

2015-2016

ISSUE 8.3

EVMS TACKLES UNCONSCIOUS BIAS



HIV RESEARCHER WINS \$3.2 MILLION NIH GRANT

EVMS

MAGAZINE

LIVING WITH DYING

Is it time for the medical community
to rethink end-of-life health care?

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DEAN OF THE SCHOOL OF MEDICINE**

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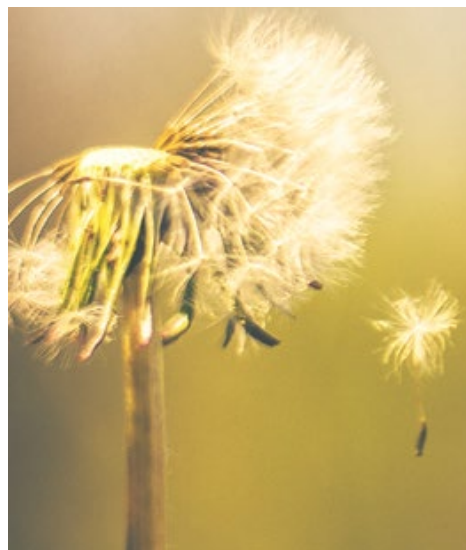
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EVMS

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Living with Dying

Is it time to rethink end-of life care?

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EVMS experts want families to talk about it.

departments



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You may have heard the expression, “Life is about the journey, not the destination.” This edition of *EVMS Magazine* focuses on the roles we play in some of life’s journeys, from protecting our community’s children to embarking on new careers to discussing the serious decisions we face as we approach the end of our path.

Illustrating how EVMS experts are helping Hampton Roads youth, learn how our pediatrics researchers are collaborating with Virginia public schools to safeguard children in cars. See page 8 for the story.

Moving forward on life’s journey, five of our medical and health professions students — taking their first steps toward new careers — share their unique stories. Meet them in print on page 10, and view their video interviews at evms.edu/magazine.

On page 5, we introduce you to the medical editor of the American Academy of Dermatology’s magazine, who also is the first female chair of the National Psoriasis Foundation board — and now the new leader of EVMS Dermatology.

Farther along the path, in our feature story on page 12, we add our voice to the unfolding dialogue about issues surrounding end-of-life health care, with guidance on where to find resources that might be helpful for your family.

From opening in 1973 with only one doctoral program and one graduate medical program to the 18 diverse programs we now offer, EVMS has expanded — with your help — to care for the needs of our community at every stage of life. On behalf of our faculty, staff, residents and students, thank you for including us on your journey.

Sincerely,

Richard V. Homan, MD

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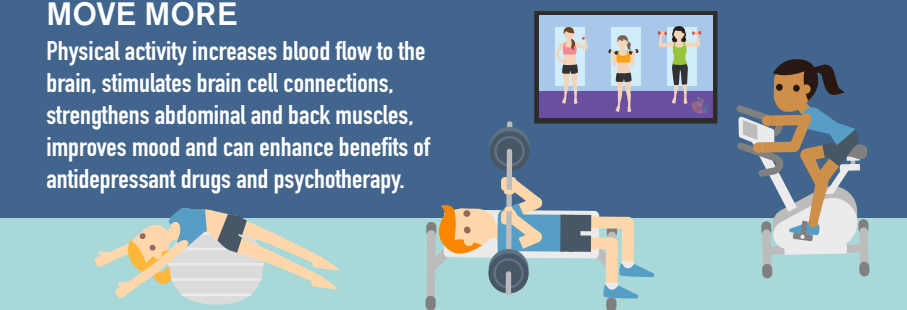


SLEEP WELL

A full 7–8 hours of sleep can improve mood and alertness as well as lower your risk for obesity, high blood pressure, diabetes and heart disease.

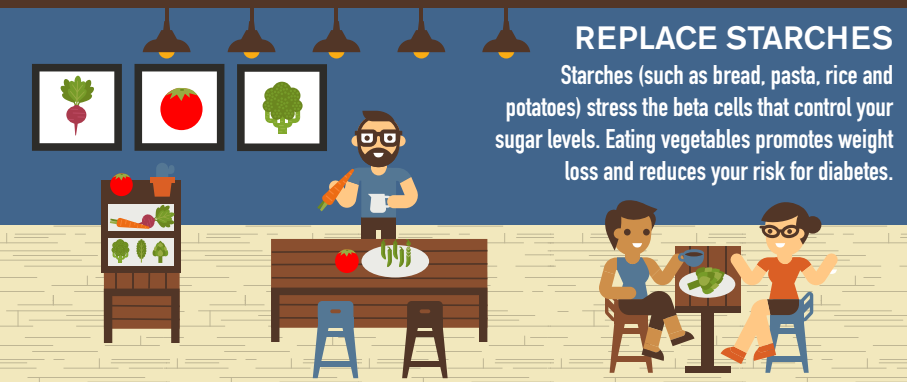
MOVE MORE

Physical activity increases blood flow to the brain, stimulates brain cell connections, strengthens abdominal and back muscles, improves mood and can enhance benefits of antidepressant drugs and psychotherapy.



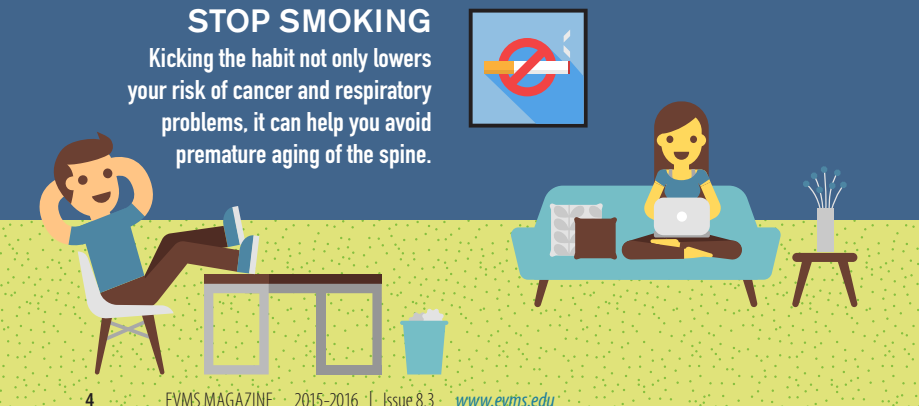
REPLACE STARCHES

Starches (such as bread, pasta, rice and potatoes) stress the beta cells that control your sugar levels. Eating vegetables promotes weight loss and reduces your risk for diabetes.



STOP SMOKING

Kicking the habit not only lowers your risk of cancer and respiratory problems, it can help you avoid premature aging of the spine.



4 SIMPLE WAYS TO GET YOUR HOUSE ~~HEALTH~~ IN ORDER

This new year, resolve to improve your health. Whether you're ready for massive change or incremental improvements, here are some steps — suggested by EVMS Medical Group physicians — to guide you on your journey.

