UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE CARING FOR THE STATE

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

August 12
White Coat Ceremony
Jump Simulation • 1:30 p.m.

September 9
Third Annual Engineering in Health Care Systems Symposium
Jump Simulation • 8 a.m. – 4:30 p.m.
Register by July 31
677-0814

September 21
Flinn Endowed Guest Lecture
“Endocrine Disrupting Chemical in Your Environment”
Presented by Gail Prins, PhD
Jump Simulation • 6 p.m.

September 24
Mark Linder Walk for the Mind
Peoria Riverfront • 9:30 a.m.
www.marklindervalkformind.org

September 24
Harvesting Hope
Fundraiser for Pediatric Resource Center
Jump Simulation • 6 p.m.
624-9955

September 29-30
Breast Cancer Symposium
Jump Simulation
peoria.medicine.uic.edu/BCS
655-2383

November 5
Theresa Tracy Trot 5K Pancreatic Cancer Fundraiser
East Peoria Levee District • 8 a.m.
www.theresatraytrot.com

November 17
Celebration of Excellence
UICOMP Lobby • 5:30 p.m.
Imagine as a medical student beginning with a presentation of a patient’s symptoms and then understanding those symptoms while learning cellular function, cadaveric dissection, radiologic imaging, as well as normal and abnormal pathology, and therapeutic impacts.

It sounds like a lot to learn at once but this integrated model is part of the exciting curricular transformation we’re undertaking at UICOMP and across the entire University of Illinois College of Medicine. We believe this integrative approach of the basic sciences with clinically relevant cases and early clinical experiences will provide our students with a solid foundation for their career.

But the new curriculum expands beyond the traditional foundations of medicine. Imbedded throughout all four years will be experiences that educate students on health and society, professionalism and healthcare systems.

Why do all of this? We want to train our doctors to be able to effectively communicate with their patients and others in healthcare. We want them to be able to effectively access and assess the latest and best evidence-based medicine. We also want them better prepared for residency beginning on day one.

Even with all of today’s tests, much of medicine and patient care is directed from a thorough history. And what good is a prescription if your patient is unable to afford it or their living conditions will hamper their outcomes? Neither problem will be identified without good communication skills. Even many medical errors, such as those that occur during patient hand-offs, also could be eliminated from improved communications.

Technology will be a large part of the new curriculum as well. I remember being a resident at OSF Saint Francis Medical Center with the pockets of my white coat ripping lose because the pockets were stuffed with the Washington Manual and other books. But these types of pocket resources are not how today’s residents and students work. Technology is a critical tool for teaching, learning and accessing information on how to diagnose and treat your patient.

For example in the new anatomy labs, we will introduce technology to give students the opportunity to see and learn both normal and abnormal pathology simultaneously in order to better understand and integrate the information in a clinically relevant way. We are committed to our students’ education and to meeting our community’s future health care needs – they go hand-in-hand, especially considering 60 percent of our primary care providers in central Illinois were educated and trained in a University of Illinois program.

When I take a step back and look at the many places UICOMP impacts our community, I am proud of how far we’ve come. But even after eight years as Regional Dean, I can say that I’m more excited about where we’re going.

Sincerely,

Dr. Sara L. Rusch
Regional Dean
The Jump Clinical Immersion Internship is a new, unique partnership between UICOMP, OSF HealthCare, Jump Simulation, the University of Illinois Urbana-Champaign College of Engineering, and SIMnext.

A team of interns, consisting of four engineering students and two UICOMP medical students, are spending 10 weeks this summer observing and interviewing physicians, nurses, techs and specialists throughout the OSF Healthcare system to glean ideas for healthcare simulators. The team will be responsible for vetting the ideas, developing business cases in support of them and will be able to do the initial prototyping of devices, simulators and trainees in the lab space at Jump.

“Interns in the program will get a lot of clinical, translational and technical experience – a strong understanding of taking something from the bench to bedside,” said Brent Cross, a simulation engineer with SIMnext and a coordinator for the internship program. “We expect this to help foster a strong relationship with the engineering program and the medical school, and to provide a conduit for healthcare professionals to get their ideas out.”

The intern program was championed by John Vouzenilek, MD, the Duane and Mary Cullinan Professor in Simulation Outcomes at UICOMP and CMO at Jump Simulation; Jenny Amos, PhD, a professor in the Department of Bioengineering at UIUC; Gary Durak, CEO of SIMnext; and Sara Rusch, MD, Regional Dean at UICOMP.

Cross said the program also is expected to produce real results – healthcare devices and trainers that also have strong business models, which full-time engineers at Jump can help guide through the process. Last year, a pilot program with just three engineering students gave rise to 12 potential projects. This year, Cross said he expects at least that many, if not more. Students provide three presentations throughout the summer on all of the possible viable projects.

Undergraduate biomedical engineering students with some electronics and modeling experience were eligible for the program as well as all second-year students at UICOMP, especially those medical students with a background in engineering or business.

“Right now it’s just a summer program, but we’re working on a proposal to make it a year-round program and figuring out how medical students will be able to participate,” said Cross.

Collaboration Spawns New Summer Medical Engineering Internship

REPRES ET ING UICOMP AT THE NATION’S CAPITAL

Six UICOMP students had the opportunity to represent the College of Medicine and the Peoria area, advocating on behalf of medical education and health care during the American Medical Association’s 2016 Medical Student Advocacy and Regional Conference in Washington, D.C. in April.

“The AMA Advocacy Day was such a revealing experience. Being able to openly speak with the health factions for Senators Durbin and Kirk and Representative Busto, showed us that it is important to lobby for what we need and to help medicine continue to go in the right direction,” said Nicole Clevenger, a second-year UICOMP student.

UICOMP represented the single largest group out of the hundreds of medical students attending the conference. Those from Peoria were Clevenger, Anthony Simone (M4), James Polek and Jessica Cho (M3s), Ritika Singh and Joseph Krob (M2s).

The UICOMP contingent met with representatives from U.S. Senator Dick Durbin’s and Mark Kirk’s offices, as well as U.S. Representative Cheri Bustos’ office, whose district covers about half of Peoria.

