

UNC FAMILY MEDICINE

ALUMNI NEWSLETTER

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Newsletter for Alumni & Friends
Spring 2021

Welcoming Margaret Helton as Chair

Margaret Helton, MD, has been named the next Chair of the UNC Department of Family Medicine.

Under her leadership as Interim Chair the past two years, the department has made significant advances, including the launching of the Maternity Care Center at Chatham Hospital, transitioning our inpatient services to Hillsborough, opening two new clinics, and expanding our research program. She navigated us through COVID-19 as our faculty led testing efforts, pivoted to virtual care services, and implemented innovative means to educate medical students and other learners.

Prior to being named Interim Chair, Dr. Helton held numerous leadership roles including Vice Chair for Clinical Excellence, Associate Chair for Faculty Affairs, Director of Career Development Fellowships, Director of Operations, and Director of Maternal and Child Health.



"It is an honor to be named the chair of a nationally recognized department that excels not only in clinical care, teaching, and research, but also in its commitment to addressing health inequities and social justice," stated Dr. Helton. "Our faculty, fellows, residents, and students are inspiring in their commitment to improving our health care system. We also value the personal and professional well-being of everyone who works in our department, including our nurses, population health team, and administrative staff. We are a team committed to our patients, our learners, and our colleagues." To read the full announcement, visit:

go.unc.edu/heltonchair



Gov. Cooper signs proclamation honoring department's 50 year anniversary

In celebration of UNC Family Medicine's 50-year milestone, Governor Roy Cooper signed a proclamation marking the momentous achievement. The proclamation reads: "For half a century, the department has partnered with other programs in the state to enhance collaboration, research education, and patient care. North Carolina is proud to have a nationally recognized Family Medicine department with full scope physicians to provide care in our state. I commend you for reaching this significant milestone and thank you for your ongoing service to the people of North Carolina."



SCHOOL OF MEDICINE
Family Medicine



Barzin at Respiratory Diagnostic Center

Barzin named Medical Director of Virtual Care Services for UNC Health

Amir Barzin DO, MS, has been named Medical Director of Virtual Care Services effective May 1, 2021. Dr. Barzin’s leadership will be pivotal in the build and expansion of centralized and discrete telehealth offerings for UNC Health.

Barzin helped lead the design of the drive-up COVID-19 testing process launched on UNC-Chapel Hill’s campus not long after the pandemic gained momentum last spring, and has been at the helm of the renowned and oft emulated site since. Dr. Barzin has received over \$10M in funding for the Carolina Together program, where he helped create several testing sites around UNC campus for students, making the 2021 return to in-person classes possible. Barzin accomplished all of this while continuing to serve as Medical Director of the FMC Chapel Hill. He will be stepping away as medical director as he takes on this new leadership position with UNC Health.

Chatham Maternity Care Center Opens

In September, we opened the new Maternity Care Center at Chatham Hospital. The collaborative effort with Chatham County Department of Health, Piedmont Health Services, and local medical providers and non-profits marks the return of maternity care to Chatham County after almost 30 years, with much of the planning, staffing, and construction taking place during the pandemic.

“Our midwifery and family medicine physician model is unique because we offer a family centered approach to mothers and families throughout their pregnancy, labor and birth,” states Dr. Dana Iglesias, Medical Director of the Maternity Care Center. “The addition of maternity care will be another boost to our ongoing work at Chatham Hospital and provide much-needed care to our community.”



Dr. Iglesias and Dr. Andy Hannapel, Chief Medical Officer of Chatham Hospital



Chatham Maternity Care Center Opening on WRAL News

The center, run by family medicine faculty, celebrated the first birth less than a week after opening, and had its first C-section just over a month later. As many rural towns are closing maternity centers, the center has been lauded as an important example of how we can move forward providing equitable care in rural and underserved communities. Learn more about the center at:

go.unc.edu/ChathamMCC.



Myerholtz named STFM President-elect

Linda Myerholtz, PhD, faculty member since 2014, has been elected as the next president of the Society of Teachers of Family Medicine (STFM). Myerholtz will serve as president-elect for the 2021-2022 term, followed by her term as president.

"I am so honored and humbled to serve the Society of Teacher of Family Medicine in the role as president," Myerholtz said. "STFM has been my indispensable professional home from the beginnings of my career in family medicine."

