

FALL 2018

FLORIDA STATE UNIVERSITY COLLEGE OF MEDICINE

# FSU MED

Physician, heal thyself

Bringing wellness  
to the curriculum





Summer used to be a time of vacations and relaxation. Not at the College of Medicine.

We welcomed the M.D. Class of 2022 in May, and our second PA class joined us in August. The residency programs we sponsor around the state continue to grow, and with our new arrivals in June we now have over 120 residents in training under the guidance of our faculty at Tallahassee Memorial, Sarasota Memorial, Lee Health in Fort Myers, and Dermatology Associates in Tallahassee. The new emergency medicine program at Sarasota Memorial was provisionally accredited this spring and will enter the match this year for its first class in July 2019. We recently recruited the founding program director for a new family medicine program at Winter Haven Hospital and anticipate a start date of 2020.

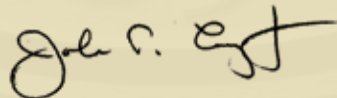
We are busy in our self-study for the LCME site visit next April and have had six subcommittees and an executive steering committee hard at work all year preparing the documents to be submitted in January 2019. Our students all participated in an Independent Student Analysis for the LCME process, and we administered a comprehensive questionnaire last winter to all four classes to identify our strengths and areas for improvement.

Over the past year, the College of Medicine has taken a hard look at its culture and environment in light of national statistics on depression, burnout and suicide at all levels of the medical profession. While we have proudly proclaimed our student-focused model of education for years, we were not immune to this crisis and lost a student to suicide in February 2017. In light of the national trends and a heartbreaking loss for our college community, we developed a Wellness Committee with representatives from students, faculty and staff to look at our culture and environment and identify programs and processes to prevent another tragedy here.

In this issue, we give you an overview of this sad chapter, with commentary from students, faculty and college leadership. I thank Ron Hartung in Public Affairs and Communications for his tireless work and amazing storytelling in presenting the facts, the background and the community responses to our efforts to heal and learn from this event. While we can never totally prevent another loss, we can come together as a college community, look out for one another and be family.

We graduated our 14th class in May and now have 1,255 alumni of the College of Medicine. They continue to make us proud in their specialty choices and, increasingly, by returning to Florida to practice. We now have 69 graduates who serve as faculty in our regional campuses, and this year we added two more recent graduates to our full-time faculty in Tallahassee. We continue to live the mission of the school and produce the kinds of doctors that Florida really needs.

Enjoy the fall, and Go Noles!



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by Ron Hartung

Medical school can be a stressful journey for even the best students. With burnout a major concern in the medical profession, the College of Medicine is teaching students to take a deep breath during their quest to reach a noble goal.

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by Ron Hartung

Learn more about Matt Wittman, the second-year student whose death in 2017 led to soul-searching for classmates, faculty and staff – and to a renewed emphasis on wellness.

## 22 A dog has his (Match) day

by Chase West

A brutal car accident has had lifelong implications for the wife of Chase West (M.D., '18). She, and he, are comforted in their journey by a once-abused puppy they adopted from an animal shelter.



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### on the cover

Navigating the sometimes treacherous path through medical school might, at times, seem like a labyrinth. This labyrinth, located between the medical and psychology schools at Florida State, was designed to provide some peace of mind for those who enter.

Photo illustration:  
COLIN HACKLEY





MARK BAUER

## Engineering a more effective splint

**T**hose of us who hear the word “engineer” and instantly think of bridges or jets need a broader view. A chemical engineer in the FAMU-FSU College of Engineering is also a clinical faculty member in the Department of Biomedical Sciences – working to make life better for people with peripheral artery disease. Her name is Emily Pritchard, and she’s helping Professor Judy Muller-Delp fine-tune the splint that was featured a year ago in *FSU MED*.

“I became an engineer because I wanted to make things to help people,” Pritchard said.

Here’s a recap of the disease and how the splint works:

Peripheral artery disease, or PAD, is a narrowing of arteries most commonly found in the legs. Plaque and fatty deposits build up on artery walls, restricting blood flow and causing pain and cramping. The best-known therapy is regular walking, but some patients are too frail or in too much pain for exercise.

What Muller-Delp discovered, along with Wayne Batchelor at Tallahassee Memorial Hospital and former postdoctoral fellow Kazuki Hotta, was that a simple, low-cost splint could provide the same benefits as exercise by

improving blood flow to the lower leg.

Now, moving from animal-centered research to human-centered clinical trials, Muller-Delp is partnering with Pritchard in hopes of propelling the splint into commercial use.

“We are trying to optimize the splint design for each patient,” said Pritchard, who spent over a decade working in orthopedics and related fields.

The research team will gather data from MRIs and sensors.

“That will allow us to look at how this affects blood flow in the legs similar to what Dr. Muller-Delp was looking at in animal models,” Pritchard said. “My Ph.D. was in doing custom sensors for surgical instrumentation. Being able to track what’s happening inside the body as non-invasively as possible, and give a physician more information, has been the theme of my work.”

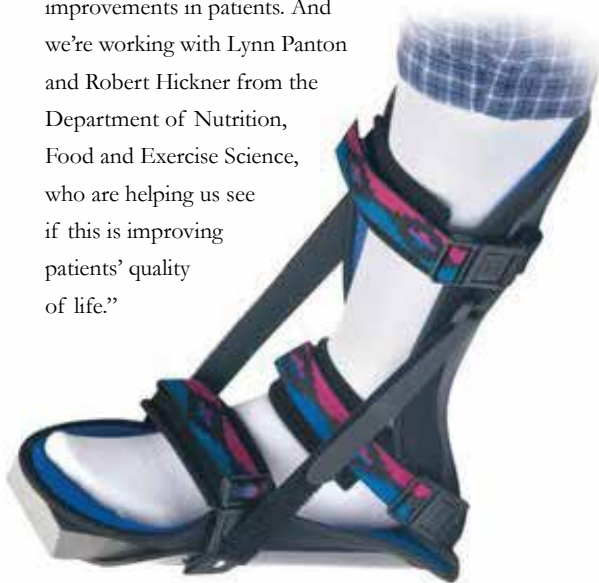
Once the design is finalized, another collaboration will help move the project forward. Through a Collaboration for Accelerated Innovation grant, the Mayo Clinic in Jacksonville’s Department of Vascular Surgery will provide the study with greater access to patients and additional clinical input. That will help the team see the splint’s

Delp (left) and Pritchard bring unique insights together to help people with peripheral artery disease.

effectiveness in a larger patient population and get it one step closer to commercial use.

Muller-Delp hopes to develop a parallel animal model.

“That will allow us to continue to look at things going on at the molecular level and why,” she said. “But in the human study, we are also collaborating with Sean Forbes from the University of Florida and Jens Rosenberg from the MagLab, using MRI to evaluate physiological improvements in patients. And we’re working with Lynn Panton and Robert Hickner from the Department of Nutrition, Food and Exercise Science, who are helping us see if this is improving patients’ quality of life.”



Pritchard’s splint is gaining attention for the potential to help both patients with PAD and older individuals who could reap health benefits from stretching.

# Good news for teachers and autism students

**T**he latest study by current and former FSU Autism Institute experts focuses on school-age kids – and a curriculum that improves their learning whether or not they're on the autism spectrum.

The three-year study involved 60 schools, mostly in North Florida. Its findings were reported in June in the *Journal of Consulting and Clinical Psychology*.

“There is a solid body of research on treatments for preschool children with autism spectrum disorder,” said Autism Institute Director Amy Wetherby, one of the study’s principal investigators. “However, this study is one of only a few demonstrating the efficacy of a treatment for school-age children. And the most impressive part is it was conducted in public school classrooms with a good mix of general and special education teachers.”

“Autism spectrum disorder” refers to a group of complex neurodevelopment disorders characterized by restricted and repetitive patterns of behavior and difficulties with social communication and interaction. Classroom teachers know it well.

“General education teachers in most states aren’t required to have autism training, and yet they find themselves with kids with autism because that’s the law,” said Lindee Morgan, the study’s other principal investigator, a longtime colleague of Wetherby’s who now is at Emory University. “These days, more than 70 percent of kids on the spectrum have no intellectual disabilities. Therefore, schools are moving more toward modifying and adapting the mainstream classroom in ways that are not only helpful for kids with autism but also good for all the students.”

Their latest study measured the effectiveness of a curriculum called SCERTS (SCERTS.com),

developed by Wetherby and others to target ASD’s most significant challenges.

They randomly matched pairs of schools. In one school, students got regular classroom teaching supplemented by a website. In the other, participating teachers received three days of SCERTS training – plus regular coaching, access to extra reference materials and videos of themselves in the classroom. Children at SCERTS schools performed better.

“They were initiating more, participating more, having back-and-forth conversations more, and responding to their teachers and peers more frequently,” Morgan said. Kindergarten teachers told her: “Putting this in place helped my whole class.”

The study was funded by a \$3 million grant from the Institute of Education Sciences in the U.S. Department of Education.





## You're invited to Gunjan's lab

**F**rom smoking to sunburn to dental X-rays, life is tough on DNA – which is why cells have developed their own elaborate DNA repair shops. Without quick and accurate fixes, damage can lead to cancer.

DNA repair appears to be one function of a protein called H3.3, and researcher Akash Gunjan suspects that eventually it might help fight certain cancers.

But right now – with a three-year, \$734,000 National Science Foundation grant – he plans to hunker down with H3.3, discover more about what makes it tick and, equally important, share what he learns with the public.

NSF grants are uncommon in medical schools. Most biomedical grants come from the National Institutes of Health.

“If this grant were from the NIH, most likely my primary task would be to move forward as quickly as possible with testing therapeutic options for treating cancers caused by mutations in this protein,” said Gunjan, an associate professor of biomedical sciences.

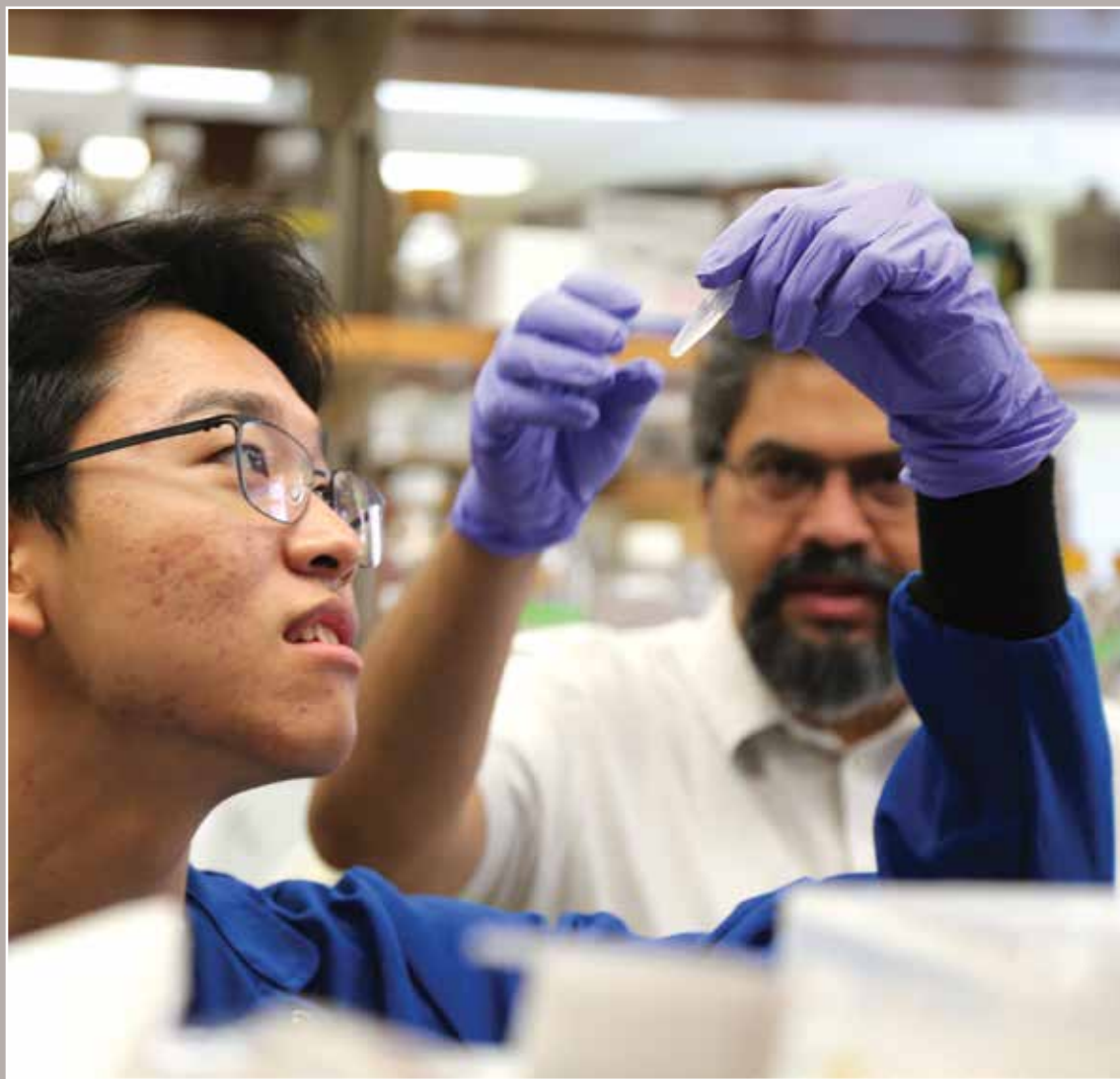
“But at the NSF, the focus is on understanding basic biology. Most other funding agencies are not likely anymore to fund that kind of research. I think that’s shortsighted.”