“One Congressional staffer mentioned that speaking with medical students is more impactful to her than an ordinary lobbyist,” said M4 Anthony Simone. “Our group came out of that meeting feeling a real sense of accomplishment. We felt that we represented UICOMP and the Peoria community to the best of our abilities.”

UICOMP students were assisted in part by the Peoria Medical Alumni Council, who awarded travel funds from the Robert Flinn, MD Endowment.

“This experience demonstrated how important it is to advocate for your patients at all levels; whether we are students, residents, or physicians, and that it does matter and that those representing our state do care about the issues,” said Clevenger.

The Flinn Student Enhancement Endowment provides funding for UICOMP students to attend educational events. Learn more at go.uic.edu/pmac
Every city that UI COM P student Anna Bailey has lived, she has left behind a piece of art. So it was no surprise after arriving in Peoria last year as a second-year medical student that she would do the same. This time, however, she had a bigger plan in mind. "I thought it would be fitting, and have more impact, if I created an event that wasn’t just about personal gain but helped other people," Bailey said.

The idea was to hold an art show with all the proceeds going to offset the cost of essential medical equipment UI COM P students must purchase on their own. "It’s a chance to help students – many who may not have the means – to purchase some of the essential tools, like a stethoscope or an ophthalmoscope," Bailey said.

And so "Art in Medicine" was born.

More than 30 drawings, paintings, and sculptures created by medical students – the vast majority by Bailey herself – were put on display and for sale during the special art show at UI COM P on April 8. Much of the artwork featured was inspired by medicine with some images displaying the human body or a piece of anatomy. There also was dancing, music and singing by Docapella.

In all, about $2,000 was raised from the event, which Bailey said she hopes is the first of more to come.


docapella.png

**Match Day**

UI COM P students joined thousands across the country in March as they learned where they matched to residency programs.

UI COM P students matched in 19 specialties across 21 states. Of those, nearly 40 percent are headed into primary care and a quarter of the class will remain in Illinois with six matching to residencies in Peoria. The top three areas students chose to pursue for residency this year were surgery, pediatrics, and internal medicine.

"Today is a milestone you have all worked so hard to achieve," said Jessica Hanks, M.D., UI COM P’s Assistant Dean for Preclinical Curriculum and Evaluation. "As I reflect back when I was sitting at match day as a UI COM P student, it brings back fond memories. Residency will push you further than you can imagine, it will build upon the foundation you have established at UI COM P, and it will mold you into the physician you have dreamed to become."

Matthew Chia was one of just 56 students across the entire country to match in vascular surgery, according to the National Residency Matching Program. "I’m headed to my number one choice, Northwestern (McGaw) vascular surgery. This is what I’ve been working for - it’s a dream come true. I’m so grateful to all of the surgeons here and everybody who supported me through everything. They made it happen for me, just a lot of incredible people. There are very few spots available in vascular surgery and nobody in the history of Peoria has ever applied to and gotten into an integrated vascular surgery spot, so there was a lot of effort by my mentor, Dr. (Andy) Chiu and Dr. (James) Deford, who really helped me through the process."

This year, Peoria had five couples in the match, the most in recent history, which was reflected nationally this year with a record 1,046 couples, according to the NRMP.

Selina Sandoval was one of five couples in Peoria to go into the match together. She is heading into obstetrics and gynecology. Her boyfriend, Sajjan Gayam, is heading into anesthesiology. Both are headed to Kansas City.

"I was panicking the whole time – we just wanted to be together," Selina said, "and we did really well on our rank list (with Kansas). He was ecstatic; it was one of his favorite programs and it was a very competitive program for OB, so I was happy. We’re both very happy."
Fifty UICOMP students received their medical degrees on Saturday, May 7 at the Peoria Civic Center.

Including this year’s graduates, more than 1,900 physicians have received their medical degrees in Peoria since the first graduating class in 1973.

“I suspect your emotions today are also tinged with apprehension,” Dr. Sara Rusch, Regional Dean for the Peoria campus, told the group of soon-to-be graduates in her opening remarks. “...part of this apprehension is the recognition that the next patient you see will call you ‘Doctor’ and you won’t have to correct them. The next time you write an order, you won’t need to find someone to cosign it. This apprehension is normal and we are confident that, although everyone makes mistakes, you will become doctors who provide excellent and empathetic patient care and you will find success and joy in your careers.”

Dr. Rusch was joined by Dr. Meenakshy Aiyer, Associate Dean for Academic Affairs; Karen Hasara, Trustee, University of Illinois; Dr. Jay Noren, Associate Dean for Executive Development & Strategic Communication, University of Illinois at Chicago; Dr. Gerald Wickham, Assistant Dean for Medical Education and Evaluation; and Dr. Lorin Whitaker, Jr., Professor Emeritus of Clinical Surgery. The convocation address was given by Dr. Julius Bonello, Professor of Clinical Surgery; and the Class of 2016 remarks were given by Nathan Ackerman.

For Linda Agyapong who was among the Class of 2016, the journey to that day had been a long one.

"Till this day my sister continues to remind me that she had to wash my dirty socks by hand every day because we had to walk miles each day to school, and like every little kid keeping clean was never a priority. I say this because if you’d seen this little girl, you would have never guessed that she would make it to America, let alone come to the U.S. and graduate from medical school,” said Agyapong.

"For a little girl from Ghana to have made it this far is a blessing and a miracle in its own. Medical school was a challenging time for me but without those challenges, I would have never known what I’m capable of. Because of that I am very much appreciative of everything," she continued.

"Looking back, I can’t help but feel as though I am right where I need to be and have always been. I was educated by those that were meant to educate me, encouraged by those that were meant to encourage me and inspired by those that were meant to inspire me. It takes a village and this village accomplished a great and honorable task. With that I say thank you! I am very humbled."

She wasn’t alone in her feelings and experience of medical school.