Myerholtz is currently an associate professor of family medicine and facilitates the behavioral health curriculum for residents. She has been an active member of STFM since 2010, participating in the first class of the Behavioral Science Family Systems Educator Fellowship, serving as chair of the Collaborative on Family and Behavioral Health, member at large for the STFM Board of Directors, and finally as Program Assessment Chair for STFM.

To read the full news release, visit go.unc.edu/myerholtz-stfm

Mieses Malchuk and Standard appointed new Diversity, Equity, and Inclusion (DEI) leaders

Our Department has a history of working to address health disparities and is striving to be a leader in tackling systemic racism and expanding equity and inclusion in health care. It goes to the heart of who we are as a Department. We have the opportunity to confront systemic racism by expanding equity and inclusion in our department to help make healthcare work for everyone.

With this in mind, Alexa Mieses Malchuk, MD, MPH and Venus Standard, MSN, CNM have been appointed to lead new DEI initiatives. Mieses Malchuk is the Director of Inclusive Excellence for Faculty and will continue to serve as the department's diversity liaison to the UNC School of Medicine. Standard is our new Director of DEI Education and Community Engagement and will use her considerable experience and entrepreneurship to engage our communities, both inside and outside the department, and lead DEI education and curricular initiatives for staff, residents, and faculty.

Chair Margaret Helton states, "Both Alexa and Venus will serve on the Chair's Advisory Committee. They have many initiatives and welcome your input for even more ideas as we develop their leadership roles. They are both working to develop the strategic plan for the department regarding diversity, equity, and inclusion." Learn more at: go.unc.edu/FamMed-DEI



Alexa Mieses Malchuk



Venus Standard

Introducing the UNC Family Medicine Diversity, Equity, and Inclusion Fund

The Diversity, Equity, and Inclusion Fund will be utilized by DEI Directors Alexa Mieses Malchuk and Venus Standard for efforts such as training faculty and staff in innovative methods of addressing unconscious bias and inherent racism, resources for residency education, pilot funds for research to improve current inequities, and inclusive outreach to our community and state, and more. You may give easily and securely to these efforts at go.unc.edu/FM-DEIfund, or contact Brad_Wilson@med.unc.edu for more info.

New beginnings in clinics and careers

In the past year, Family Medicine has seen some exciting developments and changes

FMIS transitions to Hillsborough

We are excited to report that our family medicine inpatient service (FMIS) transitioned to UNC Hospitals Hillsborough Campus on April 6, 2020. The move was accelerated by several months in preparation for a significant increase in patient volume across the system at the start of the coronavirus pandemic. FMIS will be moving to the ground floor of a brand new tower at Hillsborough in early 2022.



"Enthusiastic" third-year residents Greg Metzger and Jennie Costa

Carraway Village opens

Our newest clinic location opened on October 1, 2020. The UNC Family Medicine Center at Carraway Village is a full-service primary care practice caring for adults and children of all ages, offering a wide range of services from same-day access to preventive and chronic care. Faculty Vinay Reddy, MD, MPH, Debbie Phipps, MD, Liza Straub, MD, and Maria Thekkekandam, MD, are now caring for patients at Carraway.

"The transition to Hillsborough has already improved the care of our patients and the education of our residents and students. It has greatly enhanced our residency training program and allows us to practice in an open ICU and maintain an academic presence while experiencing a community hospital feel... We are excited for the second tower of the hospital to open and for our service to expand to three teams once again!"

-Mallory Brown, MD, Residency Director

Nailah Adams named Sports Medicine Fellowship Director

Nailah Adams, MD, MS, CAQSM, has been named the new Director of the Primary Care Sports Medicine Fellowship, which is based in the UNC Department of Family Medicine. Dr. Adams earned her undergraduate degrees in biology and sports medicine at Howard University, followed by a Master's Degree in nutrition from Columbia University. She attended Duke University School of Medicine and completed her residency in family medicine at the University of Miami/Jackson Memorial Hospital. Adams is a graduate of the Primary Care Sports Medicine Fellowship at UNC. Prior to returning to UNC in a faculty role, she served as medical director at a federally qualified health center in south Florida.

