

# BOWMAN'S CAPSULE

MARCH 2003

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## UPCOMING EVENTS:

- **March 17-21, Spring Break**
- **March 31, United Way Donations Deadline**
- **April 10, Blood Drive**
- **May 22-27, AAPA Conference**
- **June 14, Fun run/walk**

## IN LOVING MEMORY OF MATTHEW ALAN HAYNIE 1973-2003

He was truly someone special...Someone who touched so many lives, brightened so many days with his love and sense of humor, lightened so many hearts...

He was so warm, sweet, spirited, so very kind and slow to judge. He was willing to help anyone in need.

His love for his family was unconditional, and we can know that

there's a place inside the heart where love lives always...and where nothing beautiful can

ever be forgotten, and he is in the Lord's presence in heaven.

We, his family, thank his friends and ours, for all the expressions of concern, love and prayers offered at the time of his death.

May God Bless You,  
Brenda, Tony, and Adam



## NEW FACULTY CHANGES SHAPING AT WFU PA PROGRAM

By Stephanie Taylor

Change is an ever present feature of life, and it takes no exception to the PA program. Not only are we the first class to obtain our master's degree from the Wake Forest PA program, but we are the first to experience 100 percent PBL. Then to top it all off, we saw a change in leadership last fall.

Glen Combs stepped down as director, and Eleanor Russell, MA has been the acting director ever since. Now that the dust appears to be settling, a search is on for a program director. William B. Applegate, MD, Senior Vice-President and dean of the WFU school of medicine, could not be pinned to a time frame for hiring, stating "This is a very important position and we don't want to hurry any decisions." He stated that a rash decision in hiring can

lead to a more disastrous outcome in the future. Progress has been made in filling other positions, though.

The change in curriculum has brought forth an increased staffing need because of the extra work load generated by the master's project. Two new positions have been created. Debra Benfield, MEd, RD, LDN has accepted the position of Master's Project Coordinator. She will coordinate communication between academic and community advisors and the IRB. Debra will continue to facilitate small groups. Janie McDaniel, CLS, MT (ASCP) SC will step into the position left open by Debra's promotion. Janie will be the new Registrar/Director of Admissions and will continue teaching the medical laboratory sessions and facilitating small

groups.

A new position, Clinical Instructor, has been created and will hopefully be filled in the next six months. This position will include pre-clinical and clinical instruction, and advisement. The instructor will be involved in the admissions process, student recruitment, research, and university and community service with emphasis on diversity.

While the number of changes have been overwhelming at times, the program has only benefited and grown. Last fall, most of us were less than thrilled with PBL. This spring, very few of us would go back to traditional learning. We can only look forward to smooth sailing waters (especially since our clinical rotations are just around the corner!)

## WAKE FOREST UNIVERSITY PA PROGRAM AMONG THE BEST

Krissi Williams recently wrote Dr. Morrell regarding the direction and vision of the PA program. Dr. Morell gave us permission to print her response below:

I am motivated by your recent E-mail with questions to Eleanor Russell, our acting PA Program director, to comment on my observations of our PA program. My comments are inspired by a visit I had to Washington, DC earlier this month. There, I had the privilege to sit on a grant review panel for the Health and Human Services Administration, which was tasked with distribution of government funding to PA programs applying for monies through the Bureau of Health Professions programs. This put me in close contact with members of the national PA community for an entire week in an intimate setting, and gave me ample opportunity to "pick their brains" about their programs, and about programs throughout the country. We also had enlightened discussions about the future of the PA profession- PA residencies, for example- and the evolving need for self-directed/problem-based learning in a life-long setting. Knowing our situation at WFUSOM, I was curious to assess the caliber of leadership I saw among the many program directors present in the group. I also was

interested to read the many grant proposals critically in order to assess the institutional support shown for the programs represented from areas across the nation. As you may be aware, grant proposals include detailed descriptions of the number of faculty in programs, the facilities available to students, the curriculum design, and many other valuable information items which aid in comparison of programs. Several of the members of my group had served as site visitors for program accreditations, and input from conversations with them was very revealing.

