

# cahaba

MEDICAL CARE



**Cahaba**  
Medical Care

205-926-2992

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Hannah Faulkner, CRNP	Jennifer Platt, PA-C	Daniela Rodriguez, MD	Laura A. Ryan, MD	Edward Williams, MD
Mariah Butler, PA-C				

2016 ANNUAL REPORT

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# Rising

To meet the needs of our

# our community

## WHO WE ARE

Cahaba Medical Care is a Community Health Center (FQHC), accredited as a Patient-centered Medical Home (PCMH) by the National Committee for Quality Assurance (NCQA) and Joint Commission with sites in central Alabama, serving Bibb, Perry, Chilton, Dallas, Autauga, and Jefferson Counties. Our health centers provide comprehensive primary care services including treatment and management of chronic diseases, pediatric care, women's health services, dermatological services, sports medicine services, mental healthcare and more.

Additionally, we have the technology and staff to perform on-site procedures including x-ray, laboratory tests, ultrasound, echocardiograms, women's health procedures, prenatal care with local delivery and so much more. We currently have 25 primary healthcare providers, three social workers, and a team of nurses and medical assistants whose job is to assist our patients in becoming healthier individuals.

## SERVING THE UNDERINSURED & UNINSURED

Cahaba Medical Care provides high-quality health services regardless of a patient's ability to pay. We offer a discounted, sliding fee schedule based on income and family size. While this has been the mission of the clinic since its founding, these services have only grown through our designation as a non-profit, Federally Qualified Health Center (FQHC). This designation carries with it grant funding (and accountability) that allows us to enhance our services to those without insurance and to those facing hardship – whether medical, social, financial, or emotional.

## WHAT IS A FEDERALLY-QUALIFIED HEALTH CENTER?

The purpose of an FQHC is to enhance the primary care services in underserved communities, in particular for the underinsured and uninsured. FQHCs operate under the supervision of the Health Resources and Services Administration (HRSA) and play a crucial role in the health of our entire country. In 2014, in the state of Alabama there were 15 FQHCs that served 339,389 patients.

To qualify as an FQHC, an organization must meet and maintain certain criteria as mandated by the federal government including but not limited to:

- Serve an underserved area or population as defined by HRSA.
- Provide services to everyone regardless of ability to pay.
- Offer a discounted sliding fee schedule for charges based on income and family size.
- Provide comprehensive services including primary care and have onsite or an arrangement with another provider for dental, mental health and substance abuse services.
- Be a non-profit organization, and operate under the governance of a community led board of directors, 51% of whom are patients of the clinic.



## CHIEF EXECUTIVE OFFICER //// DR. JOHN WAITS

### Growth

This has been the story of Cahaba Medical for the last 4-5 years, since our transition to a Community Health Center.

We began this second stage of our journey as a one clinic, three provider, eleven employee small business. Reflecting now on 2016, I look upon a company that is currently four medical clinics and 1 dental clinic with over 20 providers and 100 employees. On the horizon for 2017 is the opening of two more medical clinics, the growth of our dental clinic, and the addition of more providers and more employees.

The question has been posed more than once to me or to members of our leadership team – or sometimes by us to ourselves – “Are you growing too fast?” This is always a difficult question and its answers are nuanced and must be individualized for each situation. However, I can say definitively that we have attempted to answer this question with integrity; that our growth has not been for the sake of notoriety or recognition.

We are growing to meet the need.

The medical needs in central Alabama remain immense. So many of our neighbors remain unable to access the most basic of health care services without utilizing the Emergency Room and incurring an immense personal debt related to their health care costs. Others are unable to seek health care at all because of the expense. The ramifications of this truth has led to communities of people all around us that are sicker, poorer, and are less able to be healthy, successful, and productive citizens.

It is in this setting that we continue to push and that we continue our rapid growth... because, the need has not yet been met.

Thus, we refuse to get complacent and refuse to be satisfied. Instead, as needs are presented either through our formal community needs assessment, our meetings with community members and stakeholders in the areas in which we serve, or through our work with other providers also working to meet the needs of those with the “wrong” insurance status or

financial status, we continue to spur each other on to meet those needs. And, every time we hear a story of someone who was finally able to afford their medications or get insurance... or we take care of someone without insurance who felt able to establish care for the first time in years, it feels like our work is worth it.

And, not only that our work is worth it but that our work is also hopefully doing good and changing outcomes, changing neighborhoods, and changing communities throughout central Alabama one person or one family at a time.

So, as long as there is need and as long as we are able, we will continue to grow to meet the need. We will grow to make a difference in the area of the world where we have been placed. We will grow to make our communities better. The need is immense and all around us, and it is incumbent upon all of us to not back down from the challenge of growth, innovation, collaboration, and good old-fashioned hard work to meet the need and leave our neighborhoods better than we found them.



*“It is in this setting that we continue to push and that we continue our rapid growth... because, the need has not yet been met.”*



# GRANTS

- HRSA Primary Care Training and Enhancement Grant
- HRSA New Access Point for Jefferson County - Bessemer and West End
- Alabama Power Foundation Grant in support of Maternity Care in Bibb County
- HRSA Patient-Centered Medical Home Grant
- Fiscal Year (FY) 2016 Health Center Quality Improvement (QI) Fund grant, recognizing CMC as a Clinical Quality Improver, Clinical Access Enhancer, and Health Center Leader

# PUBLICATIONS & PRESENTATIONS

- Waits J. "Women's Health Update 2016". Presentation to the Alabama Academy of Family Physicians, Summer Meeting. Sandestin, Florida. June 26, 2016.
- fmCASES Poster at STFM Annual Conference April 30- May 4, 2016  
"The fmCASES National Exam: Past, Present, and Future"
- fmCASES Presentation at STFM Annual MSE January 28-31, 2016  
"Engagement and Self-Assessment in fmCASES and its Relation to Performance on the National Clerkship Exam"
- Waits, Shelley, Andreia W. White, Erin Wagner, John B. Waits, and Lacy Smith. "Should you treat an upper extremity DVT with anticoagulation?" Evidence-Based Practice 19, no. 7 (2016): 12-13.
- Bosu, Olatunde, Kervin Doctor, Karen Dixon, Lacy Smith, and John B. Waits. "Stretching for Prevention of Exercise-Related Injury" American Family Physician 94, no. 7 (October 2016): 547.
- Gamble, Lena, Karen Dixon, Lacy Smith, John B. Waits, Nathan Way, Stephen Richardson. "What is the best intervention to prevent adolescent pregnancies?" Evidence-Based Practice 19, no. 7 (July 2016): 6.



## SPECIAL THANKS TO OUR BOARD OF DIRECTORS:



- Cynthia Winegard, Chairman
- Kenneth Young, Vice Chairman
- William Pockstaller, Finance Chair
- Bevin Tomlin, Finance Chair
- Matthew Satcher, QA Chair
- JoAnn Toby
- Mary Sue Terry
- Joel Atchison
- Hollie Tillery
- Darlene Hollifield
- Corey Bates

## SPECIAL THANKS TO OUR COMMUNITY SUPPORTERS

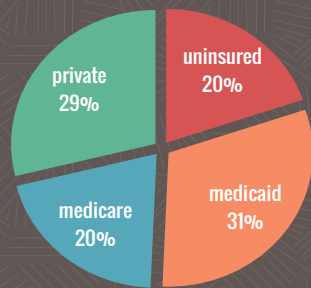
- Alabama Power Foundation
- Henry Schein
- University of Alabama at Birmingham (UAB),  
Orthopedics and Hospitalist group
- Children's Hospital of Alabama
- Bryan W. Whitfield Memorial Hospital and Mr.  
Arthur Evans
- Dr. Keith Roberts
- Alabama Health Education Consortium
- Dr. Cynthia Selleck
- Dr. Bill Curry
- Bibb Medical Center and Mr. Joseph Marchant
- Dr. John Meigs
- Dr. Lata Patil
- Dr. Connie Richardson
- Dr. John Hollis
- UAB Medical West
- Dr. Rowell Ashford

- Dr. Wil Baker
- Alabama College of Osteopathic Medicine
- William Carey University School of Osteopathic  
Medicine
- Philadelphia College of Medicine, Georgia  
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- Congresswoman Terri Sewell
- Cooper Green Mercy Health Services and Mr.  
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- Drs. Robert and Susan Griffith
- Dr. Larry Lemak
- Dr. Ted Epperly
- Viva Health
- Marion Bank & Trust
- State Representative April Weaver

