CCHS Students Recognized at 1999 Honors Convocation

Graduating medical students at CCHS were recognized on May 14 at the 1999 Honors Convocation at the Four Points-Sheraton in Tuscaloosa. Departmental and special awards were announced as 18 graduates were recognized. Graduates of the University of Alabama School of Medicine completing medical school at the Tuscaloosa Program and their residency training destinations are listed on page 5.

Dean William A. Curry, MD, convened the gathering of graduates, families, and faculty. Cathy Gresham, MD, Assistant Professor of Internal Medicine and Director of Medical Student Affairs, presided at the 23rd Honors Convocation at CCHS recognizing graduating medical students.

The William R. Willard Award, the Dean’s Award, was presented to Jennifer Burdette, MD. This singular recognition, named for the founding dean of CCHS, is awarded annually to a senior medical student for outstanding contributions to the goals and mission of the college. Paul Roberts, MD, received the James H. Akers Memorial Award, chosen by members of the graduating class and given annually to the Tuscaloosa senior who best personifies both the art and the science of the practice of medicine. Chris Jahraus earned the Research Award (See p. 7.)

Peter Chang, MD, a member of Alpha Omega Alpha, received the Scholastic Achievement Award for the highest grade point average during the clinical years at CCHS. Other graduates in the national medical honorary, Alpha Omega Alpha, are Chad Hammer, MD, Cheryl Hill, MD, Keith Hill, MD, and Mukul Mehra, MD.

The 1999 Community Medicine Preceptor Award was announced by the Behavioral & Community Medicine Department. Keith Rufford, MD, a family physician in Tallassee, is a 1999 Community Medicine Preceptor of the Year. He is a 1999 CCHS residency graduate practicing in Tallassee, Alabama. This annual award for teaching excellence and dedication honors the preceptor who exemplifies the principles of community/rural medicine in practice.

Philip Lackey, MD, received the “Student of the Year” award from the Tuscaloosa VA Medical Center. The Larry Mayes Memorial Scholarship, which provides assistance for work in an underserved area of this country or abroad, was presented to a third-year CCHS student this year. John Waits. The award is given by the Mayes family in memory of Larry Mayes, a CCHS medical student who died in 1986 during rotation in Africa shortly before his graduation.

(Continued, p. 5.)

Departmental Awards

Community Medicine
Robert F. Glazar Award

Chandra McCall
Jennifer Burdette
Alessandra Frye
Chad Hamner

Family Medicine Award

Obstetrics & Gynecology

Peter Chang

Awards

Alessandra Frye
Chad Hamner

Pediatrics Award

Psychiatry

Peter Bryce Award

Surgery Award

RWJ Grant to UA Will Help Alabama Children Get Health Insurance

The University of Alabama is preparing to lead the state in The Robert Wood Johnson Foundation Covering Kids project, a national health access initiative for low-income children. The University of Alabama was awarded $983,000 over three years from the RWJ Foundation for “Covering Alabama Kids.”

John Wheat, MD, MPH, Associate Professor of Community Medicine and Internal Medicine, UA College of Community Health Sciences, and Rex E. Culp, PhD, JD, Professor of Human Development and Family Studies and Research Chair in the UA College of Human Environmental Sciences, are co-lead investigators for the project.

“Covering Alabama Kids” will involve state and local agencies and the Blue Cross Blue Shield Foundation in joint efforts to increase numbers of children enrolled in health insurance programs, said Dr. John Wheat, who initiated Alabama’s collaborative proposal last spring.

Dr. Culp and Dr. Wheat met with Governor Don Siegelman and his Children’s Commissioner, Pam Baker, in March and received their endorsement for the project.

(Continued on page 5)
 Tradition at the Non-Traditional College
by William A. Curry, MD, Dean

The College of Community Health Sciences was founded as an innovation, to infuse new ideas and new models for medical education and community outreach. Twenty-five years ago, when our residency program opened, the specialty of family practice was new. It was, in fact, closely identified with the work of our founding dean, William Willard, MD, who is considered the father of family medicine in America. So where does such an innovative organization look for its heritage, its tradition?

The answer, I believe, is that we look not only to our unique heritage, but also to the roots as many medical school and any physician. While CCHS has been a member of the community, it has both its own unique and even iconoclastic points in its history, the mission and the vision have always been to restore and to strengthen the best of medicine and medical education. Those strong points remain the sacred bond of the patient and the physician, the rigorous application of the best of medical science, and the broad view of the physician as a responsible member of the community.

A flurry of graduation events has focused my own attention on this heritage. First came the CCHS Senior Student Honors Convocation, part of the "iver-rolling stream" of about 450 students who have spent their junior and senior clinical years with us. The next day, we celebrated the 100th graduation of the University of Alabama. The following day it was the ceremony for students of all three campuses of the UA School of Medicine. In June will be the graduation of another 13 family practice residents, bringing us to 257 in 25 years. The stream bears all our "sons and daughters" away. The years fly fast enough that it does sometimes seem like a dream to them and to their faculty. But with all respect to Isaac Watts, they are not forgotten here.