"Medical school has been a joy ride for the most part, and as tough and time consuming as it is, I can honestly say that I have learned so much from all of the people and unique experiences I encountered along the way,” said Osahimen Omwanghe, also a member of the Class of 2016. “I realize that each moment was a teaching point and I embraced all of my experiences openly and willingly. Time to continue this joy ride as I embark on this new journey called Residency. I’m excited to get started!”
PEER EDUCATORS:
STUDENT CONTRIBUTORS TO MEDICAL EDUCATION

To become a doctor, medical students spend an enormous amount of time digesting vast information, comprehending complex details, and preparing for rigorous exams. Each year, more than 30 third- and fourth-year medical students at UICOMP go beyond what's considered normal preparation time. They spend additional time outside their own clerkships and rotations to prepare classroom materials, exam questions, and laboratory sessions for their second-year (M2) student peers. They are called “peer educators,” and this special group is dedicated to helping UICOMP M2s succeed and achieve.

Peer educators play a valuable role

Having just overcome the rigors and challenges of the second-year curriculum, peer educators do an excellent job of prepping M2s by helping them to correlate basic sciences with clinical experiences. This preparation complements the teaching and learning already taking place in the laboratory and the lecture hall.

For example, two weeks before each monthly exam, peer educators conduct review exercises on specialized topics with small groups of second-year students. Then, one week before monthly exams, they hold classroom reviews for the entire M2 class. Peer educators volunteer to teach the subject matter with which they feel most comfortable. Third-year peer educators also assist in scheduling review sessions for any students who need retake exams.

Evaluating peer educators’ effectiveness

Confidential questionnaires are distributed to M2 students for feedback. Results are compiled and shared for adjustments to their presentation format and content. After each monthly exam, peer educators meet with their supervisors to discuss concerns and recommendations for M2s, prior to the next exam.

Learning by teaching

Third-year and fourth-year students who instruct benefit, too. Here’s what some had to say about why they chose to become a peer educator, and what role they feel they play in teaching medicine:

“...the decision to become a peer educator grew from an amalgam of loyalty, gratitude and ambition: loyalty to the school I proudly attend, and my fellow medical students who will represent us in the future; gratitude for all of the selfless students who came before me, and for the right to be in medical school at all; and my ambition to become a better teacher, communicator and advocate. I will need all of these to become a successful physician.”
— Nathan Ackerman, M4

“I’m a peer educator because I enjoy teaching. Also, as M2’s we spent a significant chunk of time struggling to understand difficult concepts. If I can simplify that process even a little for the M2 students, then I think it is worth the time investment. We are learners who are served by the sharing of information and learning strategies from our peers.”
— Brian Jao, M4

“I enjoy teaching others what I know, and I believe the practice of doing so also strengthens my knowledge base as I think of different ways to explain information to students. By doing this, I see information from new viewpoints, which help fill in the gaps in my understanding. I benefited by learning from those ahead of me, and I wanted to continue that tradition.”
— Nathan Smith, M3

How peer educators are chosen

Peer educators are recruited, selected and supervised by the Urban Health Program and the Pathology Department. Academic success alone is not enough to qualify. Peer educators must be culturally sensitive, have good teaching and listening skills, and be well-respected by their peers, faculty and staff.

Other vital roles

Another role peer educators hold in the education of M2 medical students is that of a mentor. They help M2s with referrals for research opportunities, recruitment for student interest groups, recommend community service opportunities, give input on career exploration, discuss time management, and help students deal with various personal challenges. They also help facilitate the transition from pre-clinical textbook training to clinical training and patient interaction.

Peer educators contribute to the education of UICOMP medical students in a personal and giving way. The review sessions, which they prepare in addition to managing the time they must devote to their own learning, are vital to our students’ success in passing campus and national board exams.

Students interested in becoming a peer educator should contact the Urban Health Program at 495-8160.

By Lorene King, MLS
Community Outreach & Engagement Specialist

The UICOMP expansion to include first-year students in 2017 will provide greater peer collaboration and mentorship opportunities across all four years.

Students interested in becoming a peer educator should contact the Urban Health Program at 495-8160.
FLEXING THE UICOMP RESEARCH MUSCLE

FOURTH ANNUAL RESEARCH DAY AT UICOMP

Rare medical cases, results of implementing health programs, and cancer study findings were among some of the research presented and displayed on April 13 during the Fourth Annual Medical Research Day at UICOMP. More than 30 students participated in the event, which covers clinical and public health research. Also this year, more than 20 UICOMP faculty presented their research. Congratulations to all who participated. Award recipients are as follows:

JAMES SCHOLAR PRESENTATIONS

The James Scholar Program focuses on supporting and refining research skills among selected, outstanding medical students as they develop into physicians and clinical professionals.

Philip Kuo
"Prematurity and Inguinal Hernia Repair: General or Regional Anesthesia"

Azeem Rehman
"Long-term pre-clinical and disease course predictors of mortality in an incident rheumatoid arthritis cohort and matched controls"

FACULTY RESEARCH AWARDS

John Hafner, MD, MPH, FACEP
Distinguished Research Mentor Award

Amy Christison, MD
Outstanding Research Award 2015-2016

Ken-ichiro Fukuchi, MD, PhD
Outstanding Research Award 2015-2016

Jonna Ren, PhD
Outstanding Research Award 2015-2016

Krishna Veravalli, PhD
Outstanding Clinical, Technological, or Scholarly Achievements Applied to Medical Research Award 2015-2016

The Jam es Scholar Program focuses on supporting and refining research skills among selected, outstanding medical students as they develop into physicians and clinical professionals.

