



"Name Me . . ."

. . . send your ideas to jwalsh@uab.edu

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WELCOME TO THE RESIDENCY !!

With the Academic Year 2008–2009 comes our new class of Interns and the “New Two.” To help us all get to know them a better, here is some of their history and other interesting facts.



Amanda Barner, MD

Undergrad: University of Mississippi

Medical School: UAB

Hometown: Wesson, Mississippi

Interesting Info:

Grew up on a farm and claims to be pro cow-milker. Amanda enjoys reading, scrapbooking, hiking.

Hometown: Houston, Texas

Interesting Info: Ran a marathon last year; Speaks Spanish. Jamie enjoys running, camping, mountain-biking, football, tennis, basketball, and just being outside.



Jamie Erwin, MD

Undergrad: University of Arkansas

Medical School: University of Texas Southwestern

Hometown: Fort

Worth, Texas

Spouse: Charlie (West Point Graduate Class of 2003; Served two tours in Iraq for the Army)

Interesting Info: NCAA Division-I All American in Track & Field Heptathlon; Pole vaulted and ran on the 4x100 relay in undergrad. Jamie enjoys big-time fishing, running, hiking, and traveling.



Rachel Paisley, MD

Undergrad: Auburn University (Tigers)

Medical School: UAB

Hometown: Birmingham, AL

Spouse: Cameron (former resident at

UAB)

Interesting Info: AL State Champion Softball Player; Named her child, “The Tag” . . . okay, he’s a Jack Russell Terror. Rachel enjoys baseball, football, painting, scrapbooking.



Jamie Nodler, MD

Undergrad: University of Texas at Austin

Medical School: Texas Tech (Lubbock first two yrs; El Paso for clinicals)



Lindsay Prophet, MD

Undergrad: Vanderbilt University

Medical School: UAB

Hometown: Dothan, AL

Spouse: None, but soon....Todd Frederick

Interesting Info: She COOKS!!!!!! Lindsey also enjoys running and dancing.

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Message from the Program Director . . .

Welcome to the first edition of the newsletter.

I would first like to congratulate each of you on a successful year. For some, medical school is just over, for others, a promotion and for one, a change of venue and culture. A special welcome is in order for our new interns and our new 2nd year resident Emily Evans-Hoeker (I will be searching for a nickname for the new blood!!!)

This is the time of year for renewal of our educational goals and to adjust to new challenges in leadership and responsibility. A special class of residents and fellows have just departed and left an indelible mark on the storied history of this wonderful program. They are but one chapter. The real story, however, is not the residents, fellows or attendings but the patients we serve. Please join me in dedicating our efforts to get better at what we are here to do---serve, learn, teach. Don't let the last class leave you in the dust!

Here's to the program! Let's keep it fun and make it "Better" thru DILIGENCE, DOING RIGHT AND INGENUITY!!! I remain humbled by the special position I am charged with. Now keep up and catch me if you can.

Dr. Kilgore

WELCOME TO THE RESIDENCY!! (CONT)



Akila Subramaniam, MD (aka: Subra)

Undergrad: Massachusetts Institute of Technology (Cambridge, MA)

Medical School: Louisiana State University

Hometown: New Orleans, LA

Interesting Info: Spent a year abroad in London; Has MPH degree; Speaks Spanish. Subra enjoys LSU Football, tennis, learning to play golf, modern art and architecture, and TELEVISION!!!



Rebecca Woodson, MD

Undergrad: University of Tennessee

Medical School: Louisiana State University

Hometown: Baton Rouge, LA

Interesting Info: Military Brat; graduated high school in Italy; Enjoys reading, singing, running, boating.

"The New Two"



Emily Evans, MD

(soon to be Evans-Hoeker)

Undergrad: Case Western Reserve

Medical School: Case Western Reserve

Hometown: Gallipolis, OH

Spouse to be (July): Greg

Interesting Info: Cheerleader and competed on ESPN; Coached a dance team for 4 years; Family owns Bob Evans (a restaurant chain in Midwest). Emily also enjoys dance, yoga, and photography.

Accolades & Accomplishments



Chairman's Award for Excellence

- Kellie S. Matthews, M.D.

