CCHS Seniors Recognized at 2001 Honors Convocation

Graduates of the UA School of Medicine who completed their clinical training on the Tuscaloosa campus of UASOM were recognized on May 18, 2001, at the Annual CCHS Honors Convocations. Neil Shalman, MD, Associate Professor at Emory University School of Medicine and author of Doc Hollywood, was the dinner speaker for the event held at the Four Points Hotel in Tuscaloosa.

Awards were given by each department to their top students, and the Tuscaloos senior class gave teaching awards to Dr. Eugene Marsh (junior year), Dr. Leisa DeVenny (the Patrick McCue Award for their senior year), and Dr. Brad Gaspar (Resident Recognition Award).

Paul Tabereaux, MD, was honored by his classmates with the James H. Akers Memorial Award. This award, chosen by members the graduating senior class, is presented annually to the Tuscaloosa Senior who best personifies both the art and the science of the practice of medicine. Dr. Tabereaux also received the William R. Willard Award (Dean's Award). This singular recognition is awarded annually to a senior medical student for outstanding contributions to the goals and mission of the College of Community Health Sciences. Dr. Tabereaux, a Rural Medical Scholar, also won departmental honors for psychiatry and community medicine, and a student research award.

Carrie Knight, MD, earned the CCHS Scholastic Achievement Award. This award is presented to the senior with highest academic performance in the clinical years. Dr. Knight, who was top student for all three campuses of UASOM, also received the American Medical Women's Association Janet M. Glasgow Award. She won the CCHS Scholastic Achievement Award and departmental awards in Surgery and OB/GYN as well.

The 2001 Emergency Medical Series begins Tuesday, July 3, and continues every Tuesday, Thursday and Friday during July and August. Lectures will be in the Willard Auditorium at 12:15, and lunch will be provided.

For a schedule and information on CME credit, contact: Vicki Johnson, (205) 348-0093 vjohnson@cchs.ua.edu

(Continued on page 2)
Graduation 2001

In the television commercial, a group of schoolchildren tour a palatial institution that apparently is a hospital or clinic. In the background is the voice of one of the children, saying that he told his father he wanted to be a teacher. His father suggested instead that he become a doctor, explaining, "It's a noble profession, and you can become wealthy." The wise child replied to his father, "Without teachers, where would doctors come from?"

I have been that father. Our daughter Laura is strongly committed to urban underprivileged children, and she is building a career as a teacher. I am intensely proud of her, not so much for what she is doing, but for who she is and for how she is making her own choices.

So it was that I found myself at the festivities of the UA School of Medicine graduation, considering the little boy from television, my own Laura, and the crowd of excited graduates with their beaming families. There is nothing quite like medical school graduation for bringing long and complex journeys into focus.

The obvious features are those of accomplishment. It has been a long and arduous academic journey, requiring intelligence and perseverance. It has been demanding physically and emotionally. Learning to work with sick and dying patients of all ages brings young, bright, healthy students face to face with mortality - their patients' and their own.

But it is the families that dominate my enjoyment of medical school graduations. Parents and grandparents, sisters and brothers, spouses and spouses-to-be, so many people representing so many strands through generations, stories and struggles that gave opportunity and vision to each of these new doctors. For some, medicine is the family tradition. For most, it is not.

And that is part of what makes this so amazing to me. It is exactly what is great about America. Whatever its failings, here is a country where today a child growing up in a rural town with a poorly equipped school can aspire to be a doctor of medicine, regardless of her parents' education, wealth, or social station. Here is a place where families can offer such hope to their children. My own grandparents' educations were limited, and I was the first in my family to become a physician.

And thanks to our daughters' choices, I remain the only one. So is it better to be a doctor or a teacher? Or maybe a doctor who is a teacher? What matters, of course, is not which of those or hundreds of other careers we or our children choose. What matters is what kind of doctor, or teacher, or anything else, we are.

