

Message from the Director

As a new year is upon us, we at the University of Kentucky College of Medicine, Division of Community Medicine, want to wish every one of our members, partners, and colleagues a safe and prosperous year that is full of happiness and health.

Recently, our country swore in a new U.S. President and, as with any new administration, it will lead to changes throughout our great nation, including ones that will most likely impact our healthcare system. This past election year was tumultuous at best, creating a sense of division in a country that promulgates itself on inclusiveness.. What is important at this very moment is to detach from the chaos and take a second to pause and reflect. We must remember that it is the very right to express our views and opinions (in a safe and nonviolent manner) that unites us – making us One Community.

Our **Community** is based on a **Common Unity**. Our Unity is what binds us together as a people that serve one another. Community Medicine is the practice of medicine that considers the unique characteristics and factors of an individual in the context of their community and the impact it has on the individual's health. This is the practice of "inclusiveness" in medicine. We need to challenge ourselves to listen to patients without preconceived assumptions. More importantly, we need to treat and respect our patients based on their personal beliefs and cultures. That is when we are a CommUNITY.



Roberto Cardarelli, DO, MHA, MPH, FAFAP
Director, KAN
Professor and Chief of Community Medicine
of Community Medicine



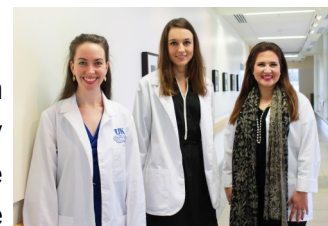
Winter in Kentucky

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The MD/MPH Program

The University of Kentucky College of Medicine MD/MPH program (supported by the Department of Family Medicine's Division of Community Medicine) is a 5-year dual degree program designed to develop the future clinician and public health leader obtain high-quality clinical skills, become experts in health-related research, and gain analytical skills and health system knowledge. Students who wish to develop a strong understanding of population health, its influences, and how this integrates into their future clinical career can obtain an MD/MPH degree at UK now in just 5 years. Division of Community Medicine and College of Medicine/ Public Health faculty serve as advisors and mentors to MD/MPH students. Here is what some current students have to say about the program:



"Earning an MPH will give me a more comprehensive understanding of the healthcare system within which I operate, a more profound knowledge of health disparities, and an ability to contextualize my work in terms of preventive and population-based health." **Ali Hall, 3rd year MD/MPH Student**

"Becoming an MD/MPH equips me with unique and powerful tools for research, health management, health policy, and improving the health of more than just the patient sitting in front of me. It not only sets me apart as an applicant for residency, but also gives me the ability to help more, do more, and bring more to the table as a physician." **Sarah Covey, 3rd year MD/MPH Student**

UK College of Medicine Regional Campus Expansion (by Linda Asher)

Work is underway on the UK College of Medicine Regional Campus Expansion initiative. Eight Regional Campus Expansion subcommittees were established to define the needs and design of regional campuses. These subcommittees included more than 80 UK faculty and staff along with representatives from the Medical Center of Bowling Green, Western Kentucky University, St. Claire Regional Medical Center and Morehead State University. In mid-October, a visiting dean with experience in developing regional campuses met with the subcommittees to provide advice and feedback. His recommendations validated the work conducted by the subcommittees and leadership.

In October 2016, we moved from the planning, design and development phase of this strategic initiative to implementation phase, including the sequential deployment of our regional campus sites (Bowling Green Campus/August 2018 and Morehead Campus/August 2019). The UK COM–BG campus will be a 4 year UK COM medical campus with the same curriculum (identical in educational content, learning objectives, assessments, etc.). A governance structure to support this initiative has been established. The primary purpose of this committee is to provide overall implementation oversight and guidance to the Joint Operational Work Groups, review and assess recommendations of the Joint Operational Work Groups, and manage and prioritize the execution of the implementation plan. The Joint Implementation Committee is accountable for the work groups and report back to the Joint Executive Oversight Committee. The Work Groups are building admissions processes, the curriculum, faculty appointment processes, facilities and classroom space, and all aspects of medical student life, to be ready in 2018.



