



The Institute Quarterly

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INSTITUTE FOR FAMILY MEDICINE

Mission

Firmly committed to improving access to quality health care for all, the Institute for Family Medicine is an independent, non-profit organization of physicians and health care providers dedicated to traditional family medicine, comprehensive community and public health, patient-centered medical education, and innovative community partnerships to promote health care for the marginalized, effective patient advocacy, and leadership in the reform of health care policy and delivery.

Hancock Center Highlights Growth of School Health Program

“If schools do not deal with children’s health by design, they will deal with it by default.” – E. Marx, SF Wooley, editors, *Health is Academic*, Teachers College Press, 1998.

Few could have imagined when the Institute first partnered with the Jennings School District in early 2001 that the school health initiative would grow so quickly. “We weren’t out knocking on doors, but the word spread and when a school district had a need, they would call us,” reports Institute founder and CEO Dr. David Campbell. The word did spread, the program has grown and currently the Institute is helping nine area school districts to improve the health of their students.

The school health program in each district is tailored to the resources and needs of that district. Providing medical guidelines; assisting with immunizations; providing continuing education for nurses, counselors and coaches;

performing physical examines; and communicating with community primary care physicians regarding students with chronic medical illness are some of the most common services provided by the Institute. “The mission of schools is to educate, and a school health program supports the educational mission by reducing absenteeism and improving the health of the students,” says Dr. Campbell.

“We had exhausted all avenues we could think of and were still left with about 64 children who did not meet the immunization requirements,” explains Kathryn Summers, Student



Above: Family Nurse Practitioner Maria Bitzer examines a 4th grader at Hancock Health Center.

Right: Dr. Campbell discusses a case with nurse practitioner student Renee Buchanan.



Support Services of the Wellston School District. “We were left with no choice but to consider excluding those students from class, until we contacted Dr. Campbell and learned of the Institute’s program.” Rather than see these children excluded from class, the Institute worked

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Director's Column

So . . . What's New?

Just like getting reacquainted with an old friend. How long has it been anyway? Oh, it can't be that long!

Well, it has been nearly three years since the Institute last produced a newsletter. We had used our Institute Quarterly to get the word out regularly between January 2001 and Spring of 2002. I don't even remember what got us off track with the newsletter. I'm sure funding played a role. Then the mailing list was out of date and we all got a little busy with new projects – you know how it goes.

In any case, we felt it was time to get back in touch. We're still working to address barriers to access to health care for the medically underserved. I'm pleased to say we continue to have the contract to provide primary care medical services for the health centers and correctional facilities operated by the St. Louis County Department of Health. We also continue to provide medical services at the Evangelical Children's Home, Covenant House of Missouri and the CHIPS clinic.

The cover story of this newsletter features one of our fastest growing initiatives – the school health project. This initiative exemplifies our efforts to “bring care to the people”.

In future issues I will bring you up to date with our work with the St. Louis City housing authority.

I am also pleased to say that we have had remarkable consistency among our physicians and staff. The overwhelming majority of individuals who joined the Institute in the first two years are still with us. This is a tribute to their dedication to a shared mission.

I hope you enjoy this opportunity to catch up with the activities of the Institute. We'll try not to lose touch again. I appreciate your support of our work.

Dave Campbell, MD

Hancock Center...

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with the district, obtained signed parental permission, and then came on campus to administer the needed immunizations.

