

EVMS

MAGAZINE



HOME — OF THE — BRAVE

*Aimee Dinwiddie,
EVMS Physician Assistant
Class of '15, United States
Navy Officer Candidate*

Families are our specialty.



EVMS

**FAMILY AND
COMMUNITY
MEDICINE**

A Clinical Practice of EVMS Medical Group

Our commitment to health promotion and disease prevention for all ages is reflected in our practices receiving a Level 3 Certification, the highest level, as a Patient-Centered Medical Home (PCMH) from the National Committee for Quality Assurance. Our physicians train resident physicians, health professionals and students at EVMS as an extension of our practice. This integration sharpens our focus on patient-centered care and provides an academic advantage unique for our practices.

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upcoming events

Feb. 13-March 31

Liberty Tax Challenge

When you give, they give. For every gift made to the EVMS Fund during this time, Liberty Tax Service will contribute another \$100 — up to \$25,000.

March 20

Match Day

Aspiring physicians throughout the U.S. — including from EVMS — will learn where they will spend the next three to seven years training in their medical specialty.

April 20

Mike Cavish Golf Tournament & Dinner

Each year, the Mike Cavish Golf Tournament is held in tribute to the late Mike Cavish, restaurateur and Ghent community advocate. Visit evms.edu/cavish to register.

May 16

Commencement

The EVMS graduation ceremony beings at 10 a.m. at Norfolk Scope. Related events, including the military commissioning ceremony, white coat ceremonies and receptions, take place earlier in the week. For details, visit evms.edu/commencement.



14

Meet some of tomorrow's medical and health professionals.



18

Surprise simulations have proven to be a valuable way for hospital staffs to hone their skills.



24

Located near the world's largest naval base, EVMS enjoys strong ties to the military.

features

14 Meet the future

Tomorrow's medical and health professionals are now in training. Meet a sampling of students and residents from the 2014 entering class.

18 This is not a drill. Or is it?

Surprise simulations combine technology and team skills to prepare responders for the next hospital emergency.

24 Home of the brave

Learn more about the significant ties between EVMS and the U.S. military.

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OUR VISION: Eastern Virginia Medical School will be recognized as the most community-oriented school of medicine and health professions in the United States.



departments

6 Vital Stats

Research at EVMS

7 News + Notes

Gift supports study of medical Spanish Cardiologist is national leader Interim Chair joins Neurology Ultrasound expert publishes new book Faculty and staff honored Alumnus leads national organization Diabetes awareness campaign 2014 EVMS website adopts responsive design Trial combines contraceptive and HIV protection Art show is "Reflection on the Human Condition" EVMS students assist local youth Researchers study new melanoma treatment Examining likely trigger in spread of cancer

28 Alumni Connections

Grateful PA alum returns the favor MD reunion Enjoying the EVMS wine chalet Class notes Save the date

30 Your Support

Chidester family endows emergency medicine chair Obici Foundation supports diabetes care in Western Tidewater Faculty and staff are generous supporters Appreciating our donors Annual report to our philanthropists

33 To Your Health

Continuity of care is top priority at Portsmouth Family Medicine

34 In Focus

Finding a mentor Mansbach Lecture Celebrating PA week Haunted Hallway Inaugural D'Amato lecture Research Day Celebrating PA week Visitors from Canada

PRESIDENT AND PROVOST OF EVMS, DEAN OF THE SCHOOL OF MEDICINE

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For more than 40 years, we've been proud to say that EVMS was founded by the community, for the community. When it comes to what makes up a community, nowhere does the military play a more integral role than in Hampton Roads.

Today, our commitment to diversity includes a focus on the military and has led us to forge new connections with our military colleagues, to the benefit of EVMS students, patients and the overall health of our region. In the feature story on page 14, learn more about how EVMS is putting out the welcome mat for the military.

Another innovative collaboration involves our campus partners. EVMS — long known as a leader in modeling and simulation — is working with Children's Hospital of The King's Daughters and Sentara Norfolk General Hospital on a program of surprise emergency drills. These mock-codes, as they are called, rely on our simulated "patients" in the form of manikins to help the hospitals' code-response teams hone their skills. See page 18 for the details.

With the first semester behind them, EVMS' newest students have learned a little about what their short-term future holds. On page 24, you can learn a little about four of these students whose paths to EVMS took a few twists and turns.

The stories in this issue about our service-focused students and expanding partnerships exemplify our efforts to be the most community-oriented school of medicine and health professions in the nation. Thank you for your steadfast support as we strive to achieve that vision.

Sincerely,

Richard V. Homan, MD

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Research at EVMS



More than **100** faculty members are engaged in basic or clinical research.

Annual research funding at EVMS: **\$44** million



During the 2014 fiscal year, EVMS faculty members authored **765** journal articles, books and chapters.



EVMS discoveries spawned the creation of **18** spin-off companies.

Active research grants and contracts: **347**



Patents pending or awarded for EVMS research: **67**



10 products on the market stem from EVMS technology.

Batten Fund gift establishes medical Spanish program

A gift of nearly \$450,000 from the Batten Educational Achievement Fund of the Hampton Roads Community Foundation will soon make EVMS the region's source for certification in medical Spanish. The gift established the Spanish Bilingual Clinician Certificate & Longitudinal Service Learning Program, incorporating curriculum recognized by the National Institutes of Health.

"This program will enable EVMS to work collaboratively with area health-care providers to improve the delivery of compassionate care to Hampton Roads' Spanish-speaking community," says Cynthia Romero, MD (MD '93), Director of the EVMS M. Foscue Brock Institute for Community and Global Health. "It will also provide EVMS graduates with a new skill set to make them more competitive in matching for residencies and advancing their careers."

Through the program's service-learning component, EVMS students eventually will perform rotations with Spanish-speaking physicians; visit areas with high concentrations of people who speak Spanish; and take part in a clinical Spanish immersion rotation for a capstone project.

Timothy Adamos, MD Class of 2018, is one of 20 first-year medical students selected for the service-learning component. Mr. Adamos majored in Spanish at Virginia Tech because he plans to use it in his future practice as a physician. "This program presented a great opportunity to broaden my knowledge and comfort with Spanish in



"This program will enable EVMS to work collaboratively with area health-care providers to improve the delivery of compassionate care to Hampton Roads' Spanish-speaking community."

CYNTHIA ROMERO, MD (MD '93), DIRECTOR OF THE
EVMS M. FOSCUER BROCK INSTITUTE FOR COMMUNITY AND GLOBAL HEALTH

a medical context," he says, "and it will help me gain experience with Spanish-speaking patients."

The program also offers a clinician certificate in medical Spanish, which will help Laura Menzel, MD Class of 2017, achieve her goal of providing medical care to the underserved. "I want to increase my ability to reach

more patients and provide quality care," she says.

OB/GYN resident Ibrahim Hammad, MD, is also pursuing the certificate. "As health-care providers," he says, "we will certainly encounter patients who speak Spanish. It's our duty to provide the best treatment, and this starts by being able to communicate with them." □



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Dr. Brush named to national cardiology board

John Brush Jr., MD, Professor of Internal Medicine and Chief of Cardiology, has been named to a leadership role with the American Board of Internal Medicine.



John Brush Jr., MD

Dr. Brush is among the first group of physicians chosen for leadership positions since the organization established sub-specialty boards. He was named to the Cardiology Board.

The American College of Cardiology (ACC) recommended him for the position. He has been involved with the ACC for 15 years and is currently a member of the Board of Trustees.

“Many of the people I interact with are phenomenal people,” he says. “It’s a privilege to be on these boards. It’s a real honor but also it helps you grow as a professional.”

Though he has a busy clinical practice with Sentara Cardiology Specialists, Dr. Brush is constantly teaching. He is accompanied by an internal medicine resident each month, and medical students work with him on an elective basis. He also lectures to second- and third-year medical students.

Dr. Brush has an interest in how doctors think and how they make clinical decisions. He recently published the book, “The Science of the Art of Medicine.”

