

InSight

Cleveland Clinic Lerner College of Medicine

April 2017

Lerner College Students Have “Luck of the Irish” on Match Day

This year, Match Day coincided with St. Patrick’s Day, and all the students, many of whom were sporting green, were feeling lucky. At noon sharp, the students rushed for their envelope that would reveal where they would head for their residency. Amidst the chaos, Scott Galey approached his girlfriend, Hillary, with his unopened envelope. He tore into it and, before Hillary could see the match results, picked her up and swung her around in a hug of celebration. Scott’s destination was his No. 1 pick: UCLA for orthopedics.

On this Match Day, held March 17, all our graduating students matched, with 55 percent going to their first-choice program and 86 percent going to one of their top two choices.

[View the 2017 Match results.](#)

Matt Blum and Ruth Davis matched as a couple to Johns Hopkins, where Matt will train in internal medicine and Ruth in otolaryngology. “We’re feeling awesome, excited and speechless!” said Ruth. When asked how they were going to celebrate, Matt said, “By taking a few deep breaths.”

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The top residency program chosen by our students this year is internal medicine, followed by pediatrics. Of the program's 29 students, four are staying in Ohio for their residencies, and three of those students will train at Cleveland Clinic: two in the Cleveland Clinic Fairview Hospital Family Medicine program and one in Radiation Oncology. Of the 196 total Case Western Reserve University School of Medicine graduates (which include the Lerner College Program, University Program and MD/PhD Program), 11 are coming to Cleveland Clinic for training.

Destinations for the 2017 graduates include such prestigious organizations as Cleveland Clinic; Brigham & Women's Hospital; Duke University; Johns Hopkins Hospital; New York-Presbyterian; Stanford Health Care; University of California, Los Angeles; and Yale-New Haven Hospital.

According to the National Resident Matching Program (NRMP), this year's Match Day was the largest ever, with nearly 40,000 graduates vying for 31,757 residency slots.

Matching to these prestigious organizations is a tremendous accomplishment and doesn't happen without exceptional faculty support.

The Lerner College of Medicine graduating class will be honored by their families, faculty, staff and fellow students on Saturday, May 20, at 6 p.m. at the InterContinental Hotel. A reception will follow after the ceremony. The students will formally graduate on Sunday, May 21, from Case Western Reserve University School of Medicine, at which time they will receive their degree that reads "Medical Doctor with Special Qualifications in Biomedical Research."

Calvin Lee, who is going to Beth Israel Deaconess Medical Center to train in internal medicine, was speechless after opening his envelope. "I don't even know what to say! I'm really, really thankful," he said. To celebrate? "Finally get some sleep, maybe."



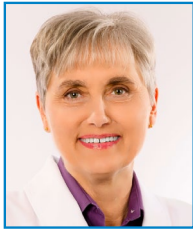
CWRU/Lerner College Programs Ranked Among Best in Nation

Case Western Reserve University School of Medicine (which includes the Lerner College Program, University Program and MD/PhD Program), ranks No. 1 in Ohio and among the top 25 research-oriented medical schools in the country, according to *U.S. News & World Report*. [Read the story.](#)

Functional Medicine Guru Addresses Medical Students

Dr. Terry Wahls, who has secondary progressive MS, restored her health using functional medicine approach

“Most of our NIH funding is around pathophysiology of disease states. Imagine if we had spent those billions and billions and billions of dollars studying health: What are all the attributes in terms of diet, lifestyle and environmental factors that affect optimal health and physiology?”



That was the question Terry Wahls, MD, a clinical professor of medicine at the University of Iowa Carver College of Medicine, posed to the medical students at a roundtable discussion organized by the Functional Medicine Interest Group and the Cleveland Clinic Center for Functional Medicine. “That would have been far more profound,” she said in response. “I have very little interest in studying pathophysiology; I have immense interest in studying healthy physiology and optimal health,” and for good reason.

