Pathways

UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE PEORIA
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On May 6, I participated in our medical student graduation ceremony. It was such a joyful occasion as 57 students achieved a major milestone in their lives — graduation from medical school. By the end of June, more than 70 residents and fellows will also have completed their training and celebrated this accomplishment within their respective departments — another important milestone. I couldn’t be more proud of these wonderful young physicians or of the dedicated faculty and staff who educate them. These personal milestones are celebrated with family, remembered in picture albums, or social media, and are markers of accomplishment that frame our lives and careers.

Institutions also have milestones and UICOMP is achieving some major milestones this year. Let’s celebrate them together as you read about these milestones in this issue of Pathways.

- For the first time in our 47-year history, we will be educating first year (M1) students on our campus this fall
- We’ve invested $3 million dollars creating state of the art learning spaces to deliver medical education in innovative ways
- A total curricular transformation will strengthen connections across our campuses and assure students have both the knowledge and the humanistic skills necessary to care for and about our patients
- The Department of Health Sciences Education was created to recruit and develop additional faculty to teach the first and second year of medical school. Dr. Aiyer is the inaugural Chair of this Department
- With the help of the University of Illinois Foundation, we acquired nearly three acres of land adjacent to UICOMP. Initially, this will allow additional parking for UICOMP’s expansion, but it also provides UICOMP with many options as the medical community continues to grow
- A new fellowship in Pulmonary Critical Care begins in July and we are planning on establishing a fellowship in Hospice and Palliative Care

Each milestone creates a new set of opportunities and challenges. State funding for higher education continues to decline, the national healthcare environment is continually changing, and developing a new curriculum while delivering the previous one is requiring additional resources from our committed but overextended faculty. In fact, I anticipate all of this change will lead to a very chaotic 2017-2018. However, this is also a tremendous opportunity for UICOMP to continue to grow to meet the needs of our community through medical education, patient care, research, and scholarship.

UICOMP is focused on medical student and resident education in the context of patient care delivery. We are committed to our mission “Lead Collaboration to Improve Health” and we are thankful to our faculty, staff, alumni, academic partners and friends who make it all possible.

Sincerely,

Dr. Sara L. Rusch
Regional Dean
Before Jonathan Jou returned home from a 32-day visit to the East African nation of Ethiopia last summer, he asked his physician mentor there what he might do to help.

The problem: Ethiopia is facing a manpower crisis. There’s just not enough surgeons to go around. And while the country’s medical schools have expanded, training opportunities are more scarce especially for practicing physicians wishing to become certified in laparoscopy and endoscopy.

“The surgeon I shadowed really felt he was missing laparoscopy and endoscopy from his repertoire of surgical skills,” said Jou, a UICOMP med student now preparing to transition into his M3 year. “In my mind, we had those type of simulators here, especially at Jump, so I thought it might be feasible to make a portable model that is cheap enough and available in terms of the materials they could find in Ethiopia.

Jou was one of two UICOMP students enrolled in a new internship last year at Jump Simulation. Paired with engineering students, the team was tasked with identifying a list of health care issues and solutions.

Jou’s possible solution to supplement the gap in laparoscopic training is wrapped up in about 15 feet of PVC piping, a dozen nuts and bolts, a few yards of cheese cloth and some food-grade rubber pads. When put together, the materials take the shape of a rudimentary abdomen. It’s just a prototype but one he believes may provide budding Ethiopian surgeons a cheap and easy-to-build, yet realistic simulator to practice laparoscopic surgery.

“By creating this trainer, we hope to cut that 6-month training period in half,” said Jou, who with some help from both UICOMP and Jump, adapted an existing Fundamentals of Laparoscopic Surgery (FLS) training program to the new trainer. “This is a problem that affects almost all developing countries, so we feel this could have greater impact beyond Ethiopia.”

In March, Jou packed up and shipped off his laparoscopic simulator, and the curriculum, to his Ethiopian mentor, Dr. Mohamed Yusuf.

In addition to his simulator, Jou also was able to include in the shipment a more sophisticated, portable laparoscopic trainer developed by Ethicon, thanks to a donation from the company.

Materials for Jou’s laparoscopic trainer can be purchased for less than $40 and are widely available. What’s more, learners use their cell phone as the camera, whereas the more sophisticated trainers require a computer.

“The biggest take away from this I think is that medicine is universal,” said Jou. “It doesn’t matter where you practice medicine, you read the same textbooks, you learn the same diseases and all of the treatments are the same. The only problem is whether they’re available.”
Called the Rural Student Physician Program, this alternative longitudinal educational track has placed third-year UICOMP medical students in rural sites across Illinois to learn medicine over the past 20 years – with some great outcomes.

Students accepted into the program live in the community and learn medicine through one-on-one teaching with physicians across many specialties over a 28-week period. Because RSPP students are the only medical students at the rural sites, they typically have greater hands-on clinical experiences and are able to follow patients longitudinally, i.e. seeing an expectant mother for a routine check-up and possibly later helping with their baby’s delivery.

“No classroom and clinical training alone is not enough to prepare, attract and retain new physicians to practice in a rural community,” says James Barnett, MD, UICOMP’s Director of the Rural Student Physician Program. “They need to be immersed in the community and RSPP has been fairly effective at achieving that.”

**BY THE NUMBERS – UICOMP RURAL STUDENT PHYSICIAN PROGRAM:**
- 85 alumni
- 24 teaching sites across Illinois over the past 20 years

**OF THE 66 STUDENTS WHO HAVE COMPLETED RSPP AND RESIDENCY:**
- 53 percent are practicing in Illinois
- 56 percent are practicing in rural communities
- 54 percent are in primary care specialties

The UICOMP program was modeled from a similar longitudinal program in Minnesota and began under the leadership of former Family & Community Medicine Chair Dr. John Halvorsen. Since then, the program has continued to grow with stewardship by Dr. Barnett, who noted they had a record nine applicants for the 2017-18 school year.

Dr. Tom Golemon, UICOMP’s Chair of Family & Community Medicine, said he hopes to see the program continue to expand, including possibly introducing students into the rural community practices earlier during their medical school career.

“I certainly would not be where I am today without the experience I got from RSPP,” said Chris Miles, MD, a 2004 RSPP Alum, who now is a practicing physician and Assistant Professor in the Department of Family and Community Medicine at Wake Forest University, where he also is the Associate Director of the Sports Medicine Fellowship.
The UIUCOMP Urban Health Program recognized students, alumni, faculty, and mentors at the 12th Annual Diversity & Leadership in Medicine on April 7.

The evening began with a “big band” style performance from the Peoria Jazz All-Stars followed by the UIUCOMP Docappella singing group.

Guest speaker, Dr. James M. Jeffries III, MD, FACS, spoke in regards to building a better community through care and excellence. He left the audience with these remarks: “The medical community is better and more importantly the whole community is better because of your care and your impact with excellence in character and work.”

Said UIUCOMP student Paulo Roberto Michelini: “It is very inspirational to meet and hear the stories of physicians like Dr. Jeffries and others in attendance, who have overcome adversity to make the entire medical field better for all of us. Whether from an underrepresented background or not, it is important for all of us to support increasing diversity and leadership in the medical professions and beyond.”

