

LIONS *of* MEDICINE

Department of Medicine, Milton S. Hershey Medical Center

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MESSAGE FROM THE CHAIR

Robert C. Aber, M.D., M.A.C.P.

J. Lloyd Huck Chair in Medicine

Professor and Chair, Department of Medicine



The members of the editorial board are very pleased to present the inaugural issue of *Lions of Medicine*, which we plan to publish quarterly for our internal

constituents (staff, faculty, residents, and fellows in the Department of Medicine), and semiannually for internal and external constituents (former residents and fellows, and others). Each issue will include a message from the chair or a vice chair, highlights of a division or program in the department, a feature article, relevant updates about each mission area (education, patient care, research, and community service), and news of general interest.

This is a big undertaking and I would be remiss in not thanking Maulik Shah, a summer intern in our office; Michelle Pahl, PGY4 in Medicine/Pediatrics; and the members of the editorial board for getting us off to an excellent start. This issue will feature historical highlights of the department, an update from the Division of Cardiology, a message about our residency program, and details of our outreach at the Bethesda Mission in Harrisburg. Enjoy—and please feel welcome to provide feedback or suggestions to me at raber1@psu.edu.

A brief history of a department steeped in tradition

Robert C. Aber, M.D., M.A.C.P.

The Department of Medicine was established in 1969 when George Harrell, the founding dean of the College of Medicine and the department's only member of the Institute of Medicine, recruited Graham Jeffries, an under 40-year-old rising star in gastroenterology from Cornell, to be the founding chair. When Harrell asked Jeffries what goals he had for the department, Jeffries replied "to establish a department that provides excellent patient care, teaching, and research." One of Jeffries' earliest recruits was Shirley Long, who served as administrative assistant in the department from 1969 until 1993. Long still works part time with the Rheumatology Division.

Faculty recruitment proved more challenging for Jeffries, so he turned to his former colleagues at Cornell to get started – Robert Brennan (neurology), Wayne Barden and Dick Santen (endocrinology), Elaine Eyster and David Jenkins (hematology), Jim Gault (cardiology), Allan Lipton (oncology), Arthur Hayes (clinical pharmacology), and Robert Dye (gastroenterology). This core group of pioneers assisted Jeffries with additional recruitments and by 1983 there were fourteen divisions and forty-

seven faculty in the department. Also by 1983, the internal medicine residency program was flourishing, and fellowship programs had been established in almost all divisions. Much work was done in building the department during Jeffries' nearly twenty-year term as our founding chair.

The next era began with the recruitment of Herbert Y. Reynolds from Yale University to succeed Jeffries as chair in

"To establish a department that provides excellent patient care, teaching, and research."

Graham Jeffries, M.D.

1988. I was part of this recruitment, having served as vice chair and residency program director since 1985, and we were delighted to recruit Reynolds to join us. He ably led and grew the department over the next fourteen years despite some major changes and challenges in healthcare, including reduced payments to physicians in the 1990s, the Alliance for Health in Central Pa. from 1994 through 1997, and merger and demerger of the Penn State Geisinger Health System in 1997 and 2000, respectively. Two divisions in the department became departments (dermatology, 2001) or centers (emergency medicine, 1993), and several new division chiefs were recruited: Weitekamp, then Caputo in general

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Divisional Spotlight

Cardiology

Gerald V. Naccarelli, M.D.

The Division of Cardiology at the Penn State College of Medicine/Milton S. Hershey Medical Center continues to grow and pursue the goals of clinical care, teaching and research. Over the last three years, this growth has gone hand-in-hand with our surgical and radiology colleagues as part of the Penn State Heart and Vascular Institute. As of this fall, the Division of Cardiology has grown to twenty-eight M.D. faculty, eight Ph.D. faculty, four nurse practitioners, fifteen cardiology fellows, and three electrophysiology fellows.