“I’m hoping I can influence the board to have a focus on clinical reasoning,” Dr. Brush says, “not just the content of medicine but the ‘how’ of how we do it.” □

Daniel Cohen named Interim Chair of Neurology

Daniel Cohen, MD, a physician with Sentara Neurology Specialists and Director of Cognitive Neurology, has been appointed Interim Chair of Neurology at EVMS.

Dr. Cohen is not new to EVMS. He has been the Director of the Neuropsychiatry Clerkship for third-year medical students since the clerkship’s inception in 2012. Dr. Cohen assumed the role as Interim Clinical Chief of Neurology for Sentara Medical Group following the departure of Richard Zweifler, MD, in July 2014.

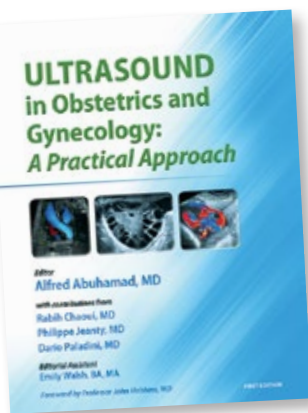
Dr. Cohen received his medical degree from the University of Florida and completed his residency in neurology and a fellowship in cognitive neurology and neurophysiology with concentration in sleep medicine at Beth Israel Deaconess Medical Center/Harvard Medical School. He completed a research fellowship in sleep and circadian neurobiology at Brigham & Women’s Hospital. He is board certified in behavioral neurology and sleep medicine.

Dr. Cohen previously served as a staff neurologist at Beth Israel Deaconess and Assistant Professor of Neurology at Harvard Medical School. His research interests have focused on the interface between sleep and cognition, including work on sleep-dependent memory consolidation and the effects of sleep loss and circadian misalignment on neurobehavioral performance. □



Daniel Cohen, MD

Dr. Abuhamad authors ultrasound ebook



Alfred Abuhamad, MD, an expert in medical ultrasound, is editor of the new ebook *Ultrasound in Obstetrics and Gynecology: A Practical Approach*.

Written for medical students, residents, faculty and sonographers around the world, the book is available to download for free through the EVMS website. The ebook covers basic and advanced ultrasound imaging in obstetrics and gynecology and will be translated into three languages other than English, according to Dr. Abuhamad, the Mason C. Andrews Chair in Obstetrics and Gynecology and Professor and Chair of Obstetrics and Gynecology.

Reviews of the book have been positive. John Hobbins, MD, Chief of Obstetrics and Director of the Prenatal Diagnosis and Genetics Center at the University of Colorado Health Sciences Center, says the ebook contains the best images that he had seen in any published book. Dr. Hobbins is widely recognized as a pioneer in the development and use of obstetrical ultrasound as a diagnostic tool. □



Faculty and staff honored

EVMS recognized faculty and staff at the annual Service and Recognition Awards Ceremony Nov. 13 at the Norfolk Waterside Marriott.

The school spotlighted employees who observed a work anniversary marked in five-year increments in 2014, including two who achieved 40 years of continuous service. They were Tapan Chaudhuri, MD, Professor of Radiology; and Carrie Johnson, with EVMS Medical Group information systems.

Honorees for this year's Staff Achievement Awards were:

- Melissa Lang, Staff Award for Community Service
- Kimberly Barker, Staff Award for Collegiality
- Joel Rydel, Staff Award for Excellence
- Kelly Rodeheaver, Staff Award for Outstanding Achievement
- Hunter Nye, Staff Award for Rising Star
- Cynthia Lewis, Staff Award for Integrity

Honorees for the Faculty Achievement Awards were:

- Laurie Wellman, PhD, Faculty Award for Rising Star
- Thomas Lynch, PharmD, Faculty Award for Achievement in Teaching in the Basic Sciences



Faculty (top) and staff (above) award winners at the annual event.

- Terri Babineau, MD (MD '90), Faculty Award for Achievement in Teaching in the Clinical Sciences
- Stephen Deutsch, MD, PhD, Faculty Award for Achievement in Research
- Christine Matson, MD, Faculty Award for Dean's Outstanding Faculty

Honorees for this year's Philanthropy Champion Awards were:

- Joseph Aloï, MD, Faculty Philanthropy Champion Award
- Jane Storer, Staff Philanthropy Champion Award □



Go to evms.edu/magazine for more photos from the event.

Dr. Counselman serving as President of American Board of Emergency Medicine

Francis Counselman, MD (MD '83, Emergency Medicine Residency '86), the EVMS Foundation Distinguished Professor in Emergency Medicine and Chair and Professor of Emergency Medicine, is serving a one-year term as President of the American Board of Emergency Medicine (ABEM). The board, a nonprofit certification body, focuses on ensuring that emergency physicians

meet rigorous educational and professional standards. It has certified more than 31,000 physicians in the U.S.

"I am very humbled and proud to serve as the ABEM President this year," Dr. Counselman says. "This organization and all its diplomats work extremely hard to provide the highest quality of patient care in emergency departments every day." □



Francis Counselman, MD

Hard-hitting hockey benefits diabetes research

Once again, EVMS teamed up with the Norfolk Admirals for an exciting night of hard-hitting hockey all in the name of diabetes awareness. The team took on the Binghamton Senators on Nov. 15 at Norfolk Scope Arena.



Throughout National Diabetes Month — observed each November — EVMS again took to the streets to educate the residents of Hampton Roads about the debilitating complications of the disease. Sidewalk decals with tips for lowering your risk of developing diabetes were seen all over Norfolk, Virginia Beach, Portsmouth, Chesapeake and Suffolk.

Read the tips and learn more about diabetes at evms.edu/diabetesrisk. □



EVMS' website easier to navigate on mobile, tablet devices

Visitors to evms.edu will find the site easier to navigate no matter what device they are using thanks to a responsive design revamp. Responsive web design adapts the page layout to the capabilities of the device the page is being viewed on. This helps minimize scrolling, panning and resizing. Users can easily access all of the website's features regardless of whether they are on a mobile device, tablet or desktop computer.

The responsive design overhaul also included similar changes to the school's Intranet, myportal.evms.edu. □

CONRAD launches first study of combo contraceptive/HIV prevention

CONRAD, a leading nonprofit reproductive health program at EVMS, has launched the first-ever study testing an intravaginal ring engineered to provide contraception, as well as reduce HIV and herpes infections.

This study, funded by the U.S. Agency for International Development and the U.S. President's Emergency Plan for AIDS Relief, examines a multipurpose prevention technology ring that contains tenofovir, an antiretroviral that has the potential to prevent HIV replication in susceptible cells and protect against HSV-2 (herpes) infection, plus levonorgestrel, an established hormonal contraceptive.

CONRAD is a division of Obstetrics and Gynecology at EVMS in Norfolk, where it has laboratories and a clinical research center.

A total of 50 women at EVMS and at Profamilia, a clinical site in the Dominican Republic, are currently being enrolled and randomly assigned to three different groups: one group will use the ring containing tenofovir plus levonorgestrel,

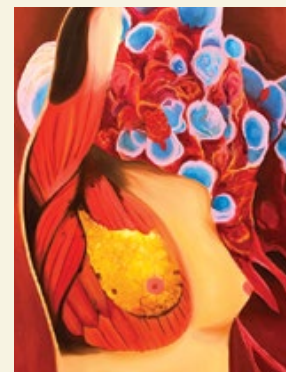
another group will use a ring containing tenofovir only, and a third group will use a placebo ring. The active product rings are designed to be flexible and release a steady amount of medication effective for up to three months. Each woman will participate in the study for approximately two to three months, and use her assigned ring for up to three weeks.

"Despite the successes the HIV prevention world has seen over the past several years, there remains an urgent need for new methods of HIV prevention in the developing world, particularly in sub-Saharan Africa, where single women under 25 are at high risk of becoming infected, but at the same time the least likely to use some form of protection like condoms or a daily pill," says CONRAD Scientific and Executive Director Gustavo Doncel, PhD, MD. "An MPT ring that offers contraception, HIV and herpes protection, is woman-initiated, and potentially effective for up to 90 days would be a game changer for the reproductive health of women around the world." □



Interdisciplinary art show held

The Graduate Art Therapy and Counseling Program hosted an interdisciplinary art show Sept. 18 themed “Reflection on the Human Condition.” The show featured 20 submissions from medical and health professions students. Art therapy students Lauren Caraotta and Josephine Stromsmeth earned the Best in Show and People’s Choice awards, respectively.