In 2000, Dr. Wahls was diagnosed with relapsing remitting multiple sclerosis (MS), which rapidly progressed to secondary progressive MS by 2003. Despite receiving medical therapy, she continued to steadily decline until she eventually became so weak that she had to use a tilt/recline wheelchair just to get around. However, after discovering functional medicine and poring through the latest scientific literature on autoimmunity, nutrition and neurodegeneration, she decided to apply functional medicine to her condition by making some radical changes to her diet, lifestyle and nutritional supplements. In addition, she also began neuromuscular electrical stimulation therapy. Within a year of making these changes, Dr. Wahls was able to walk around the hospital without a cane and even ride her bike again. Since then, she has dedicated herself to validating her protocol and teaching these principles to others.

“I’m attacking this on many fronts. I’m doing the research, I changed my clinical practice and then I did what people at my university warned me not do. I did a TED Talk, which has now had 2.7 million views, and I wrote a book for the public about what I was doing.”

She decided to be very clear in disclosing the fact that her protocol had not been subject to randomized controlled trials, but that it was based on a scientific rationale and then let people decide if lifestyle changes might be worth trying.

Not long after she went public with her story, the University of Iowa began receiving calls from people who wanted to fund her research and, with time, both the Chief of Staff at the VA Hospital (where she has her appointment) and the Dean of the Carver College of Medicine emerged as two of her strongest supporters. In 2011, she established her own research foundation, The Wahls Foundation, and began conducting clinical trials, the early results from which look very promising.

Conventional medicine is challenged in addressing the increasing burden of chronic disease. “Functional medicine, diet and lifestyle focus on the root cause of the problem, which is often microbiome alteration, epigenetic changes, hormonal dysregulation, micronutrient deficiencies and other systemic dysfunction,” says Dr. Wahls.

While functional medicine often employs the use of nutritional supplementation, Dr. Wahls is unable to use these tools at the VA. “Despite this, I still see stunning results,” she says. As hard as it is to believe, Dr. Wahls states, “Your brain can rebuild itself,” and she believes that as more people have similar experiences and the

“If you don’t want to be replaced by another profession that’s going to pay attention to diet and lifestyle, I would start paying a whole lot of attention to diet and lifestyle.”

-- Dr. Terry Wahls

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information is shared with the public, the demand for functional and lifestyle medicine will increase.

In fact, her advice to the medical students was this: “If you don’t want to be replaced by another profession that’s going to pay attention to diet and lifestyle, I would start paying a whole lot of attention to diet and lifestyle. Yes, sometimes we do need drugs to stabilize symptoms, but you often won’t cure them unless you address diet and lifestyle.”

Says Brett Graham ('20), who founded the CCLCM Functional Medicine Interest Group, “This first-of-its-kind event was definitely an eye-opening and unforgettable

experience for those in attendance,” which included medical students from both the College and University programs at CWRU as well as a few students from NEOMED. Given the success of this event, the Cleveland Clinic Center for Functional Medicine plans to hold a similar event for medical students that features every professional who speaks at the quarterly Functional Medicine Grand Rounds.



Brett Graham

Students Compete in First Self-Care Challenge



Bethany Bruno

For three weeks during January, first- and second-year CCLCM students competed to see who excelled at engaging in healthy behaviors. The Self-Care Challenge, which debuted this year, was coordinated by Self-Care Committee members Bethany Bruno ('21), Julie Foucher ('17) and Brett Graham ('20). The challenge was designed as a way for students to experience healthy behaviors in the hopes that the behaviors become habits.

“Students received points for various self-care behaviors in the categories of activity, nutrition and mindfulness,” says Julie, who chairs the Self-Care Committee. “The intention was for students to exchange ideas and provide some inspiration and accountability for one another in making self-care behaviors a regular part of their week.”

The students competed on two levels: first, within their PBL groups, and second, within their class year. They scored points for engaging in a variety of healthy behaviors, some of which included:

- Eating a homemade meal
- Eating fruits and vegetables
- Avoiding sweets
- Getting more than six hours of sleep
- Exercising
- Practicing mindfulness/meditation/prayer/deep breathing



Julie Foucher

“Students received more points if they tried a new form of exercise or exercised with a friend, to encourage sharing and teaching among classmates,” says Julie.

Each behavior was worth a particular point value, and the students tracked their progress using a Google spreadsheet. Each week, they checked in with their PBL groups to tally their group scores.

Brett Graham

In the PBL competition, the first-year PBL 3 group, with 3,289 points, took the prize: free breakfast from REBoL, an area restaurant dedicated to serving clean, organic foods. In the class competition, the first-year class won by a wide margin — they racked up 12,630 points to the second-year class’s 7,394 — earning them free coffee from Rising Star.