Nia Foney, a Class of 2021 admit, agreed. “It is so important to celebrate diversity in medicine and the entire celebration was inspiring for the road ahead,” she said.
Fifty-five UIUCOMP students joined thousands across the country as they learned where they “matched” to continue their path in medicine.

UIUCOMP students matched to 16 specialties across 26 states. Of those, 20 are headed into primary care and a quarter of the class will remain in Illinois with six matching to residency programs in Peoria. Three students participated in the military match – two of whom are in the U.S. Navy and one who is in the U.S. Army.

The top three areas of medicine students chose to pursue this year were surgical fields (11), Internal Medicine (11) and Emergency Medicine (10).

Ralph Davis, who matched to the Internal Medicine Residency Training Program at the Mayo Clinic School in Scottsdale, Arizona jumped up with smiles when he opened his envelope.

“Going into match day I was obviously nervous, it felt like the past four years had led to that moment of finding where I was going,” said Davis. “After opening the letter, I was pretty ecstatic at what I got: it was my first choice; a great program and a place I know I’ll be excited to learn. It was great to see other classmates happy with their results as well. I’m still waiting for the feeling to fully sink in.”

Davis isn’t the only student headed to the Mayo program in Arizona. Sabirah Kasule found the same program in her envelope.

“It’s hard to describe what match day is like. On the one hand, it represents the culmination of 8-plus years of hard work, so you are deliriously happy to have the opportunity to participate at all. On the other hand, you’re dying of anxiety because of an inconspicuous envelope is holding your future hostage. Opening that letter remains the most surreal experience of my life.”

Sakina Broachwala was happy to open her envelope and see Peoria.

“Matching to OSF Saint Francis here in Peoria means I get to work and continue learning from the faculty and residents that were an integral factor in choosing Med-Peds,” she said.

This year was the largest match in history, according to the National Resident Matching Program®. A record-high 35,969 U.S. and international medical school students and graduates vied for 31,757 positions.

In Peoria, all 73 residency positions were filled. UIUCOMP has more than 270 residents enrolled in 11 residency programs affiliated with UnityPoint Health – Methodist, and OSF Saint Francis Medical Center, which includes Children’s Hospital of Illinois. Results of the Match can be found online at peoria.medicine.edu/news and then clicking on March 17 Match Results.
More than 50 distinct awards were handed out recognizing student excellence, achievement and clinical performance at the annual Student Awards Ceremony on May 4, 2017. Congratulations to all!

Also honored with the Golden Apple Awards were faculty members Dr. Matthew Mischler, Dr. Ban Al-Sayyed, and Dr. Roger Geiss.

Pictured at left, Dr. Sally Rigler, UICOMP Class of 1989, was presented with the 2017 Distinguished Alumni Award by the Peoria Medical Alumni Council. Dr. Rigler, who has published more than 48 original research articles and topic reviews in refereed journals, is the Service Chief for Geriatrics, Extended Care, and Rehabilitation at the Kansas City Veterans Administration Medical Center.

Student Awards
Recognizing Humanism

Dr. Wasim Ellahi, a gastroenterologist at Illinois Gastroenterology Institute and Clinical Assistant Professor at UICOMP, received the Leonard Tow Humanism in Medicine Award for his work in establishing the Córdoba Health Clinic, a clinic located in South Peoria providing specialty care at little to no cost for patients with little or no insurance.

Dr. Ellahi opened the clinic in 2016, which is entirely operated and staffed by volunteers and provides care in the areas of cardiology, gastroenterology, nephrology, oncology, and pulmonology.

Dr. Ellahi and eight members of the UICOMP class of 2018 were selected for membership in the local chapter of the Gold Humanism Honor Society (GHHS) and were honored at the Student Awards Ceremony on May 4. The student honorees are:

Gary Bhagat
Chancelor Cruz
Carley Demchuk
Joseph Krob
Saleha Mallick
Paulo Michelini
Mati Segev
Justin Steele

The Gold Humanism Honor Society, sponsored by the Arnold P. Gold Foundation, exists to recognize outstanding humanistic activity among students. A local GHHS Committee directed the selection process for Peoria. Faculty honorees are selected by the student body in a process overseen by the University Medical Student Council.

“When I talk to the physicians, they just want to do community service. Córdoba provides that...and the patients are very grateful. You see that. Some of them have tears in their eyes.”

— Dr. Wasim Ellahi
What started five years ago as one student’s idea has blossomed into an annual celebration of discovery with UICOMP holding its biggest Research Day yet and even more being planned for 2018.

In total, more than 70 research posters were on display – 50 by students and more than 20 by faculty. Additionally, James Scholar students presented their work as did those in the Rural Student Physician Program. The day also included a special discussion by panelists Dr. Lobsang Negi, the creator of CBCT® (Cognitively-Based Compassion Training); Dr. Sarah Zallek, Medical Director of the Illinois Neurological Institute Sleep Center at OSF Saint Francis Medical Center; and Dr. Jeffrey W. Brown, the University of Illinois Urbana-Champaign Course Director for Neuroscience.

“We’re engaging our students in research because we want to help build the next generation of researchers in medicine as we advance science,” said Dr. Meenakshy Aiyer, Associate Dean for Academic Affairs at UICOMP. “This has grown beautifully – from about 20 posters the first year to 70.”

For the complete list of award recipients, go to peoria.medicine.uic.edu/news and click on Research Day Results.

**BEST STUDENT RESEARCH POSTER**
First Place
Yulia Kostenko
Characterization of Cancer Stem Cell–like cells derived from animal model of CNS Primitive Neuroectodermal tumors

**BEST STUDENT CLINICAL VIGNETTE POSTER**
First Place (two)
Jason Bryman
Native Inferior Hip Dislocation (IHD) in a 17 year-old Wrestler
Nicole Clevenger
A Rare Congenital Heart Lesion Masquerading as Failure to Thrive

**BEST LITERATURE AWARDS**
Michael Atwell (Research Poster)
Examining Barriers to Colorectal Cancer Screening in Livingston County
Nicole Clevenger (Clinical Vignette Poster)
A Rare Congenital Heart Lesion Masquerading as Failure to Thrive

**DISTINGUISHED RESEARCH MENTOR AWARD**
Ken-ichiro Fukuchi, MD, PhD

**OUTSTANDING RESEARCH AWARDS**
Michael Tarantino, MD
Andrew Tsung, MD (co-nomination)
Kiran Velpula, PhD (co-nomination)
Krishna Veeravalli, PhD

**OUTSTANDING CLINICAL, TECHNOLOGICAL, OR SCHOLARLY ACHIEVEMENTS APPLIED TO MEDICAL RESEARCH**
Matthew Bramlet, MD

**THE DR. MUHAMMAD B. YUNUS STUDENT RESEARCH AWARD**
Yining Lu, M2 Student

**THE DR. CHRISTOPHER AND MARILOU POWERS RESEARCH FUND IN MEMORY OF JOHN ALLEN**
Jacqueline Fisher, M3 James Scholar
Borrowing on their interest and love of science and music, two UICOMP students coordinated a symposium and concert in conjunction with the Peoria Symphony Orchestra that was recorded at WTVP studios in downtown Peoria.

