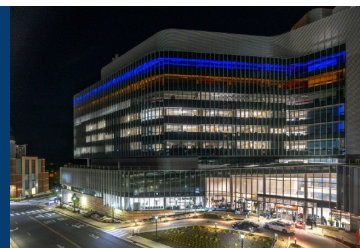


**University of Virginia**  
**Department of Family Medicine**

**2022 Annual Report**



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## Letter from the Chair

It has been an exciting year for UVA Family Medicine!

- In October, 2022, thanks to abating COVID restrictions, we were able to celebrate a milestone for the department and the profession of Family Medicine - UVA Family Medicine's 50<sup>th</sup> Anniversary. Even through the threat of a hurricane, we experienced the warmth and comradery of spending time with current and former faculty, staff, residents, alumni and friends. The Gala was particularly poignant as we brought together all of our living department Chairs and heard about the impact members of this department have had on so many. It was a truly meaningful experience that reminded us all of our impact on each other, our profession and our patients. We have included four pages of photos from various events over the week-end for you to enjoy.
- The department continues to expand its efforts in justice, equity, diversity and inclusion. This year we have a designated "JEDI" (Dr. Sarah Dalrymple), who is championing our efforts in these areas.
- We continue to strive to provide state-of-the-art, evidence-based care to our patients and continue to maintain our NCQA recognition as a Patient Centered Medical Home at all of our 5 clinical practice sites. Our clinicians and advanced practice providers continue to be recognized as top performers in providing an outstanding patient experience. In this year's report, we have also included a few brief examples of the local and national impact of our faculty.
- Our faculty and residents continue to be academically productive and we have included descriptions of the grants, publications and presentations that reflect the breadth of our work.
- The department also continues to grow. We hired 7 new physician and Nurse Practitioner faculty as well as a host of new staff at our practices. All are vital to our success as a department.



*Dr. Li Li*

I am so proud of what we are accomplishing as a department. Over the next year, our residency will be expanding its activities related to community engagement, not only improving the education of our residents, but also expanding our ability to care for those around us.

I hope you enjoy reading about some of the highlights from 2022.

A handwritten signature in dark ink, appearing to read "Li Li".

Li Li, MD, PhD

Walter M Seward Professor and Chair

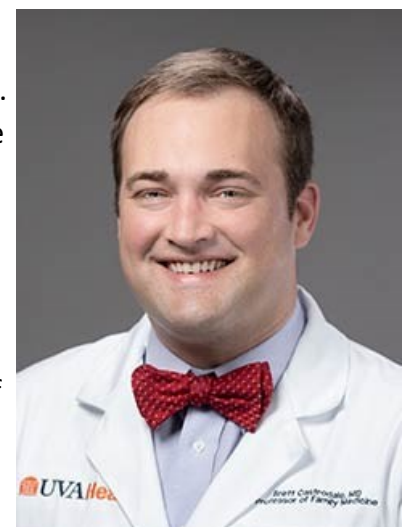
UVA Department of Family Medicine



**Kimberly (Kim) S. Bednar, DNP, FNP-C** is a board-certified family nurse practitioner. She provides care for infants, children, adolescents and adults and has practiced in Family Medicine, Neuroradiology, and Cardiology. Kim is passionate about serving the refugee population of Charlottesville and she has clinic appointments dedicated entirely to these patients. Kim earned her undergraduate nursing degree, Master of Science in Nursing, and Doctorate of Nursing Practice at the University of Virginia. She has been practicing as a Nurse Practitioner since 2007 and has worked in rural and urban practice settings in Virginia. She rejoined UVA Family Medicine in 2022 and she will be involved in leading our efforts to retain the National Committee for Quality Assurance (NCQA) recognition as a Patient-Centered Medical Home. Additionally, she serves as government relations chair for the Virginia Council of Nurse Practitioners and she is actively engaged in state and regional activities for nurse practitioners. Her other roles at UVA include co-leading the quality improvement team, supervising the medical scribes who document patient interactions, and mentoring as well as on-boarding nurse practitioner colleagues.



**Brett Castrodale, MD**, grew up in rural southwest Virginia and obtained a degree in Biology from the University of Virginia. He completed medical school and residency training in Family Medicine at the University of Virginia. He practiced primary care in a small rural office in Fluvanna, Virginia for more than 5 years. In order to incorporate more teaching into his career, he joined the Department of Family Medicine at UVA in June 2022. He sees patients at Pantops and practices general family medicine for all ages and performs minor office procedures. He enjoys making strong connections with patients in order to individualize their care. He helped develop the curriculum and facilitates sessions for the Patient Experience Project at UVA, with the goal of improving patient-provider relationships. He chairs a finance committee for the value-based care initiative at UVA. His wife Palmer is a school counselor, and they have two kids. He values his Christian faith and maintaining strong friendships in Charlottesville, as well as roasting coffee at home, playing disc golf, and failing often at various home improvement projects.

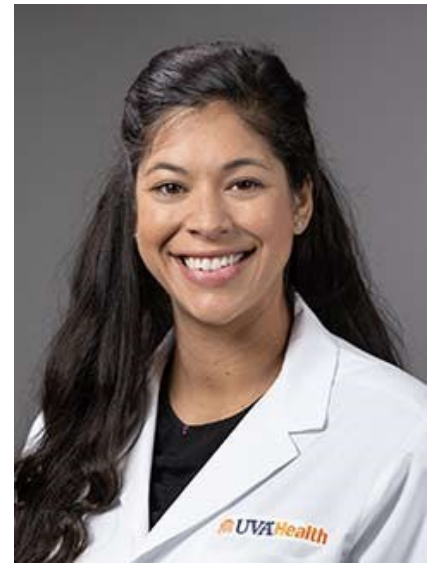




**Matthew Curry, MD** attended Marshall University for his undergraduate and medical school studies as well as Family Medicine residency training. During residency, he participated in an International Health track which permitted time abroad as well as elective time to study issues related to global health. After residency, he joined faculty in Marshall University's Department of Family and Community Health which provided him opportunities to work in a variety of clinical and educational settings. During that time, he served as a core member of the residency faculty and course director for 'Advanced Clinical Skills' – a pre-clinical course teaching clinical acumen to second year medical students. Additionally, he was a member of the Family Medicine hospitalist team and built an ambulatory practice at Merritt's Creek Family Medicine. Since moving to Charlottesville with his wife Erika, he is excited to serve in similar clinical and educational roles at UVA Family Medicine. He finds teaching and continuity of care to be the most fulfilling aspects of medicine and is looking forward to his future at UVA. Outside of medicine, he enjoys spending time with his family, cooking, tinkering around the house, and playing with his two dogs.



**Dr. Jane (Janie) Forbes, M.D.** completed her residency training in Family Medicine here at UVA in 2022. She is originally from a small town called Agua Dulce in rural LA county before going to UCLA where she received her undergraduate degree as a double major in Neuroscience and Physiological Sciences in 2013. She then moved across the country to central Pennsylvania, and graduated from Penn State College of Medicine in 2018. She has always had a passion for Global Health, leading medical brigades while in college and served as a Global Health Scholar while in Medical school. She is renewing her involvement with Liga International, a nonprofit that provides free healthcare and education in Sinaloa, Mexico. She also recently completed her certification to perform acupuncture and is striving to learn more about the differing medical perspectives of Chinese medicine and Ayurveda. She joined our Primary and Specialty Care practice in Pantops in July 2022 with hopes to incorporate her other passions for prevention, nutrition, and integrative health. She is married to Cameron, a Physical Medicine and Rehabilitation resident in his PGY4 year here at UVA, and together they have a four-year old son, Emerson, and a 5-month old son, Asher. They are a family of hikers and aviation enthusiasts.



**Laura Hoeg, MD** is a graduate of Virginia Commonwealth University School of Medicine in Richmond, VA. At VCU she participated in the fmSTAT program - the medical school's track for family medicine. Laura earned her Bachelor's degree dually in Psychology and Biology from Gonzaga University (Go Zags!). After finishing her undergraduate degree Laura remained in Spokane Washington and spent two years in occupational sleep medicine research at Washington State University where she focused on fatigue risk management systems in long-haul commercial flights. Laura completed her residency at Brown University Family Medicine in Rhode Island. At Brown, Laura immersed herself in medical student education and served as the scheduling chief for Brown's family medicine residency. Laura's interests in medical education and curriculum design drew her to academic Family Medicine and her desire to be back in Virginia brought her to UVA. Laura joined the Primary Care Center practice where she is thrilled to work with patients of all ages and backgrounds. Laura is eager to develop roots within the UVA community and build longitudinal relationships with her patients. When not in the clinic Laura also works with residents on the Family Medicine inpatient service. Laura's interests include family planning, pediatrics, nutrition, and Medication-Assisted Treatment (MAT). When she is not working, Laura and her husband enjoy cooking, exploring the great outdoors, traveling, and taking advantage of Charlottesville's fantastic food scene!