“I can’t speak for the second-year class, but the first-years really embraced the opportunity to improve their health and well-being. I know that everyone was more cognizant of taking the stairs, and the groups’ scores progressively increased over the three weeks, demonstrating continuous improvement,” says Bethany.

The challenge was part of the Self-Care Curriculum, which is designed to allow students to focus on self care so that they take better care not only of themselves, but also their patients.

Says Bethany, “The groups got pretty competitive. In the end, I think everyone enjoyed it!”



Dr. Beth Bierer Seeks to Honor a Legacy in Her New Role



Beth Bierer, PhD

Had it not been for a close working and personal relationship between Beth Bierer, PhD, and the late Elaine Dannefer, PhD, merging the roles of evaluation and assessment would have been that much more challenging.

Late last year, Dr. Bierer, who has overseen evaluation for CCLCM since 2005, also assumed the responsibilities of assessment, continuing the legacy of her longtime friend and colleague Dr. Dannefer, who passed away in early 2016. After an unsuccessful search for a new Director of Assessment, Dr. Bierer agreed to fill the role while maintaining her evaluation duties, which involve monitoring program outcomes, overseeing ongoing quality improvement of educational programs for each course and curricular segment, and supporting faculty and workshops.

As Director of Assessment, Dr. Dannefer played a key role in building the college's innovative assessment system. She oversaw and coordinated all the activities of the components that comprise CCLCM's competency-based assessment system.

Working alongside each another, Drs. Dannefer and Bierer became great friends over the years. "We had weekly meetings, which allowed me to gain intimate knowledge of the role of Director of Assessment," says Dr. Bierer.

Dr. Bierer, whose title is now Director of Assessment and Evaluation, has been with Cleveland Clinic since 2002, when she joined the Center for Medical Education Research and Development as a Medical Education Fellow. In 2005, she was appointed to the professional staff and is now an Associate Professor of Medicine with CCLCM. She earned her PhD in Evaluation and Measurement from Kent State University, is the author of numerous publications related to medical education and teaches graduate-level courses.

Merging the two roles wouldn't have been possible without a team of support staff that helps with evaluation duties. Brandon Petitto, Deb Routh, Jeffrey Shivak and Michaela Stiber are integral to the process of shifting responsibilities:



- Brandon, who is relatively new to the college, administers weekly student self-assessment quizzes and concept appraisal essays; monitors, analyzes and reports on students' performance as it relates to administrative/curricular tasks; and helps support the work of the Curricular Review Committee.



- Deb helps support the Portfolio Assessment System, which includes the Physician Advisors and the Medical Student Promotion and Review Committee.



- Jeffrey now serves as Co-chairman of the Curricular Review Committee, moderates some end-of-course feedback focus groups with students and faculty, and heads alumni affairs efforts.



- Michaela develops and implements evaluations and assessments, and reports evaluation findings. She also manages the weekly distribution of the Year 2 self-assessment questions and concept appraisal essay questions.

Throughout the entire process, Dr. Bierer is adamant that the legacy of her dear friend Dr. Dannefer is maintained, and she is hopeful that she can honor her friend while serving in her new role.



Elaine Dannefer, PhD

Have Instructional Technology Questions?

Cleveland Clinic educators: Many of you have a desire/need to integrate technology into your teaching practices; thus, we are introducing a project-based approach. Rather than us teaching you about specific technologies, we invite you to bring your instructional technology problems/needs/questions to our Quarterly Open House on June 27, Sept. 26 and Dec. 19.

Hosted by Neil Mehta, MBBS, MS, and Cecile Foshee, PhD, these sessions will also provide an opportunity for you to connect with other tech-savvy individuals.

[Register today!](#)



Cecile Foshee, PhD



Neil Mehta, MBBS, MS

Expert Advice on Applying to Medical School

Dr. Kathy Franco shares her wisdom in the “Medical School Admissions Doctor” blog

When students are thinking about applying to medical school, they have a key resource in the *U.S. News & World Report* “Medical School Admissions Doctor” blog, for which Kathleen Franco, MD, is one of several expert bloggers.