The Division of Cardiology's educational mission is to educate and train cardiology fellows, internal medicine residents and medical students to become physician leaders in the future. We also are committed to training graduate students and paramedical students in nursing, pharmacology and other associated professional areas. Our largest commitment of time continues to be the training of cardiology fellows in our ACGME approved programs in cardiovascular diseases, clinical cardiac electrophysiology, and interventional cardiology. Competition for these training slots remains extremely strong. For example, the cardiology division had over 500 applications for five first-year cardiology fellow openings. Joseph Gascho, M.D., has directed the cardiology fellowship with the help of the Deborah Wolbrette, M.D., associate director, and the fellow's executive committee (Gerald Naccarelli, M.D., Mark Kozak, M.D., and Edward Liszka, M.D.).

Wolbrette has directed the cardiac electrophysiology fellowship with plans this year for Soraya Samii M.D., Ph.D., to become the associate director. Kozak has taken over the directorship of the interventional cardiology fellows training program. Liszka won the cardiology fellows' teaching award. In addition to the above, the electrophysiology group participated in a program to have electrophysiology fellows from Europe visit, participate in teaching conferences, and observe procedures in the electrophysiology laboratory. This program allowed PSU fellows to discuss and compare differences in teaching styles and rotations in the USA and Europe.

There are daily teaching conferences including Cardiology Grand Rounds, HVI Grand Rounds, and conferences in echocardiography, electrocardiography, interventional cardiology, mortality and morbidity, basic research, core curriculum, and journal club. Cardiology has interacted with Harjit Singh M.D.'s HVI educational committee to integrate educational conferences including the areas of vascular medicine, surgery, and cardiac imaging. This year we will be integrating Cardiology Grand Rounds with Lawrence Sinoway, M.D.'s, fellow's research seminar and Dr. Marc Kaufman, M.D.'s monthly research rounds. The cardiac electrophysiology group has a weekly journal club to discuss classic and new articles in

the field of arrhythmias. The congestive heart failure group had another successful patient teaching seminar that attracts a large number of patients with this disease. The majority of teaching occurs on the various rotations in the HVICU, cardiology wards and consult teams, outpatient offices at I.O. Silver, Nyes Road, Lebanon Veteran's Hospital and pacemaker/ICD clinics, cardiac rehabilitation, echocardiography laboratory, nuclear cardiology/radiation safety, cardiac catheterization and EP laboratories.

Training of internal medicine residents predominantly occurs on the cardiology ward and consultation services. In addition, the division takes regular rotations teaching at Medicine Grand Rounds, noon conferences and the monthly ECG conference by Naccarelli. Liszka works as the division's liaison to the internal medicine residents to assure quality education. John Boehmer, M.D., serves on the Internal Medicine Residency Program's Clinical Competency Committee. Annick Haouzi, M.D., had the highest teaching scores from the residents and students based on her high impact teaching on the cardiology ward and consult service.

The Cardiology Division is actively involved in student teaching, during all four years. Robert Zelis, M.D. and Ed Lankford, M.D. are cardiology's liaisons to the medical school. Students participated in Medicine #733 (Acting Internship in Cardiology), Medicine #738 (Cardiology Elective) in addition to their core clerkship and Medicine #722 (Multidisciplinary Introduction to Cardiovascular Pathology, Pathophysiology, pharmacology and medicine). Attendings taught students on the cardiology ward and consult rotation, on their clinical rotation, and in our outpatient clinic at Nyes Road.

Medical students have an intensive week of learning auscultation on Harvey, observing non-invasive and invasive procedures and learning to interpret ECGs. Robert Zelis, M.D., has implemented a computer assisted program for the new Harvey mannequin that is used to teach cardiac physical diagnostic skills to medical students, residents, and fellows. This year, Dwight Davis, M.D., was awarded the Distinguished Educator's teaching award joining Zelis as the second cardiology faculty to win this prestigious award.

The Cardiology Division is committed to the continuing medical education of physicians and paramedical personnel in our region. Cardiology Division faculty have given regional-lectures in York, Reading, Lancaster, Harrisburg, State College, and Pottsville, and presented papers at the Pennsylvania American College of Cardiology meeting. Division faculty presented invited papers at multiple international meetings including the American Heart Association, American College of Cardiology, Heart Rhythm Society, Heart Failure Society, Cardiostim, European cardiac Arrhythmia Society, World Congress of Pacing and Electrophysiology, International Symposium on Adult Congenital Heart Disease and, the World Congress in Cardiology.

