Two Case Reports.” The study involved two patients who became pregnant while taking hydroxyurea for sickle cell disease and delivered live infants with no congenital anomalies. Dr. Alexander collected all pertinent patient data, reviewed the literature, and helped draft the manuscript, which has been submitted to the Journal of Pharmacotherapy.

Dr. Freeman collaborated with Dr. Byrd, Sam Gaskins, MD, CCHS Department of Family Medicine, and Amy Parrish, PharmD, Pharmacy Department at UAB Hospital, on “Warfarin and Ciprofloxacin Interaction: Case Report and Controversy.” This case involved a 77-year-old male who developed a fatal intracerebral hemorrhage while taking warfarin and ciprofloxacin. Dr. Freeman collected pertinent patient data, reviewed the literature, and helped draft the manuscript, which has been submitted to the Journal of the American Board of Family Practice.

-Martha Cook
CCHS Research Committee

Dr. Chelley Alexander (l) and Dr. Beau Freeman (r) display their research awards. They are pictured with Dr. Elizabeth Philp, who presented the awards at graduation.
Dr. Gaskins is interim residency director

Dr. Sam Gaskins, associate professor of family medicine, became interim residency director on July 1. "Dr. Gaskins has 13 years of varied experience leading this residency program," said Dr. Jerry McKnight, chair of family medicine, who made the appointment.

Marc Armstrong, MD, who has been serving dual administrative roles as associate dean for clinical affairs as well as residency director, will now be full-time associate dean.

Dr. Charles Taylor appointed director of DCH Pharmacy Practice Residency

Charles Taylor, pharm.d., cch's clinical assistant professor of internal medicine, was appointed director of the pharmacy practice residency program at DCH Regional Medical Center in Tuscaloosa in May. A pharmacy residency is a 12-month, full-time postgraduate training program in a defined area of pharmacy practice. The DCH program is one of the few accredited pharmacy residency programs in the state.

Most pharmacy residencies are based in hospitals and related facilities. Consequently, pharmacy residencies have been closely associated with the American Society of Health-System Pharmacists (ASHP).

Pharmaceutical care describes a patient-oriented pharmacy practice in which the pharmacist is responsible directly to the patient for quality of care," said Dr. Byrd, "and the purpose of the pharmaceutical care community is to develop, foster, and promote the concept of pharmaceutical care to society members."

Dr. Byrd is residency director for the Auburn University School of Pharmacy/DCH Regional Medical Center primary care residency specialty residency. Lort J. Busey, Pharm.D., a graduate of Auburn's school of pharmacy started her residency this summer. Dr. Byrd and Dr. Taylor, and Elizabeth Chester recently prepared and submitted a successful grant proposal for the Alabama Society of Health-System Pharmacists (ASHP) Educational Grants Committee to introduce new practitioners and new graduates of Alabama's pharmacy schools to issues in pharmacy leadership. The project, "Development and Implementation of a New Practice Leadership Development Conference" was funded by the American Society of Health-System Pharmacists (ASHP).

Dr. Byrd and Dr. Taylor will both teach Auburn summer continuing education seminars. Dr. Byrd is presenting "Implementing a Medication Assistance Facility" and Dr. Taylor will discuss "Pharmacy and an interprofessional approach to smoking cessation: an educational and management intervention."
Notes from Alums

Please send alumni news to On Rounds.

Be sure to include your graduation date from med school or residency and your current address and phone. Pictures are appreciated. Color or B&W photos in sharp focus are usually suitable for reprint.

Favorite and Funniest Memories

Rick Gober is one of many alumni who responded to a request for information and memories for a keepsake book for the Residency Reunion which celebrates the 25th anniversary of the Family Practice Residency. His favorite memory of CCHS is the Lamploons. The funniest thing that happened to him at CCHS was inadvertently setting off a three-truck fire alarm at DCH while he and colleagues were smoking cigars in the residents’ trailer after the birth of his daughter in 1976. Ted Simmons, now practicing in Lewisville, Texas, recalled his rotation in Centreville as the funniest thing he remembered. (He didn’t elaborate.) But Curt McIver, now practicing in Montgomery, fondly recalls Centreville because he met his wife there.

John Johnson, now at Crestview Medical Clinic in Crestview, Florida, remembers sticking Dr. Moly on the thumb with a large suture needle during surgery and the time that Jimmy Robinson loudly paged Mark Woods on a voice beeper while Dr. Woods was examining a patient in the E.R. Mark Dean, now at the Family Practice Clinic of Dothan, Alabama, tells of being sent to York, Alabama, to pick up a newborn one dark and stormy night and the helicopter getting lost somewhere over Mississippi. When he finally got back, Dr. Choi had sent search parties looking for a crashed helicopter. Mark Miller of Kilgore, Texas, said a Chippendale dancer skit at Lammpoons was his funniest memory, and Robert Moore of Alexandria, Louisiana, said he liked to recall those on-call ping-pong games with “Mr. Consistent Return” Emfinger and others, and he had many funny memories...if he “could only remember names?” David Bennett, who has a practice in Inverness (Birmingham area) recalls moonlighting, the friendships of the call team in the residents’ lounge, and almond balls.