One of my privileges here is to spend time with each rotation group of students throughout the year. In groups of three to five, they listen respectfully and even laugh at my humor. The most serious part of our session is at the end, when I try to show them how the sweeping history of medicine intersects their lives and careers at the University of Alabama. It is part of what I believe is the best professional epitaph is how he not only authored the first modern textbook of medicine, bringing a

CCHS News Briefs

CCHS Authors Publish Article on Rare Surgical Cases Treated Here
Peter Nagi, a fourth-year medical student at CCHS (MSIV); Joseph C. Wallace, MD, Chairman of the CCHS Department of Surgery; Timothy W. Winkler, MD, Associate Chair of Surgery; Tinker Heffelfinger, Chair of Pediatrics, Tinker Heffelfinger, MD, a clinical faculty member; and Paul Roberts, MSIV, were authors of an article published in Surgical Rounds, March 1999. The article, entitled "Parathyroid Carcinoma," discussed two cases involving this rare malignancy "which presented to our institution within four months of each other." In their discussion, the authors point out that parathyroid carcinoma is extremely difficult to diagnose preoperatively, but recognizing the clinical condition during the exploration increased the chance for cure. Both patients were reported to be recovering without complications.

Pediatrics Department Provides Substance Abuse Information
A teaching program for parents and children on substance abuse prevention is available in the CCHS Department of Pediatrics. Dr. David Heffelfinger, Chair of Pediatrics, acquired the slide show and lecture notes from the American Academy of Pediatrics (AAP). The talk and slides cover alcohol and cocaine abuse, inhalant abuse, marijuana, smokeless tobacco, and risks of tobacco use, he said. There is also advice on how to have healthy communication with children about substance abuse, television and the family, and tips for parents of adolescents.

"This information is ideal for our faculty, residents, and students--or others--to use when they speak to school or church groups, PTA meetings, etc.," said Dr. Heffelfinger. To borrow the program, call the Pediatrics Department, 348-1304.

Dr. Leeper Appointed to APHA Board
James Leeper, PhD, Chairman of Behavioral and Community Medicine, has been appointed to the Education Board of the American Public Health Association (APHA). The Board is charged with enhancing professional knowledge, increasing technological proficiency in delivery of education, and educating health professionals. Dr. Leeper has also been a member of the Science Board of the American Public Health Association (APHA) and has just completed terms of service as Chair of the Program Development Board, Co-Chair of the Joint Policy Committee, and ex-officio member of the Executive Board for APHA.

Wheat Brings Agromedicine Perspective to National Environmental Initiative
John Wheat, MD, MPH, Associate Professor of Internal Medicine and Community Medicine, is a member of the National Environmental Education Board, which is developing a national work plan for educating health care providers about pesticide exposures. The work group for this national inter-agency initiative will develop a national implementation strategy that includes education for primary care providers in pesticide exposure and pesticide use. Dr. Wheat attended the first meeting of the work group for the "Initiative on Pesticides and National Strategies for Health Care Providers" in Washington, D.C., May 5-7.

The work group is multidisciplinary and includes federal officials as well as representatives from key organizations and institutions in the field. Dr. Wheat, who is President of the North American Agromedicine Consortium, will work with the group to build on federal recommendations for improving the practice of primary care providers in preventing, diagnosing, treating, and referring patients exposed to pesticides. The strategic plan will set competencies, recommend methodologies, identify target audiences(s), and project timelines. Dr. Wheat chaired the spring meeting of the North American Agromedicine Consortium in April. The meeting, held in Nebraska, was the catalyst for a cooperative initiative there to create a state agromedicine program.

The Agromedicine Consortium, a bureau of the International Association of Agricultural Medicine and Rural Health, is a forum for physicians and other health care providers, veterinarians, university researchers, Extension and other educators, government officials, agribusiness representatives, and rural residents in the United States, Canada, and Mexico to exchange information about agricultural health and safety. The Consortium's Annual Meeting will be held in Raleigh, North Carolina, September 25-28, 1999. See announcement below.

