Looking for a Healthy Career? Choose Medicine
Practicing Without a Net
MESSAGE FROM THE dean

Chet Evans, DPM, CWS

Looking for a Healthy Career? Choose Medicine

The Barry University Center for Community Health and Minority Medicine just opened as the new physical facility housing the School of Podiatric Medicine and the graduate Physician Assistant Program. The Center provides the School with the increased capacity to attract and train medical students from diverse backgrounds and enables the School to serve the medical needs of the medically underserved populations of South Florida, the state, and the nation. The editor spoke with Dr. Chet Evans, vice president for medical affairs and dean for the School of Podiatric Medicine about the new Center and the career opportunities available in the field of medicine.

EDITOR: How will the Center improve education and training opportunities for careers in medicine?

DR. EVANS: The Center’s central mission is to train the next generation of health professionals to provide health care for the many minority and medically underserved communities of South Florida. The Center will serve more than 400 health professional students with two state of the art classrooms and a new physical assessment lab with a full range of diagnostic equipment. The Center has offices and meeting rooms for the faculty and staff of the School of Podiatric Medicine and the Physician Assistant Program.

EDITOR: There has been one new podiatric school opened in Arizona and another school will open in 2009. What does the future look like for a career in podiatric medicine?

DR. EVANS: Yes, the newest podiatric medical school will open at Western University of the Health Sciences in Pomona, California in full production of graduates. Moreover, to meet the increasing demand for foot care services generated by the increase in the elderly population and expected increases in obesity and diabetes, an even more dramatic increase in podiatric graduates would be needed.

EDITOR: Describe career opportunities in medicine in the State of Florida.

DR. EVANS: Two new allopathic medical schools recently opened at the University of Central Florida in Orlando and Florida International University in Miami. The opening of the two schools is to help address the nationwide shortage of physicians, especially in Florida. In Florida, with the increased aging of the population and the large influx of immigrants, there is a health care professional manpower crisis. In addition, there is a lack of residency training programs in Florida. Unfortunately, after graduation many allopathic physicians are forced to train out of state and often end up practicing there. Because of the shortage of physicians there has been an increasing demand for other primary care health professionals, including physician assistants and nurse practitioners. The expansion of the School of Podiatric Medicine and Physician Assistant Program at Barry University is governed by each program’s accrediting body. The availability of resources to train students determines the ability to expand educational programs.

EDITOR: Why is medicine a great career choice?

DR. EVANS: There is a tremendous need for physicians and primary care health professionals of all types both locally in Florida and nationally. When the economy is in a downturn, there is usually an upswing in the number of applications to medical school. Medical students report feeling like they can control their own destiny when asked why they apply during hard economic times. Florida has one of the highest rates of ‘diabetes,’ the combined epidemic of diabetes and obesity. Physicians and other primary care practitioners are needed to care for the many chronic illnesses associated with these two diseases including kidney disease, hypertension, gangrene, non-healing wounds, and vascular disease, among others. In addition, primary care practitioners are needed to promote health education and disease prevention. At this time, health education and disease prevention is just as important as treatment. I highly advise students seeking a career to help others and to achieve a stable economic lifestyle, to choose the field of medicine.
Residency Directors’ Perceptions
by David Molnar, PhD

In 2006 and 2007 the Council of Teaching Hospitals conducted a national Newly
Graduated DPM Survey. The responses of 289 residency directors allows a comparison of
recent Barry graduates to a national sample of recent graduates. Barry graduates scored
higher than the national average.

Who’s on the Cover: - Jacqueline Brill,
DPM, Barry assistant professor of surgery
and residency director at Mount Sinai
Medical Center with Jossy Paschal, DPM
’06 Barry University School of Podiatric
Medicine perform an ultrasound on
patient’s foot at Bay Harbor Barry
University Foot & Ankle Institute.
The Barry University Physician Assistant (PA) program is pleased to announce the appointment of several new faculty members at its St. Petersburg campus. The editor spoke with these faculty members about their positions and their advice for PA students regarding their future careers in medicine.

HELOPOULOS: As the faculty advisor to the student association, I foster relationships between the students from both campuses and do my best to be a role model for our future PA leaders. I am the faculty liaison to the Florida Academy of Physician Assistants and am very optimistic about the future of our profession, even in these tough economic times. I am thrilled to be welcoming the newest faculty and staff members to the PA program, and already feel like they are an integral part of our Barry family.

Whitney Lester Clowney, PA-C
Assistant Professor

EDITOR: What is your current position at Barry, including responsibilities?
CLOWNEY: I am an assistant professor and the clinical coordinator for the PA students in St. Petersburg. As the clinical coordinator, I am part of a team responsible for placing students in their clinical rotations during their second year in the program. I work closely with many physicians, physician assistants and nurse practitioners in the community who graciously give their time and expertise to serve as preceptors for our students. We ensure that our preceptors have all the information they need in order to effectively educate our students, and most importantly, we make sure they feel appreciated for their efforts! My responsibilities as an associate professor include lecturing to and advising students in their first and third year of the PA program. This year, my lecturing responsibilities are neurology lectures in pathophysiology, clinical therapeutics and board review and OB/GYN lectures in the trilogy course. The most important part of my job is engaging with students. Demanding nothing less than the most respectful professional behavior, challenging them to study harder and focus longer than they have ever had to before, and offering support when the late nights and difficult tests take their toll.

EDITOR: What position did you hold prior to coming to Barry?
CLOWNEY: I worked as a practicing PA with neurologist Dr. Erasmo Passaro, specializing in seizure and sleep disorders.

