Books inspire family fun, learning

While children may look forward to a new brother or sister, they can tire of accompanying their mothers on numerous prenatal care visits.

A free book provided by staff of Ohio State's Ob/Gyn Clinic not only encourages children to look forward to Mom's next Clinic visit, but to make reading and learning a fun family goal.

"Books Encourage...Gift of Learning" is a free-book program begun a few years ago as a way to entertain fidgety children in waiting rooms. Ob/Gyn Clinic staff quickly realized that giving a book to a child whose family has limited resources provides ongoing positive effects for the family and demonstrates that the personalized caring of Ohio State's faculty and staff extends well beyond the clinic doors.

"Many times, patients have limited access to quality reading material for their children, as they don't have resources to purchase books. Through the gift of these books, Clinic staff hope to instill a love for reading and learning. Information for parents on age-appropriate reading material is included in every book. These books provide parents with an opportunity for positive interactions with their children on both a personal and educational level," says Denise Mucci, RNC.

Mucci, Paula Lynch, RNC, and Clinic staff are grateful to all who have donated books and funds to purchase books, including Campus Campaign, Wexner Medical Center Service Board, Girl Scouts and numerous nurses, doctors, staff members and administrators.

Children have delighted in reading "Boomer the Bengal Cat," a rhyming story about Boomer, who gets lost in a room of orange and black spotted wallpaper and relies on his friend for help. The books are a recent donation from Karen Pitchford, a central Ohio author.

Faculty and staff can support this program through a donation of books or to Campus Campaign Fund #331372.

For more information, contact Denise.mucci@osumc.edu.

But for Ohio State... Surgery restores quality of life

Tom, a hardworking man from Chillicothe, Ohio, has always been an active guy. When severe knee pain made his custodial job difficult and kept him from hobbies of gardening, carpentry and camping, he knew it was time to do something about it.

One morning as he was reading the newspaper, Tom learned about a new minimally invasive orthopaedic procedure called MAKOplasty®, which is ideal for people like him who suffer from osteoarthritis of the knee. From what he read, it sounded promising.

To find out if he was a candidate for the surgery, Tom scheduled an appointment with orthopaedic surgeon Matthew Beal, MD, at Ohio State's Wexner Medical Center, where the surgeons have more experience than anyone in Ohio performing MAKOplasty® partial knee replacement.

"This wasn't Tom's first experience with knee surgery. Years before, on two occasions, he gained temporary relief when he had both knees "scoped," a procedure that repairs osteoarthritis damage using a small arthroscope inserted into the knee joint.

"I'd been putting up with the pain for three or four years," he recalls.

This time, Tom was hoping Ohio State surgeons could offer a more permanent solution for his recurring knee pain. A less invasive surgical treatment option than total knee replacement, MAKOplasty® is unique because it affects less bone and promotes faster healing than the traditional approach.

Based upon X-rays and a detailed physical exam, Beal confirmed Tom's hope and told him he was a good candidate for MAKOplasty® because he had early to mid-stage osteoarthritis that had damaged only the inside compartment of his knee.

While staff at other hospitals recommended a full knee replacement, Tom decided on the less invasive procedure Ohio State surgeons offered. One week later, Tom had MAKOplasty® partial knee replacement surgery on his right knee.

"I wish I would have had the partial knee replacement done sooner," says Tom.

During the procedure, Beal used a highly precise robotic arm to carefully resurface only the diseased portion of Tom's knee, sparing his healthy bone and surrounding tissue. Then the surgeon attached an implant that enabled Tom's knee joint to move smoothly and painlessly again.

Tom gave Ohio State permission to share his surgery through live-tweets and video coverage online. He wanted to help educate patients and referring physicians about this innovative new treatment option.

One of the biggest benefits of partial knee replacement is that it promotes faster healing than a full knee replacement. Tom was out of bed and walking around the hospital the morning after his surgery, which enabled him to leave the hospital after only two days.

"Ohio State gave me back a normal life," explains Tom, who is very pleased with his partial knee replacement and recommends the procedure to anyone who's a candidate.

In fact, Tom's surgery, physical therapy and recovery went so well that he plans to have his left knee done in the near future. These days, he's back to work and experiencing no pain in his resurfaced right knee. He's also back to enjoying the activities that knee pain once kept him from doing, such as gardening, camping, woodworking, car maintenance and spending time with his eight grandchildren.

Learn more about patient stories that illustrate the remarkable care provided every day by the staff of The Ohio State University Wexner Medical Center at medicalcenter.osu.edu.
Ohio State advances medical education

“Creating the future of medicine to improve people’s lives” begins with advancing medical education to ensure that we have the highest quality practitioners to meet our healthcare needs.