CALL FOR PAPERS
North American Agromedicine Consortium

All aspects of Occupational and Environmental Health and Safety in Agriculture, Forestry, and Fisheries are invited. Topics may include: exposure assessment, injury/fatness/suicide, prevention and intervention (educational, engineering, and behavioral approaches), health care access and delivery, susceptible populations, community health, and diagnosis and treatment. Abstracts due August 6. Cash awards for the best student platform and poster presentation will be presented at the meeting. For more information: Gregory Copeland, North Carolina State University, (919) 515-9796, e-mail: greg_cope@ncsu.edu.
Dr. Paul David Mozley, MD, Chairman of Obstetrics and Gynecology, retires October 1, ending the academic phase of a long and interesting career in which he became a Life Fellow in both the American College of Obstetricians and Gynecologists and American Psychiatric Association. Along the way, he also received a Presidential Medal for his psychiatric reorientation work with POWs, including Jeremiah Denton; chaired a committee on Gender Dysphoria (Sex Change); started an obstetrical fellowship for family practice residents, and shared the cover of the journal, OB/GYN World, in 1984 with Bill Cosby, who played obstetrician Dr. Hawtine on the popular TV series.

After a career which so far has taken him to Japan, Naples, and three medical schools, he plans to practice half time with CCHS-trained family physician, Phil Smith, in Sylacauga. Dr. Smith, a 1982 residency graduate and former fellow here, will deliver the babies, said Dr. Mozley, while he takes care of OB/GYN surgeries in the practice. Dr. Mozley and his wife, Dale, plan to divide their time between Sylacauga and a new home they are now remodeling in Fairhope, Alabama.

Dr. Mozley grew up in Boaz, Alabama, and graduated from The University of Alabama in 1950. He did graduate work in Parasitology (UA) and Abnormal Psychology (University of Georgia) and then earned his MD from the Medical College of Alabama. He is certified by the American Board of Obstetrics & Gynecology and also certified in Psychiatry by the American Board of Psychiatry & Neurology.

Dr. Mozley completed his surgery internship and OB/GYN residency training in the U.S. Navy surgery at Naval Medical Center, Bethesda, Maryland, and OB/GYN at Naval Hospitals in Coronado and San Diego, California. He later trained in Psychiatry at the Naval Medical Center in Bethesda, the Washington School of Psychiatry, Washington, D.C., and the Naval Hospital, Philadelphia, Pennsylvania.

His appointments include: Naval Hospital Yokosuka, Japan, 1959-62; Head Gynecologist, Naval Hospital, Memphis, Tennessee, 1962-64; Director of Clinical Services and Chairman, Hospital Advisory Board, Naples, Italy, 1966-69; Assistant Chief, Neuropsychiatry and Consultant Gynecologist, Naval Regional Medical Center, Portsmouth, Virginia, 1970-72; Chief of Neuropsychiatry and Consultant Gynecologist, Naval Regional Medical Center, Portsmouth, Virginia, 1972-75. He was Attending Obstetrician/Gynecologist and Director of Psychiatric Services at Medical Center Hospitals in Norfolk, Virginia, 1975-79, also serving as Consultant to Hampton Veterans Medical Center Hospitals. He was attending Obstetrician/Gynecologist and attending Psychiatrist at Pitt County Memorial Hospital in Greenville, North Carolina, 1975-79. He came to Tuscaloosa in 1984 and has been attending Obstetrician/Gynecologist, DCH Regional Medical Center and Hare Memorial Hospital since then. He served as Chairman of the DCH Department of Obstetrics and Gynecology in 1986-90 and 1998-99, and he currently serves as president of the Capstone Health Services Foundation.

His academic appointments began when he was Research Assistant in Cellular Physiology, Medical College of Alabama, 1952-55. He was drafted as soon as he completed medical school, but he sought a career in academic medicine, he said, and prepared for that during his service in the Navy. He was on the faculty at Eastern Virginia Medical School in Norfolk with appointments in two Departments, Psychiatry and Behavioral Sciences, and Obstetrics and Gynecology. He became full Professor and Chairman of Psychiatry and Behavioral Sciences. In 1979, he went to East Carolina University School of Medicine in Greenville, North Carolina, as Professor and Director of Undergraduate Education in the Department of OB/GYN and Adjunct Professor of Psychiatry.

Dr. Mozley was recruited to CCHS by Dean Wilmer Coggins, MD, and came to Tuscaloosa in 1984 as Professor and Chairman of OB/GYN with tenure. He also held an appointment as Professor of Psychiatry at CCHS and Professor and Associate Chairman, University of Alabama School of Medicine, Birmingham. He was the first CCHS department head to achieve the title of Chairman. Until then, the highest title here was Discipline Chief and all Chairmen were on the UAB campus.

Dr. Mozley's professional memberships are numerous, including local, state and national associations and boards in his specialty areas. In addition to Life Fellow designation in OB/GYN and Psychiatry, he became a Fellow, American College of Surgeons, in 1965. He is a founding member and past president of the American Society of Psychosomatic Obstetrics and Gynecology. He served as program chair for ACOG national professional meetings five times (1974-79).

Dr. Mozley has received awards for Clinical Research and "Outstanding Contributions to the Knowledge of OB/GYN" from the American College of Obstetricians and Gynecologists. He received several service medals during his Navy career including the Surgeon General's Merit Award "in recognition of a distinguished career in service to his country" and the President of the United States Meritorious Service Medal for excellence in "Operation Homecoming" (Prisoners of War re-acculturation and re-integration in 1972-73).

