



In Touch

Physician Leadership Development Program Newsletter

Spring 2016

Vol. 3 Issue 2



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Student Updates and Achievements



Nick Christian, M.B.A., (Class of 2017) will be attending the American College of Physicians (ACP) Leadership Day on Capitol Hill in May, where he will have the opportunity to meet with state legislators and discuss important health issues and policies.



Justin Kelley (Class of 2018) has been nominated for the Academy of Medicine award. He also intends to present his M.P.H. culminating experience project at the Ohio Public Health Combined Conference and BSOM Medical Student Research Symposium.



Alexandra Lawson (Class of 2018) is the graduate assistant for the PLDP in spring semester 2016. She presented her M.P.H. culminating experience project at the Association for Prevention Teaching and Research (APTR) conference in March 2016.



Parvaneh Nouri (Class of 2020) attended the DOCS Community Health Leadership Conference in Miami, Florida, in January 2016 on behalf of the STEPS Initiative. She presented the STEPS model to representatives from other medical schools to gain feedback on how to overcome challenges currently hindering STEPS' progress.



Jasmin Scott-Hawkins, M.P.H., (Class of 2016) will receive the USPHS Excellence in Public Health Award at graduation in May 2016. She also has been recognized in the Greene County Annual Report to the Community for receiving a 12th Annual Oliver Goldsmith, M.D., Scholarship Award for the promotion and advancement of culturally responsive care.

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Welcome PLDP Class of 2020

The Physician Leadership Development Program welcomes seven new dual degree students. Joycelyn Akamune, Shanice Akoto, Brianna Burlock, Parvaneh Nouri, and Megan Smith will pursue M.D./M.P.H. degrees; and Evan Sommer and Katrina Thede will pursue M.D./M.B.A. degrees. Together, they are the 13th class of students to participate in the PLDP, dubbed the “Nu Class,” (after the 13th letter in the Greek alphabet, ν). The class comes from a variety of backgrounds and previous leadership roles. The program is looking forward to supporting their academic goals in the coming years.



Joycelyn Akamune
M.P.H. candidate
Hometown:
Olney, Maryland
Education: University of Maryland, Baltimore, Maryland, B.S., biology
Interests: I enjoy reading, writing, cooking, eating, and good conversation.



Shanice Akoto
M.P.H. candidate
Hometown:
Columbus, Ohio
Education: Michigan State University, East Lansing, Michigan, B.S., human biology
Interests: I enjoy traveling and exploring. I like trying new foods and studying different cultures. I enjoy sports, going to football games. I also love music, playing guitar, singing, and spending time with friends and family.



Brianna Burlock
M.P.H. candidate
Hometown:
Marietta, Georgia
Education: Spelman College, Atlanta, Georgia, B.S., biology
Interests: I am interested in learning new hobbies such as crocheting. I like hiking and adventure (but nothing too thrilling!). I love being on the water and enjoying nature.



Parvaneh (Pari) Nouri
M.P.H. candidate
Hometown:
Miami, Florida
Education:
University of Waterloo, Waterloo, Ontario, B.S., kinesiology
Interests: Traveling and exploring are always interests of mine. To connect with community, I like to be involved in local activities: book clubs, discussion groups, social activism, and volunteering.



Megan Smith
M.P.H. candidate
Hometown:
Cleveland, Ohio
Education: Cleveland State University, Cleveland, Ohio, B.A., speech and hearing
Interests: I enjoy reading (primarily nonfiction), spending time outdoors, cooking (try my chili!), and, of course, the occasional Netflix marathon.



Evan Sommer
M.B.A. candidate
Hometown:
Portsmouth, Ohio
Education: The Ohio State University, Columbus, Ohio, B.S., biomedical science
Interests: Multimedia production for self-owned branding and promotional business, Sommertime Creative. Also enjoy the outdoors, fitness, and playing guitar and piano.



Katrina Thede
M.B.A. candidate
Hometown:
Lewis Center, Ohio
Education:
Case Western Reserve University, Cleveland, Ohio, B.A., biology, and B.A., music
Interests: I've played the violin since fourth grade, and I am a black belt in taekwondo. I researched salt absorption in freshwater fish, and was a part of Pi Beta Phi. I love to travel and learn about new places and people.

From the Classroom to the Clinic



The health campaign is a project that M.P.H. students complete as part of the Health Awareness and Advocacy Communications course. While many complete the project and do not give it a second thought, Justin Kelley and Kara Yutzy, M.D./M.P.H. students in their graduate year, found a unique opportunity to use their class work in the clinic.

The assigned health campaign concerned improving HPV vaccination rates in ambulatory pediatric and family practice clinics. While other students chose to address their campaign to community members (e.g. parents and teens), Justin and Kara, along with classmate Alexandra Lawson, chose to focus their campaign on increasing physician referral for the vaccine.

Currently, the three-dose vaccination rate is roughly 40 percent in the United States, and the CDC recommends that the vaccine be given at 11 years old to both girls and boys. Only 76 percent of providers routinely recommend the HPV vaccine for girls aged 11-12, and only 46 percent recommend it to boys of the same age. More importantly, many parents rely on physician recommendation for vaccines that are not required for school. These values showed there was an opportunity to address HPV vaccination rates from a different perspective.

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Alumni Q&A

Katherine Takayasu, M.D., M.B.A.