Psoriasis specialist takes the helm of Dermatology

Abby Van Voorhees, MD, believes learning about skin isn't just for future dermatologists — it should be an important part of the educational process for all medical students.

"The skin can be a window into what is going on in the rest of the body," she says. "That's why I encourage all students to take full advantage of dermatology courses. It will benefit them in the long run — no matter their specialty."

That approach is one of the many reasons Dr. Van Voorhees was chosen as the new chair of EVMS Dermatology.

"In addition to her three decades of expertise in academic dermatology, Dr. Van Voorhees is an international leader in the field of psoriasis, an outstanding clinician, academic leader and administrator," says Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine. "We are fortunate to have someone of her caliber to oversee this department and contribute to the academic reputation of EVMS."

She was recruited from the University of Pennsylvania where she was Associate Professor of Dermatology and Director of its Psoriasis and Phototherapy Treatment Center.

Throughout her career, Dr. Van Voorhees has been active in clinical research in dermatology, particularly issues related to the treatment of psoriasis — the country's most common



Abby Van Voorhees, MD (right), with medical assistant Elisha Wilson.

autoimmune disease, affecting up to 7.5 million Americans.

Dr. Van Voorhees is the first female chair of the medical board of the National Psoriasis Foundation, the world's largest nonprofit organization serving people with psoriasis and psoriatic arthritis. She also is medical editor of *Dermatology World*, the official magazine of the American Academy of Dermatology.

Dr. Van Voorhees holds a medical degree from Yale University and received her bachelor's degree in biology from Brown University.

As for what drew her to EVMS, she says the community focus appealed to her.

"The business of medicine sometimes can make us forget that we are here to serve patients," she says. "What better way to serve your community than getting involved and making a difference, and that's exactly what EVMS does." □

What is Psoriasis?



Psoriasis causes the skin to have lesions, which can be painful, itch or burn. Often starting in the late teens or early 20s, it can affect people from infancy to the elderly years. We now understand that it is associated with systemic inflammation; therefore, people with psoriasis are known to have a higher rate of heart disease, diabetes, elevated lipids, hypertension and obesity. It is also associated with an increased incidence of depression and anxiety.

New school-wide training tackles unconscious bias

How do you fight bias if you don't even know it's there? The phenomenon known as "unconscious bias" is the focus of a new institution-wide training at EVMS.

Unconscious bias is the act of making judgments based on a personal view of the world. While it isn't necessarily bad, it can have an unintentional effect on decisions, says Mekbib Gameda, Vice President of Diversity and Inclusion, who is leading the effort to address this.

"You must know you have unconscious bias and understand that it's a natural mechanism of the brain," Mr. Gameda says. "Then we can begin to mitigate it." To that end, EVMS is training faculty, staff, residents, students and even board members. "We have to understand the challenges and barriers of our own environment."

EVMS Board of Visitors member Derwin Gray, MD, says he's glad the board went through the training, because addressing bias starts at the top. "Health

care is designed for the entire population," Dr. Gray says. "We're training our students to serve the community, and that means the entire community."

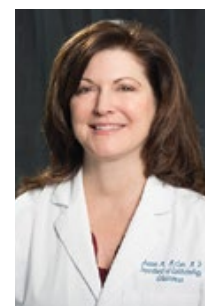
It's also important to have diversity within workgroups to help minimize unconscious bias. "Bias works against our good intentions," Mr. Gameda says, adding that "aha" moments are common during the training.

Samuel Lee is a first-year medical student who had such a moment. "I walked into the workshop foolishly assuming that having grown up on three different continents, I had no need for further training in cultural navigation or elimination of personal biases," Mr. Lee says. "I thought my experiences had taught me how to view each person as one with a unique narrative. However, as we were working through a few cases, I was humbled to discover that I was still harboring nuanced prejudices that I didn't know about."

Shannon McCole, MD (Ophthalmology



Derwin Gray, MD



Shannon McCole, MD

Residency '97), Assistant Professor and Chair of EVMS Ophthalmology, says she, too, was surprised by what she learned.

"Once we understand that unconscious bias exists," Dr. McCole says, "we can better analyze the role that it plays in how we relate to people and the assumptions we make. This training is critical for health-care professionals aiming to deliver more patient-centered and ultimately more effective care." □



To learn more about unconscious bias and available training, visit evms.edu/magazine.

EVMS hosts Student National Medical Association Regional Conference

Several hundred medical students from Virginia, Maryland and Washington, D.C., made their way to EVMS in December for the annual Student National Medical Association (SNMA) Region VI Conference. SNMA is a national organization that aims to support underrepresented minority medical students.

This was the first year the conference was held at EVMS, and the theme was "Closing the Gap on Health Disparities." EVMS students were excited to see the organization choose their campus for the event.

"SNMA is committed to supporting underrepresented minorities like myself," says Courtney Strickland, MD Class of 2016 and SNMA member. "The organization has served as a platform for me to grow as a

leader, and it was great to see other EVMS students get involved."

During the conference, students were able to gain new skills by way of clinical seminars, professional lectures, panels and discussions on various social issues. Cynthia Romero, MD (MD '93), Director of the M. Foscue Brock Institute for Community and Global Health and former Virginia State Health Commissioner, was the keynote speaker.

"SNMA conferences provide a great opportunity to discuss how personal



identifiers affect a physician's treatment of a patient, and the patient's perception of the physician," Ms. Strickland says. "SNMA recognizes that a team of diverse individuals can accomplish more than a team of like-minded individuals, in hopes that one day medical doctors will be as diverse as the patients they serve." □

EVMS researcher receives \$3.2 million grant for HIV cure study

Woong-Ki Kim, PhD, Assistant Professor of Microbiology and Molecular Cell Biology, has received a \$3.2 million award from the National Institutes of Health to research a cure for HIV.

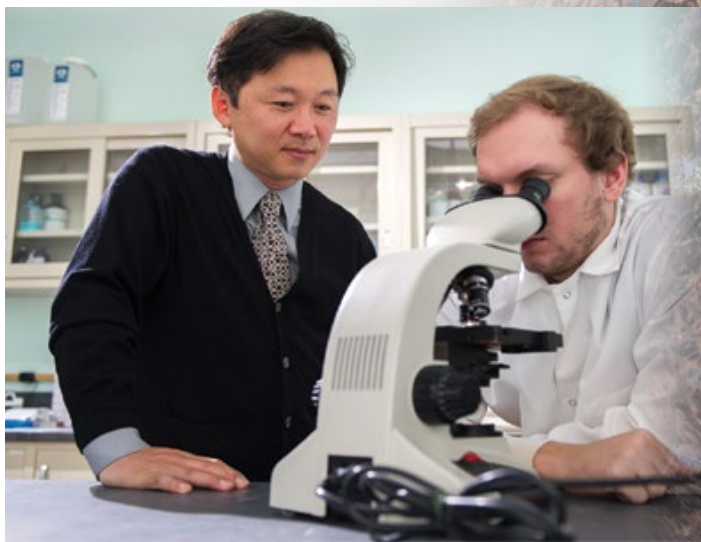
Thanks to highly active antiretroviral therapy (HAART), HIV patients now live longer, but many continue to suffer from cognitive impairment. According to Dr. Kim, that's because HIV hides deep inside tissue, including the brain. His research identified a cell type called macrophages as a new HIV treatment target. This grant will fund his study to evaluate the effect of macrophage-depleting drugs on viral reservoirs.