EDITOR: What degrees do you hold and from what universities?
CLOWNEY: I am a very proud Demon Deacon with a BA in psychology from Wake Forest University in North Carolina ('98). My master’s in Physician Assistant Studies is from the University of Florida ('04).

EDITOR: How do you like the videoconferencing teaching methodology?
CLOWNEY: Our program is setting the stage for how medicine will be practiced in the future. It is very exciting to be surrounded by cutting-edge technology and commitment to being pioneers in this paradigm of teaching.

EDITOR: What advice do you have for PA students concerning their career in medicine?
CLOWNEY: The most important thing to remember is that caring for another human is a privilege. Find a physician who inspires you or a specialty that excites you and pour your heart into your patients. We have the awesome responsibility as PAs to guide people through their most vulnerable moments. Honor your patients by embracing life-long learning and remembering that the most important person in the room is always the person you are treating.

(continued on back cover)
STUDENT news

Barry Physician Assistant Students Honored at White Coat Ceremony

On August 21, 2008 forty-five Physician Assistant (PA) students from the Barry University PA program on the Miami Shores campus were honored in a special White Coat Ceremony for completion of their first year of didactic studies. On the following evening, August 22, twenty-four students from the class of 2009 in St. Petersburg were honored at the St. Petersburg College University Partnership Center Digitorium for their accomplishment of finishing their didactic courses.

Keith Moore, JD, PA-C, associate program director for the Barry PA program delivered an inspiring keynote address for the St. Petersburg White Coat Ceremony. Major General Bernard Loeffke, adjunct clinical faculty member for the Barry PA program provided a compelling keynote address for the ceremony held on the Barry campus in Miami Shores.

The PA program has made impressive progress since its inception in the fall of 1997. The Miami Shores program received its full national accreditation in 1999 and has graduated more than 300 physician assistants. In fall 2005, the PA program began admitting students on the west coast of Florida in partnership with the University Partnership Center at St. Petersburg College via interactive video-conferencing on Internet2. In December 2007 the Program celebrated the first graduation of one class seated in two locations.

Dr. Chet Evans, vice president for medical affairs and dean of the Barry University School of Podiatric Medicine awarded the Dean’s Scholarship Award to Kirsty Leavy, Kimberly Flynn, Jennifer Finger, Natalie Wilbanks, and Karen Marshall on the St. Petersburg campus.

The Catherine Margaret Parkhurst Memorial Scholarship was awarded to Joetta Troyer in St. Petersburg and Mayret Padrin in Miami Shores, for demonstration of compassion and sensitivity. In St. Petersburg, Natalie Wilbanks and Lindsay Pelletier were nominated for this award, while Kendra Aalund was nominated on the Miami Shores campus. All nominees for this award received a certificate of recognition.

The Carolyn Parkhurst Rosser Scholarship was awarded to Clayton Noa in St. Petersburg and Tyler Nelson in Miami Shores for their demonstration of strong moral and ethical character, Lance Comstock and Jason Redd in St. Petersburg and Lauren Dolan and Claude Guerrier in Miami Shores, were nominated for this award and received certificates of recognition.

The Goldie Fien Memorial Award was presented to Nora Watson in St. Petersburg and Lee De Dore in Miami Shores for demonstration of academic excellence in physical diagnosis and for possessing the qualities of compassion and caring that a PA should have. Students nominated for this award received certificates of recognition: on the St. Petersburg campus, Jill Thompson, Travis Rogers, and Lance Comstock; from the Miami Shoes campus, Miguel Garcia, Laura Larios, Justin Adrien, and Claude Guerrier.

On both campuses students were greeted by Dr. Richard Fien, director for didactic studies who handed the coats to Dr. Carmen Queral, director of clinical education, symbolically passing the responsibility of further training from the classroom and didactic faculty to the clinical setting and preceptors. Professor Terry Helopoulos placed the PA program pins on the coats while other faculty members congratulated the students for their academic accomplishments on both campuses.

PICA Scholarship Scholarship Honors Two Podiatric Seniors

University through the generous support of PICA Group.

The students were selected by Barry’s full-time podiatric clinical faculty based upon their excellence in third year clinical rotations this past academic year. Dr. Chet Evans, MS, DPM, vice-president for Medical Affairs and dean of the School of Podiatric Medicine indicated, “Student doctors Dickinson and Cardona are most worthy and admirable recipients. They serve as fine role models for their classmates for their hard work and high level of achievement. PICA is to be congratulated and gratefully thanked for recognizing quality podiatric medical students whose efforts exceed expectations.”

In addition to providing the PICA scholarships, PICA is the exclusive sponsor of the School of Podiatric Medicine’s Rite of Passage Ceremony. PICA committed support of $5,000 per year for the next five years, amounting to a gift of $25,000. PICA will be honored at the Barry Founder’s Ball as a member of the Barry University Society of Founders and will have a plaque placed in their honor in the Barry Founder’s Walk.
Synthes USA Sponsors Orthopedic Fixation Workshop

On September 25, 2008, the Barry University School of Podiatric Medicine hosted a fixation in-service with Synthes USA, who develop and produce instruments, implants, and biomaterials for the surgical correction of the skeleton and soft tissues of the lower limb. This hands on learning experience, held on the Barry University campus in Miami Shores, provided a firsthand opportunity for third year students to work with cutting edge fixation hardware at fully loaded individual workstations.

According to Thomas Merrill, DPM, professor of surgery for the Barry University School of Podiatric Medicine, “we are very grateful to Synthes for providing this important seminar at Barry. This type of equipment is very expensive and this type of hands on experience is indispensable for our students.”