NSF also appreciates one of his research models: plain old baker’s yeast.

“That’s the simplest way of studying this gene that, in humans, causes cancer – and we don’t know why,” Gunjan said. “We can’t quite do all our experiments on humans. So whatever we learn from yeast, we’ll see if it’s adaptable to humans.”

Although yeast has been researched for generations, he insists it still has much to teach us. Its single cell is also an entire organism.

GLENN SANGER-HODGSON



“That organism does everything pretty much the same as what one of our cells does, but with much greater efficiency in terms of the number of genes involved in a process,” he said.

Because it’s abundant and safe, Gunjan often employs yeast when he works with young students. NSF grants require researchers to pass along what they learn to students and the public.

“I work a lot with K-12 students,” he said, “Anyone who’s interested from fifth grade onward, I tell them, ‘Just come into my lab and see what you can do.’”

He works with the College of Medicine’s SSTRIDE Summer Institute and FSU’s Young Scholars Program. Actually, he works with just about anyone who approaches him.

“I’ve had students who started in eighth or ninth grade in the lab and worked every year

until they graduated, and now they’re off at college somewhere else – and when they come home during the summers, they come back to the lab,” Gunjan said.

This NSF grant allows him to expand that involvement with young scientists – and to address science’s “big disconnect” with the public.

“People have become skeptical of what we do,” he said. “We should explain: ‘Ten or 15 years from now, this is going to pay off, because from this we’re going to have an understanding of how processes go awry in certain human diseases, and based on what we learn here, we’re going to come up with therapeutics.’”

“When people ask me what I’m doing, in many cases I say, ‘Come and see for yourself.’”

Reach Akash Gunjan at [akash.gunjan@med.fsu.edu](mailto:akash.gunjan@med.fsu.edu).

## Ensuring a safe and healthy home

From allegations of abuse and neglect to drug use, there are many reasons why child protective services may intervene to ensure children's safety at home. Often, assessing current and future threats and determining the appropriate intervention isn't so straightforward.

Patricia Babcock, researcher in the Department of Behavioral Sciences and Social Medicine, worked to help the Florida Department of Children and Families' child protective services investigators prevent and identify such threats through behavioral health training in the spring.

"My background is child welfare, and the push right now is to integrate behavioral health into child welfare," she said. "A lot of times, parents may be using drugs or alcohol and/or have a significant mental health issue that's contributing. It may not be a root cause, but it definitely contributes to abuse and neglect. So the state is starting to shift focus and integrate both lenses."

With a grant from DCF, Babcock

developed the behavioral health curriculum and administered the training to nearly 400 employees, including investigators and supervisors. The purpose was to better equip employees with the ability to assess mental and emotional well-being and choices and actions that affect both child and family wellness.

"It's very interactive training made up of two six-hour days. It covers all the key mental

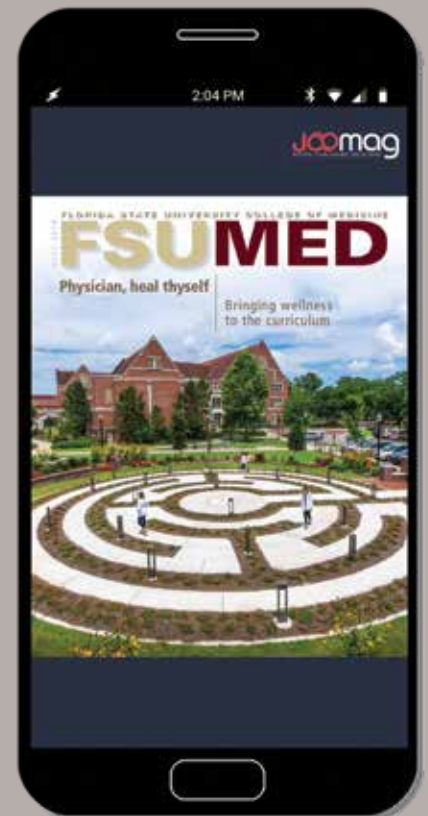
health diagnoses and all the key substance and alcohol abuse issues," she said. "It's really us showing them how you can integrate the two. So if a parent has depression, how might that look in terms of child safety? And so on."

With the success of the training, DCF hopes to continue offering the program.



Patricia Babcock

"Our staff has shared overwhelmingly positive feedback pertaining to the trainers," said Alger Studstill, family safety program manager at DCF. "We've seen a positive impact in our leadership team and how they have implemented these tools with their teams and the families we serve. So we're exploring ways we can carry this training relationship forward for the upcoming fiscal year."



## Read all about it

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## Changes to the GME directory

**T**he number of College of Medicine-sponsored residency programs has grown from the first two in 2006 to seven today (along with two fellowships). The commitment to graduate medical education is serving its purpose – producing more opportunities to keep Florida medical students in-state for residency, increasing the likelihood they’ll choose to practice here long-term.

Finding the right program director is an important responsibility for the institutional sponsor. Recently, the College of Medicine and its partners announced three new program directors. **Nathan Falk** will be the founding director of the new family medicine residency program at Winter Haven Hospital.

Falk served as chief resident and faculty at the University of Nebraska Family Medicine Residency Program and has taught FSU medical students in Orlando since 2016. After serving as medical director and associate program director of the Florida Hospital Family Medicine Residency Program in Orlando, Falk plans to begin work in Winter Haven in September.

The program has applied to the Accreditation Council for Graduate Medical Education and, if all goes well, likely will accept its first residents in 2020.

“Starting a new program is an exciting challenge,” said Falk, a 2015 recipient of the U.S. Air Force Meritorious Service Medal. “Our goal for the program is to provide an immediate

impact to the Winter Haven community and an impact for years to come by training the next generation of outstanding primary-care physicians for Central Florida.”

**Claudia Kroker-Bode** assumed leadership duties for the College of Medicine’s internal medicine residency program at Tallahassee Memorial HealthCare in time to welcome the newest interns.

“I would like to have residents who are responsible and professional, who are willing to work hard, but who also will be happy here,” said Kroker-Bode, formerly program director for the internal medicine residency at Carilion Clinic-Virginia Tech Carilion School of Medicine.

She succeeds founding program director **Gregory Todd**, who now serves as the College of Medicine’s clerkship director for advanced internal medicine and as director of the FSU Center for Innovative Collaboration in Medicine and Law.

In Fort Myers, founding program director **Gary Goforth** retired after 35 years as an academic family physician. He has been replaced by **Alfred Gitu**, who served as a program faculty member since the residency program opened in 2012. Gitu, selected following a national search, was a family medicine resident and later faculty member under Goforth in Greenwood, South Carolina, prior to joining him in Fort Myers.



COLIN HACKLEY

## A ‘virtuoso of caring’

**P**aul Katz, chair of the Department of Geriatrics, was described as a “virtuoso of caring” when he received the 2018 William Dodd Founder’s Award for Distinguished Service in March.

Katz was recognized at the annual conference of AMDA–The Society for Post-Acute and Long-Term Care Medicine, the only organization representing medical providers in nursing home and assisted living care.

The award recognizes service and significant contributions to what Katz calls his professional home.

“Early on, I saw AMDA as the professional organization that was



Nathan Falk



Claudia Kroker-Bode



Alfred Gitu



aligning with my interests because ever since I started my training, I was drawn to nursing home work,” said Katz, who was AMDA president in 2010 and is the immediate past chair of the fundraising board.

A current problem atop the society’s agenda is the inconsistency of care in nursing homes. Much of Katz’s research has centered on finding a link between physician practice and quality of care.

“When I was president, I pushed to better define the role of attending physicians in nursing homes, which led to the development of competencies for medical providers, as well as the development of a curriculum, which I’ve been involved in,” he said.

Now he’s part of an international project striving to develop a set of measures that can better reveal how the identified skills and competencies affect care.

“These quality measures can be used to see which really perform the best, and from there we can come up with a physician quality score and see if that relates to outcomes,” he said.

As a result of this research, the society has a certification board exploring a possible specialty of post-acute and long-term care.

“Defining the competencies, developing quality measures, proving a link to quality of care, then eventually attaining some sort of specialty status, that’s really my life’s work,” he said. “The Dodd Award recognizes my part, but many people are doing this.”

## PA program welcomes its second class

**T**he newest group of PA students have just arrived at the central campus, at the same time that the School of Physician Assistant Practice is preparing to send its inaugural class off to regional campuses for clinical rotations.

It’s a busy period for the young program. Both classes will be at the main campus until students from the Class of 2019 begin their clinical rotations in January, learning under many of the same faculty physicians who teach M.D. students.

No longer the lone PA class, the second-year students are eager to welcome the newcomers and provide guidance.

“Being given the opportunity to pave the way for future classes has been a really cool

experience, and I’m excited about being a resource for these students,” said Kelley Stem, who will be going to the Tallahassee Regional Campus. “As we’ve begun preparing for our clinical year, I’ve really started to see all the efforts and hard work coming to fruition.”

The Class of 2019 has taken pride in setting the standard for future PA students, says Jim Zedaker, the program’s founding director.

“They’re the charter class. They’ve taken that role very seriously, and I think they’re going to continue doing that, and try to mentor the new guys to carry on a very short but hopefully long-running tradition of professional students,” he said. “I think you’re going to see a very resilient, very qualified group of students move on to clinicals, then graduate next year.”

GLENN SANGER-HODGSON



The inaugural class, seen here after their arrival in August 2017, will be heading off to regional campuses in January for the start of a year of clinical rotations.



MARK BAUER

## Teddy bears to the rescue

**K**ids are often intimidated by doctors. Doctors often can't communicate with kids. What to do? Send in the teddy bears.

That was the thinking behind the College of Medicine's first Teddy Bear Clinic. A group of first-year students staged the event in April at Killbuck Lakes Elementary School.

More than 400 kids in pre-K through second grade were invited to bring their ailing teddy bears, dolls or other stuffed animals to school and take them through different stations to learn what to expect when visiting the doctor.

One bear couldn't stop dancing. Another ate too much macaroni. A third had sudden-onset color blindness.

"The goal of the event was to reduce the fear of going to the doctor, but it also gave us med

students the opportunity to work with children and learn to communicate with them," said med student Gerald Megna, who organized the event.

Med students staffed the intake, radiology, physical exam, casting and outtake stations to care for the bears and familiarize kids with basic health-care equipment and procedures.

"When you think about what children see when they go to the doctor, it's a stranger in a white coat with fancy gadgets around their neck, holding more fancy gadgets and objects up to their face. I'd be scared, too," said med student Julianna Kacheris.

Once the kids helped fill out paperwork at the intake station, they moved on to the radiology table and looked at X-ray films. Med students took the bears' blood pressure and temperature, listened to their hearts and conducted vision

exams and other tests.

Class of 2021 medical student Kelly Mamelson welcomes a patient – and its owner – at the Teddy Bear Clinic.

exams and other tests.

Later, the future physicians put casts on broken bear bones, applied bandages and wrote prescriptions before sending the kids and their furry companions off with a sticker and lollipop.

Learning how to comfort children, understand them and get down to their level was one of the biggest takeaways for Kacheris.

"When I asked the children to place the stethoscope on their teddy bear's heart instead of doing it myself, their faces lit up," Kacheris said. "It really gave me insight on how to calm children down in a medical setting."

Megna, who got the idea from a friend at Michigan State, said: "I hope to bring this to the College of Medicine campus, get the PA students involved, invite the community and hopefully make it into a collegewide community outreach event."





## An offer most wouldn't refuse

**T**he 120 students who arrived in May as part of the M.D. Class of 2022 were among nearly 7,200 who applied for admission.

They may not have realized the magnitude of their accomplishment.

In each of the past three years, the College of Medicine has appeared on the *U.S. News & World Report* list of “10 Medical Schools with the Lowest Acceptance Rates.” The college placed second on that list for the class entering in 2015, fourth in 2016 and third in 2017.

Acceptance rates have held steady for the last

four years – 2.4 percent in 2015 and 2018; and 2.6 percent in 2016 and 2017.

“Our reputation for providing an excellent medical education is making us a school of choice for candidates,” said College of Medicine Dean John P. Fogarty. “If we make an offer, they readily accept.”