Research reinforces link between increase in teen driver crashes and early high-school start times

A new study adds further evidence that early high-school start times can be problematic for teen drivers.

In the second study of its type, researchers from EVMS, Old Dominion University and Virginia Commonwealth University compared auto crash rates over two years in Chesterfield and Henrico counties. The adjoining counties in Central Virginia begin their high-school classes nearly one and a half hours apart.

Chesterfield County, where schools begin at 7:20 a.m., had a significantly higher rate of crashes among teen drivers than did teens in Henrico County where high schools begin at 8:45 a.m.

There was no discernable difference in congestion or crash rates among adult drivers in the two jurisdictions.

The findings closely resemble those from a 2011 study of teen drivers in Chesapeake and Virginia Beach.

Robert Vorona, MD, a sleep specialist and Associate Professor of Internal Medicine at EVMS, was principal investigator and lead author on both studies. The latest study will appear in the Nov. 15 issue of *Journal of Clinical Sleep Medicine*.

“More and more data suggest that insufficient sleep is common in our teens and that early high-school start times contribute to teens’ reduced sleep,” Dr. Vorona says. □



EVMS students give back through Young At Heart

In August 2014, incoming EVMS students spent a Saturday morning volunteering at a Norfolk's P. B. Young Sr. Elementary School. It was their second day of orientation and they were taking part in EVMS' inaugural Community Impact Day.

For some of those students, it was just the beginning.

A few months later, 73 EVMS students completed two days of training for a new outreach program serving P. B. Young students called Young At Heart. During the Saturday morning program, developed collaboratively by EVMS students and P. B. Young administrators, EVMS students help fourth- and fifth-graders improve their writing skills.

P. B. Young serves Norfolk's poorest neighborhood, Young Terrace, which is among the poorest 1 percent of U.S. communities. Alana Balthazar, EdD, was its principal when the program was established.

"This partnership is powerful," Dr. Balthazar says. "We saw a definite improvement in writing skills as the result of this intervention. P. B. Young students relate to the EVMS volunteers because they're students, too." More than 80 P.B. Young students attended the Saturday morning sessions.

"When we started the program," says co-founder Joi Phillips, MD Class of 2017, "we really wanted to provide EVMS students an opportunity to give back and see how people live who may be from a different background — a perspective that will be important for relating to patients in the coming years."

Another aspect of Young At Heart exposes the elementary students to new activities, such as Zumba and music. "These enrichment activities sparked curiosity and imagination in our students," Dr. Balthazar says. "They also expanded our students' vocabulary."

Young At Heart co-founder Amy Rogers, MD Class of 2017, says the program is the most refreshing part of her week. "Walking into the school to see the kids smiling is the perfect reminder that real impacts start with relationships." □



EVMS students developed a Saturday-morning program at P.B. Young Sr. Elementary School to help fourth- and fifth-graders with their writing skills.

EVMS among partners studying new treatment for malignant melanoma

Researchers at Old Dominion University, EVMS and biomedical research firm OncoSec Medical, Inc., have received a \$585,000 grant from the Virginia Biosciences Health Research Corporation to study a novel gene therapy approach in the treatment of malignant melanoma.

The deadliest form of skin cancer, malignant melanoma will be diagnosed in an estimated 75,000 new patients in 2014, with 20 percent of diagnoses resulting in metastatic spread. Treatment advances have improved overall survival of malignant melanoma. However, the immunotherapy used in treatment — ipilimumab — has proven to be toxic and financially restrictive for patients, health-care providers and insurers.

The ODU-EVMS-OncoSec study includes an approach for controlled delivery of plasmid DNA that can stimulate an anti-tumor response with minimal toxicity. The approach utilizes pulse electric fields to deliver the immunotherapy directly to the melanoma cells. This localized delivery generates responses both in treated and untreated sites, indicating that anti-tumor immune responses are present. And since it is localized, toxicities that typically occur with systemic doses of the therapy are minimized.

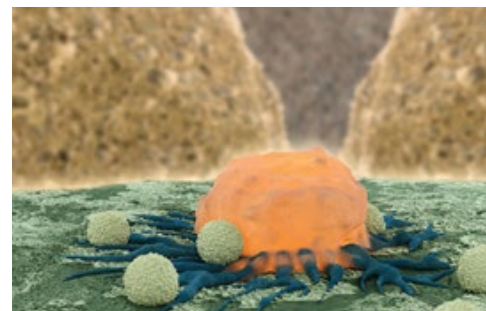
The study brings together expertise from ODU's Frank Reidy Research Center for Bioelectrics, EVMS' Leroy T. Canoles Jr. Cancer Research Center and OncoSec Medical. Each partner contributes expertise that is critical to the success of the proposed study.

The ODU-EVMS-OncoSec study includes an approach for controlled delivery of plasmid DNA that can stimulate an anti-tumor response with minimal toxicity. The approach utilizes pulse electric fields to deliver the immunotherapy directly to the melanoma cells.

to move the project forward and has experience with the technology, having conducted two clinical trials using this therapeutic approach.

EVMS' team, led by O. John Semmes, PhD, the Anthem Distinguished Professor for Cancer Research and director of the Leroy T. Canoles Jr. Cancer Research Center, is applying its expertise in proteomics to identify a biomarker — a protein signature of a specific biological process — that will indicate the presence and extent of the body's response to the IL-12 therapy. This insight will guide efforts to determine the dosing strategy that elicits the most effective anti-tumor response with the fewest undesirable side effects.

"We want to identify a panel of proteins that will inform us a strong IL-12 response has been generated," Dr. Semmes says. "Once we have that, we can begin to optimize the drug delivery to achieve the best response in humans." □



Scientists seeking to understand likely trigger in cancer spread

Researchers in the EVMS' Leroy T. Canoles Jr. Cancer Research Center are developing a deeper understanding of how a signalling hub within cells can be targeted to better manage aggressive cancers.

"We're trying to find a way to control the end-stage, locally advanced and metastatic disease," says Amy Tang, PhD, Associate Professor of Microbiology and Molecular Cell Biology and a member of the EVMS Leroy T. Canoles Jr. Cancer Research Center.

Specifically, her lab's work focuses on a signalling hub in the K-RAS pathway, which drives aggressive tumor growth and rapid cancer metastasis. In terminal cancer that has spread, this signalling pathway is running out of control and driving cancer cells to multiply rapidly in the liver, lung, brain and bone.

"Its like a car with the gas pedal stuck," Dr. Tang says. "If you have a brake pedal, you can still control it. But with end-stage metastatic cancer, you have no brakes."

Precisely identifying how to control this hub would allow researchers to develop treatments to slow cancer metastasis. The prime candidate in their hunt is the SIAH PD (proteolysis-deficient) molecule. In research presented at the American College of Surgeons' annual Clinical Congress, Dr. Tang's team reported that blocking SIAH function brought cancer growth under control in laboratory tests. The next step is testing human cells to see if they respond the same way. If successful, treatments that target the SIAH hub could offer hope for patients with relapsed, treatment-resistant and metastatic cancers. □

MEET THE

Tomorrow's medical and health professionals are now in training. Meet a sampling of students and residents from the 2014 entering class



"My goal is to get as many tools as I can to help my clients."

Vicky Greene

EXPANDING HER TOOL KIT WITH ART THERAPY

ART THERAPY AND COUNSELING CLASS OF 2016

Vicky Greene has a knack for doing things in pairs — undergraduate double majors in computer information and sociology, tandem master's degrees in clinical psychology and counseling, twin 11-year-olds, Jameel and Jamari.

Ms. Greene isn't finished.

She's enrolled in the EVMS Graduate Art Therapy and Counseling Program, which combines two professional fields.

She also recently finished an associate's degree in photography at Tidewater Community College and works part time, in addition to being a wife and mother. She and her husband, Jarrod Greene Sr., also have another child, son Jarrod Jr., 17.