Called Music In Medicine, more than 100 people attended the event that mixed live performances of Mozart, Rachmaninoff and Bartok alongside scientific research that included watching live EKG readings of audience volunteers during the musical performances. Guest speakers Dr. Jeffrey W. Brown, Dr. Abraham Kocheril, and Dr. Sarah Zallek, spoke during musical breaks about the science behind the sounds and effects music has on the body, including heart rhythm and neurological activity.

“The goal of the Music in Medicine project was – and continues to be – to bring together healthcare professionals, scholars, and musical performers to share a stage of art, health, and science to encourage research and promote a culture of health in the Peoria community,” said Jeff Brown, a second-year UICOMP student and alumnus of the Julliard School. “When you hear how a patient with Alzhemier’s Disease ‘awakens’, or see a video of a person with a debilitating neurological disease barely able to walk begin to dance – because of music – you begin to understand some of the physiological effects music can have.”

Fellow UICOMP student Jonathan Jou said they thought the Music In Medicine event also could provide medical students a much needed break in studies.

“Modern medical education strives to teach both cures and care, both aspects we found resonated with music. By introducing students to how music affects the way we think and feel, we wanted to create a medium by which students could de-stress productively.”

Both Brown and Jou put the ensemble together with large help from Peoria Symphony Orchestra Director George Stelluto.

The presentation and musical performances will air on WTVP this summer as part of their series with the Peoria Symphony Orchestra called Sound Bites. Guest musical performers included Dr. LaMont Barlow and Peoria Symphony Orchestra cellist Adriana Ransom.

“We want to continue this exploration into how healthy pursuits like music can prevent physician burnout, how music can be implemented directly in clinical practice and clinical spaces to help physicians and patients.”

— UICOMP student Jonathan Jou
Fifty-seven UICOMP students received their medical degrees on May 6, joining a proud tradition now 44-years-old and among nearly 2,000 graduates.

“This is a time of joy, a time of pride and accomplishment. It is always wonderful to see how the students have grown and matured as individuals, learners, as leaders, community advocates and of course future physicians,” Dr. Meenakshy Aiyer, Associate Dean for Academic Affairs, said in her welcome remarks to the crowd at the Peoria Civic Center.

Said Regional Dean Dr. Sara Rusch: “Medicine is a challenge. There will be days when you are tired, feel ignorant, or make a mistake. Be compassionate to yourself. Remember, no one is perfect. However, each day you will also have successes – a patient who smiles at you in greeting, an interesting or puzzling case solved, a difficult diagnosis made, and occasionally even a life saved. No other career offers so many chances to positively impact another person’s life. We wish that you will always remember the joys of medicine -problem solving, learning and caring for patients. This is what drew you to medicine and what will sustain you in your careers.”

Lily Criscione (pictured above) was elected by her classmates to provide the class remarks. “As doctors, we have the responsibility of teaching our patients how to live and, at times, how to die. To be a doctor is a humbling endeavor, and we must honor the privilege that it provides.”

Photos from Convocation can be found online at go.illinois.edu/uicompconvocation.

More than 1,900 students have received their medical degrees in Peoria since the first graduating class in 1973.
Taped to the wall above a desk in her small apartment over the last two-and-a-half years is a well-worn paper leaflet describing the Rural Student Physician Program at the University of Illinois College of Medicine Peoria.

“This pamphlet has been right in front of me reminding me what my goal is,” says a determined Laura Jorgenson.

That daily reminder, along with countless hours of work and studying, paid off. The 28-year-old applied to the University of Illinois College of Medicine through an early admission program and was selected last fall, becoming the very first, first-year medical student to be accepted to attend Peoria – a first in the campus’ nearly 50-year history.

Historically, students who attended the Peoria, Rockford, or Urbana campuses spent their first year in Urbana-Champaign, however, the Urbana campus is being phased out over the next several years.

As irony would have it, Jorgenson is no stranger to central Illinois or to the College of Medicine in Peoria. A Peoria native and Knox College graduate, she’s spent more than two years working with Dr. Alfonse Masi at UICOMP on his innovative research in rheumatoid arthritis and ankylosing spondylitis. She also worked with residents in psychiatry developing analytic protocols related to exercise and treating depression.

“When I was applying to medical school, I applied early decision. I wanted to go to Peoria more than anywhere else,” she said.

That’s just part of her extensive resume, which also includes co-authoring eight scientific papers at UICOMP and working as a lab technician at the National Center for Agricultural Utilization Research center (Peoria’s Ag Lab). She also lived in India for six months where she trained in meditation and yoga to become a registered yoga instructor, and spent the fall of 2016 teaching five classes at Peoria High School, including anatomy and physiology to junior and senior students.

“I think it’s going to be a very special experience and a very quality experience,” Jorgenson said of being among the first class of first-year students at UICOMP. “I also think our feedback will have an impact on future students, so I feel like there’s some responsibility on my part to provide that. I just feel like I’m in a bubble right now … I’m on the path that I want to be – to be a doctor.”

Two White Coat ceremonies are being planned this year to welcome the students – with the M2 White Coat Ceremony on August 11, followed by the M1 White Coat Ceremony on August 18.

As part of an early admissions process, Peoria-native Laura Jorgenson was the first student to be admitted to the Peoria campus as a first-year medical student. In less than three months, Peoria – like the Rockford campus – will welcome 55 to 60 first-year medical students as part of University-approved expansion this fall.
As the final pieces come together for the UICOMP expansion, here’s a quick look at the new, integrated, college-wide curriculum being developed across the entire College of Medicine and rolled out this fall with the incoming first-year students.

THE GUIDING PR
- Organ Segment-Based Curriculum
- Clinical, basic science, social science integration
- Same learning objectives across the campuses
- Same major assessment at end of courses
- Active Learning Methodologies

FIVE CURRICULAR THEMES
Interwoven into the curriculum across all four years will be five curricular educational themes – three in addition to the traditional foundational knowledge and clinical practice skills.
- Foundational Knowledge
- Clinical Practice
- Professional Development
- Health, Illness, & Society
- Health Care Systems

BUILDING A NEW SCHEMATIC – A LOOK AT PHASE ONE
The traditional four “M years – M1, M2, M3, and M4” are out with the new curriculum. Replacing them are three “phases” with Phase One integrating the traditional M1 and M2 content – condensed into about 18 months. Students will start clerkships (Phase Two) earlier, meaning they will have more time for additional electives and to explore different careers in medicine.

Phase One has eight “blocks” and each week has a general theme that will integrate the basic sciences and clinical sciences using case-based learning.

LONGITUDINAL COURSES
A new aspect of the curriculum is a longitudinal clinical experience for students to develop better clinical skills earlier in a student’s medical career. Two students will be assigned to each primary care practice during Phase One.
- Two half-days per week with one spent on history and physical exam skills and 2-4 hours per week for adjunct curriculum and communication skills
- Helps to integrate and reinforce all the five curricular themes
- Highlight contemporary issues in healthcare
- One week after each block and six weeks after Block VII will be devoted to clinical reasoning, and professional development

CONTENT WITH CONTEXT
Look for an entirely new educational methodology in the new curriculum. Moving forward, traditional lecture will make up less than 20 percent of classroom activities, being replaced largely by active, team-based learning that integrate clinical cases, small discussions, simulation and other labs.

