PROFILES IN GIVING

A Legacy of Giving from Father to Daughter

Thirty-five years after **Samuel Topkins**, M.D., graduated from the University of Vermont College of Medicine in 1915, his daughter, Mariorie Topkins, M.D.'50, followed in his footsteps. At a time when women made up only about six percent of the physician workforce nationally, she went on to a successful career as an anesthesiologist at Cornell Medical Center that spanned 46 years. Dr. Marjorie Topkins never forgot her and her father's alma mater: She's been a loyal annual fund donor every year since 1975, and her philanthropy prompted the naming of a classroom in the Larner Medical Education Center as the Topkins Family Room, in memory of her father. Her sister, Edith, also received her undergraduate degree from UVM in 1941, as did her daughter. Michaele Ellen Goodman, who graduated from UVM in 1978, and her husband, Avrom Goodman, who graduated in 1951.

To ensure continued support of her alma mater for decades to come. Dr. Mariorie Topkins established a bequest in 2013 and has revised her estate plans twice to increase her legacy giving, bringing her total bequest to \$100,000. Her connection to the College has remained strong in large part because she sees the value of a UVM medical education — not only through her lifetime of caring for patients, but also through the colleagues she has met along the way. She recalls a resident she supervised, also a UVM medical alum, who summed up what set his education apart. Instead of teaching students about a disease. like many medical schools, he noted that "up at UVM they emphasize patients who have diseases," preparing graduates for a lifetime of compassionate caregiving.



For information about how you can support the UVM Larner College of Medicine, please contact the Medical Development and Alumni Relations Office.

moveMountains

The Campaign for The University of Vermont

THE UNIVERSITY OF VERMONT LARNER COLLEGE OF MEDICINE Medical Development & Alumni Relations Office (802) 656-4014 | medical.giving@uvm.edu

www.med.uvm.edu/alumni



FROM THE DEAN

HALL A

OBITUARIES

WEBXTRAS

View photos, videos

Grand Rounds in 1971.

awardees from the **Dean's**

Excellence in Research Awards

View a video of **Dr. Weed** presenting

of Medicine 2017

View the Larner College

Philanthropy Report

and a full slate of

COLLEGE NEWS

A new chapter for Dean Morin, record-setting fundraising, new leadership in departments and centers, an innovative approach to clerkship, and more.



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PECIAL

The Robert Larner, M.D. College of Medicine at The University of Vermont

DEAN Frederick C. Morin III, M.D.

SENIOR ASSOCIATE DEAN FOR MEDICAL EDUCATION William leffries Ph D

SENIOR ASSOCIATE DEAN FOR RESEARCH Gordon Jensen, M.D., Ph.D

SENIOR ASSOCIATE DEAN FOR CLINICAL AFFAIRS Claude Deschamps, M.D.

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David Seaver

Published January 2018

ON THE COVER: Katherine Wang, M.D.'17 shown during her fourth-year acting internship at Danbury Hospital. Photo by David Seaver







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Common Ground

Staff members Mike Cross and Tiffany Delaney are honored for their embodiment of the shared values of the UVM community.

BY FRIN POST

10 FEATURE

Remembering Larry Weed, M.D.

An alumnus recalls the lessons of SOAP, and its inventor

BY ART PAPIER, M.D.'88

14 FEATURE **One Step Closer**

The final year of medical school is a time for widespread journeys, and big decisions.

BY ERIN POST

22 FEATURE **Decision Time**

Patient wellbeing is at the core of the expansion of medical training and patient care offerings in palliative care.

BY CAROLYN SHAPIRO

EDITORIAL & CREATIVE DIRECTOR

Raj Chawla, Andy Duback, Brian Jenkins, Mario Morgado

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FROM THE DEAN

Ten years ago last August, I first took on the role of dean of this College. Now, after more than a decade at UVM, I look ahead to the time later this year when a new dean will be appointed to lead the institution. I am truly grateful for the opportunity to serve as dean of our College. It is the capstone of my career and I am very proud of what this College has accomplished in the course of my tenure.