"I'm very determined to better myself personally and professionally, especially if it's something to help improve other people's lives," says Ms. Greene, who works part time as a mental-health clinician for Virginia Beach's crisis management unit. "When I'm interested in something, I go all in."

Ms. Greene, 40, a former Navy storekeeper, studied computer information systems after leaving the military. But she changed career goals because she "wanted to help people in a different way."

Finding her way into counseling and earning her two master's degrees, Ms. Greene considered getting a doctorate. At about the same time, she was experimenting with having clients make collages out of magazine pictures as a way to express their emotions.

She stumbled across information about EVMS' art therapy and counseling program online and was immediately interested. But to qualify for admission, Ms. Greene needed to bolster her arts background. So, she earned an associate's degree in photography at TCC. "It was intimidating to go to art classes, but this is what I needed to do to help people," she says.

She believes her training in art therapy will help her better relate to her patients.

"My goal is to get as many tools as I can to help my clients," Ms. Greene says.

She grew up in a single-parent household in Montgomery, Ala., and watched her mother and grandmother help others despite their own struggles. "They were my mentors," she says.

Ms. Greene takes an optimistic view of life and does the best she can to improve the world around her.

"I've learned that it's not just about making a living," she says. "I want to make an impact."

FUTURE

"That patient-physician relationship is one of the most important things about medicine."

Tyler Simpson

BENEFICIARY OF THE "POWER OF MEDICINE"

**MEDICAL DOCTOR
CLASS OF 2018**

Tyler Simpson dressed as Batman for the EVMS Haunted Hallway event last fall, but he doesn't need a Bat-Signal to spring into action, especially for volunteer work. The first-year medical student has taken to heart the school's community-oriented mission.

Mr. Simpson dedicates more than 24 hours per semester to helping low-income children with writing skills, nutrition awareness and other positive activities through the EVMS Young at Heart program. He also assists with HOPES, the EVMS student-run free clinic.

"It's nice to get outside the classroom like this," he explains. "It's the reason we got into medicine in the first place, to help other people and future generations."

For Mr. Simpson, volunteering also has become a way to express his deepened appreciation for life since surviving a near-tragic diving accident during the summer of 2009 after his freshman year at James Madison University. Mr. Simpson was paralyzed from the neck down after breaking his fourth cervical vertebrae when he dived from a boat into shallow waters off Virginia's Eastern Shore.

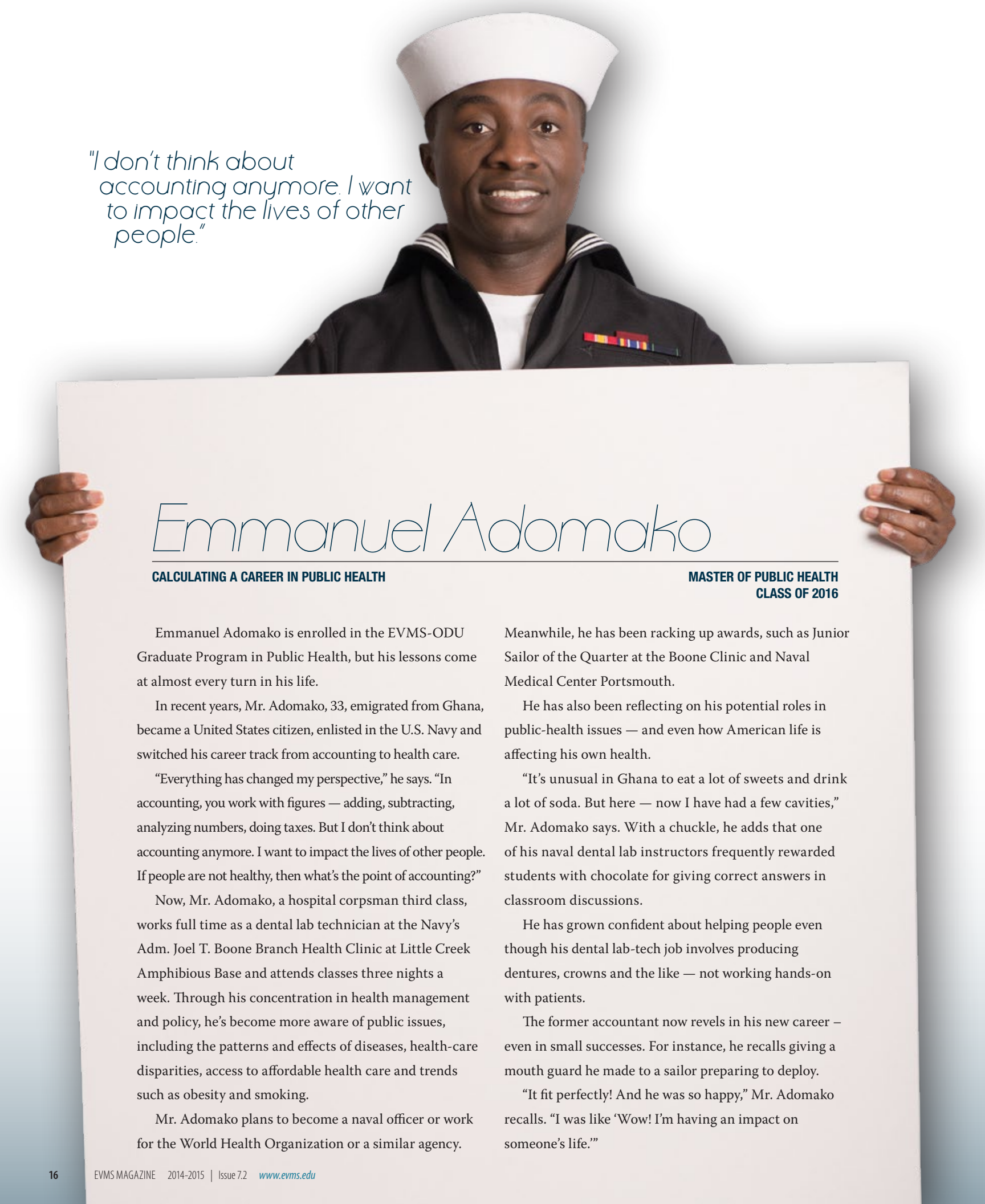
His recovery, he says, had to do with a quick-thinking friend, who happened to be a medical

student. The friend turned the injured Mr. Simpson face up in the water and then floated him to shore instead of trying to hoist him into the boat, a maneuver that could have resulted in greater injury.

When Mr. Simpson returned to his undergraduate studies, he had solidified his thoughts about becoming a medical doctor and also began looking for more ways to help others as a volunteer. The accident and recovery "fueled my aspiration to become a physician. I got to witness the power of medicine, the power of healing. It changed my perspective, and I matured."

He returned to JMU and attained certification as an emergency medical technician. Later, he volunteered with a local rescue squad and worked as a medical scribe — a job he still performs part time — and earned a master's in biomedical sciences from EVMS.

Mr. Simpson is undecided about his medical specialty. But whatever specialty he chooses, he says, he wants "to have a career that involves a lot of procedures and a lot of hands-on time with my patients. That patient-physician relationship is one of the most important things about medicine — being able to relate to and communicate with your patients."



"I don't think about accounting anymore. I want to impact the lives of other people."

Emmanuel Adomako

CALCULATING A CAREER IN PUBLIC HEALTH

**MASTER OF PUBLIC HEALTH
CLASS OF 2016**

Emmanuel Adomako is enrolled in the EVMS-ODU Graduate Program in Public Health, but his lessons come at almost every turn in his life.

In recent years, Mr. Adomako, 33, emigrated from Ghana, became a United States citizen, enlisted in the U.S. Navy and switched his career track from accounting to health care.

"Everything has changed my perspective," he says. "In accounting, you work with figures — adding, subtracting, analyzing numbers, doing taxes. But I don't think about accounting anymore. I want to impact the lives of other people. If people are not healthy, then what's the point of accounting?"

Now, Mr. Adomako, a hospital corpsman third class, works full time as a dental lab technician at the Navy's Adm. Joel T. Boone Branch Health Clinic at Little Creek Amphibious Base and attends classes three nights a week. Through his concentration in health management and policy, he's become more aware of public issues, including the patterns and effects of diseases, health-care disparities, access to affordable health care and trends such as obesity and smoking.