Acceptance rates are calculated based on the number of applicants and the number of offers extended. In 2017, the average acceptance rate for U.S. medical schools overall was 7 percent, according to data from 120 medical schools ranked by *U.S. News*.

### 10 Medical Schools with the Lowest Acceptance Rates (2017-18)

Source: *U.S. News*

School	Total applicants	Total acceptances	Acceptance rate
Mayo Clinic School of Medicine	8,068	168	2.1 percent
Stanford University	7,258	167	2.3
Florida State University	5,866	151	2.6
Wake Forest University	9,281	261	2.8
George Washington University	11,432	335	2.9
Georgetown University	14,062	403	2.9
University of California-Davis	6,943	204	2.9
University of California-Los Angeles	11,417	362	3.2
Brown University	9,922	322	3.2
University of California-San Diego	7,972	258	3.2

## Program of excellence

**A**lmost every day, College of Medicine students are engaged in activities promoting health in the community. Most of it is done in relative anonymity.

In early August, a group of those students from the medical school's Family Medicine Interest Group couldn't avoid the spotlight. They were honored with the American Academy of Family Physicians' 2018 Program of Excellence Award, presented at the organization's national meeting for medical residents and students in Kansas City.

“Our FMIG leaders worked incredibly hard last year and it's great to see them honored this way,” said Christie Alexander, assistant professor of family medicine and rural health, and FMIG faculty advisor.

In addition to health outreach, FMIG educates and informs about family medicine as a career choice.

Among the activities FMIG sponsored in 2018: twenty presentations to elementary-school students teaching them to be tobacco-free and providing them with tools to make good decisions about their health and well-being; more than a dozen presentations to elementary-school students emphasizing the importance of fitness, mental health and good nutrition; a family medicine residency program “procedure night;” and consistent participation in state and national family medicine conferences to help students learn more about the scope and diversity of the specialty.

Student leaders who attended the AAFP meeting to accept the award included **Meghan Lewis, Matthew Hager and Elizabeth Hull.**



MARK BAUER

The College of Medicine's new primary-care clinic is big news for residents in several south Tallahassee neighborhoods, as Dean John P. Fogarty explained to a number of media outlets reporting from the groundbreaking ceremony.

## An FSU clinic for our underserved neighbors

**B**efore he dug his gold shovel into a pile of dirt at Roberts Avenue and Eisenhower Street, FSU President John Thrasher told his audience:

"The College of Medicine has been breaking ground one way or another for the last 17 years."

This particular groundbreaking was historic. On a rainy afternoon in May, it officially christened the College of Medicine's partnership with Sabal Palm Elementary School and surrounding neighborhoods – with the promise of a 10,000-square-foot, full-service, primary-care health center.

The clinic, FSU PrimaryHealth, will provide a range of services not now available in that corner of Leon County. With an expected

opening in 2019, it will include 15 patient exam rooms, two rooms for behavioral-health services, two health-procedure rooms and a community room.

"Our faculty members will have an opportunity to maintain their practice skills, get valuable interaction with patients and their families, and teach and mentor both medical and PA students," Dean John P. Fogarty said.

Though the clinic will be available to anyone in Leon and surrounding counties, this site was chosen specifically to serve the moderate- to lower-income residents in nearby Providence, Mabry Manor, The Meadows and Seminole Manor communities near Sabal Palm.

Senior Associate Dean Daniel Van Durme

said FSU is working hard to learn what the community wants and needs in a clinic, and to learn more about the people's lives.

"We teach our students literally on Day One of medical school that a person's health is determined far more by what happens in *between* the doctor's visits than *at* the doctor's visits," he said at the groundbreaking. "If you want to address the health of a person, want to address the health of a family, want to address the health of a community, you need to understand all of that.... And now we get to practice what we teach."

County Commissioner Jimbo Jackson, principal of west-side Fort Braden School, called the clinic a dream come true: "We know that healthy kids learn better than kids that are sick. We know that healthy families raise healthy kids."

Sabal Palm Principal Anicia Robinson picked up on that theme: "We are very excited about the opportunity to have our parents, students, grandparents, aunts, uncles, everyone in this community have direct access to health care.... And it's in their own backyard."

## Alumni staffing college's new primary-care clinic

**W**hen FSU PrimaryHealth's clinic opens next year in an underserved area of Tallahassee, two of the new faculty members seeing patients will be College of Medicine alumni. **Mary Norton** (M.D., '13) was hired last year to both teach and practice pediatrics. **Shermeeka Hogans-Mathews** (M.D., '15) was hired this summer for her



Hogans-Mathews



Norton



expertise in family medicine and behavioral health.

Both have three children. Both love teaching. And they can't wait for the Roberts Avenue clinic to open.

While construction is underway, Norton is keeping busy teaching and seeing patients at the clinics the College of Medicine operates in Gadsden County schools – thanks to annual gifts from Dance Marathon at FSU.

"There's just so much excitement in the med school, especially with the new clinic in Tallahassee," said Norton, who did her residency at Greenville Hospital System in South Carolina. "I'll be the lead pediatrician there. We're going to be working with Sabal Palm Elementary to develop a Community Partnership School."

Hogans-Mathews, who wrapped up her residency at St. Vincent's in Jacksonville a few months ago, happened to come upon a Department of Family Medicine "faculty wanted" ad.

"It was for primary care/behavioral health, which is really interesting because part of my area of concentration was psychiatry," said Hogans-Mathews, who received the college's Mission Award upon graduation three years ago. "And a big part of what I did in the residency program was emphasizing the need for primary-care physicians to be well trained in mental health, especially given the shortage of psychiatrists."

Hogans-Mathews grew up in Liberty County, in a family that relied at times on Medicaid. She knows the value of accessible health care.

"That's one of my main passions," she said, "to provide equitable care for all."

Both alumni acquired teaching experience during residency and love working with med students.

"It's fun to be close enough to the students' age that I remember their enthusiasm and trepidation over exams," Norton said. "And it's good to have come through the other side of residency, so I'm familiar with the path that they need to take."

*Read more notes about our alumni in Rounds, starting on page 24.*



## Westward ho

There has been little time this year to celebrate the Pensacola Regional Campus' 15th anniversary.

The campus, one of three (along with Orlando and Tallahassee) to open in 2003, was busy preparing to relocate.

Instead of its longtime home on University Parkway, the campus is now based within a multidisciplinary building on the campus of the University of West Florida.

"We're fortunate to have outstanding physicians in the Pensacola area, many of whom have been with us since our campus first opened. We're excited to be part of a great facility that will serve as our home

base as we prepare future physicians and physician assistants," said Paul McLeod, dean of the Pensacola Regional Campus.

The \$7 million, 32,700-square-foot facility comes with a unique twist: The medical school's regional campus is located one floor above a massive weight room used by the UWF football team. The campus comes with an up-close view of the UWF football field, as well.

Included in the partnership to share the building is a pipeline program meant to develop quality applicants to the College of Medicine's new School of Physician Assistant Practice from rural, northwest Florida.



COLIN HACKLEY



# DIALING BACK THE EXCESS STRESS

## As burnout takes a toll on medical professionals nationwide, the College of Medicine works to instill a culture of wellness

BY RON HARTUNG

If old-time medical schools had the personality of a Doberman, the FSU College of Medicine is more like a golden retriever. Collegiality is the watchword. “Learning communities” foster small-group bonding. Doors are open. Teamwork is key.

Yet even here, you’ll find competition, self-imposed stress, conflict, burnout, disappointment. Even here, not all dreams come true.

Which is why, under the My Resources tab on the College of Medicine website, the first listing is no longer timetables but the Wellness Committee. And which is why Wellness Week in April featured such offerings as smoothies, massages and calming walks around the new labyrinth outside.

Here and around the country, medical educators are taking a harder look at the rigors of the health profession. Through changes in the curriculum and an increased emphasis on mental health, the College of Medicine is working to establish a culture of wellness. Not just for students but for the faculty and staff as well. (*This story focuses on students.*)

“When people talk about wellness, it’s not just the absence of illness,” guest lecturer Catherine Pipas, from Dartmouth University, told the College of Medicine in April. In her view, wellness includes intellectual, emotional, physical, social, spiritual, occupational and environmental health.

“If certain components of your personality are not in balance, then it affects your overall wellness,” said psychologist Carol Painter,

director of the med school’s student counseling services. “With students, for example, money is a huge issue. So if that component is out of balance, then that affects their mental health.”

And because of the lingering stigma attached to admitting depression or other mental illnesses, many people – including bright students who’ve never had to ask for help – keep their distress a secret.

“There’s this idea that you have to internalize it,” said Assistant Professor Christie Alexander, co-chair of the new Wellness Committee. “That you have to be strong and power through.”

Sometimes, the results are devastating.

“From the first day of class,” Dean John P. Fogarty said, “we tell students, ‘This is a team sport. Whatever you did as an individual to get to medical school probably will not work *in* medical school. So you need to find friends and study partners, mentors and peers. You can’t swim up this stream all by yourself.’”

### ‘It just becomes explosive’

During her guest lecture, Pipas shared startling numbers about people who go into medicine.

For example, one researcher found that students who had enrolled in (but not yet begun) med school reported a better quality of life than college graduates of a similar age. Also, their rates of burnout and depression were better. *But* as they started medical school and moved through the medical education system, their rates became significantly worse than the general population. Another study found that someone with a bachelor’s degree was 20 percent less likely to be burned out than someone with just a high school diploma – but with an M.D., you’re 40 percent MORE likely to be burned out.

Her conclusion: “Physicians do not reliably self-assess their distress. Which makes us very vulnerable.”

Partly it’s a sense of invincibility, she said. But also it’s an instinct to take care of others ahead of yourself, or instead of yourself. Either way, you typically just charge ahead.

“We’ve talked about the personality type that medicine attracts,” said Alexander, a graduate of the med school’s inaugural class. “So you start with a bunch of Type A folks and you put more pressure on them – and it just becomes explosive.”





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Floyd Jaggears, a 1983 alumnus of FSU's Program in Medical Sciences, said he's glad to hear about the new emphasis – because burnout has long been part of medical tradition.

"Our joke in residency," he recalled, "was that the day we were healthy was when we went from suicidal to homicidal. It was our way of coping with it, trying to pull each other through. It was not 'Promote wellness.' It was survival of the fittest."

Fogarty, a West Point graduate, said that the "suck it up, drive on" philosophy often is concealing secret fears: "Do I have the right stuff? Am I good enough to be here? Do I deserve to be a doctor? Who am I fooling? I'm an impostor!"

And even though the College of Medicine embraces teamwork, competitiveness is never far away.

"What have these students done, exclusively, until they walked in this door? Try to be the best, so they can get in," Painter said. "Then they come here and they don't compete anymore? For God's sake! They're jockeying for position the minute they walk in the door."

In some cases, they've never even considered the possibility of another career.

Graham Patrick, assistant dean for admissions, remembers reading an article on a national sampling of med students: "It said something like 20 percent had contemplated suicide, and something like 6 percent had contemplated withdrawing from medical school. For apparently a significant number of students, medical school is the most important thing in the world."

Matt Wittman knew that feeling.

### After Matt

In February 2017, the College of Medicine's atmosphere was tense. Staff members were questioning the college's commitment to diversity and opportunities for advancement. Faculty members were wrestling with a new curriculum. Students blamed that curriculum for compounding their headaches ... and their fears of the upcoming board exam known as Step 1. (*See story, Page 19*)

Against that backdrop came tragic news: Wittman – a likable student who had begun with the Class of 2018, taken time off, then returned in the Class of 2019 – apparently concluded that the career of his dreams was out of reach. So, to the total surprise of his friends, faculty, church and family, he took his own life. (*See story, Page 20*)

The medical school's morale sank like a stone.