In our roles here as teachers of medicine, we can hope that we have made a difference. But we have to admit that we are but one more strand in the tapestry, partners with the students and families and generations before us that are very much with us still, on the graduation stage, but also in the clinic room, at the bedside, in the emergency rooms and operating rooms of a thousand hospitals and a thousand towns, hoping to bring it all to bear for a single patient in a single moment of time, for that is the privilege we have been given.
Research awards were presented by Dr. John Higginbotham (second from left) to Stephanie Morgan, MD, Amit Shah, MD, and Paul Tabereaux, MD. Rusty Bedsole, a December graduate who was not present, also received a research award.

RESIDENCY TRAINING - CLASS of 2001

CCHSSenior
Russell L. Bedsole
Angela L. Clifton
R. Greg Daniel
Anne B. Davis
Kelli I. Folgman
T. Lanier Hoggood
Thomas D. Holt
John B. Jams
Carrie S. Knight
P. Drake Lavender, Jr.
Stephanie M. Morgan
Amit K. Shah
Elizabeth R. Smith
Paul B. Tabereaux
Darlene H. Traffanstedt

Residency Program
University of Cincinnati Hospital, Cincinnati, OH
East Jefferson General Hospital, Metairie, LA
Pitt County Memorial Hospital, ECUSOM, Greenville, NC
University of Alabama Medical Center, Birmingham, AL
Carraway Methodist Medical Center, Birmingham, AL
Earl K. Long Memorial Hospital, Baton Rouge, LA
Huntsville Family Medicine, Huntsville, AL
Vanderbilt University Medical Center, Nashville, TN
St. Vincent Hospital & Health Care Center, Indianapolis, IN
University of Louisville School of Medicine, Louisville, KY
Tuscaloosa Family Practice, Tuscaloosa, AL
Tuscaloosa Family Practice, Tuscaloosa, AL
Mayo Graduate School of Medicine-Florida, Jacksonville, FL
University of Louisville School of Medicine, Louisville, KY
Yale-New Haven Hospital, New Haven, CT
Baptist Health System, Birmingham, AL

Specialty
Internal Medicine
Family Medicine
Med-Peds
Internal Medicine
Internal Medicine
Internal Medicine
Internal Medicine
Pathology
Transitional
Family Medicine
Family Medicine
Internal Medicine
Family Medicine
Radiation Oncology
Pediatrics
Internal Medicine
Internal Medicine

Stephanie Morgan, MD, received the Family Medicine Award from Dr. Laura Satcher. Dr. Morgan also won a research award.
Rural Conference... (Continued from p.1)

Dr. Higginbotham reminded listeners of the nursery rhyme “Humpty Dumpty,” emphasizing that nobody asked Humpty himself how to put him back together. The analogy to rural health, he said, was that rural constituencies must be involved in research to solve problems. He then announced establishment of the Institute for Rural Health Research at The University of Alabama, formed as a new collaborative approach to rural health research.

Warren McCord, PhD, State Extension Service Leader, described the elaborate and complex interrelationship of economic development, health care, and community development. Dr. McCord emphasized the economic value of health care to a community, especially in recruiting industry and in the multiplier effect of health care dollars. Health care is essential infrastructure for economic development.

Earl Fox, MD, the keynote speaker, outlined some of the ways in which we do not fully utilize the current infrastructure (i.e., federal programs and grants) and gave examples of how Alabama does not take full advantage of the opportunities for local flexibility in federal programs and how health providers do not always exploit the power of information.

Free choice topic tables at lunch and breakout discussion sessions provided opportunity for networking and recording the varying perceptions and factors which should be considered as communities make decisions about addressing rural health issues. The results of these sessions are listed under the heading “Achievements.”

In closing remarks Dr. Curry said the “take home” message was “There is more to health care than doctors and more to healthy communities than health care.” Dean Curry hopes that involving local leaders as well as health providers will lead to more productive discussions and begin to have an impact on public policy and private sector contributions.