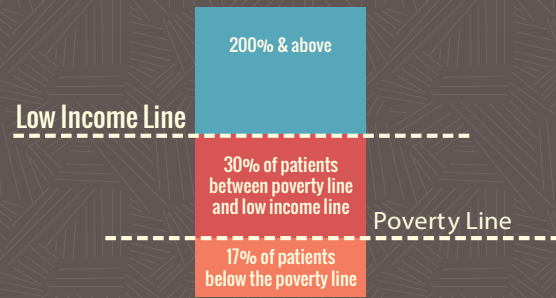
# CAHABA FACTS



## PATIENT SNAPSHOT



INSURANCE



POVERTY

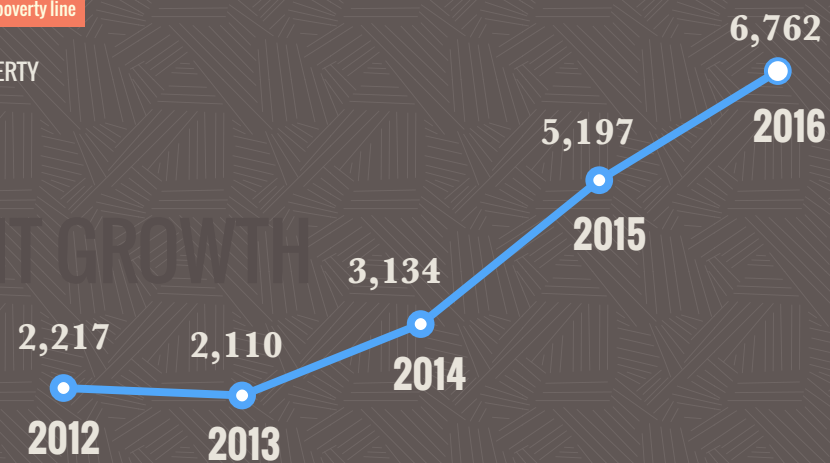
## RESIDENCY PROGRAM

**1st** **12**

Alabama's First & Only Teaching Health Center Family Medicine Residents

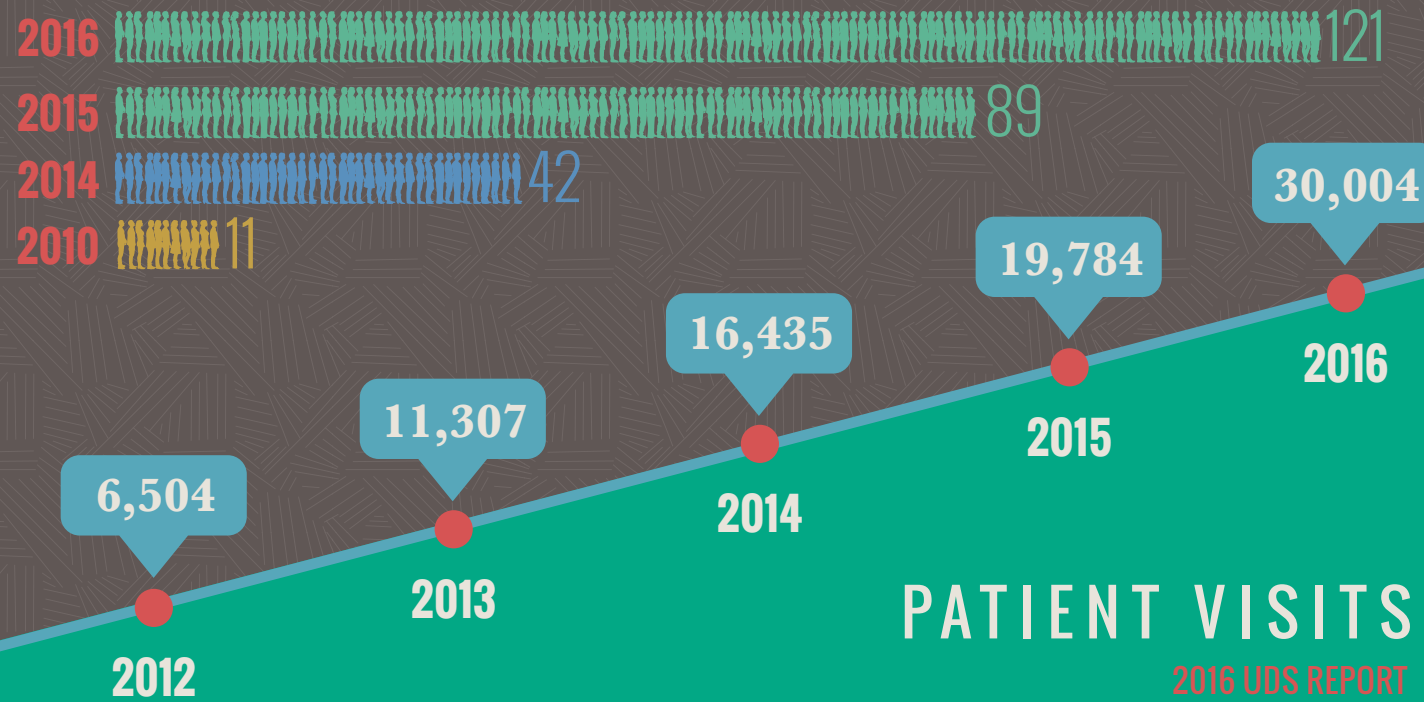
## ECONOMIC IMPACT

IN EXCESS OF **\$4,000,000** IN PAYROLL & BENEFITS **78 JOBS ADDED** IN A TOWN OF 5000



## UNIQUE PATIENT GROWTH

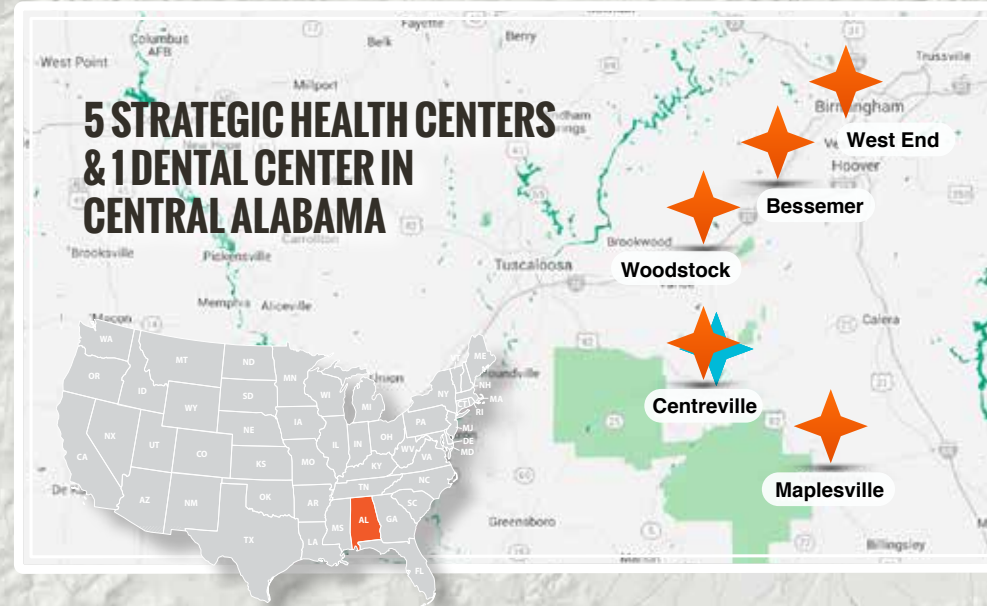
## STAFF GROWTH



## PATIENT VISITS

2016 UDS REPORT

## About Our COMMUNITY HEALTH CENTER



## SERVICES

### Preventative Health Services

- Pap Smears
- DEXA Scans
- Mammograms
- Colonoscopy
- Adult Immunizations

### Chronic Disease Management

- Diabetes
- High Blood Pressure
- High Cholesterol
- Heart Disease

### Pediatric Care

- Well Child Checkups
- Immunizations
- Sick Visits
- Circumcision

### Women's Health Services

- Obstetrics
- Prenatal Care and Ultrasound
- Birth Control
- Management of Abnormal Pap Smears
- Delivery at BMC and UAB Medical West

### On-site Procedures

- X-ray
- Ultrasound
- Lab
- Fracture Care (casting and splinting)
- Joint Injections
- Pulmonary function tests
- 24 cardiac HR monitoring
- Cardiac Treadmill Testing

### Dermatology/Skin Care

### Sports Physicals and Department of Transportation Physicals

### Mental Health Care

### Nursing Home Care at Bibb Medical Center Nursing Home

### Hospital Care at Bibb Medical Center and UAB Medical West



Serving the Bibb and Perry County communities since 2004, and added Chilton, Dallas, Autauga, and Jefferson Counties in 2015. Our mission is to provide high quality and compassionate primary and preventative healthcare for families in our area - all ages, all conditions - regardless of ability to pay - regardless of insurance



## A MEDICALLY UNDERSERVED AREA IS A COMMUNITY WITH:

- Low Primary Care Physician to Population Ratio
- High Infant Mortality Rate
- High Percentage of Population Living Below Poverty Level
- High Percentage of Population over Age 65



Since joining Cahaba Medical Care in 2012, she has been at the center of all of Cahaba Medical Care's ongoing Quality Improvement projects while training and organizing and providing quality assurance to CMC's ever growing number of Medical Assistants and nurses. Together, this is not a small task to ask of anyone, but Jackie Palmer, RN, has pulled it off.

Palmer came to CMC five years ago with a background in hospital nursing at both UAB Medical West and Bibb Medical Center to serve as Nurse Manager and Quality Improvement Officer. At that time, CMC was a one site

medical clinic with less than ten members of its clinical staff and was new to becoming a Federally Qualified Health Center (FQHC). Since that time, CMC has grown to now having five medical sites, one dental site, and approximately thirty clinical staff including Medical Assistants, Licensed Practical Nurses (LPNs), and Registered Nurses (RNs). Also, CMC, under Palmer's diligent leadership has accomplished numerous Quality Improvement goals.