Mr. Adomako plans to become a naval officer or work for the World Health Organization or a similar agency.

Meanwhile, he has been racking up awards, such as Junior Sailor of the Quarter at the Boone Clinic and Naval Medical Center Portsmouth.

He has also been reflecting on his potential roles in public-health issues — and even how American life is affecting his own health.

"It's unusual in Ghana to eat a lot of sweets and drink a lot of soda. But here — now I have had a few cavities," Mr. Adomako says. With a chuckle, he adds that one of his naval dental lab instructors frequently rewarded students with chocolate for giving correct answers in classroom discussions.

He has grown confident about helping people even though his dental lab-tech job involves producing dentures, crowns and the like — not working hands-on with patients.

The former accountant now revels in his new career — even in small successes. For instance, he recalls giving a mouth guard he made to a sailor preparing to deploy.

"It fit perfectly! And he was so happy," Mr. Adomako recalls. "I was like 'Wow! I'm having an impact on someone's life.'"

"There are a lot of aspects to emergency medicine and that just fits my personality. I'm a hands-on guy."

Brandon Dupont

A SHORTSTOP IN THE GAME OF LIFE

**EMERGENCY MEDICINE RESIDENCY
CLASS OF 2017**

If you can picture a baseball shortstop diving for a groundball to stop a run, then you can understand why emergency medicine appeals to first-year resident Brandon Dupont.

The shortstop, often the most nimble athlete on the field, must range far to the right or left to chase down a baseball, scramble to his feet to throw to first, time his leap to snag a line drive or dance away from a runner while turning a double play.

"There are a lot of aspects to emergency medicine and that just fits my personality. I'm a hands-on guy," says Dr. Dupont, who just happened to play shortstop for Rayville High School in Louisiana. "In the emergency room, you always have to be on your toes. Anything could happen. You always have to be prepared."

Dr. Dupont, 27, has been turned on by the idea of becoming a doctor since the fourth grade when he bought "The Human Body Book" by Steve Parker at a school book fair. But he didn't know what field of medicine he'd pursue until taking a rotation in an emergency department during his third year in medical school at Louisiana State University.

"I just feel in love with emergency medicine. I really felt that was what I was called to do," Dr. Dupont recalls.

"The breadth of knowledge you have to know is just so wide," he says. "You have to know about the 6-day-

old, the 6-month-old, the 6-year-old, all the way up to the 26-year-old to the 60-year-old to the 96-year-old. I wanted to be able to handle any situation that came my way."

Dr. Dupont is pleased with the opportunities offered through the EVMS emergency medicine program, including the opportunity to work in urban and suburban settings.

"You get the full spectrum of what it's like to practice in different emergency departments that are out there," he says.

Dr. Dupont's enthusiasm for new experiences also factored into his coming to EVMS. After 26 years in Louisiana, he was ready to try living in another part of the country, especially along the East Coast.

Here, he envisions his home in Norfolk's rejuvenated Ocean View community as a base for exploring the Chesapeake Bay, Shenandoah Mountains and other corners of the commonwealth for kayaking, canoeing, hiking, camping and many more activities.

He relies on sports and recreation to help him relieve the stress from working in emergency situations.

"Emergency medicine has a high burnout rate," Dr. Dupont says. "This program makes us aware of that and not be blindsided by it."

THIS IS NOT A DRILL.

OR IS IT?

Surprise simulations combine technology and team skills to prepare responders for the next hospital emergency



1. PREP

A voice booms over the loudspeaker: “Code Blue. Fourth Floor. NICU waiting room.” Suddenly, the room is abuzz as the medical team bursts onto the scene and springs to action. A moment of hesitation. But that’s not trepidation — just the realization that this is a drill or what is commonly referred to as a mock-code.

Despite the fact that it’s just a manikin lying on the floor — seemingly unconscious and unresponsive — the responders quickly get to work resuscitating the “patient” as more code-response team members arrive. For all intents and purposes, this is a real patient.

“We’re definitely not fooling anybody. When they come in and get to the bedside and see the simulator, they know it’s a mock-code,” says Geoff Miller, Director of Simulation Technology and Research at Sentara Center for Simulation and Immersive Learning at EVMS and Associate Director of the Simulation in Medical Education Fellowship. “And that’s part of the construct that is medical simulation. It’s not the real thing, but we create enough realism for teams to respond to the incident as they normally would.”

Mr. Miller, along with Joel Clingenpeel, MD, MPH (MD ’98), Associate Professor of Pediatrics and Director of the Simulation in Medical Education Fellowship, and Dana Ramirez, MD (MD ’98), Assistant Professor of Pediatrics and the Pediatrics Residency Director, started these mock-code simulations in collaboration with Children’s Hospital of The King’s Daughters (CHKD) to provide a rigorous evaluation of how a team of health-care professionals responds to a critical event. A code — often designated by a color — alerts hospital staff to a particular type of emergency and conveys critical information quickly, so the proper team can assemble.

But why fake an emergency? The answer is twofold: practice and teamwork. Both can help reduce delays, diminish errors and increase confidence and comfort levels of providers, resulting in more efficient and effective patient care and safety.

After completing a fellowship in EVMS’ pediatric emergency medicine program at CHKD



2. DRILL

“Every time we do a mock code, we use a component of team skills.”

KELLIE WILLIAMS, MD,
SIMULATION IN MEDICAL EDUCATION FELLOW

where she took part in occasional mock codes, Kellie Williams, MD, became the first participant in EVMS’ Simulation in Medical Education Fellowship. This allowed her to combine her clinical training with her background in medical education. Now, part of her job includes working with EVMS’ pediatrics residency program to create a curriculum that emphasizes team skills, using mock codes as a basis.

“Every time we do a mock code,” Dr. Williams says, “we use a component of team skills — like communication, leadership, situational awareness, mutual support and

team structure — and we look at those, along with the clinical aspect of it.”

Dr. Williams hopes the mock codes can be repurposed year after year to help improve the team skills of not only residents, but also the code-response team as a whole. “If you don’t practice it and revisit these skills often, you are going to forget about it,” she says.

The code-response team — which includes physicians, residents, nurses, respiratory therapists, EMTs, pharmacists, managers, techs and security from departments across CHKD — participates in the drills just as they would in real situations. “You can almost think of them as a 9-1-1 system inside the hospital,” Mr. Miller says. “They are trained a little bit differently in terms of their specialties to handle acute or life-threatening events.”



3. EVALUATION

To keep the code-response team sharp, the drills take place once a month at random. The responders never know whether a code is real until they arrive at the scene.

“Since we are all working together, we should practice together,” says nurse Stacy Leigh, MS, RNC, Resuscitation Education Coordinator at CHKD. “The goal is to perfect our practice so that when performance is required, it’s already a well-oiled machine.”

The mock-code coordinators often base their drills on patient cases, Ms. Leigh says. But they also occasionally create scenarios outside the typical codes — such as an adult patient experiencing respiratory distress in a children’s hospital. The coordinators take a back seat during the mock code itself to observe and note the response team’s actions and interactions.

Once the drill is complete, which usually

takes 10-15 minutes, the responders and coordinators assemble to debrief. “We are not necessarily recalling what happened, but why it happened,” Mr. Miller says. “We go over what went well and what practices we want to carry forward. Then we discuss things we can improve on in the future.”

The larger group then breaks off into subgroups — clinicians meet with clinicians, nurses meet with nurses, pharmacy staff meets with pharmacy staff, etc. — to address specific clinical-care concerns in their areas of expertise. Then, the entire group reconvenes to discuss subgroup findings and to determine if an

“The goal is to perfect our practice so that when performance is required, it’s already a well-oiled machine.”

STACY LEIGH, MS, RNC,
RESUSCITATION EDUCATION COORDINATOR AT CHKD



4. DEBRIEF

“ We express any concerns in a way that is positive and productive for teams. ”

Geoff Miller,
Director of Simulation
Technology and Research

element of effective teamwork could have mitigated any of the issues.

