On Rounds

The University of Alabama
College of Community Health Sciences

Volume 9, Number 2 **Spring 1999**

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.

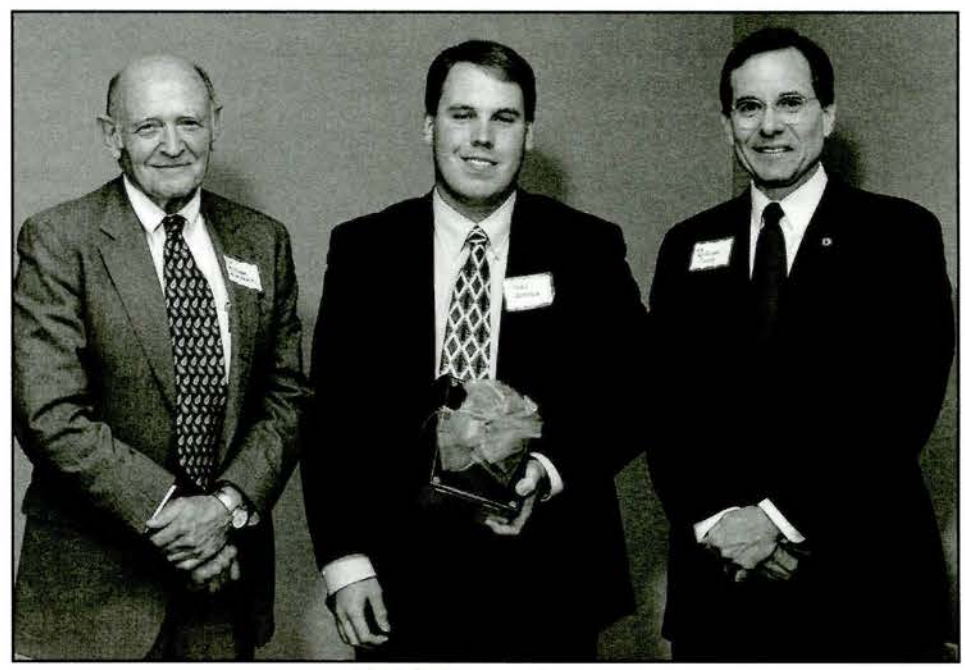
Dean William A. Curry, MD, convened the gathering of graduates, families, and faculty. **Cathy Gresham**, MD, Assistant Professor of Internal Medicine and Director of Medical Student Affairs, presided at the 23rd Honors Convocation at CCHS recognizing graduating medical students.

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 Hamner**, 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 Bufford**, MD, a family physician in Tallassee, is 1999 Community Medicine Preceptor of the Year. He is a 1990 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.)*



Chad Hamner, MD, (center) received the first William W. Winternitz Internal Medicine Award at Honors Convocation. He is congratulated by Dr. Winternitz (l), and Dr. William Curry, who presented the award.

Departmental Awards

Commmunity Medicine *Robert F. Gloor Award*	**Chandra McCall** **Jennifer Burdette**
Family Medicine Award	**Aleksandra Frye**
Internal Medicine Award *William W. Winternitz Award*	**Chad Hamner**
Obstetrics&Gynecology *Finney/Akers Award*	**Aleksandra Frye**
Pediatrics Award	**Tammy Watkins**
Psychiatry *Peter Bryce Award*	**Sara LeSturgeon**
Surgery Award	**Peter Chang**

Chandra McCall
co-winner, Gloor Award
(More photos, page 5)

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 Seigelman** and his Children's Commissioner, **Pam Baker**, in March and received their endorsement for the project. *(Continued on page 5)*

John Wheat, MD, right, and Tracy Palmer, second from right, of the CCHS Department of Behavioral and Community Medicine, briefed Governor Don Siegelman and Cabinet member Pam Baker, Alabama Children's Commissioner, about the child health insurance initiative which has recently been funded by the RWJ Foundation. L-R: Dr. Rex Culp of the UA College of Human Environmental Sciences, who is co-lead investigator of the project, Commissioner Pam Baker, Governor Siegelman, Tracy Palmer, and Dr. John Wheat.