2016 RESEARCH AWARDS

First Place Platform – Edward Pegg IV, MD, Neurology
"Incidence of Traumatic Brain Injury in Retired NFL Players. Correlation with Diffusion Tensor MRI Imaging and Neuropsychological Testing"

Second Place Platform – Tori Logan, DO, Pediatrics
"Evaluation of MIC Data to Determine the In Vitro Benefit of Combining Antibiotics for Double Coverage of Pseudomonas Aeruginosa and Other Gram Negative Bacilli at a Large Academic Center"

Second Place Poster – Rosario Ruth Avelino, PharmD, Pharmacy
"Assessment of Usage and Effectiveness of an Updated Health System Adult DKA (Diabetic Ketoacidosis) Order Set"

Third Place Poster – Catherine Horst, OSF PMR
"The Effect of Taxane Chemotherapy on Balance in Breast Cancer Patients"

Fourth Place Poster – Niral Patel, MD, Neurology
"Functional MRI Mapping of Hepatic Encephalopathy as an Insight into Consciousness"

Fifth Place Poster – Edward Pegg IV, MD, Neurology
"Incidence of Traumatic Brain Injury in Retired NFL Players. Correlation with Diffusion Tensor MRI Imaging and Neuropsychological Testing"

Best Case Presentation – Moni Roy, MD, Internal Medicine
"Testicular Adrenal Rest Tumor (TART) or Leydig Cell Tumor: A Clinical Dilemma"

The transition to a four-year campus will grow and strengthen research activities on the UICOMP campus and with our partner hospitals.
BRINGING BOLD CHANGE TO PEORIA

The bold, new vision for training and shaping tomorrow’s doctors at UICOMP is well underway. Over the past six months, the four sites of the College of Medicine have adopted a new mission, a new learning model, and pieces to the new curriculum. In Peoria, that’s also translated into creating a new educational department and the start of building new learning spaces. The accomplishments are many – the results of a college-wide initiative and task force, based in research and best practices – with many more exciting changes yet to come as UICOMP continues to revolutionize Peoria medicine.

For Peoria in particular, the bold change means educating and training first-year medical students for the first time in its 46-year history. For the entire College of Medicine, the innovations continue the longstanding tradition as being a leader and innovator in medical education.

A NEW CURRICULAR MODEL

We live in a world where new information is constantly available and where technology is rapidly changing the healthcare environment. Training physicians for the future as innovators in medical education will require a new learning model. The accelerated curricular model condenses the first two years – the pre-clerkship phase – into about 20 months. For students, the shift allows them to be introduced into clinical environments earlier, providing greater opportunities to experience and explore various careers in the field of medicine.

For more than 100 years, little has changed in the way medicine has been taught with students spending two years in classroom studies and the last two years in clinical clerkships. Historically, the first year covers normal pathology and the second year learning about the abnormal. “We’re going back to the drawing board to create an integrated curriculum so that from day one students learn both normal physiology and abnormal pathophysiology of human disease at the same time,” says Jessica Hanks, M.D., UICOMP’s Assistant Dean for Preclinical Curriculum and Evaluation.

Within the musculoskeletal system, for example, students will learn what muscle and nerve cells look like, their function, and build up to the anatomical structures within the human body. Looking at the pathophysiology of that same system, such as when someone has osteoarthritis, students will learn what the disease looks like, the symptoms a patient experiences, and therapeutic impacts.

“The goal is to provide students with a more clear translation to clinical medicine from the very beginning,” says Meenakshy Aiyer, UICOMP’s Associate Dean for Academic Affairs. “But the new, integrated curriculum doesn’t stop there.”

Embedded throughout the four years will be experiences that educate students on broader aspects of medicine. The new curriculum will be integrated along five new themes (listed below), broadening the content that students receive and providing greater context for application beyond what’s traditionally been taught in medical school.

• Foundational Knowledge – the life sciences and social sciences, required for effective practice as a physician
• Clinical Practice of Medicine – basic history and physical skills to transition students to care for patients under direct supervision
• Health Care Systems – learning how health care systems work, including patient safety, quality improvement
• Health, Illness and Society – clinical ethics, population health, healthcare disparities, vulnerable populations
• Personal and Professional Development – promoting personal wellness and balance; interactions with other health care professions

A NEW EDUCATIONAL MISSION

Before the Task Force took to devising the new curriculum, however, they took a step back to look at the College of Medicine’s purpose. The College of Medicine has long emphasized service to rural and urban underserved populations alongside advocacy; however, the words were not explicitly there, so a new mission statement was born:

The mission of the MD program at the University of Illinois College of Medicine is to educate exemplar physicians and physician scientists to serve the diverse populations and medical needs of the people of Illinois, the nation, and the global community.

A NEW CLASS NEEDS A NEW DEPARTMENT

To help oversee the new curriculum and structure in Peoria, it was recognized early on that UICOMP would need a new department. After all, since UICOMP opened its doors in 1970 human anatomy and cadaveric dissection had never been taught on our campus. The University of Illinois Board of Trustees approved the creation of the Department of Health Sciences Education at their May meeting, completing another step toward expansion on the UICOMP campus.

The new department will oversee the foundational course work for all medical students on the Peoria campus, including first-year medical students who will begin their medical education in Peoria starting in August 2017. “This new department is designed to change the way we teach medicine by integrating the basic sciences and clinical medicine in a way that will translate to better care for their future patient,” said UICOMP Regional Dean Dr. Sara Rusch.

The department combines professors across many basic science fields, including biochemistry, anatomy, physiology, cell biology, and microbiology, alongside teaching-focused doctors who provide direct patient care. The department also will oversee the delivery of a transformed college-wide curriculum on the Peoria campus. Technology will take a front seat as we take on this endeavor of teaching anatomy while continuing to impart humanism and compassion within the medical education.
NEW LEARNING SPACES IN ANATOMY AND THE CLASSROOM

Initial demolition work has begun on the UICOMP campus to make way for an exciting, new anatomy lab and classroom, designed for multi-modal learning and steeped in technology that fosters teamwork, collaboration, and interprofessional education.

THE STUDIO

Walls will be knocked down to create the Learning Studio, UICOMP’s premier learning space. This technology-rich classroom will be geared to foster team-based learning to better model how doctors work collaboratively in a real-world clinical environment. It also will be among the largest classrooms on campus. The flexible design incorporates moveable tables and easy-to-use A/V technology to allow faculty and students to shape and reshape the classroom as needed to facilitate learning.

The Studio will accommodate up to 72 students with room for future growth. Twelve student stations each seats six and includes large monitors for presentations, outlets for charging electronics, and microphones. The faculty lectern will be mobile for varied room setups and two separate, small rooms will complement the studio for additional small group learning.

THE ANATOMY LAB

Down the hall from the pathology lab, work is beginning on UICOMP’s new Anatomy and Virtual Dissection Labs.

The new Anatomy Lab will accommodate up to six human cadavers for dissection. Display monitors will assist with group activities, self-guided dissection instructions, and display of radiologic imaging to integrate clinical medicine.

