



OEMR SYNAPSE 2010 Annual Report



3rd Edition Spring 2011 Editor: Yolanta Petrofsky MD, MPH

Contents:

Director's Note	1
2010-11 Residents	2-3
2010 Graduates	4
Alumni Spotlights	5,11
Resident Publications	5
Inaugural Leadership Colloquium in Productivity & Health Management	6-9
Research Awards	10
Faculty of the Year	11
Donor Recognition	12
New Developments	12
Stay Connected/ Donate	13

Contact Us:

Ann Backus
Administrator, OEMR
EOME program,
SPH I-1415
665 Huntington Avenue
Boston, MA 02115-5810
[http://
www.hsph.harvard.edu/
research/oemr/index.html](http://www.hsph.harvard.edu/research/oemr/index.html)
Email:
abackus@hsph.harvard.edu
Phone: (617) 432-3327
Fax: (617) 432-0219

**From the OEMR Program Director & Associate Professor:
Stefanos N. Kales MD, MPH, FACP, FACOEM (OEMR 1993)**

Welcome to the third edition of the Harvard School of Public Health (HSPH) Occupational and Environmental Medicine Residency (OEMR) Annual Report, which features our 2010 graduates, current residents, recent resident achievements, "Alumni Spotlights" and highlights significant progress in a variety of areas and initiatives.

For 2010, we can again report several major achievements and advances. First, during the spring of 2010, we celebrated another two HSPH residents winning ACOEM resident research awards at the annual American Occupational Health Conference (AOHC) in Orlando, FL. Please see the story and photos on page 10. The 2010 awards gave HSPH a total of 16 ACOEM resident research awards in the last 11 years! With the generous support of Concentra, we also hosted a reception for current and past HSPH affiliates at the Orlando AOHC.

Second, this summer in response to a new initiative of the American Board of Preventive Medicine offering a "Complementary Pathway" to Occupational Medicine Board Certification, we developed a curriculum, set strict prerequisites and created an application process for an HSPH version of this pathway. By the close of 2010, we had ac-

cepted our first resident in this special program. Please see the full story inside (page 12). Along with the traditional two-year, "Categorical" Occupational Medicine program and the Combined Internal Medicine (IM) / Occupational Medicine (OM) Program, HSPH now offers three pathways to OM Board Certification.

Third, during the fall of 2010, our Productivity and Health Management Initiative debuted its inaugural leadership colloquium, featuring world-class speakers from academia, business, insurance and labor as well as participants from across the US and several foreign countries. If you were unable to attend, please enjoy the full story and photos inside (pages 6-9) and mark your calendar for the next iteration of the conference in 2012.

Despite our successes, I must report that greater financial challenges than ever confront specialty training in OM. In 2010, the Occupational Physicians Scholarship Fund (OPSF) phased out and made its final awards. Even more ominous, as we go to press, the future of NIOSH funding is in doubt because of the Federal budget crisis. Because we do not receive Federal Medicare funding, regardless of the final outcome for NIOSH funding, OEM residen-

cies will need to find additional sources of financial support.

As you read this Annual Report please consider joining me in making a tax-deductible gift to support the HSPH residency. Matching contributions from employers are also welcome. Donations of any size can help support resident board preparation, travel to scientific conferences, ACOEM memberships, and other expenses.

Do not hesitate to contact me directly with feedback or just to touch base. I can be reached via our website and skales@hsph.harvard.edu or (617) 665-1580.

In closing, let me extend my best wishes for good health and continued success in 2011 to all of you and your families.

-Stefanos



CURRENT RESIDENTS: First Year

M. Christine David DO, MPH (OEMR 2012) is a New York City native and majored in Romance Languages at New York University. She went on to the New York College of Osteopathic Medicine in 2004 and completed an internship at Long Beach Medical Center. Christine recently finished a residency in Preventive Medicine at the University of Massachusetts, during which she earned a Master Degree in Public Health with an epidemiology concentration.

It was a rotation in occupational medicine with Dr. Joseph Celona at the Fallon clinic that

proved to be a pivotal point for her. Christine's desire to incorporate direct patient-care into her career brought her to occupational medicine. Christine focused her preventive medicine research on obesity and maternal-child health, and maintains an interest in environmental reproductive hazards and workplace wellness / health promotion. She would also like to use her clinical and language skills to work in global health & humanitarian efforts. Christine and her husband Brian are enjoying Boston and spending time with family.

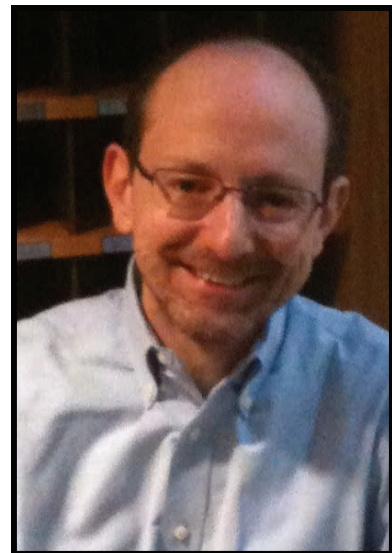
**Al Rielly MD, MPH**

(OEMR 2012) was born in Boston and grew up in New York City. He is a graduate of Dartmouth College and the University of Massachusetts Medical School. Prior to his clinical training, Al worked for Congressman Kennedy's Massachusetts district office. He completed his clinical training in Internal Medicine at Boston Medical Center and the University of Vermont and is board certified in Internal Medicine. Al completed a Preventive Medicine residency at SUNY Stony Brook and received a MPH from Columbia University. He is also board certified in Gen-

eral Preventive Medicine.