He has received teaching awards from medical students and residents: "Attending of the Year" award from Psychiatry Residents at Eastern Virginia and "Clinical Science Course Award" in OB/GYN from 1982 graduates of East Carolina University School of Medicine.

Dr. Mozley has served on the CCHS Faculty Advisory Committee and the Policies and Procedures Committee since 1984. He has been Coordinator, Professional Liability, for the College since 1985. He initiated the obstetrical fellowship for family practice residents in 1988, and he has been President of the Capstone Health Services Foundation since 1998.


Dr. Mozley, father of three, said he plans to visit his children and grandchildren now that he will have more time. He has two daughters, both attorneys, and a son who is a physician. He also hopes to indulge in his hobbies, cabinetry and jewelry-making, and do some traveling. He particularly enjoys Byzantine art and culture in Turkey.

During a visit to the Sultan’s Palace in Istanbul, Dr. Mozley posed outside the door to the harem.

Above: Paul and Dale Mozley look forward to more leisure time. Right: Colonel Paul Mozley, MD, (left) is congratulated by Admiral Arentzen, MD, after receiving a Presidential Medal for "Operation Homecoming."
Research Initiative for Students and Residents Completes First Year

The Student and Resident Research Initiative has completed a successful first year. Funded for three years by a grant from the Laster Hill Society, the program encourages interested students and residents to become involved in research and provides them guidance in their projects. Elizabeth Rand, MD, Chairman of Psychiatry and Neurology, and James Leeper, PhD, Chairman of Behavioral & Community Medicine, serve as mentors to the current group of five students and one resident. They hope that this initiative will result in more projects to be considered for the annual student and resident research awards each year.

The Research Initiative format includes an informational dinner in the fall for interested incoming trainees and quarterly lunches for those who continue in the program. At the third quarterly meeting, trainees presented their projects to the group, sharing goals, successes, and difficulties. Drs. Rand and Leeper helped bring out significant themes which would be of general interest and offered suggestions for overcoming obstacles.

"We are preparing to survey incoming students and residents, as we did last year, about their interest in and preparedness for research. We will also do follow-up surveys with continuing students and residents," said Dr. Rand.

-Marilyn Cook, Assistant Professor of Health Sciences Library

Note: The monthly Research Lunch Series, featuring eight research presentations during this academic year, was made possible through the generous sponsorship of Bristol-Myers Squibb, Pfizer, SmithKline Beecham, Remeron, the Department of Behavioral and Community Medicine, and the Health Sciences Library. Research presentations will not be held during the summer. The series resumes September 14.

25th Anniversary of Residency Reunion for Residents Planned for August

To mark the 25th year of the Family Practice Residency, CCHS is inviting all graduates of the program to a dinner and evening of celebration this summer. Dr. Jerry McKnight, Chairman of Family Medicine and 1985 Residency Graduate, said the event is tentatively planned for August 7th, and alumni will receive invitations as soon as the exact time and place have been finalized.

The College is also compiling information for an alumni souvenir booklet to give to each guest. Vicki Johnson, CHS Director of Advancement, who is planning the event, said she hoped the books would be a special remembrance for former residents.

Alumni will soon receive a questionnaire which will be used to write profiles for the book. Those with requested quotes will be mailed separate questions. Each graduate will be asked to send a recent photograph for an individual profile. Pictures from residency days at CCHS are also sought.

"This event is our first formal reunion," said CHS Dean William Curry, MD. "I look forward to honoring the family physicians who have proved the wisdom of those who founded this program."

CCHS Tests Effectiveness of New Antibiotic

CCHS is participating in a pharmaceutical study of the new antibiotic, gentamicin, for treatment of complicated urinary tract infections. The study is funded by SmithKline Beecham, one of the largest pharmaceutical companies in the world.

Dr. William Curry, MD, is Principal Investigator for the study here, and Charles Taylor, Pharm D., is Co-Investigator. The project will analyze information from patients in North America and Europe.

Dr. Thomas McHattie (left), Associate Professor of Obstetrics and Gynecology, and his patient watch the movements of her baby on an ultrasound screen while he demonstrates state-of-the-art technology. Luvase Jaskiene, MD (second from left), a Lithuanian obstetrician who visited Capstone Medical Center to observe OB/GYN practice and learn more about the role of social work in medical settings, shadowed Dr. McHattie during a trip to Tuscaloosa in May. Dr. McHattie graduated from the University of California at San Francisco School of Social Work, was her mother's interpreter during her visit. She is standing behind the computer monitor which records and transmits the information from the ultrasound.