The Barry School of Podiatric Medicine thanks Synthes consultants: Craig Whitehead, Warren Foust, Steve Fourns, and Jeff Brown for sharing their expertise with us and hope that they will make this a regular event for third year podiatric medicine students at Barry University.

Money Matters

Improving Front Office Efficiency (Part I)

In an effort to improve the efficiency of day to day activities in the medical business office, Podiatry Billing Services has developed a twelve step protocol. These procedures provide uniformity to your business operation and serve as a system of checks and balances, protecting against lost income. Because of the length of this article, it will be presented in two parts. The first seven steps are presented in today’s article.

1. New patient appointments should be verified prior to their appointment.
2. Using the appointment schedule, ALL encounter forms are printed prior to the start of the business day.
3. A dated sign in sheet is maintained for each business day.
4. The physician is provided a copy of the appointment schedule prior to seeing patients.
5. During the day if there are ANY changes in the schedule i.e. cancellations, no shows, or additions, these changes must be noted on the schedule in the front and back office.
6. The encounter form accompanies the patients when they are taken to the examination room.
7. Following evaluation and treatment the procedures on the encounter form MUST be coded by the physician and returned to the front office PRIOR to the patient check out. If there are any discounts or write-offs, the physician needs to sign (not initial) the encounter form.

The concluding portion of “Improving Front Office Efficiency” will appear in the Spring 09 MEDexpress. We will discuss use of a Cash Log and reconciliation of the Day Sheet, helping to prevent potential embezzlement. Podiatry Billing Services is dedicated to working with our clients, improving front office efficiency. If you need help, please call us at (800) 394-1169.
Be a Buccaneer and mark your calendar for Barry University’s School of Podiatric Medicine 25th Anniversary Celebration on Thursday, January 21, 2010, at Caribe Royal Resort, Orlando, Florida. Held during the FPMA SAM Meeting to benefit the Barry University Dr. Marvin and Ruth Steinberg Memorial Scholarship.

Contact: Bob McKinlay or Rena Kizilisik for more details. Ticket prices to be announced.
The School of Podiatric Medicine Yucatan Crippled Children’s Project at Barry University has recently received a generous gift of $25,000 from the Frank J. Lewis Foundation of Riviera Beach, Florida.

The Yucatan Project, now in its twelfth year of operation, has rendered treatment to more than 6,000 crippled children in the Yucatan Peninsula of Mexico by podiatric physician and surgeons of the Podiatric Medical School.

The grant from the Lewis Foundation will support travel costs, medical equipment, and orthopedic devices for the crippled children.

Previously, the Lewis Foundation has provided Barry with $190,000 to support the Project according to Dr. Charles Southerland, founder and director of the Yucatan Crippled Children’s Project, “we are very grateful to the Frank J. Lewis Foundation for their generous support of the Project over the years. Their support has enabled us to make over 60 mercy flights to the Yucatan to continue our mission to help poor crippled children to walk worldwide.”

To assist the Yucatan Crippled Children’s Project, please send your check made payable to the Barry University School of Podiatric Medicine at 11300 NE 2nd Avenue, Miami Shores, Florida, 33161, attention: Office of Program Development. On the notation line please specify “Yucatan Crippled Children’s Project.”

Barry University’s School of Podiatric Medicine is home to over 200 medical students from all over the United States as well as numerous foreign countries. According to recent estimated figures listed by the Council on Podiatric Medical Education (CPME), there are 232 approved residencies with 502 available positions for graduates of one of the eight podiatric medical schools in the United States.

As the class of 2009 gets closer to graduation their focus is on finding a podiatric residency that is the “perfect fit” for the sub-specialty they want to practice. All programs have their niches, specialties, and attractions for candidates. With variables such as location, vacation time, on-call schedules, salary, benefits, sports medicine, wound care, rear-foot training, fore-foot surgery, cases logged, trauma, there is much to consider. How could students ever possibly find the time to research all of these wonderful programs?

In years past, the fall semester of the junior year was loaded with phone calls from residency programs trying to schedule a visitation day during the already hectic schedules. With clinics, classes, exams, on-call schedules, and school events, this task seemed daunting.

In 2006, Barry podiatric medical students decided to bring all of the programs together on one day and host an Annual Podiatric Medical Residency Fair on campus. The event, which took place this year on the Barry campus on September 27, 2008, was set up and run entirely by a committee of students within the class of 2009. All residency and clerkship programs listed in the Centralized Application Service for Podiatric Residencies (CASPR) handbook were invited. More than 38 residencies and clerkships registered for this one day event from states as far away as Arizona and California and approximately 100 students participated.

Residents and directors were able to personally meet with interested students and ensure that their application was not “just a name.” First and second year students had the opportunity to see what their future process for clerkships were going to be like and hopefully start getting an idea of where they might want to go. Third year students were able to better prepare for clerkship applications due in December, while fourth year students who attended were helping make their decisions for the upcoming match.

Overall, this event was a huge success and accolades were showered upon the students and Sister Myra Jackson, coordinator of clerkships and post-graduate placement for the School of Podiatric Medicine. A special thank you is extended to all programs that participated as well as planning committee members: Ashish Kapila, Sheena Azari, Michele Bertelle, Kristin Blanchet, Stephanie Bock, Richard Boothby, Stephen Boykins, Kevin Bryant, Barbara Buckley, Nicole Carpy, Kristen Diehl, Nathalia Dooby, Candice Edwards, Craig Crawford, Martha Huertas, Max Rand, Jennifer Rosello, Jackie Schwartz, Melissa Sgro, James Sils-Powell, Krupa Trivedi, who helped make this event a success.
Dr. Bradley Haves Selected As Barry University Distinguished Alumni Recipient

The Barry University School of Podiatric Medicine is pleased to announce that Bradley Haves, DPM, ’90 has been selected as the Barry University 2008 Distinguished Alumni recipient from the Barry University School of Podiatric Medicine.