**Erin Parish-Gibson, CNM** is a 2015 graduate of Frontier Nursing University. She received her undergraduate degree from Allegany College of Maryland in 2000 and worked for 14 years as a Labor and Delivery RN in West Virginia, the Pacific Northwest and North Carolina. As a Certified Nurse Midwife, Erin first attended hospital births in Maryland before moving to birth centers in Virginia. Her experience gave her a deep conviction that people should be the experts on their own bodies and her role is to educate and support them in being their healthiest selves. Once her own baby was born she stepped back from catching other people's babies and began working for Planned Parenthood in Charlottesville. While there, she saw the immense need for Gender Affirming care in the region and chose to actively pursue training, enabling her to expand the clinic's services to include gender affirming hormone therapy. Erin is delighted to join the department's Crozet Family Practice as the first provider to focus primarily on transgender services. She is passionate about reproductive healthcare, especially for the LGBTQ+ community and looks forward to developing deep relationships with her patients. Her wife, Gina, is a Nurse Educator at Augusta Health. When not at work, they enjoy camping with their daughter and their rescue dog Millie, reading, or quilting, usually with a cup of tea made from herbs she grew herself.

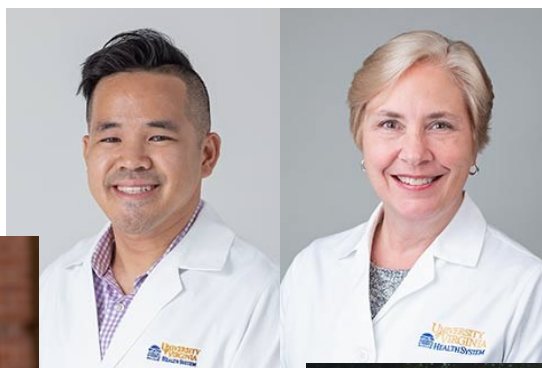


**Gregory (Ory) Streeter, MD** joins the department this year as an Assistant Professor of Medicine after graduating from the UVA Family Medicine residency training program (2022) and the UVA School of Medicine (2019). Ory previously completed the UVA Post-Baccalaureate Pre-Medical Program (2014), prior to which he enjoyed a career within UVA's department of Housing & Residence Life. Ory carries a master's degree in Counseling and Student Affairs Administration from the University of Delaware as well as an undergraduate degree in Psychology and Animal Behavior. Ory fancies himself a generalist and is excited to serve patients by practicing at the Primary Care Center, attending on our inpatient hospital service, and providing obstetric care to our pregnant patients. Ory is responsible for several components of our medical student education initiatives. An ardent supporter of student self-governance, he chaired the University's storied Honor Committee during medical school and currently advises our medical student's Family Medicine Interest Group. He is supported by his wife Michelle and kept grounded by his two young daughters.



### Meet our 2022-2023 Family Stress Team

Joey Tan, PhD



Claudia Allen, PhD, ABPP



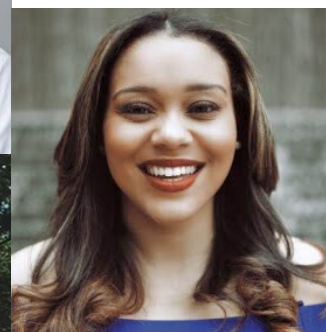
Maria Larrazabal, MA



Noor Alwani, MEd



Katie Daniel, MA



Paris Ball, MEd



## UVA Family Medicine Department Faculty 2022



**Claudia Allen**  
PhD, JD



**Teresa Babineau**  
MD, MS



**Kim Bednar**  
FNP, MSN, RN



**Catherine Casey**  
MD



**Brett Castrodale**  
MD



**Rebekah Compton**  
MSN, DNP



**Matthew Curry**  
MD



**Sarah Dalrymple**  
MD



**Kate DeGeorge**  
MD, MS



**Steve Fetcho**  
RN, MSN, FNP



**Jane Forbes**  
MD



**John Gazewood**  
MD, MSPH



**Fern Hauck**  
MD, MS



**Steven Heim**  
MD, MSPH



**Elena Herndon**  
MD



**Laura Hoeg**  
MD



**Jeremy Kent**  
MD



**Priya Kohli**  
MD



**Donna Landen**  
MD



**Li Li**  
MD, PhD



**Andrew Lockman**  
MD



**Karen Maughan**  
MD



**Masahiro Morikawa**  
MD, MPH



**Erin Parish-Gibson**  
CNM



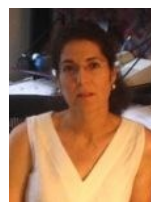
**Corrie Parker**  
MSN, FNP-C



**Susan Pollart**  
MD, MS



**Sean Reed**  
MD



**Lisa Rollins**  
PhD



**Tinsley Rucker**  
MD



**Kristine Shannon**  
FNP, MSN, RN



**Siobhan Statuta**  
MD



**Gregory Streeter**  
MD



**Joseph Tan**  
PhD



**Cate Varney**  
DO



**Terri Yost**  
PhD, RN, FNP-BC

**The Department of Family Medicine welcomes the following  
new clinical and access staff in 2022:**



**Our Crozet Practice:**

Candice "Candy" Toles, RN, BSN

Joyce Eaves, Access Associate, Senior



**Our Pantops Practice:**

Gail Pillow, LPN

Dee Kiefer, CMA

George Luzaich, MBA – Interim Nursing Clinic Manager

Lisa Rogers, M.Ed., PFA Supervisor

Gretchen Jansen, Access Associate, Senior

Shannon Miller, Access Associate

Britany Roman, Access Associate, Senior



**Our Crossroads Practice:**

Heather Zirkle, RN

Jessie Perkins-Goode, Access Associate



**Our Primary Care Center Practice:**

Brooke Greer, MA

Ahyana Calloway, MA

Connie Fahey, RN

Victoria Kao, RN

Frank Hardwick, Access Associate

Keynosha Smith, Access Associate

Wendy Davis, Access Associate

Cindy Tran, Access Associate

Selina Williams, Access Associate

***We also wish to extend a heartfelt "Thank You" to all of the traveling  
nurses who helped us in our clinics in 2022!***

## ***UVA Family Medicine 50th Anniversary Celebration***

The UVA Department of Family Medicine celebrated its 50<sup>th</sup> Anniversary the week-end of October 1, 2022, one year late due to COVID. The Department began as a joint division of Internal Medicine and Pediatrics in 1971 with Dr. Richard Lindsay as the founding Division Head; an internist who specialized in geriatrics. The most significant change in the Department's history came in 1977 with the elevation of the Division to Department status and the appointment of Dr. B. Lewis Barnett as the first department Chair. Under Dr. Barnett's leadership and lengthy tenure as Chair, the department grew steadily and in 1980, it moved from the old Towers Office Building on West Main St. to the newly built Primary Care Center on Lee St., occupying the main floor where the primary teaching practice is still located. Since that time, the department has continued to grow through the leadership of its Chairs: Dr. Sim Galazka, Dr. Norm Oliver, interim chair Dr. Susan Pollart and our current Chair, Dr. Li Li.



The celebratory gathering on September 30, 2022 and Gala on October 1 brought together a host of current and former faculty, residents and staff and reminded all of the profound value of primary care to the communities we serve whether local, regional, national or international. UVA Family Medicine has impacted all of these communities through its high quality, evidence based care, its commitment to caring for diverse patient populations, and its fully integrated behavioral medicine care model. The Anniversary Gala was a celebration of UVA Family Medicine's impact on the 300 residents it has trained, the deeply meaningful mentoring from its faculty, and the professional commitment of its staff.

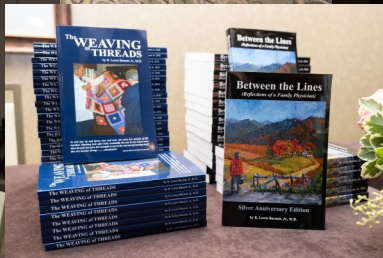
Take a moment to peruse the montage of photos from the week-end's events in the next four pages!



















## Philanthropy

Please consider donating to the Peter Ham Memorial Fund. Peter was a much loved clinician and teacher in our department who tragically passed away in 2017 at the age of 50. Peter was admired for his wisdom, creativity, and his commitment to being present and making people feel heard in a world filled with distractions. He also recognized the stress associated with the multiple demands of his various roles and the constant need to multitask. The greatest gift he would wish to bestow upon a colleague would be to “give them time” - time to connect with their inner wisdom, passion, and expression, and time to regain the gift that makes them their best physician teacher. This fund will be used to nurture the creativity and personal wellness of UVA Family Medicine faculty—critical elements in fostering inspiration and the implementation of new ideas. Funds will be used to provide the opportunity for retreat to develop a curriculum; to collaborate with or visit another program to learn about best practices; and/or to purchase supplies, memberships or equipment necessary to implement an educational project.



For more information, please contact Polly Hunter at the UVA Health System Development Office: [phunter@virginia.edu](mailto:phunter@virginia.edu) .



A second gift of \$10,000 was made to the International Family Medicine Clinic by a Charlottesville couple who prefer to remain anonymous. Their donations have supported our work with refugees under our care and in the community. We have used this funding for: 1) patient education materials, including an iPad for our IFMC RN Care Coordinator to show patients educational content in the exam room; 2) gift baskets with baby products for new parents; 3) a new bookcase and books for our Little Free Library in our waiting room with books for children and young adults in different languages; 4) support for a summer medical student research intern to conduct a study with refugee patients about their knowledge of COVID and vaccines and gift cards for the patients who participated (research was accepted for publication in a peer-reviewed journal); and 5) support for our Research Program Officer to attend a virtual refugee healthcare conference to present this COVID study and learn about best practices for refugee healthcare.



## Clinical Update

The Department of Family Medicine continues to maintain its **Certification of Recognition by the National Committee of Quality Assurance**, recognizing each of our five practices as Patient Centered Medical Homes:

UVA Family Medicine Primary Care Center

UVA Family Medicine Stoney Creek

UVA Family Medicine Crozet

UVA Family Medicine Crossroads

UVA Primary and Specialty Care Pantops, Family Medicine



These practices have been recognized for their “systematic use of patient-centered, coordinated care management processes.”