"Our long-term goal is to find ways to successfully eradicate HIV from the body," Dr. Kim says. "Our study could lead to the

first right step in new treatments for HIV-infected patients on HAART."

This is the third NIH grant Dr. Kim has received this year to utilize similar strategies. His additional grants were awarded to study pediatric AIDS and long-term opioid use in HIV-infected patients.

"Dr. Kim has been a leader in research during his eight years at EVMS, and we are very proud of his achievements," says Jerry Nadler, MD, the Harry H. Mansbach Chair in Internal Medicine, Vice Dean of Research and Professor and Chair of Internal Medicine. "Research is essential for our mission as a medical school, not only to advance basic knowledge, but also to achieve better quality of clinical services." □



"Our long-term goal is to find ways to successfully eradicate HIV from the body," Dr. Kim says. "Our study could lead to the first right step in new treatments for HIV-infected patients on HAART."



Learn more about this research at evms.edu/magazine.

EVMS researchers collaborating to make children safer in cars

Kelli England Will, PhD, Associate Professor of Pediatrics, is the lead investigator on a \$115,560 grant from Virginia's Department of Motor Vehicles Highway Safety Office to help expand safety programs for children, tweens and teens. Dr. Will says the idea is to teach kids about highway safety in a fun, interactive way.

"DMV's Virginia Highway Safety Office is pleased to partner with EVMS on this important outreach effort," says John Saunders, Director of the Highway Safety Office. "Motor vehicle crashes are a leading cause of death for children and teens, and the programs funded through this grant will help reduce injuries and fatalities."

Three of Dr. Will's programs, already proven successful through empirical evidence, have been distributed to Virginia's 134 school districts. "Boost 'em in the Back Seat" focuses on booster-seat

use for children ages 4 to 8+; "Make it Click" increases restraint use among tweens ages 8 to 12; and "In Control: Beyond Distraction" deters distracted driving among teens.

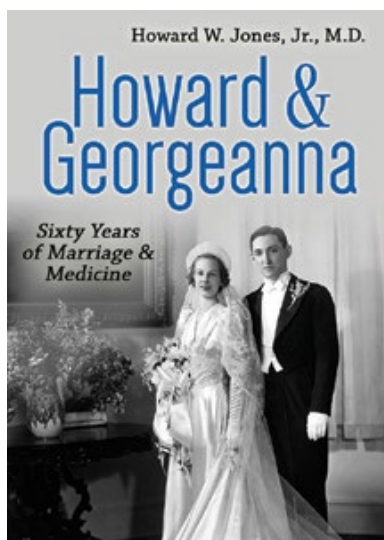
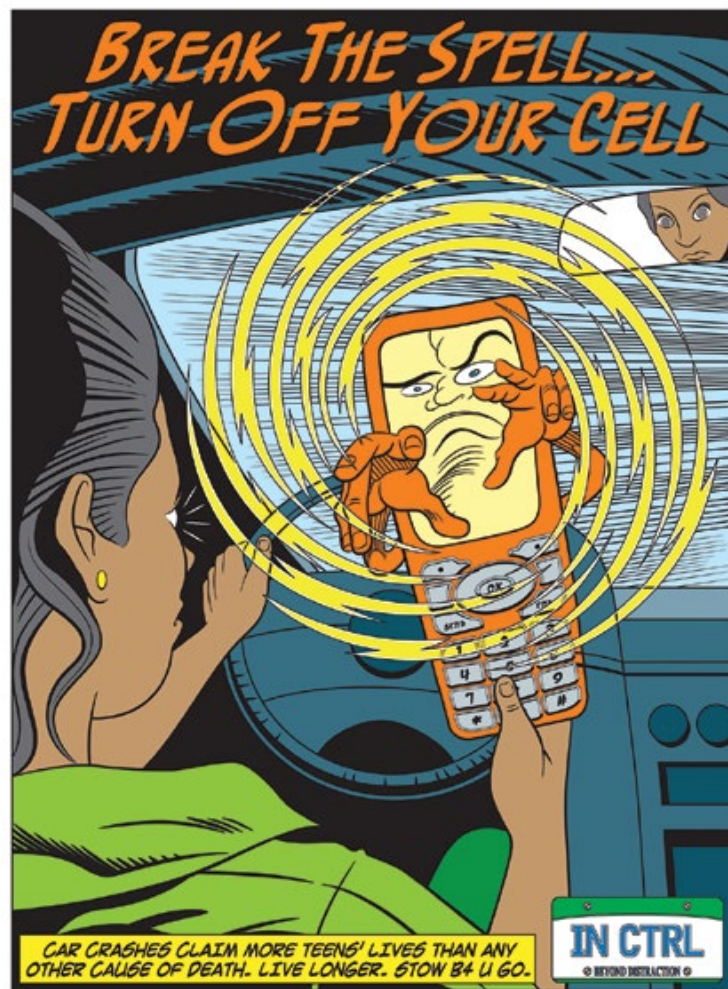
The one-year grant is enabling Dr. Will to help educators implement the programs. Each features a companion website, which can be reached from the landing page carsafetynow.org, and an easy-to-use toolkit, so educators can replicate and customize the lessons.

"By partnering with the Virginia Department of Education and Department of Health," Mr. Saunders

says, "EVMS and Dr. Will are maximizing the impact of their toolkits and websites by creating programs that can be used across the state." □



Learn more about Dr. Will's programs at evms.edu/magazine.



Dr. Howard Jones' final book now available

The final book written by Howard Jones Jr., MD, Professor Emeritus of Obstetrics and Gynecology, was published in October. Dr. Jones completed the work a few weeks before his death July 31.

Titled *Howard & Georgeanna: Sixty Years of Marriage and Medicine*, the book traces the lives of Drs. Howard and Georgeanna Jones from their start as medical students to their second careers as pioneers of in vitro fertilization. The

couple was responsible for the first IVF baby born in the United States in 1981 and co-founded the Jones Institute for Reproductive Medicine at EVMS.

The book is available through its publisher, Jamestowne Bookworks, owned by former research colleagues of the Joneses, Roger and Lucinda Veeck Gosden. It can also be purchased on Amazon.com. □



To learn more about this book, visit evms.edu/magazine.

Grants aim to improve primary-care practices for elderly patients

In medicine, one thing is clear: As people age, their health needs change. But what happens when older patients with health-care needs outnumber the providers trained in their care?

