

FLORIDA STATE UNIVERSITY COLLEGE OF MEDICINE

FALL 2017

# FSU MED



## KIDS AND TOXIC STRESS

Researching ways to treat a lethal combination



PLUS:

ALUMNI COMING HOME  
PRIMARY CARE TELEMEDICINE



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by Doug Carlson

Children of migrant farmworkers can teach us a lot about dealing with toxic stress. In Immokalee, they're also helping a College of Medicine research team outline effective ways to provide behavioral health in the primary-care setting.

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by Ron Hartung

The College of Medicine recruits primarily Florida residents, places them in community settings for their clinical education and hopes many of them return one day to set up practice. As evidenced by a recent influx of alumni in Daytona Beach, the approach is working.

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By iPhone or laptop, Brittany Crenshaw (M.D., '10) is only a click away for patients in six states from Florida to New York.



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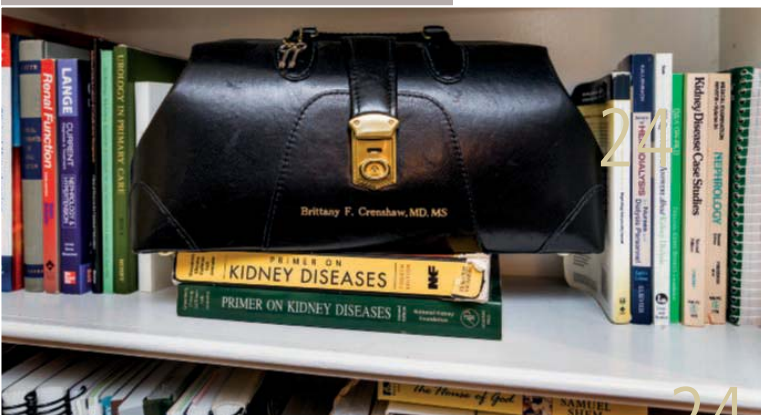
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Life can be particularly stressful for the children of migrant farmworkers. Making matters worse, the best defense against the harmful effects of toxic stress is an attentive and comforting parent -- something kids in Immokalee rarely get enough of.

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Cover design: Martin Young.



Alumni physicians Rob Daly (left), Jessica Gershen and Stephen Viel.

# RETURNING TO FLORIDA TO PRACTICE

Alumni's relationships with regional campus communities are major factor

BY RON HARTUNG

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hen Stephen Viel applied for residency at Johns Hopkins Hospital, someone there called a College of Medicine faculty member in Daytona Beach to ask, in so many words: “Is he really this good?”

“It wasn’t that I’m so great,” said Viel (M.D., ’09). “It’s just that reading the letter from the faculty member, you would’ve thought my mom wrote it. It was a page and a half of anecdotes and personal interactions.”

At many medical schools, no faculty member would know a student well enough to include such detail. “He could write that because we worked together for six weeks, one-on-one, day in, day out,” Viel said, “and had lunch together every day, in a way that you just don’t get elsewhere.”

Such relationships were part of the reason that Viel, given the chance to stay with Johns Hopkins after residency, returned to Daytona Beach instead. He’s one of an increasing number of alumni who leave the state for residency training at top programs – but come back.

Of the 500-some College of Medicine graduates now practicing, about 300 are in Florida. They tend to cluster around the regional campus where they did their clinical training.

“A big part of what we do at the regional campus is develop relationships,” said Daytona Beach Regional Campus Dean Luckey Dunn. “What the students see here – and at all the regional campuses – is a community of physicians that are all pretty collegial, agreeing to teach students in a certain method, teaching them so well that they’re invited to residencies at Johns Hopkins, at Wake Forest, at Vanderbilt. And it also fosters a desire to come back and be involved in that process.”

In this article, we’re using Daytona Beach to represent all six regional campuses. There are numerous reasons why so many alumni who leave the state for residency eventually come back. Here are five:

- For nearly all College of Medicine students, Florida is home. Family members live here. That’s a powerful draw.
- Students form strong attachments to their regional campuses. The intensity, similar to what they’ll experience later during residency, is enhanced by a campus staff that constantly nurtures them. It builds powerful loyalty.
- The one-on-one teaching they get from community physicians is roughly equivalent to a two-year audition for a job.
- With the College of Medicine’s network of campuses and training sites, a returning graduate is just about guaranteed a job somewhere in Florida.
- Alumni believe in the college’s mission to serve the underserved, and they want to become part of the faculty that gave them such a meaningful medical education.

“For residency, I wanted to see things done differently, go somewhere completely different, because in the back of my mind I always thought I would come back,” said Viel, now an emergency room physician at Halifax Health. “I have family in the area. I knew Peter Springer, who is in charge of the Emergency Department, because I rotated through here as a third-year student. When my wife and I were looking for places to work, Halifax was already on the short list. I really liked the hospital and what it stood for. Once I DID apply, it helped that Dr. Springer knew me.”

He’s also on the College of Medicine faculty, a role he finds rejuvenating. “It reminds you of the doctor that you set out to be,” Viel said. “Teaching was a big selling point when I considered coming back.”

Two of his ER colleagues are also College of Medicine alumni: Jessica Gershen (M.D., ’11) and Rob Daly (M.D., ’12). They’ve been a couple since med school. She did her residency training at Brooklyn Hospital Center, he at LSU. One thing they noticed was how well-prepared they were.

“At FSU, you get more one-on-one time, not only with the dean but with the professors,” Daly said. “More hands-on experience, too. We had skills that other students hadn’t even witnessed, because they’re standing behind two sets of residents and the attending physician who are doing the procedure. Sometimes they weren’t even able to see what was going on.”

So Daly and Gershen were pretty sure they’d be coming back to Halifax. “Those were world-class people we were working with,” Daly said. “We



Halifax Health CEO Jeff Feasel first met Viel, Gershen and Daly when they were FSU medical students doing clinical rotations at the hospital. Now they are Halifax Health physicians.

also knew we wanted to work for Luckey Dunn at some point. I think maybe, from some standpoint, we thought we owed him and Florida State.”

Gershen agreed: “Everyone at the campus made it feel like family. Dr. Dunn was definitely a big influence. I don’t know how many people still get emails every year on their birthday. I don’t know anyone from another medical school who still talks to their dean six years out of medical school.”

Jeff Feasel, CEO of Halifax Health, said the College of Medicine’s Daytona Beach campus has far exceeded his expectations. He remembers when FSU proposed the campus. His medical staff jumped at the opportunity, he said, and he lobbied hard for Dunn to be named the founding dean: “We knew from his soccer-coaching days and his training, his military background, his family roots here in the community, that he would have the buy-in from the rest of the medical staff and the community.”

Feasel can’t say enough about FSU’s students, about community leaders such as Kent Sharples from Daytona State College (where the College of Medicine’s regional campus is), and about his own doctors. Dunn can’t say enough about his community partners – especially Halifax, where FSU students complete 70 to 80 percent of their clinical rotations. Both men, like the other campus deans, praise the community physicians on their faculty as the backbone of the College of Medicine. As Feasel puts it: “It takes good doctors to train good doctors.”

“It’s almost as good as having a residency program here,” he said. “We get to know the third- and fourth-year students, get to look them over and say, ‘Would you consider coming back to the community when you complete your residency?’”

More and more, the answer is “Yes.”

*“It reminds you of the doctor that you set out to be. Teaching was a big selling point when I considered coming back.”*

- Stephen Viel (M.D., '09)