Resident Research Day Award

- Kerri S. Bevis, M.D.

Best Teaching Chief Resident Award

- Chere L. Stewart, M.D.

Excellence in Med Student Teaching

- Kim Ray, M.D.
- Kerri Bevis, M.D.
- Shannon Bryant, M.D.

Faculty / Fellow Teaching Awards

- Oncology: Tommy Kendrick, M.D.
- OB: Alice Goepfert, M.D.
- UROGyn: Kim Gerten, M.D.
- WRH: Lauralee Joiner, M.D.
- REI: Wright Bates, M.D.

APGO Excellence in Teaching Award

- Alice Goepfert, M.D.

Charles Flowers Award for Excellence in Med Student Teaching

- Elizabeth Bates, M.D.

Bayer Labs Best Teaching PGY2 Award

- Alicia Vogt, M.D.

CREOG Faculty Recognition Award

- Joseph Biggio, M.D.

Special Excellence in Endoscopic Procedures Award

- Chere L. Stewart, M.D.

Special Endoscopic Procedure Award

- Katherine McKnight, M.D.

Greer HO, Falls NM, Tapley EB, Samples KL, Kimball KJ, Kendrick JE, Frederick P, Conner MJ, Novak L, Straughn JM. The Impact of a Weekly Tumor Board Conference on the Management of Women with Gynecologic Malignancies. [Oral poster presentation at 2008 Society of Gynecologic Oncologist meeting.]

Patterson B. Silent Delivery. *Obstet Gynecol* 2008; 111: 1240-1241.

Sutton AL, Zhang X, Dowd DR, Kharode YP, Komm BS, MacDonald PN. 2008. Semaphorin 3B Is a 1,25-Dihydroxyvitamin D3-Induced Gene in Osteoblasts that Promotes Osteoclastogenesis and Induces Osteopenia in Mice. *Mol Endo Jun*;22(6):1370-81.

Do Better Teachers Make Better Doctors?

(First 3 paragraphs are excerpted from GME-TODAY™, Lee, S. (sharyn.lee@mebn.net), 14 May 2008. Re: Do better teachers make better doctors? Email to J. Walsh (jwalsh@uab.edu).

Better teachers, better doctors, better patients - a comprehensive review by Busari and Scherphier explores this very issue and provides a great deal of insight on the dynamic roles of residents as physicians, learners, and teachers.

Related specifically to whether their role as teacher improves professional competence, residents self-report that teaching medical students helps them to be better clinicians by stimulating critical thinking, encouraging knowledge reflection, and enhancing self-learning motivation. Improved individual clinical and intellectual skills are reported as well [1, See Figure 1 for an illustration that depicts how the components of effective teaching contribute to the cognitive skills, clinical proficiency, and teaching ability of physicians].

A study of the in-house education of clinical clerks in surgery by Minor and Poenaru also reveals that teaching is beneficial for residents and that efforts to improve the teaching process should focus on providing formal teaching instruction early in residency [2].

In an effort to strengthen our own educational programs and in response to LCME and ACGME accreditation standards that require “residents and fellows who teach medical students be prepared for their roles in teaching and evaluation,” Drs. Alice Goepfert, Julie Walsh-Covarrubias, and Lisa Willett (IM) have developed and implemented the program, Creating Effective Resident Teachers (CERT). CERT is primarily designed to teach residents instructional strategies that will help them to integrate their teaching responsibilities into patient care activities thus enhancing the educational experience of residents and medical students. The multidisciplinary program is funded with a two-year grant awarded by the University of Alabama Health Services Foundation General Endowment Fund Education Initiative. For more information about CERT, please contact [Julie Walsh-Covarrubias, MEd, EdD](#).

1. [Busari JO, Scherpbier AJ. Why residents should teach: A literature review. J Postgrad Med 2004;50:205-10.](#)
2. [Minor S, Poenaru D. The in-house education of clinical clerks in surgery and the role of housestaff. Am J Surg. 2002 Nov;184\(5\):471-5.](#)

Belly Buster

[Effect of a daily supplement of soy protein on body composition and insulin secretion in postmenopausal women](#)

So...the secret is revealed. Evidently, if you "shake it up," you can lose the belly fat. A daily serving of soy protein may reduce belly fat, reports a study by our very own, Dr. Cynthia Sites, in *Fertility and Sterility*. Subjects (who were all about equally active) drank either a 12-ounce soy-powder shake or a placebo. After three months, daily soy sippers had lost about 1.7 percent of total abdominal fat; the placebo group had no loss. Genistein - a type of isoflavone, or plant estrogen, in soy may be involved. "It's been shown to shrink fat cells in mice," says lead investigator, Dr. Sites.