Next door, the Virtual Dissection Lab will house a human-sized touchscreen table to display all areas of human anatomy using technology. Called Anatomage, this exciting technology allows users to zoom in, “remove” layers of skin or muscle, and view anatomical structures as seen in radiographic imaging. Students will be able to understand anatomy in a clinically relevant way with the touch of a finger.

Both labs underpin the new, integrated curriculum and will provide new learning opportunities, including procedural skill training to fourth-year students prior to residency.

THE UICOMP CLINIC

Developing outstanding clinical skills is the hallmark of medical education. While this project is entirely dependent on philanthropy, plans are to transform the existing Donald Rager, MD Clinical Skills Lab from 500 to 2,500 sq. feet and from one room to 11 rooms.

Up to nine clinical examination rooms will be equipped with an examination table, otoscope, ophthalmoscope, a blood pressure cuff, desk and computer so students can learn and practice routine physical examinations in a realistic, clinical environment. Each room also will have technology to serve as study space after hours or to provide special testing accommodations.

The clinic will be equipped with cameras and microphones to record physical exam performances for student to review — a powerful tool to help teach verbal and nonverbal communications with patients. We expect to use patient actors to help teach communication and history-taking skills, and students will gain experience here before using Jump Simulation for more complex and team-based training.

Giving Matters

With all of the exciting changes headed to Peoria, we recently kicked off our M1 Renovation Campaign. Letters went out to our Alumni who have been answering our call with contributions. Each alumni who donates $1,000 or more will be honored with an inscription of their name on a plaque symbolizing their support of the Peoria campus.

We are elated to share that Dean Rusch and her husband, Dr. Thomas Cusack, have announced their commitment of $75,000 to name a small group classroom. We are moving forward with additional requests to our community, faculty and staff.

This is an inspirational campaign that will help fund monumental change for our College of Medicine here in Peoria. Along with the renovation funding it will be necessary to seek support for a new innovative curriculum, endowments and scholarships.

For many years, we have sought to make Peoria a four-year campus and now the time is here! We believe this growth will improve our students’ experience. No longer will students’ lives be interrupted between the first and second year to pick up and move. The consolidation means more students together, which will grow the natural peer-to-peer mentorship among the student body. We believe the expansion in Peoria will improve recruitment of physician residents and expert clinicians to teach, practice medicine, and conduct scientific research. This historic change will greatly improve the future health of our community both clinically and economically.

We are doing our part to educate your future physicians who will take care of you and your families. This is a time when we need your help more than ever. Please consider sending a contribution to our mailbox as you continue to support this tradition of excellence that is happening at the University of Illinois College of Medicine at Peoria.

To learn more about additional naming opportunities or donations, please contact us at 309-671-8481 or dmetzger@uic.edu.

Welcome Back the Class of ’84

Congratulations to Dr. C. Christopher Hook, UICOMP Class of ’84, as the recipient of the 2016 Distinguished Alumni Award. UICOMP hosted a reunion on campus for the Class of 1984 in May in celebration of Dr. Hook’s award.

Dr. Hook is an Associate Professor of Medicine at Mayo Clinic, where he is a consultant in the Division of Hematology, the Special Coagulation Laboratory, and the Comprehensive Hemophilia Center. He is licensed in fifteen States and has Board Certification in three medical disciplines. Dr. Hook also is the founding and current chair of the Mayo Enterprise Ethics Education Sub-Committee and is considered a national and international authority on medical ethics.

Dolores Metzger is the Senior Director of Development at the University of Illinois College of Medicine at Peoria. You can contact her at 309-671-8481 or dmetzger@uic.edu.
Federal grant funds Gulf War Illness Research at UICOMP

Dr. Stephen Lasley was awarded more than $700,000 by the U.S. Department of Defense to continue his focused research on Gulf War Illness.

The three-year study will target cellular aspects of the illness, which scientists believe is a type of "chronic neuro-inflammation," in order to test various therapeutic approaches, including a currently approved drug that has demonstrated some unexpected promise.

“We do know there is an antibiotic that will counter the inflammation but we don’t know how that is being achieved. If we can demonstrate the underlying mechanisms at work, likely we could apply a therapy to veterans who suffer from Gulf War Illness and have it be effective,” said Dr. Lasley, a toxicologist and professor of pharmacology at UICOMP who has spent the last 15 years researching various aspects of Gulf War Illness.

Dr. Lasley said the research also will shed light on the cause or causes of Gulf War Illness in hopes of preventing future illnesses resulting from exposure to these or similar agents.

Gulf War Illness is characterized by various symptoms including chronic headaches, diffuse joint and muscle pain, cognitive difficulties, debilitating fatigue, respiratory and sleep problems, and other unexplainable abnormalities. Nearly 700,000 people in the U.S. military participated in the 1990-1991 Gulf War. Studies indicate approximately 25-32 percent of Gulf War veterans continue to experience symptoms associated with their deployment, according to the Congressionally Directed Medical Research Programs.

Dr. Lasley’s research was highlighted in the Congressionally Directed Medical Research Program’s 2016 Gulf War Illness Program Book, found online at cdmrp.army.mil/gwirp/pbks/gwirppbk2016.pdf on Page 6

Study shows new possible therapy for children with blood disorder

Report by Dr. Michael Tarantino also represents the first time a Peoria physician has been a lead investigator/author in The Lancet

Children suffering from a bleeding disorder that prevents clotting may have new treatment options, based on clinical trial results from a UICOMP blood specialist.

The findings, published recently in the leading scientific journal, The Lancet, also represents the first time a Peoria physician has been a lead investigator and lead author on an international clinical trial published in The Lancet.

Immune thrombocytopenia (pronounced THROM-bo-ti-toe-PE-ne-ah), or ITP, is a bleeding disorder in which blood doesn’t clot normally because the immune system attacks and destroys its own platelets, the cells in blood that typically come together to stop bleeding in small cuts or breaks in blood vessels. While ITP goes away on its own in most children for unknown reasons, that’s not the case in all children.