Dr. Franco, who serves as Associate Dean of Admissions and Student Affairs at CCLCM, has been sharing her wisdom and experience with prospective medical students since 2013. Her monthly blog posts offer tips and straightforward guidance to students who are trying to decide what to study, where to apply and more. She’s covered topics ranging from how to avoid mistakes during medical school interviews and questions to ask your premed adviser to navigating ethics questions in medical school interviews.

Check out the [“Medical School Admissions Doctor”](#) and share the link with any prospective students you might know.



CCLCM Faculty: Three Questions

J. Harry Isaacson, MD

Assistant Dean for Clinical Education and Co-director of Foundations of Medicine

Q: What inspires you to teach?

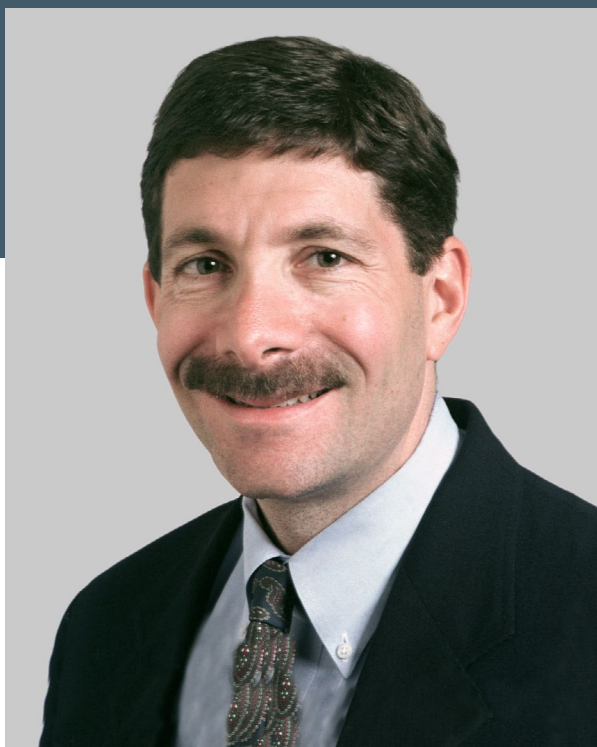
I find great satisfaction in helping students develop new skills and seeing them each develop their unique professional identity. Teaching is a two-way street. Working with so many talented students also helps me maintain and improve my knowledge and skills. Finally, many of my patients really enjoy and find benefit in having students involved in their care.

Q: What's one lesson you wish you would have learned in college/medical school?

The value of taking time to reflect. At CCLCM we value and provide many opportunities for reflection. That was missing in my medical school experience.

Q: If I weren't a physician at Cleveland Clinic and a faculty member at CCLCM, I would be

I was an economics major and committed to a career in medicine later than most of my peers. But once I committed, I had no second thoughts and there was no turning back. I never had a back-up plan.





Tickets are \$40 dollars and include dinner and a drink. Student tickets are \$20 with a student ID and include dinner and a soft drink. [Purchase your tickets today!](#)

Save the Date! Lerner College of Medicine Graduation

Please join us on Saturday, May 20, at 6 p.m. at the InterContinental Hotel to celebrate the achievements of the Lerner College of Medicine's 9th graduating class, the class of 2017.

Enjoy heavy hors d'oeuvres at the reception following the ceremony.

If you've not attended the graduation celebration before, please make plans to attend this uplifting event and show your support for our graduates.

Interested in Teaching at the Medical School?

As a member of the professional staff, would you (or a colleague) like to learn more about Cleveland Clinic Lerner College of Medicine? Have you thought about teaching at the medical school? To learn more about teaching and advising opportunities, please join us at the next Orientation and Faculty Role Fair in April.

Tuesday, April 25, 2017
7:30-11 a.m.
Lerner NA3-57

The orientation will give you an overview of the medical school structure, guiding principles and curriculum. You will have a chance to learn more about specific roles that faculty can play in the medical school during a "career fair" in the second half of the morning. You'll also learn about the faculty appointment process.

Facilitators include Alan L. Hull, MD, PhD; Christine Moravec, PhD; Beth Bierer, PhD; and Trine Jorgensen, PhD.

To register, please email [Michaela Stiber](#). Please remember to request meeting time and block your clinical schedule well in advance in order to attend this event.