THE FLIPPED CLASSROOM
- Students prepare prior to participate in class activities through individual study, whether by assigned reading or recordings. During class, students will spend part of the time being assessed to assure they are ready, followed by practicing applying key concepts.
- Provides greater application of concepts, greater interaction, and deeper understanding

CORE CASES
- Infrastructure for the new curriculum; will include 1-2 core cases per week
- Cases act as vehicle for integration and provide “context for the content” by integrating basic and clinical sciences
- Examples: Immunology would have a case on infections; membrane transport and blood would have a case involving dehydration; an introduction to neurobiology could have a case on panic attacks.

“We’re making a lot of great progress. We have the overview of the fall semester in place, we have all of the faculty recruited and they are engaged, and our two teaching hospitals are very supportive, especially with making the longitudinal clinical experience happen. Everything is coming together thanks to a lot of hard work and collaboration.”

— Dr. Meenakshy Aiyer, UICOMP Associate Dean for Academic Affairs
Construction and renovation activities for student expansion is on schedule and set to be completed in mid-June. Installation of new A/V equipment and furniture will follow so that by mid-July faculty will have the opportunity to train and become familiar with the new technology ahead of students arriving on campus in August.

“There’s a lot of technology that will make this space a very collaborative environment,” said Leslie Hammersmith, UICOMP’s Assistant Dean for Technology Enhanced Education.

The OSF HealthCare Learning Studio, UICOMP’s largest new classroom, also will be the most wired. The room will consist of 10 student stations each with seating for six or seven around a table, 55-inch monitors, glass boards, wireless connectivity, wireless presentation, and charging stations. Three large overhead projectors and screens will book-end the room and mobile “nesting” tables and chairs can be rolled in to create a more traditional classroom layout.

“Faculty and students will find a lot of flexibility in the space. Each station will be able to display something different during team-based work for example, or we can take a presentation from one student’s laptop and share it across all the monitors,” said Hammersmith.

The UnityPoint Health Student Oasis is UICOMP’s newest informal, collaborative space. Here, students can study, lounge, or chat with peers in the comfortable, open atmosphere. “This is going to be a high traffic area, and one I think that will be highly sought after and enjoyed by students,” said Hammersmith, adding the Oasis also serves as an entryway point into the Donald Rager, MD Clinical Skills Lab.

Also in the renovations is two, additional small group learning rooms and one glassed-in conference room. The Sandra Rusch and Senior Scholar Group rooms include large monitors, a conference table and seating for 12 (a moveable wall separates the two). A new glassed-in conference room was designed to allow natural lighting to the interior of the building and provide small group space; It also may serve as an observation point in the future for UICOMP’s seven clinical examination rooms.
Teaching & Learning Anatomy

Near UICOMP’s Department of Pathology, renovation work continues on the new cadaver lab and technology-assisted anatomy lab. Both rooms, in addition to two locker rooms and a bathroom, are being sealed off from the rest of the building’s ventilation system.

UICOMP’s Anatomy Lab will have six stainless steel tables for traditional cadaver dissection. Stainless steel countertops for prep will be located along one wall, white board space devoted to another, and windows providing natural lighting. Instructors will be able to wirelessly display a dissection in progress, or use the wireless presentation technology to highlight activities at each table.

“The Anatomy Lab will allow students to actively participate in dissection and to be able to observe details of dissections and structures on other cadavers,” said Hammersmith. “It will be equipped with iPads to allow high-definition video to be displayed in real-time for all students, and to provide even more flexibility to bring in virtual environments to assist with the learning process, which is pretty exciting.”

The Technology-Assisted Anatomy Lab will house UICOMP’s new Anatomage table, a high resolution, virtual dissection table. Also in the space will be mobile sonography and large monitors along with rolling chairs and tables for small classroom learning of 24 to 36 students. Nearby office space also is undergoing improvements for new faculty in the Department of Health Sciences Education, and a new small group study room will seat 12 and accommodate meetings and conferences with a large monitor and wireless presentation capabilities.
NEW TO UICOMP IN HEALTH SCIENCES EDUCATION ARE:

PHYSIOLOGY
Yerko Berrocal, MD
A native of Chile, Dr. Berrocal earned his medical degree from Catholic University of Santiago de Guayaquil, followed by completing a post-doctoral fellowship in Neuroscience from University of Miami, Miller School of Medicine. After several years of research, he joined the College of Medicine at Florida International University as an Associate Professor where he directed the second-year curriculum. Dr. Berrocal has extensive experience in the basic sciences, development of medical curriculum, LCME accreditation, and student support. His areas of research include development of cellular transplantation strategies to repair injuries in the human central and peripheral nervous systems, and development of novel treatment strategies to improve sensory system recovery, particularly neuropathic pain after spinal cord injury.

IMMUNOLOGY
Richard Tapping, PhD
Dr. Tapping received his B.S. from the University of Waterloo and Ph.D. in Biochemistry from McMaster University in Canada, followed by postdoctoral training in the Department of Immunology at Scripps Research Institute in La Jolla California. Since joining the faculty at the University of Illinois at Urbana-Champaign over 15 years ago, Dr. Tapping has successfully conducted independent NIH funded research studying early events in host microbial sensing and immune mediated inflammation. He also serves as the discipline coordinator and main lecturer of the medical immunology courses delivered as part of the first-year medical school curriculum in Urbana. Administratively, he also serves as the Associate Dean for Research for the Urbana campus of the College of Medicine.

BIOCHEMISTRY
David McPheeters, PhD
Before coming to UICOMP, Dr. McPheeters served five years as Course Director of Medical Biochemistry and Nutrition at the University of Illinois COM in Urbana-Champaign. From 1993 to 2011, he taught and conducted research in RNA Biology at Case Western Reserve University in Cleveland. He obtained his Ph.D. in Molecular, Cellular and Developmental Biology from the University of Colorado, Boulder in 1987 and did his post-doctoral research at the California Institute of Technology.

CELL BIOLOGY AND HISTOLOGY
Jon Fisher, PhD
A native of nearby Tremont, Dr. Fisher earned his Ph.D. in Molecular Cell Biology from Washington University in St. Louis and held a post-doctoral research position at Wake Forest University in North Carolina. His graduate research work focused on using serotonin signaling to reduce production of amyloid beta in Alzheimer’s disease. His postdoctoral work examined neuropeptide regulation of metabolism. He has been working with current faculty to develop the new integrated curriculum.
The new expansion and a new curriculum in Peoria led to the new Department of Health Sciences Education. Chaired by Dr. Meenakshy Aiyer, UICOMP’s Associate Dean for Academic Affairs, the new department will oversee the foundational course work for all medical students on the Peoria campus, including first-year medical students beginning in August. It combines professors across many basic science fields, including biochemistry, anatomy, physiology, cell biology, and microbiology, alongside teaching-focused doctors who will provide direct patient care.