Dr. Haves was presented with his award by Dr. Chet Evans, vice president for Medical Affairs and dean of the School of Podiatric Medicine. The award ceremony, attended by 200 guests, was held on November 15 at the Grove Isle Hotel and Spa, and featured the culinary works of four different chefs who competed for Barry Distinguished Top Chef Award.

Dr. Haves, upon receiving the award indicated, “It is always an honor to be recognized for doing in your life and career what you do out of love. Barry University has given me an opportunity to excel in my career and my life. I hope my example inspires other students and alumni in all Barry’s schools to realize what a special place we belong to, and to give back to Barry and make the world a better place.”

The award honors Barry alumni who are locally, nationally and/or internationally recognized for their pre-eminent contributions to their professions, communities and/or their demonstrated commitment to Barry University and its mission.

Currently in private practice in Miami, Florida, Dr. Haves has served as the president of the Dade County Podiatric Medical Society. He now holds the position of First Vice President of the Florida Podiatric Medical Association, and will be installed as President in January, 2009. He is an attending physician at the Mount Sinai Medical Center Surgical Training Program.

Dr. Haves has “given back” to the Barry University School of Podiatric Medicine since the time of his graduation, serving as an adjunct lecturer for the school and mentoring third- and fourth-year podiatric students who rotate through his podiatric practice. Year after year, he has returned to campus to inspire freshmen in Dr. Evans’ podiatric medicine class to see what it is like to be a successful podiatric physician. In the Rite of Passage Ceremony, Dr. Haves re-lives before the junior class members what it is like to go into your first clinical rotation and work on a real live patient.

Every year, Dr. Haves works with Barry’s Division of Institutional Advancement and calls on his podiatric alumni colleagues to donate to the Dr. Marvin and Ruth Steinberg Alumni Student Scholarship fund, raising thousands of dollars to help Barry’s podiatric medical students reach their goals of becoming podiatric physicians.

This fall, Dr. Haves was appointed to serve a three year term as President of the Barry University Podiatric Alumni Chapter. Dr. Haves’ appointment is his second term as the Chapter President, having previously served from 1995 – 2000.

Dr. Haves was previously recognized by Barry University as Alumni of the Year, and has received the Dr. Marvin Steinberg Podiatric Alumni Award by the School of Podiatric Medicine for his contributions to the school and the field of podiatric medicine.

Dear Barry Alumnus/Alumna,

As a graduate of Barry University, you are part of a family of over 46,000 proud graduates. As a Barry graduate, we encourage and appreciate the time you take promoting the University to your friends, co-workers, family and prospective students.

We also appreciate the efforts of our alumni to give back through participation in the classroom as mentors, speakers, serving on boards and committees and attending programs and events. These opportunities promote networking on multiple levels – personal, business, educational and social.

We hope that you will remain proactive with your future and stay connected to Barry.

The Alumni Association has made significant improvements to our program offering graduates increased benefits and services that you indicated to us were missing. Alumni are now eligible to receive a lifetime email account as part of our Membership Plus program. Come travel with us in the “Barry Abroad” program with alumni trips around the world!

Additional benefits include online library access and discounts from the Barry Fitness Center to hotels, theme parks, restaurants and more! Enjoy Barry’s own wine, The Jolly Buccaneer you can order at www.personalwine.com/barry.

The Alumni Association recognizes Barry’s outstanding graduates every year at our Distinguished Alumni Awards. Recent School of Podiatric Medicine recipients include Dr. Bradley Haves and Dr. John Steinberg. Additional programs include annual traditions such as Barry Special Christmas which took place on Sunday, December 7th at the Miami Shores Campus.

We look forward to seeing you at some of our upcoming events and programs.

If we can ever be of service, please contact us at alumni@mail.barry.edu or at 1-877-899-ALUM.

Always Remain Barry Proud!

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Dr. Cleveland
Dedicated to Teaching Medicine

Dr. Samuel M. Cleveland, Jr., DO, FACEP joined the Barry University Physician Assistant (PA) Program in January, 2008 because of his passion for teaching medicine. While working as a full-time attending physician in emergency medicine at Morton Plant Hospital in Clearwater, Florida, Dr. Cleveland worked with several PAs who had graduated from Barry’s PA program. Upon meeting Associate Dean and Director, Dr. Doreen Parkhurst and the PA program team, Dr. Cleveland immediately felt an intangible connection and commonality of vision regarding PA education. He admired the quality of the training students received at Barry as well as the enthusiasm of the BUPAP team. When a teaching position became available in December 2007 he took the job and the rest is history.

Serving as the medical director for the Barry PA program in St. Petersburg, Dr. Cleveland interacts with medical directors of other programs. He is the liaison for any issues with outbreaks of diseases such as TB, and he provides lectures to community and professional groups on the role of the PA in medicine. As associate professor of medical education he teaches the medical pathophysiology and emergency medicine courses in the first year and teaches the clinical therapeutics course to third year students. In December 2008 he will teach electrocardiology during the Barry Board Review Course.