"We have been blessed to have Jackie as a part of our organization," said Lacy Smith, Medical Director of CMC. "There are not many people who would have come alongside like she did during our past 5 years of immense

*"We knew in 2012 that Jackie was who we wanted for the job. And we made a great decision," said John B. Waits, CEO. "Her attitude, work ethic, servant leadership, ability to laugh and have fun, and willingness to learn and grow has been exactly what our company has needed." - Dr. John Waits*

### QA ACCOMPLISHMENTS

- Level 3 NCQA Patient Centered Medical Home status
- JCAHO Ambulatory Care and Patient Centered Medical Home status
- Uniform Data Systems awards three years running for being a Clinical Quality Improver, Health Center Quality Leader, Access Enhancer, and Health Equity Advancer
- Successful Meaningful Use attestation each year since Palmer joined CMC
- Successful development of a Quality Improvement team within CMC as well as the development of a culture of Quality Improvement among all employees
- Developed an in-house Medical Assistant Training Program

growth and what seemed like project after project and deadline after deadline. She not only came alongside, but dove in and worked amazingly hard and has now created a great QA program that any health center could be proud of."

Along with her many QA projects, Palmer also oversees the training of over thirty Medical Assistants, many of whom join CMC with little to no medical experience. With Ashley Middlebrooks, RN, and Angel Warren, LPN, each of these medical assistants is taken through a three to four month

training program that teaches them how to take vital signs, give injections, complete health insurance paperwork on behalf of patients, and do various other tasks needed to assist the providers in patient care.

Finally, Palmer is the nurse manager in charge of the clinical workflow of five medical sites. So any week could see Palmer driving throughout Bibb, Chilton, and Jefferson Counties checking on her clinical staff at other locations, answering questions, troubleshooting problems, and continuing to train her medical assistant staff.

Palmer has quickly become an essential part of the leadership staff at CMC and is someone that exemplifies hard work, servant leadership, and the willingness to grow every year as the organization grows and as new opportunities present themselves.

*"It has been an honor working with Jackie the past several years. She is not only an extraordinary nurse but also an amazing co-worker, friend, and mother. The passion she has for her career and for Cahaba Medical Care is evident and radiates in everything she does every single day." - Ashley Middlebrooks, LPN*



# 2016: ACCOMPLISHMENTS of Cahaba & Employees



Dr. Waits was honored by the governor at the State of the State address for his service in Bibb County and for his successful collaboration with Mr. Joseph Marchant and Bibb Medical Center in reopening Labor & Delivery. He also continued his service on the Governor's Health Care Task Force while also serving as Chair of the Personnel Subcommittee.

## DR. WAITS HONORED BY GOVERNOR



Dr. Lauren Linken, after completion of her obstetrics fellowship in 2015 in Tuscaloosa, AL, has successfully obtained her Family Medicine-Obstetrics Board Certification after passing the written exam and the oral board.

## DR. LINKEN BOARD CERTIFIED



## MILLIE FOSTER

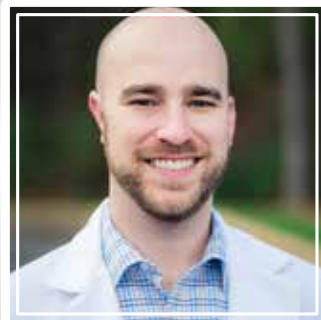
Millie Foster has been the lead at CMC in collaborating with the community to create programs that assist individuals in living healthier lives and making healthier choices. She has assisted in creating a community-wide Diabetes Prevention Program in conjunction with the community effort in preventing diabetes and is also taking the lead in making this a CDC accredited Diabetes Prevention Program. This intense curriculum has shown proven efficacy in slowing or stopping the progression of pre-diabetes into diabetes for those individuals who successfully complete the curriculum.

## ACGME ACCREDITATION



Cahaba Family Medicine Residency, received a 10 year accreditation cycle with no citations at its most recent ACGME site visit.

# NEW CLINICAL STAFF



**DR. CASEY HICKS, MD - BESSEMER OFFICE**

Dr. Casey Hicks is from Haleyville, Alabama. He attended the University of Alabama at Birmingham where he earned a B.S. in Biology with honors. After completing his undergraduate education he attended medical school at the University of Alabama School of Medicine and graduated in 2012. Dr. Hicks chose to pursue Family Medicine and completed his residency with the University of Kansas School of Medicine - Wichita at Via Christi. He has also completed a fellowship in International Family Medicine through Via Christi. Dr. Hicks joined Cahaba Medical Care in August of 2016. His interests include international medicine and obstetrics. Dr. Hicks currently lives in Bessemer, AL and is a member of The Church at Brook Hills.



**DR. ANDREIA WILLIAMS WHITE, DO - MAPLESVILLE OFFICE**

Dr. White, a native of Marengo County, AL, is a 2016 graduate of Cahaba Family Medicine Residency's inaugural class. She received her Bachelor of Science in Biology from Tuskegee University. Upon graduating from college, she attended a post-baccalaureate program at Southern Illinois University in Carbondale, IL. She later attended medical school at University of Pikeville- Kentucky College of Osteopathic Medicine in Pikeville, KY. Following residency, Dr. White joined CMC in September 2016 at the Maplesville clinic. Dr. White enjoys relaxing in the country with her family, shopping, and traveling. She is married with two children.



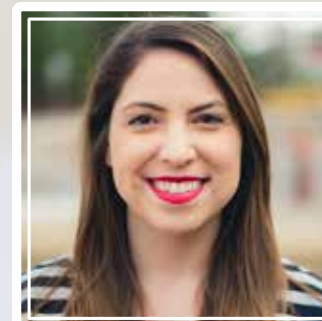
**DR. WES WRIGHT, DDS - DENTAL OFFICE**

Dr. Wright completed his Doctoral Degree of Dental Surgery at the University of Nebraska Medical Center in 2012. Soon after graduating he and his family decided to make Alabama their home. Dr. Wright has a love and passion for Dentistry. He also values comprehensive care for his patients and considers himself highly proficient in all areas of dentistry, including: placement of implants, root canal therapy, veneers and other detailed procedures that require the highest attention to detail.



**DR. JENNIFER WRIGHT, DMD - DENTAL OFFICE**

Dr. Jennifer Wright graduated from the University of Mississippi School of Dentistry in 1984 and completed the General Practice Residency Program in 1987. After moving to Tuscaloosa in 1991, she began private practice working with Dr. Edwin Brannon where she eventually took over the practice. Her favorite part of dental practice is getting to know her patients. Some of her best friends are former patients. Watching children grow up, marry, and start their own families has given her great joy. When she retired, she had 3 and 4 generations in her practice. She and her husband Bob have 2 children and just became grandparents in 2016.



**ALEXANDRA CLIFTON, PA - WOODSTOCK OFFICE**

Clifton, a native of Hoover, Alabama, joined the Cahaba Medical Care team in September 2016 and has since joined the Woodstock office. She obtained a Bachelor of Science in Psychology and Biology from UAB and then her Master of Medical Science in Physician Assistant Studies from LMU-DCOM in Harrogate, Tennessee. She is board certified by the National Commission on Certification of Physician Assistants and is a member of the American Academy of Physician Assistants. She has been married to her wonderful husband, Craig, since May 2014. She enjoys shopping, watching movies, and playing with her dog, Kiba.



**CHASITY GIBSON, PA - CENTREVILLE OFFICE**

Gibson, a native of Phenix City, AL, joined Cahaba Medical Care in 2016 and is currently a part of the Centreville office staff. She graduated from the University of Alabama in 2014 with a B.S. in Psychology and Biology. She then obtained her Master of Health Science in Physician Assistant Studies at the University of South Alabama. Mrs. Gibson is board certified by the National Commission on Certification of Physician Assistants and is a member of the American Academy of Physician Assistants. She currently resides in Tuscaloosa, AL. She enjoys reading and playing with her dog, Hazel, as well as attending football games with friends and family.



**MARIAH BUTLER, PA - CENTREVILLE OFFICE**

Ms. Butler is originally from Albany, New York. She attended Philadelphia University in Philadelphia, PA where she completed a B.S. in Health Sciences, graduating summa cum laude in 2013. After her undergraduate education, she continued at Philadelphia University and earned her M.S. with a focus in Physician Assistant Studies. She currently resides in Prattville, AL with her boyfriend and happy pup, Winslow. She also enjoys perfecting her culinary skills, spending time with family and friends, as well as traveling and exploring new places. Butler joined CMC in 2016 and is currently a part of the Centreville office staff.



**JOSH ELLEDGE, CRNP - CENTREVILLE OFFICE**

Mr. Elledge was born and raised, and currently resides in Tuscaloosa, AL. He obtained his MSN-FNP from Samford University in May 2016 and was subsequently certified through the American Academy of Nurse Practitioners. He has been married to his wife, Elizabeth, since July 2012. Elledge states, "I am incredibly thankful and truly honored to serve the Centreville community with Cahaba. My ultimate goal is to simply love and obey the Lord God and His Son Jesus with all of my heart and in every aspect of my life. My true joy and peace in this life is found in walking with Him."



**BRIAN WINGATE, CRNP - BESSEMER OFFICE**

Mr. Wingate joined Cahaba Medical Care in April 2016 after which time he worked in the Centreville location for about nine months before joining the Bessemer team in their care of Jefferson County. He holds degrees from Florida State University (BA), Chipola College (ASN), Jacksonville State University (BSN), University of Alabama at Birmingham (MSN-AGNP), and University of Massachusetts Boston (PMC-FNP). He has been married to the love of his life, Rachel, since July 2016. He stated, "It is my life goal to serve the underserved and underprivileged, and to continue the healing ministry of Christ through healthcare." Assisting his father and mother, Rev. and Mrs. Jack G. Wingate, through pastoral visits as a young child kindled his love and passion for ministering to others, which led him to pursue his career as a nurse and to later become a nurse practitioner.