Community

Ted Bollard, M.D.

Director, Internal Medicine Residency Program

Community outreach continues to be a core mission for the Medical Center. In the Department of Medicine we continue our service to the guests of the Bethesda Mission in Harrisburg, as has been our tradition for more than twenty years.

Prior to 1993, our efforts were carried out in a limited fashion at the mission. Attendings, fellows, and residents would volunteer to staff the clinic on Tuesday nights and handle, with limited resources, as many acute issues as possible. Andrew Sumner, M.D., while completing his residency training at Penn State Hershey brought a stronger organization to our efforts. It resulted in a part time nurse, Nancy Payne, who provides much of the continuity to our weekly care. We have recruited our colleagues in the Department of Dermatology to provide their subspecialty care once a month, on site. During the 2007-08 academic year, our senior resident,

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Meet the Team

The Internal Medicine Residency Program Welcomes its 2008-2009 Chief Residents



Adam Albert, M.D.



Nicole Swallow, M.D.



Dave Dougherty, M.D.

HISTORICAL HIGHLIGHTS (Continued)

internal medicine; Rybka in hematology/oncology; Cheung, then Reeves in nephrology; Bascom in pulmonary, allergy and critical care medicine; Naides in rheumatology; Ouyang in gastroenterology and hepatology; Naccarelli in cardiology; and Johnson in palliative care. Marty Friedman was recruited as the department's first business administrator in 1989 and remained in the department through 2003. Judy Birli replaced Shirley Long as the department's administrative assistant in 1995. Leadership of the Internal Medicine Residency Program also changed during Reynolds' watch from Aber to Rich Simons in 1992, and then to Ted Bollard in 2001. By 2002 when Reynolds left the Department to return to NIH, there were 129 faculty (121 physicians; eight Ph.D.s), eighty-five residents, and forty fellows, fifty-seven administrative staff, and fifty-seven research staff – remarkable growth in only fourteen years. My era began in 2002 as interim chair (with no real initial interest in becoming chair). My charge from Dean Darrell Kirch was to prepare the department for a new chair by stabilizing the financial performance, recruiting additional faculty and scientists, improving morale and esprit d'corps, and developing an effective leadership team Vice chairs were identified in each mission area – education (Masters), clinical affairs (Caputo), and research (Sinoway). Andrea Manni succeeded Jim Hammond as Chief, Division of Endocrinology, Diabetes and Metabolism in 2003. Following a two-year search for a new chair, Dean Kirch and the search committee requested I consider becoming a candidate for the position, and I was appointed chair in November 2004.

Since then, we have focused on improving performance in each mission even more. Tom McGarrity succeeded Ann Ouyang as Chief, Division of Gastroenterology and Hepatology in February, 2005; Leslie Parent succeeded John Goldman as Chief, Division of Infectious Diseases and Epidemiology in February 2007; and Chris Sciamanna succeeded Greg Caputo as Chief, Division of General Internal Medicine in April, 2007. Cindy Whitener succeeded Greg Caputo as Vice Chair for Clinical Affairs in 2004, and Brian Reeves became Vice Chair for Research in 2006. David Towery succeeded Susan Rathfon-Coble as the department's operations director 2006. The Internal Medicine Residency program is flourishing under the direction of Ted Bollard (program director), Jen Goldstein and Mike Beck (associate program directors). Debbie Stevens became program coordinator in 2004. Research funding has increased from \$15 million in 2002 to nearly \$33 million in 2008, and several new scientists and physician-scientists have joined our faculty (now approximately 175 strong). Outpatient visits and inpatient admissions have continued to increase annually despite the fact that neurology became a department in 2003, the Penn State Cancer Institute took responsibility for the clinical activity of the Hematology/Oncology Division in 2004, and the Penn State Heart and Vascular Institute took similar responsibility for the Cardiology Division in 2005. Much remains to be done, but I am confident we have a strong and committed group of staff, residents, fellows and faculty to build a bright future for the Department.