Time, like an ever-rolling stream
Bears all its sons away;
They fly, forgotten, as a dream
Dies at the opening day.
- Isaac Watts

Dr. Curry

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 same roots as any medical school and any physician. While CCHS has been creative and even iconoclastic at 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 "ever-rolling stream" of about 450 students who have spent their junior and senior clinical years with us. The next day we celebrated the 168th 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 School of Medicine and at CCHS.

I tell them about Abraham Flexner, who in the early years of this century visited all the medical schools in the country and authored a report which simultaneously scandalized and reformed medical education. The result is the structure, sequence, and curriculum that we still employ. As I look to events at CCHS such as the retirement of Dr. Paul Mozley as chair of Obstetrics and Gynecology, and at how his faculty will carry on the traditions begun in his tenure, I see the wisdom of the Flexnerian model and the continuity and stability it has given us.

I tell them too of William Osler - unrepentant internist that I am -of how he not only authored the first modern textbook of medicine, bringing a systematic approach to the science of medicine, but also of how he balanced that with the art and humanitarianism that shine in his Aequanimitas and Other Essays. When I had the honor of awarding the first William W. Winternitz Award in Internal Medicine to a graduating senior last week, I knew that tradition will live as long as there are professors like Bill Winternitz who know that the best professional epitaph is Osler's: "I taught students on the wards."

Of course, I tell the students about Bill Willard, our founding dean. The Dean's Award here is aptly called the William Willard award. In presenting it, we not only honor his accomplishments and contributions to CCHS; we pass to one student, as a representative of all, the legacy of the physician as a responsible member of a community and of society.

Finally, I tell the students about Tinsley Harrison, the son of Sylacauga who became one of the premiere physicians of his day, a scientist and humanist in the finest Oslerian tradition who played a key role in building the still relatively new University of Alabama School of Medicine. It was Dr. Harrison who summarized our heritage as physicians with these memorable words: "There is no greater privilege for any human being than to be the physician to another human being."

Leaving the CCHS Honors Convocation, one of the junior students stopped to visit with me. "Man," he said, "you have the coolest quotes." It was the best award I could ever hope to receive.

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; **Toheed Kamal**, 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 recognition of the condition during the initial operation offers the best 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 Hefelfinger**, 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, TV 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, or civic and community organizations," said Dr. Hefelfinger. 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 proficiencies 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 and Training Foundation's new work group on educating health care providers about pesticide exposures. The work group for this national inter-agency initiative will develop a national implementation plan for pesticide education with practicing health care providers. 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 audience(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/illness surveillance, 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 Cope, North Carolina State University, (919) 515-7169. e-mail: *greg_cope@ncsu.edu*

Dr. Mozley Retires

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 the 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. Huxtable 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 OB 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.

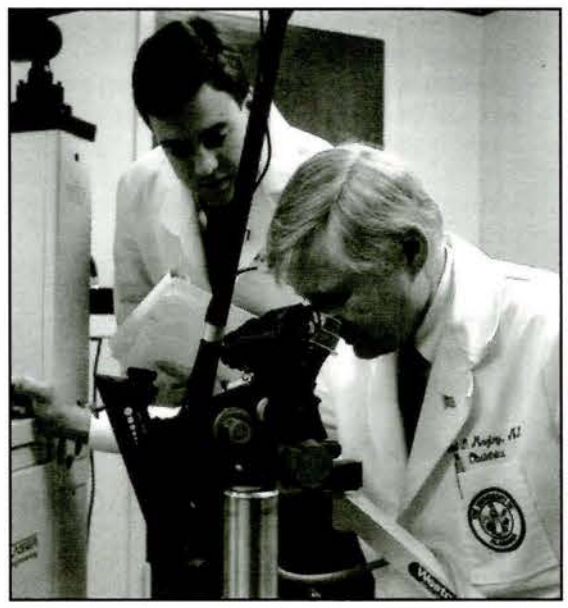
Dr. Mozley grew up in Boaz, Alabama, and graduated from The University of Alabama in 1950. He did graduate work in Parasitology (UA) and Abnormal Psychology (University of Georgia) and then earned his MD from the Medical College of Alabama. He is certified by the American Board of Obstetrics & Gynecology 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 National Naval Medical Center, Bethesda, Maryland, and OB/GYN at Naval Hospitals in Corona and San Diego, California. He later trained in Psychiatry at the National Naval Medical Center in Bethesda, the Washington School of Psychiatry, Washington, D.C., and the Naval Hospital, Philadelphia, Pennsylvania.

