



GW Medicine Notes

A Monthly Publication of the GW Department of Medicine

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November 2012

Annual MFA Business Meeting

The Annual MFA Meeting took place on October 17th at the Westin Hotel with over 220 faculty in attendance. The cocktail hour lasted over an hour and gave everyone a chance to socialize with others who they rarely get a chance to interact with.

The Business part of the meeting started with a presentation by **President Knapp** and was followed by a State of the School address by **Dean Akman**.

The next part of the meeting took less time than last year to introduce all new physicians and other providers. The introduction of these 40 plus individuals was impressive in displaying the increasing depth of the MFA's faculty.

A short discussion of some changes regarding retirement benefits, health benefits and malpractice issues took place followed by the usual update on the financial health of the MFA from **Mr. Steve Badger**. After 12 years the MFA continues to show growth and profitability although some time was taken to discuss upcoming challenges, most importantly relating to the uncertainty regarding the election and the future of the Affordable Care Act.

From the Chairman

The annual physical exam is a bad habit that seems harder to break than trying to stop smoking. The full head to toe physical is a ritual passed down from generation to generation. Patients expect it and we deliver. How often does a full physical exam on a healthy, non-complaining individual (if such a person exists) result in an important finding? I have no idea, but I would bet it is not often. There is a shortage of primary care doctors and too many patients who need or want one, so one way to alleviate this shortage would be to concentrate on those with specific complaints and to emphasize preventive counseling.

Then there is the annual blood work. A waste of money? I will give you that the Vitamin D level will be abnormal because it is abnormal in everyone. So don't order it and start every patient on Vitamin D or make up a new normal that fits most patients and then don't order it.

Let's move on to the yearly ECG; another waste of money for healthy individuals (although given current reimbursement rates, it is less than my Rolling Stone subscription). What are we looking for, asystole? This is probably a clinical diagnosis. True, to diagnose atrial fibrillation you have to touch the patient but you might be able to do this while shaking hands (which I don't do either.)

My favorite has always been the pre-op chest X-ray. What do the anesthesiologists think will be found, no heart? Let's give our patients more useless radiation. Although, I must admit it is not as bad as getting a CT scan or MRI for a headache. What could possibly be found that anything could be done about anyway?

It is estimated (I think I read somewhere) that half the people in this country have high blood pressure which is untreated or uncontrolled. You can get a blood pressure check at Giant and then claim that it must be wrong because it's never that high when it is checked at home. This would save the patient a trip to the office to say the same thing. It is amazing that no one's blood pressure is ever high when they take it themselves at home. The incidence of those effectively treated would be much higher if patients just stayed at home.

Back in the days when Dr. Simon trained, the emphasis was on doing a thorough rectal exam. That went by the wayside when the PSA test was discovered for men and when colonoscopies were recommended for all over 50. I have never had a student or a resident do or even propose to do a rectal exam while seeing patients with me in clinic. Of course I am a cardiologist and it may seem a little weird to the patient so maybe that's not so bad.

Speaking of cardiology, now we are thinking of giving medical students a course in bedside ultrasound since hand held units are now available. Forget the rectal; soon we won't even have to listen to the heart.

So if we didn't do all of the above our healthy patients will be better off; there will be more time to see the sick patients and time would be better spent in counseling on weight loss, smoking cessation, updating immunization status and other proven preventive measures. Physical diagnosis is a dying art anyway. Why not just let it die?

Alan G. Wasserman, M.D.

SAVE THE DATE

DECEMBER 12, 2012

HOUSESTAFF/FACULTY

HOLIDAY PARTY

Department of Medicine November 2012 Grand Rounds

Nov 1 **"Risk Based Screening of Breast Cancer"**

Rachel Brem, MD

Professor of Radiology
Director, Breast Imaging and Intervention Center
Department of Radiology
George Washington University Medical Faculty Associates

Nov 8 **"Schizophrenia"**

Michael Compton, MD, MPH

Professor of Psychiatry and Behavior Sciences and
Director of Research Initiatives
Department of Psychiatry and Behavior Sciences, SMHS
Professor of Prevention and Community Health
Department of Prevention and Community Health,
School of Public Health and Health Services
George Washington University Medical Faculty Associates

Brandt Memorial Lecture in Women's Health

Nov 15 **"Perspective and Priorities in Women's
Health and Health Care Services"**

Mary Wakefield, RN, PhD

Administrator
Health Resources Services Administration
U.S. Department of Health and Human Services

Nov 22 **Cancelled for Thanksgiving Holiday**

Nov 29 **"MRSA"**

Robert C. Moellering, MD

Beth Israel Deaconess Research Investigator
Institute for Drug Resistance
Beth Israel Deaconess Medical Center
Boston, Massachusetts

The George Washington University Medical Center (GWUMC) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. GWUMC designates this continuing medical education activity on an hour-for-hour basis in Category I of the Physician's Recognition Award of the American Medical Association.