Born in Philadelphia, Dr. Cleveland moved with his family to Ft. Lauderdale, Florida at the age of 4. He holds a BS in Biology and an MS in Radiation Physics from the University of Miami, and received his DO at Kansas City University of Medicine and Bioscience. Dr. Cleveland completed his residency at Akron General Medical Center. Married during his second year of college, Dr. Cleveland feels that his wife, Diane was instrumental in the completion of his professional studies. “I owe my professional success to the sacrifices my wife was willing to make over the years as the spouse of a medical student,” he said. Dr. Cleveland is board certified by the American Board of Emergency Medicine and has been elected as a lifetime fellow by the American College of Emergency Physicians.

Prior to coming back to Florida, Dr. Cleveland served as chairman of the Department of Emergency Medicine at St. Thomas Medical Center in Akron, Ohio and was instrumental in establishing the residency with Akron City Hospital in emergency medicine. He has served as director of the Division of Emergency Medicine at St. Thomas Medical Center and vice chairman of the Department of Emergency Medicine for Summa Health Systems of Akron. Both in Ohio and in Florida he has participated in several leadership roles including Regional Medical Director in emergency medical service for Pinellas County, Florida. Dr. Cleveland’s academic appointments include: assistant professor of emergency medicine at Northeast Ohio University College of Medicine; Director of the School of Paramedic Education at St. Thomas Medical Center, and assistant professor at the University of South Florida School of Medicine. In 1994, he was honored as “Teacher of the Year” for the emergency medicine residency for Summa Health Systems in Akron.

Outside of academia, Dr. Cleveland enjoys downhill skiing in Colorado and Utah. In the warm environs of Florida he enjoys biking, boating, jogging, and yoga. He considers his family: wife, Diane, son Grant and daughter Alicia as his greatest daily inspiration.

Dr. Cleveland’s passion for teaching reaches well beyond the PA, resident, or EMS student as he has actively educated the public about the risk of medical emergencies. Much of this education involves television and radio appearances to answer questions about medical emergencies from parasailing accidents to injuries caused by fireworks.

“I came to Barry because I saw how the PA students were very well prepared academically and how Barry provides a strong sense of ethical responsibility to patients,” Dr. Cleveland said. “I believe that the PA program at Barry is the future of medicine,” he predicted. “With the increased need for mid-level health providers, the shortage of physicians, the shrinking health care dollar, the shorter time to become a PA, and the competitive pay, this is the career of the future,” he added. With his diverse and exceptional background, Barry’s PA students will benefit greatly from participating in Dr. Cleveland’s courses at Barry.
American Podiatric Medical Association Visits Barry

Dr. Chet Evans with Dr. Amber Shane, (02)

“Now is the best time to become a podiatric physician,” said Dr. Ira Kraus, member of the American Podiatric Medical Association (APMA). Dr. Kraus, a board of trustees’ member for APMA, was part of a team of representatives from the APMA visiting the campus to discuss how they can help students with issues such as coping with the pressures of medical school and how to prepare for clerkship and post-graduate residency.

Dr. Amber Shane, a Barry graduate of podiatric medicine and member of the APMA’s Young Members Committee emphasized how the group helps close the gap between student and podiatric practitioner.

“The next ten years will be the most exciting ten years of your life,” Shane said. “The young members committee will be there to help you during your student years, residency and first five years of practice.” Shane added how the American Podiatric Medical Student Association (APMSA) is a significant part of every student’s career.

With the aging of the baby boomers there will be a dramatic increase in the elderly patient population,” Dr. Kraus said. An occupational survey conducted for APMA indicates that podiatric physicians will be in the greatest demand among medical professionals. Many older podiatric physicians will be retiring, so podiatric medicine will continue to be a great career choice, Kraus explained to the students.

Dr. Barney Greenberg, APMA and PAC (political action committee), secretary-treasurer, discussed how the organization is the largest and strongest representing the podiatric physician. More than 80 percent of practicing doctors of podiatric medicine are members. Greenberg noted the APMA is a strong advocate for podiatric medicine and surgery through the PAC by supporting political candidates who favor legislation supporting podiatric medicine and encouraged “give back to the profession that will give them a living.”

APMA board of trustee’s member, Dr. Dennis Frisch, counseled the students to “find a balance in your lives between your studies and your life which happens outside the classroom.”

The APMA has made tremendous strides for the profession through “Vision 2015” a national initiative to bring the education, training and experience of the podiatric physician on an even level with allopathic and osteopathic physicians. The goal of the initiative is to mandate core competencies at the schools of podiatric medicine and have three-year-long residencies for all residency programs by the year 2015.

“Today’s students are the future of podiatric medicine,” said Bradley Hayes, DPM ’90 and president-elect of the Florida Podiatric Medical Association. “I have been involved as a mentor, making fundraising calls for scholarships among my fellow alumni, serving as alumni president for the Barry University Podiatric Alumni Chapter and teaching in courses at the school,” he said. “Make the profession grow from the bottom up by being involved with student clubs, community health fairs, and any other way you can contribute.”

Barry Provides Care at Health Fairs

The Barry University School of Podiatric Medicine as part of its mission, provides free health care to the medically underserved and indigent of greater Miami, including minorities, the elderly, the homeless, and other needy people. Each year, the School of Podiatric Medicine provides more than $1 million in charitable health care through its Foot and Ankle Institutes, community based clinics and health fairs for these individuals.

This fall, Barry’s podiatric physicians, residents, and podiatric medical students have been conducting health screenings at community health fairs throughout greater Miami to provide podiatric health care as well as health promotion and disease prevention information to a diverse group of underprivileged people.