While the level of services varies from district to district, the Hancock Place School District in Lemay has worked with the Institute to take school health to another level – the development of an on-campus clinic, or school based health center. “We felt we had a real need for accessible health care services in this community,” explains Dr. Ed Stewart, Superintendent of the Hancock Place District. The Hancock Health Clinic is operated as a satellite of the Institute main patient care office. Dr. Campbell and Maria Bitzer, family nurse practitioner, provide patient care at the Health Center. For more information about this school based health center, check out: <http://hancock.k12.mo.us/healthclinic/healthclinic.html>

Hannah Gilk, the Institute's new Program Manager for the school health initiative conducts on-going needs assessment with all of the districts, and in conjunction with Dr. Campbell, is working to partner with mental health and dental providers to bring the full spectrum of health and wellness to the districts. ■

Districts currently being served by the Institute:

- Bayless
- Hancock Place
- Jennings
- Maplewood-Richmond Heights
- Normandy
- Riverview Gardens
- St. Louis City
- University City
- Wellston
- Forest Park Community College

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Second Annual Leadership Forum

Covers Cultural Care and Leadership Skills



Senator Betty Simms presenting to the Leadership Forum

For the second straight year the Institute sponsored a two-part leadership forum in February and March. This year the February session dealt with issues in cross-cultural care. Feedback from last year's forum had specifically requested this topic. The session was held February 3 at the North Central Health Center with approximately 50 attendees. Barbara Bogomolov, BS, RN, Director of Refugee Services at Barnes-Jewish Hospital spoke on "Bridging Worldviews to Provide Effective Trans-Cultural Care". H. Russell Searight, PhD addressed issues related to the challenges healthcare providers face in working with interpreters, and Kym Hemley, MPH, MSW, with the CLAS Committee of Refugee and Immigrant Health Consortium introduced the audience to the CLAS standards developed to assure cultural competency.

The March segment, held March 3 at the South County Health Center was entitled "Toolbox for the Healthcare Leader".

Included were presentations on healthcare law, understanding how health insurance companies think, and the importance of getting legislatively involved to foster change. Megan Flaskamper, attorney with the healthcare law division of Armstrong Teasdale, reviewed issues related to the tort reform legislation under consideration in Jefferson City, as well as other issues related to healthcare contracting. Carol Churchill, MD, MBA, is the Regional Medical Director for OPTUM and a family physician. She presented "Seven Tips for Effective Interaction with Medical Insurers". Senator Betty Simms spoke to the group on the importance of getting involved in the legislative process. She discussed the most effective ways to share your viewpoint with your elected officials, and attempted to demystify the process that many may find intimidating. Senator Simms, during her tenure in the Missouri State Senate representing District 24 was very active in health related issues, chairing Families and Mental Health Committee, and serving on Committees on Aging, Public Health and Welfare, Appropriations, Transportation, and Civil and Criminal Jurisprudence.

This year's forum was co-sponsored by the East Central Missouri Area Health Education Center, and Saint Louis University School of Medicine and School of Nursing. The forum was supported in part through grants from the Signature Foundation and Mercy Health Plans, Mercy MC+. ■

Board of Directors Adds New Faces & Talents

The Institute's Board of Directors has added some new members in the last six months. Dr. Rodney Coe, Dr. Richard Ellerbrake and Father Romain Morales continue to serve as founding board members.

In 2003, **Dr. James Romeis** and **Dr. Mary Ann Cook** joined the board. Dr. Romeis is professor and faculty at the Saint Louis University School of Public Health. Dr. Cook is the owner and primary researcher of JVC Radiology, performing health services research. In the fall of 2004, Dr. Cook was elected to serve as Chair of the Board.

The newest members to be elected to the board are **Megan Flaskamper, JD**, and **Danny Wedding, PhD, MPH**. Megan is a graduate of the Saint



Louis University School of Law and is an associate and practice area leader for the health care law department of Armstrong Teasdale LLP.



Dr. Wedding is professor and director of the Missouri Institute of Mental Health of the University of Missouri-Columbia. Dr. Wedding received his PhD in Clinical Psychology from the University of Hawaii. He has served as the director of the Missouri Institute of Mental Health since 1991. ■

Top: Megan Flaskamper, JD

Bottom: Danny Wedding, PhD, MPH

Gifts & Grants

As a 501(c)(3) not-for-profit organization providing medical care to the underserved, we remain dependent on the generosity of individuals, corporations and foundations. We are grateful to all who have contributed. Included below is a list recognizing those who have supported the Institute's mission financially in the past year.