“Children with ITP are at risk for serious bleeding events, which can be very frightening for both the children and their parents,” said Michael Tarantino, MD, a Professor of Pediatrics and Medicine at UICOMP and Medical Director of The Bleeding and Clotting Disorders Institute.

The study showed 52 percent of patients receiving the drug Nplate (romiplostim) saw a “durable” increase in platelets compared with 10 percent of those who received a placebo. Patients receiving the therapy also maintained the higher platelet levels.

Study results, published online in April in The Lancet, also will be published in print. Clinical trials were funded by California-based Amgen, which produces Nplate.

Dr. Tarantino sees an average of 40-50 children annually with ITP. About 5 in every 100,000 children develop ITP, and only about 1 in 4 children with ITP will develop chronic ITP.

Children suffering from a bleeding disorder that prevents clotting may have new treatment options, based on clinical trial results from a UICOMP blood specialist.

The findings, published recently in the leading scientific journal, The Lancet, also represents the first time a Peoria physician has been a lead investigator and lead author on an international clinical trial published in The Lancet.

Immune thrombocytopenia (pronounced THROM-bo-ti-toe-PE-ne-ah), or ITP, is a bleeding disorder in which blood doesn’t clot normally because the immune system attacks and destroys its own platelets, the cells in blood that typically come together to stop bleeding in small cuts or breaks in blood vessels. While ITP goes away on its own in most children for unknown reasons, that’s not the case in all children.

“Children with ITP are at risk for serious bleeding events, which can be very frightening for both the children and their parents,” said Michael Tarantino, MD, a Professor of Pediatrics and Medicine at UICOMP and Medical Director of The Bleeding and Clotting Disorders Institute.

The study showed 52 percent of patients receiving the drug Nplate (romiplostim) saw a “durable” increase in platelets compared with 10 percent of those who received a placebo. Patients receiving the therapy also maintained the higher platelet levels.

Study results, published online in April in The Lancet, also will be published in print. Clinical trials were funded by California-based Amgen, which produces Nplate.

Dr. Tarantino sees an average of 40-50 children annually with ITP. About 5 in every 100,000 children develop ITP, and only about 1 in 4 children with ITP will develop chronic ITP.
The Hart Endowed Lecture

Anita Berry, Director of the Healthy Steps Program at Advocate Children’s Hospital in Chicago, addressed more than 150 people in Peoria in April on the signs of the effects of trauma in children and parents at the 2016 Robert Hart, MD Endowed Lectureship. Berry spoke to about 80 people during a public presentation at the Peoria Civic Center, followed by her presentation during Pediatric Grand Rounds to more than 70 physicians and medical students.

The Hart endowment was established in 2002 to honor the late Dr. Robert Hart for his distinguished medical career by hosting 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. This was the 13th year for the lectureship.

Living Healthy

Renowned neuroscientist Dr. Richard Davidson addressed over 250 people while in Peoria in May on well-being and scientific evidence showing people can change their brains by cultivating healthy habits.

A public lecture and Internal Medicine Grand Rounds were presented as part of the Swain Endowed Lectureship and sponsored UICOMP and the UIC Library of the Health Sciences. Living Healthy is aimed at promoting wellness, safety and preventive healthcare in central Illinois.

A Race Against Child Abuse

More than 300 people turned out in April to run, walk and raise money in the fight against child abuse at the Fourth Annual Kick Abuse at Kickapoo.

This year’s event saw a 40 percent increase in attendees and raised nearly $21,000 for the Pediatric Resource Center that will be used to provide medical examinations and social services to abused and neglected children in our community.

The PRC would like to thank all the participants, donors and volunteers for helping make the event a success, including this year’s sponsors and underwriters: Kickapoo Creek Winery, River City Race Management, Caterpillar, WMWD, Wayne Printing, John Graham & Associates, CEFCL, RLI, Heyl Royster, Jim Maloof Realtor, Peoria’s Energy 102.3 and J.K. Williams Distilling.

The PRC (a UICOMP medical program) is the only program in the region providing complete head-to-toe examinations in a child-friendly manner by specially-trained and certified medical staff to victims of child maltreatment. PRC serves children from birth to age 18. Since opening our doors in 1993, we have evaluated more than 7,000 children from 34 counties and nine states. The PRC staff uses education, distraction and calming techniques to normalize the exam for our patients. In addition to our Peoria office, we have satellite clinics in Bloomington, Galesburg and LaSalle.

If you missed the race this year, check out http://go.uic.edu/KickAbuse5K2016Photos. And be sure to save the date – April 15, 2017 – so you can help us make next year even more successful.
PEORIA IRB EARN S NEW ACCREDITATION STATUS

Adding to the already strong clinical research environment across central Illinois is a new accreditation status at the University of Illinois College of Medicine at Peoria. The Peoria Institutional Review Board earned accreditation by the Association for the Accreditation of Human Research Protection Programs (AAHRPP).

Only six IRBs in Illinois hold the same high level of accreditation. The Peoria IRB is only the second in downstate Illinois – and fewer than 200 IRBs nationwide hold the AAHRPP distinction.

“AAHRPP accreditation demonstrates that an IRB is both rigorous and maintains the highest standards of review and oversight,” said Dr. John Hafner, a co-chair of the Peoria IRB. “By having this designation, UICOMP joins other organizations that hold high standards for the oversight and regulation of human subject research. We are excited to continue to work with central Illinois researchers to bring cutting-edge research to the area.”

Research involving human subjects – including health surveys, medical charts reviews, introducing an experimental drug, or new medical device – require the approval of an IRB.

“Attaining accreditation for Peoria’s human research protection program has been a research community goal for over ten years,” said Mindy Reeter, Director of the Peoria IRB. “The process engaged every level of the program across numerous institutions. It was truly a group effort.”

Established in 1995, the Peoria IRB has more than 500 active research projects in its purview, mostly in Peoria but also extending to Bloomington and Galesburg. Many of the research activities involve testing treatments for cancer, blood disorders, neurological disorders, lung disease, and medical education research. The Peoria IRB consists of a 20-member board of physicians, pharmacists, psychologists, ethicists, nurses, statisticians, basic science researchers, and others.