Reminiscence in person with old friends and new on August 7 at North River Yacht Club. (More excerpts from our mailbox next time!)

New Associate Professor in Behavioral and Community Medicine

Dr. Higginbotham Named Director of CCHS Health Research Consulting Service

John C. Higginbotham, Ph.D., M.P.H., has joined the faculty of the Department of Behavioral and Community Medicine. Dr. Higginbotham became Associate Professor and Director of the CCHS Health Research Consulting Service on June 1.

"It is my sincerest hope that through collaborative research efforts and communities and joint projects within the University and with other institutions, we can shed more light on rural health and effect positive change for all Alabamians," said Dr. Higginbotham.

Dr. Higginbotham came to CCHS from the University of Mississippi School of Medicine where he was assistant professor of epidemiology in the Department of Preventive Medicine and director of the University Wellness Center. He also chaired the Preventive Medicine Curriculum Development Committee at the University of Mississippi Medical Center.

"Dr. Higginbotham has a strong history of collaborative research and excellent grant writing skills," said Dr. James Leeper, Chairman of Behavioral and Community Medicine. "We look forward to his leadership as CCHS research efforts expand."

Dr. Higginbotham was assistant professor (1990-95) and is currently an adjunct assistant professor in the Department of Health Promotion and Gerontology at the University of Texas Medical Branch in Galveston, Texas. In 1992, he received his Ph.D. in Biomedical Sciences with a major in Preventive Medicine and Behavioral Epidemiology at the University of Texas Medical Branch, Galveston.

He was honored in 1992 as "Outstanding Teacher of the Year" in the School of Allied Health Sciences at UT Galveston.

Born in Birmingham, Higginbotham said he is "thoroughly excited about being back home in Alabama." He graduated from The University of Alabama in 1984 and earned his Master of Public Health degree from UAB.

Dr. Higginbotham has been an investigator on major NIH and other grants examining cardiovascular risk factors among African-American, Mexican-American, and Anglo-American families; primary prevention of breast and colon cancer among African-Americans; and worksite health risk reduction.

He was named a Junior Fellow by the National Coalition of Hispanic Health and Human Services Organizations for publishing his findings from the National Hispanic Health and Nutrition Examination Survey.

Most recently he authored the Mississippi State Department of Health, Central Cancer Registry's first statewide report on cancer morbidity and mortality. Currently, Dr. Higginbotham is involved in projects that are developing quick screening procedures for HIV infection in rural areas. He is also working on a project to develop rural networks for cancer prevention and control and another one to investigate the ethnic disparity in cancer morbidity and mortality in the deep south.

Dr. Higginbotham is licensed commercial airplane pilot and a licensed amateur radio operator. He holds a second degree black belt in Kodokan Judo and is an avid outdoorsman.

He and his wife, Kristi, have a 14-year-old daughter, Stacey, and two sons, John Austin, who is almost 3, and Collin, 20 months.

Articles on Rural Health Sought

Dr. Higginbotham is Guest Editor of Family and Community Health for an upcoming issue devoted exclusively to Rural Health and is discussing manuscript possibilities now. He encourages interested contributors to contact him by e-mail at jhiggin@cchs.ua.edu or (205) 348-7259.
Group Helps Patients Cope with Stress of Chronic Illness or Emotional Stress

Harriet Myers, Ph.D., Clinical Associate Professor in the Department of Psychiatry and Neurology, will lead a group session for those dealing with the stress of chronic illness. The eight weekly sessions will help participants "learn to overcome the daily habits that worsen their condition and rob them of energy," said Dr. Myers.

Achieving Wellness in Chronic Illness is a group approach for patients with illnesses such as Coronary Disease, Pulmonary Disease, Hypertension, Diabetes, and individuals who suffer ongoing emotional distress or worry.

"Achieving Wellness in Chronic Illness" is a medical group therapy that offers those with chronic illness or significant long-term stress an opportunity to make healthy choices and to learn simple yet profound methods for reducing stress in daily routines.

An eight-week group session begins the second Tuesday in September. The group will meet on Tuesday evenings, 6:00-8:00 p.m. at Capstone Medical Center.

Dr. Harriet Myers, Clinical Associate Professor at the UA College of Community Health Sciences, will conduct the group sessions. She is a clinical psychologist and nurse with 25 years of experience in health care. She has also studied with several nationally known experts in lifestyle change and stress reduction. Dr. Myers utilizes a multi-faceted approach to healthier living for individuals with chronic disease. This approach combines methods shown to be effective by recent medical research.

Participants in the group sessions will learn beneficial skills in Stress Reduction, Nutrition, Physical Relaxation, Mindfulness Practice, and Exercise. An optional subgroup on Smoking Cessation will be held during the half-hour prior to each regular group meeting.

Health insurance will most likely cover a portion of the fees; and registration is underway now. To refer a patient, or to discuss the suitability of this intervention for your patients, call Dr. Myers at (205) 756-2534.

For more information or to register, call Dr. Harriet Myers, or call Linda Reynolds at Capstone Medical Center, 348-1263.

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