



June/July 2023



FAMILY MEDICINE NEWSLETTER

CHAIR'S MESSAGE



Wow what a newsletter! This is a longer edition as it is a combined June and July and is packed full of information. It was so great to come out to each of your sites and have a chance to visit with many of you. I am inspired by all the activities taking place across the system to improve the care of our patients. The week of visiting was capped off by an excellent UPMC FM Scholarship Day. We saw and heard about some amazing projects!!! We are excited to welcome our new residents and we wish congratulations to all our graduates. We look forward to seeing your accomplishments. Please be sure to give us your future contact information so we can keep you updated with our alumni connection.

"Every moment is a fresh beginning." — T.S. Eliot

Dr. Conti

RESIDENT SPOTLIGHT



Hannah Gross, DO
PGY-1, Shadyside

- **Residency program:** Shadyside
- **Residency activities:** Osteopathic Recognition track, Shadyside Shout Outs co-leader
- **Best part of your job:** The camaraderie with my co-residents, learning about patients' lives, and making decisions with them as a team.
- **Hometown:** Pittsburgh, PA
- **Favorite restaurant:** Storming Crab
- **Favorite thing to do in Pittsburgh:** I love to try new restaurants in Pittsburgh. I also enjoy getting to experience the seasons here: the pumpkin patches in the fall, Light Up Night in the winter, and seeing the city transition to spring and summer is something very beautiful about getting to live and work here
- **Pirates, Penguins, or Steelers:** Pirates! Nachos and the view of the city from the baseball stadium any day!

STAFF SPOTLIGHT



Jonathan Steele
Primary Care
Precision Medicine

- **Work location:** Primary Care Precision Medicine
- **Position title:** Office Manager
- **Favorite part of your job:** Providing a new service for patients that haven't found answers in their current healthcare
- **What you're working on now:** Hiring additional providers and staff to increase patient access and manage the influx of referrals
- **Hometown:** Aliquippa, PA
- **Favorite thing to do in Pittsburgh:** Try a new restaurant with my dad every month
- **Pirates, Penguins, or Steelers:** Penguins!!!

FACULTY SPOTLIGHT



Stella Winters, MD
Faculty, St. Margaret

- **Residency program:** St. Margaret
- **Residency responsibilities:** Director of Global Health Education, Director of POCUS Area of Concentration
- **Current projects/initiatives:** Roots of Health Community Health Worker Training Program Evaluation; research in conjunction with Children's Hospital of Philadelphia "Vaccine Knowledge, Resources, and Behavior of College/University Students during the COVID-19 Pandemic"; completing the Generalist Certification through POCUS Academy; filming for the [St. Margaret Files](#)
- **Best part of your job:** Making a positive impact on resident education
- **Hometown:** Rio Grande City, Texas
- **Favorite restaurant:** My kitchen
- **Favorite thing to do in Pittsburgh:** Discovering new trails to hike or jog
- **Pirates, Penguins, or Steelers:** All of the above!



REMINDERS



August 16, 12:15 pm – 1:00 pm: FM Grand Rounds: Emmanuelle Yecies “A Guide to Tackling Sexual Harassment & Microaggressions in Medical Training”



SCHOLARLY ACTIVITY

May was filled with events showcasing our scholarly work! Altoona hosted the annual Family Medicine Scholarship Day and we were well represented at the Society of Teachers of Family Medicine Annual Conference!

First Place Podium:

Bradley Hodapp, Jennifer Mall, Rachana Purohit, Matthew Tofani, James Liszewski
Meet BRAD: optimizing inpatient physical therapy consultations



First Place Poster:

Habib Rahman, Greg Castelli, Aaron Pickering, Frank D’Amico
Outpatient antibiotic appropriateness after emergency department visits within a family health center

Second Place Poster:

Stella Winters, Julia Zheng, Rachel Weber
Perception of Somali community health worker efficacy at improving care in a Somali refugee patient population

Second Place Podium:

Courtney Goettel, Frank D’Amico, Gretchen Shelesky
Lights, camera, teach! Enhancing virtual medical education

Third Place Poster:

Raffi Keradman, Kaitlin Plummer, Michael Yurkewicz, Daniel Kambic
Syphilis: cause for rectal bleeding? A case report



EDUCATION UPDATE



The Williamsport residency program received accreditation for a new Rural Residency Program!