His appointments include: OB/GYN staff, Naval Hospital, Yokuska, Japan, 1959-62; Head Gynecologist, Naval Hospital, Memphis, Tennessee, 1962-64; Director of Clinical Services and Commanding Officer, U.S. Hospital, Naples, Italy, 1966-69; Assistant Chief, Neuropsychiatry and Consultant Gynecologist, Naval Regional Medical Center, Portsmouth, Virginia, 1970-72; and 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, 1979-84.

He came to Tuscaloosa in 1984 and has been an attending Obstetrician/Gynecologist, DCH Regional Medical Center and Hale 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



Dr. Mozley in his teaching role, with Mike Davis in the clinic.

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).

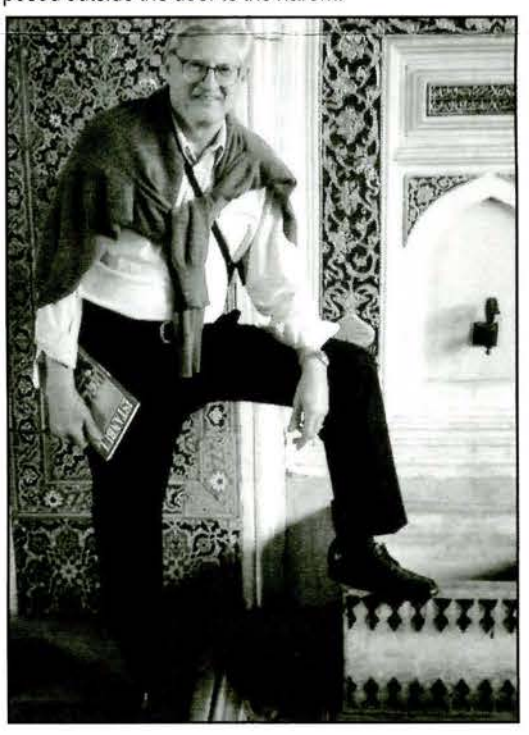
He has received teaching awards from medical students and residents: "Attending of the Year" award from Psychiatry Residents at Eastern Virginia; and "Clinical Science Course Award" in OB/GYN from 1982 graduates of East Carolina University School of Medicine.

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 has written and lectured extensively with articles published in the *American Journal of Obstetrics and Gynecology, JAMA, U.S. Medicine, Medical Aspects of Human Sexuality, Sexual Medicine Today, Medical World News, OB/GYN News, Clinical Obstetrics and Gynecology, Diagnostic Gynecology and Obstetrics, ACTA, Contemporary OB/GYN, Archives of Gynecology, OB/GYN Observer, Audio Digest OB/GYN,* and *Journal of the American Board of Family Practice.*

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 Lister 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 to 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 returning students and residents," said Dr. Rand.

-Martha Cook, Assistant Professor
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.*

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. **Levuse 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. Jaskiene's daughter Kristina, a doctoral student in the UA 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 Roff** 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.

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**, CCHS 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 along with a request for pictures. 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 CCHS 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, gemifloxacin, for treatment of community acquired pneumonia. The study is funded by SmithKline Beechum, one of the largest pharmaceutical companies in the world. **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.

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

"Covering Alabama Kids project is exactly the type of effort that is needed to promote interagency cooperation and efficiency to maximize the state's efforts in meeting the needs of children," said **Pam Baker**, Alabama Children's Commissioner. "The proposal is well thought out and tailored to the needs of Alabama's children. It will serve as a springboard in implementing its successes 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 children."