PRODUCING OUTCOMES

A community collaborative led by UICOMP’s Center for Outcomes Research and made up of doctors, researchers, and people living with multiple sclerosis was awarded $25,000 to continue developing patient-led research in Multiple Sclerosis (MS) – a first model of this kind in the U.S. to focus on the neurological disease.

The “Pipeline to Proposal Award” is the second received from Washington, D.C.-based Patient Centered Outcomes Research Institute (PCORI). The first award helped fund a conference-style event in East Peoria last year where about 80 people with MS and their care givers voiced their priorities in MS research, including studying alternative therapies and symptoms management.

The latest PCORI award will help move forward proposed research ideas.

“Last year, we were able to lay a strong foundation for developing meaningful research with MS – by involving the very people who live with the disease every day,” said Dr. Carl Asche, Director of the Center of Outcomes Research at the University of Illinois College of Medicine. “This new award will help us build and strengthen that new partnership to carry out those ideas.”

Dr. Asche said the award will keep momentum going as well as hopefully lead to a larger, future award to fund some refined research in MS.

The local research collaborative is made up of people living with multiple sclerosis, the Central Illinois MS Council, researchers from the Center for Outcomes Research at UICOMP, and clinicians from the Illinois Neurological Institute’s MS Center.

Learn more about the Central Illinois Patient-Led Multiple Sclerosis Research Community on their Facebook page at www.facebook.com/CIMSSresearch

Kavitha Kalvakuri, MD, a fellow in the UICOMP cardiovascular fellowship at OSF Saint Francis Medical Center was on the winning team at the inaugural “Fellows-in-Training Jeopardy Competition: Battle of the States” hosted by the Illinois Chapter of the American College of Cardiology.

Teams from 26 ACC state chapters and Canada participated in Chicago in the April competition, which featured seven 30-minute preliminary rounds. Teams answered questions from four Jeopardy categories that were based on the American Board of Internal Medicine Certification Examination Blueprint. Seven teams advanced to the semi-finals and two teams competed in today’s final round.

“In the semi-finals, we had to recognize all of the echo findings, you had to be good at echo calculations,” said Dr. Kalvakuri of the competition, noting respondents had to be quick to react with answers. “It was fun and challenging. Whether you lose or win, I would recommend anyone interested to participate if they can because it helps with preparing and learning.”

She said she was thankful to participate and complemented the UICOMP cardiology program and the program’s director, Dr. Sudhir Mungee. “We have such great faculty, such a great program – everybody is interested in teaching and they are very supportive.”

The Illinois Chapter received a first-place trophy presented by ACC President Kim Allan Williams, M.D, FACC, and three $1,000 travel awards to send a FIT Jeopardy team to ACC.17 next year in Washington. Each team member from the Chapter received complimentary registration to the ACC’s 2016 Cardiovascular Board Review course along with $1,000 to cover travel. The Illinois Chapter team included Dr. Kalvakuri from UICOMP, Adam Oesterle, M.D., from the University of Chicago Medical Center, and Gurpreet Singh, M.D., from Rush University Medical Center.

Kavitha Kalvakuri, pictured second from right, helped lead the Illinois team to victory at the American College of Cardiology
Take us back. Briefly tell us a little about you

“I went into medicine knowing I wanted to do not just disease prevention but to address the wellness aspect of health. Conventional medicine has incredible strengths so that’s why I chose to be an MD but what I felt was missing and I wanted to blend was the nutritional and wellness aspects; how do we live well and decrease toxicity, all of those things … And then at age 25, I was diagnosed with an aggressive cancer, so that changed my perspective even more because I became the patient. The cancer experience really colored more my passion for wellness and healing.”

What is functional medicine?

Functional medicine is based on the principles of conventional medicine but what we do is get to the root cause of disease, instead of just prescribe and treat symptoms. So if someone has heartburn, instead of prescribing a proton inhibitor, I want to ask ‘why?’ Is there dysfunction in the microbiome for example? I just got back from a cardio-metabolic conference where I taught on connections in the gut and on cardiovascular disease, blood pressure, diabetes, lipids. I look at the biochemistry that’s going on – I do a lot of deeper testing on patients.

What did you do after residency?

Before the end of my residency, I completed my board certification in holistic medicine and training in functional medicine. I remember at the resident clinic, here we are trainees, and I was so passionate about this that my mentors and the doctors that trained me were so supportive, and I would have these people come from all around Peoria to see me because I was doing some things that other doctors were not doing, like hormonal treatment – so it was interesting that even as a resident I had a unique practice.

I was hired by Methodist right out of residency in 2006 and practiced family medicine, but while I was practicing I began building an integrative practice. The demand was so great and the hospital saw that, and offered to build me an integrative center, which I started there in 2009. There, we employed another doctor and nurses, and basically I considered it a holistic primary care model.

In 2010, I moved to Colorado and started a functional medicine consulting practice. I see patients who have a primary care doctor but I am now the specialist, consulting with them on complex, chronic illnesses. They fly in from all over the U.S. to see me – I have a two year waiting list. It’s not about me, it’s about the model. People are so desperate for answers and I’d say most of my patients have been to some major medical center or many other doctors before they see me because they are looking for the answers as far as the root cause and they either have not been diagnosed or they have not found any healing, so it’s kind of a unique niche.

I treat a lot of gut issues, Crohn’s disease, ulcerative colitis, metabolic disorders and autoimmune diseases, like multiple sclerosis and Hashimoto’s thyroiditis. I’ve had some pretty incredible success stories. I love it. I found my niche.

Any recollections from residency you would share?

Tom and Joan Golemon were incredible mentors in every way. They were great people. You could tell they cared about the residents. I always felt I wanted to emulate them. And I thought it was neat to have a husband and a wife teaching in the same program. I just think the world of them.

So what else have you been up to?

I would say I have two passions. I love my patients, love my clinic. But I also have a passion to teach other physicians about the functional medicine model, and now I feel there’s this tipping point because doctors are finding with their own health or with family members’ health – especially with gut issues, autoimmune diseases, and even cancer – they don’t have all of the answers or an easy pill fix. So there’s a lot of doctors looking for answers.