After examining the literature for best practices, Kara and Justin found that providers were more likely to follow the recommendations for HPV vaccination if they received an in-person training (as opposed to receiving reading material), and if they had additional exposures to the information.

Kara and Justin developed an in-person training (a brief PowerPoint presentation) for providers about the vaccine, the diseases it can prevent, and methods for discussing it with parents/guardians. For the second exposure, they created a HPV vaccine poster targeted to providers to serve as both a reminder about the presentation information and a reminder to recommend the vaccine. For the third exposure, they would include an article about HPV vaccination in a newsletter distributed during the middle of the campaign.

Because Justin and Kara were completing their family medicine clerkship during the graduate year, they were able to implement their campaign at Wright State Physicians as part of their required quality improvement project.

How did the campaign work? Wright State Physicians had already attempted to increase its HPV vaccination rates. Its summer 2015 campaign directed to parents modestly increased vaccination rates. Kara and Justin made the HPV vaccine presentation available to providers, medical assistants, and office staff, and provided posters about the vaccine. However, as with any project, they encountered setbacks. The HPV article was delivered as an attachment to, instead of as part of, the newsletter, and the poster was not hung around the office. Wright State Physicians did not increase HPV vaccination rates during the six-week campaign. Nevertheless, Justin and Kara learned many lessons and had the chance to implement a project created in one of their M.P.H. courses.



This issue's Alumni Q&A is with Dr. Katherine Takayasu, M.D., M.B.A., who is board certified in family medicine and a graduate of the Physician Leadership Development Program in 2009.

Dr. Takayasu fulfilled her residency in family medicine at New York Presbyterian Hospital and completed a Fellowship in Integrative Medicine at the Center for Integrative Medicine and Wellness at Stamford Hospital in Connecticut.

Why did you decide to pursue the dual degree? Why did you want an M.B.A.?

Business is in my blood! I grew up surrounded by entrepreneurs during my childhood in northwest Ohio. One of my grandfathers had his own home design/build company in addition to a thriving chicken farm, and my other grandpa led the family dairy farm. My mom and dad, likewise, also started their own businesses—my mom with a successful day spa and my dad with a solo family medicine practice. These positive role models heightened my awareness of the importance of understanding business no matter what pathway I chose. I pursued an undergraduate business degree at the University of Michigan prior to medical school so the continuation to M.B.A. was a natural fit. And I loved it! Switching back and forth between medical rotations and business classes was the perfect mix of using the left and right sides of my brain.

How have you been able to utilize your M.B.A.?

In my current role at Stamford Hospital in the Center for Integrative Medicine, I utilize my M.B.A. on a daily basis. My M.B.A. prepared me to be a leader. Having an M.B.A. is not just about running a business, but the preparation to solve problems as part of a team. While I'm not working on P&L statements, I constantly think about

business drivers. Communication is also key: I interact with medical students, residents, and other health care professionals, and I think my communication skills are the direct result of my business degree. I am so comfortable giving talks in front of a large audience, leading an efficient cross-functional meeting, or giving clear recommendations to patients. I currently chair the Stamford Hospital Chronic Pelvic Pain Group, and knowing how to develop a program and efficiently review a list of shared patients is a must! I credit my B.B.A. and M.B.A. for my success in this area.

What new projects and roles are you currently working on?

I was recently promoted to assistant professor of clinical medicine at Columbia University, and I currently teach integrative medicine to residents in family medicine, internal medicine and Ob-Gyn at both Columbia/New York Presbyterian and Stamford Hospital. I also coordinate Resident Wellness, where my colleagues and I teach the residents real-time mind-body techniques for relaxation and stress management. It's so fun to teach these tools to residents who work hard and need them.

I also conduct research in nutritional counseling with my colleague, Dr. Joe Feuerstein. Our study was published in *Current Nutrition & Food Science* and demonstrates that it actually matters who gives patients nutrition advice. Turns out that patients are more successful when their teacher has advanced training in nutrition, like we do in integrative medicine.

If you could go back in time to when you first started medical school and give yourself advice, what would it be?

Anatomy is important, the Krebs cycle is not. Don't worry about the future perfect role to justify the extra time and effort of the dual-degree program. Stick with it, because the end is more rewarding than you'll ever imagine.

In Review: PLDP events



***Unnatural Causes: Is Inequality Making Us Sick?* Film Screening**

On February 25, the PLDP partnered with the WSU chapters of the Student National Medical Association and Students for a National Health Plan to screen the first hour of the documentary *Unnatural Causes, In Sickness and In Health*. The film screening was attended predominantly by first-year medical students, which created strong discussion about the importance of understanding health disparities as physicians and opportunities to include more education in the medical school curriculum.



Residency Match Advisory Panel

On April 15, the PLDP hosted the Residency Match Advisory Panel in recognition of the endeavors and the accomplishments of the PLDP 2016 graduates: Rebecca Beesley, Nicole Craker, Michael Robertson, Ben Shearer, and Jasmin Scott-Hawkins. A huge thank you goes out to all who attended and made the event possible.



Annual Celebrating Life and Health Fair

As part of the Boonshoft STEPS Health Initiative, on April 16, PLDP students along with other local health professions students provided biometric screening and motivational interviewing around nutrition to participants at this annual Dayton event sponsored by the Levin Family Foundation.

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