In 2022, many of our providers were recognized by UVA Health for the excellent care they provide.

The following Advanced Practice Providers received **Patient Experience Awards** as top performers (90th percentile) in providing an outstanding patient experience:

Kim Bednar, FNP, MSN, RN (PCC Practice)

Becky Compton, MSN, DNP (PCC Practice)

Kristine Shannon, FNP, MSN, RN (Stoney Creek Practice)



The following physicians received **Patient Experience Awards**:

Terri Babineau, MD, MSt (Oxon), FAAFP (Crozet Practice)

Catherine Casey, MD (Crozet Practice)

Brett Castrodale, MD (Pantops Practice)

Kate DeGeorge, MD, MS (Crossroads Practice)

Donna Landen, MD (Crossroads Practice)

Andy Lockman, MD (Crossroads Practice)

Karen Maughan, MD (PCC Practice)

Siobhan Statuta, MD (Sports Medicine)

Cate Varney, DO (Crozet Practice)

Our Crossroads Family Medicine practice was also recognized by UVA Health as having an **Outstanding Team**.



## Evidence Based Medicine Update



Our Chairman, Dr. Li, is a member of the U.S. Preventive Services Task Force (USPSTF). The USPSTF submitted its 12th Annual Report to Congress in November 2022: ***High-Priority Evidence Gaps for Clinical Preventive Services.***

The following research areas were highlighted as ***High Priority*** in order to address important research gaps:

1. Behavioral counseling interventions for healthy diet and physical activity for cardiovascular disease prevention in adults without known risk factors.
2. Behavioral counseling interventions for health diet and physical activity for cardiovascular disease prevention in adults with cardiovascular disease risk factors.
3. Behavioral counseling interventions for healthy weight and weight gain in pregnancy.
4. Interventions for tobacco smoking cessation in adults, including pregnant persons.
5. Screening for Pre-Diabetes and Type 2 Diabetes in children and adolescents.
6. Screening for Pre-Diabetes and Type 2 Diabetes in adults.
7. Screening and interventions for prevention of dental carries in children younger than age 5 years.

## Highlighted POEMS from 2022

Here are a few of, what we think, are some of the top POEMS (Patient Oriented Evidence the Matters) from 2022. The links should take you to Essential Evidence Plus if you have log-in ability.

[HPV-based screening can replace cytology-based screening for cervical cancer](#): HPV testing with follow-up cytology only after a positive result is as effective in identifying CIN as every-three-to-five-year cytology. This approach leads to a higher detection rate of CIN2 and a slightly increased rate of referral for colposcopy. (LOE = 2b)

[Relapse of depression more likely after discontinuation of medication \(number needed to treat to harm = 6\)](#): Primary care patients who discontinued antidepressant medications were significantly more likely to experience relapse of their depression (NNT = 6) than those who continued to take their antidepressants. The glass-half-full interpretation is that 44% of primary care patients with depression who discontinue their antidepressant medication when they are doing well continue to do well. (LOE = 1b-)

[Amoxicillin for children with CAP: low-dose for 3 days is noninferior to high-dose for 7 days \(CAP-IT\)](#): Regarding the need for re-treatment of CAP in children discharged from an emergency department or inpatient setting within 48 hours, this study found that lower-dose was noninferior to higher-dose outpatient oral amoxicillin and 3 days was noninferior to 7 days. (LOE = 1b)

[Metformin may be better than insulin for the treatment of gestational diabetes](#): Women with gestational diabetes treated with MET and those treated with INS had comparable results with regard to major maternal and neonatal outcomes. Approximately 20% of women in the MET group required insulin as an add-on to achieve glycemic control. Women in the MET group had significantly less mean weight gain and fewer hypoglycemic events. Women in the MET group were much more likely to choose the same treatment in the future pregnancies. (LOE = 1b-) AND [Treatment of gestational diabetes mellitus to a tighter glycemic target is not beneficial](#) (LOE = 1b-)

[Persons older than 60 years with prediabetes are more likely to become normoglycemic than to develop diabetes or die](#): In this cohort study, older persons with prediabetes were more likely to become normoglycemic than to develop diabetes or to die. (LOE = 1b)

[Screening colonoscopies are overused](#): From 17% to 25.7% of screening colonoscopies are performed too frequently or in patients who are too young or too old. In the United States alone, this rate translates into approximately 1 million colonoscopies performed each year outside of the parameters set by guidelines. As a reminder, screening via colonoscopy for colon cancer has never been shown to reduce overall mortality. (LOE = 1a-)

[Coronary artery calcium score adds little to cardiovascular risk scoring accuracy](#): The CACS, when added to traditional risk assessment for CVD in asymptomatic adults to prevent a CVD event, provides little additional tweaking that results in actionable information. It will move some people calculated to be at high risk into a low-risk category, which may be of slight benefit, but it will also move some low-risk people into a higher risk category. It also comes with costs, including radiation exposure that is 17-times higher than a posterior anterior/lateral set of chest x-rays. (LOE = 1a)

[Patient-oriented gains with LDL lowering are small](#): The authors of this meta-analysis shine a light on something that has been known for quite some time but is often overshadowed by hope: reducing LDL levels with statins provides only a small reduction in the person's likelihood of dying (0.8% reduction) or experiencing myocardial infarction (1.3%) or stroke (0.4%). Too often we are given relative risk reductions or a bundling together of these outcomes with other lesser outcomes, which leads to an inflated sense of importance attributed to cholesterol treatment. In addition, the authors also found a small and inconsistent relationship between more aggressive lowering of LDL cholesterol and these outcomes, which is contrary to what many (US) guidelines would have us believe. (LOE = 1a-)

[SGLT2 inhibitors reduce heart-failure--related hospitalization in patients without diabetes](#): In patients with heart failure but without diabetes, adding an SGLT2 inhibitor to treatment will have a modest effect on decreasing the likelihood of hospitalization for heart failure. Unlike a previous meta-analysis with fewer studies overall mortality risk was not reduced, though cardiovascular mortality was slightly lessened. Several guideline-development groups have added SGLT2 inhibitors to their algorithms for treatment. (LOE = 1a)

[Supplemental vitamin D does not reduce the risk of fracture in older adults \(VITAL\)](#): Save your money. Vitamin D level is a very good marker of ill health, but a terrible treatment target. This large study showed definitively that supplemental vitamin D does not reduce the risk of fracture, even in persons with low baseline vitamin D levels or a previous fracture. (LOE = 1b)

[Overuse alert: Pharmacogenomic testing for selection of antidepressant provides minimal, if any, benefit \(PRIME\)](#): As expected, pharmacogenomic testing for drug-gene interactions for adults with MDD resulted in reduced prescribing of medications with potential drug-gene interactions. However, no significant difference occurred in symptom remission rates in the gene-tested group compared with the usual care group at 6 months. (LOE = 1b)

[Higher incidence of volume overload with aggressive fluid resuscitation for acute pancreatitis \(WATERFALL\)](#): Aggressive fluid resuscitation for acute pancreatitis leads to a higher rate of volume overload without decreasing the risk of developing moderate to severe pancreatitis. (LOE = 1b)

## A Few Examples of State and National Impact by our Family Medicine Faculty

Healthcare workforce wellness is taking center stage, and while interventions can be separated into *individual* and *institutional* initiatives, it is the institutional initiatives that can often most greatly impact the burnout, moral distress and compassion fatigue experienced by so much of our healthcare workforce, particularly those in primary care. One of our faculty, Terri Babineau, MD, serves as volunteer Chief Medical Officer for the Medical Society of Virginia's SafeHaven program. This program has developed a national presence and has accomplished the following evidence based initiatives:



Terri Babineau, MD

- ◆ Helped to bring about the U.S. Congressional Lorna Breen Healthcare Protection Act. This Act led to the creation of the multimillion dollar HRSA Wellness grants.
- ◆ Created a legislative advocacy arm to produce changes in state laws so physicians (and now nurses, pharmacists and students) are no longer required to report if they are receiving mental health care or coaching. In Virginia, this law was signed in March, 2020.
- ◆ Worked with the Lorna Breen Foundation to address physician suicide prevention.
- ◆ Created a confidential, inexpensive resource so those who are signed up can obtain mental healthcare 24/7, as well as coaching outside of their place of employment. The literature indicates that physicians often do not seek mental healthcare because they fear it will be reported to the Board of Medicine, their employers will find out, and/or it ultimately will influence their ability to practice.

In addition, as a content expert on the UVA Wisdom and Wellbeing HRSA grant, Dr. Babineau has created educational content to address individual factors as well. This content is grounded in the *Stress Continuum* and includes discussion of:

- ◆ How narrative and writing change the brain.
- ◆ The power of positive psychology.
- ◆ Finding your like-minded “tribe” (a group to which you feel belonging and care).
- ◆ How the brain under stress is strongly influenced by prefrontal fatigue which, in turn, adversely affects our higher functioning and how we solve problems.

She has led workshops for a variety of audiences, including the American College of Surgery, a group of over 250 judges, and approximately 150 CEOs with the Virginia Council of CEOs. In addition, as a member of the international Gold Honor Society Advisory Group and co-leader of the national Wellness Subcommittee, she presented this content at the Gold Foundation 2022 *Healing the Heart of Healthcare Conference: Reimagining How We Listen, Connect, and Collaborate*.