Learn more about Dr. Jill Carnahan and functional medicine from her website, www.jillcarnahan.com

WHERE ARE THEY NOW?

Dr. Jill Carnahan
2006 Graduate of the Family Medicine Residency

In this new space, Pathways tracks down former UICOMP graduates of the medical school and/or residency programs to learn just a little about what the title suggests.

In this feature, we catch up with Dr. Jill Carnahan, a 2006 graduate of the Family Medicine Residency Program, an expert in functional medicine who is running an integrative medicine practice in Colorado and who lectures throughout the U.S. to fellow physicians on various topics in functional medicine.

In this new space, Pathways tracks down former UICOMP graduates of the medical school and/or residency programs to learn just a little about what the title suggests.

In this feature, we catch up with Dr. Jill Carnahan, a 2006 graduate of the Family Medicine Residency Program, an expert in functional medicine who is running an integrative medicine practice in Colorado and who lectures throughout the U.S. to fellow physicians on various topics in functional medicine.

In this new space, Pathways tracks down former UICOMP graduates of the medical school and/or residency programs to learn just a little about what the title suggests.

In this feature, we catch up with Dr. Jill Carnahan, a 2006 graduate of the Family Medicine Residency Program, an expert in functional medicine who is running an integrative medicine practice in Colorado and who lectures throughout the U.S. to fellow physicians on various topics in functional medicine.

In this new space, Pathways tracks down former UICOMP graduates of the medical school and/or residency programs to learn just a little about what the title suggests.

In this feature, we catch up with Dr. Jill Carnahan, a 2006 graduate of the Family Medicine Residency Program, an expert in functional medicine who is running an integrative medicine practice in Colorado and who lectures throughout the U.S. to fellow physicians on various topics in functional medicine.
Joining the nationwide effort against obesity

Amy Christison, MD is one of 73 physicians certified earlier this year in obesity medicine from the American Board of Obesity Medicine (ABOM). She joins a relatively new and small group of about 1,600 doctors nationwide.

Certification as an ABOM diplomat signifies specialized knowledge in the practice of obesity medicine and distinguishes a physician as having achieved competency in obesity care.

Dr. Christison has been a general pediatrician for 25 years in the settings of ambulatory and hospital-based medicine. As the medical director of Healthy Kids U Program since 2012, her focus has been on pediatric weight management, educational outreach for healthcare professionals and the community, and clinical research related to the prevention and management of obesity. She serves on state and national-level obesity task forces for the American Academy of Pediatrics. She recently completed a 2-year project entitled “Pediatric Obesity Prevention in Primary Care: Using Brief Action Planning & the Family Nutrition Physical Activity Questionnaire.”

European Society of Preventive Medicine

Bento Soares, PhD, Senior Associate Dean for Research and Head of the Department of Cancer Biology and Pharmacology at UICOMP, was recently selected to join the prestigious European Society of Preventive Medicine (ESPREVMED).

Dr. Soares is one of 22 experts from around the world in ESPREVMED, a non-profit organization dedicated to facilitate research and advancements in the field of preventive, predictive, personalized and participatory medicine.

According to the organization’s website, ESPREVMED “works at the intersection of basic research, clinical medicine and public health with a focus on chronic, non-communicable diseases.”

Illinois Psychiatric Society

Ryan Finkenbine, MD, Chair of the Department of Psychiatry and Behavioral Medicine at UICOMP and Program Director of the Psychiatry Residency Training Program, was elected President of the Illinois Psychiatric Society.

The Illinois Psychiatric Society is the state branch of the American Psychiatric Society and includes nearly 1,000 members across the state.

Dr. Finkenbine was thanked for his service to the Society and congratulated for being elected president in a formal proclamation at the Illinois House of Representatives in Springfield. The resolution, adopted in May as House Resolution 1227, was introduced by Representative David Leitch.

Dr. Finkenbine, board-certified in general and forensic psychiatry, came to UICOMP in 2009. Since then, Finkenbine and his staff in collaboration with UnityPoint Health – Methodist developed the psychiatry residency program, which is ACGME-accredited and last year graduated its first cohort of residents.

In addition to his administrative responsibilities, Dr. Finkenbine maintains an active forensic practice. Over the past decade, he has conducted or coordinated hundreds of criminal and civil forensic evaluations.

New Head of Neurosurgery

The University of Illinois College of Medicine at Peoria is pleased to announce the appointment of Jeffrey Klopfenstein, MD as the new Head of the Department of Neurosurgery effective June 16, 2016, pending approval by the University of Illinois Board of Trustees.

Dr. Klopfenstein, the Director of Academic Programs in the Department of Neurosurgery and a member of the UICOMP faculty since 2006, is an expert in cerebrovascular surgery and has developed a reputation for excellence in this area. Dr. Klopfenstein received his medical degree from the University of Arizona College of Medicine in 1999, followed by completing residency and fellowships in complex spine and cerebrovascular/skull base at the Barrow Neurological Institute.

Dr. Klopfenstein will sustain and grow the essential collaborations between the Illinois Neurological Institute, OSF Saint Francis Medical Center, and UICOMP that are necessary to sustain the educational and research missions and advance the Department of Neurosurgery.

After seven years as Head of the Department, Daniel Fassett, MD is stepping down in order to focus on strengthening the complex spinal surgery program. The Department and its residency, which have grown under his leadership, contribute significantly to the medical education at UICOMP.

Krishna K. Veeravalli, PhD

Dr. Veeravalli, an Assistant Professor in the Departments of Cancer Biology and Pharmacology, Neurosurgery, and Neurology, received the Sudhir Gupta Young Scientist Award from the Association of Scientists of Indian Origin in America. The award recognizes exceptional contributions to the field of science.

Dr. Veeravalli and his research team is investigating ways to use stem cells to prevent further damage and facilitate recovery from stroke. His findings suggest that the combination of stem cell treatment and gene silencing, which could target multiple molecules and pathways, could be key to obtaining a substantial therapeutic benefit after stroke.

Also in April, Dr. Veeravalli was presented with the Outstanding Clinical, Technological, or Scholarly Achievements Applied to Medical Research Award at UICOMP’s Annual Research Day.

announcements