Health-care providers are wrestling with how to handle the surge of people living far longer than ever before — a seeming tidal wave, or silver tsunami, of older adults requiring medical care.

According to the National Academies Institute of Medicine, by 2030, the number of Americans 65 and older is expected to exceed 70 million — a jump from 12 to 20 percent of the population since 2005.

That's why it's vital primary-care physicians learn how to care for elderly patients, says Daniel Bluestein, MD, the Charles F. Burroughs Jr. Chair in Family and Community Medicine and Professor of Family and Community Medicine. A primary-care physician is typically the first contact for a patient with an undiagnosed health concern, a continuing source of care and coordinator of any specialty care.

"Excellent geriatric primary care is excellent primary care," Dr. Bluestein



According to the National Academies Institute of Medicine, by 2030, the number of Americans 65 and older is expected to exceed 70 million — a jump from 12 to 20 percent of the population since 2005.



Daniel Bluestein, MD

says. "Many skills for care of older adults translate to care of other vulnerable populations seen in family-medicine offices across the nation."

Dr. Bluestein received two grants to develop and refine systems of care for the elderly through primary practice. The first, a three-year, \$285,000 award under a statewide Geriatric Workforce Education Program grant from the Health Resources and Services Administration, funds his EPIC-GP (Excellence in Primary Integrated

Care-Geriatric Patients) model, which integrates geriatrics in primary care.

The second grant, \$22,836 from the Practice Change Leaders (PCL) for Aging and Health Program, will further support his work with the development of inter-professional education around improved primary geriatric care. Under the PCL program, Dr. Bluestein will assess patient, caregiver and clinical provider knowledge and beliefs. He is one of only 10 PCL awardees nationwide. □

The stories behind the students

In August, 466 new students arrived on the EVMS campus to start their journeys to health-care careers. Below, meet five of them who recount their stories in video interviews you can view on evms.edu/magazine.

MIGUEL RIBE

MD CLASS OF 2019

After graduating from the Medical Master's program at EVMS,

Miguel Ribe was thrilled to learn that he was accepted into the MD program. "I felt at home with the school, the faculty and the other students," Mr. Ribe says.

"They became my second family.

Everyone was genuinely concerned about me and cared if I succeeded."

He intends to make sure his future patients feel equally supported.

JESSICA BURKET

BIOMEDICAL SCIENCES PhD

CLASS OF 2021

Jessica Burket is a first-year

Biomedical Sciences PhD student, but she's no stranger to the field.

She already has co-authored more than 30 peer-reviewed publications, including nine first-author journal articles.

She is studying autism and hopes her research will help children living with the disorder. "Currently, there are no treatments targeting the core symptoms of autism spectrum disorders," she says. "There is definitely a need for this research."

JANAI SMITH

MASTER OF SURGICAL ASSISTING, CLASS OF 2017

Janai Smith earned her biology degree from Norfolk State University because she always wanted

a career in health care.

At first she planned to be a dentist, and she even shadowed a dentist for several months.

Then she discovered the Master of Surgical

Assisting program at EVMS. After learning she would work side-by-side with surgeons, she says, "I knew it was something I could do. I can anticipate moves and work well under pressure."

ASHWIN KADAMBI

MASTER OF PUBLIC HEALTH CLASS OF 2017

Ashwin Kadambi comes by his interest in health care naturally. His mother cared for the sick in Chennai, India. When his family immigrated to the U.S., his initial focus was on medical school.

That changed with his experiences as a pharmacy technician, researcher and volunteer at hospitals and homeless shelters. "I came to realize that public health, and not medicine, was my niche," he says. "I was interested in prevention as opposed to treatment."

ABIGAIL WINZ

MD CLASS OF 2019

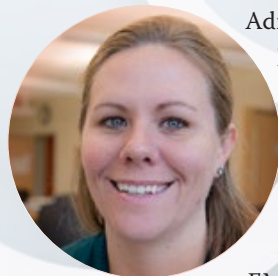
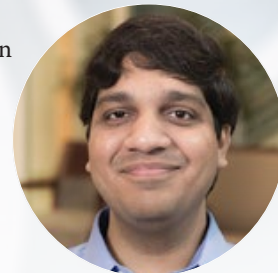
As an officer with the National Oceanic and Atmospheric

Administration (NOAA), Abigail Winz

liked mapping the sea floor but found little satisfaction in the work.

One day her ship happened upon a boatload of malnourished refugees.

Ms. Winz was the ship's Medical Person in Charge — essentially an EMT. "When we rescued them," she says, "I really enjoyed the one-on-one interaction and providing medical care." That's why today, she's charting a different course, navigating her first year of medical school.



Pediatrics residents turn garden project into children's book

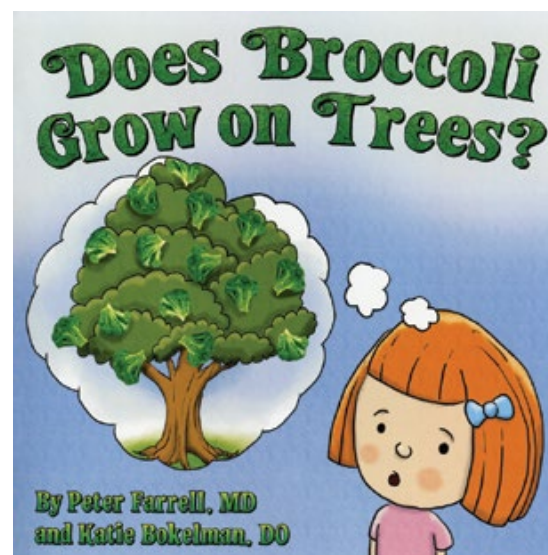
Katie Bokelman, DO, and Peter Farrell, MD, both grew up in the Midwest where backyard gardens are common. So when they learned that not only were some of the children they treated nutritionally deficient, they also had never seen a garden, the residents took action.

"We thought one small thing we could do is teach them how to grow their own fruits and vegetables," Dr. Farrell says.

On Mother's Day 2014, Drs. Farrell and Bokelman, along with fellow EVMS pediatrics residents Michael Rogers, DO, and Kyle Brady, DO, planted a garden with help from 12 children ages 6 through 12 and their parents.

"Some of these kids had never seen a whole cucumber," says Dr. Farrell, who along with his colleagues sees patients at practices associated with Children's Hospital of The King's Daughters. Working with CHKD pediatrician Paige Frazer, MD (MD '99), as a mentor, the residents also involved a nutritionist to create recipes the children can make using their fresh fruits and vegetables.

The garden's second year found 18 children and their parents involved. Drs. Bokelman and Farrell grew so excited about the project that in August, they turned it into a children's book, *Does Broccoli Grow on Trees?* The book is available on Amazon.com.



CHKD patients ages 6 through 12 can take part in the garden projects. Supplies and tools are provided free. To learn more, visit the CHKD Garden page on Facebook or email garden@chkd.org. □

School of Health Professions adds new programs

The EVMS School of Health Professions will launch three programs next summer.