Medicine Team Contacts

ADMITTING RESIDENT (202) 715-6034 (CELL)

WHITE TEAM	(202) 715-5669
YELLOW TEAM	(202) 715-6041
GREEN TEAM	(202) 715-6062
RED TEAM	(202) 715-6039
BLUE TEAM	(202) 715-6156
SILVER TEAM	(202) 715-6040
PURPLE TEAM	(202) 715-6042
GOLD TEAM	(202) 715-6044

Cardiology Grand Rounds

5:00 PM, GWU Hospital, Conference Room 6-116

Nov 7 **M & M**

Nov 14 **Alan Maisel, MD**

Professor of Medicine
Director, Coronary Care Unit and
Heart Failure Program
Veterans Affairs San Diego Healthcare System
UC San Diego School of Medicine
San Diego, California
Cardio-Renal Syndrome

Nov 21 **No Conference
Thanksgiving Holiday**

Nov 28 **Tim McCaffrey, MD**

Professor of Medicine
Director, Division of Genomic Medicine
Department of Medicine
George Washington Medical Faculty Associates
Genetics of CAD

Drs. Jillian Catalanotti and David Popiel will again be offering the Community Health Elective for Internal Medicine Residents, organized in conjunction with the GW School of Public Health and Health Services. This 2-week elective features morning lectures which are open to ALL who are interested in attending (students, residents, faculty, etc.). Please see www.gwmed.com for more information.

Resident Lecture Series November 2012 Noon Conference

Nov 1	Medicine Grand Rounds
Nov 2	Chairman's Rounds
Nov 5	HVCCC Lecture Series: "Biostatistics" - Dr. Jillian Catalanotti
Nov 6	Journal Club
Nov 7	GME Core Curriculum
Nov 8	Medicine Grand Rounds
Nov 9	Chairman's Rounds
Nov 12	TBD
Nov 13	Hospitalist Lecture Series: "Acid/Base" - Dr. Sara Wikstrom
Nov 14	"The Diabetic Foot" - Dr. Michael Stempel
Nov 15	Medicine Grand Rounds
Nov 16	Recruitment/Resident Luncheon
Nov 19	Recruitment/Resident Luncheon
Nov 20	CPC
Nov 21	Recruitment/Resident Luncheon
Nov 22	No Conference - Thanksgiving Holiday
Nov 23	No Conference - Thanksgiving Holiday
Nov 26	Recruitment/Resident Luncheon
Nov 27	Mortality & Morbidity
Nov 28	Recruitment/Resident Luncheon
Nov 29	Medicine Grand Rounds
Nov 30	Recruitment/Resident Luncheon

Please Join Us In Welcoming Our Newest Medicine Faculty Member

Dr. Lisa McGrail joined the Division of Hematology & Oncology in October, as our second Breast Oncologist. Dr. McGrail earned her medical degree from Georgetown University School of Medicine where she also received her undergraduate degree.

Dr. McGrail completed her internal medicine residency and her fellowship in hematology & medical oncology at Walter Reed Army Medical Center in Washington, DC. During her fellowship she was an Instructor at the Uniformed Services University of Health Sciences (USUHS) and became an Assistant Professor at USUHS while serving as the Assistant Chief and then Chief of the Hematology/Oncology Service at Malcolm Grow Medical Center at Andrews Air Force Base. At Malcolm Grow, Dr. McGrail served as Chairman of the Cancer Committee and Chairman of the Tumor Board. Among other administrative and clinical leadership responsibilities. She was also elected to AOA while at USUHS.

Dr. McGrail entered private practice in the DC area in 2006. She was voted a *Washingtonian Top Doc* for Breast Oncology in 2010 and a *Washingtonian Top Doc* for Medical Oncology in 2012.

Dr. McGrail focuses her clinical interests on breast oncology. She is board certified in internal medicine and medical oncology.

Appointments can be made with Dr. McGrail by calling (202) 741-2210.

Cardiovascular Institute Expansion

The GW Cardiovascular Institute's Board of Directors unanimously voted to expand the Cardiovascular Institute's mission to include a focus on vascular disease. To reflect its expanded scope, the Institute will be renamed the **GW Heart & Vascular Institute**. Building upon the strengths of the GW Medical Faculty Associates' renowned team of surgeons in the Division of Vascular Surgery, as well as the natural alignment of cardiac and vascular disease prevention and treatment, the combined faculty initiative will better serve the Washington, D.C. region. Through collaborative research, public and professional education, and community outreach focused on heart and vascular disease, the Institute will have a profound impact on the community.

Richard Neville, M.D., chief of vascular surgery, will serve as co-director of the Institute. **Anton Sidawy, M.D.**, chair of the Department of Surgery, and **Joseph Babrowicz, M.D.**, assistant professor of surgery, will join the Institute's Board of Directors. **Richard Katz, M.D.**, director of the Division of Cardiology, will continue to serve as Director of the Institute and Chair of the Board.