The equipment, located at Capstone, provides physicians and expectant parents the unprecedented opportunity to see the developing fetus and detect potential problems before delivery. It also allows for telemedicine consultations with specialists if necessary. Dr. Jaskiene said obstetricians in her country do not have such sophisticated technology to use. Her visit was coordinated by Cynthia Tyler, Assistant Professor, UA School of Social Work, and Director of Social Work at Capstone Medical Center. Mrs. Tyler (standing behind the patient) said the visit was accomplished through the joint efforts of CCHS Dean William Curry and Social Work Dean Lucinda Roll and support from the Open Society Foundation. Dr. Jaskiene also visited DCH Maternity Department and Neonatal Intensive Care Unit, observed Social Work Services at Capstone, and visited in Fayette. "Learning about the way we provide services to surrounding rural counties was valuable for her," said Tyler.

RVJ Grant to Help Insure Alabama Children (from p.1)

"Covering Alabama Kids project is exactly the type of effort to promote interagency cooperation and efficiency to maximize the state's efforts in meeting the needs of children," said Pam Baker, Alabama Children's Health Foundation.

"The proposal is well thought out and tailored to the needs of Alabama's children. It will serve as a springboard to build on a statewide basis. I applaud the efforts of The University of Alabama as they continue to lead in promoting innovative ways to address the needs of Alabama's children."

"An estimated 179,000 Alabama children are uninsured," said UA Research Assistant Trace Palmer of the lead group in drafting the grant proposal. Palmer has been working with communities on child health insurance projects in cooperation with the Blue Cross Blue Shield Foundation since 1995. Children who do not have private insurance coverage can be enrolled in other programs which include Medicaid, ALL Kids, or Child Caring insurance.

"There are different eligibility criteria for each," said Palmer, "and the applications are long and confusing. Many do not enroll because they don't know how to fill out the forms."

"Our goal is to work together to simplify the enrollment process for both the families and agencies," said Dr. Rex Culp. "Covering Alabama Kids will engage the agencies involved in on-going dialogue to coordinate the application process. Currently, Alabama children will work with Medicaid, the state health department, the state department of human resources, and the Alabama Child Caring Foundation to develop an effective system that identifies and enroll children through a much-simplified and coordinated process."

"This project clearly demonstrates successful joint interaction between colleges at The University, it also involves statewide cooperative efforts to improve health care for children," said Dr. Wheat.

The project will initiate and evaluate pilot projects that, if successful, can be implemented statewide. Pilots will be conducted in three counties -- Coosa, Jefferson and Washington -- and outreach will be a major component.

In March, a Site Visit Team from the Robert Wood Johnson Foundation (RWJF) met with representatives of UA and partnering agencies to discuss plans for the Alabama project. The team included Sandra Robinson, MD, of the RWJF National Advisory Committee; Senior Program Officer Judy Whang; and Sarah Shugrue, Director, Community Development.

Participating in the Site Visit meeting were pilot site representatives Marty Rittmann (Coosa County), Jan Roberts-Jolly and Wanda Braun (Washington County), and Terry Guinnell (Jefferson County). Albert Rohlle, Executive Director, Alabama Child Caring Foundation, represented the organization created by Blue Cross Blue Shield of Alabama to insure children not eligible for other health insurance programs.

Attending the meeting were project supporters Cary Kuhlman, Executive Director, Medical Association of the State of Alabama; John Hagen, Director, Rural Alabama Area Health Education Center (AHEC); Alan McMicheal, Senior Program Office.

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### NATIONAL RESIDENT MATCH PROGRAM - 1999
#### CCHS Senior Medical Students

