

# familymed

WEST VIRGINIA UNIVERSITY SCHOOL OF MEDICINE

## SUNDALE NURSING HOME: HEALTHCARE SUPERHEROES



Dr. Shrader (standing 2nd from left) and Sundale Nursing Home Team.

Dr. Carl Shrader is the residency program director of the WVU Medicine Department of Family Medicine and is also the medical director of the Sundale Nursing Home. This spring, COVID-19 made that role much more crucial in the lives of our community and their loved ones.

In late March, 2020, Sundale Rehabilitation and Long-Term Care facility was labeled as the epicenter of West Virginia's first COVID-19 outbreak. Because of the quick response and tremendous actions by Dr. Shrader and his team, many precious lives were saved and a potential large-scale spread was averted. The strategy of test, isolate and communicate,





Full PPE for COVID-19 Testing Team

was proven as one of the earliest lifesaving methods at this 100-bed nursing facility.

To limit risk of transmission to the residents, emergency medical personnel, and hospital frontline staff, the medical needs of the Sundale residents were managed in-house, within the facility itself. Residents were only transferred to a higher level of care when critically necessary.

A study of Sundale's infection control response was published in the Journal of Applied Gerontology. The study detailed the most helpful strategies and the biggest challenges the community faced. The challenges of communication on all levels (residents, staff and families), management of fear and expectations, and the effects of isolation on residents, regardless of a positive or negative test result for COVID-19, were successfully addressed at Sundale.

To combat those challenges, staff members used a variety of methods to offer extra encouragement in the form of video technology, special meals and virtual visits with loved ones. Dr. Shrader required repeat testing of residents at one and two weeks, after an initial negative test result to ensure all cases were identified and isolated. Those early efforts and immediate response following the first identified infection helped limit the viral spread and subsequently saved lives. This model Dr. Shrader and his team executed at Sundale has since been used to help limit the spread in communities and other nursing facilities statewide.

Dr. Shrader hopes what he and his team witnessed, experienced and lived will serve as help to others in making informed and evidence-based decisions, when dealing with future outbreaks.



COVID-19 Testing Team





# RESIDENCY

## THE FUTURE OF FAMILY MEDICINE IS NOW!

**RURAL SCHOLARS** — One mission of the Department of Family Medicine Residency Training Program is to support the placement of family physicians in underserved areas throughout West Virginia. To facilitate this mission, the Rural Scholars Program at WVU was developed, and accepted its initial scholars in 2004. Sixteen years later, there have been 31 rural scholar residency graduates, with 25 of the 31 scholars currently practicing in West Virginia.

Rural scholars are accepted into the rural program at the end of the MS3 year. The curriculum in the fourth year of medical school resembles the traditional curriculum, but with more time spent within the Department of Family Medicine in both

the inpatient and outpatient settings, along with a month dedicated to research/community medicine.

This year, the program is pleased to announce the most recent rural scholars entering residency in July of 2021. This incoming class of 2024 includes Tyler Groves, Brandon Glover, Joshua Moore, Matthew Epperly and Kolbi Tonkovich.

**CLASS OF 2023** — The Residency is also enthusiastic about its newest PGY1 class that joined the Family Medicine family in June of 2020. This class of 2023 includes Drs. Trevor Aldred, Blake Brookshire, Madison Eichstadt, Samuel Pilla and Louis Yu.

### RURAL SCHOLARS



Tyler Groves

Brandon Glover

Joshua Moore

Matthew Epperly

Kolbi Tonkovich

### CLASS OF 2023



Trevor Alfred, MD

Blake Brookshire, MD

Madison Eichstadt, MD

Samuel Pilla, MD

Louis Yu, MD

# COVID-19 IMPACT ON STUDENT LEARNING

As a result of the COVID-19 pandemic, medical, physician assistant, nursing and pharmacy students have faced numerous obstacles to continue staying on track to complete their clinical education. To help conquer some of these obstacles, the Family Medicine Student Programs team has become creative in finding alternative learning opportunities to meet the curriculum requirements. While it has been a challenge to design unconventional teaching methods, the main importance is the safety and health of everyone involved. The team has made the following adjustments to ensure students are following CDC guidelines while still meeting the curriculum requirements during their virtual learning.