At St. Thomas the Apostle Food Bank more than 200 homeless men had their feet washed and screened by students and residents from the School of Podiatric Medicine. During the Smoking Cessation Health Fair on the Miami Shores campus of Barry University, Dr. Karina Baesso and podiatric medical students Olivera Jovic and Brooke Dix provided health promotion and disease prevention information to Barry students, staff, and faculty.

More than 2,000 medically underserved individuals attended the 2nd Annual Feria de Salud: Por Tu Familia and received foot screenings and health education information from Barry students and residents. At the Florida International University Health Fair nearly 300 people were seen by Barry students and residents for foot concerns.
Podiatric Research Studies Approved by Barry's Institutional Review Board

Dr. Kaloian Ouzounov serves as the research director for the Barry University School of Podiatric Medicine. The editor asked Dr. Ouzounov to discuss how research studies with human subjects are authorized under the guidance of the Barry Institutional Review Board (IRB) and what studies have been presented to the IRB.

EDITOR: What is the process involved in getting a research study approved by the IRB?

DR. OUZOUNOV: Barry University's IRB is comprised of 15 faculty members from various departments throughout the university. For a research study, an IRB application package must be properly completed, submitted with 15 copies, and received by the IRB secretary before a scheduled deadline each month. The application package is forwarded to all 15 members of the IRB, one of whom is charged with the review, presentation and recommendations to the board. After the presentation each board member gets a chance to voice their opinion and ask the submitting researcher questions regarding the research project. After rigorous discussion a majority vote of the entire board decides the outcome of the submitted research proposal. The discussion and the order of the meeting is recorded by the secretary of the IRB and an official letter verifying status sent to the researcher signed by the chair of the IRB.

EDITOR: What are the reasons the study has to go through the IRB?

DR. OUZOUNOV: Under federal guidelines, all research studies must go through the Barry IRB if it involves both Barry University and human participants, no matter what the level of involvement. If the study is anonymous, it may be granted exemption from full review. Otherwise, the study will be subject to full review. In either case, it is the responsibility of the principal researcher to comply with standard federal and university guidelines and policies, and contact the secretary of the IRB or any of its board members for more information.

Human subjects research without IRB approval violates federal and state provisions and carries civil and criminal liabilities. The IRB is charged with the duty to protect the interests of the public from undue harm from potential risk related to research. Various human rights violations such as unnecessary pain and suffering, loss of autonomy, privacy and confidentiality in the past have prompted Congress to develop federal laws for research.

EDITOR: Are you involved in working with the students on the study?

DR. OUZOUNOV: Yes, I am involved on multiple levels: as their research course instructor, as the director of research at the school, and as a member of the IRB regarding IRB compliance issues. I am available and often have multiple discussions in the classroom, in the corridors, in my campus and clinical practice offices, in person, by phone and email. I do have to emphasize though that while I am always available and responsive to the students, it is they themselves who would put the effort to follow guidelines, fill-in forms, attend meetings, administer patient surveys and document study findings...and whatever it takes, to complete the podiatric research studies. This requires commitment, goodwill, stamina and persistence. I can show them the door to the garden of research and give them the secret passwords, but they themselves who would put the effort to be grant. However, if it involves both Barry University and human participants, no matter what the level of involvement. If the study is anonymous, it may be granted exemption from full review. Otherwise, the study will be subject to full review. In either case, it is the responsibility of the principal researcher to comply with standard federal and university guidelines and policies, and contact the secretary of the IRB or any of its board members for more information.

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EDITOR: Are there podiatric studies recently presented to the IRB?

DR. OUZOUNOV: Yes, there are several podiatric studies recently presented to the IRB on various levels. A commercially sponsored, institutional, clinical research study was submitted, revised, and approved in November. Two podiatric student studies were submitted and provisionally approved pending verification of changes. At this time, I am not at liberty to disclose details regarding the projects. I hope in the near future, upon securing permission from the primary investigators and their sponsors to be able to discuss our research projects as they move through the subsequent phases.

EDITOR: Do you see these studies resulting in publishable papers?

DR. OUZOUNOV: Absolutely yes! In fact, on the level of commercially sponsored institutional research study, the principal investigator has under law enforceable contractual obligations, and a tentative timetable to deliver a quality study data, proper results analysis, relevant discussion and publishable manuscript. On the level of podiatric student research, it is up to the honor of the students and their faculty sponsors to persist, and get things accomplished. I cannot force them by any means to complete what they have started, or hold them liable for non-performance. Of course, as the director of research I will do whatever I can to provide proper guidance and council to students and faculty involved in research. Yet this is in no way a substitute for the personal time, effort and goodwill investment on behalf of the students and the faculty involved necessary to move the projects to completion. All of the recently reviewed podiatric studies have the potential of contributing significantly to the podiatric knowledge and as such would be a prime material for any peer-reviewed professional medical journal.

EDITOR: Are there any other studies pending which will go through IRB review?

DR. OUZOUNOV: There are two more students currently contemplating IRB submission. I encourage such submissions as it renders significant credibility on behalf of the readers in the peer-reviewed journals, and promotes higher standards of protocol development on par with our MD, and DO colleagues. And besides, it is the law. As always I encourage the readers of MEDexpress to email me with any questions they may have at kouzounov@mail.barry.edu.
Better late than never

At 28, Jason McClasky is a young man. But his lungs won’t let him enjoy it. For the last six months he’s had a severe lung infection from living in a moldy apartment. As an uninsured construction worker and father of three with another one on the way, McClasky can’t afford to see a doctor — he was lucky to scrape together the cost of moving himself and his growing family into a new apartment.