<table>
<thead>
<tr>
<th>Name</th>
<th>Program</th>
<th>Specialty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tonya Bradley</td>
<td>Montgomery Family Practice, Montgomery, AL</td>
<td>Family Medicine</td>
</tr>
<tr>
<td>Jennifer Burdette</td>
<td>Tuscaloosa Family Practice, Tuscaloosa, AL</td>
<td>Family Medicine</td>
</tr>
<tr>
<td>Peter Chang</td>
<td>Baptist Health Systems, Birmingham, AL</td>
<td>Transitional Medicine</td>
</tr>
<tr>
<td>Grant Eudy</td>
<td>Emory University School of Medicine, Atlanta, GA</td>
<td>Pathology</td>
</tr>
<tr>
<td>Aleksandra Frye</td>
<td>Tuscaloosa Family Practice, Tuscaloosa, AL</td>
<td>Family Medicine</td>
</tr>
<tr>
<td>Chad Hamner</td>
<td>Mayo Graduate School of Medicine, Rochester, MN</td>
<td>Surgery</td>
</tr>
<tr>
<td>Cheryl Hill</td>
<td>University of Texas Health Sciences, San Antonio, TX</td>
<td>Pathology</td>
</tr>
<tr>
<td>Robert Keith Hill</td>
<td>University of Texas Health Sciences, San Antonio, TX</td>
<td>Preliminary Surgery</td>
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<tr>
<td>Tyler Kirby</td>
<td>UAB Hospital, Birmingham, AL</td>
<td>OB/GYN</td>
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<tr>
<td>Phillip Lackey</td>
<td>University of Kentucky Medical Center, Lexington, KY</td>
<td>Med-Peds</td>
</tr>
<tr>
<td>Sara LeStourgeon</td>
<td>St. Mary's Medical Center, Evansville, IN</td>
<td>Family Medicine</td>
</tr>
<tr>
<td>Chandra McCall</td>
<td>Univ. of South Florida College of Medicine, Tampa, FL</td>
<td>Anesthesiology</td>
</tr>
<tr>
<td>Mukul Mehra</td>
<td>Washington University Program, St. Louis, MO</td>
<td>Internal Medicine</td>
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<td>Peter Nagi</td>
<td>UAB Hospital, Birmingham, AL</td>
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<td>Ben Roberts</td>
<td>Baptist Health Systems, Birmingham, AL</td>
<td>Transitional Ophthalmology</td>
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<tr>
<td>Paul Roberts</td>
<td>Vanderbilt University Medical Center, Nashville, TN</td>
<td>Emergency Medicine</td>
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<tr>
<td>Tammy Watkins</td>
<td>UAB Hospital, Birmingham, AL</td>
<td>Pediatrics</td>
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<td></td>
<td><strong>OUTSIDE THE MATCH:</strong></td>
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</tr>
<tr>
<td>Chris Jahraus</td>
<td>University of Oklahoma Health Sciences Center, Oklahoma City, OK</td>
<td>Pediatrics</td>
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</tbody>
</table>

#### Honors Convocation (continued)

Three teaching awards were presented by the graduating class. Ashley Evans, MD, Assistant Professor of Pediatrics was recognized for outstanding contributions to undergraduate medical education during the class’s junior year. The graduates presented the *Patrick McCue Award* for outstanding contributions to undergraduate medical education during the class’s senior year to Sakina Kamal, MD, a Tuscaloosa cardiologist. Melvin Williams, MD, a second year family practice resident, received the Resident Recognition Award for outstanding teaching.

Jennifer Burdette, MD, senior class president, introduced guest speaker, Carden Johnston, MD, pediatrician and creator of the *KidCheck* television program. Dr. Johnston, who treats pediatric emergencies at Children’s in Birmingham, shared a personal practice experience with pinworms to illustrate the influence an MD has in his community.

*"They said it couldn’t be done,"* he said, speaking of community medicine victories during his lifetime. He exhorted graduates to build on past medical successes—withstanding smallpox and conquering polio—and urged them to commit themselves to educating their patients and communities, especially regarding gun violence and genetic diseases. He illustrated his point about preventing birth defects with a TV segment he had created about spina bifida. Folic acid taken before conception greatly reduces the chances of neural tube defect, but only about 75% of women of child-bearing age know this. "You have only about ten seconds in a managed care patient encounter to explain to any female patients," he said, "that every woman of childbearing age should routinely take B vitamins.

He also told graduates that 10 children die every day in this country from gunshot injuries, and asked that they consider how they could make an impact on prevention in their communities. "It can be done," he emphasized. "Come back in fifteen years and tell Dr. Curry what you have done in your practice, and he’ll be very proud of you.”
The Rural Medical Scholars Program (RMSP) will be highlighted in a poster presentation at the 27th Annual Conference of the National Rural Health Association held in San Diego, California, May 27-29, 1999. Susan Guin, R.N., C.R.N.P., Coordinator of the program, and Rural Medical Scholars John Hagen, Director of the Rural Alabama Health Education Center, Lee Thompson and Randy Quinn will represent RMSP at the conference.

They start their pre-college work with the Rural Medical Scholars Program before entering the University of Alabama School of Medicine. They have chosen to prepare for other health-related careers as well, and many have been honored for their academic achievement, character, and leadership qualities. RMSP is part of a Rural Medical Pipeline, says John Wheat, MD, MPH, founder and director of the program.

"Rural physicians will most likely come from rural backgrounds," says Dr. Wheat, Associate Professor of Internal Medicine and Community Medicine at CCHS, who also initiated the Rural Health Scholars Program for high school students from rural Alabama. The Rural Scholar programs give these students a chance to meet others (both students and practicing health providers) who have similar backgrounds and interests. They are able to form peer groups for support that continues throughout their educational process and careers.

The program is supported by funding from the Alabama Legislature through the Alabama Family Practice Rural Health Board with assistance from the Robert Wood Johnson Foundation grants to improve health care in the rural South attended the meeting to share ideas and strategies. The RWJ Foundation has made available $13.8 million over three years for the first phase of an effort to improve access to care in Alabama, Arkansas, Georgia, Louisiana, Mississippi, South Carolina, East Texas, and West Virginia. A broad consortium of stakeholders in each state must cooperate under this program to improve the health care system.