"WE ARE STRONGER TODAY AS AN EDUCATIONAL INSTITUTION, WITH NATIONAL RECOGNITION FOR OUR LEADERSHIP IN **ACTIVE LEARNING IN THE NEW ENGLAND JOURNAL** OF MEDICINE, WASHINGTON POST, INSIDE HIGHER ED, **BOSTON GLOBE, AND OTHER VENUES.**"

From the start it was my goal to build upon the remarkable strength of the people and culture in our College to guide it to further progress. I also hoped to be successful enough in that pursuit to remain as dean for a decade. As I look at the College today. I see an institution that has never wavered in its missions. We are stronger today as educational institution, with national recognition for our leadership in active learning in the New England Journal of Medicine, Washington Post, Inside Higher Ed, Boston *Globe*, and other venues. Our curricular innovations were a key reason over 600 medical educators from around the world. members of the International Association of Medical Science Educators, held their annual meeting on our campus last summer.

In an era of tightened funding, we have continued to be successful in our research efforts, and in fostering increased recognition of the importance of research and graduate education here on our campus. Most recently, we have begun an exciting project to expand and renovate our facilities to grow our research enterprise.

Our College is on a remarkably strong foundation for the next dean to continue to accelerate its progress. In the year ahead, I look forward to continuing our momentum across all areas of our mission and continuing to implement our strategic initiatives. Come the fall when I hand the deanship over to my successor, I intend to continue on in a more limited role in our College and University.

This issue of Vermont Medicine showcases several areas of our mission in action. Our graduates of 2017 are now in the first year of their residencies in institutions across the nation. Here we present a look at the process they went through in the fourth year of medical school as they gained clinical experience and focused on their future specialties. Also featured is the work of our clinical caregivers and researchers who are improving palliative care, remembrances of beloved faculty members, and recognition of staff members who embody the tenets of UVM's "Common Ground" of shared values.

It is an exciting time to be a part of the educational, research, and community-building work of the UVM Larner College of Medicine. I look forward to my coming months as dean, and the work that lies ahead.

FREDERICK C. MORIN III, M.D. Dean, The Robert Larner, M.D. College of Medicine at The University of Vermont

Capstone of a Career — **Dean Morin to Step Down** Later in 2018

As the 2017–2018 academic year began, Dean Rick Morin, M.D., announced that he will step down as dean of The Robert Larner, M.D. College of Medicine at The University of Vermont once a successor has been named later in 2018. Morin became the College's 17th dean ten years ago, in August of 2007.

"Rick Morin's accomplishments at UVM are truly extraordinary," said UVM President Tom Sullivan. "His creativity, persistence, and strong leadership have created a legacy for the Larner College of Medicine that will last for generations. I will be forever grateful for his remarkable leadership of the College and his many contributions across the University."

Among Morin's many achievements over the past decade are his work in philanthropy, which resulted in an unprecedented commitment of \$100 million in lifetime giving from late alumnus Robert Larner, M.D.'42 and his wife Helen, and related naming of the College in Dr. Larner's honor. Morin's service on the board of trustees of

"RICK MORIN'S ACCOMPLISHMENTS AT UVM ARE TRULY EXTRAORDINARY. HIS CREATIVITY, PERSISTENCE, AND STRONG LEADERSHIP HAVE CREATED A LEGACY FOR THE LARNER COLLEGE OF MEDICINE THAT WILL LAST FOR GENERATIONS. I WILL BE FOREVER GRATEFUL FOR HIS REMARKABLE LEADERSHIP OF THE COLLEGE AND HIS MANY CONTRIBUTIONS ACROSS THE UNIVERSITY." - UVM PRESIDENT TOM SULLIVAN

the UVM Medical Center, the board of the UVM Health Network, and the board of the UVM Health Network — Medical Group (the faculty practice plan) has strengthened ties with the College's primary clinical teaching partner and facilitated expanded educational opportunities for our students across the region.

