

Still News

April 2006

A.T. STILL UNIVERSITY | ATSU

ATSU part of partnership for addressing community needs

ATSU is currently developing a partnership with the nation's Community Health Centers (CHCs) that will enhance their ability to meet the needs and to improve the health status of underserved inner-city and rural communities. This partnership includes the University working with the National Association of Community Health Centers in the development of its new osteopathic medical school in Mesa, Arizona.

The nation currently has about 1,000 Community Health Center organizations, each a non-profit, community guided organization that receive a base funding grant to provide medical care regardless of a patient's ability to pay. Uninsured families at these CHCs are encouraged to attend to their primary care needs through income-based, sliding-fee discounts.

Tom Curtin, M.D., chief medical officer at the National Association of Community Health Centers, believes that health centers, which provide access to vulnerable populations, are increasingly recognized for quality.

"Community Health Centers," he says, "are committed to population-based health strategies and participate in numerous federal and Joint Commission on Accreditation of Health Care Organizations' quality assurance and improvement programs. The majority of these health centers participate in the Health Disparities Collaboratives that utilize disease-specific, comparative-data, chronic care teams. This network of continuous-quality-improvement teams has become one of the largest, most comprehensive, evidence based medicine endeavors in the country."

Futurists are projecting a severe physician shortage in the next two decades, and physician shortages typically impact vulnerable populations disproportionately. This shortage could exacerbate efforts of the health center's safety net to improve the health status of the nation's underserved communities. In addition, growth in medically underserved populations has resulted in a projected CHC need for an additional 14,000 CHC physicians by 2020. The ATSU partnership with the National Association of Community Health Centers will help address those cumulating community needs.

Craig Phelps, D.O., provost of ATSU's Mesa Campus, says the national partnership is an opportunity to develop a high-quality educational model that is focused on meeting needs. To that end, the University hired

Douglas Wood, D.O., former president of the Association of Colleges of Osteopathic Medicine, and prior to that, dean at Michigan State University. "The proposed school is under development in partnership with the national CHC movement," says Dr. Phelps. "Attracting high quality, community-minded primary care physicians is the CHCs' greatest issue, and we are proud to join them in addressing pressing community needs."

Student D.O. of the Year

Chris Newey, president of the Student Government Association at ATSU-KCOM, MS II, recently announced the 2006 Student D.O. of the Year (SDOY). The award is now in its 14th year and is coordinated by the Council of Osteopathic Student Government Presidents (COSGP). It is nationally recognized as the premier honor for students who embody the aspects of service to the school, service to the community, and service to the osteopathic profession.



HAWKES

This year's recipient is Cody Hawkes, MS III. Just a few of Cody's activities include serving as the class of 2007 vice president and serving his second term as class president for the class of 2007. Cody is currently in Utah for his rotations. As the recipient of the ATSU-KCOM award, Cody is now eligible for the national SDOY award given later this year.

"Cody is an outstanding student," Newey said. "His compassion for others and for medicine is obvious by his actions and his accomplishments. He truly embodies the ideals of an osteopathic student of the year."

IN THIS ISSUE:

TOWARD BETTER SENIOR LIVING.....	2
MESA'S WELLNESS WEEK.....	4
ABOVE & BEYOND AWARDS.....	7

Toward better senior living

By James McGovern, Ph.D., ATSU president

Editor's note: The following article appeared in the March 2006 edition of "Rural Missouri," a publication of the Association of Missouri Electric Cooperatives, which is distributed to more than 400,000 readers in the state



Folklore often associates rural aging with the return to nature: peace, serenity, clean air, no traffic, low crime. Not enough research on aging guides older Americans in their lifestyle, especially in the rural setting.



MCGOVERN

Approximately one in four older people live in a small town or a rural community. This figure will grow as baby boomers age. Levkoff, Kyung Chee, and Noguchi, with the Geriatric Research Institute, found the key issues of rural healthcare fall into four categories: physical/mental health, social support, housing, and service delivery.