Rural Medical Scholars attending were Shameka Clark, a nursing student from Sumter County, and Callie Cason, a biology major from Monroe County, both 1996 Rural Health Scholars, and Audra Ford, a pre-med graduate student from Macon County.

Dr. Wheat was one of the speakers at the conference and presented an overview of the rural scholar programs and their importance in the "Rural Medical Pipeline," a concept which matches the "Rural Leader Pipeline" component of the RWJ Foundation guidelines for improving rural health care systems.

"He was the only other speaker besides the Governor of Georgia to have an encore," said Audra Ford, "but more importantly, an encore that represented the impact of his programs."

For more information, contact the Rural Medical Scholars Program, CCHS, Box 870326, Tuscaloosa, AL 35487-0326. (205) 348-5892. E-mail: grantham@cchs.ua.edu.
Christopher Jahraus is the recipient of the 1999 Medical Student Research Award. He was chosen for the honor by the Research Committee of the College of Community Health Sciences. The award recognizes his research, presentation, and publication accomplishments.

Jahraus, a senior medical student at CCHS who will graduate in December, presented "Utility of C-Reactive Protein (CRP) in Infectious and Other Disease States" at the Alabama Academy of Science and presented "Unnatural Utility of C-Reactive Protein" to the Larry Mayes Society, a CCHS informal gathering of students and faculty. He has also worked extensively with Dr. Robert Picorni, Professor of Internal Medicine, to prepare an article on the same topic for a refereed journal. His article, "Clinical Presentation and Treatment of a Salmonella breedenyi Epidemic in Shelby County, Alabama" (coauthored by Harry L. Phillips, MD) will be published in Southern Medical Journal. This article is the result of his work during his third year Family Medicine and Community/Rural Medicine rotations in Columbus. During these rotations he also assisted in initiating a study of bone loss in rural elderly women. In addition, Jahraus has collaborated with Guillermo Godoy, MD, in the study of novel use of epinephrine in neonates. Their article, "Endotracheal Administration of Epinephrine in the Treatment of Neonatal Pulmonary Hemorrhage," is in review for Pediatrics: The Journal of the American Academy of Pediatrics.

-Martha Cook

Jahraus Receives Student Research Award

Notes from Alums

McCormick's Advice for Preceptors Stems From Personal Experience

Dr. Sam Gaskins reports that 1979 residency graduate Louis H. McCormick, MD, is the author of "Precepting Preclinical Students," an article in Family Medicine (April, 1999). Dr. McCormick provides advice for working with first- and second-year medical students in an office-based practice. A preceptor for Louisiana State University Medical Center, he has a solo practice in Franklin, a small, rural community 120 miles from New Orleans. He emphasizes the importance of community contacts for the students and how talking to patients helps strengthen a student's confidence and acquire the skills necessary to obtain patient histories.

"Students feel that if you just spend enough time with a patient, then you will ask the right questions and ultimately diagnose and cure them. ... it is fun being reminded of the days when I felt the same way. Students' perspectives are wonderful antidotes for cynicism," said Dr. McCormick in his article. The article is on the internet at http://stfrn.org.

1990 Chief Is Now Medical Missionary

Ray Brown, 1990 Chief Resident, and his family have moved to the country of Chad in East Africa. Dr. Brown is a medical missionary for his church, says his friend and Dallas, Texas, colleague, Tom Winkler, MD.

Brandons Adopt Infants

Dr. and Mrs. John Brandon (Residency class of 1981) announce "the arrival of our children on March 19, 1999, from the Republic of Moldova (in Eastern Europe)." Dr. Brandon, a family physician in Gordo, Alabama, shared this photo and a note to friends and colleagues:

"Walker Daniel Brandon (born October 11, 1997) and Hannah Claire Brandon (born February 4, 1998) are welcomed into the family by their parents and siblings, Brooke and Karleigh. Grandparents are Dr. and Mrs. Earl Brandon of Tuscaloosa."
Who gets PTSD?

PTSD is best known for occurring in combat situations. It was called “shell shock,” also “soldier’s heart,” “combat neurosis” and “battle fatigue” in the early days. However, it can be related to many other types of trauma such as kidnapping, terrorism, torture, being held hostage, incarceration, severe accidents or violent personal assault (i.e., sexual assault, robbery or mugging) and natural disasters such as tornadoes, volcanoes, hurricanes, etc. Or the trauma may involve witnessing serious injury or death of another person due to violence, or even learning of sudden death or, for example, of a child’s life threatening illness.

Community rates of exposure to trauma are 40-60%, but community-based studies reveal a lifetime prevalence for PTSD of only 1-14%, indicating that most people exposed to trauma do not develop PTSD. Vulnerability has to do with severity, duration and proximity of the trauma, in part, and certain risk factors, such as lack of social support, history of depression or anxiety, and previous exposure to trauma.