Two residents per year will join the program – led by Dr. John Boll (Williamsport Associate Program Director) – in July 2024.

Residents will spend their first year at UPMC Williamsport and the remaining two years at either UPMC Wellsboro or UPMC Cole in North Central PA.

From 2005 through 2015, the number of U.S. residents grew by 22%, according to RuralGME.org. But while urban areas added 23,000 new residency positions, rural areas added just 419. That means only 1% of residents train in areas where 20% of the U.S. population lives.

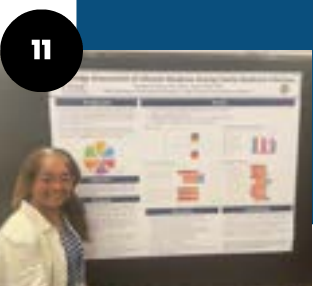
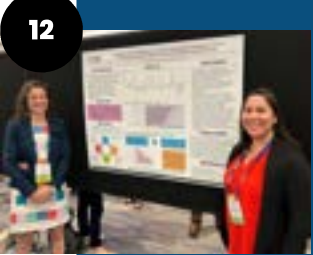
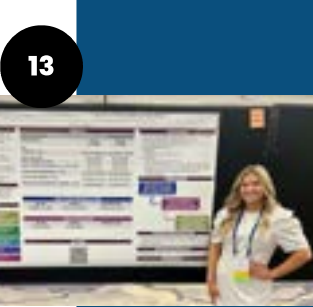
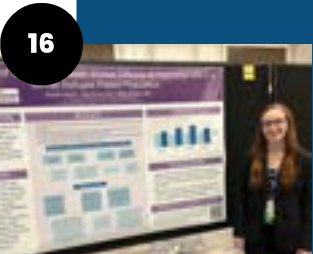


Pitt School of Medicine has a brand-new building! Opening day was kicked off with Dermatology Day, produced by the Department of Family Medicine. Dr. Robin Maier and Patti Zahnhausen organized the annual event. Faculty volunteers included:

- Stacy Bartlett (Sq Hill, Shadyside)
- Winfred Frazier (St. Margaret)
- Courtney Goettel (St. Margaret)
- John Maier (Department)
- Mark Meyer (Shadyside)
- Heather Mikes (McKeesport)
- Karen Moyer (St. Margaret)
- Grant Phillips (Altoona)
- Gretchen Sheleskey (St. Margaret)
- Stella Winters (St. Margaret)
- Yaqin Xia (Sq Hill)
- Jonathan Yadlosky (Theiss)

WELLNESS TIP

The April issue of *Family Medicine* outlines several breathing techniques that can be used for yourself or your patients (including Ted Lasso’s 4-7-8 method)



1) Elisabeth Marker, PharmD (FDF*) staffing the FDF table

2) Grace Kim, PharmD (FDF), Lindsay Nakaishi, MD (FDF alum, St. Margaret), Stacy Bartlett, MD (FDF alum, Sq. Hill, Shadyside), Courtney Goettel, MD (FDF), Oanh Truong, MD (FDF): *Through the Anti-racism Lens: Updating the Medical Education Prescription*

3) Madison Abbs, PharmD (FDF): *Impact of home gabapentinoid continuation on the use of opioid analgesics during admission at a community teaching hospital*

4) Courtney Goettel, MD (FDF): *Lights, Camera, Teach! Enhancing Virtual Medical Education*

5) Allie Taylor, PharmD (FDF alum, St. Margaret): *Hep C Ya Later! Implementing Hepatitis C Services at Your Residency Clinic*

6) Joseph Rizkalla, PharmD (FDF): *Optimization of GLP-1 agonist through a Population Health Curriculum at a Family Medicine Residency Program*

7) Oanh Truong, MD (FDF): *Impact of COVID-19 on the Prenatal Population of Rural Honduras*

8) Habibur Rahman, PharmD (FDF): *Outpatient Antibiotic Appropriateness after Emergency Department Visits*

9) Paul Larson, MD; Suzie Skef, MD; Gretchen Sheleskey, MD (FDF Director, St. Margaret); Greg Jaffe, MD; Sukanya Srinivasan, MD (McKeesport) [all FDF alum]