Studies show that rural elderly are actually in poorer overall health than non-rural elderly, have more chronic illness, die prematurely, have more nutritional deficiencies, and suffer from a significantly higher rate of alcoholism.

The elderly are vulnerable to depression due to multiple losses

and chronic illness. The opportunity for treatment is lower than in urban areas.

In August 2001, A.T. Still University was designated as the State Center for Senior Living Research, which has assisted it in securing research dollars, results, and better alternatives for our citizens, including opening the St. Andrews Apartments on the Kirksville Senior Living Campus.

The Kirksville College of Osteopathic Medicine and our proposed college of osteopathic medicine in Arizona, fully intend to collaborate with experts throughout the nation to focus on healthy aging studies.

In addition to a health provider shortage, an initial study by Smith, McGovern (Rene, Ph.D.), and Peck suggested three barriers to treatment: less knowledge of counseling, not knowing whom to call, and less interpersonal openness. This population may suffer in silence rather than seek help.

ElderLynk, a program to develop mental healthcare for the elderly and to understand rural issues,

discovered that many of the significant differences have not been addressed in the research literature.

Rural culture often favors those who are stoical and independent. This is a culture that "normalized" suffering in silence.

The religious community sometimes provided justification for that suffering. Religion is often the glue for rural communities, the forum for discussions about healing. For instance, self-help groups often meet in church buildings across the state.

However, if they are to really help, church officials have an obligation to truly understand problems such as suffering in silence. It is time for inter-professional cooperation.

What these studies have demonstrated is that an integrated approach is needed to include all the dimensions of aging — body, mind, and spirit.

Aging citizens deserve to have religious and health professionals work together and look at the interactions of all aspects of a person.

ATSU-ASHS student receives highly sought-after grant

ATSU-ASHS second-year sports health care student Eric Simmons received a Master's Thesis Grant from the National Athletic Trainers' Association Research & Education Foundation. Only four master's degree students in the country had their research funded during this cycle. The study is a systematic review with fellow investigators Curt Bay, P.D., and Mike Kronenfeld, M.B.A., M.L.S.

Clark B. Ator, D.O., Memorial Financial Award Inaugural recipients of named

In January, two second-year medical students at ATSU-KCOM were notified that they were the inaugural recipients of the Clark B. Ator, D.O., Memorial Financial Award. Shawn McManus and Aaron Stevens are the first recipients of the new award. This award was established in remembrance of Dr. Ator, who died in a tragic plane crash in October 2004. Ator was traveling to a conference at ATSU-KCOM on how to create a "Compassionate Campus."

The award was created by Dr. Ator's wife, Karlene, and friend and fellow KCOM Class of 1994 graduate Gary Knighton, D.O.

Dr. Knighton wrote about his friend and classmate on a memorial website following the crash.

"He [was one of the] best friends I had in medical school," Dr. Knighton wrote. "He was the type of man I could call up and feel that instant bond ... I could write pages of great things about Clark the Doctor, Clark the Person, Clark the Father, and Clark the Dear Friend, and the fact is that everyone who knew Clark already knows them. All anyone had to do was be around him for just a moment."

McManus and Stevens received notification of their selection from Ron Gaber, Ed.S., CT, vice president and dean of students at ATSU.

"This award recognizes their compassion for others," Dean Gaber said. "Like Dr. Ator, they have demonstrated a desire to learn, practice, and teach medicine."



MCMANUS



STEVENS

Sports medicine veteran speaks at ATSU-Mesa

Lewis G. Maharam, M.D., FACSM, a sports medicine specialist practicing in New York City, recently presented a lecture titled "Hyponatremia in the Athlete" at ATSU-Mesa. Dr. Maharam is medical director for the New York Road Runners Club, ING New York City Marathon, NYC Triathlon, Coca-Cola Zero Rock 'n' Roll Marathon®, Country Music Marathon, Carlsbad 5000, Rock 'N' Roll Half Marathon, P.F. Chang's® Rock 'n' Roll Arizona Marathon & 1/2 Marathon. He is also past president, Greater New York Regional Chapter American College of Sports Medicine and chairman, Board of Governors, International Marathon Medical Directors Association.