Dr. Susan M. Pollart, Ruth E. Murdaugh Professor of Family Medicine, leads the Office of Faculty Affairs and Faculty Development in the University of Virginia School of Medicine as Senior Associate Dean. As Senior Associate Dean, Dr. Pollart is involved in all aspects of UVA School of Medicine faculty life, from recruitment to retirement.

Her primary focus is the professional development and active engagement of faculty, particularly those faculty who are traditionally under-represented in medicine. Since 2010, Dr. Pollart has played a leadership role in the University of Virginia School of Medicine's efforts related to diversity and inclusion. She is active in the AAMC Group on Faculty Affairs, the AAMC Group in Diversity and Inclusion (participating as faculty for the Health Care Executive Diversity and Inclusion Certificate Program), and has taught for over a decade in the AAMC Group on Women in Medicine and Sciences Early Career Women Faculty Professional Development Seminar. In 2018 she joined the Hedwig van Ameringen Executive Leadership in Academic Medicine® (ELAM) program, serving as an ELAM Learning Community Advisor and in 2020 she joined the ELAM faculty co-leading a curricular thread.

Dr. Pollart's scholarly focus is on faculty engagement and satisfaction. Working with data from the Association of American Medical Colleges' StandPoint Survey, in collaboration with faculty leaders from over a dozen academic health centers, she has studied:

- ◆ Drivers of faculty satisfaction.
- ◆ Predictors of faculty attrition.
- ◆ Issues related to part-time work in academic medicine.

Dr. Pollart continues to practice and teach family medicine, providing care for patients over their lifespan and mentoring future leaders in academic family medicine.



*Susan Pollart, MD*

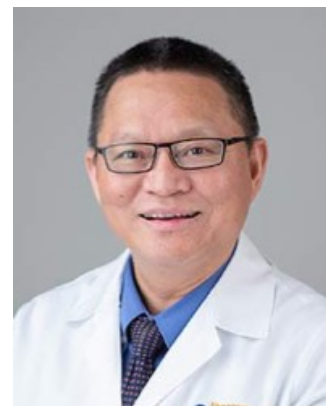
## **Cate Varney Receives Educator Award for Excellence in Academics**

The Obesity Medicine Association (OMA) recently announced their 2022 award winners at its Overcoming Obesity conference. The six OMA Awards are presented annually to clinicians whose outstanding achievements are deserving of special recognition. Among the recipients was our very own Cate Varney, DO, who received the Steelman-Seim Educator Award for Excellence in Academics. Dr. Varney's nominators wrote, "She is extremely active on social media (specifically Twitter), whereby she is constantly advocating for patients and activating those colleagues in [obesity medicine] to work closely with their local senators and congressional leaders in affecting change for access to various elements and care for the treatment of obesity; she is clearly a role model!"



*Cate Varney, DO*

The Yale School of Medicine's [Center for Outcomes Research and Evaluation](#) (CORE) has selected UVA Health Chair of Family Medicine, Dr. Li Li to join their Clinician Committee for the MIPS Preventive Cancer Screening PRO-PM. As a part of the committee, Dr. Li will help incentivize high-quality physician counseling and reduce disparities in preventive health screenings in conjunction with the United States Centers for Medicare & Medicaid Services.



*Li Li, MD, PhD*

Fern R. Hauck, MD, MS, the Spencer P. Bass Twenty-First Century Professor of Family Medicine, together with Dr. Ann Kellams and Dr. Rachel Moon from the Department of Pediatrics, received the Dean's Excellence in Faculty Research Award for Team Science.

Drs. Hauck, Kellams, and Moon have long standing collaborations and have published extensively on topics related to SIDS, breastfeeding, disparities and interventions to reduce SIDS and other sleep-related unexpected infant deaths.



*Fern R. Hauck, MD, MS*

Dr. Joey Tan, one of our department PhD psychologists, presented at the Refugee Mental Health and Adaptation educational session sponsored by the University of Virginia. His topic addressed working with refugee families. This session is part of an ongoing series of Project ECHO collaborative learning sessions on refugee mental health open to the central Virginia healthcare community. Project ECHO is a model of collaborative medical education and case management, designed with the goal of disseminating specialist knowledge to enhance community capacity to address healthcare areas of need.

UNIVERSITY OF VIRGINIA  
PROJECT ECHO, DIVISION OF OUTREACH  
Dept. of Psychiatry & Neurobehavioral Sciences

## Refugee Mental Health and Adaptation

Free Virtual 4-Part Series  
Starts Oct. 12th at Noon  
REGISTER NOW  
\*Most sign-ups or create free Connect account

CME credit available  
For Nurses, Physicians, Physician Assistants

Tentative subsequent session dates:  
Nov 19th  
Dec 14th  
Jan 11th

Topics Covered:

- Understanding and Ameliorating Trauma
- Somatization and the Art of Interpretation
- Refugee Family Pressures Counseling
- Lived Experience, From the Refugee's Point of View

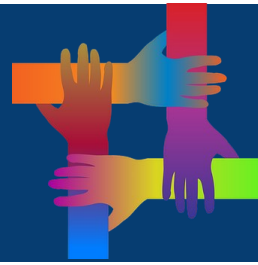
Larry Merkel, M.D., Ph.D.  
Professor of Psychiatry,  
Director of Outreach  
University of Virginia

Joey Tan, Ph.D.  
Assistant Professor of  
Family Medicine  
University of Virginia

A UVA Division of Outreach webinar in collaboration with  
UVA Family Medicine and The International Family Medicine Clinic



## Justice, Equity, Diversity and Inclusion



The Department's Diversity and Inclusion Committee (DIC) continues its work to promote equity, diversity, and inclusion for any and all who come in contact with the UVA Department of Family Medicine. The DIC meets virtually on a monthly basis and gained new members this year, including Laura Hoeg, MD, Andrew Hutchinson, and Linda Myers, RN Clin 2.

The Committee recently hosted the department's third Diversity, Equity, and Inclusion Town Hall, facilitated by Claudia Allen, PhD, JD; Joey Tan, PhD; Neli Ramirez, RN, Clin 3, CDE; and Elena Herndon, MD; to connect as a department and to collectively understand what we are doing well and how we can improve our efforts related to diversity and inclusion.

The Anti-Racism Book Club continues to generate significant interest and, this year, is led by Danielle Bullock, MD and Jessica Row, MD. This continues to be a resident-run, monthly event open to all members of the department. Club members recently watched and discussed "[Raised/Razed](#)" and "[Aftershock](#)" and discussed articles chronicling the experiences of Black [residents](#) and [faculty](#) in academic medicine:

'It was stolen from me': Black doctors are forced out of training programs at far higher rates than white residents

By [Usha Lee McFarling](#) June 20, 2022

Why Black doctors like me are leaving faculty positions in academic medical centers

By Uché Blackstock Jan. 16, 2020



*Members of the Anti-Racism Book Club*

## Meet the Department's JEDI

The [UVA School of Medicine appointed its first Senior Associate Dean of Diversity & Inclusion, Dr. Tracy Downs](#) who has connected the 29 departments of the School of Medicine through Justice, Equity, Diversity, and Inclusion (JEDI) strategists.

Our residency Associate Program Director, Sarah Dalrymple, MD, serves as our department's JEDI strategist and, as the Chair of the DIC, works to promote education, policies, and activities within all levels of the department that promote these principles.



*Sarah Dalrymple, MD*

## Undergraduate Medical Education Update

The Department of Family Medicine continues to seek opportunities to interact with medical students.

Dr. Priya Kohli is serving as one of the School of Medicine coaches as part of the Foundations of Clinical Medicine (FCM) course. This is a longitudinal coaching relationship with a cohort of students across all 4 years of medical school. As a Coach, Dr. Kohli will be meeting with her medical students on a weekly basis during FCM1 (first 18 months) and quarterly during FCM2 (final 2 years of medical school). Much of the focus is on developing physical exam skills, clinical reasoning skills, awareness of financial impact of medical testing and personal well-being.



*Priya Kohli, MD*

As part of the PACLAC clerkship (Preventative, Acute, Chronic, and Longitudinal Ambulatory Care), 25 students are placed in the department's Family Medicine clinics for a 6 week rotation (6 rotations per year).

Noted strengths of the clerkship from student evaluations include:

- ◆ Lots of opportunity for clinical practice.
- ◆ Didactics complement the clinical work and are thorough as well as interactive.
- ◆ Thoughtful selection of placement sites.
- ◆ Good balance of clinical work, focused review time and didactic learning.

As part of Phase 3 of the UVA School of Medicine curriculum, students participate in both required courses and elective experiences. The Department of Family Medicine continues to receive more requests for student slots than are able to be filled in both our department based electives and ACEs (Advanced Clinical Electives). At present, we offer the following ACEs and electives:

- ◆ Family Medicine Inpatient ACE—Director is Dr. Mori Morikawa, assisted by Dr. Ory Streeter
- ◆ Family Medicine Outpatient ACE—Director is Dr. Ory Streeter
- ◆ Refugee Care in Charlottesville Elective—Director is Dr. Fern Hauck
- ◆ Integrated Behavioral Health in Primary Care Elective—Directors are Dr. Claudia Allen and Dr. Joey Tan
- ◆ Rural Family Medicine Elective—Director is Dr. Steven Heim

## Graduate Medical Education Update



### Preparing Residents for Rural Practice

Our residency program, based at a premier academic medical center in a small community continues to prepare residents for rural practice. In addition to our continuity clinic at Crossroads Family Medicine and a required rotation at Stoney Creek Family Medicine in Nellysford, we partner with the practices of several residency graduates to provide rural experiences to our residents.