Sites CK, Cooper BC, Toth MJ, Gastaldelli A, Arabshahi A, Barnes S, *Fertility and Sterility*, 88 (6), p.1609-1617, Dec 2007



Guess Who??

HINT: The pictures above contain the answers.

1. Who is an avid swimmer, yet lost a swim meet to a “pregnant girl”?
2. Who was pictured in the “2000 Hooters Calendar”?



Important Dates

June 27

Basic Ultrasound Lecture, Dr. Biggio (Interns ONLY)

July 1

Begin Resident Mentor Reviews

July 4

MS Holiday

July 7, 14, 21, 28

Intern Surgical Skills Classes, Dr. Straughn (Interns ONLY)

July 2, 9, 16, 23, 30

Intern Chief Lectures

July 11

GME Frieda Survey

July 14

Student Education Committee Meeting

July 21-27

Scholars' Week (MS4s)

July 24-25

CREOG Retreat

July 28

MS Block 1 Switchover

Teaching Tip: *Becoming a Team Leader*

All physicians are faced with the challenge of leading a team. Therefore, developing strong interpersonal managerial skills is a tremendous asset for physicians — and, moreover for residents during this crucial time in the formation of their interpersonal skills to prepare for team leadership responsibilities. Consider these techniques from *The One Minute Manager* in helping you to lead team members in your clinical and teaching obligations:

Establish clear-cut goals: Agree on your goals upfront so that you know what good behavior looks like. If necessary, write out each of your goals on a single sheet of paper or index card. Limit the number of goals to three to five.

Praise good performance: This involves being open with your team members about their performance. When you catch someone doing something right, you praise them immediately, telling them specifically what they did correctly.

Reprimand poor performance: Being honest with those around you involves reprimanding when a wrong has occurred. The first step is to reprimand immediately and specifically. It holds an important aspect of the first technique: it enables an understanding of responsibilities and how to complete them correctly.

Edwards JC, Friedland JA, Bing-You R (2002). *Residents' Teaching Skills*. New York: Springer Publishing.

Blanchard K, Johnson S (1983). *The One Minute Manager*. New York: Berkeley Books.

Read more on leadership in the June 2008 issue of the APGO Reporter: [Leadership, the Fourth Leg of the Stool](#)

The Department's Education Websites

Residents' Website (<http://www.obgyn.uab.edu/residency/index.htm>) - This site houses schedules, rotation descriptions, faculty and resident directory, annual calendar, resident handbook and manual, and information on Divisions, resident committees, the application process, etc. Also, included are most all the curricular materials, online videos, assessment instruments, and links to a number of educational resources. If you are unable to access password protected sections of the site, contact [Sheela Muldalegundi](#).

Medical Student Clerkship Website (<http://www.obgyn.uab.edu/medicalstudents/obgyn/uasom/index.htm>) - This site, the recipient of the APGO *Website Award of Excellence* since 2002, houses all information pertinent to the clerkship. Residents and faculty who interact with students may like to familiarize themselves with this site containing information on the evaluation process, various rotations, learning objectives, schedules, and it also a number of online computer tutorials and resources.

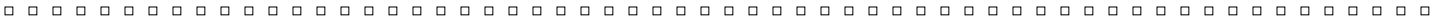
This newsletter is from the Department of Ob/Gyn's Education Directorate.

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Editors:

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Upcoming Curricular Changes

"This year we have made changes to both the Ultrasound Course and the Evidence Based Medicine (EBM) Journal Club. The hope is that these changes will help fill perceived gaps and make learning experiences more powerful."

Dr. Joseph Biggio

To learn more about the changes of each program, visit the links below:

- [Ultrasound Course](#)
- [EBM Journal Club](#)