Ohio State’s College of Medicine will welcome this summer’s incoming class with a new curriculum that is designed to prepare tomorrow’s physicians to deliver the highest quality care to a diverse population of patients in a changing healthcare environment.

Lead. Serve. Inspire. (LSI) will require a new set of competencies for physicians and medical scientists that place greater emphasis on patient-centeredness, coordination of care, participatory decision-making, continuous professional development, technology and advocacy. The new curriculum features clinical experiences that will help students apply foundational science concepts to patient care.

“Our curriculum is a three-phase approach that integrates experiential learning within the core curricular content so students can hang knowledge concepts on actual patient interactions, patient management and patient care beginning early in their programs,” says Daniel Clinchot, MD, associate dean for Medical Education.

Foundational building blocks of this innovative educational pathway to the professional practice of medicine include:

• A three-part curriculum that will be completed in four years
• Full integration of basic and clinical science
• Early longitudinal, practice-based clinical service that allows students to apply classroom knowledge to real patients
• Self-directed learning, with multiple assessment methods for individualized learning with standardized outcomes
• Faculty coaching to support strong clinical skills
• Project work that requires critical thinking and synthesis
• Clinical problem-solving in a team-based environment

Learn more about the Lead. Serve. Inspire. at medicine.osu.edu.

Gift promotes teaching excellence

With her history of generously giving of her talents, it should come as no surprise that Mary Beth Fontana, MD, continues to find new ways to improve Ohio State medical education.

With a pledge of $400,000, Fontana is establishing an endowed faculty to be used in Ohio State’s College of Medicine to reward current or retired/emeriti faculty of the College who are recognized through the Courage To Teach program as exemplary teachers in the development of excellent, professional and humanistic clinical physicians.

Those physicians designated Master Teachers through the Courage To Teach program will be awarded The Mary Beth Fontana Wise M.D. Master Teacher Award.

“The vast majority of funds donated to the College of Medicine are designated for research and patient care. This endowment is specifically to support the educational mission of the college by rewarding exemplary teachers, without whom we would not have excellent caring physicians. The primary initial focus will be to reward Master Teachers who have earned that designation by their current and prior educational achievements. In the future, support for faculty development of educational talents can be added as the endowment grows,” says Fontana.

Fontana, who earned her medical degree from Ohio State in 1966, is recognized as an expert clinician who is equally gifted as a teacher and educational innovator. She joined Ohio State’s faculty in 1970, becoming an assistant professor in 1971 and an associate professor in 1976.

Fontana was appointed Associate Professor of Internal Medicine Emeritus in 2004.

During her tenure, Fontana was often honored for patient care and teaching excellence. She devoted much of her career to innovative medical education and public service, including her early involvement with the Independent Study Program and later with the Integrated Pathway Med I & Med II program. Her educational leadership has greatly strengthened the curriculum, teaching effectiveness, problem-based learning, medical student experiences, continuing medical education activities and educational courses at Ohio State’s College of Medicine. Since retirement she has focused her efforts on medical education, medical student mentoring and tutoring. She holds the Harry C. and Mary Elizabeth Powelson Professorship for tutoring and mentoring medical students.
The Department of Pharmacy has become the first unit of Ohio State's Wexner Medical Center to receive the Green Buckeye honor. "Green Buckeye certification is a University-wide initiative to recognize Ohio State areas that are doing their part and more to protect the environment. The certification process asks employees about their practices related to communication of environmental goals, energy efficiency, recycling and waste reduction, water conservation and purchasing.

Like many successful initiatives, Pharmacy's program started with small changes, " says Lauren Kleinman, administrative manager in Pharmacy, who has helped spearhead the department's green movement. Here's a sampling of practices Pharmacy staff are working on: more recycling bins; a copier with an added scanner-email functionality to cut back on paper usage; conveniently located coffee pots to encourage multiple-use instead of single-use cups; dishes and silverware to encourage re-use instead of single-use plastic ware; caterers with environmentally friendly practices; and electronic rather than print communications. The Department of Pharmacy will also pioneer the way by holding the first zero-waste event for the Wexner Medical Center. The Pharmacy aims to graduate this June, their celebration will be missing only one thing: a trash can.

"This is something to truly be proud about as this demonstrates yet again our Department's leadership and innovation," Kleinman adds.

Face

William B. Farrar, MD
Professor of Surgery
Director, Division of Surgical Oncology, Department of Surgery
Director of Medical Affairs, Arthur G. James Cancer Hospital and Richard J. Solove Research Institute
Dr. Arthur G. and Mildred C. James – Richard J. Solove Chair in Surgical Oncology

What do you like best about practicing medicine at Ohio State's Wexner Medical Center? The tremendous support system. I'm impressed by the quality of the doctors working here, not only for patient care, but for research and education.