Dr. Adams is committed to continuing the legacy of excellence set by Harry Stafford, MD, MBA, CAQSM, who is leaving the department to become Co-Director of the Sports Science Institute at Duke University. In his 12 years on faculty at UNC, Dr. Stafford created and built the sports medicine fellowship into a nationally recognized program. He has consistently recruited outstanding fellows and built the patient care, teaching, research, and community service missions of the program, including the establishment of the Human Performance Center at the Durham Family Medicine Center.

Family Medicine chair Dr. Margaret Helton stated "Though Dr. Stafford will be dearly missed, we wish him success in his new role and look forward to maintaining connections with him. We are excited that Dr. Adams will lead the program and work collaboratively with our outstanding sports medicine faculty to maintain the excellence of the program, which is a source of great pride in the department."



New Clinical Leaders



Karen Halpert, MD has been named *Vice Chair for Clinical Excellence*. This reflects her expanded portfolio of responsibilities in the clinics and across multiple service lines and locations. She will serve as the clinical leader and will work collaboratively with our service line leaders to continue our tradition of excellence and to integrate our many clinical missions through her role as manager of faculty time via the “grid.”

Rita Lahlou, MD, MPH is the new *Medical Director of the Family Medicine Center in Chapel Hill*. She brings new ideas from her experience in Oregon and is committed to making the Family Medicine Center a welcoming place for staff, faculty, learners, and patients.



Ashley Rietz, MD is the new *Assistant Medical Director of the Family Medicine Center in Chapel Hill*. She will partner with Dr. Lahlou with innovative leadership with a special focus on the experience of women and children in our clinic.

Dana Neutze, MD, MPH will continue as *Director of Quality Improvement and Population Health* with a physician leadership focus on system goals and contractual metrics. She will partner with our Director of Population Health Clinical Services and continue to lead the resident and medical student curriculum in quality improvement.



Justin Lee, MD is the new *Director of Clinical Operations for Sports Medicine*. He will help with schedules of the sports medicine team across both the Chapel Hill and Durham sites, and oversee other operational issues related to sports medicine.

Rayhaan Adams, MSW, LCSW has seen his role expanded to *Director of Population Health Clinical Services for UNC Faculty Physicians*. In this role he will continue to lead Population Health services in Family Medicine while also guiding development of related services in Internal Medicine and Geriatrics.



Donahue appointed to U.S. Preventive Services Task Force

Katrina Donahue MD, MPH, professor and vice chair of research, was appointed to the U.S. Preventive Services Task Force, and will join fellow experts in evidence-based medicine to evaluate the benefits and harms of preventive services and make recommendations for clinicians and patients. Read the full release at go.unc.edu/donahue-taskforce



Lingley, Hoover, Gilbert Retiring



Gilbert, Lingley, Hoover

Three key members of our department are retiring. Ron Lingley, Pam Hoover, and Lyn Gilbert have all been an integral part of UNC Family Medicine being a nationally recognized and respected department.

For almost 30 years, Gilbert served as the assistant to department chairs and vice chairs. Whenever someone in the department was in need of something a common refrain from faculty and staff was, “Ask Lyn, she will know.”

Pam Hoover, manager of fiscal services for 35 years, was an invaluable advisor to department senior leadership and innumerable individual faculty, and was instrumental in helping manage the growth and development of our department and our department budget from a small simple operation to a large complex enterprise.

Ron Lingley served 5 different chairs and has been a mentor to many who are leading at the highest levels at both the state and national level. Lingley states: “My love and dedication for our Department, the School of Medicine and UNC Health system mission has not changed. I have been privileged to work with incredible faculty and staff over the years to serve the people of North Carolina as only we can do.”

The department would like to extend our deepest thanks to Ron, Pam, and Lyn and their dedication to serving the people of North Carolina. We look forward to hearing about their new endeavors.

Grateful Patients: Winston Liao and Carol Hazard share testimonial

Winston Liao and Carol Hazard have been patients of the Family Medicine Center for 41 years. They brought their children here, and now even some of their grandchildren are patients at the FMC. The couple has chosen to generously give back to UNC Family Medicine in support of continued education and research opportunities. The couple met at the Univ. of Texas School of Public Health and both have worked in clinical trials. As such, they understand the importance of being able to conduct research and share findings. "It's paying it forward," Liao, a member of our Patient Advisory Council, said. "It's important to refresh what you know and learn new things to provide better care. And maybe in a few years, others in our position will do the same thing."