We want to hear from you!

This newsletter is made possible by the submissions from the department's faculty and staff. If you wish to prepare a submission for publication, please e-mail your file as a Microsoft Word document to Susan Hassenbein (shassenbein@psu.edu). Please include the word count in your e-mail and enter "Lions of Medicine Submission" in the subject line. We also welcome comments about our publication via e-mail or telephone to any member of the editorial board.

COMMUNITY (Continued)

Ed Lew, M.D. (currently a fellow in preventive medicine at the Mayo Clinic), and Tonya Crook, M.D., received a grant from the Pennsylvania Department of Health to incorporate HIV counseling and screening at the the mission. Finally, we have been very fortunate to have Debbie Stevens, Residency Program coordinator, continue to also be the coordinator for all the department activities at Bethesda Mission, and provide much of the organization to allow our efforts to continue.

In 2001, three medical students from our College of Medicine (Sonia Badreshia, Vivek Bansel, and Timothy Weaver) had a desire and vision to expand the medical care at the Bethesda Mission. They founded the medical student organization, LionCare, which focused on providing more comprehensive health care

“We are here to add what we can to life, not to get what we can from life.”

Sir William Osler, M.D.

to the underserved women in the greater Harrisburg area. Their continued success has allowed those who would otherwise go without basic preventive services such as mammography, pap and pelvic examinations, and STD screening to receive them at no cost. In addition, this has allowed our students to learn valuable skills in clinical medicine, diversity in health care, and in negotiating our health care system to obtain care for those who are uninsured or under-insured in

central Pennsylvania.

The Bethesda Mission is currently undergoing a comprehensive renovation project at the Reily Street location. In addition, they purchased and razed the motel adjacent to the current structure, and are in the midst of a capital campaign



to raise the necessary funds to construct the newest addition to the mission, which will house our medical clinic. With the help of LionCare and their successful fundraising activities, we are proud to be able to donate substantially to the furnishing of this clinic space. For those who had the privilege to provide care to the guests at Bethesda Mission I am sure you will agree that it was and is one of the most rewarding, as well as educational, experiences one could have. If you have further questions about our efforts at Bethesda Mission, please contact Debbie Stevens (dstevens@psu.edu) or me (ebollard@psu.edu) at your convenience.

Internal Medicine Residents

Ted Bollard, M.D.

Director, Internal Medicine Residency Program

As the Program Director of the Internal Medicine Residency Training Program I welcome you to the first edition of “Lions of Medicine”. I am very proud to report that the tradition of our training experience is not only being carried on by our current residents, but, in many aspects, has been raised to a higher level than that which many may remember of our first 30 plus years.

The Department of Medicine inpatient services continue to run at near capacity. This has challenged all of us to insure the educational aspects of residency training are met, as well as the patient care responsibilities. In addition, three years ago under the direction of Dr. Cynthia Chuang and our Chief Residents (Drs. Ali Zaidi, Chris Hoimes and Brenda Wahlers), the Resident Research Forum was established to help guide our residents in their scholarly pursuits. As a result, our residents have successfully engaged in research, poster and podium presentations, and publications to a greater degree than ever

before. During the last academic year, the efforts of our residents have produced presentations at regional, state, and national meetings; Department of Medicine Grand Round; chapters in medical texts; and articles in peer-reviewed journals.

At our end-of-year House Staff Dinner we said goodbye to an excellent class of graduating residents. Their accomplishments and the marks they have made on our Department are too numerous to list. Happily, some of these graduates will be continuing their careers at Hershey while others will be representing our training program at institutions such as University of Michigan, University of Virginia, Mount Sinai (NY) and the University of Rochester, as well as in private practice throughout the country.

In future issues, I will highlight some of the accomplishments – and changes – occurring in our internal medicine training experience at Hershey. In addition, if you are an alumnus of either the Residency Training Program or one of our Department Fellowship Programs and would like to give us an “update” on your career since leaving Penn State/Hershey, I look forward to hearing from you. Please feel free to email me at ebollard@psu.edu.

Penn State Milton S. Hershey Medical Center

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