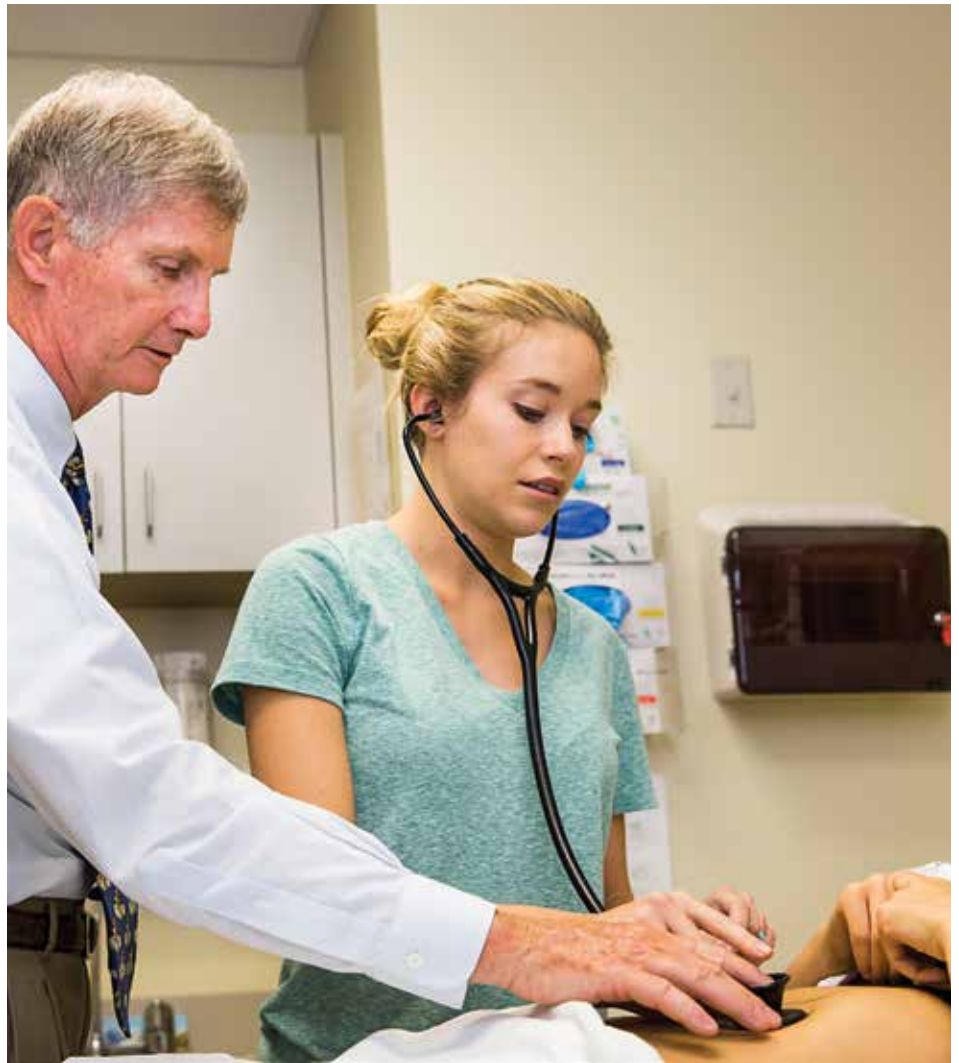
“With a broken heart,” Fogarty said in an email to the college, “I am writing to inform you of the death of Matt Wittman.... At this time our focus is on doing what we can to help his family and friends through this most difficult time, but our sympathy extends to each of you as members of a College of Medicine family built upon a mission of compassion.”

Adam Jaffe, who graduated in May, said he and Matt Wittman had started out in the same learning community.

“Hearing the news was like a nightmare,” Jaffe said. “I think we knew he was struggling in school, but depression is kind of like wearing a mask. It’s hard to see when someone’s in a crisis at times. We felt we kind of failed Matt. And that’s hard.”

Painter said Wittman’s death sent an unmistakable message: “Here we think we do such a terrific job with learning communities and all of this stuff, and students still felt isolated. They were isolating themselves. It wasn’t that we were this horrible system. But it’s endemic in any kind of system where people tend to get in their own little silos at times, and we just lose sight of each other.”

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So after a tearful, student-organized tribute to Wittman in the auditorium, people began to climb out of those silos to talk.

Thus the Wellness Committee was born. Among its 19 members – representing every constituency in the College of Medicine – was Jaffe.

“This whole committee and conversation is really important,” said Jaffe, now a first-year resident at the University of Alabama at Birmingham. “Because no one should have to go through that. And no one should feel like they’re going through this alone.”

Reactions to the wellness emphasis vary.

“In my classes, when the word ‘wellness’ is brought up, you can sometimes hear an audible moan,” said Wellness Committee member Ryan Earwood, a third-year student in Orlando. “This puzzled me for a while. Now, though, I realize that, across the field, as we’ve learned about the impact of burnout, we’ve tried to introduce a one-size-fits-all model of wellness. This model often integrates great practices like mindfulness, yoga, meditation and more. Its downfall is that it won’t work for everyone. We

all have differing levels of resilience and vastly different ideas of what wellness is. And when we neglect to discuss wellness in this individualized way, we risk alienating some.”

Plus, each person’s level of burnout is different.

“It can be difficult for someone who has natural resilience, and therefore has not experienced burnout, to fully recognize their own method of wellness,” Earwood said. “I’ve talked to people in my own class who say, ‘We don’t need wellness, we just need to suck it up.’ That same student will then turn around and, without recognizing it as wellness, engage with a social support group that adds to their wellbeing.”

If you don’t struggle with burnout, he said, have compassion for those who do. “We have



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Wellness Committee co-chair Joedrecka Brown Speights, left

plenty of compassion for patients,” he said, “and a logical extension of that is compassion for colleagues.”

### Making changes

Wellness Committee Co-chair Joedrecka Brown Speights says she’s always been mindful of her own wellness. “Not in the sense that ‘I am intentionally going to be well.’ But it’s just my makeup,” she said. “How I was raised. The environment I was in. What was important to our family.”

She got her M.D. at Emory. “People dealt with their stress in different ways. And a lot of it was around alcohol, to be honest,” she said. “The environment did not cultivate wellness. You were rewarded for ‘I stayed up 18 hours!’ I mean, you bragged on it. You were reinforced to work harder and to work longer. You were patted on the back to not complain about it. It created this silence.”

In many ways, silence persists. She mentioned the forms physicians fill out to get hospital privileges, for example: “They always have these questions like, ‘Have you ever been diagnosed with a mental illness?’ ‘Have you ever taken medication for this?’ It would make me think, ‘I’m not telling them that!’ It perpetuates the whole stigma ... like something’s wrong with you if you say ‘Yes.’”

Alexander thinks today’s generation seems ready to break the silence. “It’s not just people in medicine. I’m seeing it in general: ‘Let’s talk about anxiety. Let’s talk about depression.’ This culture needs to change across the board.”

She and Brown Speights are among the faculty members showing students what wellness can look like for them. Even in terms of which specialty or residency program they pursue.

“I was attracted to practices that were more willing to cultivate wellness,” Brown Speights said. “Even maybe my specialty of family

medicine. It’s geared toward what happens over your entire life, not just what happens during 15 minutes in the doctor’s office. It’s about your nutrition and ‘Are you resting? Are you exercising? Are you connecting with people?’”

In the year that Wellness Committee members have been connecting, they’ve made progress. For example, every incoming student is now required to meet with someone from Painter’s psychology team for at least 15 minutes.

“That’s to begin the process of destigmatizing asking for help,” Painter said. “Nobody goes it alone, hopefully, in medicine. I don’t want to go to a doctor who never consults anyone. Smart people ask for help.”

That’s the general idea behind these other curriculum changes the committee has launched:

- Introduction to Wellness, small group (first-year students).



- Physician Burnout.
- Executive Functioning, large and small group.
- Step 1 – Addressing the Stress (first-year students).
- Two sessions on personal nutrition.
- Introduction to Wellness, large group (second-year students).
- Step 1 – Addressing the Stress, with panel of fourth-year students (second-year students).
- Protein, Exercise and Wellness.
- Wellness 101 and 102.

#### A skill to be nurtured

Apart from the curriculum, the committee has sponsored an eclipse viewing party, Employee Appreciation Day, a prejudice reduction workshop, Wellness Week and more.

One of the biggest changes involves continuity of care during students' transition to regional campuses for Years 3 and 4. It recommends that, three months before they move, students sign up with a primary-care provider and a behavioral-health provider in their new community, and that they have a three- to six-month supply of their prescriptions on hand.

Class of 2013 alumna Laura Davis knows how bumpy that transition can be.

"My first rotation in Year 3 of med school was psych, and I had a complete mental break," she recalled. "I was listening to people talk about their depression all day long, and then I'd go home and have nobody to vent to. Our clerkship director in Pensacola had a psychiatrist available for us. It was outside the College of Medicine, not someone who would give me a grade. It was wonderful. The med school was right on top of that."

When Davis speaks with students, she shares techniques that work for her: "Remember those things that you enjoy doing and continue to invest in them. That's what you're going

to depend on. My day was Sunday. I went to church, I went to lunch with friends, I refused to study on Sundays. I think that's how I survived medical school. That trickled into residency and how I do life now."

PIMS alumnus Jaggars, noting the constant frustrating changes in medicine, has this advice for newcomers: "Focus on your patients. That's where you get your rewards."

Students are also taking a closer look at their prospective residency programs.

"I interviewed at 10 programs. I would say that all 10 brought up wellness," Jaffe said. "I think residencies are realizing we're not just these robots who can work crazy hours and see a lot of sick people and painful situations. That takes a toll."



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Wellness Committee co-chair Christie Alexander

FSU sponsors seven residency programs of its own. And the body that accredits those programs requires them to focus on resident and faculty burnout, depression and substance abuse. The guidelines are specific. For example: "Residents and faculty members must ... be educated to recognize those symptoms in themselves and how to seek appropriate care."

So the College of Medicine's booklet of GME Policies and Procedures devotes an entire page to wellness. The policy states, in part: "Psychological, emotional, and physical well-being are critical to the development and maintenance of the competent, caring, and resilient physician. Wellness health behaviors that buffer stress reactivity include, but are not limited to, physical activity/exercise, a healthy diet, mind-body activities, social support and getting restful sleep. Self-care



GLENN SANGER-HODGSON



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is ... a skill that must be learned and nurtured in the context of other aspects of residency/fellowship training.”

The College of Medicine’s residency programs have their own cultures and, consequently, are taking unique approaches to wellness, said Joan Meek, associate dean for graduate medical education.

“For instance,” she said, “the internal medicine program in Sarasota has a clinical psychologist that’s contracted with the program. She comes in monthly to meet with the residents, talk to them about wellness, and discuss any concerns they have.” In addition, she said, the Sarasota residents work on team-building and communication away from the pressure of the work environment.

It’s a far cry from what she experienced as a resident, Meek said of her training at Duke University.

“It was pretty grueling,” she said. “You just worked whatever hours they gave you. There was no uniform emphasis on how residents were really coping with not just the hours but the fatigue issues, were you making good decisions, were you really capable of doing the work.

“It’s definitely a very different system now. It’s not perfect. We have a long way to go in terms of understanding how to make medicine as a career both fulfilling and joyful – even with the frustrations involved.”

### Looking ahead

Fogarty keeps in touch with Matt Wittman’s parents. He updates them on the memorial bench and fountain in the works, and on how the students are doing.

“I’ve always felt like we had a very student-focused environment,” he said. “The learning communities, peer interaction, the TA program, the affability and accessibility of the faculty. All of the pieces, from my perspective, are in place.”

What he worries about most is student isolation.

“My biggest lesson learned is that I can’t monitor the students from the dean’s office,” he said. “They really have to look out for each other.”

For students, faculty and staff, he said, a key part of the answer lies in coming together.

“The biggest way to promote wellness, from my perspective, is connectedness,” he said. “I love our model in our third year, where they come to the campus weekly to compare notes. The regional dean can look ‘em in the eye and say, ‘How’s it going? Are you seeing enough patients? Are they letting you do anything? Are you getting any sleep? Are you taking care of yourself?’”

Locally and nationally, new wellness efforts are under discussion. In recent weeks, for example, Carol Painter announced that telepsychology would be offered after hours to students at the regional campuses. The Escambia County Medical Society Foundation offered a new wellness program to its physician members. The

Capital Medical Society Foundation also has a physician wellness program, which includes a 16-question Physician Wellness Burnout Inventory and six confidential, complimentary sessions with a psychologist for physician members and their spouses.

All of that activity is encouraging, Jaffe said – but it’s not enough.

“We shouldn’t rest on the achievements that we’ve had this past year,” he said. “We are really only beginning to scratch the surface. It’s a national crisis. We all have to do better.”

**Visit [med.fsu.edu/wellness](http://med.fsu.edu/wellness)**



GLENN SANGER-HODGSON

Staff psychologist Carol Painter, left, with Heather Gordon and Cyndi Ranallo, student support coordinators



## Step 1: The must-pass exam

In the past, if you earned your M.D., you were just about guaranteed a spot in a residency program, followed by a medical license and a lifetime of caring for patients. The math was in your favor: The number of students graduating was smaller than the number of residency slots.

Today, the math is more menacing. The number of medical students has exploded, while the number of residency slots has not. So residency programs, drowning in applications, are desperate for a quick way to sift through them. At the moment, it appears that the best one they've found is Step 1.

That's the shorthand term for the first part of the United States Medical Licensing Examination. Medical students nationwide typically take it late in Year 2 – though they obsess over it from Day 1.

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Senior Associate Dean Alma Littles

"They feel like there's just one exam that's going to determine the rest of their lives," said Alma Littles, senior associate dean for medical education and academic affairs. "So their whole focus is on 'I can't just *pass* this exam – I have to do really, really, really well.'"

Littles said the faculty had noticed that students were spending much more time in Step 1 review books than in really learning enough to both pass the exam and take care of patients. So now the curriculum sets aside six weeks of study time for Step 1. Some students even get extra time.

In part, that curriculum feature springs from the College of Medicine's mission of serving the underserved by recruiting students who have lived in underserved communities.