GIFTS/UNRESTRICTED

Mary Ann Cook, PhD
Timothy Brady, M.D.
Dr. & Mrs. Michael Bross
Dr. & Mrs. Steven West
Dr. & Mrs. Rod Coe
Dr. & Mrs. Philip C. Trotta
Robert M. Feit, M.D.
Mrs. Carol Buritch
Miss Anna Meppiel
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Ms. Charlene Moore
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Rev. & Mrs. Richard Meyer
Mr. & Mrs. Charles Campbell
Mr. & Mrs. Eugene Moore
Ms. Shirley O. Brethauer
Mr. & Mrs. James Lynn
David J. Perlutsky, M.D.
MC Medical, Inc.
Christian Fellowship Club at
Carondelet United Church of Christ
Rev. & Mrs. Richard Ellerbrake
Administaff, Inc.

GRANTS/PROGRAM RESTRICTED

Mercy Health Plans, Mercy MC+
Missouri Foundation for Health
Fox Family Foundation
Daughters of Charity
Signature Healthcare Foundation



Administaff staff presents teddy bears and check to the Institute.
Pictured standing: Mary Cappel, Linda Ribaud, and Dr. Campbell;
In front: Karen Tucker and Lisa Bauer

A Special Christmas Story

One organization reached out not only to the Institute, but also directly to some of the most vulnerable that the Institute serves. The St. Louis office of Administaff has a business relationship with the Institute, as the provider of payroll and benefits services for the Institute employees. As an organization, Administaff encourages its employees to get involved with community organizations and do volunteer work. The staff of Administaff has met with the Institute on several occasions exploring opportunities to provide some

voluntary service.

While those discussions continue, the staff of the St. Louis office decided to do something special for Christmas. They organized the collection

“...Administaff encourages its employees to get involved with community organizations and do volunteer work.”

of over 100 stuffed animals and teddy bears, and presented them, along with a donation of \$1000 to Dr. Campbell and Mary Cappel, business manager for the Institute in December. “Those gifts were put to great use immediately” explains Dr. Campbell. “We shared them with the Hancock School district and each kindergarten and pre-school child received one, in addition to those pre-school children who participate in Parents as Teachers. There were some very happy children leaving school that day.” The supply was sufficient so that Parents as Teachers will still have some to use throughout the year. “The Administaff folks have been great to work with professionally” according to Mary Cappel, “and they have really taken an interest in what our organization does for the community.” ■



Collaborator's Corner

The importance of collaboration cannot be overstated. Several of the Institute's programs involve other organizations as key collaborators. We intend to recognize a key collaborator in each issue of the Quarterly.

ST. LOUIS REGIONAL ASTHMA CONSORTIUM Partners with Institute on School Health

The St. Louis Regional Asthma Consortium is a community-based effort, which involves hundreds of St. Louisans and organizations across the region, including people living with asthma, health care professionals, community leaders, and public health officials. The mission of the consortium is to close the gap that exists between people affected by asthma and the knowledge and services that will help them.

The number of children with asthma in the St. Louis metropolitan area is approximately three times the national average. According to area studies, 15 to 20 percent of children under the age of 18 suffer from asthma in certain areas of St. Louis. Asthma costs in Eastern Missouri total more than \$75 million in lost school time, lost work time, and medicine and emergency room visits.

The Consortium is the recipient of a Center for Disease Control (CDC) grant entitled "Controlling Asthma in American Cities". This grant involves educating health professionals to improve the quality of care for asthmatic patients; creating "asthma-friendly pharmacies; and a school health component.

