



# In Touch

Physician Leadership Development Program Newsletter

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## Welcome Mu Cohort, Class of 2019!

The Physician Leadership Development Program welcomes four new dual degree students. Jessica Brown and Stephanie Welsh will pursue M.D./M.P.H. degrees, and Michael Holbrook and Nathan Steele will pursue M.D./M.B.A. degrees. Together, they are the 12th cohort of students to participate in the PLDP, dubbed the "Mu Cohort," (after the 12th letter in the Greek alphabet.)

The new dual-degree students are completing the first class of their program of study, the health care leadership elective. This year's elective featured unique experiences for students to participate in an interprofessional collaboration series during which medical students engaged with students from other health care disciplines to gain experience working as a health care team. The Mu Cohort will start graduate course work this summer.

Mu Cohort members come from a variety of backgrounds and leadership roles. We are excited to have them represent the PLDP over the next five years.

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### Mu Cohort Class of 2019



#### Jessica Brown, M.P.H. Candidate

**Hometown:** Washington, D.C.

**Undergraduate education:** North Carolina State University, B.S. Biological Sciences

Drexel University College of Medicine Medical Science Programs, Philadelphia, Pennsylvania, M.S., Forensic Science

**Fun fact:** I really like to try new things. I love DIY projects and decorating, cooking new foods, and I typically change my hairstyle quite often. I can be a bit of a busybody, and I'm always looking for something new to do.



#### Michael Holbrook, M.B.A. Candidate

**Hometown:** Cincinnati, Ohio

**Undergraduate education:** Ohio State University, Columbus, Ohio, B.S., Human Nutrition

**Fun fact:** Outside of the classroom I am particularly interested in staying physically active (running, crossfit, adventure runs,) food and nutrition (cooking and eating,) and taking naps.



#### Nathan Steele, M.B.A. Candidate

**Hometown:** Cleveland, Ohio

**Undergraduate education:** Bowling Green State University, Bowling Green, Ohio, B.S., Biochemistry

**Fun fact:** Sometimes during my free time, I like to work out. Other times, I like to just relax with my friends, watch television, and participate in different recreational activities. As far as my preference in music, I listen to gospel, R&B, and rap. My favorite genres of movies are comedy and horror.



#### Stephanie Welsh, M.P.H. Candidate

**Hometown:** Charlotte, N.C.

**Undergraduate education:** Georgetown University, Washington, D.C. B.S., International Health

**Fun fact:** My interests include global health, women's health, travel, ultimate frisbee and tennis.

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## Student Achievements



**Jasmin Scott-Hawkins** (class of 2016) presented her work at the Association for Prevention Teaching and Research conference March 15-17 in Charleston, S.C.. Her M.P.H. culminating experience with Daybreak led to her publication titled: "Project Parenthood: Efficacy of Evidence-Based Parenting and Safer Sex Education Program in an At-Risk Adolescent Population."



**Betty Cheney** (class of 2015) has been selected for a 2015 Excellence in Public Health Award from the U.S. Public Health Service Physician Professional Advisory Committee. It is awarded to medical school graduates committed to improving the health status of both patients and populations here in the United States and abroad. Betty matched into the pediatrics residency at Arnold Palmer Hospital for Children in Orlando, Florida and will graduate May 22.



**Jessica Brown** (class of 2019) was awarded a four-year scholarship from the National Health Service Corps (NHSC), a program administered by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), and Bureau of Health Workforce. The scholarship is awarded to students dedicated to serving underserved communities.

## PLDP Graduate Achievements



**Robert Mikan, M.D., M.B.A., '13**, was recently nominated as the in-house consultant in regulatory affairs and scientific communications at Cook Medical. In this role, he provides direction and regulatory leadership to project teams for approval of new medical devices and applies regulatory skills and scientific knowledge to bring innovative device technologies to market.