Larner faculty engaged in health services research, as well as closely collaborate with the College's partners at the UVM Medical Center and their Jeffords Institute for Quality, the UVM Health Network, Vermont Blueprint for Health, the Vermont Department of Health, the Green Mountain Care Board, and OneCare Vermont. Atherly holds a Ph.D. in health services research, policy and administration from the University of Minnesota, and an M.A. in economics from the University of Washington. He joined the Colorado School of Public Health as associate professor and founding chair of the Department of Health Systems, Management and Policy in 2009 and was promoted to full professor in 2016. He previously held positions at Emory University's Rollins School of Public Health and Tulane University's School of Public Health and Tropical Medicine.

Director of Health Services Research Center Adam Atherly, Ph.D., has been named the Larner

Atherly Appointed

College of Medicine's first director of the Health Services Research Center and professor of medicine, effective February 2018. Atherly comes to UVM from the Colorado School of Public Health, where he was a professor of health systems, management and policy. In this newly-created position, Atherly reports to Senior Associate Dean for Research Gordon Jensen, M.D., Ph.D. He will be responsible for guiding the integration of the College's health services research program into a center model with research, education/training, and service components. As the director of this new center, Atherly will work with

VERMONT MEDICINE • WINTER 2018

David Seaver; LCOM Creative Services



Morin also played a critical role in helping the College develop new clinical training sites to ensure medical students have exposure to greater diversity of patients, and most recently the College has been recognized nationally for its active learning initiatives. In addition, Morin oversaw growth in the College's research enterprise from

IEW ADVENTURES 🔺

xecutive Assistant to the Dean Maura Randall ended he decades-long tenure in the Dean's Office in December, where she had helped guide the day-to-day administratio of the College since 1989. Dean Rick Morin and dozens of friends from across the University stopped in on Maura's last day to wish her well as she headed off to travel and pend time with family

\$65.9 million to \$90 million between 2007 and 2016, and facilitated the revitalization of several College buildings, laboratories and medical education spaces, including the Larner Learning Commons, which opened in 2017.

Nationally, Morin has played an active role in the Association of American Medical Colleges' Council of Deans and has been an invited speaker to present on medical education and the training of primary care physicians, including a presentation to the U.S. Department of Health and Human Services' Council on Graduate Medical Education.

A national search is now underway to identify Morin's successor.



Adam Atherly, Ph.D

Campaign News

LARNERS' \$66 MILLION HELPS SET NEW UVM FOUNDATION RECORD. **\$135 MILLION IN FY 17**

Through a \$66 million bequest by the late **ROBERT** LARNER, M.D.'42 and his wife, HELEN, the Larner

College of Medicine helped the University of Vermont Foundation and UVM Medical Center Foundation secure a record \$135,692,313 in total new commitments pledged during the fiscal year that concluded on June 30, 2017. This achievement marks the fourth year in a row that the UVM Foundation has set a new institutional record for total commitments to support UVM and the UVM Medical Center.

\$66

\$135

Commitments include new gifts, pledges, bequests and giftsin-kind documented during the fiscal year. The prior record at UVM for commitments was \$76,758,513 (established in fiscal year 2016), representing an increase in 2017 of almost 77 percent.

As of June 30, 2017, there were 61,199 donors to UVM through the Move Mountains campaign and 18,938 donors to the UVM Medical Center, with some of these donors giving to both organizations. More than a third hail from Vermont.

TWO ENDOWED PROFESSORSHIPS INVESTED

GARY S. STEIN, PH.D., director of the University of Vermont Cancer Center, professor and chair of biochemistry and professor of surgery at the UVM Larner College of Medicine, was invested in a formal ceremony on October 27, 2017 as the inaugural Arthur Jason Perelman, M.D.'52 Professor in Cancer Research. The endowed professorship was created in 2014 by Arthur Perelman, who received his medical degree from UVM in 1952, and was fully funded through his estate when he died in 2015. In 2012, Perelman also established the Charlotte E. Perelman Cancer Research Fund – affectionately known as the "Charlotte Fund" – at the Larner College of Medicine and the UVM Medical Center in memory of his wife. Together, these two distinguished endowed funds created by the Perelman family will support crucial work in cancer research at UVM for generations to come.