"An estimated 179,000 Alabama children are uninsured," said UA Research Assistant **Tracy Palmer**, who took the lead role in drafting the grant proposal. Palmer has been working with communities on child health insurance projects in cooperation with the Blue Cross Blue Shield Child Caring Foundation since 1995. Children who do not have private insurance coverage can be enrolled in other programs which pay for health services--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 families and agencies," said Dr. **Rex Culp**. "Covering Alabama Kids will engage the agencies involved in on-going dialogue to coordinate the application procedures." Covering Alabama Kids 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 enrolls children through a much-simplified and coordinated process.

"This project not only 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 Shuptrine, Director, National Program Office.

Participating in the Site Visit meeting were pilot site representatives Marty Rittmann (Coosa County), Jan Roberts-Jolly and Wanda Braun (Washington County), and Terry Gunnell (Jefferson County). Albert Rohling, 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 Yoe, Executive Director, Southwest Alabama AHEC; and Mary Weidler, Alabama Arise.

State Public Health officials attending were: Donald Williamson, MD; Clyde Bargainier, PhD; Gayle Sandlin; Tom Miller, MD; Connie McMicheal; Jim McVay; and Sharon Parker. Sarah Mingledorff and Gretel Felton of Alabama Medicaid, Margaret Livingston and Jeanetta Green from Human Resources, and Gaye Morgan, Dept. of Education, also attended.

The Robert Wood Johnson Foundation, based in Princeton, New Jersey, is the nation's largest philanthropy devoted exclusively to health and health care. Founded in 1972 with receipt of a bequest from the industrialist whose name it bears, and has since made more than $2.6 billion in grants. The Foundation concentrates its grants in three areas: access to health care; chronic health conditions; and substance abuse.

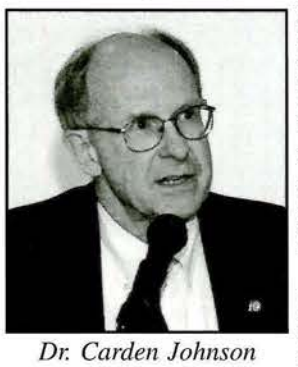
NATIONAL RESIDENT MATCH PROGRAM - 1999
CCHS Senior Medical Students

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

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.



Dr. Carden Johnson

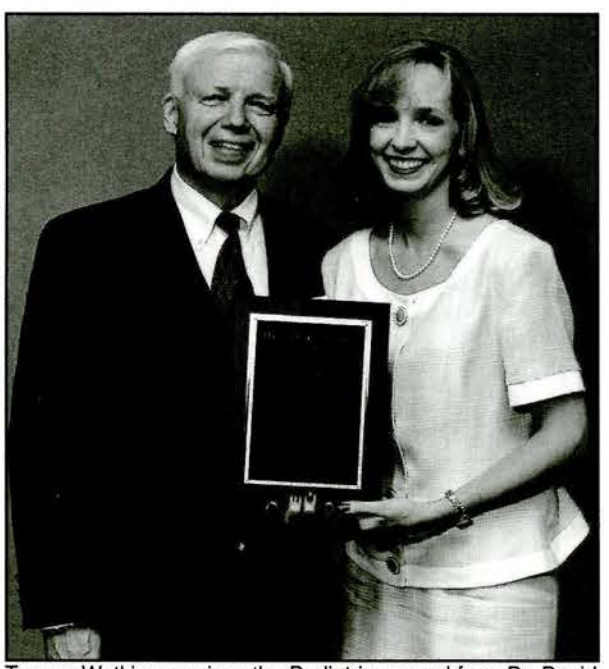
"They said it couldn't be done," he said, speaking of community medicine victories during his lifetime. He exhorted graduates to build on past medical successes--wiping out smallpox and conquering polio--and urged them to commit themselves to educating their patients and communities, especially regarding 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 7% 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."