KAN Member Spotlight

Dr. Larry Oteham has been a KAN member since 2015. Larry has been an enthusiastic KAN member since he was first introduced to KAN through another KAN member (John Rehmeier, the former Executive Director of the Appalachian Osteopathic Postgraduate Training Institute Consortium (A-OPTIC)). Dr. Oteham spent 10 years in St. Louis, where he completed his residency at Des Peres Hospital, and then practiced family medicine in suburban St. Louis. In 2011, he made his way to Pikeville, Kentucky to teach and precept at the University of Pikeville Kentucky College of Osteopathic Medicine Residency program. In 2013, the need for more Osteopathic Residency training sites in Kentucky became apparent, so Dr. Oteham moved to Somerset and opened his current practice (Lake Cumberland Medical Associates), which is now a Residency training site for osteopathic students. Dr. Oteham is currently the Director of Medical Education, and the Family Medicine Residency Program Director at Lake Cumberland Medical Associates.



Dr. Oteham sees diabetes, smoking, and obesity as the greatest health related issues in his patient population that could benefit from research. He is currently most interested in researching diabetic retinopathy because he believes that with the high prevalence of diabetes in our state, a huge impact could be made on decreasing loss of sight due to diabetes.

When asked about the role of KAN in meeting the research goals of physicians like himself, Dr. Oteham stated *"When I think about KAN, I think about the statistic I was once told regarding the number of years it takes for a research finding to become part of routine clinical practice (17 years). Rather than conducting research solely in a University setting, KAN helps clinics in our communities make educated practice changes which intend to benefit our patients and communities. These methods of change are researched to determine their effectiveness, and the results are reported back to the participating clinics. With this community-based research approach, we can be confident that research results are relevant to primary care practice in the community setting. KAN has a financial impact on our communities too, funding and supporting new jobs through grant awards."*

KAN Member Clinic Visits

Jennifer Schilling, our KAN Coordinator, continues to travel the state visiting member clinics across Kentucky. The purpose of these brief visits with practice managers and/or practice providers is to touch base with members, to assess their interests and needs, and to share the latest [free resources](#) created for our members and colleagues. If you have not received a visit from Jennifer, expect to be contacted about scheduling one soon. Feel free to reach out to Jennifer to get your clinic on the schedule at: KAN@uky.edu.

If you know of a colleague who may be interested in being a KAN member, please invite them to [join](#), and forward them this Newsletter!

Kentucky **TERMINATE** LUNG CANCER

A Terminate Lung Cancer (TLC) manuscript was published in *Cancer Epidemiology* in January 2017. Congratulations to the TLC team, and authors: Roberto Cardarelli, David Reese, Karen L. Roper, Kathryn Cardarelli, Frances J. Feltner, Jamie L. Studts, Jennifer R. Knight, Debra Armstrong, Anthony Weaver, Dana Shaffer.

ABSTRACT

For low dose CT lung cancer screening to be effective in curbing disease mortality, efforts are needed to overcome barriers to awareness and facilitate uptake of the current evidence-based screening guidelines. A sequential mixed-methods approach was employed to design a screening campaign utilizing messages developed from community focus groups, followed by implementation of the outreach campaign intervention in two high-risk Kentucky regions. This study reports on rates of awareness and screening in intervention regions, as compared to a control region.



Dr. Elder and CAIPEC Featured on Kentucky Educational Television (KET)

KET's show, Health Three60, recently aired an ongoing initiative entitled *Inside Opioid Addiction: Examining the Epidemic*. Dr. Elder (psychology) sat on a panel with Dr. Murphy (medicine) and Dr. Garvey (physical therapy) and discussed the scope of pain management within the U.S. health care system, best practices for managing chronic pain, understanding the struggles of patients with chronic pain, and non-prescription treatments for chronic pain. Dr. Elder spoke about the mission, structure, and enduring online education materials of the Central Appalachia Inter Professional Pain Education Collaborative.

To view the article and a recording of the broadcast, visit: <http://www.ket.org/health/pain-management-without-addiction/>.



INSIDE **opioid** ADDICTION

Join our patient-centered team in the **Department of Family and Community Medicine** at the state's flagship institution, the **University of Kentucky**. Our faculty enjoy a culture where work-life balance results in job satisfaction. It is surrounded by picturesque landscapes, tranquil horse farms, and is close to several of Kentucky's 49 state parks. These features, plus Kentucky's incredible natural beauty and low cost of living provide a lifestyle to meet anyone's interests.