10) Drake Meaney, PharmD, Habibur Rahman, PharmD, Abigail Reigh, PharmD, Lauren Sittard, PharmD, Arianna Sprando, PharmD [all FDF]: *Breaking the Mold with Breaking the Ice*

11) Sukanya Srinivasan, MD (McKeesport): *Knowledge Assessment of Lifestyle Medicine Among Family Medicine Clinicians*

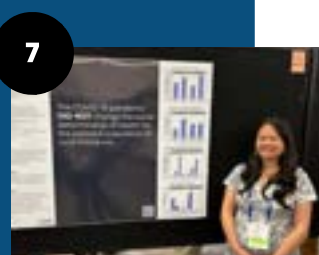
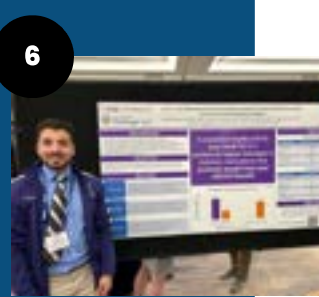
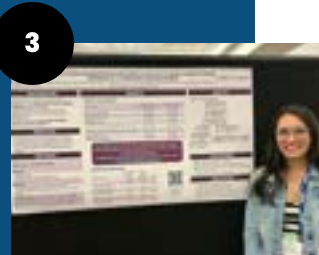
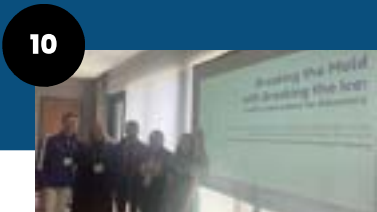
12) Bitsy Ferro, MD (Shadyside), Lindsay Nakaishi, MD (St. Margaret): *Assessing Patient Experiences at an Urban Family Medicine Residency Clinic to Understand and Address Barriers to Accessing Mental Health Resources*

13) Taylor Thompson, PharmD (FDF): *Evaluation of Enoxaparin for Venous Thromboembolism Prophylaxis in Patients with Low Body Weight*

14) Jessica Smith, DO (Williamsport): *The Efficacy of Patient Education in Reducing the Rates of Short Pregnancy Intervals*

15) Yui Sugiura, DO (McKeesport): *Reducing Pain via an Osteopathic Consultation Service at a Family Medicine Office*

16) Julia Weger (Pitt Med): *Perception of Community Health Worker Efficacy at Improving Care in a Somali Refugee Patient Population*



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PHARMACY HAPPENINGS

Welcome to our new pharmacy residents!

Shadyside



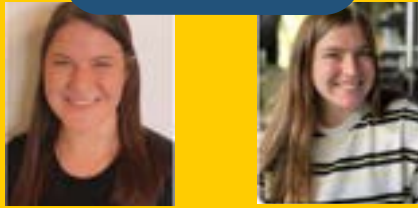
Marissa Parisi
PGY-1

Tara Rogers
PGY-1



Brenda Shih
PGY-2
Ambulatory

St. Margaret



Madeline Dillen
PGY-1
Geriatric

Eva Stachler
PGY-1
Geriatric

McKeesport



Alyse Aubrey
PGY-1



Jason Fine
PGY-1
Ambulatory



Madeline Stanko
PGY-1
Ambulatory



Alexa Wardoclip
PGY-1
Ambulatory

COMMUNITY CONNECTIONS



The Theiss physicians and staff helped with a neighborhood beautification project in the Hill District!

Mark Meyer, MD (Shadyside) organized the 2023 All of Us Against Racism & Injustice event (formerly White Coats for Black Lives) at Shadyside Hospital. Similar events occurred on other UPMC campuses. Other FM participants included:

- Rajwinder Kaur, DO – poem reading
- Stephanie Baverso, LCSW – Mindfulness moment
- Barry Coutinho, MD – piano prelude



UPMC is participating in several Pride and Juneteenth celebrations across Pennsylvania!



The March of Dimes' annual March for Babies was in April! The March of Dimes supports the work of the IMPLICIT Network by supplying prenatal vitamins to all of our sites doing Interconception Care (ICC) and 4th Trimester Care [Williamsport, Altoona, McKeesport, Shadyside, St. Margaret, Squirrel Hill, and Theiss]



Tracey Conti, MD received the Award of Distinction from the Girl Scouts of Western Pennsylvania!