# NEW CLINICAL SERVICES AT CAHABA MEDICAL CARE

In 2016, Cahaba Medical Care was successful in adding many valuable ancillary and additional medical and behavioral services to what it can offer its patients.

## NUTRITION

Millie Foster, RD, joined CMC in April 2016 to offer patients access to in-house nutrition counseling. Millie came from a hospital setting in Tennessee where she provided counseling to patients with chronic disease as well as acute illnesses but was looking to get back home, as she is from Bibb County, as well as was wanting to have better continuity with her patients.

Since joining CMC, Millie has hit the ground running with multiple projects that have been a great asset to CMC as well as the surrounding communities. She has begun a Diabetes Prevention Program in conjunction with the larger community of Centreville / Brent in Bibb County to educate people with pre-diabetes on lifestyle changes they can make to prevent ever being diagnosed with Diabetes. These groups include patients of CMC as well as other community members. Foster is also leading the charge of getting these groups accredited by the CDC.

Also, Millie leads the Centering Diabetes group visits which takes people with a diagnosis of diabetes and has them meeting monthly for over an hour with other individuals with diabetes so they can discuss what the diagnosis means, the medications used, the importance of diet and exercise, the labs used to monitor diabetes and what they mean, and the complications of the disease. These groups are led alongside the resident physicians at CMC. During these group visits, health recipes are exchanged. At some group visits, the participants exercise together. For those who



successfully complete the groups, they receive an award and incentive prize.

Thirdly, Millie conducts one-on-one counseling with patients of CMC as well as outside community members at all five of the CMC locations. This counseling is around management of a variety of chronic diseases including obesity, hypertension, diabetes, chronic kidney disease, high

- Diabetes Prevention Program
- Centering Diabetes
- Cooking Well Grocery Store Tours

cholesterol and others. She also helps counsel pregnant women about nutrition changes they need to make while pregnant.

Millie has been involved with other community members with leading grocery store tours. During these tours, Millie leads community members around and shows them how to read food labels and how to select foods within a budget that can still be healthy. She has also led cooking classes for community members utilizing the test kitchen at the senior center and at the new Bibb Medical Center assisted living facility. Finally, Millie has been in charge of helping to create and facilitate an employee wellness program that encourages CMC's employees to participate in healthy behaviors like weight loss, exercise, smoking cessation, and healthy eating.

"Millie has been such an asset to our clinic... and she has done it so rapidly. She has jumped in not only to counseling CMC patients but also has quickly done her own assessment of the community and found where she could get involved in meeting the larger needs of Bibb County," said Medical Director, Dr. Lacy Smith. "We have so appreciated her energy and desire to make a difference for our patients and community."

## COUNSELING



In the summer of 2017, CMC added Shamari Griffin, LCSW, to its clinical team. A great need for patients served by CMC has been easier and increased access to counseling and behavioral medicine. Shamari joined CMC with an advanced social work degree that allows her to offer counseling services to children and adults with a variety of mental health or other issues. Shamari provides counseling services for children and adults with conditions like depression and anxiety and those with grief or with an adjustment disorder.

"It has been a true blessing to have Shamari come on board," said Dr. John Waits, family physician and CEO of CMC. "One of the needs that we see over and over again that we as doctors are much less equipped to handle was the need for counseling - for someone to take 30 to 60 minutes and sit down with a patient and listen without being rushed and then, utilizing their training, be able to offer the patient ideas on how they can better cope and improve their mental health."

Shamari currently offers counseling services at all five of CMC's medical locations traveling between them throughout the week in order to help take care of as many patients as she can. She also works with the resident physicians to teach them the counseling aspects of behavioural medicine as well as the benefits of integrated team-based care with other medical professionals.

## MASSAGE THERAPY

In an effort to offer holistic and alternative therapies for patients with chronic pain, CMC contracted with Tamara Box, Licensed Massage Therapist, to begin offering massage therapy appointments for patients with chronic pain issues. Due to the complications of long-term medication treatment for chronic pain, CMC has been investigating other avenues of helping to care for patients who have a variety of different types of chronic pain. Tamara has a passion for utilizing her training to help educate patients on how massage therapy can improve their pain and quality of life.

Massage therapy appointments are currently available monthly at the Centreville, Maplesville, Bessemer, and Woodstock locations.



# AP BIOLOGY

## IN COLLABORATION WITH BIBB COUNTY SCHOOL SYSTEM

As part of an effort to reach children and teenagers in Bibb County and empower them to pursue careers in math, science, or health professions, Cahaba Medical Care began discussing with the Bibb County Board of Education in 2015 the idea of teaching a new AP Biology class for Bibb County High School seniors.

After much excitement and planning, 2016 brought the first class of high school seniors over to the Cahaba Medical Care's Centreville medical office to learn AP Biology. This class was led and taught by Dr. John B. Waits with assistance provided by Dr. Lacy Smith. The class was set up like a college class where, throughout the year, students would come to CMC on Tuesdays and Fridays for a one hour class session while the other three days featured "flipped classroom" curriculum where students utilized Kahn Academy, Great Classroom lectures, and other resources to

study the content.

Students were also given access to the clinic after school hours to use to study and to meet and talk with the medical students and residents at CMC.

"The hope is that by being around people who are or have survived medical school and are being successful in a health services field, these students might be inspired to pursue a similar career themselves," said Dr. John Waits, lead teacher for AP Biology. "We of course enjoy meeting and teaching these kids but we have an ulterior motive of trying to inspire them along into a career in medicine."



Throughout the year, students learned about ecology through a kick-off field trip to the Cahaba River in collaboration with the Bibb County Extension Office. They also took part in dissections of an earthworm, crayfish, perch, and frog at Cahaba Medical Care with assistance provided by Cahaba Family Medicine residents. Finally, they took a field trip to UAB School of Medicine to view their histology lab and gross anatomy lab.

"We are really excited to have the chance to partner with the Bibb County School System and Bibb County High School to offer this AP Biology course. We really wanted the opportunity to meet and work with the high school seniors to try and help foster a love for the sciences and hopefully to help create in them the desire to enter the medical field... and the belief that they could succeed. What better way to do that than to work with them not for just a one-time lecture but instead to get to know them and teach them throughout an entire school year," said Lacy Smith, MD.

Waits and Smith are already in preparation for the second year of AP Biology and working to improve the course to

include more lab and dissection experiences as well as more contact time with the medical students and residents. They are also looking to help create additional curricular experiences for Bibb County students including an AP Physics course and an elective chess class.

"The educational experience of the students growing up in the area we are trying to serve is such an important component of the overall health of the community. Bibb County does a great job with the resources they are given. We feel like it is part of our job, as we look at the community health of Bibb County, to figure out how we can come alongside and collaborate with the school system to help enhance programs and curriculum the school system has in place to do what we can to encourage students to be engaged in their education and to hopefully encourage them on to careers in the sciences or in numerous other professional fields. Over time, this can only help to improve the health and resources of Bibb County," said Waits.



# COMMUNITY & OUTREACH

## CAHABA MEDICAL CARE REACH OUT AND READ (ROAR) KICKOFF CELEBRATION

The dinosaurs ROARed at the kickoff of Cahaba Medical Care's Reach Out and Read - Alabama campaign on Tuesday, July 19, 2016 at its Centerville location. Reach Out and Read - Alabama, a program of the Alabama Chapter - American Academy of Pediatrics, gives young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together.

Dinosaur decor filled the room as preschoolers from the area enjoyed an event filled with fun, games, and great food. The dinosaur theme went hand-in-hand with this year's book selection *How Do Dinosaurs say Happy Birthday* written by

*"The event was a fun way to engage the children in our community as well as to promote literacy efforts," said Dr. Waits. "We hope to be able to offer similar activities in future years."*

Jane Yolen and Mark Teague. At the event, children were given the opportunity to dig for dinosaur eggs, color, complete puzzles, take pictures and more. Dinosaur-theme snacks were provided and CMC staff assisted all the little dino-lovers in making it safely through scary terrain. Alabama State Representative April Weaver closed out the celebration as she read the selected book to a group of over 35 children.

"We are excited to be a part of the Reach Out and Read network. We think encouraging kids and parents in activities that promote reading and literacy is an important element in supporting the development of children that we are taking care of at all of our clinics," said Medical Director, Dr. Lacy Smith. "We look forward to growing our program into our other clinics and hopefully doing these type of events in all the different communities we serve next summer."

For more information or to get involved with Reach Out and Read - Alabama visit the website at:

[WWW.RORALABAMA.ORG](http://WWW.RORALABAMA.ORG)

Extending from this program, CMC will now be providing free books to children coming for their well child care at any of the CMC locations as an ongoing push to support improved literacy and promote reading in children.



## HENRY SCHEIN & CAHABA MEDICAL CARE FREE COMMUNITY HEALTH FAIR & PEP RALLY

H-E-A-L-T-H!, Health is Great! Health is Great! resounded through the crowd as the Bessemer High School Tigers Cheerleaders opened up the Henry Schein & Cahaba Medical Care FREE Community Health Fair & Pep Rally in Bessemer, AL on September 16, 2016 at Debardeleben Park. They along with the Bessemer High School Mighty Purple and White Band kicked off the health fair in a grand fashion.