Sick people — particularly working adults — who can’t afford medical treatment are nothing new to Physician Assistant Joanie Kemsley. In fact, Kemsley begins each day surrounded by stacks of patient files, stacks that continue to accumulate on and around her desk at the St. Vincent de Paul Community Health Care Inc. clinic in Port Charlotte, a small town on the west coast of Florida. Located in what’s known as “Hurricane Alley,” between the more affluent cities of Naples and Tampa, the average annual income in Port Charlotte is approximately $25,000.

As the clinic’s only medically trained employee, Kemsley often spends her mornings making calls to get free medical care for the uninsured residents of Charlotte County; to say this can be frustrating at times would be an understatement.

In Jason’s case, the doctor Kemsley initially called to see if he would treat Jason free of charge, turned her down flat. Kemsley says she believes he may be afraid that if he has to refer Jason to someone else, it would involve him asking the next health care provider for further care, something he is not willing to do.

“Thats the way it works,” she says. “I call the physician or lab and beg; many say yes and many go above and beyond. However, there are always the exceptions which make my job more difficult.”

For Jason, Kemsley will have to rely on a chest X-ray she was able to procure through her contacts at the St. Vincent de Paul Clinic, founded by Drs. Marianito “Mark” Asperilla and David Klein, first opened its doors in Port Charlotte in February 2008. The doctors, both of whom have busy private practices in the area, used their previous experience with AIDS and Hepatitis C clinics as a model for the clinic. Asperilla drew up the original business plan on table napkins after experiencing “years of frustration” trying to get public funding to set up a free clinic in Charlotte County.

“T sat down one night when I could not sleep and wrote out the business plan for the clinic on napkins at 2 in the morning,” he said.

His plan was to create a loose collaboration between local health care institutions, physicians and pharmaceutical companies in order to provide free care for those who do not qualify for Medicare or Medicaid. The central component of his model was the hiring of a single PA to manage and coordinate the day-to-day operation of the clinic. Although they felt they had a solid concept, both men knew that the key to their success would be the hiring of the PA.

The start-up team had been interviewing PAs for weeks and had narrowed the decision down to three candidates. Joanie came in from behind; she was not even one of the original applicants, but we are grateful she came along,” Asperilla said, adding that Kemsley’s medical expertise, straightforward demeanor and just plain guts made her stand out from other PAs they interviewed. She was the only candidate who was not scared off by the huge responsibility of running a clinic virtually alone.

Kemsley’s success as a PA seems to support the old adage that there’s something to be said for coming to something later in life. After raising her son Alex as a single mom she made the decision to go back to school to not only cope with the reality of being an empty-nester but also to “find a greater purpose.”

It was always just the two of them, she says, so she needed something that would be all consuming in order to give him his space.

Approaching middle age, she had been out of school for many years, so she took a summer course in biology at the University of Vermont to prepare for the PA program. “We did a chapter a day; it was very grueling. I had flash cards pasted all over my house and studied constantly. Many nights I cried,” recalls Kemsley.

However, despite the difficulties inherent in beginning a new career later in life, Kemsley found inspiration when, on the first day, the instructor announced that he had a brain tumor and warned the students that he may have seizures during class.

“I thought, ‘If this poor young guy with a brain tumor can stand in the basement, in the sweltering heat, and teach this basic biology class, then I can overcome my own limitations as an adult learner,”’ says Kemsley, who jokes that she found Barry “the hard way.”

On her way to vacation in Key West before starting a PA program in Pennsylvania, Kemsley visited Barry’s campus and felt inspired. “I stood on the campus in the sunshine, under the palms, listening to the wild parrots and knew this was where I needed to be,” she said, adding that she’s never regretted losing her $500 deposit for the Pennsylvania program.

Going without

Perhaps it is her life experience, such as taking care of her father when he was terminally ill, or her desire to find an all consuming passion that makes Kemsley comfortable working in an environment in which practicality is at a premium and ego a hindrance.

In order to keep costs down, Kemsley has no staff physicians to regularly consult with, instead she relies on Asperilla and Klein’s off-site supervision or input from one of the dozen or so physicians who volunteer their time at the clinic. There is no billing system as the clinic is free. There are no labs or imaging services available except through institutions that are willing to donate services. A simple blood test becomes a luxury.

“All we can supply is a safety net for the uninsured in our local area,” says Klein. “The scope of practice of the PA allows us to provide care to those who would otherwise go without.” And, unfortunately, there are many going without. The U.S. Census recently reported that 45.7 million Americans were uninsured in 2007.
In addition, a report released in October by the U.S. Census Bureau estimated that more than one in five Floridians younger than 65 lack health insurance. In Charlotte County, 19 percent of the population is uninsured, slightly above the national average of 17.3 percent.

Statistics in and of themselves cannot put a face on the uninsured, but if it could, the face could easily be one of a working adult between the ages of 18-65 who has a full-time job. In fact, the National Scorecard on U.S. Health System Performance (2008) states that 42 percent of all working age adults in the United States are either uninsured or underinsured. Although some disagree on what qualifies someone as underinsured, it is generally taken to include anyone who is unable to obtain needed care because their insurance coverage is inadequate.

Those employed by small businesses - less likely than larger corporations to offer their employees affordable health plans - are among the hardest hit, Kemsley says.

Helping the uninsured

Mary, the sole employee at a small UPS franchise, was hit hard.

