Yang Chiao Wang Award in Family Medicine Presented to Three Medical Students

Three Stanford medical students recently received the Yang Chiao Wang Award in Family Medicine. This award is given to graduating medical students demonstrating extraordinary leadership and pursuing a career in Family Medicine. Kathryn (Kaye) McClellan is passionate about women’s health, reproductive rights, teens and particularly underserved care. Her career goals are to transform her community through compassionate, sensible and intelligent care of all people. “My clinical experiences have helped me appreciate just how fun and fulfilling it is to care for the whole patient - from head to toe, from birth through old age, and as a member of their family and community.” Sarah Jane Selig has been a champion for scholarship, research, teaching, and community service while at Stanford. She is a fierce advocate for patient-centered care, compassion and humanism in the care of patients. She has completed scholarly concentrations in both health policy and in medical education, and most recently created an innovative curriculum to teach medical students and other learners the principles of medical education. Sarah Jane will help to transform the landscape of humanistic, community-based medical education. Dinah Arumainayagam has career goals to become a competent and caring primary care physician who provides the highest level of health care on both the individual and community levels. In family medicine, she has a special interest in preventative medicine and global health. As an adolescent she grew up in a war-stricken province of Sri Lanka where her observations of American Red Cross workers caring for patients created in her a commitment to public service. “I will always remember what my attending told me, ‘Remember as a family medicine physician
you don’t just treat the disease, you treat the whole person.’ These words have stayed with me every day as I rotated through the different clerkships.”

**Primary Care Progress Students Present Concerns to Dean Pizzo**

On February 1, 2012, representatives of the Stanford medical student chapter of Primary Care Progress met with Dean Phillip Pizzo to discuss their concerns about lack of pre-clinical, clerkship and research opportunities in Primary Care at Stanford. These were detailed in their 5 page, January 26, 2012 letter to the Dean. The students requested:

- An academic community where students can contribute to innovations in education, patient care, and research in primary care
- More faculty in primary care with paid teaching time to mentor students and provide longitudinal experiences in primary care settings
- Regular electives, workshops, and seminars specifically focused on primary care (e.g., a primary-care-focused “Design for Extreme Affordability” class), with the financial support to help get this launched
- A stronger Family Medicine program at Stanford with more faculty that have protected time to provide clinical teaching during the required Family Medicine clerkship
- Opportunities to pursue more primary care sub-internships
- Expanded support for researchers and research opportunities for students in primary care

The students also recommended the creation of an Institute of Primary Care and Population Health at Stanford. This new institute would provide a centralized environment dedicated to leadership, innovation, and research in primary care and community medicine; facilitate thriving interdisciplinary collaborations between multiple clinical and research groups and centers; help students interested in primary care to identify opportunities in education, research, mentorship, and practice improvement; and connect high level research and clinical care across multiply mutually reinforcing areas, including epidemiology and population health. Through the technological innovation and interdisciplinary thinking that Stanford is already known for, this Institute would be a influential generator of new models of primary care and preventative medicine.

**Primary Care Progress (PCP) is a grass roots effort initiated by the students and supported by the faculty. The group convened the first ever Primary Care Town Hall meeting on October 18th, 2011. Since then, Farshad Fani Marvasti, MD, MPH, adjunct faculty in Family Medicine has continued to work with a core group of students and faculty to form the Primary Care Advisory Board. This Board has met several times since December and provided input to the medical students. Anyone interested in learning more and contributing to these efforts, may contact Shad Marvasti via e-mail: shad19@stanford.edu**

**PCAP Graduates 44 New Physician Assistants**
On January 14, 2012, 44 physician assistant students graduated from the Stanford Primary Care Associate Program (PCAP). Student speaker, Ryan Nakasone, emphasized the enormous diversity of the class who come from California, Arizona, Tennessee, Hawaii, and countries as far as Tibet, China, Philippines, India, Nigeria, Afghanistan, Iran, Ukraine, Russia, Israel, Argentina, Costa Rica, El Salvador, and Mexico. Stanford PA students typically have prior clinical experience before entering the program. This year’s class included nurses, paramedics/EMT’s, respiratory therapists, physicians from foreign countries, medical assistants, corpsman, dieticians, athletic trainers, surgical technicians, and chiropractors. All have a passion for helping others and alleviating suffering from illness.


