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...a newsletter published by the Department of Family Medicine for clinicians, teachers, and researchers in family medicine

SPOTLIGHT ON:

Tim King, D.O.
Poteau Oklahoma
Making a difference
Mary Williams, M.S.

Dr. Tim King was raised primarily in Oklahoma City, Oklahoma. After serving in Vietnam, he decided he wanted to help others and make a difference. He was interested in science and was accepted into a Ph.D. program when two osteopathic physicians, Dr. R.J. Langerman, Sr. and Dr. Thomas Carlisle, convinced him to apply to medical school. He was accepted to both allopathic and osteopathic programs, and decided upon studying osteopathic medicine at OSU College of Osteopathic Medicine. He graduated from OSU in 1979, and then completed his internship at Hillcrest (now St. Michael's) in Oklahoma City. He practiced in Oklahoma City until 1995. While in Oklahoma City, Dr. King held numerous positions including all staff officer positions, Department of Family Practice chairman, house staff training chairman, and medical director of the chemical dependency unit.



Tim King, D.O.

Despite all his success, Dr. King made what seemed to be a drastic move in 1995. He moved to Poteau for the challenge of practicing medicine in a rural area. Dr. King states "Rural medicine is much more aggressive and demanding than medicine in the city. The base knowledge required is greater in rural areas due to the lower number of specialists which results in fewer referrals and the challenge of maintaining health in patients with severe chronic illnesses."

While in Poteau, Dr. King has served as the chairman of the Medicine committee, as a medical examiner in LeFlore County, medical director of the clinic platform, and advisor to the hospital authority board. Dr. King states "the lifestyle in a rural community is more relaxed, but the medicine is much more demanding." As he reflects, he shares that people know the physician in a small community and approach him to shake his hand and say, "Thanks for saving my life." He continues, "There is no greater challenge than practicing medicine in a rural community, but there is also no greater reward." Dr. King believes "it is always a privilege to have the trust of patients to practice medicine" and "practicing medicine should always be fun." Dr. King thought he could make a difference practicing medicine in a rural area and after years of practice he says, "rural practice is much more personally rewarding for me."

In addition to his 20 plus years experience in family medicine, Dr. King has worked in emergency rooms for over 11 years and was the director of a busy emergency room for five-plus years. With all this experience and enthusiasm, it is no small wonder students love working with him. Student comments include "Dr. King is a great teacher"; "he really helped me learn, take responsibility, and gain confidence"; "Dr. King's experience and level of responsibility are the best I've had"; and he is "a gifted physician and excellent teacher." Dr. Tim King has been teaching medical students, interns and residents for over 20 years. In addition, Dr. King served as didactic coordinator in Poteau since the inception of the Family Medicine B hub-site model. He recently resigned due to a very busy schedule. Dr. King also served as Interim Coordinator of the Community Hospital rotation in Poteau for approximately one-year.

After all these years teaching medical students, Dr. King states there are many benefits to teaching including directing students through the diagnostic process and watching them as they learn and grow. Plus, they challenge him to stay academically current. He attributes his enthusiasm for medicine to the challenge of teaching and "getting a fresh look at things through the eyes of the medical students." Best of all, he can see that he makes a difference to his patients, the students and to the profession by practicing and teaching in a rural community.

Chairman's Message:

Charles Henley, D.O., MPH



Charles Henley, D.O., M.P.H.

One of the prerogatives of writing the chairman's message is to occasionally talk about things that are important to the profession and fun to do, but may be something that most practicing physicians don't spend much time thinking about. Clinical research is one of those areas where many of us may feel that we either do not have the time or the training to participate. We read medical journals and hear about interesting advances or changes in practice, and sometimes we might ask ourselves how they ever came to those conclusions. If you have ever asked yourself "where do those clinical guidelines come from?" then participating in a research network may be for you.

Most research questions are questions we ask ourselves every day in practice. If you have ever had a patient leave your office and wondered if there was a better way to treat a particular condition, then you may have a potential research question. For instance, is it better to treat hypertension by pushing one drug to its therapeutic limit, or can you get a better, and safer response by using smaller dose combinations of medications? The answers to questions like this usually come from studies using clinical practices just like yours.

The best way to obtain information about most common clinical practice questions is to do a clinical trial. In its simplest form, a clinical trial is nothing more than a comparison of effects, such as one drug or surgical procedure compared to another, or a drug compared to a placebo. One of the best ways to obtain information about the effectiveness of these drugs is to look at outcomes from several patients from different practices. This information is then collated and analyzed statistically for the answer.

Oklahomans are fortunate to have medical schools and faculty with experience in clinical research, method design and statistics. If you are already a member of the OU sponsored OKPRN network, I encourage you to continue to be an active participant. However, the Oklahoma State University Center for Health Sciences is also in the process of developing its own clinical research network. This sentinel network will be made up of clinical practices and community hospitals across the state, emphasizing our already existing network of clerkship educational sites such as our family medicine clinic rotation and community hospital sites. These sites and others are already connected electronically and are utilized for distance learning. We would hope to continue this excellent relationship when it comes to asking clinically relevant research questions.