If you have a colleague who might be interested in a teaching role at our college, please tell them about this opportunity.

Medical School Survival Tip

According to Daniel R. Paull, MD, author of *So You Got Into Medical School... Now What? A Guide to Preparing for the Next Four Years*, "The best way to create a reasonable study schedule is to find an upperclass student who did well on (USMLE) Step 1 and copy that student's study schedule. There is no reason to reinvent the wheel and no shame in trying to replicate someone else's good results."

The upperclassmen have been where you are! Ask them for some advice on how they have succeeded so far and if they would be willing to share some tips with you. They'll be honored that you asked!

Congratulations to CCLCM Team on Recent LCME Site Visit

The CWRU School of Medicine recently underwent its eight-year reaccreditation site visit by the Liaison Committee on Medical Education (LCME). Our Lerner College of Medicine, one of two MD programs in the CWRU School of Medicine, has participated in this rigorous review process since the Lerner College was established in 2002.

Congratulations to the entire CCLCM team, including our medical students, who played an integral role in the site visit, for their superb preparation for the visit.

The process was overseen by Vice Dean for Medical Education Patricia Thomas, working with an Executive Committee composed of curriculum leaders and representatives from each of the four CWRU-affiliated medical centers. Five working teams, composed of CWRU and CCLCM faculty and administrators, focused on specific subcomponents of the review:

1. Educational Resources
2. Educational Program
3. Faculty
4. Medical Students
5. Institutional Setting

The subcommittees were tasked with drafting a response to elements related to their subcomponent from the total of 93 elements in 12 standards. The 453-page final document, along with supplemental materials and appendices, was submitted to the LCME Site Review Committee in December 2016.

Although we won't receive the formal written feedback about the site visit for several weeks, the reviewers were highly complimentary about the level of hospitality and organization for the visit. One reviewer specifically commented that the college feels like a family, which is a testament to the uniqueness of the College Program and the close-knit relationships that emerge among students and faculty, for which we can all be proud.

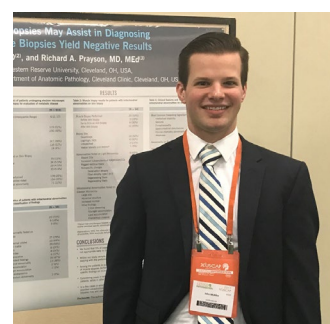
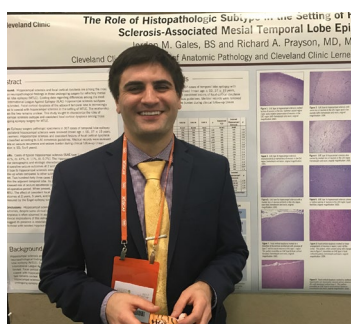
As always, reflective and feedback experiences such as this offer us an opportunity to take an already extraordinary education program and make it yet better.

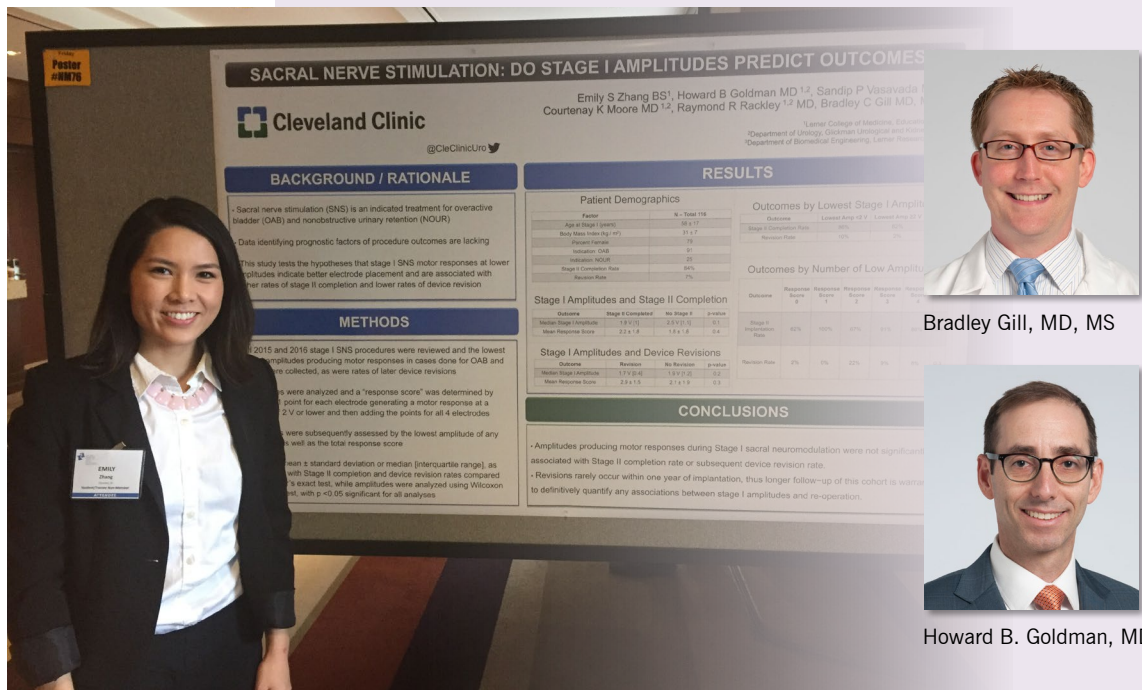
Poster Presentation Offers Opportunity for Mini-reunion