Our residents rotate regularly with Dr. Rob Marsh in Woodbrook, VA to gain added procedural training. This year the program worked with Dr. Matt Giese to offer a rural elective experience with Orange Family Physicians of Orange, VA. The first resident completing this experience, Dr. Adam Richardson, gave this experience “two-thumbs up,” and is heading for practice in a rural community.

### Areas of Concentration

Areas of Concentration (AOCs) and Tracks provide residents seeking more focused training an established curriculum to meet these goals. Our residency has a well-established Global Health Track and a Sports Medicine Area of Concentration. This year one of our third-year residents, Dr. Nicholas Kidd and faculty member Catherine Casey, MD have developed an Area of Concentration in Gender and Sexual Health for residents with a special interest in caring for members of our LGBTQ+ community.

### Resident Wellness

The pandemic has highlighted the epidemic of burnout among family physicians. Our residents “stepped up,” during the pandemic, picking up extra patient care responsibilities and were not spared from the burnout affecting so many of our colleagues. Our program has long had a robust resident wellness curriculum, which includes workshops to help residents explore strengths, communication strategies and stress management techniques. There are weekly meeting with interns and our psychologists over lunch to provide a safe space to discuss their experience, and a bi-weekly facilitated discussion with our psychologists and senior residents to help residents process clinical uncertainty in practice. This year we resumed a “*Wellness Activity of the Week*” in weekly conference that includes activities such as mindfulness, gratitude and promoting connection with colleagues and families (and the occasional visit from pet therapy dogs!). The residency continues to work closely with our clinic leadership to minimize clinic-related issues contributing to burnout.

## Practice Inquiry Groups

As part of our three-year longitudinal wellness curriculum called The Resilient Practitioner, since 2009 the residency has held bi-weekly *Practice Inquiry* groups for 2<sup>nd</sup> and 3<sup>rd</sup> year residents. While the UVA FM Residency already provided a weekly support group for PGY1's, we were looking to provide an experience for our upper level residents that would help them deal with the inherent uncertainty of Family Medicine practice. The group was started after Dr. Allen attended a Practice Inquiry (PI) workshop at the 2009 Society for Teachers of Family Medicine Conference and felt that the PI model might work for our program. The group was initially led by two faculty members: 1 MD and 1 PhD behavioral scientist. At the end of the first year, when a focus session was held to assess the usefulness of the group, residents suggested that the group be led only by non-physician faculty so that the burden of resolving the medical issues would lay firmly on them, and they could not be "bailed out" by the MD. Since July 2010, the group has been facilitated by 1-2 behavioral science faculty members, with the explicit expectation that these faculty members will not share information from the group with other faculty without permission. Expectations about confidentiality are reviewed at the first session of each year in July, as new members join the group. An emphasis is placed on the importance of being able to share personal feelings and shortcomings in a confidential atmosphere. An advanced practicum student in clinical psychology who works with the behavioral science faculty also attends.

One main purpose of the group is to encourage upper level residents to use those murky cases of clinical uncertainty as jumping off points for advanced learning. Primary care physicians often note that they deal with the "swamp of uncertainty" around cases that do not quite fit any algorithm and that cannot be managed by usual care or sub specialty referral. New physicians, in particular, report that these cases often lurk in the backs of their minds even while off duty. What to do with the patient whose symptoms don't quite fit? Or for the patient whose social situation means that the likely best treatment is not feasible? Or with the situation where one medical team is treating the patient aggressively while an ancillary team feels that aggressive treatment is inappropriate? Stickiest of all, what to do with the patient who really rubs you the wrong way, or who commits micro aggressions against you or your staff? Practice Inquiry uses a semi structured model of discussion that maps the case of the day across several domains, including the patient's context, the provider's context, relevant best evidence, systems issues, and ethical issues. After the case is mapped out, participants ask the presenting physician "clarifying questions" intended to help him or her better understand the source of their own uncertainty. After discussing clarifying questions, participants offer their own experience or advice. This method is meant to encourage upper level residents to learn how to verbalize a case of murky uncertainty in a way that is likely to elicit useful feedback from a peer. At the same time, it is designed to teach residents how to help a peer clarify his or her own thinking before jumping in with a hasty suggestion. As such, it is highly relevant as a means to prepare residents for future practice on their own or with colleagues. Residents have consistently reported that the sessions were useful learning opportunities, as well as a safe place to share their uncertainties.





## Who Are Our Residents?

### Meet Our Interns:



**Evelyn Bodenschatz** – Evelyn Bodenschatz (she/her) was born and raised in Austin, Texas and stayed local to receive her bachelor's degree at the University of Texas at Austin, where she majored in Psychology. After a brief time working as a medical assistant at Planned Parenthood, she attended Dell Medical School at the University of Texas at Austin for her medical degree. Her interests in medicine include primary care for the underserved, reproductive health care, and adolescent medicine. In her free time, she loves hiking and being outside, as well as vegetarian cooking.



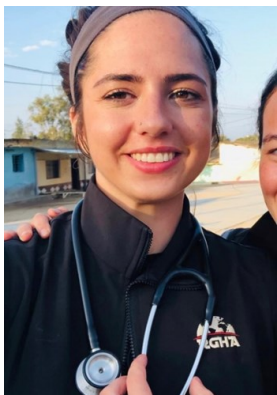
**Echo Buffalo** - Echo Phoenix Buffalo (she/her/hers) is a native of rural Manning, SC and Sumter, SC, where she grew up with her dad and three of her eight siblings. She graduated from the College of Charleston with a BA in Psychology and received her MD degree from MUSC. Between college and medical school, she participated in a year-long postbaccalaureate pipeline program at MUSC and worked as a Medical Scribe at a family medicine clinic in Sumter. In medical school, she had an array of local and national leadership and community engagement experiences that cultivated her interest in medical education, underserved care, health equity and anti-racism in medicine, and increasing diversity in medicine through recruitment and pipeline initiatives. In her spare time, she enjoys reading, playing her Nintendo Switch, listening to podcasts, clearing her head with long walks, planning, and spending time with her husband Marcus (a current UVA IM resident), family, and friends.



**Anthony Fisher** – Anthony Fisher is from Aldie, Virginia. He went to Virginia Tech for both undergraduate school and medical school (Yes, he has been called ‘Benedict Arnold’ by many of his undergraduate friends!). He loves playing or watching any and all sports, spending time with his wife Liza and their Bernese Mountain dog Chester and playing board games (his favorite is Settlers of Catan). His main interests in family medicine are rural health, point of care ultrasound and sports medicine.



**Megan Foster** – Megan Foster (she/her/hers) was born in Marion, NC; a small rural town near Asheville, NC. She went up the mountain a bit for undergrad at Appalachian State University in Boone, NC. She then made her way to UNC Chapel Hill for medical school. Her interests in medicine include primary care, preventative health, procedures, ultrasound, rural health, community outreach, and teaching. She is especially passionate about caring for the underserved and underprivileged. She loves anything outdoors, especially on the water and in the mountains. She enjoys cooking and baking, working out, and playing tennis. She also really loves coffee and enjoys finding all of the quaint, local coffee shops. She loves meeting new people, trying new hobbies/ foods, and going on adventures to new places!



**Elizabeth Kazarian** - Liz Kazarian (she/her) was born in Stockholm, Sweden, and moved to McLean, Virginia when she was 8 years old. She has always lived in Virginia and has also become a naturalized American citizen. She attended Virginia Commonwealth University for both her Bachelor's in Science (biology) as well as her medical degree. Her interests in medicine include patient centered care, holistic care, and integrative medicine. She is very excited about learning outpatient procedures since she loves working with her hands. Outside of medicine you can find her traveling all over the world and spending quality time with her friends and family.



**Collin Leibold** - Collin Leibold (he/him) was born in Washington, DC and grew up mostly in Falls Church, VA adjacent to the original west cornerstone of DC. He stayed close to home for undergrad at Georgetown University, where he studied biology of global health and theology and ran cross country and track. He moved west to study epidemiology at Stanford University, where he met his wife Aisling on the cross country team. He then attended UMass Chan Medical School, where he nurtured his budding interest in primary care, sports medicine, and behavioral health. Both he and his wife look forward to joining the vibrant Charlottesville running community!



**Kara MacIntyre** – Kara MacIntyre (she/her) is originally from Knoxville, TN. She grew up water skiing on the Tennessee River and spent much of her life competing in the sport. Skiing brought her to the University of Alabama, where she was first exposed to the profound impact of quality primary care. Since then, she has become very interested in helping to improve the social determinants of health. In medical school, she was part of the Homeless Consult Service leadership team and she is excited to continue working with this service at UVA.

She is a “double Hoo,” having attended UVA for medical school and now for residency! Her husband, a triple Hoo, and she are excited to be staying in Charlottesville. They love to hike (Old Rag is our favorite) and to explore all of the scenic wineries in the area. When they are not on an adventure, she loves a good peloton ride, lying in the sun, and spending time with family and friends.



**Caroline Morgan** – Caroline Morgan is from Gladys, a small town in south central Virginia. She went to Liberty University for undergrad and then to Eastern Virginia Medical School for medical school. Her interests in medicine include rural health, preventive care, and behavioral health in the primary care setting. For fun, she likes to do anything outdoors, eat tasty food (especially tacos and queso), and spend time with her family and friends. Her favorite outdoor activity is taking walks or runs with her husband, Caleb. On a rainy day, you might find her enjoying a historical fiction book, taking a nap, or watching a funny movie.