Randy Danielsen, Ph.D., M.P.A.S., PA-C, dean of ATSU-ASHS, and Dr. Maharam.

ATSU joins in TOPS program

ATSU's osteopathic medical students will be participating in the upcoming Team of Physicians for Students (TOPS) 8th Annual Free Sports Physicals Day. The event will be held on Saturday, April 22, at Sunnyslope High School in Phoenix. Attendees will be athletes from Metropolitan Phoenix area schools, from middle school to community college level.

The event is sponsored by the Arizona Osteopathic Medical Association, Steingard Medical Group, Midwestern University (MWU), and the Arizona Heart Institute (AHI). Physicians, nurses, and other healthcare professionals will donate their time to the event. Nearly 2,000 students are expected to attend.

Comprehensive screenings will be offered, including electrocardiograms (EKGs) and, if indicated, echocardiograms (ECHOs). These will be read by Arizona Heart Institute cardiologists, who will make referrals to family physicians if needed.

The sports physicals screenings have proven beneficial in uncovering unknown medical conditions and ultimately in helping to save lives. Last year's findings showed that 66 students had a history of sudden death in their family, 93 students had high blood pressure, 39 students were found to have heart murmurs, 226 students had positive EKGs, and 43 students had positive echocardiograms.

In addition, varsity athlete Doug McWhorter was found, upon examination in 2005, to have hypertrophic cardiomyopathy, a type of hidden heart irregularity and disease that can result in sudden death for young athletes. Subsequent family examinations found that McWhorten's father and brother also had the condition, of which they were unaware. Pacemaker/defibrillators have been implanted in all three men to avoid any disasters.

“Passport to Wellness” ATSU Mesa campus hosts Wellness Week



ATSU-Mesa hosted its annual Wellness Week during February 6-11. The events ranged from a marshmallow toss to fitness evaluations and a dog show. There was truly something for everybody.

“It is important that we try to encompass the entire campus for our Wellness Week activities,” Wellness Week Chair, Shannon Cohen said. “We have a dynamic campus full of a wide range of individuals with different interests and different views on what is wellness. Our activities covered every angle possible, while still making every event fun.”

Students received a passport that was stamped for every event they attended. Each stamp earned a free raffle ticket for prizes that included: a spa gift basket, car wash gift basket, a Phoenix Suns basketball game and dinner with the Provost, Arizona Diamondbacks baseball tickets, and numerous movie gift cards. A total of 900 raffle tickets were accumulated.

ATSU-ASHS Dean Randy Danielsen led a self-defense basics class the same day that a rock climbing wall and giant inflatable obstacle course was on campus for students. The clear Arizona skies and glaring sunshine made the obstacle course a popular exercise for students. Healthy breakfasts were offered to students twice during the week, as were free toothbrushes and toothpaste by the first- and second-year students from the Arizona School of Dentistry & Oral Health. To cope with stress, the first-year Occupational Therapy students sponsored anti-stress activities, and Thompson Campus Center Director Dan Martin gave a presentation, “Physically Active Thru Life Stages.”