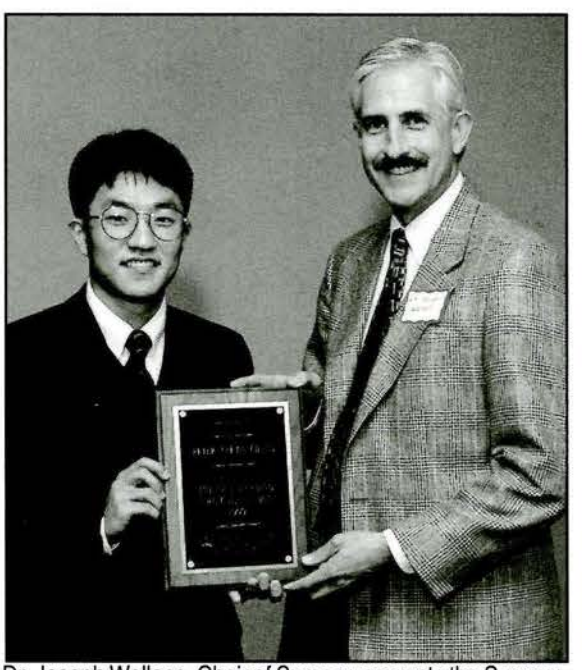
Dr. Roger Lacy presents Psychiatry Award to Sara LeSturgeon.

Paul Roberts was chosen by his classmates for the James Akers Award.

Dr. Bobbie Adcock (r) presents the Family Medicine award to Aleksandra Frye, also recipient of the OB/GYN award.



Tammy Watkins receives the Pediatrics award from Dr. David Hefelfinger, Professor and Chair of the department.



Dr. Joseph Wallace, Chair of Surgery, presents the Surgery award to Peter Chang, who also won the Scholastic award.

Jennifer Burdette, Senior class president, receives the William R. Willard award from Dean William Curry.

Rural Medical Scholars Program Featured at National Conference

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 **Lee Thompson** and **Randy Quinn** will represent RMSP at the conference. **John Hagen**, Director of the Rural Alabama Health Education Center, which has offices in the CCHS Department of Behavioral and Community Medicine and works with the RMSP to develop community projects and field placements, will accompany them.

Thompson and Quinn are members of the third class of Rural Medical Scholars to enter the University of Alabama School of Medicine. They start UASOM this summer and will return to CCHS as third year medical students to complete their clinical training in Tuscaloosa. The first class of Rural Medical Scholars return to CCHS this summer to begin their clinical training as third and fourth year medical students.