GW's Student-Run HEALing Clinic Needs Your Help!

Since it's founding in 2006, The HEALing Clinic (Healthcare, Education and Active Living) has strived to help expand access to primary health care for the vulnerable residents of Washington, DC, regardless of insurance status or ability to pay. This entirely student-run effort shapes the education of GW's future medical professionals and provides a much needed service for the local community. The HEALing Clinic has provided more than 300 patient visits in the past year alone.

The clinic operates at two locations; Bread for the City (Shaw) on Tuesday nights from 5:00 to 7:30 pm and the Family Medical Center (Anacostia) on Saturday mornings from 9:00 am to 12:00 noon. The HEALing Clinic is recruiting attending physician volunteers as this clinic can not be held without their presence and support. The commitment required is just four (4) shifts per year.

If you can't commit, then consider a donation of \$450, the cost of running the clinic for one week. Please contact Kathleen Bren, Director of Community Relations at healing.communityrealitions@gmail.com to volunteer or make a donation.

Pharmacy CME: "Current Trends in Disease Management" to be Held November 17, 2012

The Department of Pharmacy at the George Washington University Hospital (GWUH) will be sponsoring a day-long educational conference entitled: "**Current Trends in Disease Management**" on November 17th. Speakers include: **Dr. Matthew Mintz**, General Internal Medicine (Treatment of Diabetes); **Dr. Morgan Delaney**, Pulmonary, Critical Care and Sleep Medicine (Diagnosis and Treatment of COPD); **Dr. Ted Rothstein**, Neurology, (Diagnosis & Treatment of Alzheimer's Disease); **Dr. Julia Frank**, Psychiatry (Evaluation & Treatment of Schizophrenia); **Mark Prue, R.Ph**, GWUH Pharmacy Clinical Manager (Patient Safety: Causes & Prevention of Medication Errors); and **Abrar Hussain, PhD, R.Ph**, GWUH Pharmacy (Medication Errors: Global and Legal Perspectives).

The conference will be held at the GWUH Auditorium. To register call (202) 715-5038 or email saundra.moore@gwu-hospital.com.

Chairman's Rounds

GWU Hospital Auditorium, 12:00 Noon
All Faculty Invited to Attend

Nov 2 **Dr. Emmanuel Reyes**
Dr. Mimi Ayana

Nov 9 **Dr. Feras Abdul-Kahlek**
Dr. Jeffrey Zweig

**Rheumatology
Academic Conference Schedule
November 2012**

Thursdays 8:00 - 9:00 am ACC 1-401, 1:30 - 3:30 pm Hospital Rm 6-106
Questions? Call (202) 741-2488

- Nov 1 **Journal Club**
Dr. M. Tehrani
- Didactic Sessions
1:30 - 3:30 p.m., GWU Hospital, Rm 6106
- Nov 8 **Delphine McDowell**
Department of Medicine Revenue Cycle Manager
"Coding and Billing for Rheumatology"
- Didactic Sessions
1:30 - 3:30 p.m., GWU Hospital, Rm 6106
- Nov 15 **Dr. Kathleen Brindle**, Associate Professor of Radiology
Radiology Conference
- Didactic Sessions
1:30 - 3:30 p.m., GWU Hospital, Rm 6106
- Nov 22 **Cancelled - Thanksgiving Holiday**
- Nov 29 **Intra-City Grand Rounds**
Location: GWU Hospital
Time: 7:30 - 9:00 a.m.
- Didactic Sessions
1:30 - 3:30 p.m., GWU Hospital, Rm 6106

Kudos and Congratulations

Kudos ... to Dr. Ashley Styczynski, PGY1, who received a shout out regarding her excellent fund of knowledge and her "gusto" to provide exceptional patient care, implementing her inquisitive mind to almost immediately narrow a wide differential and then following the pathology personally from collection to confirmatory diagnosis.

More kudos ... a student writes to thank **Dr. Andrew Myers**, PGY2, and **Dr. Charles Smith**, PGY1, while on service at Inova Fairfax Hospital. "They first made a conscious effort to bring me into the team and give me ample opportunities to learn. Then they took the time to help me improve and go over points with me ... they actually came to me to help. They truly embraced the concept of "Team" in Team A.

Even more kudos... to **Drs. Allen Solomon, Brian Choi and Miriam Fishman**, Division of Cardiology, who screened nearly 100 student athletes at Albert Einstein High School in Silver Spring, MD, for heart conditions using GE's V-scan handheld ultrasound machine.

Congratulations also... to **Dr. David Borenstein**, Clinical Professor of Medicine, who has been selected as a Master of the American College of Physicians.

Condolences ... to **Dr. Kate Goodrich and Dr. Reena Hemrajani**, both of the Division of Hospital Medicine, on the recent passing of their fathers. Our heartfelt sympathies go out to Kate and Reena and to the Goodrich and Hemrajani families.

See you next month! The Editor



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