Clinical Reproductive Sciences, PhD

This three-year, distance-learning program prepares students to manage IVF laboratories, as well as obtain certifications as directors of high-complexity embryology and andrology labs. Graduates will be independent researchers who can develop protocols and procedures by working with other clinical team members, contribute to best practices in patient care and manage clinical labs to ensure compliance with all IVF regulatory requirements.

Contemporary Human Anatomy, MS

This three-semester program of 32 credit hours focuses on clinical gross anatomy and embryology, teaching, medical imaging and ultrasound,

current techniques in specimen preparation and emerging technologies in anatomy simulation, such as 3-D printing and modeling. Graduates will be prepared for positions in higher education, medical laboratories, biotechnology companies, medical examiner offices, and medical illustration, or to advance to doctoral or professional health-science programs.

Pathologists' Assistant, MS

A pathologists' assistant (PathA) work in a wide scope of clinical practices and settings, including private pathology laboratories, forensic pathology laboratories, government health-care systems and medical-teaching facilities. The 78-credit-hour program consists of didactic instruction the first year, clinical rotations the second year and several online courses during both years.

Researcher invited to present to Virginia governor

At the invitation of the Commonwealth Health Research Board (CHRB), Tushar Shah, MD, MPH, Assistant Professor of



Tushar Shah, MD, MPH

Pediatrics, recently presented his research to Gov. Terry McAuliffe; Lt. Gov. Ralph Northam, MD (MD '84), Assistant Professor of Pediatrics; and Secretary of Finance Ric Brown.

The governor met with the CHRB to determine how to bolster biomedical research in Virginia. Dr. Shah was one of two investigators to present a talk.

His research focuses on reducing brain damage resulting when blood flow to a baby's brain is cut off before birth, depriving the baby of oxygen. Up to 60 percent of newborns affected don't survive.



Learn how Dr. Shah's research may help newborns at evms.edu/magazine.



LIVING WITH DY

Is it time for the medical community to rethink



GOING

end-of-life health care?

Dr. Paul Marik has outspoken opinions about end-of-life health care in the United States. They can be traced to his experiences as a young physician in his home country of South Africa.

“The indigenous people went home to die,” he says. Whereas in America, where he has spent most of his professional career, “people come to the hospitals to die.”

Paul Marik, MBBch, the EVMS Foundation Distinguished Professor in Internal Medicine and Professor of Internal Medicine, aired his frustrations in an article he wrote for the *American Journal of Hospice and Palliative Medicine* titled, “The Cost of Inappropriate Care at the End of Life: Implications for an Aging Population.”

The Washington Post picked up on Dr. Marik’s commentary and published an article that focused on him and his colleagues at EVMS and Sentara Norfolk General Hospital. The pointed headline for that article was “‘Warehouses for the dying’: Are we prolonging life or prolonging death?”

Concerns about priorities in end-of-life health care come at a time when popular-media publications, as well as reports from professional organizations and government agencies, are framing a new conversation about aggressive care for patients who are not expected to return to a normal quality of life. With the number of people over 65 in the nation expected to double to 70 million by 2030, this conversation takes on added significance.

“
We spend all of
this money, and
we can't produce
reasonable health
care. We have
a problem, and
we've got to fix it.
”

DR. PAUL MARIK



Dr. Marik, who is also Chief of Pulmonary and Critical Care Medicine in EVMS Internal Medicine, welcomes a critical look by government and society at how the country allocates health-care resources.

“The trajectory now is not a good one,” he says. “We spend all of this money, and we can’t produce reasonable health care. We have a

problem, and we’ve got to fix it.”

According to the latest available data, published for 2013, patients older than 65 make up only 11 percent of the U.S. population, yet they account for 34 percent of the nation’s \$2.9 trillion in annual health-care expenditures. The country has eight times more Intensive Care Unit (ICU) beds per capita than other Western

countries, and elderly patients are now allotted approximately 60 percent of ICU days in U.S. hospitals.

“A disproportionate number of these ICU days are spent by elderly patients before their death,” he writes. “In many instances, aggressive life-supportive measures serve only to prolong the patient’s death. Such

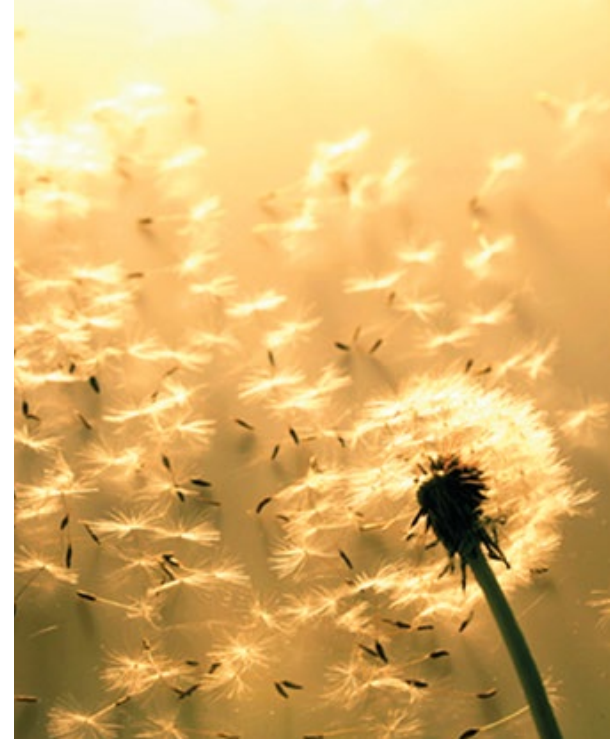


treatment inflicts pain and suffering on the patient (with little prospects of gain) and incurs enormous financial costs to the health-care system.”

At the core of Dr. Marik’s journal article is the case of an 86-year-old woman who came to the ICU with severe circulatory problems and underwent an aneurysm

repair. Complications mounted following the surgery, and after two weeks in the hospital, the patient was assessed by the critical-care team as being in multisystem organ failure, a condition that usually results in death.

Nevertheless, the patient’s family asked for aggressive supportive measures to continue. Six weeks later, with no



improvement in the patient, the family agreed to comfort-care measures and the patient soon died. Her aggregate hospital charge, according to Dr. Marik’s research, was \$821,721.

Both Dr. Marik and geriatrician Robert Palmer, MD, cite a failure to communicate among physicians, patients and patients’ families as the reason many people do not prepare end-of-life care plans before they get too sick to do so.

“Most Americans do not want to be kept alive by artificial devices,” says Dr. Palmer, the John Franklin Chair of Geriatrics, Director of the EVMS Glennan Center for Geriatrics and Gerontology and Professor of Internal Medicine. “Most want to die at home.” But living wills and advance directives often are left undone, and people never have an “open and honest conversation about how they want to spend their remaining time,” he says.