Carol and Winston view family medicine as a central part of overall health care. "They're the people you turn to," Hazard states, "Family Medicine has been here for so long taking care of so many people." She goes on to recognize the FMC for its focus on providing the best care possible to the most vulnerable populations of society. "You're helping people who need the help," she says, "and you can make that care even better for them."



Liao and Hazard's giving provides opportunities for faculty to further their education and research

Want to learn more about how you can help our efforts?

Visit go.unc.edu/fammedgiving or email Brad_Wilson@med.unc.edu for more info.

Wilhoit-Reeves appointed director of Tobacco Treatment & Weight Management Programs

After a nationwide search process, Stephanie Wilhoit-Reeves, MDiv, MSW, LCSW, NCTTP, has been appointed as the new director of the tobacco treatment & weight management programs.



Sloane and Sheps team publish groundbreaking research

Phil Sloane, MD, MPH, with researchers from the Sheps Center and School of Social Work, published a paper in JAMA on the effectiveness of their oral hygiene training program, Mouth Care Without a Battle. Findings indicated staff oral hygiene training can significantly reduce pneumonia in nursing homes. After one year, nursing homes that implemented the care program saw a 31% reduction of pneumonia cases compared to nursing homes that did not. It is the first implementation study to examine whether a pragmatic program of mouth care (tooth brushing, flossing and gum care) provided by nursing home staff reduces pneumonia. Read more at:

mouthcarewithoutabattle.org

Tobacco Treatment Program Innovations

NIH supplement to develop first-of-its-kind messaging

Family Medicine researchers received new competitive NIH funding as an administrative supplement under Adam Goldstein, MD, MPH, 's parent \$2.7M Lineberger R01 on little cigars and cigarillos. The one-year, \$100K supplement is on "Communicating Cancer Risk to Co-users of Alcohol and Little Cigars and Cigarillos." This exciting new proposal and work was shepherded by Leah Ranney, PhD, MA, Director of the Tobacco Prevention and Evaluation Program, with support from Sarah Kowitt, PhD, MPH, (co-I) and Kristen Jarman, MSPH (program manager). Ranney and team will develop and test messaging on cancer and other health risks to co-users of alcohol and tobacco products. The study will be the first of its kind to produce such messaging on risks associated with co-usage.



Leah Ranney

NCI awards supplemental grant to UNC Tobacco Treatment Team

The National Cancer Institute (NCI) awarded a Cancer Center Cessation Initiative (C3I) enhancement grant to a team of UNC Tobacco Treatment researchers led by Adam Goldstein, MD, MPH, and Kim Shoenbill, MD, PhD. The one-year, \$190,685 award, a supplement to the two-year C3I grant the NCI awarded in 2017, will expand tobacco cessation treatment services for patients at the N.C. Cancer Hospital who use tobacco products and extend these services to their support persons, such as spouses, loved ones and friends, who also use tobacco. Goldstein and Shoenbill are both quoted in the news release from Lineberger.



Kim Shoenbill

Read more at: go.unc.edu/TTP-NCISupplemental

NCFIT creates FIT Connect for early inmate releases



Community health worker Tommy Green working from his car

The North Carolina Formerly Incarcerated Transitions Program (NCFIT) was started in 2017 by UNC Family Medicine faculty Evan Ashkin, MD, with the help of philanthropic support. It coordinates with existing state and local resources to connect recently released people with chronic disease, mental illness and/or substance use disorder to appropriate health care services and helps put together a comprehensive reentry plan working with local reentry partners throughout the state. In response to the COVID-19 pandemic, NCFIT launched *FIT Connect* in April 2020, which focuses on linkages to essential health services for people being released early from the state prison system and has created a statewide network of Federally

Qualified Health Centers (FQHC) to partner in connecting to services. FIT Connect has received over 1,000 referrals from the state prison system since its start, and also works with law enforcement and the criminal justice system to implement medication-assisted-treatment (MAT) in correctional settings and post-release. In 2021, NCFIT was selected by the North Carolina Department of Health and Human Services to provide technical assistance and support to 18 organizations across the state who were awarded funds to implement pre- and post-arrest diversion programs, comprehensive re-entry planning and navigation support programs, medication-assisted treatment in jails, harm reduction strategies, and other linkage-to-care initiatives with justice-involved people, with a focus on COVID-19 implications. The technical assistance team is comprised of NCFIT (team lead), the North Carolina Harm Reduction Coalition, and the Duke Opioid Collaboratory. Learn more about the program and how you can support it at go.unc.edu/NCFIT