"We purposely reach out to enroll students who come from backgrounds where standardized test-taking may not be their strongest suit," Littles said. "We feel like they have all the traits to be an excellent physician

to meet the mission we have, but we also know that, unless they pass the licensing exams and become licensed, they can't see any patients."

Through the Class of 2018, FSU's average passing rate for first-time takers of Step 1 was 93 percent, compared with 94 percent across the U.S. and Canada. Once they get through Step 1, the averages are even more encouraging. Through the Class of 2017, FSU's average passing rate for first-time takers of Step 2 was 98 percent, compared with 96 percent across the U.S. and Canada.

And as they're preparing their students for the fearsome Step 1, medical schools – including FSU's – are doing their best to help establish more residency programs to keep up with the demand.

"In every state in the country," Littles said, "you have to have at least one year of residency training to qualify for a license. Without a license, there's no medicine you can practice legally."

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## MEDICAL BURNOUT

- Physician burnout now affects more than half of U.S. doctors.
- Physicians face burnout at double the rate of other U.S. professions.
- Approximately 400 physicians commit suicide each year, or about one each day.
- That suicide rate is more than two times higher than in the general population.

(From "The Epidemic of Physician Burnout," Sept. 9, 2017, Gold Foundation website)

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Wittman, third from right, with classmates

## 'A genuine and gentle young man'

One catalyst for the College of Medicine's renewed emphasis on wellness is a student who never got to become an M.D.

Matt Wittman died before completing his second year.

He had a reputation for helping classmates study and boosting their spirits, but in the end he couldn't do the same for himself. No one knew that he was quietly, desperately struggling to keep up.

"My Matthew took his own life," father Clay Wittman said at the medical school's February 2017 memorial service. "Since early in high school, all he wanted to be was a physician. He didn't want to discuss a Plan B. He had no Plan B. I believe that last week the reality set in, and that reality was that he might not reach his dream. And that was apparently too much for him to bear."

Wittman had earned his bachelor's degree in psychology from FSU in 2012. He had completed Tallahassee Community College's emergency medical technician program and FSU's first-responder training. He had volunteered his time at 2-1-1 Big Bend as a telephone hotline counselor. He had become a medical supervisor/EMT for a plasma center. Then, in 2015, he became a medical student.

As remembered in notes displayed overhead at the memorial service, Wittman was "a funny, kind man" who was "extremely approachable" and "made sure classes were filled with smiles, laughter and genuine conversation." He was



"a genuine and gentle young man" known for his "compassion and humility" and for taking time "to listen to his classmates" because he "genuinely cared about their wellbeing." Described as "kind to everyone he met," he "could effortlessly brighten anyone's day."

Of course, the news of Wittman's death hit his classmates hard. Yet rather than retreat into

their individual sorrows and fears, they reached out. They organized a memorial fund to help the family with expenses. They put together the remarkable memorial service, which ended in the courtyard with people releasing balloons into the air. And they looked out for each other.

For example, two classmates sent an email offering a way in which stressed-out med students could find a small silver lining in this somber news: "We had the idea of wearing mental health awareness pins on our white coats as a way to pay tribute to [Matt's] life as well as to remember his time here," they wrote. "This can also serve as a reminder for us to take into account our own mental health as well as keeping mental health at the forefront as we treat our future patients. Now more than ever, it is important that we are all there for each other."

Even in his grief, Clay Wittman displayed the kind of generosity that his son was known for.

"[Matt] absolutely loved Florida State," he said at the memorial service. "Someone with a less-than-stellar MCAT but with lots of clinical experience as an EMT [and] crisis counselor – they gave him a chance to pursue his dream. I cannot begin to thank enough the staff and faculty ... for giving Matt that chance and for helping him along the way."





## RESILIENCE

**R**esilience is a multidimensional characteristic that embodies the personal qualities that enable one to thrive in the face of adversity.

Resilience can be built and fostered and is a dynamic, evolving process of positive attitudes and effective strategies.

Four main aspects of resilience have been identified: (1) attitudes and perceptions, (2) balance and prioritization, (3) practice management style, and (4) supportive relations. Personal qualities associated with

resilience include the ability to engage the support of others, optimism, faith, the belief that stress can be strengthening, and striving towards personal goals. Psychological resilience in intensive care unit nurses has been independently

associated with a lower prevalence of posttraumatic stress disorder and burnout.

Exercise, fitness, and nutrition are also important when coping with stress. Stanford's WellMD website offers helpful tips, exercises, and stretches to help individuals remain physically active even while at work. Stanford also offers helpful tips for work-life integration and finding balance.

*(From Clinician Well-Being Knowledge Hub, part of the National Academy of Medicine website, <https://nam.edu>)*



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# REMEMBER THIS DOG FROM MATCH DAY?

# M

*Meet Duke, the first dog to take part in College of Medicine Match Day ceremonies. See those two humans with him? They're Chase West, from the Class of 2018, and his wife, Bridgette. Duke is Bridgette's therapy animal, helping her deal with*

*the long-term effects of a traumatic collision that crumpled her family's life. This is their story, as told by Chase:*

Bridgette, 29 now, was in a head-on collision with her entire family at age 13 when a mother who was trying to discipline her children in the backseat ran her SUV into oncoming traffic. Bridgette and her father took the brunt of the collision. Her father experienced a traumatic brain injury and was in a coma for months.

My wife dislocated her left hip; fractured her pelvis, left tibia and four toes on her left foot; and crush-fractured her right ankle. She was in a cast from the waist down for months and had to have years of physical therapy.

Unfortunately, due to the hip dislocation, she ended up developing a vascular necrosis in the left head of the femur and had a total left hip replacement at 16.

Her father never truly recovered, and her family has dealt with the repercussions ever since. The physical trauma was obvious throughout, but not the emotional trauma. Ever since that day, she had dealt with major PTSD and body dysmorphia due to disfiguring scars.

Fast-forward to our first year at the College of Medicine. We had already adopted a 10-week-old puppy a year earlier from a rescue shelter in Gainesville, but we knew she was in desperate need of a playmate now that I'd be away so often with school.

So my wife went to the Tallahassee animal shelter, where she instantly fell in love with Duke, a 1.5-year-old, emaciated and abused pit bull who only wanted to be held. He's now the second-best man in her life.

After adopting him, we nursed him back to full health and along the way realized he had an amazingly gentle and calming spirit. He struggled with severe separation anxiety from my wife due to his unknown past. So we decided we should have him registered as a therapy animal for her. That way, we could take him more places.

When she's anxious, he instinctively puts all of his weight on her chest and reminds her to breathe. He sleeps beside her bed and follows her wherever she goes.

She started with walking him around malls and shopping centers with his vest on. Duke took to that as if he'd been born to do it. Eventually we even started bringing him to my geriatric community events in Tallahassee,

where the elders fell in love with him, and volunteer events in the poverty-stricken heart of Orlando, where he helped change the views of many who'd had negative impressions of pit bulls. He's our baby boy, and we've never met a person who hasn't fallen in love with him.

Now that I've matched with Orlando Regional Medical Center for internal medicine, Bridgette is enrolling Duke into the Animal Therapy Program there. He'll receive formal training and be certified to work as a therapy animal for their patients.

*Chase has quite a story of his own. He and his siblings were raised by a single mother with bipolar disorder who struggled with addiction. Despite his rootless childhood and his ADHD, he excelled as an undergraduate, made it into medical school and become an accomplished leader, even leading the American Geriatric Society chapter to recognition as FSU's Organization of the Year.*

*In his third year, suddenly his life turned upside down when his mother's mental and physical health took a nosedive. Swamped by the responsibilities of caring for her, he even failed one of his clerkships. Yet he is grateful beyond measure to the College of Medicine. "FSU was always my dream school because of their mission," he says. "And even with my slightly-below-average MCAT scores, they gave me a chance to prove myself. I have struggled with standardized testing all my life, but I knew that with the right environment, I could thrive."*



Duke, with Bridgette and Chase West during the Match Day ceremony.

## Ten years of alumni in practice

With rapid growth in nearly every area, the College of Medicine's progress in meeting its mission can be measured in many ways since the first class arrived in 2001. Sometimes overlooked is the most important question: What kinds of physicians are we producing?

That's why the college expends so much energy keeping up with alumni – so we can answer that question with a high degree of accuracy. You'll learn more about our alumni on these pages, and detailed analysis with significant additional information on that topic can always be found in our annual reports – [med.fsu.edu/ar](http://med.fsu.edu/ar)

August 2018 marks a 10-year anniversary of the first College of Medicine alumni to enter practice. Fourteen members of the Class of 2005 completed residency training in the summer of '08 and began their postgraduate professional career. Today, the college has 1,255 alumni and more than 600 in practice.

In the inaugural class, 27 students entered residency training in the summer of '05.

Ten years ago, these became the first 14 alumni to enter practice (with an update of what they're doing now):

- Christie Alexander, family medicine, assistant professor of family medicine and rural health at the College of Medicine.
- Kerry Bachista, emergency medicine (see photo caption below, and see Class Notes, page 29).
- Mark Bochey, emergency medicine, Austin, Texas.
- Natosha Canty, family medicine, Kennesaw, Georgia.
- Shayla Gray, family medicine, TMH Behavioral Health Center, Tallahassee, Florida.
- Fawn Grigsby Harrison, pediatrics and College of Medicine faculty member, Sarasota, Florida.
- Michael Hernandez, internal medicine/hospitalist, Jacksonville, Florida.
- Alex Ho, TMH emergency medicine, Tallahassee.
- Joda Lynn, emergency medicine, Perry, Florida.
- Adam Ouimet, emergency medicine, Carson City, Nevada.
- Kevin Raville, emergency medicine, Rochester, New York.
- Neil Rodgers, emergency medicine, Lakeland, Florida.
- Lorna Stewart, hospitalist, Orlando, Florida.
- Amanda Sumner, emergency medicine, Jesup, Georgia.



Kerry Bachista (M.D., '05) started his medical career at Winter Haven Hospital, where the College of Medicine is now sponsoring a family medicine residency program. Today, he's teaching and practicing in the Jacksonville area, including his duties as medical director for the St. Johns County Fire and Rescue Department. Bachista was recognized recently by the Florida Department of Health (see Class Notes, starting on page 29).





Matt Lee

Stephanie Lee

Stephen Cummings

## Incomparable alumni

**T**he people who give out our Distinguished Alumni Awards had a quandary. Both halves of the power couple of **Matt** and **Stephanie Lee** (M.D., '06) had been nominated. Both are respected physicians in Tallahassee: Matt at Tallahassee Orthopedic Clinic, Stephanie at Elite Women's Health. Both have been part of the College of Medicine since its second year. Both have been generous with their time (both serve on the board of FSU Medical Alumni), expertise, money, even their home.

So how do you choose between them? You don't. Both Lees received a Distinguished Alumni Award as part of the White Coat Ceremony in August.

Here are excerpts from a nomination letter: "Both Stephanie and Matt Lee have actively worked with me in the migrant community of Quincy to raise donations of clothing and toys.... They also came out with their entire family to distribute the toys to the children and families.... Stephanie and Matt are truly an outstanding couple."

The word "outstanding" has also been applied, on a global scale, to fellow Distinguished Alumni Award honoree **Stephen Cummings** (PIMS, '76). Three years ago, the Society of Teachers of Family Medicine honored him for "Outstanding Contributions to the Growth and Development of Family Medicine Throughout the World."

Before PIMS, Cummings had been a refugee advisor in South Vietnam. Later, after becoming an emergency physician, working with Vietnamese refugees as a State Department employee and then becoming active in academic medicine, he helped develop and launch his longtime dream: a training program in family medicine in Vietnam. His nominator called it "the largest, and most significant, privately funded international family medicine development project in the world."

And it all came about because PIMS took a chance on an unlikely, 32-year-old, would-be doctor.

## Building a business

**S**ome College of Medicine graduates – instead of working in an established practice – have created a business of their own. In the past year, for example, **Brian Reece** (M.D., '08) founded the Spine and Orthopaedic Academic Research Institute in Lewisville, Texas; **Mikelson MomPremier** (M.D., '09) founded MomPremier Eye Institute to serve the Dallas/Fort Worth area as a vitreoretinal specialist; **Dale Taylor** (M.D., '13) established a hospitalist practice called Taylor Made Medical Care LLC in Gainesville; and **Becky McGilligan** (M.D., '09) established McGilligan MD: Direct Primary Care in Cincinnati.

"I'd love to help other primary care doctors understand the DPC model and how it can cure burnout and free you from the burden of insurance regulation," McGilligan wrote in an email to the College of Medicine. "It also helps save patients money!"

Her clinic's website (mcgilligan.md) states: "With our practice, you can expect to reach your doctor, directly, and receive individualized care with a holistic approach. You should also expect to not feel rushed. With our smaller size, we schedule longer visits to address your needs."

There are other examples of why patients might feel more comfortable in a nontraditional approach.