I came home EXTREMELY IMPRESSED with the WFUSOM PA Program. It is sometimes easy, when in the midst of day-to-day frustrations and the workload we face, to doubt ourselves and the excellence of the job we do. Part of what makes us excellent is the desire to strive for more- to aim for higher achievement - but we are doing a good job. I was reassured of that by the contact I had in DC. Eleanor Russell held her own against the competence of any program director I met- and these were all respected and "seasoned" directors. Our master's curriculum, admittedly fledgeling, exhibited a soundness of design clearly visible and admirable. The guidance of the education professionals instrumental in its design was evident. The resources for

facility and faculty at WFU are very good to outstanding. Many programs with similar size faculties had more than 100 students PER CLASS! Amazing! One can only wonder how the quality of instruction with such high faculty to student ratio would not suffer. Many programs only dreamed of small group instruction, simulated patient testing or the technology we already enjoy. They were trying to get government money to help support such "luxury". I am proud to be affiliated with the program here. We can never rest on our laurels or become complacent, but we should also not fail to reflect on our accomplishment and success. Thank you for allowing me to share my thoughts. Venita Morell, MD Medical Director PA Program

*"I came home  
EXTREMELY  
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Program".*

## HAYNIE TO BE REMEMBERED IN JUNE FUN RUN/WALK

By Kelly Jacobus

Each year the underclassmen plan and execute the fundraisers of the year. The class of 2004 has chosen a 5 km run/walk on Saturday, June 14, 2003 as our major event. Part of the funds will be used to assist PA students with continuing education and the remainder will be donated to charity.

Last year, the class of 2003 did a great job with the golf tournament. We decided on a fun run/walk, hoping that we could reach out to people of all ages and abilities. In addition, we would be promoting a healthy lifestyle through activity.

Originally, our plans were to work with the Twin City Track Club as our race direc-

tors. Because of timing issues, we will not be able to work with them. We will have to manage the race on our own, but we save \$1500 right off the top of our cost! We are still negotiating to rent their timing equipment for the race.

We have mapped out 2 routes that we are working on getting approval for. The first is on the WFU campus and Reynolda Gardens and the other is through the beautiful Buena Vista neighborhood. We have been in contact with people at Wake and Folks at city planning to get approval, logistics and cost for both routes so we can choose our favorite! (I have maps of both courses if you are interested in running the course and giving your opinion.)

We have chosen the Financial Assistance Network at the hospital as our char-

ity. It is a fund administered by Pastoral Care to assist folks who are unable to pay their hospital bill. It is our intention to make the donation in memory of Matt Haynie.

Allison Smith and Alisha Tomlinson have agreed to head up the Sponsorship committee so please forward them any ideas you have about sponsors. They will be composing a letter with all of the specifics about the race and charity.

We still need a name for the walk/run, and although I am partial to "Awesome 5K" I think we should go with something else. We also need someone to help with tee shirt art work design. Please contact me via e-mail with your ideas and suggestions and abilities to volunteer.

## PREPARING FOR THE NEW ORLEANS AAPA CONFERENCE

By Lauren Dizney

The 31<sup>st</sup> annual AAPA conference will be May 22-27 in New Orleans, LA. This will be a great opportunity for Physician Assistant students to make contacts within the profession and to get a break from everyday studies.

The conference will be held mostly at the Morial Convention Center. On site registration for students is \$130; however, registration is only \$110 if done before Feb 7, 2003. There is an online registration form on the AAPA web site at

<http://www.aapa.org/annual-conf/neworleans03/registrationB.pdf>. AAPA membership is required in order to register for the conference. Persons who need to apply for AAPA membership can do so online at

<https://security.aapa.org/student.html>. Membership costs are \$50, \$80, and \$120 for one, two, and three year memberships respectfully.

Once registered for the convention, it is necessary to make travel and hotel ar-

rangements. By car, it will take about 1 1/2 hours to get from Winston-Salem, NC to New Orleans, LA.

Flying is also an alternative for those unwilling to spend half a day in a car. Round trip flights from Greensboro (GSO) to New Orleans (MSY) cost \$202+, while round trip flights from Raleigh (RDU) to New Orleans (MSY) cost \$139+. Plane tickets can be purchased at many places including online at the airline's web site, at many of the numerous travel web sites like orbitz.com or expedia.com, and at the ticket counter at the airport.

Upon landing at the airport in New Orleans, airport shuttles or taxis will transport travelers to their hotels for \$10 or \$24 respectfully. A public bus is also available for \$1.50, but it only has one drop off point. Rental cars can also be purchased at the airport for around \$150 a week, however; parking is a problem in New Orleans and meter fees will be quite high.