BENEDEK ERDOS, M.D., PH.D., an assistant professor in the Department of Pharmacology, was invested in a formal ceremony on July 31 as the inaugural Martin E. Bloomfield '56 M.D.'60 and Judith S. Bloomfield '59 Early Career Professor in Cardiovascular Research. The endowed professorship was established by Dr. Marty Bloomfield. a dual-degree UVM alum and retired cardiologist, and his wife Judy, a fellow Catamount and retired psychologist. This faculty position is particularly significant because it marks the first time ever at the University of Vermont that an early-career professorship has been endowed. As federal funding for research becomes more competitive,

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private philanthropy can help launch promising young careers with the potential to benefit not only UVM, but society at large.

COLLEGE NEWS

Two Department Chairs Named in 2017

Two departments at the Larner College of Medicine had chairs named in 2017. Kristen DeStigter, M.D., F.A.C.R., was appointed chair of the Department of Radiology and health care service chief of radiology. The John P. and Kathryn H. Tampas Green and Gold Professor of Radiology at the UVM Larner College of Medicine, DeStigter had served as interim chair of radiology since 2014 and was selected following a national search. Inducted as a fellow in the American College of Radiology (ACR) in 2013, she has served as president of the Vermont Chapter of the ACR, and serves on the ACR International Outreach Committee. She is also chair of the Committee of International Radiology Education of the Radiological Society of North America (RSNA). She is co-founder and president of Imaging the World, a nonprofit organization that developed and uses a new sustainable model for ultrasound imaging, making basic life-saving diagnosis accessible in the poorest regions of the world.

Donald Mathews, M.D., professor of anesthesiology, was named chair of the Department of Anesthesiology and health care service chief of anesthesiology. Mathews succeeded Mazen Maktabi, M.D., who served in this role since August 2016. Mathews joined



LaMantia Directs of Center on Aging at UVM

University of Vermont Provost David Rosowsky and Larner College of Medicine Dean Rick Morin, M.D., announced the appointment of Michael LaMantia, M.D., M.P.H., as director of the UVM Center on Aging. LaMantia, an associate professor of medicine and neurological sciences, as well as section head of geriatric medicine, succeeds William Pendlebury, M.D., professor emeritus of pathology and laboratory medicine, who has served as the Center on Aging's director for more than nine years.

Established in 2008 with support from a generous endowment from Vermont



Kristen DeStigter, M.D., F.A.C.R.

philanthropist Lois McClure, the Center on Aging at UVM has a mission to forge an ongoing collaboration among faculty, students, staff and programs within the University, the UVM Medical Center, and the Vermont community to promote a sense of wellbeing and a high quality of life for older adults. For more than nine years, the Center has carried out a number of initiatives aligned with its core focus areas of education, research, social science, policy and collaboration, with an overall goal to improve the health and wellbeing of Vermont's seniors, as well as support research and training in the field of gerontology and geriatrics. Pendlebury, who is also professor emeritus of neurological sciences, will continue in his roles as medical director of the Memory Program and director of neuropathology at the UVM Medical Center.

LCOM Creative Services, Mario Morgado, David Seaver



WALLACE ELECTED AAAS FELLOW

Susan Wallace, Ph.D., professor and chair of microbiology and molecular genetics, was named a Fellow of the American Association for the members by their peers. As part of the Section on Biological Sciences, Wallace was elected as an AAAS Fellow for leadership and highly significant advances in radiation biology, and for dedication as a scientist, educator and mentor. Wallace is the founding chair of her department, and will retire from UVM this spring.





ociate Professor of Psychiatry Isabelle Desjardins, October. She succeeded Stephen Leffler, M.D.,

MOORE DIRECTS ACTIVE LEARNING

Jesse Moore, M.D., associate professor of surgery, has been named the director of active learning at the Larner College of Medicine. Moore, a colon and rectal surgeon at the UVM Medical Center, continues to work as an active clinician concurrently with his created to oversee the College's efforts towards achieving 100 percent active learning by 2019, his responsibilities will include recruiting faculty to learn, contribute to, and implement active learning across the entire curriculum and will also involve oversight of the pedagogy and logistical plan for active learning. In addition, Moore will serve as chair of the Active Learning Advisory Committee, and, in collaboration

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COLLEGE NEWS



served as director of the surgery clerkship since 2012. He was appointed director of surgery student education in 2016. He also teaches and mentors general surgery residents at the UVM Medical Center, and was awarded Teacher of the Year honors by the residents in 2015.