Drs. Amaris Yandel (Ob/gyn, Shadyside faculty), Rowena Pingul-Ravano (Shadyside), Stacy Bartlett (Sq. Hill, Shadyside), and Lindsay Nakaishi (St. Margaret) staffed the Ask the Doctor table at the Mommy & Me event at the UPMC Health Plan Neighborhood Center on Mother's Day weekend!

Two members of our FM family were awarded UPMC's highest honor!

From UPMC: *Let's take the time to recognize your colleagues, who set the standard with their commitment to excellence.*

Award for Commitment and Excellence in Service (ACES) winners exemplify UPMC's five core values, which are the foundation of all we do. These outstanding employees exceed the high level of service our patients, members, and the community have come to expect from UPMC – in fact, fewer than 1% of staff receive this honor. These individuals help improve their workplace and our communities through their unmatched commitment to UPMC Values.

Congratulations, Mary & Naomi!

UPMC ACES

PHYSICIAN SERVICES DIVISION (continued)



Cheryl HILLERY, MD
Physician
Pediatric Hematology and
Oncology, UPMC Children's
Hospital of Pittsburgh, UPP



Tera JACKSON
Professional Staff Nurse,
Outpatient
Pediatric Rheumatology,
UPMC Children's Hospital
of Pittsburgh, UPP



Michelle KOLODZIEJ
Medical Assistant II
Scoliosis and Risers
Internal Medicine,
Associates, CHI



Lindsey KOWALSKI, DO
Hospitalist
ShadySide Hospitalists,
UPMC ShadySide, UPP



Emily LOVALLO, MD
Physician
Emergency Medicine,
UPMC Mercy, UPP



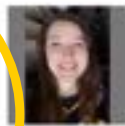
Gerald MONTANO, DO
Physician
Adolescent Medicine
Services, UPMC Children's
Hospital of Pittsburgh, UPP



Grace O'NEALE, MD
Physician
Physical Medicine and
Rehabilitation,
UPMC McKeesport, UPP



Mary POPOVICH
Nurse Manager,
Outpatient
New Kensington Family
Health Center,
UPMC St. Margaret, CHI



Lindsay RATHBUN
Nursing Services
Representative
General Academic
Pediatrics, UPMC Children's
Hospital of Pittsburgh, UPP



Kayla SIMMONS
Professional Staff Nurse,
Outpatient
UPMC Women's Care
Associates, UPMC
Ridge-Women's
Hospital, UPP



Patricia SKALON
Senior Professional
Staff Nurse, Outpatient
Gordon Gold and
Associates,
UPMC Rosswood, CHI



Naomi ZIEGLER
Practice Manager
Squirrel Hill Family
Medicine, UPP

INFORMATICS CORNER

Hi! I'm Olga. I have recently joined the Department as an Assistant Professor. In my work I use informatics approaches and Artificial Intelligence/Machine Learning (AI/ML) methods to research problems in the primary care field. I am very happy to meet you all, to learn from you and to collaborate on projects that involve these approaches.

I grew up in Ukraine and attended college in Russia before coming to the US to pursue graduate school. I hold a MS in Chemistry from UC Davis and PhD in Chemistry from UBC, Vancouver, Canada. I also completed biomedical informatics training at the Department of Biomedical Informatics, University of Pittsburgh.

Being a typical academic family that follows wherever work and study lead us, my husband and I have lived in several countries, including the US, Canada, the Netherlands, and spent a little bit of time in France. Eventually, we settled down in Pittsburgh and made it our home. We have an 8-year-old son Gabriel (curly and loud), and a 1-year-old cat Oreo (a tuxedo superstar). We love hiking, music and Millie's ice cream, among many other things that Pittsburgh has to offer.

Please stop by and talk to me about things in your clinical practice that you think can be improved by AI/ML!

Sincerely,
Olga Kravchenko



Newsletter edited by
Stacy Bartlett, MD
Send any thoughts,
suggestions, contributions
to bartlettsj2@upmc.edu

May '23 Correction: resident
spotlight is Dr. Patrick Wang