Still, Dr. Palmer detects in the nation an “awakening of the recognition that death is part of the life cycle. This recognition was the norm before the 20th century,” he believes, but was displaced by a cascade of medical advances that have greatly increased life expectancy in America.



RESOURCES FOR HEALTH PROFESSIONALS

Today, more patients and families are asking physicians and health professionals about options for end-of-life care. This is why Dr. Paul Marik so strongly endorses two recent publications. The first is the American College of Physicians' paper, "Communication about Serious Illness Care Goals: A Review and Synthesis of Best Practices," a guide to help physicians know when and how to engage with patients on this topic.

The second is the federal Institute of Medicine's "Dying in America: Improving Quality and Honoring Individual Preferences Near the End of Life," which proposes a model for advanced-care planning that would require an overhaul of Medicare, Medicaid and other health plans to promote counseling and care options that don't involve aggressive interventions.

Quantity vs. quality of life

When Dr. Marik makes his ICU rounds with students and residents, he routinely sees patients he believes would object — if they had the physical and cognitive faculties to do so — to the masks, hoses, wires and other trappings of life support. It is not uncommon for these patients to have their wrists restrained to keep them from pulling out a breathing tube or intravenous needle.

"The implications of our current practices

are enormous," Dr. Marik says. "I'm not saying don't treat the elderly. But don't waste resources, and at the same time be more compassionate."

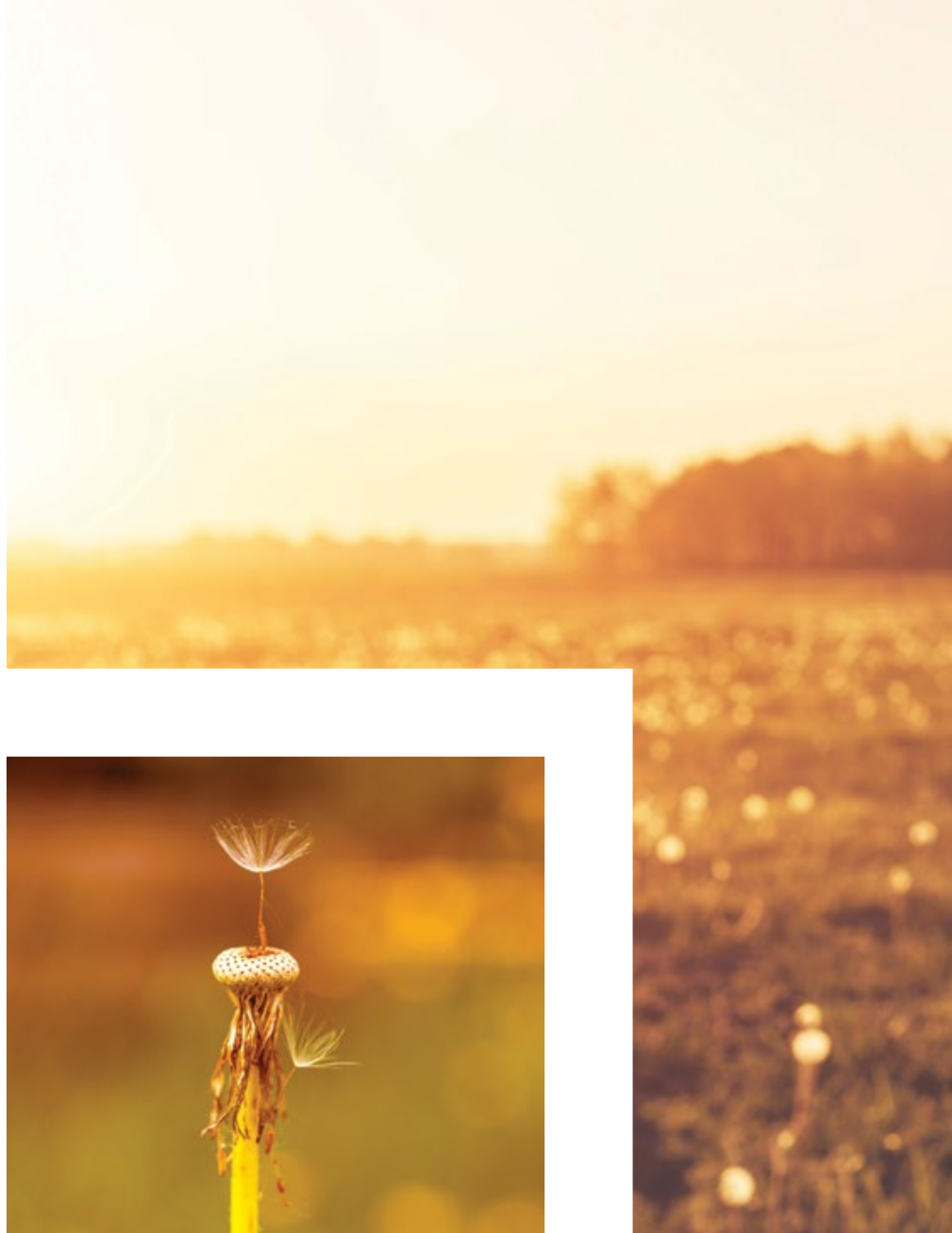
Dr. Marik believes the "death with dignity" argument has been minimized by common misconceptions. One is that medicine always has an answer — as seen on fictional television shows, he adds — and that death happens because the medical system has failed.

Another is that a family's "do everything you can" request for a severely declining patient is always the most compassionate

choice. "This often translates as 'do everything you can' to maintain biological life," he says, "even at the expense of quality of life."

Palliative care — treating symptoms and seeking to make patients comfortable rather than pursuing aggressive treatments — has become a more integrated part of the medical curriculum, thanks in part to Marissa Galicia-Castillo, MD (MD '97, Internal Medicine Residency '00), the Sue Faulkner Scribner Distinguished Professor in Geriatrics and Associate Professor of Internal Medicine.

Much of the population sees palliative





medicine as just for the end of life, “but it’s so much more,” she says. “It can begin anytime in the course of a disease.” A recent study, in fact, found that early palliative intervention helped patients live longer than others who opted for aggressive care. “That was a surprise to many.”

Dr. Galicia-Castillo serves as the Section Head of Palliative Medicine at the Glennan Center and Medical Director of Palliative Medicine at Sentara Norfolk General. There was no specific palliative care instruction at EVMS when she was a

student, but for the past three years, she has co-directed a course on this topic, along with Deborah Morris, MD, Assistant Professor of Internal Medicine, that is required for third-year medical students.

“This is fairly new, yes, but to me it is old-fashioned medicine,” Dr. Galicia-Castillo says. “It’s really talking to patients, understanding symptoms and understanding what their goals are. That’s a throwback.” □



For more information, as well as more resources to help with end-of-life care decisions, visit evms.edu/magazine



RESOURCES FOR PATIENTS AND FAMILIES

Preparing an advance directive for end-of-life care has been simplified thanks to the “As You Wish” program launched late last year by the Advance Care Planning Coalition of Eastern Virginia. You should consider completing a directive no matter what your age.