The franchise does not provide her with health care coverage, and, like so many working people, she lives paycheck to paycheck. She can’t afford to pay for her own health insurance, so, needless to say, regular mammograms are out of the question.

About a year ago, Mary found a lump in her breast. Initially, she wasn’t too worried because she had a history of breast cysts and assumed it would fade away on its own as the others had. But as time went on, the lump continued to grow and cause her increasing discomfort. When a friend told her about the free clinic, Mary called immediately to get an appointment.

As soon as she examined Mary, Kemsley knew there was cause for concern. The lump in Mary’s breast actually did not technically qualify as a “lump” as it took up more than 50 percent of the breast tissue, she says. Knowing that time was critical, Kemsley’s first step was to get a biopsy free of charge. After a week passed and she still had no luck getting the biopsy scheduled, Kemsley and a doctor who volunteers at the clinic decided to do the biopsy themselves. The sample was sent to a lab, which revealed that the lump was malignant, confirming Kemsley’s suspicions.

As is so often the case, Kemsley again took to the phones and was able to get Mary into a clinical study at the H. Lee Moffitt Cancer Center and Research Institute at the University of South Florida in Tampa. Not only would Moffit treat Mary free of charge but, as part of the clinical study, she would also be eligible for free prescriptions, have a place to stay during radiation treatments, and a coupon for their salon to be fitted for a wig when she loses her hair.

“I consider Joanie a blessing from above. I am being treated like a queen at Moffit,” Mary says, adding that she hopes others will be helped through what they learn from her case.

Blood, sweat and tears

As Kemsley begins to examine Robert, who has come to the clinic with a toothache, he apologizes to her for being sweaty. “I’ve been working on the roof all day so I probably stink,” he says as they begin to chat. Kemsley says guys like Robert are the reason she becomes so angry and frustrated when faced with working people who aren’t getting access to health care. Robert works hard as a roofer all day long and has from a very young age, a tough job which the South Florida sun makes even more grueling.

“To think that a man who has worked as hard as Robert would have to go to the emergency room for a toothache is just not the way it should be,” says Kemsley.

Although not much about the health care system as Jason, Robert and Mary experience it is as it should be, Kemsley and the clinic staff and volunteers remain focused on working with the what is, and on doing what they can to improve the lives and health of every patient who comes through their doors - a utilitarian, needs-based approach more often associated with developing countries than with 21st century U.S. health care.

“We are about practical solutions which can help right now, one patient at a time,” says Executive Director James Sidbury, who estimates that more than 8,000 patients will visit the clinic by the end of its first year of operation.

And as the number of patients continues to increase, the question of how the clinic can continue to serve the community most effectively is one that is constantly revisited.

Paramount to the success of the clinic model is that it continues to provide services free of charge. The clinic currently provides treatment to any individual within Charlotte County who is uninsured and can show income of no more than $28,000 per year. This figure is based on a scale of 200 percent of poverty level, which is currently calculated at $14,000 per year for a two-person household by the U.S. Department of Health and Human Services.

“Clean bill of health

Kemsley’s last patient of the day is Andrew, an imposing man with a bald head and a boxer’s grin. Andrew first met Kemsley through his wife who volunteers at the clinic one night a week.

Talking to Kemsley, tears come to his eyes and he goes on to tell his story to anyone who will listen.

At 63 years of age, Andrew has started to rehab after more than 40 years of hard drug abuse which included a 19-year stay in a federal penitentiary. He is three weeks clean and credits Kemsley with getting him into rehab. “She just told me not to come back if I was not at least willing to try,” he said. “Somebody cared enough about this old drug addict to offer to fight the health care system.”

And fighting the system is something Kemsley, the ‘accidental’ advocate says she will continue to do one patient at a time.

“There are so many uninsured in Port Charlotte alone that I know I can’t help them all. If I can help one person feel better today, my job has been done,” Kemsley says.
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Debbi L. Hanson, PA-C, MMS ’02  
Assistant Professor

EDITOR: What is your current position at Barry? Describe your responsibilities including teaching, administration, and clinical work.

HANSON: I am an assistant professor of Physician Assistant studies and joined Barry University July 1st 2008. My current responsibilities this semester include lecturing to physician assistant students in the courses of Physical Diagnosis and Clinical Therapeutics and instructing students in the Physical Diagnosis lab.

EDITOR: What position did you hold before coming to Barry? What degrees do you hold and from what universities?

HANSON: I attended the Physician Assistant program at Barry University and graduated in December 2002 with a master of clinical medical science in Physician Assistant studies. After graduation, I was privileged to work as a physician assistant in the internal medicine department at the Veterans Administration Hospital in Dallas, TX. In a busy teaching clinic, I gained extensive clinical experience treating patients with both acute and chronic complex medical problems. I worked with such an exceptional medical team and it was an honor to care for patients who were so grateful for the care they received.

EDITOR: How do you like the video-conferencing teaching methodology which Barry’s PA Program utilizes?

HANSON: I find the interactive video-conferencing to be a highly innovative new teaching tool in education. As a new faculty member, it did not take long to adapt to this new way of teaching. Furthermore, the program utilizes many complimentary technology tools such as Blackboard (to post lectures, give timed tests on the computer, among others) and a remote polling response system for all students to participate during the lecture.

EDITOR: What advice do you have for PA students concerning their career in medicine?

HANSON: Work diligently now to learn the basic sciences and continue life-long learning as you grow as a Physician Assistant. The field of medicine is a both privilege and responsibility to give the highest quality care to all patients. Treat all patients with the respect and dignity they deserve by exemplifying empathy and kindness in all you do.