“We express any concerns in a way that is positive and productive for teams,” Mr. Miller says. “The idea being that there are no clinical problems

that don’t relate to some sort of team-building skill, and so far we’ve found that to be 100 percent true.

“Most people like to couch a clinical problem as a clinical

problem, but with most of the issues we’ve seen, had we enacted some sort of teamwork skill, the problem probably could have been avoided.”

The program at CHKD has been so well received that the coordinators are looking for opportunities to integrate the team-based

concepts outside of mock codes. “The nice thing about this effort is that this type of training is not exclusive to resuscitation,” Ms. Leigh says. “It can be employed in all sorts of work environments. These techniques are universal in application, and as the concepts become more familiar, they can be practiced hospital-wide.”

EVMS simulation experts are in the early stages of implementing a similar program at Sentara Norfolk General Hospital, thanks to a generous gift from Mark Greenspan, MD, Associate Professor of Surgery, and his wife Betty Greenspan.

They established the Greenspan Education Fund, which will be used to enhance the simulation curriculum for fourth-year EVMS medical students and surgical residents. It also will support surgical education projects at Sentara Norfolk General Hospital. □



MEET THE PATIENTS

The experts at the Sentara Center for Simulation and Immersive Learning at EVMS rely on a family of manikins, or patient simulators. Depending on the training scenario, they have adult men and women, pregnant women, children, babies and even newborn manikins to use.

These life-like robots, manufactured by Laerdal, have the ability to breathe, talk, cry, bleed, convulse and go into cardiac arrest, says Andrew Cross, Associate Director of Simulation Technology, all while recording

and providing valuable data that is used to evaluate the code response team. Controlled by a computer, the manikins have sensors built inside to track how the team or provider is performing.

“The manikins are very good at simulating the abnormal findings and allowing people to practice the more invasive procedures like CPR, intubation and starting IV lines. You know, all of those kinds of things that we can’t pay our standardized patients enough to do,” Mr. Cross quips. □



HOME OF 1

EVMS is putting out the welco

Since its founding in 1973, EVMS has had strong ties to the military. That's no surprise considering the city that EVMS calls home is also home to the world's largest naval base and other armed forces.

But in recent years, this relationship between the school and the military has intensified. Instead of the connections being an accidental byproduct of the school's

location, they're being measured, fostered and expanded with more intention, according to Mekbib Gemeda, Vice President of Diversity and Inclusion.

"Our goal is to be the most community-oriented school of medicine and health professions in the country," Mr. Gemeda says. "Our community happens to have one of the country's largest concentrations of military

personnel and families, so a military focus makes sense."

For EVMS, the strength of its military presence in its faculty, staff and student body has enriched the school's culture.

"The military is a diverse institution with individuals who come from varied socioeconomic, ethnic and racial backgrounds," Mr. Gemeda says. "So



THE BRAVE

me mat for the region's military

connecting with the military helps us bring in students, faculty, staff and employees of all kinds with rich attributes and experiences, which is exactly what we want to build."

Valuing veterans

To that end, EVMS recently earned accreditation by Virginia Values Veterans, or 3V, an organization dedicated to "bringing

veterans and employers together across the commonwealth." As a partner organization, EVMS lists job opportunities on the 3V website and participates in job fairs to reach out to veterans.

Matthew Schenk, Director of EVMS Human Resources, explains that acquiring 3V designation included training on adapting job ads and listings that reach out to

veterans. Mr. Schenk says 3V organizations also have to pledge to hire a certain number of qualified veterans.

"This was a good proposition for EVMS," Mr. Schenk says, "because you're talking about a skilled and disciplined group that received excellent training in the military, so they generally make very good employees." Mr. Gameda, who was also instrumental in



securing the 3V designation, says EVMS is looking at how the military experience relates to its positions.

As EVMS ramps up efforts to hire qualified veterans, connections are being cultivated for students as well.

“We’re working to recruit military students for the MD program and the health-professions programs,” Mr. Gameda says. “We’re looking for and getting veterans who have the training and experience that can be retooled through these programs.”

Thomas Parish, DHSc, PA-C, Associate Professor in the School of Health Professions, is Director of the Physician Assistant (PA) program. “We often recruit military corpsmen and medics who have decided to advance their training and become PAs,” Dr. Parish says.

“The PA program is intense,” says Karen Olmo, MPA Class of 2016. Ms. Olmo entered the program because she wanted to remain in health care after a 20-year medical career in the Army. “It’s probably the hardest training I’ve ever received, and I’ve had extensive training in the military.”

In fact, as Dr. Parish points out, the PA profession got its start in the military. In the 1960s, a looming shortage of health-care professionals inspired the creation of the physician-assistant role.

Dr. Parish sees many ways that EVMS tries to make it easier for military applicants, such as pursuing federal grants that pay veterans up to \$22,000 while they are in

PA training and accepting equivalent military courses for credit.

Raising awareness

EVMS also strives to inform students what the military has to offer, both in terms of scholarships to pay for their education and career opportunities when they graduate.

“It’s the best deal out there,” says Austin May, MD Class of 2017, president of the Military Medicine Club. “It’s incredible to me that each year the military often has slots left open that nobody takes advantage of.”

That “best deal” is the military’s Health Professions Scholarship Program (HPSP). Students accepted into the program have their tuitions and books paid for and receive monthly stipends to help cover living expenses.

In return, the military requires five weeks of officer training, typically done the summer after the student’s first year. Upon graduation, HPSP students are commissioned as officers. Their military-service commitment equals the number of years they took advantage of the scholarship program. This service brings opportunities for rewarding medical assignments and military careers.

These opportunities aren’t unique to EVMS. What is unique, however, is the amount of support provided to participants, much of it provided through the Military Medicine Club.

Serving military students

The Military Medicine Club at EVMS — MILMED for short — reaches out to students interested in learning about military opportunities. It also provides information and support for students who already have made a military commitment.

“At our first meeting,” Mr. May says, “we’ll bring in fourth-year students who are scholarship holders. The younger students can ask about everything from how to get reimbursed for books to what it’s like trying to get residencies, which is different than in the civilian world.”

One of the club's major events, Military Alumni Support for Students (MASS), is coordinated by EVMS Alumni Relations in conjunction with EVMS Careers in Medicine. The annual event brings in alumni who are military veterans to share their experiences, answer questions and help club members expand their networks.

As last year's president of the Military Medicine Club, McHuy McCoy, MD Class of 2016, helped establish the MASS event. He says alumni enjoy interacting with the next generation of military doctors and health professionals and are glad to help however they can. "Just having them there to say, 'Here are some things I wish I knew when I was in your shoes,' is a great thing," Mr. McCoy says.

Mr. McCoy also is proud of the "I Served"

program he helped initiate, which made EVMS one of the nation's only medical schools that waives the medical-school application fee for military students. "It's a way of letting people know that we're a military-friendly school," he says.

In addition, EVMS' location provides opportunities for military students that few other schools can match. The proximity of Naval Medical Center Portsmouth and Hampton's Veteran Affairs Medical Center offers outstanding training opportunities for residents and students. "It's possible for EVMS students to do all their rotations in a military-medical setting if they want to," Mr. May says, "which pretty much separates us from all other medical schools."

And then there's the military commissioning

and recognition ceremony. "No other medical school has access to the Battleship Wisconsin," says Melissa Lang, Director of Alumni Relations, referring to the decommissioned battleship on which the ceremony is conducted.

"I think everyone feels the gravity of the situation," she says. "These young people are taking on both service to their fellow man and service to their country, and it's huge. And the dramatic setting certainly adds to that feeling."

In this area, perhaps more than anywhere else, connecting with the community implies connecting with the military, Mr. Gameda emphasizes. Every link fostered, every relationship established brings EVMS closer to our school's vision: being recognized as the most community-oriented school of medicine and health professions in the nation. □

"These young people are taking on both service to their fellow man and service to their country, and it's huge."

MELISSA LANG,
DIRECTOR OF ALUMNI RELATIONS



Read about a military veteran who's pursuing his medical degree at EVMS at evms.edu/magazine.