GENETICS
Jenna Regan, PhD
A native of central Indiana, Jenna Regan earned a B.S. in Biochemistry at Bradley University, followed by a Ph.D. in Genetics and Molecular Biology at the University of North Carolina at Chapel Hill. Following postdoctoral work at Washington University in St. Louis, Jenna worked as a Research Associate at Indiana University School of Medicine. Her research background has centered on the regulation of mesenchymal progenitor cells in the cardiovascular and musculoskeletal systems, and more recently into some cancer research.

ANATOMY
David Dominguese, PhD
Dr. Dominguese received a B.A. in Athletic Training and Sociology from University of Wisconsin-Parkside, a M.S. in Biomechanics from Illinois State University, and Ph.D. in Anatomy from Ohio University. He has extensive clinical experience in sports medicine & orthopedics as an athletic trainer, teacher, and researcher. His research focus is on lower extremity modifiable risk factors to prevent and treat orthopedic conditions and using technology to teach and enhance clinical anatomy knowledge among students and health care professionals.

ANATOMY
Jolene Harris, MS
Jolene received her B.S in Biology and Master’s of Science in Clinical Anatomy both from Creighton University, where she has served the past three years as an adjunct instructor. She has taught undergraduate, graduate, and professional students – both medical & physical therapy students – in the classroom and gross lab.

ANATOMY
Shannon Egli, MS
Shannon received his B.S. in Psychology from Iowa State University, followed by a Master’s in Biomedical Sciences with an emphasis in Neuroscience. A former college professor and biomedical scientist, he is the Anatomical Coordinator at Jump Simulation, where he oversees the daily activities of the Anatomical Lab. These activities center on anatomical training and preparation for realistic surgical procedure simulations using cadaveric specimens for medical education and research.
A new piece of technology is helping to advance how we teach anatomy at UICOMP. Called the Anatomage Table, this virtual dissection table includes three full body cadavers, high-resolution regional anatomy, and a comprehensive image library. The Table’s life-sized display, clinical content, and imaging software literally will provide students with a new way to view and learn anatomy.

"We plan to provide students with various modalities to learn anatomy: cadaveric dissection, virtual dissection, sonography and other technologies," said Dr. Jessica Hanks, UICOMP Assistant Dean for Preclinical Curriculum and Evaluation and an Assistant Professor of Clinical Internal Medicine and Pediatrics. "In our lab sessions, we envision students rotating through different stations as a way to incorporate anatomy as seen through radiologic images as well as be able to incorporate specific pathologies."

The virtual dissection table will augment traditional cadaver dissection, which will take place in the new cadaver lab being constructed on the UICOMP campus. The Anatomage table will be housed in a lab, adjacent to the cadaver lab but easily can be moved into the main lecture hall for larger class instruction.

“One of the advantages of the Anatomage is less time to visualize the anatomy you want to see – in other words, you don’t have to dissect the skin and fat away to see an internal structure. You also can easily display the anatomy on a larger monitor for larger classroom discussion," said Dr. Hanks.

Dr. David Dominguese, a research assistant professor and block director for the new musculoskeletal education, said he foresees using the Anatomage as an instructional and learning tool for clinical anatomy.

“One of the strong benefits of the Anatomage is to be able to view complex anatomical structures from different angles and viewpoints instantly and having a resource that is interactive in real time," said Dr. Dominguese.
Peoria City Manager Patrick Urich took the course because he thought it might be useful for police officers and firefighters who deal with violence and trauma as part of their jobs.

Peoria Public Schools Superintendent Sharon Desmoulin-Kherat thought the concepts taught in the eight-week training sessions could be transferred to the classroom, potentially reducing bullying among students and burnout among teachers.

Dr. Bento Soares, one of a six-person team who recently taught the course to about 50 community leaders and medical professionals, is senior associate dean of research and head of cancer biology and pharmacology at the University of Illinois College of Medicine at Peoria. His goals are even more far-ranging than those of Urich or Desmoulin-Kherat.

"It’s very important these skills be taught in medical schools for faculty and residents," he says, ticking off the long list of problems and consequences the training is meant to address — high rates of stress, depression and burnout among doctors, which can, in turn, lead to poor medical care for patients.

The course is Cognitively-Based Compassion Training, or CBCT. The obvious question is: What is it?

"Well-being and compassion are skills that can be developed, like learning to play a musical instrument," Soares says. "I like to think of CBCT as a toolkit for regulating emotions ... one that helps us become better at responding rather than reacting."

Physician burnout exceeds 70 percent in many specialties, he says, and suicide rates among doctors are consistently among the highest for all professions. "You can suffer with your patients," he adds.

CBCT teaches methods, based in contemplative meditation, that help health care providers use compassion to alleviate the suffering of others without succumbing to the suffering, or what Soares calls the difference between empathetic distress and engaged compassion.

Soares, four other UICOMP faculty members and a counselor from Methodist College taught the local course as part of a yearlong program to earn their CBCT teacher certification. The UICOMP faculty plans to offer CBCT training to students, residents and other faculty members. They will also integrate CBCT concepts into the medical college’s new curriculum.

CBCT teaches compassion based on interdependence and self-acceptance that reduces stigmatization and stereotyping, according to Soares. Emory offers CBCT at its medical college and other program. The technique already has shown scientifically-measured benefits for cancer survivors and veterans with post-traumatic stress disorder, among other groups. Researchers are studying CBCT’s uses for groups as diverse as prison inmates and teachers.

"There’s so much work and research being done. We’d like to develop research here," Soares says.
A UICOMP pediatrician and microbiologist are teaming up on a study to look at what’s living in a child’s gut and how it may vary according to the child’s weight.

Where they are looking for these telltale signs may be somewhat unexpected: feces.

“Childhood obesity is a major global health issue and one of the biggest predictors of obesity among adults,” says Dr. Amy Christison, a UICOMP pediatrician and the study’s primary investigator. “Seventy-five percent of teenagers who are in the obese category will go on to become adults with obesity. This initial exploration could change or augment how we approach obesity.”

The study, the first in Peoria to be funded by the University of Illinois at Chicago Center for Clinical and Translational Science, will chart certain bacteria at varying weight levels among children from lean to obese. Imbalances of bacterial composition and its correlation to obesity among adults, including obese laboratory animals, is well established but no extensive research to date have looked at the pediatric population.

“We’re taking a lot of the basic science that’s out there and applying it to kids,” said Dr. Christison, one of fewer than 1,800 doctors nationwide certified in obesity medicine. “If indeed there is an imbalance within the gut microflora among obese children, the question will be: is there a way we can alter it or restore it to aid in lifestyle changes for improved weight status and even reduce the risk for cardio-metabolic diseases?”

The study will enroll 150 patients, ages 5-12, from two primary care sites (one urban and one rural) as well as the tertiary pediatric weight management clinic at Children’s Hospital of Illinois.

To characterize the bacteria in the gut, they are working backwards so to speak by looking at stool samples.

Teaming up with Dr. Christison is UICOMP microbiologist Dr. Peter Gyarmati.