Participating in a research network, such as this, can be both intellectually interesting and fun. It is exciting to find the answer to puzzles, and to feel like you have made a contribution to your profession. Along the way we will be providing our participants with informative faculty development programs to help everyone better understand the process of clinical research.

We will soon send out letters describing the process and asking you to join the OSU clinical research network. If you have questions about the process, please call or write to the department of family medicine at (918) 561-8400, or 1111 West 17th St. Tulsa, 74107. Or check out our family medicine web site for more information. We hope that everyone will want to participate in the research network. Questions will be designed keeping in mind your busy practice.

Information Access

www.fammed.okstate.edu
click on Team Project link

As a result of the *Technology for Education And Medicine (TEAM) project, thirty-eight (38) community-based hospitals and clinics across the state of Oklahoma were provided access to the Internet and all of its resources. The Department of Family Medicine managed the grant and worked in collaboration with the OSU Telemedicine Department and OSU Medical Library. These departments worked together to provide on-site training on basic computer skills, searching the World Wide Web and utilizing databases such as PubMed (<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>) for searching and managing literature results.

*Grant provided by the National Library of Medicine (<http://www.nlm.nih.gov/>)

Osage Community Clinic and Health Education Centers

Kindell Peters, M.S.

The Osage Community Clinic and Health Education Center (OCCHEC) provides residents of Tulsa Housing Authority (THA) with much needed health services through community outreach. OCCHEC (an OSU and Oklahoma AHEC Program) has been a part of the Osage Hills public housing complex since the mid-1980's. Oklahoma AHEC provides a nurse coordinator for outreach and education services and OSU-COM Department of Family Medicine provides physician faculty for clinic support, questions and referrals.

OCCHEC is currently a clinic without walls. In 2000, THA embarked on a journey to completely revitalize the Osage Hills area with a HOPE VI federal housing grant. As part of this process, the clinic and surrounding housing units and facilities were demolished and residents relocated. Groundbreaking for the new Community and Support Services Building took place in the fall of 2001 and the new OCCHEC clinic is scheduled for completion in March 2003.

As a result of these changes, Denise Senger, the OCCHEC nurse coordinator, has become a one-woman show taking her "mobile" clinic out into the public housing community. She meets with clients at LaFortune Towers, Pioneer Plaza, Comanche Park, and Riverview Apartments. She provides the clients with basic health services (wellness and medication checks, screenings) and a home base of care, maintaining continuity of service and linking them with health professionals based on their needs. In addition, she is an advocate and a friend to these individuals who seem to have very few people looking after their needs.

Although Denise is the face of OCCHEC, she is seldom alone when she sees clients. A variety of health professional students have participated in clinical rotations at OCCHEC, including medical, nursing, dietetic, and social work. Through this educational opportunity, students learn about community-based medicine, the role of nurses with other health professionals, and they learn about building a relationship with the community. For many students, this is their first time to see patients in a non-clinical setting, in their home environment, where they have the opportunity to see them as just people and not patients.

As we prepare for the opening of the new clinic, we continue to look for ways to maintain outreach services for housing units outside of the Osage Hills community. Students and faculty have come up with several innovative approaches. OSU Medical students have expressed interest in having an on-going rotation at various low-income housing sites and three nursing schools in Tulsa (Langston, Oral Roberts University, and Tulsa University) have "adopted" LaFortune Towers. Medical and nursing students are also exploring ways to collaborate on a community project.

As a result of these outreach efforts, OCCHEC and THA received an "Award of Merit" from the National Association of Housing and Redevelopment Officials (NAHRO) at its national conference in New York City this July.



Public Housing Residents comments about students:

"We all look forward to the students coming."

"We feel better learning how to take care of ourselves."

"They care about us."

Students express enthusiasm for the learning experience at OCCHEC:

MS II comment: "It provided a good opportunity to interact with patients in a very intimate setting.... "I learned a lot about patient/healthcare provider interaction and had a chance to learn about individuals, not just groups of people."

Senior nursing student: "this opportunity has forever impacted me. Because of this experience, I hope to pursue other opportunities to contribute to the community's health when I become an RN."

UPCOMING EVENT...

The OSU Family Physician newsletter is published by the Department of Family Medicine at the Oklahoma State University College of Osteopathic Medicine. We welcome your ideas for articles and features.
(918) 561-8400
www.fammed.okstate.edu

Executive Editor

Charles Henley, D.O., M.P.H.
Professor and Chairman

Managing Editor

JooHee Kim, MPH
Kjoo@osu-com.okstate.edu

Graphics and Design

Ellen Stockton
Carolyn Sparks

Photography

Terry Drenner

Distribution

Barbara Newman

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25 Hours AOA Category 1A
Downtown Doubletree Hotel
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• Call - 800.274.1972 or 918.584.1469
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Articles for the Office-Based teacher.

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OSU Center for Health Sciences
College of Osteopathic Medicine
Department of Family Medicine
1111 West 17th Street
Tulsa, Oklahoma 74107-1898

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