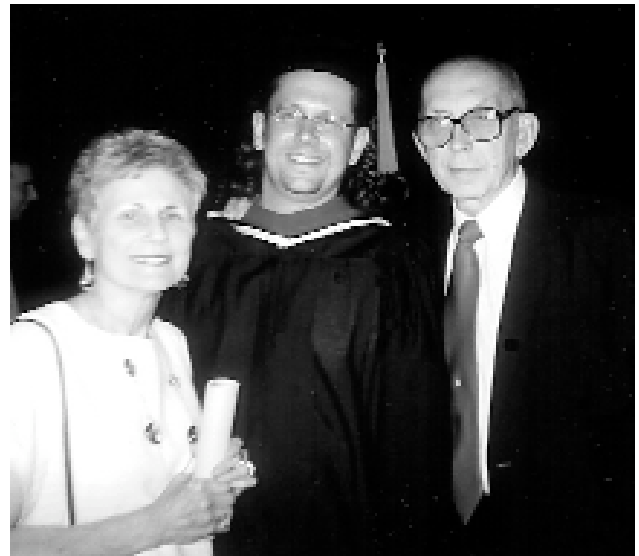
The Asthma Consortium partnered with the Institute for Family Medicine to expand the school health component to include physician medical director services. There are seven communities in the United States that are participating in the Controlling Asthma in American Cities grant, but only the St. Louis consortium has been approved by the CDC to pilot the medical directorship component.

For more information about the St. Louis Regional Asthma Consortium check out their web site at:
www.asthma-stlouis.org

Institute Leadership

Members of the Institute professional staff continue to be recognized as community leaders.

Fred Rottnek, MD who serves as medical director of corrections medicine for Saint Louis County, has been appointed assistant director of the Master of Arts in Health Care Mission program of the Aquinas Institute of Theology. Dr. Rottnek graduated in the inaugural class of this one-of-a-kind masters level program. The program exists to prepare current and future leaders for the critical task of ensuring the vitality and integrity of the healing mission into the future.



Dr. Rottnek with his mother and father at his graduation from Aquinas Institute

Ingrid Taylor, MD is a regional chairperson for the National Medical Association and 2nd vice-president of the Mound City Medical Forum. Dr. Taylor serves the Institute as a provider at John C. Murphy Health Center, the Evangelical Children's Home and the Community Health in Partnership Services (CHIPS) clinic.

Michael Bross, MD is the lead author on the chapter entitled "Cerebrovascular Disease" in the textbook *Taylor's Cardiovascular Diseases – A Handbook*, published this year. Dr. Bross is the medical director of the North Central Health Center and also serves as medical director of two north county school districts served by the Institute.

William Feldner, DO was invited by the United States Olympic Committee, Sports Medicine Division, to participate as a sports medicine physician at the Olympic Training Center in Chula Vista, California. Dr. Feldner spent two weeks evaluating and treating injured or ill athletes, reviewing performance tests and x-rays, and providing medical coverage at events and practices. Dr. Feldner is also the President-elect of

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Institute Leadership...*(continued from page 5)*



Dr. Feldner
tends to athlete
at Olympic
Training Center.

the American Osteopathic Academy of Sports Medicine, and will serve as program chair at this year's Annual Clinical Conference of the AOASM, to be held in April in St. Louis.

David Campbell, MD was just appointed by Governor Matt Blunt to serve on the Missouri Drug Utilization and Review Board. This Board is tasked with advising the Department of Social Services' Division of Medical Services, providing educational outreach to Medicaid recipients, and informing physicians and pharmacies about patients' pharmaceutical requirements. Dr. Campbell is also the current Vice President of the Missouri Academy of Family Physicians.

Dolores Gunn, MD was a physician with the Institute from 2000-2004, serving at both John C. Murphy and North Central Health Centers, as well as Jennings School District. In late 2004 she was appointed by Charlie Dooley, St. Louis County Executive, to take over as Director of the County's Department of Health. While this appointment means that she has left the Institute, the shared mission of the Institute and the Department of Health in the St. Louis area assures that we are all still working for the same goal. ■