Dr. Gyarmati said the age group for the study was selected since the microbiota composition after age 5 typically reflects that of an adult. Both rural and urban areas were selected to provide a better cross section as well as to accommodate for environmental variances.

They plan to focus on the ratio of two common bacteria found in the gut, Firmicutes and Bacteriodetes, and how they vary according to weight. They also will be looking at short-chain fatty acids – a byproduct of the microbiota – in the stool as a means for evaluating how efficient the microbiota is working, and as an indicator whether fat is being stored or passed through the body for example.

“In terms of obesity, it is logical that the microbiota uses what we provide them, what we eat. In other words, if we eat vegetables, fibers and such, we can expect to see a different type of microbiota than if we eat carbohydrates, sugars, soda, etc.,” Dr. Gyarmati said. “There’s also a lot of things we don’t know that may influence the gut microbiota as well. Part of this could be where we live, what a family’s gut microbiota is like, and perhaps the broader community could also have something to do with that influence – we just don’t know for sure.”

Obesity is a health concern both locally and globally. Locally, about 36 percent of children are considered overweight and 19 percent are obese, said Dr. Christison.

“This is why we’re working with children – this is the time when it might be the most opportune to reverse it, because obese children often become obese adults,” said Dr. Gyarmati.
We know what we eat often has a somewhat immediate impact on our waistline, but the food we consume also could have longer-term implications for developing Alzheimer’s Disease.

Ken Fukuchi, MD, PhD, a UICOMP Professor in the Department of Cancer Biology and Pharmacology, was awarded nearly $440,000 by the National Institutes of Health to expand a study over the next two years looking at a link between a high-fat diet and increased risk for Alzheimer’s Disease.

Dr. Fukuchi’s research focuses on a specific molecule, a type of microRNA, found to be elevated in the blood of animal models with Alzheimer’s Disease and also those with Type 2 Diabetes. This same microRNA also has been found to be elevated among patients with Type 2 Diabetes, he said.

“We believe a high-fat diet and peripheral inflammation increase the levels of this microRNA in the blood and that these increased levels induce brain endothelial cell dysfunction, or a dysfunctional blood-brain barrier, which lead to an increased risk or early onset and accelerated progression of Alzheimer’s Disease,” said Dr. Fukuchi. “More importantly, we believe this microRNA may provide new strategies for therapies or prevention against Alzheimer’s Disease.”

Think of a line of dominoes that begin with eating a high-fat diet. A high-fat diet is strongly associated with obesity, insulin resistance, and Type 2 Diabetes – in fact, obesity is considered to be responsible for 70 to 90 percent of Type 2 Diabetes mellitus cases. Sustained alterations in blood glucose levels caused by obesity and Type 2 Diabetes promote vascular inflammation and blood-brain barrier impairment. The dysfunction of the blood-brain barrier is believed to lead to the accumulation of toxic plaques, neuroinflammation, neuronal dysfunction, neurodegeneration, and ultimately dementia and Alzheimer’s Disease.

Determining the role microRNA plays in the inflammation and dysfunction in the blood-brain barrier could stop the domino effect and progression of Alzheimer’s Disease.

The causes for the vast majority of Alzheimer’s cases are unknown and satisfactory therapies do not exist for the disease, which affects more than 5 million people in the U.S.

“An urgent need exists to identify the molecular mechanisms that increase the risk of Alzheimer’s Disease and developing of preventive and therapeutic measures,” he said.
The purpose of medical imaging from the very beginning was to figure out ways to look inside the body and learn what’s going on structurally and physiologically. To that end, physicians used x-rays or performed exploratory surgeries for decades to identify disease or injury. Then came ultrasound in the 1960s that gave clinicians real-time images of internal body structures using sound waves. Imaging techniques progressed even further in the 1970s with the advent of CT scans and MRI, which are both used commonly today.

So what’s next?

It’s my belief that 3D modeling will be the next critical tool used by physicians to not only diagnose, but improve surgical planning, patient outcomes and the education of future clinicians. It has the power to produce exact replications of soft tissue structures, improving understanding among doctors and patients alike. But we have much work to do and collaboration across the U.S. is required to make this a reality.

I recently spoke at the American Heart Association-Midwest Affiliate’s Heart Innovation Forum to advocate for imaging techniques that lead to anatomic replication. The Advanced Imaging and Modeling (AIM) team at Jump Simulation has come up with a semi-automated process to convert CT and MRI scans into 3D digital images that can be printed or integrated into virtual environments like augmented and virtual realities (AR and VR). What we’ve learned is that these nearly perfect 3D surrogates of anatomy can’t happen without multiple levels of quality control.

New Standards Needed for 3D Imaging & Modeling

There is a quality standard that must be met each step along the continuum for successful 3D modeling translation. If the image is poor – fail. If the segmentation is poor – fail. If the print is poor – fail. If the VR translation is poor – fail. The focus of our cardiovascular imaging efforts is to generate the highest quality images we can attain. The ability to print or view images in three dimensions will require a little more time and effort but will lead to discoveries we’ve never seen before.

Most recently, we sent a quality focused 3D heart digital file to the incredible engineers at Caterpillar’s additive manufacturing lab. They have a printer that allows us to produce a heart in a soft enough material that can be cut with a scalpel, allowing surgeons to effectively practice on a 3D model of a patient’s heart before surgery. The result was incredible. Not only were we able to practice the surgery before the operation, but we were able to see anatomic detail like we’d never before seen, prompting an entirely new set of possibilities where 3D printing could potentially improve patient care.
Making the Case
There are many physicians around the U.S who understand the impact 3D modeling can have on surgical planning, patient outcomes and the education of future clinicians. In fact, a group of us are working with the National Institutes of Health and the American Heart Association to create new standards for the Jump Simulation-curated 3D Heart Library, an open-source digital repository of hearts with congenital defects on the NIH 3D Print Exchange.
My experience with these models has been that they give surgeons a point of reference they haven’t had before, giving them the ability to make informed decisions before operating on patients. They make viewing anatomical images intuitive across all medical specialties. 3D models give patients and their families a better understanding of procedures they may have to undergo. They also allow educators to easily explain different types of congenital heart disease and what they look like to physicians looking to master the skill of diagnosis or surgery.

3D Modeling and Virtual Reality (VR) in Clinical Application
We had a patient who needed a valve replaced. The VR allowed the surgeon to better pre-plan the surgical procedure by getting a good view of where the new valve would be placed in the patient’s complex anatomy. An additional case was a structurally normal case where the cardiac interventionalist was unable to perform a trans-septal puncture due to an unusual relationship between the right and left atria. The heart in VR allowed the clinician to understand the anatomy better and therefore plan out how to properly orient the Transesophageal echo probe for trans-septal puncture.