**Crystal Beal** (M.D., '12) recently launched a telemedicine practice in Seattle called QueerDoc (queerdoc.com). It's an entirely online gender- and queer-focused gender health-care practice, Beal told KCTS9 television.

Beal said she wants to reach both urban and rural LGBTQ patients who have had trouble finding culturally competent providers in a traditional medical setting. She said many providers are not trained in LGBTQ health issues, or in caring for patients who are transgender, non-binary or gender-nonconforming.

*Want to tell FSU MED readers about your business? Email [alumni@med.fsu.edu](mailto:alumni@med.fsu.edu).*



Becky McGilligan  
(M.D., '09).



Mikelson MomPremier  
(M.D., '09).



Brian Reece  
(M.D., '08).



Crystal Beal  
(M.D., '12).



Dale Taylor  
(M.D., '13).

## When birth becomes stillbirth

**M**ary-Margaret Allen (M.D., '13) and her husband, Shawn, provide a service that they hope you never need. But if you do, or if a friend or relative or patient does, they're ready.

A year and a half ago they formed Anna's Foundation. It's named for their daughter, who was stillborn Jan. 19, 2016. As they write in their brochure, "this is not how having children is supposed to go."

They don't want to be pitied, though. They want to be helpful. This is their way of celebrating their little girl and offering the same kind of loving support that they received.

Shawn explains that the foundation acts as a platform where parents can connect with them and they can connect parents with service providers – or service providers can contact the Allens to help parents who've come to them.

The brochure issues this invitation to parents: "Please use our services to provide financial assistance and guidance as you choose a photographer, funeral home, and any grief counseling you seek. We will pay \$150 towards photography, \$250 towards burial or cremation costs, and \$80 per session for five counseling sessions."

Mary-Margaret completed her pathology residency at Vanderbilt and recently completed a hematopathology fellowship at Moffitt Cancer Center in Tampa – and now they're back at Vanderbilt for her final year of training in surgical pathology. They had been living in Citrus County, Florida, where her husband grew up.

"We have been utilized about once a month in Citrus County, where we have piloted the program," they say on their website. "Now we are hoping to grow into Tallahassee" – where Mary-Margaret grew up. Their latest project will be of great interest in the capital city.

"We are establishing a scholarship at the Tallahassee Regional Campus for a fourth-year student looking to specialize in obstetrics," Shawn said.

Little by little, they want the word to spread about Anna's Foundation. They hope physicians and other providers will keep [www.annasfoundation.org/](http://www.annasfoundation.org/) in mind.

"In our culture, stillbirth is not often discussed because it is painful, and for some there is shame," the Allens write on their website. "We want to push back against that by connecting with those in need and ensuring they are not and do not feel alone."

Mary-Margaret Allen (M.D., '13) and her husband, Shawn, in Nashville, where she is completing her training in surgical pathology at Vanderbilt.



Hinson-Knipple

## Doctor, athlete, Hall of Famer

**C**ollege of Medicine students often arrive with a resume full of significant accomplishments, then become relatively anonymous in a class of similarly talented individuals all working toward the same goal. It's easy to forget, or overlook, what these students have already done on their way to medical school.

They come in as athletes, musicians, engineers, dentists, scientists, student leaders. ...

For example, there's **Lindsay Hinson-Knipple** (M.D., '08). She was a standout volleyball player at Wingate University in Rock Hill, South Carolina, before arriving at the College of Medicine. Hinson-Knipple won numerous athletic and





academic awards at Wingate, including an NCAA postgraduate scholarship.

Her success there – and later as a medical student, resident, practicing physician and compassionate human being – recently brought her another honor. In May, she was welcomed into the South Atlantic Conference Hall of Fame as a distinguished alumna.

Hinson-Knipple and her husband, Shane, who played football at Wingate, have three children and serve as foster parents in Tampa, where she is an OB-GYN at Women's Care Florida.



COURTESY OF WINGATE SPORTS INFORMATION.



## Hosts with the most

**B**ob Horner and his partner, Denise Sullivan, drove all the way from Orlando in May to watch these Class of 2018 students graduate.

How did they get to know them? Maybe you've heard of HOST (Help Our Students Travel), a program that encourages College of Medicine alumni and friends to house fourth-year students who are investigating prospective residency programs or who are doing clinical rotations away from their campus. Usually

residency-interview stays are for a night or two. But Horner, who's on the Orlando Regional Campus' Community Board, and Sullivan have become gung-ho hosts. From left, grateful new alumni Heather Brunges, Stephanie Poteau and Ashley Wright spent four weeks apiece in their home. What do you think – would you like to support a College of Medicine student by giving HOST a try? Visit [med.fsu.edu](http://med.fsu.edu) and search keyword "host."

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remains true to its mission

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**2005**

**Kerry Bachista, M.D.**, was named the 2018 State of Florida Raymond H. Alexander, M.D., EMS Medical Director of the Year, in his role as medical director for the St. Johns County Fire and Rescue Department. In Jacksonville, Bachista practices emergency medicine at Baptist Health and is an assistant professor at UF Health.

**2006**

**Robert Allison, M.D.**, is chief of the Infectious Diseases Section and associate director for research in the Department of Transfusion Medicine at the NIH Clinical Center in Bethesda, Maryland. He is also on the faculty of the Johns Hopkins Bloomberg School of Public Health.

**Zaher Elmir, M.D.**, is practicing general surgery at Lake Regional Urgent Care in Leesburg, Florida.

**Puong Nguyen, M.D.**, is practicing at Central Valley Colon and Rectal Surgical Associates in Fresno, California.

**2007**

**Sady Alpizar, M.D.**, is practicing at Clinical Research Trials of Florida in Tampa.

**Tristan Altbuch, M.D.**, is practicing at the Orthopaedic Institute in Gainesville.

**Robert Crescentini, M.D.**, is practicing at St. Joseph's Hospital-BayCare in Tampa.

**Tamara Kolev, M.D.**, is an assistant professor of obstetrics, gynecology and reproductive science at Mount Sinai Beth Israel in New York.

**Joseph Mahoney, M.D.**, is a clinical assistant professor at the University of South Carolina School of Medicine in Greenville.

**Savita Pai, M.D.**, is a hospitalist at Baptist Health in Jacksonville.

**Ferdinand Schafer, M.D.**, is an assistant professor of emergency medicine and hospitalist services at Augusta University in Georgia.

**2009**

**Jonathan Journey, M.D.**, is an assistant professor of emergency medicine at the University of Central Florida College of Medicine.

**Dolly Penn, M.D.**, is a medical officer and program director at the National Cancer Institute in Rockville, Maryland. Actually, she is now **Dolly P. White, M.D.**, married to classmate **DeJuan White, M.D.**

**2011**

**Mary Crocker, M.D.**, was a Fogarty Global Health Fellow living full time in Peru, working on research related to childhood pneumonia. Now she is with Seattle Children's Hospital in pediatric pulmonology.

**Jessica Gershen, M.D.**, recently married alumnus **Robert Daly, M.D.**, from the Class of 2012.

**Erin Golden, M.D.**, practices neurology at Hennepin Healthcare in Minneapolis.

**Evan Johnson, M.D.**, is a senior associate consultant at Mayo Clinic-Rochester.

**Ashley (Chandler) Regnaud, M.D.**, is practicing at Patterson Plastic Surgery in Pensacola.

**2012**

**Elizabeth Anderson, M.D.**, is practicing at Nephrology Associates in Mobile. She specializes in chronic kidney disease, polycystic kidney disease and metabolic diseases.

**Lakeema Bruce, M.D.**, is a full-time faculty member and assistant professor for the University of Florida College of Medicine OB-GYN Residency Program at Sacred Heart Hospital in Pensacola.

**Mark Cogburn, M.D.**, formerly chief resident in the urologic surgery residency at Maimonides Medical Center, is practicing at the Southern Arizona VA Health Care System in Tucson.

**Robert Daly, M.D.**: See *Jessica Gershen's* update (Class of 2011).

**Allison (Poimboeuf) Ferrara, M.D.**, is an assistant professor of medicine at the University of Central Florida's College of Medicine internal medicine residency program. Her husband, classmate **Marco Ferrara, M.D.**, is joining the Colon and Rectal Clinic of Orlando.

**Sarah Novara, M.D.**, is an assistant professor and assistant program director in the Child Neurology Program at the University of Alabama at Birmingham School of Medicine's Department of Pediatrics.

**Alex Parker, M.D.**, is in an advanced fellowship in heart failure and transplant cardiology at the University of Virginia.

**Kristina Seeger, M.D.**, is practicing at United Gastroenterologists in Southern California.

**Allen Sirizi, M.D.**, is an anesthesiologist at Central Florida Regional Hospital in Sanford.

**2013**

**Erin (Bascom) Carlquist, M.D.**, is a dermatopathologist at KWB Pathology Associates in Tallahassee.

**Brandon Cook, M.D.**, has begun a fellowship in adult and pediatric spine surgery at the University of Louisville School of Medicine.

**Lisa Cunningham, M.D.**, who was inducted into the Gold Humanism Honor Society in her residency at UF Health-Gainesville, has begun a fellowship in colorectal surgery at Ohio State University.

**Caitlin Dunham, M.D.**, is practicing OB-GYN at Mayo Clinic in Austin, Minnesota.

**Michele Edison, M.D.**, is in a body and breast imaging fellowship program at the Weill Cornell Medicine Department of Radiology in New York.

**Zach Folzenlogen, M.D.**, has begun an endovascular neurosurgery fellowship at the University of Colorado School of Medicine in Denver.

**Andrew Garber, M.D.**, has begun a fellowship in adult joint reconstruction at the Cleveland Clinic in Weston, Florida.

**Jason Lorenzen, M.D.**, is practicing psychiatry in Sarasota at Bayside Center for Behavioral Health.

**Diana Marchese, M.D.**, is in a pediatrics rehabilitation fellowship program at Children's Mercy Hospital in Kansas City, Missouri.

**David Page, M.D.**, is an emergency and critical care physician at the University of Alabama at Birmingham.

**Stephenie (Pollock) Poris, M.D.**, is chief resident in the general surgery residency program at Florida Hospital in Orlando.

**Kathleen Relihan, M.D.**, was chief resident this past year in the general surgery residency program at Orlando Health.

## 2014

**Shawn Akhavan, M.D.**, has joined Tallahassee Memorial HealthCare as a hospitalist.

**Guimy Alexis, M.D.**, practices as a hospitalist at Gordon Hospital in Chatsworth, Georgia.

**Thomas Beardsley, M.D.**, is an instructor of medicine at Yale-New Haven Hospital.

**Darshika Goswami, M.D.**, is a rheumatology fellow at Indiana University School of Medicine.

**Lorenzo Hernandez, M.D.**, is practicing family medicine at BayCare in St. Petersburg.

**Rady Ho, M.D.**, is an interventional cardiology fellow at Cooper University Health Care in Camden, New Jersey.

**Muhammad Hussain, M.D.**, is an internist at First Docs in Levittown, Pennsylvania. He was honored in April for providing outstanding medical services to his community.

**Kelly (Schwirian) Kinnear, M.D.**, is an OB-GYN at Athens Women's Clinic in Athens, Tennessee.

**Alex Kushnir, M.D.**, is chief resident at the University of Miami Miller School of Medicine internal medicine program at JFK Medical Center in Atlantis, Florida.

**Justin Mauldin, M.D.**, is practicing as an emergency physician at Florida Hospital in Orlando.

**Xinyu Nan, M.D.**, is in a second-year hematology-oncology fellowship program at UC San Diego School of Medicine.

**Antony Nguyen, M.D.**, is a hospitalist at Tampa General.

**Mary O'Meara, M.D.**, is a family physician at Bond Clinic in Winter Haven.

**Hima Raju, M.D.**, is practicing pediatric emergency medicine at New York Presbyterian Hospital.

**Benjamin Robelo, M.D.**, who was chief resident in the anesthesiology residency at SUNY Upstate Medical University, is an attending physician at Cayuga Medical Center in Ithaca, New York.

**Alyson Sanchious, M.D.**, is a family physician at Family Health Centers of Southwest Florida in Fort Myers.

**Michael Sierra, M.D.**, is in the Child & Adolescent Psychiatry Fellowship Training Program at the Medical University of South Carolina.

**Richard Sims, M.D.**, is a multidisciplinary pain medicine fellow at UF Health.

**Gregory Stepp, M.D.**, returned to his hometown and provides care for patients at the White-Wilson Family Medicine Clinic in Fort Walton Beach.

**Tommy Thompson II, M.D.**, is an emergency physician at North Okaloosa Medical Center in Crestview.

**Zachary Williamson, M.D.**, who was chief resident in preventive medicine at the University of Maryland Medical Center, is a clinical safety and pharmacovigilance fellow at the American College of Preventive Medicine/Otsuka America Pharmaceutical in Princeton, New Jersey.

## 2015

**Shawn Adams, M.D.**, is chief resident of his neurosurgery residency program at the University of Louisville School of Medicine.