With a grant from Henry Schein, CMC was able to provide health screenings to 183 residents in the Bessemer, AL area. Debardeleben Park park was filled with 20 other local agencies that also provided information on their services. In addition, Oscar Berry from Congresswoman Terri Sewell's office, the Honorable Mayor Kenneth Gulley of the City of Bessemer, Henry Schein representatives, and Bob Sykes, one of our sponsors, joined Dr. John Waits, CEO of CMC, in giving greetings.

The crowd was entertained with a musical performance by CFMR Resident Ensemble (Dr. Arnelya Cade, Dr. Ernestine Clements, and Dr. Nicholas Darby), a food demonstration by 4th Avenue Supermarket, an exercise demonstration from Bessemer Park & Recreation Center, and a dance performance by the McCalla Dancers. The headliner for the evening was the jazz band, Birmingham 7. Door prizes were donated by the Bright Star Restaurant, Town & Country Ford, and the 4th Avenue Supermarket. Local sponsors were Bob Sykes BBQ, Town & Country Ford, and UAB Medical West Hospital.

This event introduced Cahaba Medical Care to the community of Bessemer. Dr. Lauren Linken and Dr. Casey Hicks, the primary care physicians at CMC - Bessemer along with the staff from all sites showed that Cahaba Medical Care is a community health center that has a mission to provide quality healthcare to the communities it serves.





### COMMUNITY OUTREACH THROUGH LOCAL STAKEHOLDER MEETINGS

In an effort to ensure that Cahaba Medical Care is effectively reaching and caring for the communities that we serve, CMC has asked community leaders, teachers, businessmen and others to serve on local stakeholder boards representing the needs of the areas in which they live and in which CMC has a medical clinic including Centreville, Maplesville, Woodstock, and Bessemer. The goal of these stakeholders meetings is for Cahaba to share their work and activities in the respective communities, but more importantly, to get feedback from these stakeholders about community events, service projects, and other ways that Cahaba can improve its service to its patients and help improve the communities in which we all live. These meetings are held on a quarterly basis.

### BACKPACK BUDDIES PROGRAM

One major feature of CMC's outreach programs is our Backpack Buddies program with the local Bibb County and Chilton County School systems and CMC's Community Center and foodbank. In early 2016, Cahaba, through some local and private donations, established a secret backpack program to aid underprivileged children to secure two stable meals on the weekends. Through coordination with the West Alabama Food Bank, every Friday, these children, who might not otherwise have an adequate meal until the next school week, receive a backpack to take home that includes two meals worth of nourishing food. Through our backpack program we are able to provide food for approximately 140 children from Brent Elementary School, Centreville Middle School, Randolph Elementary School, and Maplesville Elementary School access two stable meals each weekend throughout the school year. It is CMC's desire during 2017 to continue to expand this program to include additional schools and children in our communities.

### BIBB COUNTY COMMUNITY CENTER

CMC has also established a food bank and clothes closet program in Centreville, AL. Through generous donations from private citizens, The Foundry in Bessemer, and Sav-More grocery store in Brent, we are able to provide nourishing food, clothing, and other essential items to many of our community residents and families who are experiencing difficult financial times. This program is led by CMC's team of social workers under the direction of Leslie Jones, BSW.

### BIBB COUNTY SCHOOL'S HEALTH FAIRS AND THE CHILD CARING FOUNDATION

CMC has partnered with the Child Caring Foundation to provide the necessary funding and supplies for the annual child health fairs that occur at all schools within the Bibb County School system. These screenings have been occurring for over two decades under the direction of Dr. Alesa Judd with the Bibb County Board of Education and Barbara Terry, RN, and the lead Bibb County School Nurse. These health fairs collect a thorough past medical and family history on every child and then provide screening for numerous chronic medical conditions including poor oral health, diabetes, high cholesterol, high blood pressure, high weight / BMI, and inadequate vision or hearing. Children who take part in every available health screening are awarded and the information from these screenings is compiled and sent home to parents. The health screenings touch every child enrolled in the Bibb County school system and is sometimes the only health care some of these children will experience within that year. CMC, seeing the impact these health screenings has on not only the health of the children of Bibb County but also the opportunity it gives to accessing these children into ongoing preventative care at a primary care clinic, is excited about this partnership and growing this program in upcoming years.

# CAHABA GIVING

Here are other highlights of funds given by Cahaba Medical Care to either support patient care needs or to support community development projects identified as needs by the local communities.

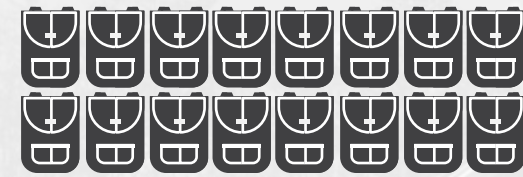


TOTAL DONATED TO COMMUNITY PROJECTS

**\$120,972**

## GIVING BREAKDOWN

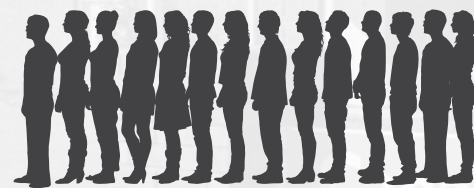
BACKPACKS DISTRIBUTED **2,480**



PEOPLE HELPED WITH TRANSPORTATION **337**



UNINSURED PEOPLE SEEN FOR CARE **1,211** FOR **4,954** UNINSURED ENCOUNTERS



DENTAL VOUCHERS GIVEN **116**



PEOPLE HELPED WITH CLOTHES & FOOD **415**



CHILDREN SCREENED IN THE BIBB COUNTY HEALTH FAIRS **1,317**



CAR SEATS GIVEN OUT **12**



CAHABA SUPPORTED



ADULT EXERCISE CLASSES  
CHESS CLASSES



# EXPANSION AT WOODSTOCK



# DENTAL OFFICE



### DR. BALLARD-MONTGOMERY

Since Dr. Ballard-Montgomery joined Cahaba Medical Care in January 2015, the Woodstock Office has become even busier. Alice Bristow, CRNP, joined Dr. Ballard early in 2015 one day per week, but Woodstock was in need of more. In order to meet the needs of the growing community in Woodstock, CMC got to work making plans to expand the office -- not only with more clinical space, but with additional providers as well.



### SUZANNE TOMPKINS, PA-C

Suzanne Tompkins, PA-C joined the Woodstock office as a second full-time provider in January 2016. In order to help accommodate the growing patient volume, CMC made plans to expand the office with more exam rooms. By July, construction was complete, and Woodstock had 7 more exam rooms, additional office space, and a new break room for staff. In the final renovation step, an X-ray machine was added to utilize for patient care and decrease the amount of times patients have to leave the building for necessary tests.



### ALEX CLIFTON, PA-C

Alex Clifton, PA-C rounded out the Woodstock team as a third full-time provider in October. The Woodstock Office now sees over 500 patients per month, with room to see more.

For several years, it has been Cahaba Medical Care's goal to provide its patients and the communities it serves with better access to oral health care. With the help of an Oral Health Expansion grant awarded in July 2016, CMC was able to take the first significant step toward meeting that goal by opening a Dental Office in Centreville. After a 120-day implementation, which included the purchase and renovation of a new building, the hiring of staff, purchasing of supplies, and installation of new software, the Cahaba Medical Care Dental Office opened to patients on October 7, 2016.

Karen Sessoms, RDH, Wesley Wright, DDS, and Jennifer Wright, DMD provide dental care to patients in the office which is open 5 days a week. Patients will also recognize Cindy Bracknell in the front office, who has worked in local dental offices for over 20 years.

Cahaba Medical Care is proud of the service it is providing through the dental office which is open to see all patients regardless of insurance status. All procedures are available to patients with or without insurance on a sliding fee basis, should the patient qualify based on an income analysis. Also, all insurances are accepted. Cahaba Medical Care Dental Office also sees all ages including young children in order to begin their preventative oral health care early to begin making an impact on the burden of oral health disease in Bibb County. Finally, Sessoms was a part of numerous health fairs throughout Bibb County in 2016 in order to spread awareness of the importance of good oral health care as well as the services provided to patients at Cahaba Medical Care Dental Office.

CMC looks forward to expanding its dental office by adding more operatories and more staff over the next one to two years.



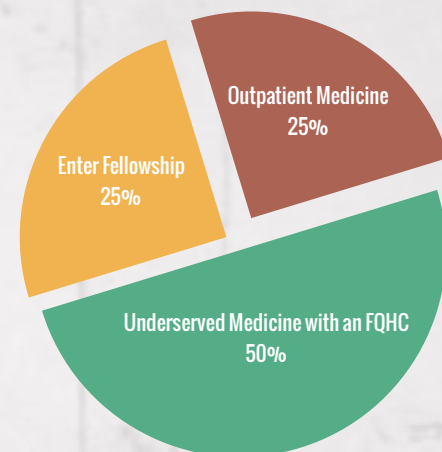
# TEACHING, LEARNING, HEALING



**CAHABA**

## FAMILY MEDICINE RESIDENCY

*Alabama's only Teaching Health Center and newest Family Medicine Residency program*



**WHERE OUR RESIDENTS END UP**



**1st**

*Alabama's First & Only Teaching Health Center*

**12**

*Family Medicine Residents*

**Alabama's Only Dually Accredited Family Medicine Residency**

*Physicians trained in community-based programs are more than twice as likely to work in an underserved area as those trained in university and hospital based programs.*



## ACGME SITE VISIT

### FULL CONTINUED ACCREDITATION

Cahaba Family Medicine Residency (CFMR) underwent a full accreditation site visit with the governing body of all residency programs, the Accreditation Council for Graduate Medical Education (ACGME) in May 2016.