Standard receives Harvey Award for project on reducing maternal mortality in Black women

Venus Standard, MSN, CNM, recently received the C. Felix Harvey Award to fund the project "Black Women from Underserved Communities as Trained Perinatal Doulas: A Key Strategy in Advancing Birth Equity." Per Standard: "I was able to secure multiple community partners such as NCOGS, NCMS, NCDHHS, The March of Dimes, and OCHD, to name a few. These partners reviewed my community engagement proposal, and all agreed my project fell into the "life-or-death" category and was worthy of funding."



Standard (bottom left) helping deliver newborn

The project's goal is to reduce maternal mortality in Black women. The award will allow Standard and her team of professional Black women to train Black women to be labor support doulas, who would not normally be able to afford the extensive training. Once trained, the doulas will provide labor support for 50 to 100 families a month. Standard plans to replicate the project within other marginalized populations such as Latinx and LGBTQIA communities. More recently, Standard has been invited to testify before a congressional committee in support of the proposed "Mominibus" bill, put forward by the Black Maternal Health Caucus. To learn more, visit: go.unc.edu/StandardHarveyAward

Founding class of FIRST residents graduates

The members of the inaugural class of the FIRST (Fully Integrated Readiness for Service Training) program will graduate this June. Thane Campbell, MD, and Kyle Melvin, MD will be the first to complete the program, which offers an accelerated 3-year med school curriculum and conditional acceptance in an affiliated residency program, followed by 3 years of service in North Carolina with ongoing support in practice.

The FIRST program was developed by Cristy Page, MD, MPH, former Chair and now Executive Dean of the UNC School of Medicine, to link the family medicine workforce pipeline from medical school to residency followed by service in rural/underserved parts of North Carolina. FIRST is directed by family medicine's Catherine Coe, MD.



Campbell (left) and Melvin (right) at Piedmont Health Services site

Upon graduation, Melvin will head to UNC Primary Care at Chatham. "Coming from a rural area in North Carolina, I knew that I would want to serve a population that felt like my home. FIRST gave me the opportunity to not only fast-track but enhance my training to be the most full scope provider possible," said Melvin. Campbell will head to Midway Medical Center in Clyde, NC, after his residency. Of his experience with the FIRST Program, he said: "The greatest benefit of FIRST was the continuity with patients and with coworkers – residents, attendings, MA's, and other staff – from the beginning of school through residency."

To learn more, visit: go.unc.edu/FIRSTFoundingClass

Huntley Lectures feature Drs. Doug Henley and Mandy Cohen

The 50th Anniversary was kicked off in 2020 with the annual Robert R. Huntley, MD Lecture featuring alumnus Douglas E. Henley MD, FAAFP, Executive Vice President and CEO of AAFP, who presented "Family Medicine: A Specialty Moving Forward." The 2021 lecture was presented virtually by NC Department of Health and Human Services (DHHS) Secretary Dr. Mandy Cohen, who has led the COVID-19 response for the State of North Carolina. Her talk was titled "Healthcare Priorities for North Carolina in 2021." Dr. Cohen discussed how North Carolina is moving forward with changes in how healthcare is delivered, with more attention focused on the whole picture in the provision of health to our people. These meaningful initiatives take work, perseverance, and innovation, and family medicine is prepared to meet these challenges. If you would like to view this or past lectures, you can do so at our website:

go.unc.edu/HuntleyLecture



Chair Margaret Helton introduces Mandy Cohen at virtual 2021 lecture



Former Chairs Shahady and Cristy Page at 2019 Reunion

Chair Emeritus Edward Shahady fund announced at Alumni Reunion

During our last alumni weekend, Chair Emeritus Dr. Ed Shahady was moved to tears as friends, family and alumni announced they had pledged over \$75,000 towards an endowment in his honor. The endowment will support Dr. Shahady's greatest passion, family medicine residency education, as our program has expanded from 24 residents to 33 with the addition of the Prospect Hill track, and has now reached our full complement of 42 with the new rural residency track in Siler City. The ultimate goal is to raise \$100,000 for the endowment. To give to the fund visit:

go.unc.edu/Shahady-Endowment.