Matthew Bramlet, MD
Assistant Professor of Pediatrics in the Pediatric Cardiology department at the University of Illinois College of Medicine Peoria, Dr. Bramlet is the lead investigator for Advanced Imaging and Modeling at Jump Simulation. He specializes in pediatric congenital heart disease. In his role as the Director of Congenital Cardiac MRI at Children’s Hospital of Illinois, Dr. Bramlet combined the program’s resources with those at Jump to pioneer anatomically accurate 3D congenital heart models. This expertise has led to Dr. Bramlet becoming a curator with the NIH 3D Print Exchange’s Heart Library, a nationwide collaborative effort to improve the education and understanding of congenital cardiac anatomy.
Have you ever asked your patient what they are eating? That’s just one of the goals of the Cook Well, Eat Well, Live Well – better preparing physicians and other healthcare providers to talk with their patients about their diet. The interactive series, now in its third year, combines the latest clinical nutrition you’d expect to get in the classroom with hands-on experiences and food demonstrations in the kitchen.

“Our aim has been to educate providers about what the science says about nutrition and diet and impact on health, as opposed to fads, or old information, such as low fat diets are good, which is clearly not helpful,” said Dr. Jeffrey Leman, a Clinical Associate Professor in Family & Community Medicine at UICOMP who has helped coordinate the Cook Well series. “There is so much misinformation out there that even doctors believe.”

But it’s also not enough just to tell your patient to eat healthy and exercise, adds Dr. Leman, noting studies show that doctors who “walk the walk” will “talk the talk” with their patients.

“As physicians, we have to be comfortable and knowledgeable about our own eating and exercising before we can be comfortable – and even bold – about talking about it to our patients,” he said.

Cook Well, Eat Well, Live Well – What is it?
• Courses focus on the importance of nutrient-rich whole foods and the impact on human health, including promoting more plant-based options.
• Topics have included how to address inflammation or how to improve your gut’s microbiome with certain types of food.
• Participants learn how to shop, chop and prepare a healthy and flavorful meal.
• Additional guiding principles include discussing solutions to cost, lifestyle and cultural issues that may present challenges for patients and learning key strategies using “Motivational Interviewing” to help patients set goals to improve eating habits and health outcomes.

“Six years ago a friend of mine was recovering from his second heart attack when I asked him if any of the doctors caring for him asked about his diet, which was terrible – lots of sugar, processed food, and fast food. But it never came up, he said, only that he needed to keep taking statin and aspirin. I was floored,” said Dr. Leman.

Rates of diabetes, hypertension, coronary artery disease, obesity, and inflammatory conditions continuing to rise.

“The current approach is not working, said Dr. Leman. “The diseases listed here often have a common contributing cause: what we eat. We really need to begin thinking about the food we eat every day as preventive medicine, and preventive medicine that also tastes good.”
UICOMP adds new Fellowship in Pulmonary Critical Care

The University of Illinois College of Medicine Peoria, in partnership with OSF Saint Francis Medical Center, is launching a new physician training program in pulmonary diseases and critical care medicine. Beginning in July, the three-year fellowship program will train doctors in diagnosing and treating lung conditions and diseases, and managing and stabilizing life threatening medical problems of the critically ill. As many as 4-6 million Americans are admitted annually to intensive care units across the U.S. At OSF Saint Francis Medical Center, 8,871 patients spent time in Critical Care (includes intermediate and all ICUs) in 2016.

“The Pulmonary and Critical Care Fellowship will benefit patients locally by adding to the already high level of care provided, including attracting and filling the need for future physicians in pulmonary critical care, an area of need especially in Illinois,” said Dr. Subramanyam Chittivelu, director for the fellowship.

Dr. Chittivelu, a Professor of Medicine for UICOMP and Director of the Adult Cystic Fibrosis Center and Research, said physicians in the fellowship program are trained across a wide spectrum. That includes several invasive procedures, managing patients on ventilators, and will rotate through other specialties, such as sleep medicine and palliative care. They will gain experience in pulmonary rehabilitation, critical care ultrasound, and airway management, including out-patient experience in managing COPD, asthma, allergy, cystic fibrosis, lung cancer, and pulmonary hypertension. Research will be a large component of the program as well.

Dr. William Tillis, a pulmonary critical care specialist at OSF and Associate Clinical Professor in Medicine at UICOMP, said the fellowship was the result of collaboration at OSF and UICOMP. “The establishment of this program has been an incredible undertaking with tremendous support and will help us sustain the high quality of medical care for patients in downstate Illinois,” Dr. Tillis said.

The program will train two new fellows across each year of the program, so that in 2019, up to six fellows will be training in the fellowship.

The fellows starting this July are no strangers to Peoria.

Dr. Rachael Davis, an attending physician at OSF, completed her Internal Medicine residency training at OSF in 2013, followed by a year as Chief Resident; and Dr. Preeti Patel is currently a Chief Resident in the Internal Medicine Residency Program.

“I’ve always been interested in pulmonary critical medicine, but after I worked in the (OSF Saint Francis Medical Center) Intensive Care Unit is when I made the decision,” said Dr. Patel. We have an excellent facility here, we have the electronic ICU … they have a really good balance of autonomy and supervision in each room. After my rotations, I knew this is definitely what I want to do, and when I heard the fellowship was starting, I knew Peoria is a place I wanted to be.”

Added Dr. Davis: “I knew the fellowship was a long time coming. I’ve been waiting patiently but I was excited when it was announced. The hospital and the academic center here are amazing.”

Both fellows said they hope and plan to practice pulmonary critical care medicine in Peoria after completing the fellowship program.

The fellowship is the fourth new UICOMP fellowship added in partnership with OSF in as many years: Cardiovascular Disease in 2012, Gastroenterology in 2014, and Simulation in 2016. Preliminary work also has been underway to establish a fellowship in palliative care.
Christopher Powers will never forget his “chance run-in” with John Allen nearly 40 years ago.

Just a year into undergraduate college at Notre Dame, Powers was back home in Peoria for the summer and taking a tour of the new medical school campus in downtown Peoria when Allen walked in.

“He had some of those shoes on that bike racers wear with the metal on the bottom, a bike pump in his hand, and a racing uniform on. I thought ‘who is this?’” Powers recalled.

Dr. John Allen was an attending neurologist at Methodist Hospital, in Galesburg and Macomb, and at the Veterans Administration Clinic. He was active in research and an assistant professor of neuroscience at UICOMP. Known by some as “Climbin’ Doc Allen”, he was an avid bicyclist and mountain climber, even known for once taking on the 24,000-foot peak of Mt. Nun Kun in the Himalayas. If that wasn’t enough, Dr. Allen also held the rank of Colonel in the 182nd TAC Air Support Group based in Peoria.

It was during that brief encounter, however, Dr. Allen suggested Powers work in his research lab.

“His offer to include me on his research team more than anything else contributed to my acceptance into medical school,” says Powers. “At the time, I knew I could never repay his generosity, although I did wonder how I could someday make his legacy endure.”

Powers, now a cardiologist in private practice in Northwest Indiana, is a 1987 UICOMP graduate and graduate of the Internal Medicine Residency Training Program at OSF Saint Francis Medical Center.

Recognizing Dr. Allen’s generosity and mentorship, Dr. Powers said he wanted to help pay forward the opportunity he received to future medical students.

“I just want to try to give this opportunity, to help medical students with their research,” said Powers.