continued

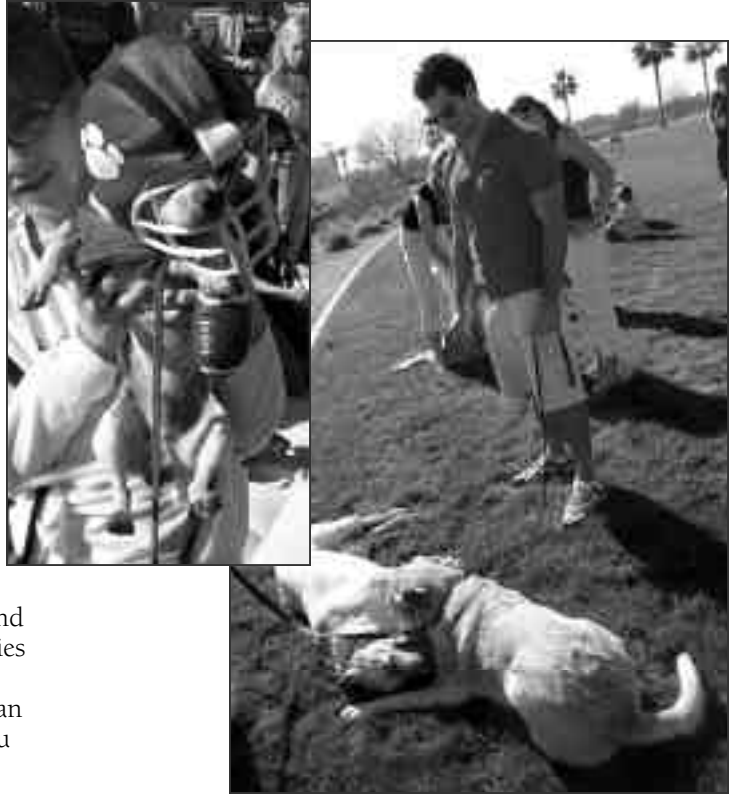


“We are very pleased with the participation level of our students during this week,” Assistant Vice President of Student Services Beth Poppre said. “Our students look forward to this event, and we want to make sure they stay entertained all six days.”

Students were not the only ones to participate in Wellness Week. Faculty health assessments and consultations were given by Martin, and on February 1, ATSU-Mesa, in conjunction with the Arizona Humane Society, sponsored the 1st annual “Dog Wag ‘n Brag & Picnic with the Pooches.” The event allowed faculty, staff, and students to bring their best friend to the campus front lawn for a fun walk, costume contest, doggy dash contest, and a rally obedience fun match.

The Student Government Association once again sponsored the always popular “Penny Wars” contest, and proceeds went to charity. The Physician Assistant Studies program came out victorious for Penny Wars 2006.

“We will learn from our successes in 2006 to build an even better Wellness Week for 2007,” Cohen said. “You can count on it.”



European visitors connect with students over history, future of the profession

ATSU recently welcomed two Europeans to the Kirksville campus to build bridges not only between continents but also between American and European forms of osteopathic medicine.

Students, faculty, staff, and alumni gathered in Heritage Hall for a light lunch and presentation February 20 by osteopathic book publisher Christian Hartmann, M.D., and European osteopath Jean Mari Beuckels, D.O.

Dr. Hartmann introduced and signed his latest book on osteopathic history, “An Illustrated Practice of Osteopathy,” which contains images of A.T. Still demonstrating OMM techniques to students circa 1908. Hartmann has published five other books on osteopathic history, including Drs. James and Rene McGovern’s book *Your Healer Within*.

He said he hoped the books will bring a literacy of osteopathic medicine to Europe. Four years ago, Europeans knew little or nothing about osteopathic history, he said. Nowadays, it’s a fast-growing field of medicine, spreading mostly by word-of-mouth and entrepreneurs opening schools of osteopathy.

Following Dr. Hartmann’s presentation, Beuckels took questions from students on the osteopathic education process in Europe. He told students he wanted to “spread



European osteopath Jean Mari Beuckels spoke about the very different form of osteopathic practice that takes place in Europe.

the spirit of Kirksville” and that “it is a privilege for you to study here.”

During Hartmann and Beuckels’ four-day trip, the two also participated in impromptu workshops with ATSU-KCOM students, which they hoped to continue on future visits. The workshops focused on explaining the various osteopathic programs being taught at European schools and showed how a European D.O. would perform a preliminary diagnosis.