Once again the AAPA web site has a list of hotels in

close proximity to the conference. There are eleven hotels that have set aside a number of rooms for AAPA conference goers, and shuttle transportation from these hotels to the conference is free. People not staying at these hotels can purchase shuttle passes for \$30. New Orleans also has excellent public transportation in the form of streetcar and bus costing \$1.25 per trip or \$12 for three days. Some PA students in the 2004 class are staying at the Holiday Inn in the French Quarter. Rooms are \$90 per night for up to 5 people in a room. (That is less than \$20 per person.) It is also recommended that you check out online reservation web sites such as travelworm.com and hotels.com. Even hotels that are further from the convention center can be accessed via streetcar.

The AAPA has a packed schedule for the six days of the conference. If sometime during the week you find yourself with a break, there



are many sites in New Orleans to visit besides Bourbon St. Harrah's Casino,

Museum of Art, National D-Day Museum, Imax Theatre, Aquarium of the Americas, Audubon Zoo, swamp tours, fishing charters, golf, cemetery tours, and plantation tours, are just a few of the many attractions this city has to offer.

\* All prices listed are from 12/02 and are subject to change.

## PROBLEM-BASED LEARNING FEATURED IN RESEARCH

By Michelle Motte Castelvechhi

In May of 2002, the Wake Forest University School of Medicine changed its first year (didactic phase) of learning from a traditional, lecture based curriculum to a pure Problem-based Learning curriculum. Problem-based learning (PBL) is concept centered on self-directed learning, acquiring life-long learning skills, and integration of a wide range of disciplines within the learning process. At the root of PBL are case studies that are presented in pieces to groups of six students over the course of one week. Students are prompted to explore a multi-disciplinary approach to their learning including basic and clinical sciences as well as legal, ethical and psycho-social issues.

Proponents of PBL boast that PBL students learn medicine mechanistically and understand medical problems in this light, thus sparing them the burden of rote learning, memorization and regurgitating information on tests. While the research reveals that there are both pros and cons (for example, PBL students tend to perform worse than traditional students on basic science tests but better with psycho-social issues of patients) the jury is still out on how the Class of 2004 feels about their PBL experience.

My research will be directed at exploring the feelings that students in the Class of 2004 have toward PBL. This should shed light on how the process of initiating a novel PBL program affects students. Hopefully this research will help other programs initiating PBL to predict student reactions to the new system of learning and help to programs using PBL to prepare incoming students for the new learning process they will encounter.

## CRISIS CONTROL MINISTRY AND ANGEL TREE HELPED BY PA STUDENTS DURING HOLIDAYS

By Jason Romblad

During the holiday season many students are concerned with a number of things, from exams and finishing up a rotation, to spending time with friends and family. However, the PA students and faculty this year were able to take time from their busy schedules to participate in two community service projects. The first was a food drive that lasted several weeks, in which the food was donated to Crisis Control Ministry, and the second was buying gifts for the Angel Tree at the hospital.

Crisis Control Ministry is an organization whose mission is to assist Forsyth County residents in crisis. CCM provides many services for its clients, such as provid-

ing free prescription drugs, preventing hunger, and distributing clothes. Last year, this ministry fed 2,324 families (6,049 individuals). Their clients are individuals experiencing a crisis; like an elderly woman spending her grocery money on a furnace repair so she would have heat or a middle aged man on disability who can't afford his prescriptions. Thirty-eight percent of the clients are employed, and 20% are either disabled or retired. As a class, just over five large boxes were collected and donated. CCM was very grateful for our help.

The Angel Tree was located in the foyer of Watlington Hall, and the PA program was able to support five wishes from the tree. The Angels on the tree were family members of patients that

were in the hospital for the holidays, and were obviously having large medical expenses. They were screened by Baptist, and by Social Services, and then their wishes were added to the Angel Tree. The gifts purchased by the PA program consisted of clothes for a wide range of age groups, and a small toy for a young boy. Special thanks to Allison Smith, Michelle Babcock, and Michael (Michelle's husband) for helping in buying and delivering the gifts.

Thank you to all who donated your time, efforts, and money to these causes. It was greatly appreciated by the organizations whom we helped.



Last year, Crisis Control Ministry fed 2,324 families

## FUNDRAISING OPPORTUNITIES ABOUND

By Todd Forster

The fundraising committee is in the process of developing more opportunities for the Katherine Anderson Society. Over the past six months the class of 2004 has raised \$665.00 from projects including doughnut, Pampered Chef, and T-shirt sales.