## PGY 2s



*Left to right:* Greg Turissini, Matthew Hagerman, Michael Springer, Mansi Trivedi, Micah Brickhill-Atkinson, Bryan Cochran, Priscilla Caldwell, Hannah Thacker.

## PGY 3s



*First Row:* Nicholas Kidd, Hannah Rak, Danielle Bullock, Timothy Howland.

*Second Row:* Terrell Smith, Jessica Row, Noopur Doshi, Adam Richardson.

## Primary Care Sports Medicine

### Sports Medicine Fellowship Update

Over the past several years, the Primary Care Sports Medicine fellowship has continued to flourish under the direction of Dr. Statuta and Dr. Kent. The number of applications continue to rise and are approaching 200 annual applicants for our one fellowship position.

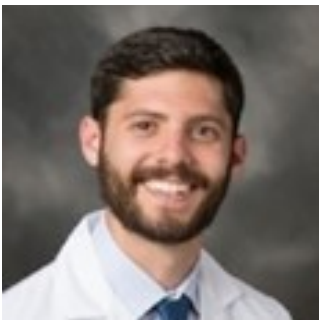
We continue to revise and enhance the curriculum to meet the needs of our athletes. Recent changes include an increased focus on addressing the mental health stressors faced by athletes, particularly within the setting of the pandemic and with the recent UVA tragedy which directly affected UVA Athletics.

Our recent sports medicine research addresses a variety of content areas, including:

- ◆ Using video modalities to identify acute concussive events during a football game.
- ◆ Developing a novel double barrel syringe to make ultrasound guided musculoskeletal injections easier,
- ◆ Developing a brace to improve outcomes following Achilles tendon repair,
- ◆ Utilizing screening tools to identify mental health concerns in athletes.

In addition, in 2022, Dr. Statuta traveled to Australia and New Zealand on a traveling sports medicine fellowship as one of two junior fellows elected to represent the United States. In her travels, she provided several lectures to various sports medicine groups in both countries. Dr. Statuta also provided sideline medical coverage for the US Women's National Soccer Team as a covering team physician for the Under-20s. Dr. Kent continues to work on research in sport-related concussion. He is also in the process of getting a temporary patent for a novel syringe to be used in US guided injections.

### Meet our Sports Medicine Fellow



**Jared Astrow, DO**, grew up in Fairfax, Virginia with his parents, brother and sister after moving from San Mateo, California at a young age. He attended Virginia Tech, where he earned a degree in Psychology and began developing his interest in studying ways to improve an individual's wellbeing. After a year at the Lake Erie College of Osteopathic Medicine (LECOM) in Erie, PA in the Post-Baccalaureate program, he headed for warmer weather for medical school in Bradenton, Florida to study at LECOM's southern campus. Throughout medical school, he developed interests in treating individuals with neurological and musculoskeletal diseases. He then found himself gravitating towards a residency in the field of physical medicine and rehabilitation that combined both interests. While working as a resident at the MedStar Georgetown/NRH program, he continued to build his clinical interests in the musculoskeletal system focusing on injury prevention and rehabilitation. He is looking forward to immersing himself in sports medicine and working diligently to improve the lives of athletes and active individuals. All of his life, he has been drawn to athletics and sports. He grew up as a gymnast and, in his spare time, enjoys running, reading cooking, traveling, rock climbing, hiking, tennis and soccer.

## Research Update

We continue to engage in research in several different areas, but all are connected to the themes of healthcare promotion, cancer prevention, reducing health disparities and improving patient care and education of our learners. We also focus on underserved populations in our work, including refugees, transgender individuals and rural communities. We began a quarterly faculty development series to engage faculty in learning different research methods and skills and identify resources and services available to help them as they develop and conduct studies. Additionally, Dr. Li has committed departmental funds for pilot studies to assist faculty and residents in obtaining results that can later be used to secure funding for expansion of these studies. Two of the studies below received this funding: Drs. Buffalo Ellison and Kidd. The Research Development Group meets monthly and is available to provide technical assistance as residents and faculty develop study ideas and projects. Below are some of the research activities that are currently in-progress.

### **Investigators: Claudia Allen, PhD, JD and Joseph Tan, PhD**

Tracking Family Medicine Residents' Development of Competence in Managing Patients' Mental Health Needs: Study examining Family Medicine residents' changes in perceived self-confidence on key primary care behavioral medicine skills, including assessment, safety planning, office interventions, and escalation of care, throughout a three-year longitudinal curriculum designed to teach these skills in a step-wise manner. Currently in progress.

Racial and Income Reach of Different Types of Primary Care Mental Health Appointments: Pilot study examining who is reached by different types of mental health appointments, based on medical record data. Results suggested that open-access visits reached more non-white patients, which is promising for reducing disparities in mental health care access. Results were presented at the 43<sup>rd</sup> forum for Behavioral Science in Family Medicine.

### **Investigators Echo Buffalo-Ellison, MD and Sarah Dalrymple, MD, MPH**

A Cross-sectional Study of the Family Medicine (FM) Resident-Medical Student Mentor Program (RMSMP) at the University of Virginia: The study aims to determine if a resident-medical student mentor program (RMSMP) influences medical student interest in Family Medicine. Medical student participants will complete an anonymous online questionnaire regarding their interest and confidence in Family Medicine as a career choice and reasons for participating in the RMSMP. Resident participants will also complete an anonymous online questionnaire regarding the effect of participation in RMSMP on burnout and reasons for participating in the RMSMP. (\$2,215 Internal Pilot Funds)

**Investigator: Fern R. Hauck, MD, MS**

Dr. Hauck is engaged in collaborative research funded by the NIH with investigators at both UVA and other academic medical centers around the country. The focus of her research is on reducing the risk of sudden infant death syndrome (SIDS) and other sleep related infant deaths through innovative parent educational interventions, including one that uses short educational videos by text messaging and another using closed Facebook groups. Additionally, she is working with colleagues in the Center for Public Health Genomics on a study to characterize the genetic and metabolic characteristics of infants who died from SIDS in comparison to infants who died from other causes in hopes of gaining a better understanding of the causation of SIDS and developing biomarkers to identify infants at risk. Dr. Hauck is also engaged in a pilot study of Afghan children's access—facilitators and barriers—to medical care.

**Investigators: Nicholas Kidd, MD, Kelley Mark, SMD 23, Lisa Rollins, PhD, Catherine Casey, MD**

Tucking Practices Among Transfeminine Patients: Many interventions, both medical and nonmedical, help transfeminine people reduce gender dysphoria. For transgender and nonbinary patients assigned male at birth, tucking is the act of repositioning the genitalia for a smoother, more feminine appearance under clothing. As part of this pilot study, a survey was sent to transfeminine patients at UVA asking about this practice, including effects on mood and communication with healthcare providers, including what the respondents would recommend to their providers to improve communication and outcomes. An educational brochure on tucking was created for patients as part of this project. (\$2,600 Internal Pilot Funds)

**Investigator: Catherine Varney, DO**

Dr. Varney is currently involved in multidisciplinary collaboration with the UVA High Risk Pancreatic Cancer Clinic and Departments of General (Bariatric) Surgery, Kinesiology, and Nutrition. Her work revolves around better understanding the causes of and optimal treatment of obesity in both the general population and in those with a history of bariatric surgery. (\$30,000 Internal American Cancer Society Grant)

**Investigator: Li Li, MD, PhD—Li Colorectal Cancer Research Program**

Racial disparities in colorectal cancer (CRC) have been well documented and are widening. African Americans (AAs) are more likely to be diagnosed with CRC at younger age, and more likely to develop right side CRC as compared to European Americans (EAs). The mechanistic underpinnings of these observed racial disparities in CRC remains unclear. The overarching theme of Dr. Li's CRC research program is to understand how complex environment-genome interaction drives colon carcinogenesis and racial disparities. Ongoing dry lab-based population studies and wet lab-based 3D colon organoid exposure experiments include:

- 1) *Neighborhood disadvantage index (NDI), risk prediction of advanced colorectal neoplasia, and colon sidedness of epigenetic aging and DNA methylation.*

This study evaluates how social and community environment, as indicated by neighborhood disadvantage index (NDI), impacts risk prediction of advanced colorectal adenoma, and colonic tissue epigenetic aging and DNA methylation. (Funded by NCI P20 Grant, 2018-2022)



*2) TMAO and racial disparities in right vs left colon methylation and gene expression.*

This study assesses epigenomic and transcriptomic responses in patient-derived 3D colon organoids exposed to TMAO, a gut microbial metabolite of meat and protein intakes. (\$50,000 UVA Cancer Center CPH Pilot Project Funding, 2022)

*3) Sugar sweetened beverages (SSB) and racial disparities in right vs left colon methylation and gene expression.*

This randomized controlled trial evaluates the effect of **iSIPSmarter**, a behavioral theory-based intervention to reduce SSB, on right vs left colon methylation and gene expression among 20 AA and EA patients. (\$100,000 Funded by UVA Cancer Center Collaborative Research, 2022)