HUDZIAK RECEIVES AACAP **IRVING PHILIPS AWARD FOR** PREVENTION

sychiatry (AACAP) presented James Hudziak, Center for Children, Youth and Families, Hudziak

JEFFRIES RECEIVES MASTER **SCHOLAR AWARD AT 2017 IAMSE MEETING**

Senior Associate Dean for Medical Education **William** Jeffries, Ph.D., was honored with the prestigious organization's 2017 annual meeting, hosted by the Larner College of Medicine. The award recognizes an IAMSE member who has a distinguished record of educational scholarship, including educational research and/or dissemination of excellent and scholarly approaches to teaching and education.



medical education. He is co-ealtor of An introduction William Jeffries, Ph.D. to Medical Teaching with Larner Professor of Medical Education and Teaching Academy Director **Kathryn Huggett, Ph.D.,** and is a contributing author to many other medical teaching works. An outspoken proponent of active learning, he has been featured at many medical education meetings, as well as in articles in the New York Times, Boston Globe, AAMC Reporter, Chronicle of Higher Education and U.S. News &

Medicine from the Patient's **Point of View: College** Launches Longitudinal **Integrated Clerkship**

A new program for the clerkship year has offered medical students the opportunity to follow a panel of patients over time, deepening their understanding of patient advocacy, community health promotion, and care coordination across different health systems. In March of 2017, three students from the Class of 2019 began their Longitudinal Integrated Clerkship (LIC) at Hudson Headwaters Health Network, a not-for-profit system of community health centers in upstate New York, and two joined the LIC at Eastern Maine Health System. Through the LIC, students develop meaningful, long-term relationships with patients and their preceptors, and begin their careers with the skills and expertise they need to deliver outstanding care in a rural setting.

With primary care physicians as preceptors, and a primary care health center as a home base, each student becomes a key member of an interdisciplinary team providing comprehensive care to patients. Students progressively develop a panel of patients to satisfy all required clinical encounters for the clerkship level. They see these patients regularly over the course of an entire year, accompanying them through all of their different experiences in the health care system. At Hudson Headwaters, one student is based out of each of the following centers: Queensbury Family Health, Warrensburg Health Center, and West Mountain Health Services. In collaboration with physicians at Glens Falls Hospital, scheduled "Burst Weeks" give students the necessary inpatient experience.

Site Director Colleen Quinn, M.D., a family physician with Hudson Headwaters, says students also work with preceptors from six different specialties, allowing students to gain additional experiences to round out their patient encounters.



Holly Bachilas '19 accompanies Elias Socolof, M.D. during her clerkship at Hudson Headwaters Health Network.

"It's a really nice way of learning medicine," says Quinn. "You get to see how teams work in the real world." Regular meetings with a Hudson Headwaters physician give students important opportunities to check in on their personal development and well-being.

The LIC is a valuable experience for any medical student, but is particularly appealing for those who are planning careers in rural medicine. Hudson Headwaters is a federally qualified health center and the sole medical provider for much of the surrounding rural and medically underserved region. The network provides care to nearly

90,000 patients in 17 different health centers, and at Glens Falls Hospital and Moses Ludington Hospital. For students like Khaled Al Tawil '19, the opportunity to work in this setting is invaluable as he prepares for his future practice.

"It's a personalized program that allows students to experience providing care to rural populations in our nation," he says, "and serving these populations is the goal of my career in medicine."