What excites you most about the future of medicine? I think P4 Medicine is the future of medicine everywhere. What excites me most about this is that the scientific discoveries we make almost every day, especially in my field of oncology, are leading to more effective personalized and preventive care. How do you think P4 Medicine will change your specialty over the next 10 years? P4 medicine increasingly enables us to select personalized treatments that have a better chance of working on individual patients. An example is breast cancer: We used to give chemotherapies to everyone with a tumor larger than one centimeter, knowing that only a small percentage of patients needed it, but having no way to distinguish one group from the other. Now we can do onco-type testing to determine who will benefit from the treatment and allow those who would not benefit to avoid its associated toxicity.

Medical Briefs

Stefanie's Champions event honors caregivers

The 13th annual Stefanie's Champions Awards Luncheon will honor five extraordinary heroes in the lives of cancer patients. The event takes place in the Archie M. Griffin Grand Ballroom of the Ohio Union on April 11. The award, established by Stefanie Spielman and her husband, Chris Spielman, is designed to honor an important factor in cancer treatment, the loving and healing presence of a devoted caregiver. For information, visit spielmanfund.com.

Attend Trainer Research Day

The 11th Annual Trainer Research Day is set for the Biomedical Research Tower on April 19, with preview activities beginning during the afternoon of April 18. On display will be the work of more than 300 postdoctoral fellows and researchers, clinical residents and fellows, as well as graduate, MD/PhD, medical and undergraduate students. The keynote will be given by Louis Patecek, MD, a leader in the field of human neurogenetics. His research focuses on episodic disorders, circadian rhythm and neurodegeneration. Information is available at researchbysou.edu.

Eating habits may trigger nickel allergy

Whole grains, oatmeal, legumes, nuts and soy are all recommended as part of a healthy, balanced diet. These foods also contain trace amounts of nickel. As a result, more people are developing allergic reactions from nickel, according to Ohio State dermatologist Matthew Zirwas, MD. Zirwas has noticed a gradual rise in nickel allergies over the past five years. Symptoms include an itchy rash that can appear anywhere on the body, but it is more common on the palms of the hands and the outside of the elbows. In addition to rashes, Zirwas has also seen patients with fatigue, nausea and joint pain as a result of dietary nickel.

MEdical Center faces of OSU

PharmD, MS, MHA; and Lisa Maccombs, CPhT (center).

PharmD, MS, MHA; and Lisa Maccombs, CPhT (center).

PharmD, MS, MHA; and Lisa Maccombs, CPhT (center).
Take the P4 Pledge for improved health

P4 Medicine isn’t just something we provide to patients of Ohio State’s Wexner Medical Center. P4 Medicine — care that is predictive, preventive, personalized and participatory — can guide our own journey to improved health.

Faculty and staff are asked to make a commitment to their own good health by taking the P4 pledge. Share your pledge and invite others in the university and community to join in.

Through the small changes each of us makes to improve our health, we can have a greater impact on the health of our community.

How you can participate? At the P4 Pledge website, choose from among four pledges: Get Fit, Eat Right, Chill Out (reduce stress) or Be Tobacco Free.

When you sign up using Facebook, you will be able to participate in online communities of those in your pledge area. If you choose, you can communicate with others who may be experiencing the same successes and obstacles that you are facing and begin a conversation about achieving greater health.

You can also make your pledge anonymously if you choose not to include personal information. The P4 Pledge map will provide an illustration of all those who have pledged.

Please invite others, even if they are not Ohio State employees, to make the pledge at the P4 Pledge website: osup4medicine.com.

At the P4 Pledge site, you can also find suggestions and resources related to improved health, such as:

- **Predict** — investigate your family history, take a self-administered test for early dementia and memory disorders, or participate in genetic testing as recommended by your physician.
- **Prevent** — get an annual flu vaccine, wash hands frequently, eat healthful foods, or participate in recommended screenings, including those for breast, prostate, colon, skin and oral cancer.
- **Personalize** — use your information to individualize prevention plans and treatments.
- **Participate** — work with a health provider to set health goals and create a plan to achieve them, join a clinical trial, or sign up with OSU MyChart.

Visit the P4 Pledge site from OneSource or at osup4medicine.com.

**FAST**

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  1250 North Hamilton Road

- **Inside the Market District Giant Eagle**
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**HOURS:**

- Monday – Friday: 8:30 a.m. to 8:30 p.m.
- Saturday: 9 a.m. to 6:30 p.m.
- Sunday: 10 a.m. to 4:30 p.m.

medicalcenter.osu.edu/go/FastCare.

**BUT FOR OHIO STATE, CONVENIENT CARE WOULDN’T BE THIS AFFORDABLE.**

FastCare clinics provide convenient, quality care for common illnesses for less than the cost of urgent care visits.