

familymed

WEST VIRGINIA UNIVERSITY SCHOOL OF MEDICINE

GO FOR THE GOLD



Rio Summer Olympic Gold Medalist Ginny Thrasher spoke at the Department of Family Medicine's quarterly meeting in September. She discussed her Olympic experience and the wisdom she has gained along the way.

Some of the pearls she shared included the benefit of focusing on the process instead of the end result. Thrasher explained that when she was under pressure to qualify for the Olympics, instead of only concentrating on whether or not she would even make it to the Olympics, she chose to instead take it one step at a time and focus on each step in the process it took to perform at her best.

Thrasher also commented on the distinction between her value and her ability to shoot. "Some days I do not shoot well, but it doesn't lessen my value," she said.

As it relates to teamwork, she emphasized the importance of built trust with her team as they strive for a collective end result. With trust, she can focus on her job and trust her teammates are doing the same.

Thrasher won a gold medal in the women's 10 meter air rifle, which happened to be the first gold medal awarded at the 2016 Olympics.



2017 JAMES MCCARTNEY COMMUNITY SERVICE AWARD

This year Dr. **Joseph Reed**, family physician and longtime friend and colleague, was recognized by the WVU Alumni Association for his outstanding service and citizenship to his community.

Dr. Reed graduated from WVU's School of Medicine in 1962. He went on to complete his residency at Memorial Hospital in Charleston, WV. He is a well-known physician who practiced in Upshur County. He cared for patients from newborns to adults and spends a great deal of time educating them on how to live a healthy lifestyle.

Dr. Reed currently serves as the medical director for the Upshur County Health Department. He has previously served

as a member of the county and state WVU Extension Service Committees as well as the board of directors for the Buckhannon-Upshur Chamber of Commerce.



He is a lifetime member of both the WVU Alumni and the WVU School of Medicine Alumni associations. He has also served as the president and chair of the Medicine Alumni Association Executive Council.

NEW CLINICAL PHARMACIST

Megan Elavsky, PharmD, joined the Department as faculty in August as a clinical pharmacist. She believes family medicine provides the opportunity for direct, independent care for a pharmacist and the opportunity to build lasting relationships. She has enthusiastically joined our multidisciplinary team of health professionals who work together to provide high-quality care for our patients.



"I knew I wanted to be a pharmacist at 16 when working in a small, community pharmacy," she said. "I loved the knowledge the pharmacist brought to the team to help improve patient care."

Dr. Elavsky is a newcomer to West Virginia but has found that the warm culture she has received is already making her feel like she's home!

SUPPORTING FAMILY MEDICINE

Your support is greatly appreciated!

If you would like to make a gift to benefit the programs and activities of the Department of Family Medicine, please visit:

<https://give.wvu.edu/FamilyMedicine>

Thank you for your consideration in supporting the Department.



Join Our Team!

CAREER OPPORTUNITIES

Below is a list of current career opportunities within the Department of Family Medicine. For more information please visit medicine.hsc.wvu.edu/careers/, select "View Morgantown" and filter by "Family Medicine."

- Family medicine physician faculty with or without obstetrics
- Geriatric medicine physician
- Clinical psychology physician

43rd Annual HAL WANGER CONFERENCE

The Department would like to thank all those who contributed to make the 43rd Annual Hal Wanger Family Medicine Conference a success! This year, the event was held at the Holiday Inn Morgantown on September 14-15, 2017. Hal Wanger brings together familiar faces year-after-year to make it feel like a “family” affair.

Karen Bowling, vice president for care delivery and transformation at WVU Medicine, served as this year’s featured Mesaros Lecturer and highlighted the “State of Drug Abuse and Management in West Virginia.” Lecture topics ranged from dermoscopy, bipolar disorder and pediatric abdominal pain to patient-centered medical home, hepatitis C, and physician burnout and resiliency. Additionally, hands-on evening workshops were offered in the areas of joint injections, X-ray interpretation and a KSA on well childcare.



Natalie McCready, PA, and Kelly McBee, PA, enjoy a cup of coffee.

An enthusiastic group attended the annual research poster session held during the conference. Students and residents displayed their findings and answered questions from attendees. Winner of the first place Outstanding Research Poster award went to a poster entitled, “Isolated Low Grade Renal Injuries: Do We Need to Monitor Them?”



(left to right) Anne Cather, MD, Holly Hartman-Adams, MD, and Lesa Feather, PA-C, catch up during a break.



(left to right) Shawn Long, MD, Greg Doyle, MD, and Greg Peters, MD, are all smiles at this year's Hal Wanger.



Dr. Cusick-Lewis presenting his lecture, “Dermoscopy,” to the attendees at the 43rd Annual Hal Wanger Conference.



DEPARTMENT OF FAMILY MEDICINE

PO Box 9152 | Sleeth Family Medicine, Health Sciences Center
Morgantown, WV 26506-9152

Non Profit
Organization
US Postage
PAID
Permit no. 230
Morgantown, WV
265069152

WVU is an EEO/Affirmative Action Employer — Minority/Female/Disability/Veteran.

RURAL TRACK:



NUTRITIONAL CHALLENGE

Photo: Rural Track students Richard Cadenas and Alexandra Mientus, prepare an inexpensive, delicious meal.

In June of 2017, the West Virginia School of Medicine Rural Track students traveled to Pocahontas County, WV, to participate in a Rural Immersion trip with the support of the WVU Institute for Community and Rural Health. This trip educates students about nutrition issues specific to rural West Virginia.

One of the activities involved a discussion about the Supplemental Nutrition Assistance Program (SNAP). Students were then challenged to purchase and prepare a meal from local stores based off a budget from the National SNAP Challenge. According to SNAP, low-income Americans live on an average daily allowance of \$4.40 per day. Each group was provided enough money to feed the entire group a healthy meal on a budget of \$1.47 per person/per meal = \$22.05 (15 people).

Students were introduced to resources and skills helpful for improving their patients' diets. The knowledge, skills and experiences students gained during the Nutrition Immersion will be beneficial for their future as they advise patients on how to access supplemental nutrition resources and navigate food deserts.