To see photos from past alumni weekends, visit go.unc.edu/FamMedReunion

Kelly Bossenbroek Fedoriw named Application Phase Co-Director

After a competitive interview process, Kelly Bossenbroek Fedoriw, MD, was named Co-Director of the Application Phase of the medical school curriculum, during which medical students spend 12 months completing core clinical clerkships in psychiatry, surgery, pediatrics, obstetrics and gynecology, internal medicine, and family medicine. Having Family Medicine represented in this position during the formative third year of medical school is important in imparting the variety of opportunities Family Medicine can offer students who are interested in primary care.



Residency alumnus Wroth appointed CEO of CCNC

Tom Wroth, MD, MPH, a graduate of both our family medicine and preventive medicine residency programs, was recently appointed Chief Executive Officer of Community Care of North Carolina. Wroth currently serves as president of CCNC and his new appointment will take effect July 1. Read more at: go.unc.edu/Wroth-CCNC

Farahi receives Golden Apple Award and NCPAG Appointment

Narges Farahi, MD, MPH was selected as the recipient of the Golden Apple Award for Excellence in Teaching by the Residency Class of 2020.

Dr. Farahi was also recently appointed to the North Carolina Physician Advisory Group. This group is a not-for-profit organization of health care professionals that makes recommendations to the North Carolina Department of Health and Human Services (DHHS) regarding Medicaid clinical coverage policies.

Residents recognized as leaders in Family Medicine

Paulus appointed Resident Director-Elect of NCAFP Board of Directors

The NCAFP Board of Directors has appointed family medicine second year resident Ryan Paulus, DO, to serve as the resident director-elect on the Academy's Board of Directors. His term began December 2020 and will end December 2021. He will then transition to the resident director role, continuing as the voting member on the Board of Directors through December 2022.



Boggiano receives AAFP Award for Excellence in Graduate Medical Education

Third year resident, Victoria Boggiano, MD, MPH was named a 2020 recipient of the AAFP Award for Excellence in Graduate Medical Education. The award acknowledges her performance during residency training that makes her among the top family medicine residents. As an award recipient, Boggiano will receive a scholarship that recognizes outstanding family medicine residents for leadership, civic involvement, exemplary patient care, and aptitude for and interest in family medicine. Boggiano was recently named co-chief Resident for 2021-22 with Rana Alkhaldi, MD.

Jayaweera elected to AAFP resident leadership role

First year resident Avanthi Jayaweera, MD, was elected as a resident representative for the AAFP Reproductive Health Member Interest Group. The goal of this group is to help AAFP members integrate comprehensive reproductive health care into their practices.



Faculty Development Fellowship: Alumni Spotlight

Dr. Anthony Wilson, fellowship class of 2015, is the Chair of the Department of Family Medicine at University of Tennessee Graduate School of Medicine. He has been a campus leader in education and service as associate program director of the family medicine residency, director of the Capstone course for fourth-year medical students, and director of CME courses for primary care providers. Read more and alumni, please send us updates at: go.unc.edu/FDF-WhereAreTheyNow



Dr. Wilson (right) precepting medical student (image courtesy of University of Tennessee)

Leadership, Courage, and Compassion during the time of COVID-19

Throughout the past year we have featured the incredible work of members of our department during the COVID-19 pandemic, with the goal of communicating to patients, colleagues, and our community that family medicine is well-equipped to provide leadership, courage, and compassion. The stories showcase our ability to adapt and continually provide the highest quality of care to patients of all ages and backgrounds. We will be sharing with you a compendium of updates, stories, and research in an upcoming document. In the meantime, go read some of our "Stories During the Time of COVID-19" at:

go.unc.edu/fammed-covid



Family Medicine on the Frontlines Our COVID-19 Stories



Minish making masks for
Piedmont Health Services at home

Medical Student Education

“
I am in such awe to see how the community has come together in support of each other in these unexpected, uncertain times.

Bailey Minish, MD
FIRST Program Class of 2020



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