This year’s Rural Health Conference is the second in an annual series of collaborative interdisciplinary discussions of rural health. “The conferences are an example of democracy at work,” says Robert McKenzie, PhD, of the Kettering Foundation.

Kettering helped to sponsor the annual conferences and related community roundtables; and Dr. McKenzie helped to design the discussion group format to allow issues to be “named and framed.”

“An effort of this sort needs a multi-year strategy, not a one-event emphasis,” said McKenzie. “The nature of the annual conference emphasizes learning together, building from one year to the next, not simply sharing current best practices.” He also commended the interdisciplinary efforts at UA which seek to “develop health-related projects in local communities with citizens, not for them or to them.”

The Second Annual Rural Health Conference, held at UA in April, continued the dialogue about health needs and solutions in rural Alabama. Participating in discussion groups (like the one pictured), rural residents, community leaders, county extension agents, clergy, doctors, nurses, hospital administrators, researchers, educators, and representatives of state agencies, professional associations, and health organizations shared their perspectives on health priorities. The problems and related issues were listed by each group in the process to jointly “name and frame” the issues. The compilation of all groups’ ideas will form the basis for next year’s conference agenda.

Rural Health Conference
Mission Statement
Using the combined strength of individual commitment, community support, scientific knowledge, professional skill, and informed public policy this conference seeks to facilitate collaboration that leads to the highest attainable standard of health (physical, mental, and social well-being) for those who live, work, or play in rural Alabama.

Third Annual Rural Health Conference
April 25 & 26, 2002

If you would like to be a part of the Third Annual Rural Health Conference, we welcome your assistance.

- Mark your calendar for April 25 & 26, 2002.
- Tell others about the conference.
- Tell us about people who should be getting Conference announcements.
- Join one of several committees charged with different tasks necessary for planning the conference.

Contact: Dr. John Higginbotham
irhr@cchs.ua.edu (205) 348-0925
Box 370326, Tuscaloosa, AL 35487-0326

Exhibits and computer technology enhanced information-sharing at the conference. Above: Graduate student Sonya Wilder at the Rural Medical Scholar display. Right: Dr. Julia Hartman and Bettina Schmidt from the Institute for Rural Health Research provided computer presentations to assist speakers and displayed digital pictures taken during the conference.

Rural Health Conference
Achievements
(The results of breakout sessions)

Each discussion group chose one of the three issue categories from last year’s conference and listed factors that need to be addressed.

Problem Possibility One: Rural health is a matter of personal choice; therefore, individuals need to make better decision about lifestyle choices. Selected by two breakout groups, who listed these challenges to overcome:

- Programs do not have the governmental support needed to be effective.
- The delivery system needs to be expanded through use of individual mentors and community networks, such as faith-based organizations.
- Service providers must achieve greater understanding of how individuals in rural communities make lifestyle choices.

Problem Possibility Two: Rural health is a matter of providing quality health care; therefore, health care providers (individuals and institutions) need to exercise leadership in developing a health care system that better serves individuals, families, and communities. Selected by six breakout groups, which suggested essentially three approaches:

- Increase the number of providers. The existing system will do the job if it has enough resources.
- Develop inclusive approaches. The existing system does not emphasize the proper points. Health care for rural areas must be consumer-centered, prevention-focused, and interdisciplinary.
- Redefine health and healthcare.

Problem Possibility Three: Rural health is a matter of how effectively a community functions; therefore, communities need to build and develop infrastructure to foster healthy conditions. Selected by seven breakout groups who saw basically three priorities:

- Money. We need smart leaders who can identify needs, establish priorities, and secure funds.
- Lack of motivation. We need more people who will become active in advancing the community.
- Lack of trust. People do not trust one another to overcome obstacles that keep efforts divided and ineffectual.
Students Hold "Brown Bag" Event in Greensboro

Two Auburn University PharmD students, Jaime Anderson and Amber Meadors, spent a portion of their training rotation in Primary Care in Hale County, Alabama, with their preceptor, Miranda Andrus, PharmD in the CCHS Department of Community and Rural Medicine. (Dr. Andrus has a joint faculty appointment at Auburn and CCHS.)