CFMR was initially accredited as a family medicine residency program in May 2013 receiving a three year accreditation cycle from the ACGME. As a result of this follow-up site visit during which the ACGME meets with the faculty, program directors, and residents, the ACGME Review Committee confirmed full continued accreditation of CFMR, resolved all previous citations, and issued no new citations.

“As a new program, we were ecstatic with the outcome of our site visit,” said Program Coordinator Brittany Shanks. “We have worked really hard to create a great training program and to try and keep up with the paperwork needed to show that we are fulfilling all of the requirements of an ACGME accredited residency program. We also think we have great faculty and residents and a great curriculum. We are glad to know the ACGME agreed and are looking forward to continuing our training program in upcoming years.”



## PCTE FUNDING

Cahaba Family Medicine Residency received grant funding from the Health Resources and Services Administration (HRSA) in June 2016 to enable them to expand the current Primary Care training already occurring throughout Cahaba Medical Care in the form of medical student and residency education.

Through the utilization of this funding, CMC hopes to create its own miniature “pipeline” within the counties it serves by creating more opportunities for high school students and college students interested in health sciences to feel empowered to be successful in choosing and completing a medical degree. To this end, CMC has partnered with the local school system and assisted in teaching AP Biology classes for the Bibb County seniors during the 2016 school year. It has also created procedure workshops and shadowing experiences for high school and college students as well as other health professions students including social workers, nursing students, dietitian students, and others.

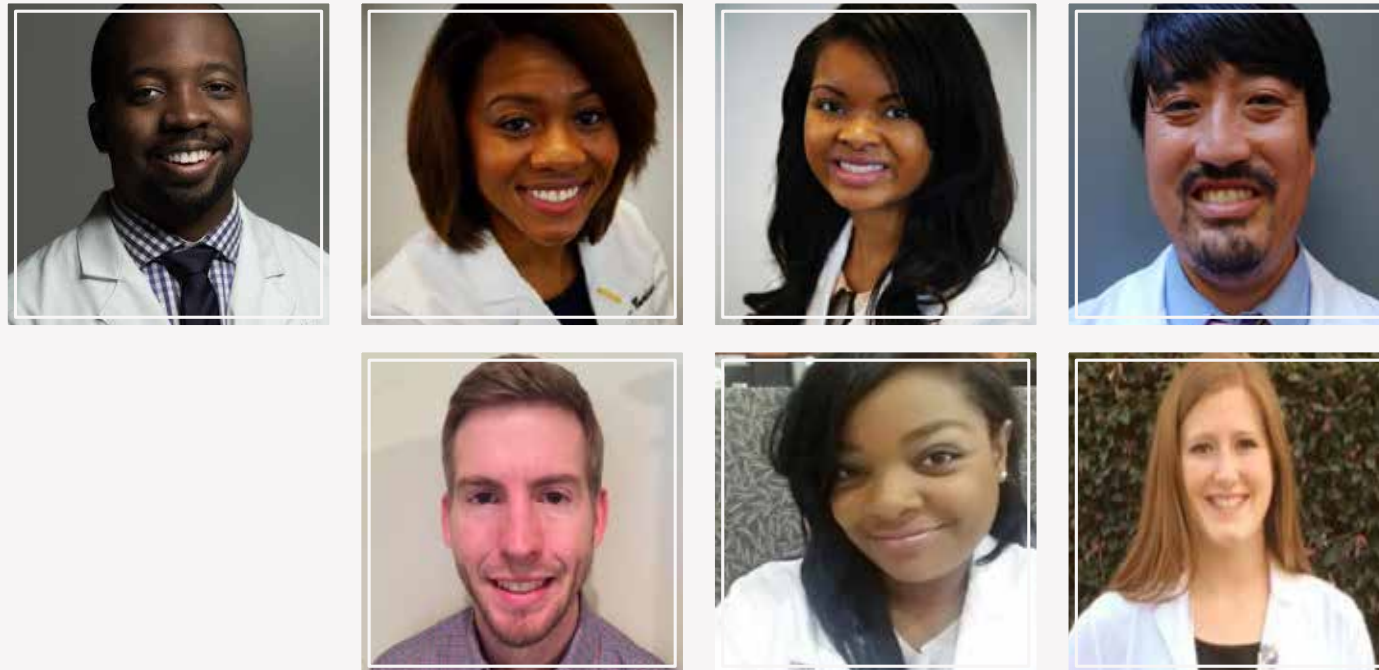
This funding has also been used for enhancing training and retention of primary care practitioners into rural or underserved medicine. This has been done by creating Physician Assistant (PA) and Certified Registered Nurse Practitioner (CRNP) fellowships to enhance the cognitive and procedural skills necessary for practicing and fulfilling needs in our rural and underserved patient population. During 2016, CMC had one CRNP and one PA join this fellowship

program with a focus on improving their procedural skills needed to take care of a rural population with transportation issues.

Finally, this funding has also been utilized to help create physician fellowships including an obstetrics and rural medicine fellowship. During 2016, there were two physicians who joined this fellowship track, one as an OB fellow learning ultrasound, performing caesarean sections, and training for his Family Medicine - Obstetrics board certification. Another physician joined the rural fellowship learning colonoscopy to be able to assist with the vast colon cancer screening needs that exist in rural central Alabama.

“The Primary Care Training and Enhancement funding has been a great benefit to CMC allowing us to grow our training programs in ways that will hopefully impact the community by creating more interest in health care in the children and teenagers growing up in our communities but also by better preparing current health care professionals for taking care of the vast and comprehensive health care needs of a rural and medically underserved population of people,” said Dr. John B. Waits, CEO of CMC and Director of the PCTE grant.

CMC is currently planning for the 2017 year by having ongoing discussions with academic partners about formalizing, accrediting, and growing the Physician Assistant and CRNP fellowships in successive years.



## LIC STUDENTS

In 2016, Cahaba Family Medicine Residency began its fourth year of hosting and teaching third year medical students from various surrounding medical schools for a year-long longitudinal integrated curriculum. This was the largest class since the inception of the LIC curriculum in 2013 at seven students (six from Philadelphia College of Osteopathic Medicine - Georgia Campus, and one from William Carey University - College of Osteopathic Medicine).

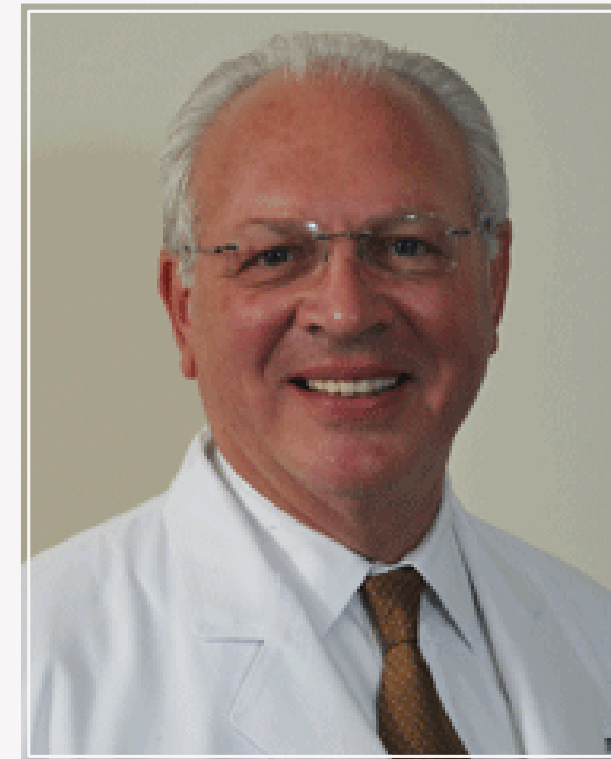
During this year, these third year medical students were completely integrated into the medical communities served by Cahaba Medical Care. “A typical third year of medical school is spent rotating through specialties like Pediatrics, Internal Medicine, Obstetrics, Emergency Medicine, Psychiatry, Surgery, and others. Third year medical students that are a part of CFMR’s LIC learn all of these areas of medicine within Centreville utilizing Cahaba Medical Care and Bibb Medical Center as their main sites. In addition, there is time spent in Bessemer and at UAB Medical West for additional time in OB/Gyn.

“Utilizing this approach, medical students are better introduced to the continuity of care... they get the opportunity to really meet and follow patients. It is often

this that gets medical students to go into primary care once they complete medical school,” says Site Coordinator, Dr. Lacy Smith. “We hope our students not only leave us feeling well equipped for fourth year of medical school and residency but also leave loving primary care... and primary care in an underserved community.”

Medical students during their year in Centreville get exposure to inpatient medicine at Bibb Medical Center and UAB Medical West. They are also get hands-on experience in Labor & Delivery as well as procedural experience in ultrasound, suturing, wound care, women’s health procedures, dermatologic procedures, joint injections, and other primary care procedures at Cahaba Medical Care. Finally, they are involved in all of the didactic experiences made available to the CFMR residents.

“We look forward to hosting 11 students in the coming academic year,” said Program Coordinator Brittany Shanks. “Having the medical students around is really a value-add for our clinic and our community. The residents get the opportunity to teach them. And hopefully we are convincing some of them to stay and do residency with us and then work with us or in a community like Centreville one day.”