Dean Wood announces hiring of Thomas McWilliams, D.O. ATSU-KCOM alumnus will serve as associate dean for proposed medical school in Mesa

Thomas E. McWilliams, D.O., formerly the associate dean at Midwestern University's Arizona College of Osteopathic Medicine (AZCOM), recently was introduced by Doug Wood, D.O., Ph.D., dean of ATSU's proposed medical school, as the new associate dean for the osteopathic school planned for the University's Mesa Campus.

Dr. McWilliams is a third-generation D.O. who received his doctor of osteopathic medicine degree from ATSU's Kirksville College of Osteopathic Medicine in Kirksville, Mo. Dr. McWilliams is also a current student at ATSU, working toward his master of geriatric health (M.G.H.) degree online at ATSU's School of Health Management. He completed a general rotating internship at Tucson General Hospital in Tucson, Arizona, prior to entering the Indian Health Service as one of the first Public Health Service Scholarship recipients. He is

a diplomate of the American Osteopathic Board of Family Physicians and the American Board of Emergency Medicine.

Dr. McWilliams has completed a mini-fellowship in rural medicine at the James H. Quillen College of Medicine in Johnson City, Tenn. His special project involved the creation of the Missouri Rural Region for ATSU-KCOM. He also completed a fellowship and is a charter member of the Institute for National Health Policy and Research with a paper on M.D./D.O. collaborative training for family medicine.

Dr. McWilliams has served as an associate clinical professor for the University of Washington for seven years. He held a variety of faculty



McWILLIAMS

and administrative positions while teaching at ATSU-KCOM for eight years and is currently a clinical professor of emergency medicine/family practice at AZCOM. Dr. McWilliams is an active member in a number of professional associations, including AOA, AOMA, ACOFP, The Society of Teachers of Family Medicine, The Institute for National Health Policy and Research, and the Arizona Rural Health Association.

In addition, Dr. McWilliams has served as an outfitter for wilderness trips in Alaska and as a commercial fisherman and maintains a residence in the Alaskan "bush," 750 miles from the nearest road. He was a founding member of Arizona's first "hot-shot" crew (forest fire control), and worked as a wilderness guard and lookout in Montana. His wife, DeLoss is a professional artist. They have two sons, both of whom are physicians.

Sports concussion conference garners regional media attention

In February, ATSU-Mesa hosted Arizona State University head football coach Dirk Koetter at a conference dedicated to treating concussion in student athletes. Dr. Tamara McLeod, ATC, assistant professor of interdisciplinary health sciences, gave a presentation at the conference. Dr. McLeod also was interviewed by Cox Cable 7 for their "After the Bell" school program. The program targets teachers, administrators, students, and families of Arizona's middle and high schools and is produced in cooperation with the Arizona Interscholastic Association.



StillNews is published by University Relations for students, faculty, staff, and friends of A.T. Still University.

Associate Vice President for University Relations: *Elsie Gaber, Ph.D.*

Design: *University Relations*

Editor: *Joe Vincent*

Printer: *ATSU Printing Services*

Photographer: *ATSU Multimedia*

Contributing Writers: *Rodric Bradford & Kathryn Stoppel*

If you have news to report, please call 660.626.2272 or email jvincent@atsu.edu by April 12, 2006.
A.T. Still University is an equal opportunity/affirmative action employer.

Above & Beyond awards

“The recipients of the Above and Beyond Award should take pride in their selection because they have been identified and appreciated as someone who has shown great compassion and care for others.”

— Ron Gaber, Ed.S., CT, vice president and dean of students, ATSU-KCOM.

Kathy Hall, rotation site coordinator, Genesys WFC Health Center, Flint, Mich. Kathy was nominated by Rita Hindo, MS IV, for her compassion and the wonderful job she does accommodating students on rotations. This is Kathy’s second Above & Beyond Award.