- Virtual didactics
- Virtual inpatient rounding
- Virtual H&P encounters with the use of standardized patients
- Virtual workshops with the help of standardized patients
- Virtual faculty and student presentations
- Participation in virtual clinic with faculty and residents
- Virtual proctoring for required exams

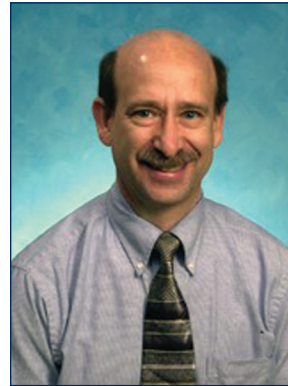
Overall, students have had positive feedback from the modifications to their required coursework.

**THANK YOU** — The WVU Family Medicine Student Programs team would like to extend our sincere appreciation to the faculty, residents and staff who dedicated their help in making these changes.



Virtual Student Learning

# SOME RECENT RETIREMENTS



## Gregory Doyle, MD

After 32 years of service to the WVU School of Medicine, University Health Associates and WVU Medicine, Dr. Doyle retired on Thursday, October 1, 2020.

Dr. Doyle has worn many hats throughout his tenure with the Department. He was instrumental

in the establishment of the rural third year medical clerkship rotation in the Department, medical student summer externship and obtained federal grant funding for post-doctoral training. In addition to his academic endeavors he has also provided care to family medicine clinic, inpatient and obstetrical patients.

**CONGRATULATIONS** to him as he begins this new chapter in his life. **THANKS DR. DOYLE!**



## Debbie Lynn – Centralized Scheduling Specialist

After 32 years of service to the Department of Family Medicine, Deborah (Debbie) Lynn retired on Friday, October 30, 2020.

Debbie has touched the lives of everyone who has walked through the doors of Family

Medicine, whether it be faculty, resident, student, co-worker or patient.

She has had many roles – starting as a medical transcriptionist, front desk representative, call center (within Family Medicine) and finally the master of our schedules. Who hasn't gone to Debbie and asked her to make some magical change, and "poof," it happened?

**CONGRATULATIONS** Debbie, and a huge **"THANK YOU!"**



# NEW FACULTY



**Erona Reza**, MD, joined the Department in January. She completed her MBBS (Bachelor of Medicine and Surgery) at Dhaka Medical College in Bangladesh and her MSc (Cellular and Molecular Medicine) and Family Medicine Residency in Ottawa, Canada. Recently she completed a Geriatric Fellowship

at the University of Arkansas.

"I was fascinated by this specialty not only because I respect all older adults, but also I felt that they are very respectful and grateful towards their physician. I am very content with my decision to join the WVU team, where I can practice in both of my chosen disciplines."



**Ruben Tinajero**, PhD, joined the Department in July as an assistant professor and faculty in behavioral health. He graduated from UCLA with a bachelor's in psychology and received his master's and doctorate in clinical psychology from the University of Utah. He completed his internship at the University of

Kansas Medical Center, where he obtained specialized training working with underserved populations.

"During my clinical training at the University of Utah I had the opportunity to train in two family medicine clinics, where I provided services to patients from diverse backgrounds and participated in several quality improvement projects. These experiences cemented my desire to pursue a career in family medicine."

Dr. Tinajero enjoys spending time in the outdoors and cheering on his favorite sports teams. He is looking forward to supporting the Mountaineers in person soon!



**Courtney Pilkerton**, MD, PhD, joined the Department in July as an assistant professor, focusing a large portion of her time in research. Dr. Pilkerton received her BA in Chemistry from St. Mary's College of Maryland. She received her MD, PhD in Epidemiology and completed her residency in Family Medicine at

West Virginia University. During her residency she served as co-chief resident.

She has been involved in collaborating on many publications (published/peer reviewed) and presentations. She will continue to focus time on research as a member of our department.