## SPORTS MEDICINE FELLOWSHIP

Cahaba Family Medicine Residency embarked on a partnership with Lemak Sports Medicine and Orthopedics in late 2016, in hopes of opening an ACGME Primary Care Sports Medicine fellowship program beginning in 2017. This application was submitted to the ACGME in December 2016, and will be considered by the ACGME Review Committee in January 2017.

If successful, CFMR will partner with Dr. Larry Lemak to provide one additional year of training post-residency to primary care physicians in family medicine or internal medicine interested in Sports Medicine. The fellow’s continuity primary care clinic will occur with Cahaba Medical Care. The training in Sports Medicine, including musculoskeletal ultrasound, sideline and locker room care, and other vital components of the care of the athlete will occur at Dr. Lemak’s numerous clinics throughout central Alabama and with numerous high school and college sports

teams with which Dr. Lemak is affiliated. Also, Dr. Lemak will be starting an Orthopedic and Sports Medicine clinic in Centreville, AL in 2017 utilizing space at Bibb Medical Center’s Specialty Clinic with which the Sports Medicine fellow will assist.

“We are extremely excited about this partnership with Dr. Lemak’s group in setting up this Sports Medicine fellowship,” said CFMR’s Program Director and CEO of Cahaba Medical Care, Dr. John B. Waits. “Dr. Lemak has built a reputation in the state as a great orthopedic surgeon and Sports Medicine physician and we are excited to partner with him to bring this educational and training opportunity to Primary Care physicians interested in Sports Medicine.”

If successful, this fellowship will join CFMR’s other ongoing fellowships including the Obstetric Fellowship and Rural Fellowship.



## 2016-17 INTERN CLASS

*CFMR completed another successful recruiting season for Academic Year 2016-17. Four residents matched who matriculated into residency in July 2016. They are:*



### SUMAYAH ABED, MD

Dr. Abed is originally from Iraq where she completed medical school at the University of Mosul. She then moved to Jordan where she volunteered as a general practitioner at a refugee camp. Later, she moved to Qatar and completed an OB/GYN residency program in affiliation with Weill Cornell Medical College - Qatar. In 2012, she came with her family to Alabama as her husband began working at Children's of Alabama. Dr. Abed volunteered in family medicine practices in Alabama before joining Cahaba Medical Care. She enjoys spending time with her 3 children, cooking, sewing and traveling.



### NICHOLAS DARBY, MD

Dr. Darby was raised in Florence, in the corner of northwest Alabama. He earned his Bachelor of Science from Freed-Hardeman University in Tennessee with a major in Biochemistry and minors in Music and Spanish. He graduated from the University of Alabama School of Medicine as both a Rural Medical Scholar and a Dean's Primary Care Health Scholar. His Christian faith is the cornerstone of his life and actions, and he is passionate about serving Christ through both rural primary care and international medical missions. He is thankful that God brought him to Cahaba, as the driving idea and curriculum behind Cahaba are the perfect embodiment of his aspirations and create the perfect place for him to live out these aspirations now and train for his future. Dr. Darby is married to his wonderful wife that has supported him throughout this educational journey, along with their three fur children. He also loves music, fishing, and fitness.



### SHOAIB MAHMOOD, MD

Dr. Mahmood is originally from Northern California. He received his Bachelor's degree from University of San Francisco with major in Accounting and minor in Chemistry/Pre-health Sciences. Upon graduating Dr. Mahmood spent some time in the corporate world while earning his CPA certification. He left his corporate job in order to pursue his dream of becoming a physician. Dr. Mahmood received his medical degree from Windsor University School of Medicine. He completed his two years of clinical rotations in Chicago, IL. While attending medical school Dr. Mahmood continued to enhance his business knowledge by enrolling into a MBA degree program. When not working he enjoys spending time with family and friends, and watching and playing sports (basketball, football, baseball, and cricket).



### EDWARD WILLIAMS, MD

Dr. Williams is originally from Mobile, Alabama. His undergraduate degree was completed at The University of Alabama and his medical degree was completed at the University of Medicine and Health Sciences, St. Kitts. While in school he worked as an archery technician and a medical assistant. His interests include hunting, fitness, football, and rural health.

## 2016 RESIDENCY GRADUATION

Cahaba Family Medicine Residency's second annual graduation ceremony was held on June 26, 2016 at The Oaks, and was well attended by faculty, staff, family, and community partners to honor the successful culmination of the medical training of Dr. Aleksandra Murawksa, Dr. Andreia White, and Dr. Nathan Way. CFMR was honored to have Dr. Ted Epperly, family physician and former president of the American Academy of Family Physicians, deliver the commencement speech.

All three of CFMR's graduates successfully completed their residency career, and are currently working full time. Dr. Aleksandra Murawska went on to pursue a fellowship in hospitalist medicine in Pennsylvania. Dr. Nathan Way is working in Oregon for a non-profit community health center and hospital. Dr. Andreia White accepted a full-time position with Cahaba Medical Care, and is currently working as an outpatient physician at the Maplesville office

Other residents honored at the graduation included Dr. Ernestine Clements (PGY-1), recognized for having the highest In-Training Exam score amongst all the residents, Dr. Andreia White (PGY-3) recognized with the Humanism in Medicine award voted on by the staff at CMC for the resident who best manifests the ideals of a Family Medicine physician including compassion in clinical care, respect for patients and their families, and clinical excellence. Dr. Nathan Way was awarded the Surgery / Colonoscopy Award from Dr. John O. Waits (General Surgeon) for the resident who demonstrated best technique during endoscopy clinic. Finally, Dr. Aleksandra Murawska was honored with the Society of Teachers of Family Medicine (STFM) Resident Teaching award given to the resident who demonstrates interest and excellence in teaching medical students as well as in peer teaching.



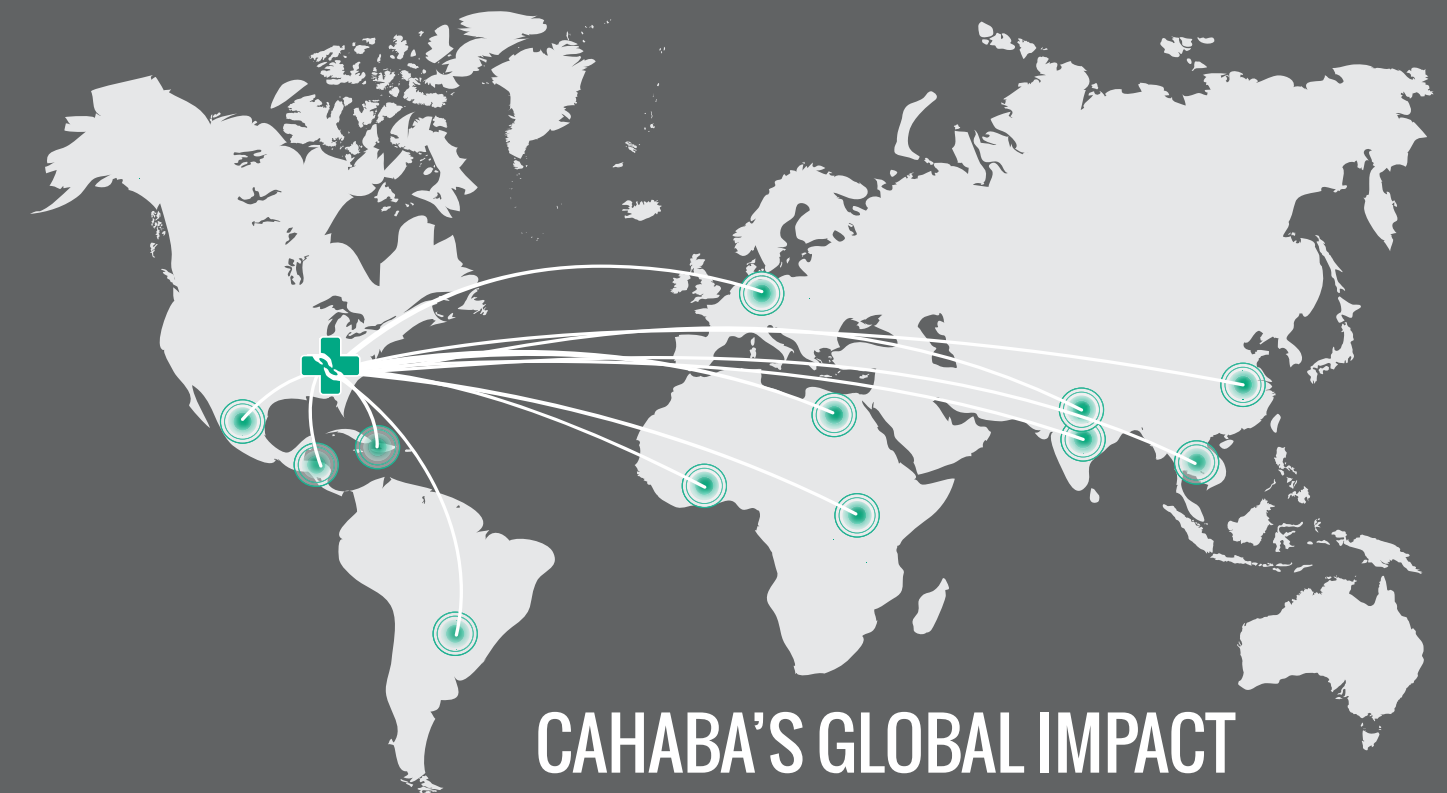
# INTERNATIONAL ROTATIONS

*Residents Involved in global health and medical missions*

Medical residents who are preparing to serve the underserved through international rotations go through life-changing experiences as they broaden their perspective on a global scale. Each experience is unique, and yet there is an overwhelming feeling of connectedness within them.