**Mitali Agarwal, M.D.**, who was inducted into the Gold Humanism Honor Society at UF Health, has begun a gastroenterology fellowship program at the University of Illinois in Chicago.

**Neeka Akhavan, M.D.**, is an assistant professor in the Department of Medicine's Division of General Internal Medicine at UF Health-Jacksonville. Her husband, **Tony Brar, M.D.**, has accepted a gastroenterology, hepatology and nutrition fellowship at UF Health.

**Caitlin Borkowski, M.D.**, is a pediatric emergency medicine fellow at Loma Linda University Medical Center in California.

**Maureen Bruns, M.D.**, is in the geriatric medicine fellowship at the University of Wisconsin School of Medicine and Public Health.

**Georgia Christakis, M.D.**, is chief resident of the pediatric residency program at New York Medical College-Westchester Medical Center.

**Francesca Cirillo, M.D.**, has returned to Florida and is practicing as an emergency physician at Baptist Health Care in Pensacola.

**Dillon Cleary, M.D.**, is a family physician at PCC Austin Family Health Center in Chicago.



**David Cristin, M.D.**, is a gastroenterology fellow at the University of Colorado School of Medicine-Denver.

**David Deray, M.D.**, is a pediatrician at Blue Fish Pediatrics-Sienna Plantation in Missouri City, Texas.

**Kristen Deray, M.D.**, is in the Infectious Disease Fellowship Program at Texas Children's Hospital in Houston.

**Ryan Dickert, M.D.**, is practicing family medicine at UF Health.

**Nicole Dillow, M.D.**, is an attending physician at MacDill Air Force Base in Tampa.

**JD Hales, M.D.**, is beginning a sports medicine fellowship at UNC-Chapel Hill.

**Joanna Hales, M.D.**, is chief resident of the pediatric residency program at UNC-Chapel Hill.

**Kevin Hou, M.D.**, is practicing with Martin Health Physician Group as an adult primary care physician in Stuart, Florida.

**Ryan Humphries, M.D.**, is a hospitalist at Novant Health Matthews Medical Center in Matthews, North Carolina.

**Evgeny Idrisov, M.D.**, is an internist at Sarasota Memorial Hospital.

**Sudeep Kuchibhotla, M.D.**, is the James T. Willerson Clinical Research Fellow and serves as a clinical research professional within the Women's Heart & Vascular Health Department at the Texas Heart Institute.

**Rida Laeeq, M.D.**, is a cardiology fellow at Boston University.

**Luke McKenna, M.D.**, has returned to Florida and is practicing at Island Coast Pediatrics in Fort Myers.

**Laura McLaughlin, M.D.**, is a pediatric hematology/oncology fellow at the University of Colorado School of Medicine-Anschutz.

**Patrick Murray, M.D.**, is practicing at Turley Family Health Center in Clearwater.

**Matthew Neth, M.D.**, is an emergency physician with the University of Cincinnati Physicians Co. in Ohio.

**Rachel Nickels, M.D.**, is an attending physician at UF Health in Gainesville.

**Pratik Pandit, M.D.**, was selected for a fellowship in geriatrics at the University of Pittsburgh Medical Center.

**Anushi Patel, M.D.**, was named chief resident of her Diagnostic Radiology Residency Program at UF Health-Jacksonville.

**Keniel Pierre, M.D.**, is an internist at Stanton Road Clinic in Mobile.

**Kristopher "Ryan" Shannon, M.D.**, is practicing in Las Vegas with TeamHealth Nevada.

**Farnaz Shariati, M.D.**, is chief resident of the internal medicine residency program at Ochsner Clinic Foundation Hospital in New Orleans.

**Melanie Siefman, M.D.**, is a pediatrician at Unity Health Care in Washington, D.C.

**Ross Stemmler, M.D.**, is an internist at Wilmington Health in North Carolina.

**John Turner, M.D.**, has joined Tallahassee Primary Care Associates in family medicine.

**Kevin Yan, M.D.**, is an assistant professor of internal medicine and faculty practice clinician at Mount Sinai West in New York.

## 2016

**Joah Aliancy, M.D.**, is scheduled to become the first African-American resident in ophthalmology at Columbia University's Harkness Eye Institute.

**Sarah (Avila) Crowley, M.D.**, has been appointed chief resident this year at the Surgery Residency Program at the University of California at Davis.

**Makandall Saint Eloi, M.D.**, is family medicine chief resident at Jackson Memorial Hospital in Miami. He also helped create Driven, a foundation to mentor at-risk youth.

**Alexander Schrodtt, M.D.**, received the Intern of the Year Award in 2017, and was inducted into the Gold Humanism Honor Society at Texas Tech University Health Sciences.

## 2017

**Allison Ellis, M.D.**, recently married classmate **Alex Davis, M.D.**

## PIMS 1976

**John Gale, M.D.**, sent the following update: "Retired (probably!). Practiced peds and adult psych in private practice, HMO (Kaiser), and community mental health clinics for 30 years in Portland area; locum tenens in Christchurch, New Zealand, in winter 2014. Have also done some admin, teaching and volunteer work. Married, two adult kids. Enjoy outdoor activities; e.g., skiing at Mt. Hood and boating/salmon fishing at Oregon coast."

## PIMS 1982

**John and Karen Woody, M.D.**, live in Orlando and graduated three daughters this year: Casey, 30, anesthesia residency, University of Pennsylvania; Kelli, 27, family medicine, UF; and Lindsey, 25, UCF College of Medicine Class of 2018. John continues as chief anesthesiologist and medical director at Surgery Center of Lakeland Hills Boulevard. He's also an assistant professor of anesthesia at the UCF College of Medicine.