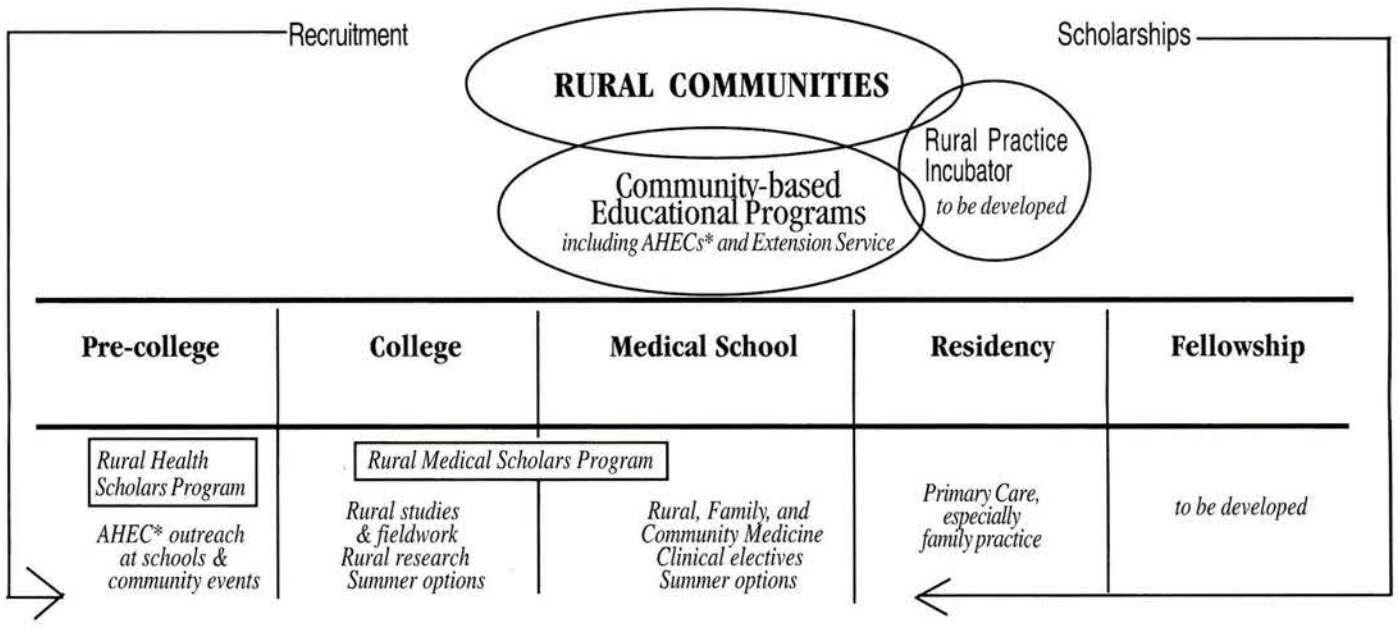
The Rural Medical Scholars program was established at CCHS in 1996 as a joint effort between The University of Alabama and the University of Alabama School of Medicine. Ten qualified students from rural areas are chosen each year as Rural Medical Scholars, a highly selective pre-med program in which the students focus on issues related to community medicine and primary care in rural Alabama. Students with rural backgrounds interested in practicing primary care medicine in a rural area are eligible for RMSP. Admission to the program is based on high academic achievement, character, and leadership qualities. The 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 UA, UASOM(University of Alabama School of Medicine), and other organizations interested in rural health in Alabama.

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.

Rural Medical Pipeline



*AHEC - Area Health Education Center

Rural Health Scholars and CCHS Community Medicine Student Assistants who received scholarships from the Rural Alabama Health Alliance are pictured with RAHA officers last fall. L to R (front): Elizabeth George, 1995 RHS from Athens majoring in psychology/pre-occupational therapy; Shameka Clark, 1996 RHS from Sumter County with a major in nursing; and Michael Gaddis, a 1997 RHS and pre-med major from Bibb County. (Back row) Family physicians and RAHA Board members: Garry Magourik, MD, Past President of RAHA, Fayette County; and John Brandon, MD, President and founding member of RAHA from Pickens County.

In the first five years of the Rural Health Scholars program (1993-98), 171 students from 45 rural Alabama counties have attended the five-week summer program. Five students from the first class of Rural Health Scholars are now in medical school. Rural Health Scholars have chosen to prepare for other health-related careers as well, and many have been honored for scholarship and leadership during their college years.

Rural Scholar Programs Shared with RWJ Grantees in Ten States

Rural Health Scholars and Rural Medical Scholars from UA accompanied Dr. **John Wheat**, Director of the Rural Scholar programs, and representatives of partner agencies in Alabama's Southern Rural Access Program planning grant to a meeting in Atlanta in March. Participants from ten states receiving Robert Wood Johnson Foundation funds 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 **Lee Thompson** from Dale County, and **Brian Valentine**, Russell County, who start medical school this summer after a year of focused study of rural health issues. The conference allowed them to meet rural doctors and other health providers from several states and learn about how they are meeting the needs of their patients. Other rural scholars attending the meeting 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 entourage," said Audra Ford, "but more importantly, an entourage that represented the impact of his programs."

Jahraus Receives Student Research Award

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 "Unrealized 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 Pieroni**, 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 bredeney Epidemic in Shelby County, Alabama" (coauthored by **Harry L. Philips**, 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 Columbiana. 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

Chris Jahraus (l) receives the Research Award from Dr. John Wheat at Honors Convocation.