As part of an interdisciplinary activity, the students addressed hypertension and diabetes, health concerns in the county through a community project. Hyperlipidemia and poor nutrition were also problems, said Dr. Andrus, who serves as Interdisciplinary Education Coordinator for the Rural Alabama Area Health Education Center (AHEC), which is housed in Community and Rural Medicine.

Many patients treated at a mobile health clinic set up by HERO (Hale Empowerment and Revitalization Organization) did not know what medications they were taking or why they were taking them. The students decided to address these major issues in a Medication Brown Bag Day involving students from different disciplines.

Greensboro Baptist Church hosted the Medication Brown Bag Day on February 26, 2001, attended by approximately 25 members of the senior YES Group (Young Energetic Seniors). Pharmacy, medical, and nutrition students and two pharmacists set up booths in the fellowship hall for checking blood pressure, blood glucose, and medications and offering nutrition counseling. Auburn pharmacy students Jamie Anderson, Cynthia Bean, Patrick Markum, Amber Meadors, and Jamie Reid; UA graduate nutrition students Stephanie Gayle and Jessica Mack; UASOM Tuscaloosa medical student Joseph Tubbs; along with pharmacists Amy Donaldson and Dr. Andrus staffed the health promotion event.

Patients were asked to bring their medicines so that a pharmacy student could look over them and answer any questions. The students also documented the medications using the "Vials of Life" form for easier access by other health care professionals.

Nutrition graduate students talked with patients about managing hypertension, diabetes, hyperlipidemia, and maintaining a healthy diet. Seniors attending also had their blood pressure levels and glucose readings recorded for their future reference when they see their doctors. Most participants screened had no abnormal findings, but students identified three participants with blood pressure readings that required immediate medical attention. Several participants had questions concerning their medications.

Pfizer Pharmaceuticals provided lunch for the event—baked chicken marinated in fat-free Italian dressing, green beans flavored with onion and bell pepper, salad, a roll, and fresh fruit—and a nutrition student talked about why the meal was healthy and how to make healthy choices without sacrificing taste. Attendees received pamphlets on hypertension, diabetes, hyperlipidemia, and diet and a "goody bag" with a cup, pen, pencil, 911 magnet, and candy.

"The patients enjoyed the event and appreciated the information," said AHEC Program Coordinator, Melissa Cox. "The students enjoyed interacting with the patients and with students from other disciplines."

Dr. Andrus said the students "did a wonderful job coordinating the event and the collaborative efforts of several disciplines."

The Rural Alabama AHEC will continue to coordinate and expand similar activities to promote interdisciplinary education," said Cox. "The community benefits from the expertise of healthcare professional student volunteers and students get interdisciplinary experience in the community setting."
Blum Speaks at Tulane

Dr. Alan Blum, who holds the Gerald Wallace Endowed Chair in Family Medicine at CHCS, gave the commencement address at Tulane University School of Medicine on May 19. He was invited to speak in recognition of his work in establishing the health promotion organization DOC (Doctors Ought to Care) and in promoting CHCS, a major provider of many other medical schools and family medicine residency programs. Through DOC, thousands of students, residents, and practicing physicians have become active health educators in the clinic, classroom, and community. He is also a graduate speaker for UAB family medicine residency graduates.

Taylor Named Pediatrics Chair

Michael A. Taylor, MD, FAAP, Associate Professor, has been named Chair of Pediatrics at CCHS. In addition, he is the Assistant to the Dean for Information Technology and Medical Director of The University of Alabama’s ADHD Clinic (multi-specialty clinic for evaluation and management of attention deficit hyperactivity disorder). He is an adjunct associate professor psychology. Dr. Taylor is Medical Director of the West Alabama Child Medical Evaluation Team (for child abuse evaluation) and he has performed medical-legal evaluations of potentially abused children since 1981. He is a founding president and current treasurer of the Alabama Professional Society for the Abuse of Children (ALSPAC) and he serves on the Board of Directors for the Tuscaloosa Children’s Center (a child advocacy center).