A big thank you is in order to Christie Bracken who organized the Pampered Chef fundraiser. Long sleeve T-shirts and sweatshirts are still on sale. T-shirts are \$12 and sweatshirts are \$20. Please contact Todd Forster or Gina Giancarlo for ordering

information. Colors include black, grey and white.

Other projects in the works include entertainment books which provide great deals for the entire Piedmont area. Coupons include restaurants, hotels, car rentals, airline deals, movies, golf, bowling, Target, and many more exciting opportunities. The books cost \$20. If we can sell 50 books we will make 50% of our sales. That means if we can sell 50 books, we will make a minimum of \$500! We are hoping that this will provide an easy opportunity to raise money for the Katherine

Anderson Society

The big project that we are working on is a 5 K run/walk which will help benefit a local charity. We are at the beginning stages of this project but are shooting for a date in June. Kelly Jacobus has taken on the job as head operator and has done an excellent job contacting the Twin City Track Club who will help organize this project. This provides an excellent opportunity for the class of 2003, 2004 and the future class of 2005 to get involved. More projects are in the works! Stay tuned for details.



**We are on the web at**

<http://www.wfubmc.edu/school/OurStudents/PA/KAS.htm>

By Amy Starnes

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tors, and general student body representatives (MD, PA, and graduate students) who assist in placing students in contact with the appropriate health professionals if a need should arise. The primary function of the HEC is to provide a bridge to treatment for all students who are or may be impaired, as a confidential alternative to direct involvement of the Wake Forest University School of Medicine (WFUSOM) Administration. A secondary function is to assess and educate the WFUSOM community on student impairment issues, and facilitate preventative measures.

The HEC also strives to sponsor two discussions each year for the general student body. We kicked off the New Year by sponsoring a discussion for the general student body on January 16, 2003 at 12 noon in Commons Conference Rooms 1 & 2. The speaker was Dr. Thomas Brown, Psychiatry, a recovering physician who shared his experiences with addiction. Lunch was also provided.

In addition to sponsoring discussions for students, HEC also sends out a monthly update to the general student body. (This month's update can be seen below)

Please feel free to contact your HEC reps with any questions or concerns!

Suzanne Greth and Simon Chao - 2003

Kirsten Biddix and Amy Starnes - PA

# Look to this Day

Look to this day;  
 For it is life,  
 The very life of life.  
 In its brief course lie all  
 The realities and verities of existence,

The bliss of growth,  
 The splendor of action,  
 The glory of power -  
 For yesterday is already a dream,  
 And tomorrow is only a vision.

But today, well lived,  
 Makes every yesterday a dream of happiness  
 And every tomorrow a vision of hope.  
 Look well, therefore, to this day.

A Sanskrit Proverb

## CONGRATULATIONS TO FOLKS IN THE PA PROGRAM

**Teresa Jones** has accepted the newly created KAS position of PA Technology Representative. She is a liaison to the Technology committee at the medical center providing input regarding which technologies are helpful to students. She is trained on the use of all classroom computer equipment so that she can troubleshoot the system for our guest lecturers.

**Jackie Rowland** has volunteered to fill the void in our KAS cultural position. She is

fulfilling both the cultural position as well as the vice-president position.

**Catherine Miller** completed her Master of Physician Assistant Studies with a concentration in Internal Medicine. She received her diploma December 12/01.

**Suzanne Atkins** has completed her degree requirements for a MS in PA Studies Primary Care/Family Medicine from the University of Nebraska. She will officially graduate with the program in May 2003.

**Mistletoe 5 Km Run.** WFUSM students and staff ran killer times at the Mistletoe 5K. Stacy Griffin, Michelle Castelvechi, John Shoaf, Kelly Jacobus, and Erich Grant all managed to finish the race without a hint of angina (John reported some SOB). Academic Computing Guru Dennis Boyles ran a speedy race, winning his age group. Michelle finished 2nd in her age group. Erich and John both made personal bests times.

**Twins!** Congratulations to Jeff and Laura Hinshaw on the delivery of their two beautiful babies. Jeff is an adjunct faculty member with the PA program and his wife is an OR nurse at NCBH.



The twins were born on Jan 1, 2003. Casey Dianne, 3 lbs 12 oz and 17 inches long, born at 3:54 PM and Benjamin Warren, 3 lbs 14 oz and 17 inches long, was born at 4:03 PM.