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 strenthen 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://stfm.org*.

Angela Powell, a 1996 residency graduate and former CCHS obstetrical Fellow, is in practice in Monroeville, Alabama, with Dr. Sage Smith, a former CCHS medical student and a 1984 residency graduate.

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 sisters, Brooke and Natileigh. Grandparents are Dr. and Mrs. Earl Brandon of Tuscaloosa."

Walker Daniel Brandon and Hannah Claire Brandon at home in Alabama. Dr. Brandon said he recommended new babies for everyone. "They keep you young," he confided. He didn't have a picture of himself with both babies and confessed: "It's too hard to hold them both at once!" He said you remembered what he looked like anyway (but if not, he is pictured on the previous page with RAHA scholarship winners).

Alumni Upate

University of Alabama School of Medicine
Tuscaloosa Program
UA College of Community Health Sciences

❒CCHS Medical Student ❒Family Practice Resident
Please check the one(s) that apply

Name_____
first *middle/maiden* *last*

Address_____ Home Phone:_____

_____ Office phone:_____

MD degree awarded:_____ _____
name of institution *date*

Residency Completed:_____ _____
name of institution *date*

Additional training:_____ _____
what kind and where *date*

Name & location of your practice:_____ _____
office, hospital, clinic, etc. *town, state*

Please attach news of your professional, family, and community activities. *Include recent photo if possible.*

Return to: CCHS Dean's Office, Box 870326, Tuscaloosa, AL 35487-0326
Or FAX to: Linda Jackson, Editor, (205) 348-9417. (Phone: 205/ 348-1302)
ljackson@cchs.ua.edu

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 no 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 to try 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.

Dr. Rand

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 patient nor CCHS doctors and staff 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, drug use, and other things. 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 certain 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 medication is free, and patients earn $25 for each visit. Medical problems arising during the study may be taken care of at Lilly'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.

OnRounds
The University of Alabama
College of Community Health Sciences

The College of Community Health Sciences is a clinical branch campus of the University of Alabama School of Medicine. CCHS provides clinical training for medical students and trains family doctors through a three-year family practice residency program to meet the urgent need for family physicians. A primary focus of the CCHS mission is seeking solutions for rural health care problems in Alabama.

OnRounds is published quarterly. Send address changes and alumni news to Editor, Box 870326, Tuscaloosa, Alabama 35487. (205) 348-1302. *ljackson@cchs.ua.edu.*

William A. Curry, MD, Dean

Linda Jackson, Editor

THE UNIVERSITY OF
ALABAMA
HEALTH SCIENCES

Post Traumatic Stress Disorder

by
Elizabeth H. Rand, MD
Associate Professor and Chair of Psychiatry
University of Alabama School of Medicine-Tuscaloosa Program

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 40-80%, 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 by must be 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:

- They must *re-experience* the event through either flashbacks, nightmares, recollections, psychological distress at exposure, or physical distress at exposure.
- They must have at least three symptoms of *avoidance*: avoiding thoughts of the trauma; avoiding related activities; having amnesia; decreased interest in things; sense of detachment; decreased affect; or a sense of fore- shortened future.
- PTSD sufferers must also have at least two symptoms of *arousal* (insomnia, irritability, poor concentration, hyper-vigilance, 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 mo.)
- Delayed (starting 6 mo. after event

There are common associated features such as survivor guilt, impaired relationships, 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 Corticotropin Releasing Factor (CRF) is released from the hypothalamus. But in PTSD circulating cortisol is low, glucocorticoid receptors are more and more responsive, 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.

Reunion for Residents Planned for August 7th

25th Anniversary Family Practice Residency

Things have changed since the Residency program first put up this sign in 1974. See article about reunion, p. 4. For more information, contact Vicki Johnson at (205)348-0093.

The University of Alabama
College of Community Health Sciences
P.O. Box 870326
Tuscaloosa, Alabama 35487-0326

ADDRESS SERVICE REQUESTED

Nonprofit Org.
U.S. Postage
PAID
Permit No. 16
Tuscaloosa, AL