The program — supported by Sentara Healthcare, Bon Secours Hampton Roads, Chesapeake Regional Medical Center, Riverside Health System and various agencies on aging — is aimed at increasing the number of people in eastern Virginia who have officially declared their preferences for end-of-life care.

At asyouwishvirginia.org, you can download a Virginia Advance Directive for Health Care that helps you appoint and establish powers of an agent or agents, as well as declare health-care instructions either “if death is imminent,” or “if I am permanently unconscious.”

Copies of the completed form, which satisfies the requirements of Virginia’s Health Care Decisions Act, should be filed with your family members, lawyer or agent, and physicians.

Alumna brings art therapy home to her Memphis roots

Amazing things happen, she says, when people create art

There is power in a paintbrush, connectivity in crayons.

For Paige Scheinberg, ATR (ATR '12), art does more than imitate life – it enhances and enlightens. As an art therapist, she has witnessed creative experiences and self-expression lift the spirits of cancer-stricken children at St. Jude Children's Research Hospital and ease the anxiety of patients at a memory-care facility.

"This amazing thing happens when people create and use their artwork to cultivate sustainable happiness," Ms. Scheinberg says. "They learn about themselves and how to share their emotional experiences with others."

Ms. Scheinberg is the owner of SHINE ON Consulting. Through workshops and classes, she combines art therapy and psychology to introduce the wellness benefits of art to a community where it is still relatively unknown. In many

ways, she is a pioneer, raising awareness of and bringing a new practice to the southern art and medical community.

"There is a lot of energy and progress happening here, so I just knew that this needed to be happening in Memphis, too," Ms. Scheinberg says. "Students at local universities seek me out to talk about where the field is headed, and I try to help them find their way."

Ms. Scheinberg is a guest lecturer and adjunct professor, teaching undergraduate art therapy courses at Christian Brothers University. She is always proud to talk to others about where she got her start.

"EVMS is a big part of who I am and how I practice."

– Ms. Scheinberg

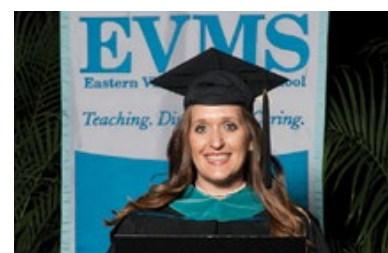
"EVMS is a big part of who I am and how I practice," Ms.

Scheinberg says. "Art therapy is still a unique and relatively new field, and it has been invaluable to have the backing of a degree from a medical school."

The EVMS program provided a solid foundation in art therapy history and theory as well as in counseling, Ms. Scheinberg says. "I'm still close with the professors and I am so proud of the work they are doing at a national level," she says. "EVMS truly offers a balanced and strong program that sets a high bar." □



Through workshops and classes, Paige Scheinberg, ATR (ATR '12), combines art therapy and psychology to promote wellness.



Paige Scheinberg, ATR (ATR '12), says the EVMS Art Therapy program sets a high bar with its balance of art history and counseling.

MARK YOUR CALENDAR NOW FOR THE

2016 EVMS ALUMNI WEEKEND

OCTOBER 14-16, 2016

Friday: Welcome Reception

Saturday: EVMS Alumni Chalet at the Town Point Virginia Wine Festival

Sunday: Campus Tours & Breakfast

Visit evms.edu/alumni for event details!

Class notes

- **Ardra Davis-Tolbert, MD** (OB-GYN Residency '01), was named to a three-year term on the governing board of Coastal Carolina Hospital in Hardeeville, S.C.
- **Gene Green, MD, MBA** (MD '97, Internal Medicine Residency '02), was named President and CEO of South Shore Health and Educational Corporation, the charitable health system that comprises South Shore Hospital, South Shore Physician Ambulatory Enterprise, Health Provider Services Organization and South Shore Hospital Charitable Foundation in Weymouth, Mass.
- **Marcus Martin, MD** (MD '76), was honored with the Paul Goodloe McIntire Citizenship Award by the Charlottesville Regional Chamber of Commerce. Dr. Martin serves as Vice President and Chief Officer for Diversity and Equity at the University of Virginia.
- **Elizaveta Ragulin-Coyne, MD** (MD '08), joined Walden Surgical Associates and is providing general surgery services at Emerson Hospital in Westford, Mass.
- **Troy Shell, MD** (Biomedical Sciences '04, MD '08, Surgery Residency '13), joined the surgery department of Physicians Regional Healthcare System in Naples, Fla.
- **Alan Wagner, MD** (Ophthalmology Residency '86), was elected Secretary-Treasurer of the Medical Society of Virginia. □

Board member runs first half-marathon to raise money for EVMS

Michael Davis is the first person to admit he's not a runner. But when the opportunity to raise money for EVMS presented itself, Mr. Davis laced up his running shoes at the 2015 Humana Rock 'n' Roll Virginia Beach Half



Michael Davis

Marathon. "Raising money for a great cause was the only way to get me into a half-marathon," he says. A Hampton Roads native, Mr. Davis has served as a member of the EVMS Philanthropic Advisory Board since its formation in 2013. The board is made up of 18 members who serve as EVMS ambassadors in the region. He says it's a rewarding way to support his community.

Mr. Davis is an estimator for Cohen

Homes, builders of single-family custom homes. With the support of his wife, he began training with fellow Team EVMS members months before the Labor Day weekend race. Team coaches Jim and Krista White of Jim White Fitness & Nutrition Studios led group "fun runs" at the oceanfront starting 12 weeks before the race.

"We began with two- to three-mile runs and worked our way up to 13 miles," he recalls. The Whites also developed customized training and nutritional plans for team members and helped them set personal race goals. Mr. Davis exceeded one of his personal goals — crossing the finish line with more than \$2,000 in donations for the EVMS Fund. □



First-time half-marathoner Michael Davis, shown here at the event with his wife and children, has been a member of the EVMS Philanthropic Advisory Board for more than two years.



For more information on the Philanthropic Advisory Board, Team EVMS and race-day photos, visit evms.edu/magazine.

Employees give from the heart to support EVMS

The totals are in. This year's Employee Giving Campaign, "The Heart of EVMS," raised more than \$91,949 from 389 donors, a significant increase over last year's total and number of participants, as well as the largest amount ever raised from EVMS employees.

The campaign's record-breaking success wouldn't have been possible without co-chairs Julie Kerry, PhD, Associate Professor and Chair of Microbiology and Molecular Cell



*Julie Kerry, PhD,
Campaign Co-chair*



*Debbie Taylor,
Campaign Co-chair*

Biology, and Debbie Taylor, Chief Information Officer, along with all the team captains and employees who made a gift to this important annual campaign.