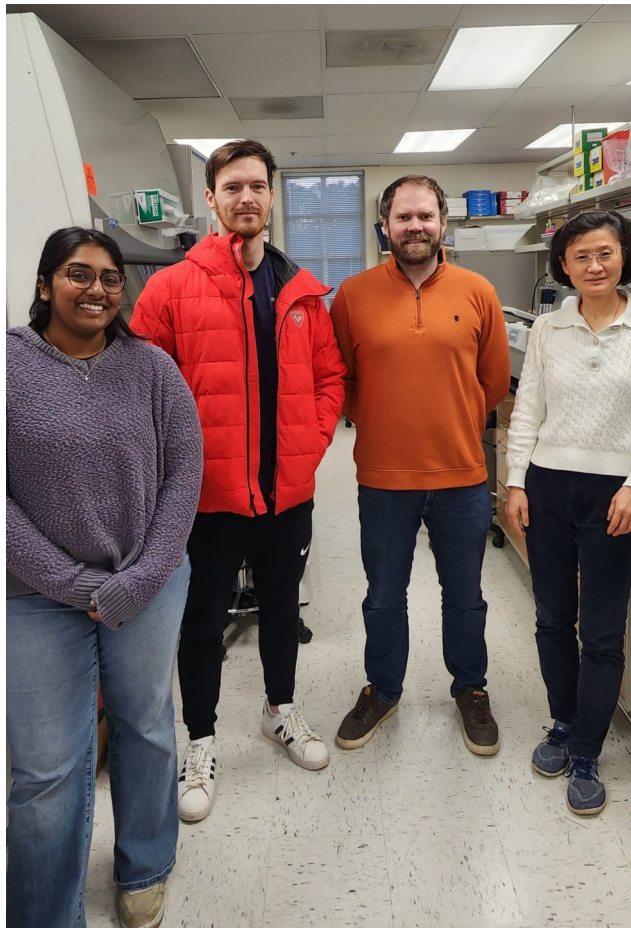
*4) Effects of weight loss bariatric surgery in gut hormones.*

This study evaluates the impact of bariatric surgery and associated weight reduction on gut hormones implicated in obesity and cancer. (No current funding— data analysis phase)

*5) Metabolic obesity phenotypes, adulthood weight gain, and risk of colon adenoma*

These two projects led by medical students evaluate the associations of metabolically defined obesity phenotypes, and weight gain throughout adulthood with risk of colorectal adenoma. (Funded by NCI P50, 2017-2022, grant renewal pending)

**Dr. Li's Lab**



*Left to right:*

Samyukta Venkatesh, BA

Matthew Devall, PhD

Stephen Eaton, BS

Xiangqing Sun, PhD

## Grants

### Additional Ongoing External Grants

#### Fern Hauck

9/1/20-8/31/24 National Institute of Child Health and Human Development, NIH (1R01HD101518-01) “Using Integrative Omics as Biomarkers and Diagnostic Tools for SIDS,” \$453,612 (direct), (Role: Principal Investigator with Keith Keene, PhD and Joseph Mychaleckyj, PhD).

#### **Dr. Hauck also serves as Co-Investigator on three additional grants:**

5/6/21-1/31/26 National Institute on Minority Health and Health Disparities, NIH (2R01MD007702-06A1) “Support via Online Social Networks to Promote safe Infant Care Practices Toward Reducing Racial Disparities in Infant Mortality (SUPERSONIC).” \$553,105 (direct, year 2)

6/5/19-3/31/24 National Institute of Child Health and Human Development, NIH (2R01 HD072815-06) “Social Media and Risk Reduction Teaching-Enhanced Reach (SMARTER).” \$3,434,514 (total direct)

8/24/18-6/30/23 National Institute of Child Health and Human Development, NIH (1 R01 HD091130-01A1) “Social Confounders for Health Outcomes Linked to Education (SCHOOL).” \$3,058,992 (total direct)

#### Li Li

9/1/20-8/31/22 NIH Cancer Institute (RES515646), Case Comprehensive Cancer Center (Case CCC) Cancer Center Health Disparities SPORE Planning Grant, Year 3, \$80,973 (direct), (Role: Principal Investigator).

9/1/20-8/31/22 NIH Cancer Institute (RES515646), Case Comprehensive Cancer Center (Case CCC) Cancer Center Health Disparities SPORE Planning Grant, Year 2, \$26,916 (direct), (Role: Principal Investigator).

8/1/21-7/31/22 NIH Cancer Institute ( RES516524), Case GI SPORE, \$19,089 (direct), (Role: Principal Investigator).



## Publications

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**Elmore CE, Blackstone SR, Carpenter EL**, Ivey de Cortez P, O'Donnell C, Uhlmann E, Vesser J, **Hauck FR**. Advancing COVID-19 Vaccination equity among the refugee community: An innovative multi-sector collaborative outreach program. *J Health Care Poor Underserved* 2022; 33.4 Suppl: 25-43. <https://doi.org/10.1353/hpu.2022.0157>

**Elmore CE**, Mitchell E, Laughon KS, Debnam K, Keim-Malpass J, **Tanabe KO, Hauck FR**. Predictors of cervical cancer screening for refugee women attending an international family medicine clinic in the United States. *Cancer Causes Control* 2022; published on-line 17 August 2022. <https://doi.org/10.1007/s10552-022-01612-8>

Moon R, Carlin R, Hand I, et al. Evidence Base for 2022 Updated Recommendations for a Safe Infant Sleeping Environment to Reduce the Risk of Sleep-Related Infant Deaths. *Pediatrics* 2022;150 (1):e2022057991 (**Hauck FR** is a member of the Task Force and co-author)

Moon RY, Carlin RF, Hand I; AAP Task Force on Sudden Infant Death Syndrome; AAP Committee on Fetus and Newborn. Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment. *Pediatrics* 2022;150(1):e2022057990 (**Hauck FR** is a member of the Task Force and co-author)

**Hauck FR, Blackstone SR.** Maternal smoking, alcohol and recreational drug use and the risk of SIDS among a US urban Black population. *Frontiers in Pediatrics* 2022; published on-line 10 May 2022. <https://doi.org/10.3389/fped.2022.809966>

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Baik JE, **Li L**, Shah MA, Freedberg DE, Jin Z, Wang TC, Han YW. Circulating IgA Antibodies Against *Fusobacterium nucleatum* Amyloid Adhesin FadA are a Potential Biomarker for Colorectal Neoplasia. *Cancer Research Communications*. 2022;2(11):1497-1503. doi: 10.1158/2767-9764.Crc-22-0248.

**Rak, H., Gazewood, JD.** "Granuloma Faciale," in The 5-Minute Clinical Consult 2023. Domino FJ, Baldor, RA et al Ed. Wolters Klower, 2022.

**Statuta S.** Contributor to Position/Consensus Statement: American Medical Society for Sports Medicine (AMSSM). Mononucleosis Position Statement Writing Committee. In Press.

**Statuta S.** Contributor to Position/Consensus Statement: Select Issues in Musculoskeletal Trauma and Injury for the Team Physician. The Team Physician Consensus Conference. Topic: Hip/ Groin Apophyseal Injuries

**Statuta S.** Book Editor: Best Practices in Sports Medicine: AMSSM and AOASM Case Studies. 2<sup>nd</sup> Ed. 2022.

Myerholtz L, Baker HM, Hawes EM, Brown MM, Coe C, **Rollins L**, Page CP. Narrative Feedback to Family Medicine Faculty: A Content Analysis. *PRiMER*. 2022; 6:10. <https://doi.org/10.22454/PRiMER.2022.341202>.

**Varney C, Blackstone S, Li L**, Eavey J. COVID-19 Outcomes: The Impact of Obesity Within Racial Groups. (2022),

**Varney C.** Poster Abstract. Obesity (Silver Spring), 30: 240. <https://doi.org/10.1002/oby.23626>

Christensen SM, **Varney C**, Gupta V, Wenz L, Bays HE. Stress, psychiatric disease, and obesity: An Obesity Medicine Association (OMA) Clinical Practice Statement (CPS) 2022, Obesity Pillars, Volume 4, 2022, 100041, ISSN 2667-3681, <https://doi.org/10.1016/j.obpill.2022.100041>.

## Presentations

**Allen:** Medical Student Education: Session Moderator, STFM Annual Conference, Indianapolis, IN, May 3, 2022.

**Allen CW, Tan JS.** Racial and Income Reach of Different types of Primary Care Mental Health Appointments. Research Report, 43rd Forum for Behavioral Science in Family Medicine, Chicago, September 2022.

**Tan JS, Allen CW, Streeter G.** Addressing clinical uncertainty through practice-based learning and improvement. Seminar, 43rd Forum for Behavioral Science in Family Medicine, Chicago, September 2022.

**Allen CW,** Figueroa E, McKinney R, Seehusen D, Thakur N. Strategies to Improve Your Conference Submission. Panel Discussion, STFM Annual Conference, Indianapolis, IN, May 2022.

**Babineau** Invited Keynote: *Mindful Leadership to Counteract Burnout and Increase Joy in Life*-Workshop Speaker, Virginia CEO's Forum, Richmond, Va., October 13, 2022.

**Babineau** - Narrative used in Leadership Development- Pre-Conference - Mindful Leader Summit 2022- Washington, DC, October 6-9, 2022.

**Babineau** Invited Speaker: Judicial Conference of Virginia for District Courts- *Intimate Partner Violence/ Burnout among the Judiciary*-Roanoke, Va., August 22, 2022.

**Babineau:** *Mindfulness and Other tools to Counteract Burnout and Increase Joy In Life*-Workshop Speaker, Virginia CEO's Forum, Earlysville, Va., June 24, 2022.