**Sandeep Palakodeti, M.D., M.P.H., '12**, was recently selected as an InciteHealth Fellow at Harvard Medical School Center for Primary Care. Sandeep will be joining the Mayo Clinic this summer as a physician specializing in hospital internal medicine while focusing on health IT, innovation, and population health management. InciteHealth fellows participate in a one-year, part-time fellowship to work with patients to create and execute ideas that will transform health care.



**Lakshman Swamy, M.D., M.B.A., '13**, was recently selected as one of four forum cochairs to help plan the 27th Annual Institute for Healthcare Improvement National Forum on Quality Improvement. Lakshman is currently a resident in internal medicine at Boston Medical Center.

## Go Flight Medicine: A PLDP Alum's Story



It is not surprising for graduates of the Physician Leadership Development Program to create unique career paths in the medical field. Rocky Jedick, M.D., M.B.A., is no exception. A graduate of the PLDP Beta Cohort, class of 2009, Rocky has been a flight surgeon for the U.S. Air Force since 2010. Since this time, he has been stationed at Air Force bases all over the globe. Rocky's most recent endeavor is the creation of a blog entitled Go Flight Medicine. The site aims to serve as an entertaining, collaborative resource covering topics in both military and civilian aerospace medicine.

His interest in flight medicine was sparked during his time in the PLDP.

During his second year of medical school, Rocky's PLDP mentor, Dr. Gregory Toussaint stated that one of his biggest regrets from his military career was never doing a tour as a flight surgeon. Rocky states: "In response to Dr. Tous' recommendations, I did my third year active duty clerkship at Eglin Air Force Base in Florida in the flight medicine clinic. It was the best month of my medical school career and culminated with a flight in the F-15D Eagle. I was hooked. I decided to go directly into flight medicine to pay back my military commitment."

This decision led to his enrollment as a flight surgeon in the USAF, completing his transitional year at David Grand Medical Center at Travis Air Force Base in California. This newfound interest in flight medicine was supplemented by Rocky's concurrent interest in emergency medicine. He began listening to a variety of emergency medicine podcasts. These podcasts introduced him to several online medical education resources, including the FOAM (Free Open

## Story of Taking Flight

Access Meducation) movement. Rocky recalls: "None of this had existed when I was in medical school. This was the way of the future."

In perusing the internet for the aerospace medicine specialty, he found a somewhat weak online presence. So, during a deployment, he decided to create a website to inform other doctors, students, and lay persons about flight medicine, leading to the creation of Go Flight Medicine.

Since this time, Rocky has really honed in his vision of the site: "The business model for the blog right now is to be a nonprofit FOAM resource with advertising to pay for the site's operational costs." He hopes that the website will become an online community of aircrew and aerospace medicine physicians.

So far, this appears to have met with great success.

"I get emails from all kinds of different people who stumble across my website—student pilots, medical students interested in the pilot-physician program, and recently a television producer. From this most recent interaction, I have become involved in a project that is supposed to air on the Smithsonian Channel."

Rocky cites the pursuit of his M.B.A. through the Physician Leadership Development Program as having a direct impact on his career.

"There is a definite intangible skill set that my M.B.A. courses have provided me. I have a vocabulary that many clinicians may lack. I have the foundational understanding of economics, communication techniques, and finance that provide value to many areas in life. Observing teamwork in the business realm, the medical setting, and now within aviation has been eye-opening to me. We each have so much to learn from one another."

Rocky continues: "I think it's important to find a niche in medicine and then devote all of your energies to building your reputation in that field. This critical framework may lend itself to a variety of doors that can be opened later in one's career."

Fitting advice from another PLDP trailblazer.

Rocky soon separates from the USAF and recently matched into Emergency Medicine GME at University of Utah. Given his passion for aerospace medicine, he is continuing his service as a flight surgeon with the USAF Reserve in Utah. Rocky's blog may be visited at [www.goflightmedicine.com](http://www.goflightmedicine.com).