PA graduate, now a teacher, uses lessons from his own time as a student

Sporting one of his signature bow ties — this one purple with gold skulls-and-crossbones — Sid Jackler, MPA, PA-C, launches into his neurology guest lecture to EVMS physician assistant students. It's common to see him in the classroom and working with PA students in the clinic. Since his graduation as a member of EVMS' PA Class of 2010, Mr. Jackler has made a point of staying involved with his alma mater through teaching, mentoring and precepting.

"People were willing to teach me and show me the ropes of what it was to practice clinical medicine," he says, "and this community embraced me in such a way that I'd like to give back."

Mr. Jackler took a circuitous route to EVMS. He attended medical school in both the Caribbean and Great Britain, where the school closed before he finished. He considered going to law school after that, but then he shadowed a PA in upstate New York. The experience convinced him that becoming a PA himself would give him a chance to provide the kind of care he'd always wanted to. The EVMS program, he says, provided the kind of environment he was seeking.

"I've been to medical schools in two different countries," Mr. Jackler says, "and I've never seen a school that's so committed to its students."

When working with students, he tries to emulate the lessons that resonated during his own time as a student. For instance, the PA program stresses health literacy for patients, so Mr. Jackler focuses on tactics that help students encourage patients to understand and improve their own health. "This is something that has to be seen and fostered," he says, "and that's what I want to do for our students."

Today, Mr. Jackler practices with Sentara Neurology Specialists at clinical sites throughout Hampton Roads. He holds faculty positions with both the EVMS PA program and in EVMS' Neurology department, giving him a chance to work with future physicians and health professionals.

"It's a wonderful experience — like molding clay," he says, noting that he benefits from seeing the way students approach problems. "I learn from them; they learn from me." □

When working with students, he tries to emulate the lessons that resonated during his own time as a student.



EVMS Alumni Relations hosted a chalet exclusively for medical and health professions alumni as well as residency graduates at the Town Point Virginia Wine Festival in October. Dozens of graduates attended the festival to mingle with fellow alumni and sample Virginia vintages.



EVMS School of Medicine alumni — and retired Dean of Students Robert McCombs, PhD — returned to campus Oct. 17 for a reception to kick off the annual Reunion Weekend, which honored members of the classes of '09, '04, '99, '94, '89, '84 and '79.

Class notes

The Medical Society of Virginia (MSV) honored Cynthia Romero, MD (MD '93), Director of the EVMS M. Foscue Brock Institute for Community and Global Health, with its Clarence A. Holland, MD Award during the organization's annual meeting in October. The award recognizes Dr. Romero's "outstanding contributions promoting the art and science of medicine and the betterment of public health through political service."

The MSV Foundation honored Lt. Gov. Ralph Northam, MD (MD '84), with its Salute to Service Award for his work to "substantially improve patient care, both locally and abroad."

Michael Silverman, MD (MD '94), has released a book entitled "Director's Corner: Lessons in Emergency Medicine Leadership and Management." The book addresses a range of issues that physicians may confront when leading emergency departments. □

Save the Date

EVMS Alumni Relations will host the annual White Coat Retirement Ceremony on Friday, May 8, in Suffolk. EVMS medical alumni are invited to help celebrate the MD Class of 2015 and welcome them as colleagues in medicine. Call 757.446.6054 or email alumni@evms.edu to learn more.

Join fellow alumni for the Annual Alumni Reunion Weekend Oct. 16-17, 2015. The weekend includes a cocktail reception Friday evening and, on Saturday, an EVMS Alumni chalet at the Town Point Virginia Wine Festival, followed by an all-class celebration at Norfolk's Town Point Club. Learn more at evms.edu/alumni.

Richard Homan, MD, right, EVMS President and Provost and Dean of the School of Medicine, makes a presentation to Paul Chidester, MD, Assistant Professor of Emergency Medicine and Vice President of Medical Affairs at Sentara Norfolk General Hospital, during a celebration of the family's endowed gift. From left are Jeffrey Chidester, a medical student; Ben Chidester, MD (MD '11, Emergency Medicine Residency '14), an emergency medicine fellow at EVMS; Carolyn Chidester, mother of Paul Chidester; and Betty Chidester, MD, Assistant Professor of Emergency Medicine.



Chidester family endows chair in emergency medicine

Saving lives runs in the Chidester family.

Paul Chidester, MD, a nephrologist, is Assistant Professor of Clinical Internal Medicine at EVMS and Vice President of Medical Affairs at Sentara Norfolk General Hospital. Betty Chidester, MD, recently retired as an emergency medicine specialist and Assistant Professor of Emergency Medicine at EVMS. Their son Benjamin Chidester, MD, an EVMS graduate, just finished his emergency medicine residency at EVMS.

And their son Jeffrey Chidester is a medical student eyeing a career in emergency medicine.

But the family — which includes Dr. Paul Chidester's mother, Mrs. Carolyn Chidester, and daughter Robin Chidester Parson — felt their legacy of saving lives wasn't enough. So they recently made a \$1 million gift to EVMS to establish the Chidester Endowed Chair of Emergency Medicine.

Thanks to their generosity, EVMS Emergency Medicine will be able to build on its strong national reputation and respected clinical expertise. Program educators will continue setting the pace in new technologies, such as emergency ultrasound, and innovative training methods to ensure that students and residents provide the same lifesaving care the Chidester family is well known for.

"We have always believed strongly in the mission of EVMS," Dr. Paul Chidester says. "That's why our family wanted to make a gift that would support the school for years to come." □

Thanks to their generosity, EVMS Emergency Medicine will be able to build on its strong national reputation and respected clinical expertise.



You can make a difference in the region's health care, too. Please visit [visit EVMS.edu/giving](http://visitEVMS.edu/giving) to learn how you can help.

Obici Healthcare Foundation awards two grants to EVMS

The Obici Healthcare Foundation recently awarded two grants totaling more than \$600,000 to the EVMS Foundation to fund health-care projects that will serve the residents of Western Tidewater.

"Igniting Change: Western Tidewater Healthy Faith and Communities Project" received a grant of \$82,564 to develop strategies that create policy, systems and environmental changes that will result in more healthy food choices and physical activity in churches, public housing and community organizations. A second grant of \$553,363 grant was awarded to establish a Specialty Care Center that will focus on the detection, prevention and management of diabetes and its most common complications.

"We are grateful to Obici Healthcare Foundation for partnering with EVMS to serve the people of Western Tidewater," says Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine. "Reducing the rate of diabetes in this community is of paramount importance to us."

The Board of Directors of Obici Healthcare Foundation has focused on diabetes and its effects on the community for more than five years, says Gina Pitrone, the Foundation's Executive Director.

"This opportunity to have the EVMS team in Suffolk," Ms. Pitrone says, "is an indicator that there is hope for the many people who have serious complications from this disease and don't have the resources to understand or manage its effects. We feel so fortunate to have EVMS diabetes experts to provide hope and care to our diabetic and pre-diabetic community. We expect great relationships and outcomes to develop as a result of this new opportunity." □



At the Nov. 18 Ruby Red Celebration for EVMS donors, Chuck Cenkner, third from right, Governor of the Capital Federation of Cosmopolitan International, accepted the award for Outstanding Third-Party Fundraiser on behalf of the organization. Here, Mr. Cenkner is pictured with other members of the Cosmopolitans who attended the event and Laurie Harrison, far right, EVMS' Director of Community Engagement. Also honored that evening were the Edwin S. Webster Foundation for Outstanding Foundation; the Chidester Family for Outstanding Donor; Tommy Rueger for Outstanding Board Leadership; and Joshua Lesko, MD Class of 2015, for Outstanding Philanthropic Student.



Campaign confirms that EVMS faculty and staff give from the heart

During the 2014 employee giving campaign, EVMS faculty and staff again demonstrated that they give from the heart. The October campaign raised more than \$87,000 for the EVMS Fund from 367 faculty and staff members, a 25 percent increase in participation over 2013.

The campaign theme, "The Heart of EVMS," expressed gratitude to employees for being the lifeblood of the institution. "The message seemed to resonate with our faculty and staff members," says Denise Milisitz, Director of Annual Giving. "We're thankful to each and every employee who made a gift to this record-breaking campaign."