CCLCM students Jordan Gales ('17) and John McAfee ('20) presented posters at the United States & Canadian Academy of Pathology annual meeting in San Antonio, Texas, in March. Jordan's poster highlighted research from his fourth-year project, and John's poster highlighted the work he did during his second-year summer project.

"We ran into Angela Shih ['13], an alum who is finishing up her residency at Massachusetts General Hospital," says Richard Prayson, MD, who also attended the meeting.

Congratulations Jordan and John on your impressive work!





Emily Zhang Presents Research at National Meeting

CCLCM student Emily Zhang ('20) presented her research on intraoperative predictors of sacral neuromodulation outcomes at the 2017 winter meeting of the Society for Urodynamics, Female Pelvic Medicine, and Urogenital Reconstruction (SUFU) in Scottsdale, Ariz., in March.

As part of her second-year summer project, Emily developed a hypothesis, created a research protocol that obtained IRB approval and analyzed data that led to an abstract being selected for presentation. She had the expert guidance and mentorship of CCLCM alumnus and fifth-year urology resident Bradley Gill, MD, MS ('12) and staff surgeon Howard B. Goldman, MD.

"Emily did a phenomenal job with the project and presentation," says Dr. Gill, who was one of several physicians from the Cleveland Clinic Department of Urology in attendance.

Great work, Emily!

Welcome, Eleanor Greer!

Matt Greer ('17) and his wife, Merrit, are delighted to welcome their new daughter, Eleanor Ray Greer. She was born March 24, weighing 8 lbs., 7 oz. Matt reports that mom and baby are healthy and happy. Congratulations to the Greer family!



Philanthropic Giving

The Education Institute welcomes donations to advance its mission of educating those who serve. Individuals, families, foundations and corporations that believe in the value of education are making a difference in the future of patient care with their generosity. To learn how you can help, please contact Amy Kubacki, Senior Director of Development, at 216.636.5024 or at kubacka@ccf.org.

MARK YOUR CALENDAR

April 25, 2017 | 7:30 – 11 a.m.

New Faculty Orientation and Role Fair
Cleveland Clinic

April 27, 2017

Annual Education Retreat: Educating with
Artificial Intelligence
CWRU, Tinkham Veale University Center

May 11, 2016 | 1 p.m.

Body Donation Memorial Service
Cleveland Clinic, Lerner Building

May 20, 2017

Class of 2017 Celebration
5:30 p.m. Doors Open
6 p.m. Celebration Program
7:30 p.m. Reception
InterContinental Cleveland Hotel

May 21, 2017

Class of 2017 Graduation
Severance Hall

Alumni: Share Your News

We'd like to hear about what you've been doing since graduation. If you have news to share (maybe you're involved in an interesting research project or you recently returned from a global health mission), please email Laura Greenwald at greenwl@ccf.org.

Laura R. Greenwald, MBA, Managing Editor

Melissa Kus, Writer

Thomas A. Fenn, Art Director