Dr. Taylor graduated from the University of Louisville School of Medicine (1976) and finished his pediatric residency at Children’s Hospital of Alabama in 1979. Board-certified in Pediatrics, his special interests, research, and publications are in child abuse medical evaluations and ADHD management. He is a member of the Board of Directors for the Lister Hill Society, the annual fund for the college. Dr. Taylor serves as a member of the Committee on Social Issues of the Executive Committee, Alabama Chapter of the American Academy of Pediatrics.

Peds Gets Awards, New Faces

The Department of Pediatrics won the Argus Award from UASOM medical students for Best Tuscaloosa Clinical Rotation for MS3 students. Ashley Evans, MD, won the Argus Society Award from UASOM medical students for Best Clinical Instructor and=
Kuhajda Joins Faculty

Melissa Carter Kuhajda, PhD, has joined the Psychiatry faculty at Capstone Medical Center. Dr. Kuhajda (pronounced Koo-hi-da) directs the psychosocial rounds for CCHS family medicine residents and supervises first year residents during family medicine clinics. She divides her time between Capstone and UAB where she is a Special Projects Manager and Staff Psychologist at the Center for Health Promotion in the School of Public Health, with additional responsibilities in the Behavioral Medicine Unit, Division of Preventive Medicine, School of Medicine. She coordinates aspects of research projects focusing on health promotion and disease prevention: “Peer Support Intervention for CVD Risk Among African-American Women,” “Adaptation and Evaluation of a Community Health Advisor Program to Prevent Racial Disparities through Secondary Prevention,” and “Heart Support Intervention to Reduce Risk for Cancer and Cardiovascular Disease in African American Families.” She provides psychopharmacology to patients with heart disease and depression.

A licensed psychologist in the State of Alabama, Dr. Kuhajda earned her M.A. and PhD in clinical psychology from The University of Alabama. The focus of her graduate research has been the relationship between pain and memory, and she earned the 2000 Most Outstanding Dissertation Award from the University of Alabama Psychology Department. In 1997, Dr. Kuhajda received the Distinguished Clinical Service Award from The University of Alabama Psychology Department and the Dr. C. J. Rosecrans, Jr. Research Award from the Alabama Psychological Association as well as the Most Outstanding Poster Presentation at the Alabama Psychological Association annual meeting.

She graduated magna cum laude from Illinois State University in 1983 with a degree in Special Education and earned a master’s degree in Religious Studies at Loyola University in Chicago. She has ten years of experience teaching deaf and hard-of-hearing children and adults in public and private school systems. She worked with state-wide parent-infant-preschool special education programs, taught hearing impaired high school students, and was a sign language instructor for classes in adult education programs at Illinois State University and at The University of Alabama. Last year, as Postdoctoral Fellow at the UA School of Medicine in Birmingham, she was a psychotherapist for a multi-site research study, ENRICHED, Enhancing Recovery in patients with Coronary Heart Disease, and received specialized training and super-vision from Beck Institute in Philadelphia. She has also been involved in training community health advisors in Alabama Black Belt counties and revised Heart Disease & Stroke module, Women’s Wellness Sourcebook.

Her psychology internship at University of Alabama in Birmingham, she was a co-presenter at the 2000 Community Prevention Research in Women’s Health Conference, National Institute on Aging, Bethesda, MD, on Peer Support for Cardiovascular Risk Among African-American Women, Aged 40 and Older.