Dr. Waits and Dr Smith thought this experience important enough to teach residents about underserved communities throughout the world and to broaden their worldview to something outside of the United States, that it provides a stipend for an international rotation one month out of each year of residency.

Each story below recounts the personal experiences of each resident, and show us that health is not just a world issue, but a worthy one.





TEGUCIGALPA, HONDURAS

**JAMIE BISHOP, DO**

During April of 2016, I visited Tegucigalpa in Honduras. I had a wonderful host family who founded a non-profit organization that provides medical care to the people of Honduras. John and Ana Lamon founded Hands of Christ and have helped thousands of people in Tegucigalpa. I spent a couple weeks seeing patients with them. We spent most mornings setting up a mobile clinic in local churches where we would see between 100-200 people each day. Ana was trained as a physician in Honduras. John grew up in Memphis, TN and is trained as a pharmacist. They met on a medical brigade mission in Tegucigalpa and have been serving the people of Honduras since 2004.

I spent my weeks seeing sick patients with them in local community churches. We were very busy and people would line up to see us before we even reached the clinic site for the day. I saw very minor common colds, pneumonia, diabetes, high blood pressure as well as some patients we sent to the hospital for high level care we could not provide. I would perform a quick history and physical with the help of my interpreter, then John would dispense the medicines we prescribed. In our time not spent seeing patients, we would count and label the medicines Hands of Christ would buy or receive through donations. I learned a lot about the country of Honduras, worked hard alongside John and Ana, picked up a little Spanish and would strongly urge anyone seeking mission work to consider traveling to Honduras.



BET EMAN, SOUTH SUDAN

**LENA GAMBLE, MD, PHD**

For my PGY-2 missions trip we traveled to Bet Eman - His House of Hope Hospital to serve alongside Dr. Jeff Perry and staff in South Sudan. Drs. John B. Waits, Arnelya Cade, and I left for South Sudan in anticipation of serving in a mission hospital strategically focused on the health needs of women and children. Unbeknownst to us, the truce which allowed for a ceasefire in the world's longest recorded Civil War between the newest country on earth, South Sudan, and Sudan was coming to an end. During this time of peace, we were able to serve some of the poorest people in the world. We treated many of the same diseases we see in the US: gastroenteritis, preeclampsia, preterm labor, 1st trimester bleeding. We also treated many diseases that we do not see in the US very often: malaria, malnutrition, typhoid, etc. Personally, I was both challenged and empowered during this time of service in South Sudan. Of the many lessons I learned, I think one of the most important lessons was learning to bring a smile to patients' faces by greeting them in their own language.



LA ROMANA, DOMINICAN REPUBLIC

**DANIELA RODRIGUEZ, MD**

For my medical missions rotation, I went to the beautiful country of Dominican Republic. I had a wonderful learning experience over there. I choose Dominican Republic because I wanted to go to a place where my patients speak Spanish and they can fully express their needs or concerns in their language, eliminating the language barrier which interferes with the doctor-patient relationship. I also wanted to serve in a place with a Hispanic population because they remind me of my roots and customs. I really miss working with the Hispanic underserved population. I love serving them as a doctor and as a friend, knowing about their unique histories and backgrounds and trying to help them with their medical conditions and difficult life. I worked in a small town called La Romana in a rural clinic called "Unidad de atencion primaria Paulina Jimenez", where they treated me as part of the team. I enjoyed relating with patients of all ages, different backgrounds and with a wide variety of medical problems in the setting of a place with extreme barriers to adequate medical care. Some of the patients speak multiple languages because they are coming from Haiti, but most of the patients are local and speak Spanish. I also enjoyed the beautiful beaches and delicious food of Dominican Republic. I loved their souls and customs. I really would like to come back one day to this wonderful country and help this beautiful people to cope with their medical problems and challenging life.



GRAND GOAVE, HAITI

**ERNESTINE CLEMENTS, DO**

In March 2016, Cahaba Family Medicine Residency Program, afforded me the opportunity to start fulfilling one of my many life goals with an international medical mission trip to Haiti. It was such a worthwhile experience. I joined Lifeline Christian Mission on one of their many trips throughout the year to the area. Partnering with Lifeline was a wonderful choice as they are a wide-scope program, similar to Cahaba, that helps provide not only medical care, but education, food, clothing, homes, and spiritual well-being to the people of Grand Goave, Haiti.

My experience in Grand Goave was a most memorable one. Each day was filled with some activity. The first day, I assisted in building a home for mother and her daughter. Other days, I was one five providers holding a clinic for for the 200+ patients that gathered daily in hopes of being seen. Sprinkled in the mix, was the opportunity to assist in the clothing closet, do home visits, and praying for and with people of the community. I also sang and danced with the kids of the orphanage and they braided my hair. I made friends from different parts of America and in Haiti. I'm grateful that I'm part of a residency and a community that supports mission, be it in our rural area of Bibb County or across the sea in a city called Grand Goave, Haiti.



PUERTO ESCONDIDO, MEXICO

**OLATUNDE BOSU, MD**

My time in Oaxaca, Mexico was a treasured one. Located in southwestern Mexico, the state of Oaxaca is known for its indigenous people and Mesoamerican culture. During a two-week immersion program, I studied the complexities of the Mexican universal healthcare system while brushing up on my Spanish. Based in Puerto Escondido, Oaxaca, a tropical coastal town, I lived with a local family and performed clinic, inpatient, and indigenous medicine. I spent my mornings working alongside primary care physicians in government-run clinics known as Centros de Salud, where I appreciated the value of the therapeutic relationship in treating chronic disease. My afternoons were spent among specialists in a general hospital, rounding on floor patients and assisting in surgeries. My most treasured experiences, however, were with the traditional healers and herbalists, whom many Oaxacans trusted and frequented for treatment of more common maladies. Despite my busy schedule, I was able to find some time to hit the beach to bodyboard. On the weekends, I ventured around the state to see the local archaeological sites and to appreciate the art in the surrounding cities. My most memorable experience was visiting a temazcal - an indigenous Aztec sweat lodge - and participating in a cleansing ritual with a small group of friends. My stay in Mexico reinforced my awareness of the medicine's global interplay and that despite its many forms, healing is a universal, unifying art.



PETROLINA, BRAZIL

**LENORD BURWELL, MD**

My 2016 International Mission Elective took place in Petrolina, Brazil. I had the pleasure of working at both the Neurocardio Hospital and Universidade Federal do Vale do São Francisco Hospital in Petrolina, BZ. This International Mission Elective allowed me to gain exposure to the variations in both health care systems and the structure of medical training in the United States and Brazil. I had the opportunity to gain training in a variety of medical settings, including outpatient medicine, hospitalist medicine, colonoscopy, plastic surgery, neurology, neurosurgery, and emergency medicine. I would highly recommend this international medicine elective to incoming residents as a means of expanding their health care knowledge and bringing their talents to those in need abroad.



TAMALE, GHANA

**LAURA HYER, MD**

In April 2016 I spent a month in Ghana, West Africa in the area of Tamale. I had the opportunity to participate in a variety of medical services. The hospital I volunteered at was The King's Village Medical Center which was a faith based hospital run completely by native Ghanaians. Resources at that hospital were very limited, so I learned a lot about relying on physical exam instead of labs and imaging to make a diagnosis. There were several village "clinics" that were run by "lay-dentists" in the surrounding area that I was able to visit. These people had been trained through the I-TEC program to do basic dental extractions. Clinics were set up mostly in church buildings and known in the community to be a place to get the most basic of medical attention. When visiting these clinics, I was able to bring supplies to take vital signs and teach the clinicians how to use them and what to do with the information. Another unique privilege I had was to do evening public health teachings out in these remote villages hosted by the local churches. Entire villages would gather at these churches and learn about basic sanitation, food preparation, and other topics relevant to their daily life and health. Overall, this experience taught me a lot about medicine, culture, and further fueled my desire to serve underserved populations.



BET EMAN, SOUTH SUDAN

**ARNELA CADE, MD**

I had the opportunity to take a medical mission trip to South Sudan in February 2016. This trip was coordinated through the organization Harvesters Reaching the Nations. While there, I had the opportunity to work in one of the local hospitals in Yei, South Sudan on the Harvesters compound: EPC Harvesters His House of Hope Hospital. Our host family was the Perry Clan: Dr. Jeff Perry, his wife Elizabeth, and their children. Dr. Perry serves as the medical director of the hospital. I helped to provide medical care to sick children and obstetrical care to pregnant women at the hospital. It was such an eye-opening experience. The people there have such limited resources but were still so joyful. In addition to enhancing my clinical skills, I also grew personally, culturally, and spiritually. I started my day off to the sounds of singing orphans at morning devotion and then proceeded to attend morning devotion at the hospital before starting my work day. The time was very rewarding but not without sorrow. I saw firsthand the war against AIDS as a young 20 year old female in the end stages of the disease took her last breath right before my eyes. I helped care for a little girl who was so malnourished that her skin and hair lightened so much that she and her twin sister were no longer identical. The work that we do on these missions not only makes us better doctors, but it also makes us better people. I am so grateful to be a part of a program that sees the importance of these experiences.



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