The LIC is now going forward on a permanent basis at Hudson Headwaters. Four new students have been chosen for the 2018 cohort and will begin their experience in March.

Strategic Priorities Translate to Expanded Staff for Office of Diversity & Inclusion

Working with the five-year strategies plan priorities of the Larner Office of Diversity and Inclusion (ODI), Associate Dean for Diversity and Inclusion Margaret Tandoh, M.D., has announced two new staff appointments and additional opportunities for leadership roles.

ODI's recently completed 2018–2023 Strategic Action Plan identifies five main areas of focus that will guide the institution over the next five years. In an effort to ensure the goals associated with these objectives are met, ODI has added several new positions to its team, including a Health Equity Inclusive Excellence Liaison, an Academic Excellence Liaison, and a Gender Equity Liaison. In addition, ODI is seeking one or more

Diversity and Inclusion Departmental Champions from each department at the College to serve as leaders within their departments, helping to promote awareness of and manage the strategic diversity and inclusion planning process within their department.

Maria Mercedes Avila, Ph.D., an associate professor of pediatrics and director of the Vermont Leadership Education in Neurodevelopmental Disabilities (VT-LEND) Program, has been appointed Health Equity Inclusive Excellence Liaison. Avila also serves as adjunct faculty in the College of Nursing and Health Sciences.

Eileen CichoskiKelley, Ph.D., an associate professor of family medicine, director of educational instruction, and the course director for the Teaching and



Maria Mercedes Avila, Ph.D.

Eileen CichoskiKelley, Ph.D.

Scholarly Requirement, has been appointed Academic Excellence Liaison. CichoskiKelly is a member of the Larner Teaching Academy and is actively involved in medical education research focused on program and curriculum design and LGBTQ health care.

NIH AWARDS \$20M TO UVM AND MAINE MEDICAL CENTER TO ADDRESS RURAL **HEALTH CHALLENGES**

Clinical and Translational Research (CTR) Network grant Center to develop a clinical and translational research infrastructure focused on health problems endemic to led by principal investigators Gary Stein, Ph.D., UVM Cancer Center director and Department of Biochemistry chair, and Clifford Rosen, M.D., director of the Center for Clinical and Translational Research at Maine Medical Center Research Institute. Larner College of Medicine Senior Associate Dean for Research Gordon Jensen, M.D., Ph.D., and Thomas Gridley, Ph.D., interim director of the Center for Molecular Medicine at Maine Medical Center Research Institute, serve as the grant's program coordinators. UVM

CUSHMAN PRESENTS STUDY ON **INCREASED TV VIEWING & BLOOD CLOT RISKS AT AHA**

Risk of blood clots increases with he amount of time spent watching nended amount of physical Mary Cushman, M.D., M.Sc., at the Americar art Association's Scientific Sessions 2017 held Angheim Calif in November "Watching TV itself sn't likely bad, but we tend to snack and sit still for prolonged periods while watching," Cushman says.

ary Cushman, M.D., M.S

nas called venous thromboembolism. Other co-authors on the research presentation are Cushman's Larner colleague **Neil Zakai, M.D., M.Sc.,** and Yasuhiko Kubota, M.D., and Global Public Health. The National Heart, Lung, and Blood Institute funded the study.



COLLEGE NEWS



faculty will co-lead five of the six program areas with faculty from Maine Medical Center.



awardees, as well as photo



STAPLETON CO-LEADS INNOVATIVE ICU RECOVERY STUDY

Renee Stapleton, M.D., Ph.D., associate professor of

HIGGINS STUDY EXAMINES POTENTIAL OF NICOTINE **REDUCTION TO CURB SMOKING** ADDICTION

New research led by **Stephen** Higgins, M.D., professor of psychiatry and director of the Health, suggests nicotine content

may decrease their addiction



Psychiatry, included three vulnerable populations of smokers — individuals diagnosed with affective disorders, opioi<u>d dependence, and socio</u>e ntaged women. The multi-site, double-blind study is "the first large, controlled study to examine the dose-dependent effects of cigarettes with