“You really put your heart into helping students who rotate through Genesys Regional Medical Center!” Hindo said.

Dean Maag, assistant director, multimedia. Dean was nominated by Tyler Mork, MS III, for the hours he spends assisting students and always being kind and understanding while doing so. This is Dean’s second Above & Beyond Award.

“Mr. Maag embodies the value of kindness and dili-

gence and is truly the type of person that makes the ATSU-KCOM community something you want to be a part of,” Mork said.

Robert Wood, service worker II, environmental services. Robert was nominated by Jeffrey Wilson, MS II, for his willingness to assist during his own time. His compassion ended up saving a student time and money, and formed a friendship between the two.

Jeffrey said he locked his keys in his car, and Robert spent two hours after work working to help Jeffrey get inside.

George Leydon, MS III. George was nominated by Erica Jacobson and Trish Sexton for his organization and planning of the Hunger Banquet. The banquet raised \$300 for Oxfam America and also coordinated donations to the Central Missouri Food Bank.

Erica and Trish said George worked with a committee and fellow students to raise awareness at ATSU-KCOM and in the Kirksville community about worldwide hunger.



HALL



LEYDON



MAAG



WOOD

Harvard expert visits ATSU

Kenneth Minkoff, M.D., visited ATSU in March to present a lecture on the integrated treatment of Individuals with Co-Occurring Psychiatric and Substance Disorders (ICOPSD). Minkoff visited Kirksville as part of a grant from the Missouri Foundation for Health. His services were part of a collaboration with Mark Twain Area Counseling Center.

Dr. Minkoff is a board-certified psychiatrist with a certificate of additional qualifications in addiction psychiatry. He is a dedicated community psychiatrist and currently is a clinical assistant professor of psychiatry at Harvard Medical School. He is recognized as one of the nation’s leading



experts on integrated treatment of ICOPSD and on the development of integrated systems of care for such individuals.

He was referenced in Substance Abuse and Mental Health Services Administration’s Report to Congress on Co-Occurring Disorders (2002). He has developed an integrated conceptual framework for treatment of Co-Occurring Disorders based on application of a disease and recovery model – with parallel phases of treatment and recovery – for each disorder. He also co-edited, with Robert Drake, M.D., *Dual Diagnosis Major Mental Illness and Substance Disorder*(1991).

2006 Distinguished Service Award

The ATSU Distinguished Service Award committee is now accepting nominations for an employee who displays distinguished service to ATSU. All ATSU employees are invited to submit their nomination for the award. The winner will be presented at the annual Employee Recognition Reception at ATSU's Kirksville campus on April 21, 2006.

The Distinguished Service Award was created to recognize an employee each year who displays distinguished service to ATSU. The employee must have a minimum cumulative service of at least 10 years and may be either hourly or salaried without full-time teaching status. The nominee should exhibit the following qualities: dedication, campuswide leadership, service above self, strong work ethic, and have a positive outlook.

Previous winners of the award include Nancy Parrish, Janet Louder, Sueanna Hannah, Ellis Newcomer, Lori Haxton, Dan Martin, and Bob May.

For a full list of eligible employees or to submit your nomination, please contact Mary Lou Ellyson at ATSU Human Resources at 660.626.2791 or mellyson@atsu.edu.

ATSU-ASHS faculty, alumni collaborate on P.T. research



Deanne Fay, PT, M.S., P.C.S., along with ATSU-ASHS physical therapy alumni Annie Saatdjian, D.P.T., and Emily Vohwinkel, D.P.T., attended the APTA Combined Sections meeting in San Diego, Calif., in February to present their research. The research was done in collaboration with two other ATSU-ASHS alumni, Melissa Hall, D.P.T. and Melinda Murray, D.P.T. The poster highlighted the findings of a two-year study on the effects of infant exercise equipment such as walkers and exersaucers on motor milestone achievement. Pictured are, from left to right, Fay, Vohwinkel, and Saatdjian with their research poster.