The Dr. Christopher and Marilou Powers Research Fund in Memory of John Allen supports student research programs at UICOMP by assisting those students engaged in basic or clinical research.

But that wasn’t the only way Dr. Powers would give back.

Dr. Allen, who served as a flight surgeon for the Air National Guard, was killed in 1988 when the Air National Guard plane he was in crashed during a training exercise south of Peoria. He was 45.

At the time, Dr. Powers, who was not long into residency when the crash occurred, said he would someday “take his spot.”

He did. Dr. Powers now holds the rank of Major in the same unit, now the 182nd Airlift Wing.

“I always wanted to give back and this allows me the opportunity to do that,” said Dr. Powers.

The Dr. Christopher and Marilou Powers Research Fund in Memory of John Allen supports student research programs at UICOMP by assisting those students engaged in basic or clinical research. Those wishing to help build and support this fund can do so by calling the Office of Development in Peoria at 309-680-8613.
Patrick Newcomer, Class of 2019, passed away on February 12, 2017. He was a second-year medical student at UICOMP.

A funeral mass was held at his family's parish church in Irwin, Pennsylvania and a memorial gathering organized by Peoria students was held on the Peoria campus on February 19. Rockford students held a similar gathering on their campus on Monday, February 20.

Patrick Newcomer earned his undergraduate degree at the University of Notre Dame in 2012 and a Master's at Loyola University in 2014. He worked as Clinical Research Coordinator with the University of Chicago hospitals from 2014 until his matriculation into the College of Medicine in August 2015. He was attending medical school as a member of the Army Health Professions Scholarship Program.

Patrick was described by his friends, faculty, and staff as polite, kind, loyal to friends, and as having the ability to “lighten the mood” with his sense of humor. He also will be remembered for offering his friends this advice: “If you love them, tell them.”

"Take a look at your friends, a look at your colleagues. Perhaps the reason there's so much sadness and so many tears and so many of us gathered here is because Pat made it a point to somehow be a part of each of our days,” said fellow UICOMP student Elizabeth Rowland, who wrote “a letter to Pat” which she read during the Peoria memorial. “I hope we let Pat inspire us to be more like him in the sense of challenging ourselves to be better, giving of ourselves for others, really loving one another, and showing up more, especially when times get tough.”

Patrick expressed strong interest in promoting the health and well-being of children. Donations in Patrick's name will go into a fund supporting UICOMP medical student community outreach programs for pediatric wellness. These programs may include the annual Halloween party for children with diabetes, programs that address childhood obesity, and other health education projects for young people.
Educating the Community

THE SWAIN ENDOWED LECTURE PRESENTS LIVING HEALTHY

Dr. Lobsang Negi presented “Well-being Through Compassion” and the positive impact compassion has on physical and mental health. Dr. Negi, a former monk and a Professor of Practice at Emory University, is the creator of CBCT® (Cognitively-Based Compassion Training), which is now being taught at various levels within the College of Medicine and Peoria community.

The lecture, which attracted more than 150 people, is presented as part of the Swain Endowed Lectureship and sponsored by the University of Illinois College of Medicine Peoria and the UIC Library of the Health Sciences. Living Healthy is aimed at promoting wellness, safety and preventive healthcare in central Illinois.

The Timothy W. & Katherine Altorfer Swain Endowed Lectureship was established in honor of the late Timothy W. Swain who served on the University of Illinois Board of Trustees and was instrumental in bringing the University of Illinois College of Medicine to Peoria. Income from the endowment supports the University of Illinois College of Medicine Peoria by providing continuing community education in the field of health and medicine.

THE ROBERT HART, MD ENDOWED LECTURE

Guest speaker Dr. Jonathan Thackeray, a child abuse pediatrician and Chief Medical Community Health Officer at Dayton Children’s Hospital, presented “The First Signs of Abuse: Minor Trauma, Major Concern” at the annual Hart Lecture.

Dr. Thackeray reviewed common injuries and provided strategies on how to identify and respond to them with the goal of preventing recurrent injuries to children.

The presentation is made possible thanks to the Robert D. Hart, MD Endowed Lectureship. The endowment was established in 2002 to honor the late Dr. Hart for his distinguished medical career and hosts prominent scholars for presentations to enhance the training and education of medical students, residents, practicing physicians, and other health care providers as well as to better inform the public.
Patient-Centered Medical Home Recognition

University Pediatrics received Patient-Centered Medical Home recognition from the National Committee for Quality Assurance (NCQA) for using evidence-based, patient-centered care.

The NCQA’s Patient-Center Medical Home is a model of primary care that combines teamwork and information technology to improve care, improve patients’ experience of care, and reduce costs. Each patient’s care is overseen by clinician-led care teams that coordinate treatment across the health care system.

University Pediatrics is the only fully academic model of primary pediatric outpatient health care management available in the Peoria area. All of the clinicians are faculty of the University of Illinois College of Medicine Peoria and each holds the highest level of certification. Located in the Allied Agencies building on the OSF campus, University Pediatrics also is the only practice in the area whose clinicians see their own patients who have been hospitalized.

To earn the NCQA recognition, University Pediatrics demonstrated the ability to meet standards aligned with the joint principles of the Patient-Centered Medical Home established with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics and the American Osteopathic Association.

UIC Researcher and Scholar of the Year

Alfonse T. Masi, MD, was honored in February as one of this year’s winners of the UIC 2016 Researcher and Scholar of the Year.

The former longtime Head of Medicine and Chief of Rheumatology at UICOMP has been a staple research mentor to medical students, residents, and junior faculty in Peoria. As an epidemiologist, Masi studied a diverse array of diseases. He pioneered clinical-epidemiological research of rheumatic diseases and has 34 articles that have been cited more than 100 times — six of which have been cited more than 1,000 times. Dr. Masi retired in November as professor of medicine and epidemiology at UICOMP after 38 years of service.
Without the College of Medicine, physicians in the state of Illinois would be considerably fewer and farther between. The University of Illinois College of Medicine and its four campuses train and retain physicians across the state who serve nearly 90 percent of the counties in Illinois. Our mission is to produce new knowledge in the medical sciences, develop best practices in health care delivery and educate the next generation of physicians and biomedical scientists committed to serving the needs of Illinois and the nation.

1 of 6 physicians in Illinois have received their MD or resident training from the College of Medicine.

upcoming UICOMP events

July 15
Pediatric Resource Center Night at the Peoria Chiefs
Dozer Field • 6:30 pm
309-624-9595

July 27
UICOMP Open House
One Illini Drive • Time TBA

August 11
M2 White Coat Ceremony
Jump Simulation • 2 pm

August 18
M1 White Coat Ceremony
Jump Simulation • 2 pm

August 19
Peoria Chiefs Outing
Dozer Field • 6 pm
309-671-8411

August 27
Cook Well, Eat Well, Live Well
“Healthy Soil, Healthy Plants, Healthy Animals = Healthy People”
Epiphany Farms Estate • Downs, Ill.
309-672-4598

September 30
Harvesting Hope Fall Fundraiser for Pediatric Resource Center
Jump Simulation • 6 pm
309-624-9595

October 26
Celebration of Excellence
UICOMP • 6 pm