Sarah Jane Selig Receives STFM Award

Sarah Jane Selig was one of 5 students recognized by the Society of Teachers of Family Medicine for her scholastic achievements at the recent national Conference on Medical Student Education. Medical student educators nominated prospective student scholars who demonstrate leadership, and commitment to family medicine and adhere to STFM's core values of integrity, a relationship-centered outlook, openness, nurturing, excellence, and learning. Student nominees are then invited to apply to the final round of the scholarship process in which a panel reviews their scholastic achievements and chooses the year’s winners. These winners are provided the opportunity to showcase their work to educators and fellow students at the conference and receive free registration and a travel stipend to and from the conference. Selig’s presentation was titled, "Medical Education: Teaching Assistant Curriculum Development and Course Experience". The Conference on Medical Student Education is geared specifically to medical educators who shape and inspire the next generation to be competent, dedicated, and passionate physicians for the future. Stanford had six presentations at the conference:

- **Maggie Wells**, "Test Drive an LGBT Curriculum Portal: Linking Medical Student Research Results to Predoctoral Curricular Improvements"
- **Matt Mansh** "Medical Student Comfort and Preparedness in Caring for LGBT Patients: National Survey Results"
- **Rika Bajra, MD, Erika Schillinger, MD, Morgan Theis and Alexis Hansen** "Avoiding the Cold Shoulder: Immediate Feedback with Video Review of the Shoulder Exam"
- **Sarah Jane Selig** "Medical Education: Teaching Assistant Curriculum Development and Course Experience"
- **Erika Schillinger**, MD, Arlina Ahluwalia, MD, Clarence Braddock, MD, MPH and Elizabeth Stuart, MD, MSEd "You Know it When You See It? Behaviors of Exceptionally Professional Clinical Medical Students"
- **Jessi Humphreys** "Transgender: The Missing ‘T’ in Medical Education.

Anyone interested in medical education research may contact Erika Schillinger erikas@stanford.edu

Erika Schillinger Receives Outstanding Teacher Award

Erika Schillinger, MD, Clinical Associate Professor was recently recognized for her outstanding teaching by the Division of General Medical Disciples. Dr. Schillinger is truly a master teacher and leader in medical education at Stanford. For several years, she previously was the clerkship director for the Core Family Medicine Clerkship and the Continuity Clerkship, both very highly rated under her direction. In her role as Director of Predoctoral Education in Family Medicine she also oversees several other courses and clerkships. She also is Associate Director, Quarter 1 Lead Faculty, and Theme Lead for Clinical Skills in the Practice of Medicine course (POM). With other faculty she led the development of teaching techniques using video tapes of interactions of students with standardized patients that are reviewed in the group of students who offer suggestions to each other supplemented by faculty members. More recently she has been doing research in how patients can provide feedback directly to students to enhance their learning of patient interaction skills. She also is investigating what students need to learn about professionalism, a profound topic of growing importance in medical education.
FM Resident Reflects on OSLER Experience

The O’Connor-Stanford Leaders in Education Residency (OSLER) Pathway is a unique opportunity for family medicine residents at the San Jose - O’Connor Hospital Family Medicine Residency Program to develop the many skills necessary to become leaders in medical education. By teaching alongside master clinician educators at Stanford School of Medicine, OSLER residents complete the basic elements of a full faculty development fellowship by the end of 3 years in residency. Graduates are poised to excel as academic clinician educators, efficient administrators, effective leaders, and successful change agents. Recently, one resident, Amelia Sattler, reflected on her OSLER experience:

“Docere, to teach. As a second year resident at the O’Connor Family Medicine Residency Program, I have the privilege of working with Stanford medical students both in our outpatient clinic and on our hospital services. I am enthusiastic about teaching and forever grateful for the time and wisdom offered by the residents I worked with during my medical school training. Oftentimes I feel that, though I have the desire to teach, I lack the tools to be particularly effective. Upon learning about the OSLER Program, I jumped at the opportunity to receive formal training focused on teaching medical students - just what I yearned for! During my month working with Dr. Schillinger and other faculty members as an "OSLER rotating resident" (not sure correct title!) I was exposed to myriad teaching styles, contexts and theories. In addition to observing the ways of these passionate, thoughtful teachers, I had the opportunity to practice in both clinical and didactic contexts. My time was delightfully divided between Practice of Medicine, Advanced Clinical Skills, continuity clinic, evening seminars, the simulation center, Clinical Reasoning, Family Medicine Clerkship didactics and research.