All of our open positions involve teaching medical students and/or residents. Faculty physicians have the opportunity to practice medicine that fulfills their personal interests. Flexible positions are available that include opportunities for research, inpatient medicine, and obstetrics. We are committed to developing each of our faculty members so they can achieve their personal career goals and move up the ranks through promotion. Faculty are supported through mentorship, enterprise resources, and being part of one of the largest healthcare systems in the state, UK HealthCare. We offer competitive salaries and outstanding benefits, including a very generous retirement contribution plan, college tuition reimbursement for dependents, excellent healthcare and dental coverage, disability and life insurance, plus paid CME and vacation.

Please call us at 859-323-5988 or email
DFCMjobs@uky.edu for more information.

Kevin A. Pearce, MD, MPH
Professor and Chairman



DCM Summer Research Fellowship (CM-SRF)

Last summer, the DCM inaugurated a new summer research fellowship program to encourage current first-year medical students to engage in research and scholarship under the direction of a department faculty member.

We want to encourage other mentors and their students at UK to take advantage of the CM-SRF opportunity, using the \$1500 student stipend it offers to promote work in their areas of interest in community/primary care-based research! Find application information for the 8-week program within our landing page at <https://familymedicine.med.uky.edu/fm-research>

A lot can be accomplished in a few short summer weeks! Our 2016 recipient Erica Schuster, working under the guidance of her mentor Dr. Lars Peterson, presented her results at the North American Primary Care Research Group annual meeting in Colorado Springs this past November. The abstract of her work, titled "*Residency Characteristics Associated with Population Health Management Preparedness*," is also available at the link above.

In Memory of Drema Rucker, MD

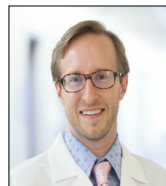
The Kentucky Ambulatory Network mourns the death of Dr. Drema Rucker, one of our members this past December. Dr. Rucker practiced family medicine at St. Claire Regional (SCR)'s Frenchburg clinic. She started serving the region at the Morehead Clinic in 2003, and continued to serve there as it became part of SCR in January of 2011. In 2012, she began serving as a family provider for the St. Claire Regional Family Medicine location in Frenchburg. *"Dr. Rucker was a great physician and leader,"* says Mark J. Neff, President/CEO of SCR. *"She will be terribly missed by all who knew her. On behalf of everyone at SCR, we extend our prayers and deepest condolences to her family and friends, and the many patients and colleagues whose lives she touched."*



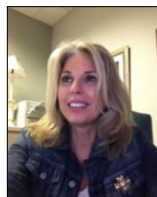
Do you have a clinical or practice related question?

Do you have a question regarding clinical or health/disease related issues? Or do you have a question based on experiences in your medical practice? We want to hear from YOU about the issues you see and experience in your primary care practice. We may be able to help you find an answer, or perhaps even turn your question into a research project. Fill out this 5 question online survey [here](#), or email KAN@uky.edu.

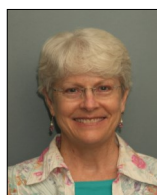
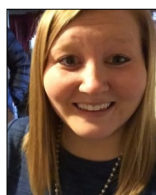
UK Division of Community Medicine Team:



Faculty: Roberto Cardarelli, DO, MHA, MPH;
Mary Sheppard, MD; Carol Hustedde, PhD
James Keck, MD, MPH;



Staff: Karen Roper, PhD; Linda Asher; Jennifer Schilling, MPH;
Sarah Weatherford, MSc; Ashley Gibson, MS



Administrative Support: Madeline Slimack, Jackie King

Get Engaged with KAN and the Division of Community Medicine

We often hear the question, “We are primary care, why should we be involved with research?” Our responses are always the same, “Because if we don’t do it, no one will create the knowledge and evidence we need to practice the medicine our patients and communities expect and deserve from us.”

Primary care providers have a vital role in advancing the knowledge of our professions. Practice-based research groups grew from the realization that much of the research that is done in tertiary medical centers has little applicability to the practice of outpatient and ambulatory medicine. KAN invites all its members to participate in research that will have little hindrance to, and may even benefit you in your daily practice. **We welcome your ideas and engagement with the numerous resources and opportunities that we offer!**

Community. Medicine. Research.

KAN/Department of Family & Community Medicine
2195 Harrodsburg Rd.
Lexington, KY 40504

Contact Us

Give us a call for more information about our program and research.

KAN/Division of Community Medicine

2195 Harrodsburg Rd.
Lexington, KY 40504

(859) 323-6713

KAN@uky.edu

Visit us on the web at
www.familymedicine.med.uky.edu/family-medicine-about-division-community-medicine

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