# CLASS OF 2018

# RESIDENCY MATCH

## INTERNAL MEDICINE (18)

**Arnold Abud, M.D.**, McGaw Medical Center of Northwestern University (Illinois)

**Guerdine Alcius, M.D.**, Florida State University College of Medicine-Tallahassee Memorial HealthCare (Florida)

**Travis Bontrager, M.D.**, Memorial Health-University Medical Center (Georgia)

**Kenneth Dalton, M.D.**, National Capital Consortium-Walter Reed National Military Medical Center (Maryland)

**Bruce Ferraro, M.D.**, Lewis Katz School of Medicine-Temple University Hospital (Pennsylvania)

**Zachary Field, M.D.**, Orlando Health (Florida)

**Jacob Gardner, M.D.**, Florida State University College of Medicine-Tallahassee Memorial HealthCare (Florida)

**Justin George, M.D.**, Florida State University College of Medicine-Sarasota Memorial HealthCare (Florida)

**Charles Harrison, M.D.**, University of Utah School of Medicine (Utah)

**Adam Jaffe, M.D.**, University of Alabama Medical Center at Birmingham (Alabama)

**Dijo Joseph, M.D.**, Jackson Memorial Hospital (Florida)

**Kristin Magrini, M.D.**, Florida State University College of Medicine-Tallahassee Memorial HealthCare (Florida)

**Sangeeta Nair-Collins, M.D.**, Florida State University College of Medicine-Tallahassee Memorial HealthCare (Florida)

**Andrea Ramirez, M.D.**, University of Central Florida College of Medicine (Florida)

**Kelley Rojas, M.D.**, Orlando Health (Florida)

**Daniel Rongo, M.D.**, University of Texas Medical School-Houston Memorial Hermann Hospital (Texas)

**John Simmons, M.D.**, Brookwood Baptist Health (Alabama)

**Chase West, M.D.**, Orlando Health (Florida)

## FAMILY MEDICINE (15)

**Michelle Ayazo, M.D.**, USF Health-Morton Plant Mease (Florida)

**Angela Bradford, M.D.**, Tallahassee Memorial HealthCare (Florida)

**Heather Brunges, M.D.**, Self Regional Healthcare (South Carolina)

**Andrew Clementz, M.D.**, Emory University School of Medicine (Georgia)

**Clayton Fuqua, M.D.**, Naval Hospital Camp Pendleton (California)

**Kevin Hudson, M.D.**, Womack Army Medical Center (North Carolina)

**Yasmine Kahok, M.D.**, University of Michigan Hospital-Chelsea (Michigan)







**Eric Krivensky, M.D.,** Naval Hospital Jacksonville (Florida)

**Simon Lopez, M.D.,** Tallahassee Memorial HealthCare (Florida)

**Mark Micolucci, M.D.,** Greenville Health System-University of South Carolina (South Carolina)

**Tatianna Pizzutto, M.D.,** Florida State University College of Medicine-Lee Health (Florida)

**Jennifer Rowe, M.D.,** St. Vincent's Healthcare (Florida)

**Brittany Schafer, M.D.,** Tallahassee Memorial HealthCare (Florida)

**Travisha Vaughns, M.D.,** Phoebe Putney Memorial Hospital (Georgia)

**Stephanie Vazquez, M.D.,** St. Vincent's Healthcare (Florida)

## PEDIATRICS (14)

**Abigail Adair-Dimmick, M.D.,** Florida Hospital Orlando (Florida)

**Kathryn Barbon, M.D.,** Northwestern University Feinberg School of Medicine (Illinois)

**Joseph Bernardo, M.D.,** Orlando Health-Arnold Palmer Hospital for Children (Florida)

**Jenifer (Rolle) Brickler, M.D.,** Our Lady of the Lake Regional Medical Center (Louisiana)

**Meghan Brown, M.D.,** Palmetto Health Richland (South Carolina)



**Edwin Cavannaugh, M.D.,** Memorial Health-University Medical Center (Georgia)

**Kirsten Dowling, M.D.,** Children's National Medical Center (Washington, D.C.)

**Alexia Eiges, M.D.,** UF Health-Jacksonville (Florida)

**Raïza Exantus, M.D.,** Memorial Healthcare-Joe DiMaggio Children's Hospital (Florida)

**Nina Morgan, M.D.,** Medical College of Wisconsin (Wisconsin)

**Erika Nafi-Valencia, M.D.,** Orlando Health-Arnold Palmer Hospital for Children (Florida)

**Meghan Phelan, M.D.,** University of Virginia School of Medicine (Virginia)

**Brett Russi, M.D.,** USF Health (Florida)

**Ashley Wright, M.D.,** University of Arizona College of Medicine at Tucson (Arizona)

## EMERGENCY MEDICINE (14)

**Javier Ayo, M.D.,** UF Health-Jacksonville (Florida)

**Eric Beyer, M.D.,** Emory University School of Medicine (Georgia)

**Harrison Brown, M.D.,** University of Louisville School of Medicine (Kentucky)

**Keirsten Dawson, M.D.,** Louisiana State University School of Medicine (Louisiana)

**Shawn Hassani, M.D.,** University of Cincinnati Medical Center (Ohio)

**Matthew Klein, M.D.,** Allegheny General Hospital (Pennsylvania)

**Bradford McGuire, M.D.,** UF Health-Jacksonville (Florida)

**Samuel Muniz, M.D.,** Florida Hospital Orlando (Florida)

**Malav Patel, M.D.,** University of Virginia School of Medicine (Virginia)

**Gustavo Rey, M.D.,** Orlando Health (Florida)

**Andrew Sellinger, M.D.,** UF Health-Jacksonville (Florida)

**Ioana Stroe, M.D.,** Aventura Hospital (Florida)

**Brett Tooley, M.D.,** University of Tennessee College of Medicine (Tennessee)

**Drew Williams, M.D.,** Wake Forest Baptist Medical Center (North Carolina)

## GENERAL SURGERY (11)

**Estela Abich, M.D.,** Orlando Health (Florida)

**Etzer Augustin, M.D.,** Orlando Health (Florida)

**Analucia Cadavid, M.D.,** UF Health-Shands Hospital (Florida)

**Kevin Choy, M.D.,** University of Colorado School of Medicine (Colorado)

**Howell Fishel, M.D.,** University Hospital in Jackson (Mississippi)

**Lauren Jeck, M.D.,** Carolinas Medical Center (North Carolina)

**Derek McCranie, M.D.,** Atlanta Medical Center (Georgia)

**Laura Morales, M.D.,** University of North Carolina Hospitals (North Carolina)

**Travis Sapp, M.D.,** Orlando Health (Florida)

**SchMiyah Smith, M.D.,** Florida State University College of Medicine-Tallahassee Memorial HealthCare (Florida)

**Stephanie Tran, M.D.,** Naval Medical Center Portsmouth (Virginia)

## OBSTETRICS-GYNECOLOGY (9)

**Katherine Gonzalez, M.D.,** UF Health-Jacksonville (Florida)

**Ariella Price, M.D.,** Louisiana State University School of Medicine (Louisiana)

**Ann Loraine Roc, M.D.,** Jamaica Hospital Medical Center (New York)

**Alaine Sharpe, M.D.,** Newark Beth Israel Medical Center (New Jersey)

**Kelly Shay, M.D.,** National Capital Consortium-Walter Reed National Military Medical Center (Maryland)





**Katherine Somodi-Stephenson, M.D.,** Carolinas Medical Center (North Carolina)

**Emily (Harlan) Stetler, M.D.,** Orlando Health (Florida)

**Abigail Trotter, M.D.,** Bayfront Medical Center (Florida)

**Savannah Williams, M.D.,** Greenville Health System-University of South Carolina (South Carolina)

## PSYCHIATRY (6)

**Angel Augustin, M.D.,** Hospital of the University of Pennsylvania (Pennsylvania)

**Justin Forbes, M.D.,** University of Alabama Medical Center at Birmingham (Alabama)

**Dan Lam, M.D.,** Greenville Health System - University of South Carolina (South Carolina)

**Julia Teytelbaum, M.D.,** UF Health-Jacksonville (Florida)

**Wes Tindell, M.D.,** University of Kentucky Medical Center (Kentucky)

**Amanda Wilder, M.D.,** Naval Medical Center San Diego (California)

## ANESTHESIOLOGY (4)

**Amanda Berry, M.D.,** Jackson Memorial Hospital (Florida)

**Anna Kotlarz, M.D.,** University of Colorado School of Medicine (Colorado)

**Stephanie Poteau, M.D.,** New York Medical College-Westchester Medical Center (New York)

**Ziyan Song, M.D.,** Barnes-Jewish Hospital (Missouri)

## ORTHOPEDIC SURGERY (4)

**Christopher Garrett, M.D.,** Orlando Health (Florida)

**Natalie Marengi, M.D.,** Wake Forest Baptist Medical Center (North Carolina)

**Jeffrey Reese, M.D.,** Ochsner Health System (Louisiana)

**Patrick Rushford, M.D.,** Eisenhower Army Medical Center (Georgia)

## NEUROLOGY (2)

**Olivia Gruder, M.D.,** Thomas Jefferson University (Pennsylvania)

**Keith Kincaid, M.D.,** UF Health-Shands Hospital (preliminary-medicine, Orlando Health) (Florida)

## OTOLARYNGOLOGY (2)

**Daniel Lee, M.D.,** Emory University School of Medicine (Georgia)

**Mauricio Parra-Ferro, M.D.,** UF Health-Shands Hospital (Florida)

## CHILD NEUROLOGY (1)

**Kayli Kishel, M.D.,** Duke University Medical Center (North Carolina)

## DIAGNOSTIC RADIOLOGY (1)

**Colin Zuchowski, M.D.,** University of Arizona College of Medicine at Tucson (transitional, Intermountain Medical Center) (Arizona/Utah)

## INTEGRATED PLASTIC SURGERY (1)

**Tracey Cook, M.D.,** Hofstra Northwell School of Medicine (New York)

## MEDICINE-PEDIATRICS (1)

**Nicholas Karr, M.D.,** Baystate Medical Center (Massachusetts)

## OPHTHALMOLOGY (1)

**Benjamin Appelo, M.D.,** San Antonio Military Medical Center (Texas)

## PRIMARY MEDICINE (1)

**David Alarcon, M.D.,** Woodhull Medical Center New York (New York)

## RADIATION ONCOLOGY (1)

**Drucilla Edmonston, M.D.,** University of Tennessee College of Medicine (Tennessee)

## UROLOGY (1)

**Eric Thomas, M.D.,** Medical College of Georgia (Georgia)



## MATCH.com: Doctors for Hire

**A**s September quickly approaches every year, thousands of fourth-year medical students are putting the final touches on their applications and uploading the perfect profile picture. The next six months will be spent traveling around the country, for the most part on the students' own dollar, to meet with potential employers for their first job as a physician.

Pressing "Submit" on the Electronic Residency Application Service (ERAS) starts an exciting, yet stressful, process for senior medical students. One aspect of the uncertainty involves the decisions a student needs to make before applying. In addition to choosing a medical specialty, the student must decide which programs and how many programs to add to the application. The Match releases statistical data (at NRMP.org) that gives students an idea of how many programs they need to apply to, interview with, and rank to have a high probability of matching.

Part of the uncertainty is that applying to a program does not mean that program will interview the candidate – and interviewing at a program does not guarantee that program will rank the applicant highly, or at all. This aspect of the Match, in addition to there being more applicants than positions offered, has put pressure on students to apply broadly.

In the 2017 Match, U.S. medical graduates applied to an average of 58 programs through ERAS. The fee system for ERAS increases as more applications are submitted. Applying to 58 programs costs a student approximately \$1,100. International medical graduates applied to an average of 135 programs, costing students a whopping \$3,000. These fees do not include travel expenses.

There is an immense pressure to match. For students who do not, there is a program called SOAP where unfilled programs can pick up unmatched applicants. Students are then put in a position of choosing between not having a job and taking a position potentially without ever seeing or formally interviewing with a program. Needless to say, for a group of soon-to-be physicians who have put countless hours of study and work into their academic careers, the concept of not having control of your first job as a doctor can create anxiety. Still, students can take comfort that in the 2018 Match, 94 percent of allopathic medical students matched, and 77 percent matched to one of their top three choices.



Kristin Price (M.D., '18).

The best advice I can give as a participant in the most recent Match is to remember that the results of the Match do not define you, your success or what kind of doctor you will be. The Match is a combination of a dating website and employment service that was set up in a time when there were more jobs than applicants. You have worked so hard to even be eligible for the Match before being forced to put out all your academic and personal information to impress your possible future employers.

Whether you open your envelope and cry out in joy or want to just cry, your first job as a physician is not you – it's just the next part of your journey to become the best doctor you can be for your patients. It's a time to celebrate that you have fulfilled a dream – becoming a physician. May the odds be ever in your favor.

*Kristin (Magrini) Price (M.D. '18) is a first-year resident with the FSU College of Medicine Internal Medicine Residency Program at Tallahassee Memorial HealthCare.*



# Florida State University College of Medicine Partners

As a community-based medical school, the FSU College of Medicine provides clinical training at regional medical school campuses around the state through affiliations with local physicians, ambulatory care facilities and hospitals. The medical school is proud to recognize its partner institutions and organizations.

RAY STANFORD



## 1 Daytona Beach Campus

Baptist Health System  
Department of Health in Volusia County  
Flagler County Health Department  
Florida Health Care Plans  
Florida Hospital DeLand  
Florida Hospital Fish Memorial  
Florida Hospital Flagler  
Florida Hospital Memorial Medical Center  
Florida Hospital Oceanside  
Halifax Health  
Lake Mary Surgery Center  
Maitland Surgery Center  
North Florida Regional Healthcare  
North Florida Surgeons  
Stewart-Marchman-Act Behavioral Healthcare  
Surgery Center of Volusia County  
Twin Lakes Surgical Center  
Volusia County Medical Society

## 2 Fort Pierce Campus

Blue Water Surgery Center  
Children's Medical Services-Southeast Region  
Department of Health in St. Lucie County  
Florida Community Health Center  
Grove Place Surgery Center  
HANDS Clinic of St. Lucie County  
HealthSouth Treasure Coast Rehabilitation Hospital  
Heart & Family Health Institute  
Indian River County Medical Society  
Indian River Medical Center  
Lawnwood Regional Medical Center  
Martin County Medical Society  
Martin Health System  
New Horizons of the Treasure Coast  
Port St. Lucie Hospital  
Raulerson Hospital  
Sebastian River Medical Center  
St. Lucie Medical Center  
St. Lucie Surgery Center  
St. Lucie/Okeechobee Medical Society  
Surgery Center of Okeechobee  
Surgical Center of the Treasure Coast  
The Surgery Center at Jensen Beach  
Treasure Coast Anesthesia Group  
Treasure Coast Center for Surgery  
Treasure Coast Community Health  
Treasure Coast Hospice  
Treasure Coast Surgical Specialists  
VNA of the Treasure Coast  
Volunteers in Medicine Clinic

## 3 Orlando Campus

Alliance Surgical Center  
Central Florida Regional Hospital  
Community Health Centers  
Department of Health in Orange County  
Department of Health in Seminole County  
Downtown Surgery Center  
Florida Hospital  
Florida Wellcare Alliance  
Health First Medical Group  
Heart of Florida Health Center  
Heart of Florida Regional Medical Center  
HealthSouth-Physicians' Surgical Care Center  
Lake Mary Family Physicians  
Maitland Surgery Center  
Nemours Children's Clinic  
North Seminole Family Practice-Lake Forest  
Orange County Medical Examiner's Office  
Orange County Medical Society  
Orlando Center for Outpatient Surgery  
Orlando Health  
Oviedo Medical Center  
South Lake Hospital  
St. Cloud Regional Medical Center  
UF Cancer Center-Orlando Health

## 4 Pensacola Campus

Baptist Health Care  
Children's Medical Services-Northwest Region  
Cornerstone Surgicare  
Covenant Hospice  
Department of Health in Escambia County  
Department of Health in Santa Rosa County  
EmCare  
Escambia County EMS  
Escambia County Medical Society  
Haven of Our Lady of Peace Lakeview Center  
Naval Hospital Pensacola  
Nemours Children's Clinic  
North Okaloosa Medical Center  
Sacred Heart Health System  
Santa Rosa Medical Center  
West Florida Hospital

## 5 Sarasota Campus

Bay Pines VA Healthcare System  
Cape Surgery Center  
Department of Health in Sarasota County  
DeSoto Memorial Hospital (Arcadia)  
Doctors Hospital of Sarasota  
Doctors Same Day Surgery Center  
GulfCoast Surgery Center  
Lakewood Ranch Medical Center

Lee Health  
Manatee Memorial Hospital  
Sarasota County Medical Society  
Sarasota Memorial Health Care System  
Venice Regional Bayfront Health

## Tallahassee Campus

Advent Christian Village  
Anesthesiology Associates of Tallahassee  
Apalachee Center  
Archbold Medical Center (Thomasville, Ga.)  
Big Bend Hospice  
Bond Community Health Center  
Capital Health Plan  
Capital Medical Society  
Capital Regional Medical Center  
Centre Pointe Health & Rehabilitation  
Children's Medical Services-Big Bend Region  
Department of Health in Bay County  
Department of Health in Jackson County  
Department of Health in Leon County  
Doctors' Memorial Hospital (Perry)  
Emerald Coast Behavioral  
Florida State Hospital  
FSU Health and Wellness  
HealthSouth Rehabilitation Hospital  
Jackson Hospital  
Life Care Centers of America (Thomasville, Ga.)  
Memorial Hospital and Manor (Bainbridge, Ga.)  
Neighborhood Medical Center  
Pediatrix Medical Group of Florida  
Red Hills Surgical Center  
Refuge House  
Southeast Alabama Medical Center  
Southwest Public Health District 8, Unit 2 (Thomasville, Ga.)  
St. Augustine Plantation Assisted Living and Memory Care  
Tallahassee Memorial HealthCare  
Tallahassee Orthopedic Clinic  
Tallahassee Outpatient Surgery Center  
Tallahassee Plastic Surgery Clinic  
Tallahassee VA Clinic  
Westminster Oaks  
Wiregrass Clinic



## Rural Medicine

Department of Health in Collier County (Immokalee)  
Healthcare Network of Southwest Florida (Immokalee)  
Heartland Health Care Center (Fort Myers)  
Jackson Hospital (Marianna)

## FSU College of Medicine-Sponsored Residency Programs

Dermatology Residency Program at  
Dermatology Associates (Tallahassee)  
Emergency Medicine Residency Program at  
Sarasota Memorial Hospital  
Family Medicine Residency Program at Lee Health (Fort Myers)  
Family Medicine Residency Program at  
Winter Haven Hospital  
General Surgery Residency Program at  
Tallahassee Memorial HealthCare  
Internal Medicine Residency Program at  
Sarasota Memorial Hospital  
Internal Medicine Residency Program at  
Tallahassee Memorial HealthCare  
Procedural Dermatology Fellowship Program at Dermatology Associates (Tallahassee)

## Family Medicine Residency Program Affiliations

Bayfront Medical Center (St. Petersburg)  
Florida Hospital (Orlando)  
The Florida State University College of  
Medicine Family Medicine Residency  
Program at Lee Health (Fort Myers)  
Halifax Health (Daytona Beach)  
Mayo Clinic (Jacksonville)  
Morton Plant Hospital (Clearwater)  
Naval Hospital Pensacola  
North Florida Regional Medical Center (Gainesville)  
St. Vincent's Medical Center Inc. (Jacksonville)  
Tallahassee Memorial HealthCare

## Other Affiliate

Department of Health in Gadsden County (Quincy)



# THE FLORIDA STATE UNIVERSITY

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END NOTE



COLIN HACKLEY

**Dance your heart out:** Each year, students participating in Dance Marathon at FSU go above and beyond in raising money to support children's health programs through the Children's Miracle Network and UF Health Shands Children's Hospital. Half the record-breaking 2018 total of nearly \$2.2 million will be invested in FSU College of Medicine pediatric outreach programs to provide a number of primary-care-focused health services for Tallahassee-area children.