What is PTSD

The APA’s Diagnostic and Statistical Manual (IV, 1994) sets out precise criteria for PTSD: the traumatic stress that the person experienced, witnessed, or was confronted with must have been an event that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others; and the person’s response must have involved intense fear, helplessness or horror. As a result of the trauma, the individual must experience symptoms for at least a month in the following three categories:

- **Reexperiencing trauma:** The traumatic event is re-experienced through flashbacks, nightmares, recollections, psychological distress at exposure, or physical distress at exposure.
- **Avoidance:** They have symptoms of avoidance for at least a month after the traumatic event: avoiding thoughts of the trauma, avoiding places, people or things that are reminders of the trauma, avoiding activities, and numbness or lack of interest in new experiences.
- **Increased arousal:** The sufferer also has at least two symptoms of arousal (insomnia, irritability, poor concentration, hypervigilance, or exaggerated startle response).

Types of PTSD

PTSD is not diagnosed until one month after the trauma. Similar symptoms in the first month may represent acute stress disorder. There are three types of PTSD:

- **Acute (lasting less than 3 months)**
- **Chronic (lasting more than 3 months)**
- **Delayed (starting 6 mo. after event)

There are common associated features such as hypervigilance, flooding, intrusive thoughts, and changes in personality or belief system.

What is the Course of PTSD?

PTSD may occur at any age. Symptoms usually begin within three months, although there may be a delay of months or years. About half of cases have complete recovery in three months but among the others many will have symptoms a year after the event. In one study, 40% had symptoms ten years later.

Patients typically first seek treatment during a phase of re-experiencing, although coexisting depression or suicidal impulses are common presentations. There is often comorbidity. In several studies, 75-80% of patients with PTSD have another disorder, especially Bipolar Disorder, Unipolar Depression, and Anxiety Disorder, and Substance Abuse. In most cases (81%), this other disorder also began after the trauma.

What is the Cause?

Although PTSD is called a stress disorder, the neuroendocrine alterations in PTSD are quite distinct from those found with other kinds of chronic stress and depression. In both cases stress activates the Hypothalamic-Pituitary-Adrenal (HPA) axis, but in PTSD the HPA axis stays activated, with high levels of circulating cortisol, glucocorticoid receptors are more sensitive, and there is increased sensitivity of the Hypothalamic-Pituitary Axis (HPA) to negative feedback inhibition.

What is the Treatment?

The goal is to provide the patient with a renewed sense of control and a constructive world view, a shift from victim to survivor to thriver. Treatment should include: 1) safety first and basic needs; 2) early identification and education; 3) providing the opportunity to describe the trauma as fully as possible; and 4) treatment of comorbid disorders.

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**CCHS Studying PTSD**

CCHS is conducting a double-blind, placebo-controlled drug study for Eli-Lilly at the Capstone Medical Center with patients who have post traumatic stress disorder (PTSD). There is currently approved pharmacologic treatment for PTSD. Many studies have shown that some patients benefit from serotonergic agents like Prozac, Paxil, and others.

"Our study is one prepared by the Eli Lilly Company trying to demonstrate to the FDA that Prozac is an effective treatment for PTSD, and that PTSD should be listed in the PDR as an indication for using Prozac," said Elizabeth Rand, MD, Principal Investigator.

Capstone is one of 30 national sites participating in the study. In a double-blind placebo-controlled study, she explained, some patients (20%) get a fake or placebo pill while others (80%) get active drug—either 20 mg or 40mg—and neither the doctors and the patients know who gets drug and who gets placebo. During the 3-month active phase patients are seen about every 3 weeks and monitored for symptoms, side effects, depression, and suicide. Those who complete the 3-month active phase and improve are eligible for phase 2, which lasts six months.

Beyond having PTSD, patients in the study must be 18-65 years old, not pregnant, not have other mental illnesses, not be active substance abusers, not have a serious chronic medical illness, and not be on any other psychoactive drugs or in psychotherapy except simple supportive treatment.

Patients who are interested in being in the study are screened for eligibility through a telephone interview. If they seem eligible, they come in for a physical exam, lab tests, and several lengthy questionnaires. If they are accepted and want to participate, they get their pills (drug or placebo) at a second visit. At each visit they give a urine sample for drug screening, and answer brief questionnaires. All patients sign a consent, but of course are free to drop out at any time.

All evaluations and treatment are free, all medical problems arising are treated free, and earned $25 for each visit. Medical problems arising during the study may be taken care of at Dr. Lenny’s expense. For more information about the study, contact: Kay Fendley at 348-1344.

Dr. Rand shares her "short course on PTSD" with OnRounds readers.

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**Post Traumatic Stress Disorder**

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