## Alumni Q & A:

### Jeffrey Jenks, M.D., M.P.H.



Class of 2010, Infectious Diseases Research Fellow, University of California, San Diego

#### **Why did you decide to complete an M.D./M.P.H.?**

In my opinion, dual training in clinical medicine and public health offers the best of both worlds. My training in medicine allows me to use my clinical knowledge and skills to take care of individual patients, which can be incredibly satisfying. There are few other professions in which we can have such a profound impact on other people as medicine, and I think the best physicians see what they do as a great and profound privilege. As Hippocrates said, "Wherever the art of Medicine is loved, there is also a love of Humanity."

Conversely, my public health training has given me the tools to think more broadly and critically about the population-level impact of health and disease and how this impacts at the patient level. I think in many ways health care in the United States is too disease-centered and not enough emphasis and resources are placed on the prevention of disease and maintaining good health. I think we will see this change in the future.

Lastly, the training that an M.D./M.P.H. offers gives me a unique perspective into the intersection between public health and clinical medicine. Right now this intersection has brought me into tuberculosis research. Among infectious diseases, tuberculosis is the number two cause of mortality worldwide (second only to HIV/AIDS), so it obviously has an important impact at the individual level. In addition, one in every three people worldwide is infected with latent TB, and when re-activated, tuberculosis is a communicable disease, so there are important public health ramifications as well.

#### **What, if any, special research, projects, or committees have you been working on since graduation?**

During residency I was involved in a committee looking at ways to better diagnose sepsis in a timely manner. Sepsis is the clinical syndrome that results from a dysregulated inflammatory response to an underlying infection. It can be a difficult diagnosis to make, and if not done early can result in significant morbidity, longer hospitalization, and increased mortality. I'm currently in the research phase of my infectious diseases fellowship, and focusing on ways to improve tuberculosis treatment and medication adherence.

#### **What are your career plans for the future, near or distant?**

After I complete my fellowship in infectious diseases, I plan to pursue a career in academic medicine. Academic medicine is quite variable, and is typically a mix of research, clinical medicine, teaching, mentorship, and other scholarly activities. This balance often varies throughout an individual's career, and I'm not sure yet what that balance will be for me in the near future.

#### **If you could travel into the past and meet yourself as you graduated high school, what would you tell yourself?**

I'd tell myself to be as open to new opportunities as possible, be happy, enjoy life, smile often, and relax...It will all work out.

## In Review: PLDP Spring Events



### **Cancer: The Emperor of all Maladies**

On March 30, the PLDP partnered with the Student Interest Group in Oncology to screen highlights of the film "Cancer: The Emperor of all Maladies," provided by Dayton ThinkTV. Michael Holbrook (class of 2019) was instrumental in coordinating the screening of the documentary from award-winning director and producer Ken Burns.



### **Celebrating Life & Health Fair**

On April 18, the PLDP joined forces with the Center for Global Health and STEPS to staff a health screening booth at the 13th annual Celebrating Life & Health Fair sponsored by the Levin Family Foundation. Boonshoft students measured attendees' blood pressure and weight, and calculated their BMI. With the assistance of dietetic students from Sinclair Community College, attendees also received diet and nutritional counseling. The booth served more than 200 attendees throughout the day.



### **Spring Gathering**

On April 20, the PLDP hosted its annual Spring Gathering in celebration of the year's endeavors and the accomplishments of the group's 2015 graduate, Betty Cheney. The event was hosted at Cork, Wine & Dine at the Greene. A huge thank you goes out to all who attended and made the event possible.

**Our Mission:** To develop leaders in medicine, health systems, and population health through education, communication, collaboration, advocacy, and experience

**Our Vision:** As students in the Physician Leadership Development Program pursuing integrated degrees in Medicine, Public Health, and Business Administration, we envision an educational community of global citizens devoted to leadership development, community building, innovation, and advocacy