Vital to the campaign's success was the dedication of its co-chairs Julie Kerry, PhD, Chair and Associate Professor of Microbiology and Molecular Cell Biology; and Debbie Taylor, Chief Information Officer and Director of Information Technology, as well as the work of faculty and staff members who served as team captains.

The EVMS Fund supports a variety of institutional needs, from scholarships and student research stipends to new technology and facility renovations. □

A REPORT TO OUR PHILANTHROPISTS



Thank you for entrusting your philanthropy to EVMS. Your gift is making a vital difference to the quality of health care in our community. Thanks to your generosity, EVMS is able to train more students and residents and pursue pioneering research that saves and improves lives.

To that end, we are pleased to report on the growth of our endowment. This important source of funding creates scholarship opportunities for deserving students and helps EVMS recruit world-class physicians to educate our students and research lifesaving treatments.

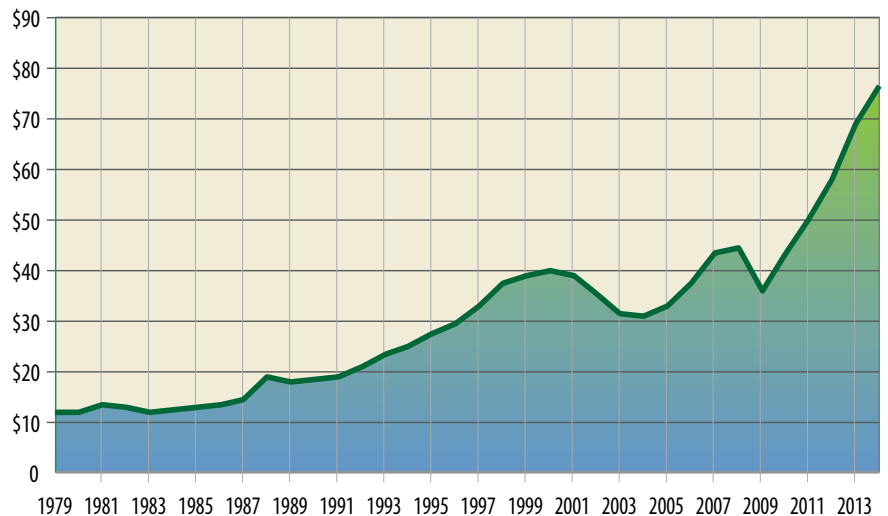
Please know that we promise to return greater value on every gift you entrust to us. And we pledge to be prudent stewards of your generosity as we strive to safeguard the health of your family, friends and neighbors.

As always, you are our greatest asset. □

EVMS Foundation FY14 Balance Sheet Highlights

- Contributions and pledges:
\$4,968,331
- Distributions from EVMS Foundation to EVMS:
\$6,209,760
- Change in net assets:
\$7,951,146
- Net assets at end of fiscal year:
\$85,475,176

EVMS Foundation Endowment



Please visit www.evms.edu/evmsfoundation for a more detailed report on fiscal year 2014 for both EVMS and the EVMS Foundation.

Continuity of care is a top priority at Portsmouth Family Medicine

When medical errors occur, it's frequently during transitions of care, referring to the hand-off of a patient from one setting to another or one health-care professional to another, says Anne Donnelly, MD, Professor of Family and Community Medicine and Medical Director of Portsmouth Family Medicine.

It is during these transitions that poor communication and coordination between health-care professionals, patients and caregivers can lead to serious and even life-threatening situations. Unlike some primary-care providers, Portsmouth Family Medicine — a practice of EVMS Medical Group — admits patients directly to Bon Secours Maryview Medical Center and continues to care for them while they are in the hospital.

"It's another way to decrease errors to make sure the overall continuity of care happens," Dr. Donnelly says. "It lessens the chance of duplicating expensive tests or exposing patients to tests they don't need."

Once that patient is discharged, the practice follows up with a phone call to ensure that prescriptions are filled, questions are answered and an appointment is scheduled within two weeks, she says.

"With that phone call, we make sure they are getting exactly what they need so they're going to get better faster," Dr. Donnelly says. It avoids any delay in identifying problems with prescriptions or other service providers.

During the follow-up appointment, the patient meets with his or her primary-care physician to go through everything that took place in the hospital. "The hope is that over time we decrease the readmission rate," she says. "We fix any issues quickly, so then they don't go without their medication for two weeks and wind up back in the hospital with the same infection."

Because Portsmouth Family Medicine is able to access medical records from Maryview, Dr. Donnelly knows many

patients go to the emergency room for non-emergency concerns instead of their primary-care physician.

"They may not realize that they can get a same-day appointment with their physician instead of going to see a doctor they've never seen before in the emergency room who may order a bunch of tests that they've already had," she says.

Portsmouth Family Medicine offers open access, which means a patient can walk in anytime during office hours and be seen, which can help patients avoid a costly and often unnecessary visit to the emergency room. The practice also has a doctor on call at all times, so a patient can get medical advice anytime.

Portsmouth Family Medicine is accepting new patients at its location on Crawford Street in Portsmouth. For an appointment, call 397-6344. □

Portsmouth Family Medicine offers open access, which means a patient can walk-in anytime during office hours and be seen. That can help patients avoid a costly and often unnecessary visit to the emergency room.



Photos from the Mentor Matching Event, the annual Harry H. Mansbach Memorial Lecture, Physician Assistant Week celebration, Haunted Hallway, the inaugural Nicholas D'Amato lecture, EVMS Research Day and a tour of the Sentara Center for Simulation and Immersive Learning at EVMS.





2

1. Vernis Beverly Jr., MD, Instructor of Clinical Pediatrics (left), meets with Hassan Saeed, MD Class of '18, at the second annual Mentor Matching Event, held in October at EVMS in conjunction with the Greater Norfolk Medical Society. The event helps match minority MD students with physician-mentors.

2. Richard Shannon, MD, left, Executive Vice President for Health Affairs at the University of Virginia, speaks with faculty and Mansbach family members after delivering the Harry H. Mansbach Lecture in October. The annual lecture honors the memory of Mr. Mansbach, who was a founder and long-time supporter of the school.



5

3. David Munter, MD, MBA, an Associate Professor of Emergency Medicine (pictured), delivered the annual Eugene Stead, MD Memorial Lecture on Oct. 9, part of the Master of Physician Assistant Program's celebration of National PA Week Oct. 6-12. The week also included an education challenge that led EVMS students and faculty to have more than 800 interactions in which they shared information with others about "why America needs PAs."

4. Local children enjoyed a happy and safe Halloween — filled with a few tricks and a lot of treats — during the annual student-run EVMS Haunted Hallway.

5. Louis N. Pangaro, MD, Professor and Chair of Medicine at the Uniformed Services University of the Health Sciences (seated), delivered the inaugural Nicholas A. D'Amato, MD Memorial Lecture in September. With him are Richard Conran, MD, Professor and Chair of Pathology and Anatomy (left), and members of the D'Amato family. Dr. D'Amato was a founding member of the EVMS faculty, joining the school after a distinguished career in the U.S. Navy.

6. Medical student Carmel Bellacose, MD Class of '17, explains her research to Celine Chaya, MD, Endocrinology Fellow at the Strelitz Diabetes Center, during Research Day on Oct. 10. The annual event drew hundreds from across campus to enjoy presentations and the display of research posters in Lester Hall.



7

7. Geoff Miller, Director of Simulation, Research and Technology in the Sentara Center for Simulation and Immersive Learning at EVMS, speaks with business and municipal leaders from Halifax, Nova Scotia, during a recent tour of the center. Halifax is a sister city to Norfolk.



VISIT www.flickr.com/evms to view more photos from these and other EVMS events.

OUR MISSION: Eastern Virginia Medical School is an academic health center dedicated to achieving excellence in medical and health professions education, research and patient care. We value creating and fostering a diverse and cohesive faculty, professional staff and student body as the surest way to achieve our mission. Adhering to the highest ethical standards, we will strive to improve the health of our community and to be recognized as a national center of intellectual and clinical strength in medicine.

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