Thank you to everyone who made my OSLER month possible!”

Stanford Medical Students Match in Family Medicine

Three Stanford medical students matched in Family Medicine residency programs this month: Sarah Jane Selig and Dinah Arumainayagam matched at the O’Connor Hospital Family Medicine Residency, in San Jose, and to Kathryn McClellan at UCSF. All got their first choices of residency. Nationally, for the second year in a row, match results indicated an increase in the number of medical students choosing careers in primary care. In addition, the AAFP’s student membership ranks swelled to 16,700 student members in early 2011, an 18 percent increase from 2010. This means there is an increase in the pipeline of potential future family medicine residents. However, the medical education system still is not producing the number of family physicians needed in the United States. The 20th Council on Graduate Medical Education report states that 40 percent of the nation’s physician workforce needs to be engaged in primary care to match the health care needs of the American public.

Continuity Clerkship Expands Role for MSTP Students

Under the direction of Associate Clinical Professor in Family Medicine, Eva Weinlander, MD, the Continuity Clerkship is increasingly popular among clinical medical students. For those stepping out of clinical work to do their PhDs, MBAs, MPHs or other academic work, students can elect to satisfy their "Maintenance of Clinical Skills" requirement through a Medical Scientist Training Program (MSTP) - Continuity experience. Precepting a continuity student is a fun way to have students involved in your practice. If you are interested, please contact Eva at evaew@stanford.edu.

O’Connor FM Residency Has Outstating Residency Match Year

The Stanford affiliated San Jose - O’Connor Hospital Family Medicine Residency Program matched a great group of new interns this year: Dinah Arumainayagam, MD - Stanford; Sarah Casper, MD - USC; Julie Celebi, MD - Michigan State; Lea Hoff Arcand, MD - Universite de Montreal; Olivia Jee, MD - Chicago Medical School; Reija Rawle, MD - University of Rochester; Sarah Jane Selig, MD – Stanford; Rachel Sutherland, MD – UCSF. The program also has a Sports Medicine Fellowship. New fellows are: Heidi Forberg, MD - University of Arizona Emergency Medicine; Minh-Ha Hoang, MD - Akron General Family Medicine

PCAP Students to Participate in the National Challenge Bowl

Stanford Primary Care Associate Program PA students will participate in the National Medical Challenge Bowl competition this coming May 27, 2012 in Toronto, Ontario. The Challenge Bowl is a friendly competition among registered physician assistant student societies held every year at the American Academy of Physician Assistants’ Annual PA Conference. There will be forty-eight teams competing, with three PA students to a team. The teams will answer medical-related questions on a variety of subjects, including physical diagnosis,
microbiology, anatomy, OB/GYN, pulmonary, cardiology, primary care, emergency medicine and surgery.

**Smokers Wanted for Patient-Centered, Quit Smoking Study**

If you have any patients, friends or relatives who wish to quit smoking, please refer them to the Stanford Quit Smoking Program, which is a National Institutes of Health funded clinical trial offering free, patient-centered counseling and treatment with bupropion, nicotine replacement therapy and varenicline and is based in San Jose with easy access off Highway 101. If interested, please see the following link for more information: (http://med.stanford.edu/ism/2011/november/smoking.html) or contact a member of our Quit Smoking team at (877) 331-3352 or stopsmoking@stanford.edu.

**Recent Research Publications**


**Crump C**, Winkleby MA, Sundquist J, Sundquist K. Gestational age at birth and risk of gastric acid-related disorders in young adulthood. Ann Epidemiol. [In press]


**Tell Us About Yourselves**

Family Medicine has touched the careers of many students and residents through the years. We would love to hear about your own careers and suggestions you may have for our programs. Send information to: joeh@stanford.edu

Prior issues of this newsletter can be found at: http://gmd.stanford.edu/news_events/fm_newsletters.html