"We are overwhelmingly grateful to everyone who donated," says Denise Milisitz, Director of Annual Giving, "and to those who worked hard on this fundraising effort." □

A REPORT TO OUR PHILANTHROPISTS

yourSupport



Thank you. By choosing EVMS as the recipient of your philanthropy, you've teamed up with us to safeguard the health of your loved ones, friends and neighbors.

Your gift is vitally important. It fosters the growth of our clinical practices and

allows our researchers to focus on improving diagnostic techniques and treatments. You've also enabled us to fund more scholarships so that students can choose specialties based on their passions rather than their debt.

Below, we are pleased to report on the

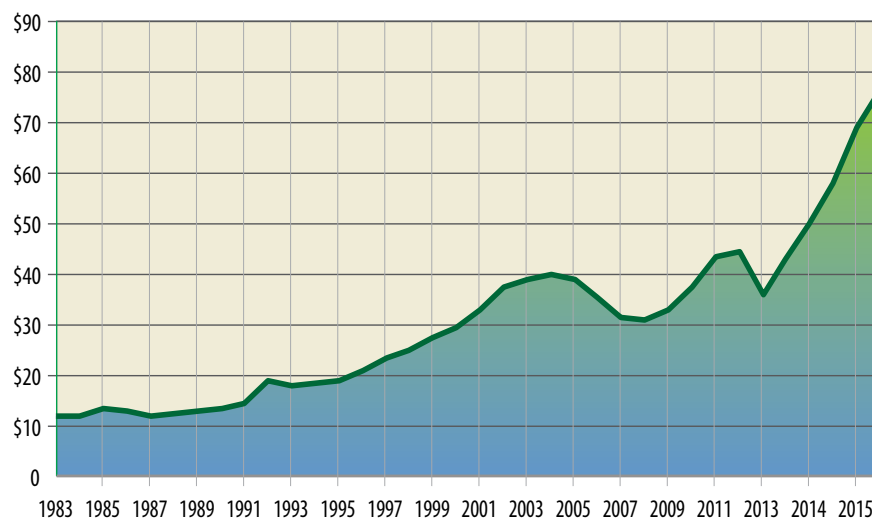
growth of our endowment. Please know that we are dedicated to returning greater value on every gift received.

We are grateful for your trust, and we promise to be a good steward of your generosity. □

EVMS Foundation 2015 Balance Sheet Highlights

- Contributions and pledges:
\$5,556,705
- Distributions from EVMS Foundation to EVMS:
\$6,813,528
- Change in net assets:
(\$895,819)
- Net assets at end of fiscal year:
\$83,615,357

EVMS Foundation Endowment



Please visit www.evms.edu/evmsfoundation for a more detailed report on fiscal year 2015 for both EVMS and the EVMS Foundation.

Robin and Powell Randolph say that after meeting with Dr. Daniel Karakla of EVMS, they knew they were in the right place.



Drummer beats cancer thanks to EVMS surgeon

Before his surgery, Powell Randolph left voice messages for his family because he didn't know if he'd ever be able to talk again. He and his wife, Robin, recorded a video of themselves saying, "I love you."

What had started with a scratchy throat and trouble swallowing was now Stage IV tongue cancer. A year of tests with no results had kept the couple on edge. But when they found out it was cancer and were referred to EVMS, everything changed.

"I went from not feeling very good about what was happening to feeling safe," Ms. Randolph says, almost five years later. "We were in the right place. We were going to fix this."

A day after his CT scan showed cancer, Mr. Randolph met with

Daniel Karakla, MD, Professor of Otolaryngology-Head and Neck Surgery. Two months later at age 44, he had his tumor removed.

"Dr. Karakla took care of us right away," Ms. Randolph says. "He is the kind of person who makes you feel at ease." And looking at her husband, she says, "I never ever felt like I was going to lose him."

Ms. Randolph waited during the 14-hour surgery while part of her husband's tongue was removed and rebuilt. "It was almost like family in the hospital," she says. "They were very good at trying to keep me calm. I really felt like we were going to get through this."

And they did.

"I'm almost at the five-year mark,"

Mr. Randolph says. Though his voice has changed, he can still talk. He and his family work every day on redefining their normal, which now includes labored breathing and an ongoing struggle with food.

But, he says, "I have so much to be thankful for." They have two sons, ages 21 and 13, and the whole experience has brought them closer as a family, he says.

And only two months after his last radiation and chemotherapy treatments, he was back on the road as the drummer for Windborne Music, traveling the world for his passion.

"I loved life before," he says. "And I love it even more now." □



To learn more about Mr. Randolph's battle with cancer, visit evms.edu/magazine.

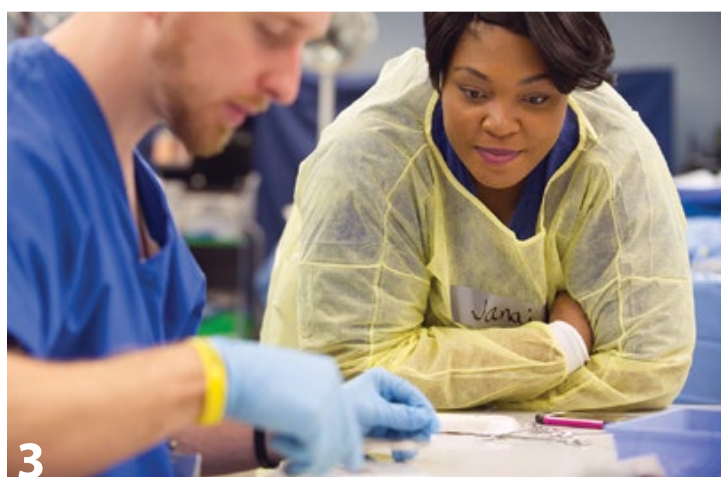


1. For the fifth consecutive year, EVMS faculty, staff and students joined the Norfolk Admirals hockey team in November to promote Diabetes Awareness Month and perform diabetes screenings for Admirals fans.



2. Walter Pories, MD, Professor of Surgery at East Carolina University, second from left, delivered this year's Harry Mansbach Endowed Lecture. On hand for his presentation were, from left, Jerry Nadler, MD, the Harry H. Mansbach Chair in Internal Medicine; May Lynn Mansbach, Sally Mansbach Herman and Stephan Herman. The lecture honors one of the school's founding fathers.

3. In November, the Surgical Assisting (SA) program hosted its popular Suture Fest. This was the fourth year of the all-day event, during which SA students, such as Kimberly Janai Smith (pictured), instruct medical students in the skills of suturing, tying, scrubbing in, gowning and gloving.



4. Virginia's First Lady Dorothy McAuliffe recently toured the new student care center at Booker T. Washington High School. The center is a partnership between EVMS, Norfolk Public Schools, Optima Health, United for Children and United Way of South Hampton Roads to improve health-care access for students. Pictured from left: Philanthropists Macon and Joan Brock; Christine Matson, MD, EVMS Professor and Chair of Family and Community Medicine who oversees the center; and First Lady Dorothy McAuliffe.

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Learn more at evms.edu/digitalmagazine