Notes from Alums

David Parrish, MS, MD, FAAP, member of the University of Alabama School of Medicine Class of 1981 at CCHS, was recently promoted to Clinical Associate Professor, University of South Florida College of Medicine. Dr. Parrish is Associate Director of the Bayfront Family Practice Residency and Chief of Medical Staff at Bayfront Medical Center. He completed his residency in 1984 at Naval Hospital Pensacola and is the US Navy Surgeon General’s Specialty Leader for Family Practice. He holds the rank of Captain in the U.S. Navy Reserves and is presently Commanding Officer of Naval Reserve Hospital Jacksonville. He was awarded a Meritorious Service Medal in September, 1999 for work as Director of Health Services Readiness Command Region Eight, Jacksonville, Florida. He is also Board Certified in Sports Medicine.

Dr. Parrish has been elected to the Board of Directors of Florida Academy of Family Physicians and serves on the Board of Governors of the Pinellas County Medical Society. He will speak on Osteoporosis in Atlanta this year at the Annual AAFP Convention. He is lead author of “Exercise Testing in Special Situations” in Primary Care 28:199-208, 2001.

Please send personal or professional news for “Notes from Alums” to Linda Jackson, editor, OnRounds. Use form (p. 8) or e-mail: Jackson@cchs.ua.edu

Send your graduation date (med, MS, MD, F) and phone number so we can contact you personally or professional news for “Notes from Alums” to Linda Jackson, editor, OnRounds. Use form (p. 8) or e-mail: Jackson@cchs.ua.edu.

CCHS Receives NEH Funds

Expert Panel Gives Advice for Initiating New UA Center for the Study of Tobacco and Society

The National Endowment for the Humanities provided a Consultant Grant to The University of Alabama Center for the Study of Tobacco and Society. Consulting experts have met twice to advise Dr. Alan Blum and his assistant Bethany Galbraith as they plan for setting up the Center, which includes the largest collection of tobacco-related materials in the world. Shown here in November of last year, the planning group included: (L-R) Eric Solden, Special Consultant to the Tobacco Archive; Judy Hamilton, Museum Collection Registrar, Alabama Museum of Natural History; Dr. Blum, M.D. (front Director, The University of Alabama Center for the Study of Tobacco and Society at CCHS; Suzanne Weloff, (on the top step), Editor-in-Chief, Alabama Heritage Magazine, UA; Toby Graham, (above Dr. Blum in white shirt and tie), Head of Special Collections, McCrain Library & Archive, University of Southern Mississippi; Steven Turner, Gunn Educational Resource Center, University of Southern Mississippi; Bethany Galbraith (top row), Coordinator, UA Center for the Study of Tobacco and Society; Steven MacCall, PhD, School of Library & Information Sciences at UA and web-based information expert; Keith Jacob, (full man in back) Curator of Human Osteology, Alabama Museum of Natural History; Benjamin Rapport (very front, right), Owner, Antiquarian Tobacciana; and Eugene Umbreheiser (upper right, with his hand on the rail), Interim Director of the Neville Public Museum, Green Bay, Wisconsin.

Initial planning meetings were successful, and Center officials are in the next step of the NEH grant process—submitting a planning grant to NEH.
Doc Hollywood Author is Convocation Speaker

Neil Shulman, MD, author of Doc Hollywood, which was made into a movie starring Michael J. Fox, imparted his own brand of wisdom and humor to a full house at Honors Convocation.

Below: He called former Dean Wilmer Coggins, Lister Hill Society Board President Tommy Hester, and UASOM Admissions Director George Hand to the podium for an impromptu funny face contest and awarded each a book he had written as a consolation prize. Then he called on Dean Curry to help him with a skit on Otis the Otoscope.

Below right: Dean Curry greets Dr. Shulman as Senior Class President Kelli Folgman looks on. Dr. Folgman, who arranged Dr. Shulman’s visit, introduced him. Dr. Shulman spent the afternoon before the Honors Convocation dinner entertaining children in the hospital at DCH.

Dr. George Hand, who won a copy of Dr. Shulman’s What’s in a Doctor’s Bag for his performance in the make-a-face competition (above), waits to get it autographed.

Far right: Dr. Shulman autographs his semi-autobiographical book, Finally...I’m a Doctor, for new MD, Angela Clinton.

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