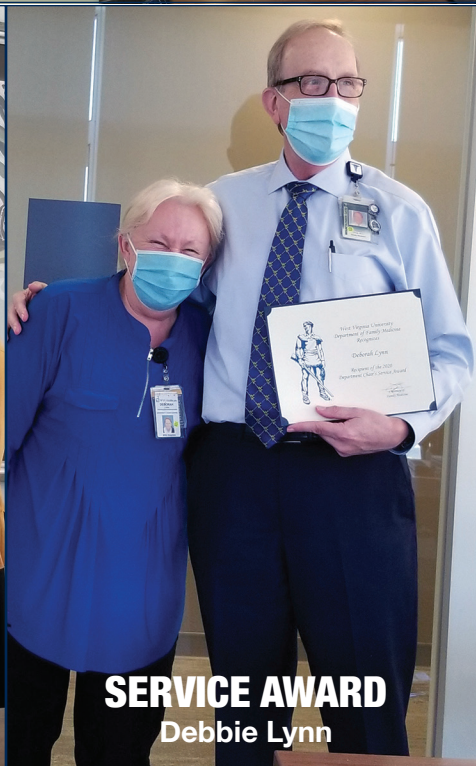
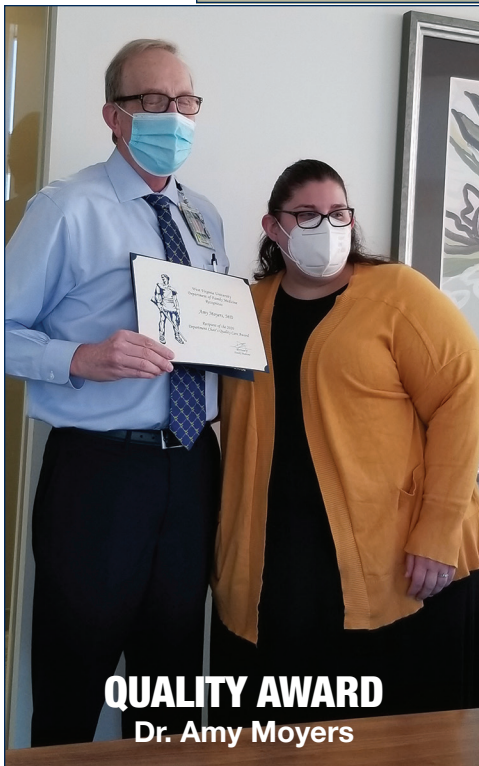
**Heather Johnson**, PharmD, joined the Department in October as an assistant professor. She received her BS in Pharmaceutical Sciences and Doctor of Pharmacy at the University of Pittsburgh. She completed a pharmacy residency in ambulatory care settings at The Ohio State University College

of Pharmacy, and the General Internal Medicine Clinics in Columbus, OH. Prior to accepting her faculty position with us and the School of Pharmacy, she was a clinical pharmacy specialist-ambulatory care with MGP at the UTC.

"I am excited to join the Family Medicine team. It allows me to dedicate time to experiential education with different levels of learners from numerous disciplines. I also chose this department to explore my interests of contraceptive access and multidisciplinary clinics."

# AWARDS

The Department Chair's Awards Day Celebration was held virtually this year on June 26th, due to COVID-19. Research awards were given to Drs. Treah Haggerty and Amie Ashcraft. The Quality Award was given to Dr. Amy Moyers. Service Awards were given to Debbie Lynn and Dr. Carl Shrader. The department is proud of this year's recipients.





**2020**

# **THE NEW “NORMAL”**



**COVID-19 TESTING TENT**



**PPE FOR IN-PERSON VISITS**



**VIRTUAL VISITS**



**VIRTUAL VISITS**



**DEPARTMENT OF FAMILY MEDICINE**

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# Join Our Team!

## CAREER OPPORTUNITIES

It is an exciting time to join the Department of Family Medicine and to be part of our growth! Build your legacy as you serve, teach, learn and make a difference from day one.

If you are interested in learning more please contact Kari Roupe, Senior Physician Recruiter, at [kari.roupe@wvumedicine.org](mailto:kari.roupe@wvumedicine.org) or 304-598-6674.

### 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:  
[give.wvu.edu/FamilyMedicine](https://give.wvu.edu/FamilyMedicine).

Thank you for your consideration in supporting the Department.