**Babineau:** Legislative Advocacy-A Humanism in Medicine Tool- *Healing the Heart of Healthcare*-Gold Honor Society International Conference-May 5, 2022.

**Babineau:** Combating Burnout with Legislative and Institutional Advocacy-American College of Surgeons, Virginia Chapter Annual Meeting, Williamsburg, Va. April 30, 2022.

**Gazewood J,** Palmer A, Heiman D. *Residency Program Solutions: Strategies for Implementing New Program Requirements.* Small Group Facilitator, Residency Leadership Summit, March, 2022, Kansas City, Missouri.

**Gazewood:** *A Practical Approach to Incontinence*, VAFP Foundation Lecture, VAFP Summer Meeting, August 6, 2022, Roanoke, VA.

*Updated AAP Safe Sleep Guidelines. Hauck FR, Carlin R, Hand I (presenters). Newborn Hospitalists-PHM. November 2022 (virtual webinar).*

**Hauck:** *Reducing disparities in healthcare: language access for all patients. Innovations in Access to Care 2<sup>nd</sup> Annual Conference. May 2022 (virtual).*

**Hauck:** *Does safe sleep advice impact breastfeeding? Helping families follow safe sleep recommendations and successfully breastfeed. 7<sup>th</sup> National Cribs for Kids Conference: Mission Possible. May 2022 (virtual).*

**Hauck:** *Ask the AAP Safe Sleep Task Force. 7<sup>th</sup> National Cribs for Kids Conference: Mission Possible. May 2022 (virtual).*

**Hauck:** *Risk of postneonatal infant mortality associated with prior founded allegations of child abuse.* 5th Annual Seattle Children's and Microsoft SIDS Research Summit. April 2022 (virtual).

**Hauck:** Impact of SUDI prevention messages: Results from the SMART Study. European Congress on SIDS SUDI. Montpellier, France, May 2022.

Safon C, Heeren T, Kerr S, Clermont D, Corwin M, Colson ER, Moon R, Kellams A, **Hauck FR**, Parker MG. Disparities in breastfeeding among US Hispanic mothers living in the US: Identification of mechanisms. Academy Health Annual Research Meeting. Washington, DC, June 2022.

Safon C, Heeren T, Kerr S, Clermont D, Corwin M, Colson ER, Moon R, Kellams A, **Hauck FR**, Parker MG. Disparities in breastfeeding among US Hispanic mothers living in the US: Identification of mechanisms. 28<sup>th</sup> Annual AHRQ NRSA Trainees Research Conference. Online, May 2022.

**Hauck FR, Tanabe KO, Blackstone SR.** Risk of Postneonatal infant mortality associated with prior founded allegations of child abuse. North American Primary Care Research Group 50<sup>th</sup> Annual Meeting, Phoenix, Arizona, November 2022.

**Saif N, Jensen N, Farrar E, Blackstone SR, Hauck FR.** Prevalence of Helicobacter Pylori infection among resettled refugees in a US family medicine refugee clinic. 2022 North American Refugee Health Conference, Cleveland, Ohio, June 2022.

Ho CH, Denton AH, **Blackstone SR, Saif N, MacIntyre K, Valdez R. Ozkaynak M, Hauck FR.** A systematic review of qualitative studies to examine challenges to healthcare access among US adult refugee populations. 2022 North American Refugee Health Conference, Cleveland, Ohio, June 2022.

Patel K, **Blackstone SR, Hauck FR.** Refugee patients' access to COVID-19 health information. 2022 North American Refugee Health Conference, Cleveland, Ohio, June 2022.

Turnbull KLP, Jaworski B, Cubides Mateus M, Coolman FL, LoCasale-Crouch J, Moon RY, **Hauck FR**, Kellams A, Colson E. (2022). Mothers' perceived impacts of COVID-19-related school disruptions on kindergartners' social development, behavior, and mental health. Pediatric Academic Societies Meeting. Denver, Colorado, April 2022.

Jones RD, Cutter C, Feldman E, ...**Pollart S**, et.al. EMPOWER: Peer Mentoring to Overcome Obstacles for Women Clinician-Scientists in Academic Medicine. Poster Presentation AAMC Group on Women in Medicine and Science (GWIMS), Council of Deans (COD), Council of Faculty and Academic Societies, (CFAS), and Group on Faculty Affairs (GFA) Joint Poster Reception Poster Presentation. AAMC Learn Serve Lead Meeting, November 11-15, 2022. Nashville, TN.

**Pollart S** and Hopf H. Building your Advancement Portfolio: Creating a Database of Accomplishments. Skill-based Workshop. AAMC Group on Faculty Affairs (GFA) Professional Development Conference Virtual Experience. July 13-15, 2022

Buer T, Gusic M, **Pollart S.** Promoting Mentoring Partnerships: Evaluating UVA's Early-Career Faculty Mentoring Program. Concurrent Podium Session. AAMC Group on Faculty Affairs (GFA) Professional Development Conference Virtual Experience. July 13-15, 2022

Hopf H and **Pollart S**. A Faculty Development Curriculum Focused on Building Your Career Infrastructure. Concurrent Ignite Session. AAMC Group on Faculty Affairs (GFA) Professional Development Conference Virtual Experience. July 13-15, 2022

Dandar V, Oliva M, Lancaster K, Smith P, **Pollart S**, Buer T. Creating a Culture Free of Retribution: Reimagining the Future of Shared Governance. AAMC Group on Faculty Affairs (GFA) Professional Development Conference Virtual Experience. Concurrent Ignite Session. July 13-15, 2022

**Statuta:** AMSSM Traveling Fellowship- Australia and New Zealand. Nov 2022

**ACSEP Annual Scientific Conference, Glenelg Adelaide, Australia**

*Athlete Health: Screening for Mental Health*

*Debate - The future of SEM: is it time to ditch elite sport and focus on exercise medicine?*

*Panel Discussant*

**Axis Health. Auckland, New Zealand**

*The IOC Screening Mental Health Assessment Tool- Mental Health*

**Axis Health. Queenstown, New Zealand**

*The IOC Screening Mental Health Assessment Tool- Mental Health*

**Capital Sports Medicine. Wellington , New Zealand**

*Athlete Health: Screening for Mental Health*

**Statuta:** High-Yield Medical Topics in the Training Room. AMSSM Fellowship Online Education lecture series. Sept 2022. [High-Yield Medical Topics for the Training Room | National Fellow Online Lecture Series - YouTube](#)

## Resident Scholarship

UVA family medicine residents were very active in scholarship this year. In addition to being members of writing teams on four of the above published articles, they also presented four projects at the Virginia Academy of Family Physicians Annual Scholarly Symposium:

- ◆ *Aerococcus Urinae – An Underrecognized Virulent Pathogen* – Presented by Bryan Cochran, MD and Gregory Turissini, DO
- ◆ *An Atypical HUS story: A Rare Cause of Renal Failure with an Effective Treatment* – Presented by Hannah Thacker, MD
- ◆ *A cross-sectional study of the Family Medicine Resident-Medical Student Mentor Program at the University of Virginia* – Presented by Echo Buffalo-Ellison, MD
- ◆ *A Resident-Led Pilot Project to Improve Colorectal Cancer Screening Rates in an Academic Family Medicine Clinic* – Presented by Noopur Doshi, MD

Dr. Doshi worked on her project with Becky Compton, DNP, Sarah Blackstone, PhD, and colleagues in the UVA gastroenterology and oncology departments. Her presentation won second place overall and was the **VAFP 2022 Scholarly Symposium Resident Category Winner**. Her presentation can be viewed here: <https://youtu.be/i2bbXf8IZus>



## Awards

**Noopur Doshi (resident):** Virginia Academy of Family Practice 2022 Scholarly Symposium Resident Category Winner

**Kim Bednar:** Virginia Council of Nurse Practitioners President's Award

**John Gazewood:** Castle Connolly Top Doctor - Geriatrics

**Fern Hauck:** University of Virginia School of Medicine Dean's Excellence in Faculty Research Award for Team Science

**Fern Hauck:** Jefferson Scholars Foundation Award for Excellence in Teaching

**Siobhan Statuta:** Harrison Distinguished Teaching Associate Professor of Family Medicine Endowed Professorship

**Siobhan Statuta:** Fellow of the American Medical Society of Sports Medicine (FAMSSM)

**Siobhan Statuta:** Top Family Practitioner- Family Medicine. Selected representing Charlottesville, VA

**Catherine (Cate) Varney:** 2022 Steelman-Seim Educator Award for Excellence in Academics from the Obesity Medicine Association (OMA)

### UVA 2022 Patient Experience Awards

**Kim Bednar, FNP, MSN, RN (PCC Practice)**

**Becky Compton, MSN, DNP (PCC Practice)**

**Kristine Shannon, FNP, MSN, RN (Stoney Creek Practice)**

**Terri Babineau, MD, MSt (Oxon), FAAFP (Crozet Practice)**

**Catherine Casey, MD (Crozet Practice)**

**Brett Castrodale, MD (Pantops Practice)**

**Kate DeGeorge, MD, MS (Crossroads Practice)**

**Donna Landen, MD (Crossroads Practice)**

**Andy Lockman, MD (Crossroads Practice)**

**Karen Maughan, MD (PCC Practice)**

**Siobhan Statuta, MD (Sports Medicine)**

**Cate Varney, DO (Crozet Practice)**

**Crossroads Family Medicine:** UVA 2022 Outstanding Team Award