Al worked as an Assistant Professor of Clinical Preventive Medicine at SUNY Stony Brook where he served as Associate Medical Director of Employee Health & Wellness at Stony Brook University Medical Center.

Al is a 2011-12 recipient of the OPSF Scholarship. Given his proficiency with standardized exams, and his unusually broad experience for a resident, Dr. Kales has tapped Al to lead HSPH's new weekly board review sessions. In the future, Al is interested in clinical occupational health research and direct patient care activities.

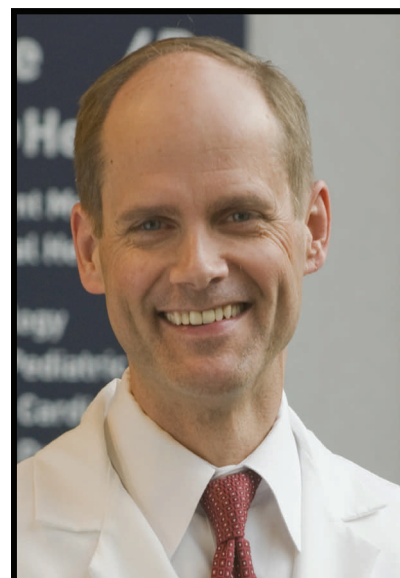


Paul Medrek, MD, MPH (Complementary Pathway, OEMR, 2013) attended Holy Cross College and the University of Massachusetts Medical School. He is board certified in Emergency Medicine and earned a Master Degree in Public Health (Occupational Health) at the Medical College of Wisconsin. He has extensive experience, serving as Director of Occupational Health at Baystate Health in Springfield, Massachusetts, a Tufts affiliate. He has also been Medical Director at the Center For Occupational And Environmental Health in Portsmouth, New Hampshire; Medical

Director for Seabrook Nuclear Power in Seabrook, New Hampshire; and previously was a Clinical Instructor in Medicine at Harvard Medical School.

Paul resides in Somers, CT with his wife Rachel and two young sons, Jack and Ben. At leisure, he enjoys hitting the gym and playing outdoor sports with his family.

Paul is a trail-blazer as the first resident to enter the HSPH OEMR under the new Complementary Pathway and will train for two years, half-time. See the story on this new program on page 12.



CURRENT RESIDENTS: Senior Year



Anne McDonough MD, MPH (Harvard MPH 2010, OEMR 2011) is originally from Junction City, Oregon and is completing her residency at HSPH as a US Naval Scholar.

Anne received her undergraduate degree in Medical Technology from Troy University. She matriculated at the University of Alabama, Birmingham School of Medicine in 2000. There she developed her interests in policy and leadership with the American Medical Association, serving on the Membership Board, and at the National level in the AMA Student

Section.

In 2003, Anne was commissioned as Medical Officer in the United States Navy. After graduation, she completed internship training in Internal Medicine at the Naval Medical Center in San Diego and qualified as an Undersea Medical Officer in Diving and Hyperbaric Medicine.

Anne has a beautiful family with her husband Rob and three sons, the latest addition arriving in February 2011. After graduation she is headed back to warmer weather with the US Navy in Virginia.



Stasia Muhlner MD, MPH (OEMR 2011) attended Dartmouth College where she majored in Biology. Upon graduating, she worked as a business journalist in Santiago, Chile, and continued her career in writing and editing for the online drugstore PlanetRx and venture capital magazine Red Herring in San Francisco. She then pursued a medical degree at University of Southern California and earned her MPH at Boston University, concentrating in environmental health. She completed an internal medicine internship at Kaiser Permanente in Oakland, California before coming to our

program.

Having worked at the intersection of business and medicine, Stasia sees occupational medicine as a way to impact the health of populations through the workplace. During residency, she has been working at Liberty Mutual Research Institute for Safety, investigating urban versus rural return-to-work outcomes after fracture. She has also continued her interest in writing and editing as Associate Editor of the NECOEM Newsletter (and is currently accepting article submissions!). Stasia, her husband Ted, and 7-month old daughter, Estelle are settling in and making Charlestown their home.



Yolanta Petrofsky MD, MPH **Chief Resident 2010-2011** (Harvard MPH 2010, OEMR 2011) is a 2-year OPSF Scholar and former US Air Force Aerospace Medicine Physician.

Originally from Colebrook, NH, she grew up on Southwestern Indian Reservations and in South-eastern Alaska. She is a *Magna Cum Laude* graduate of Boston University, who majored in Biochemistry and Molecular Biology. She went on to earn her MD from Loyola University Stritch School of Medicine in 2000 followed by an internal medicine internship.

As a Senior Flight Surgeon with 350 flying hours in over 15

aircraft and 8 years of experience, she played an integral role in the health, productivity and wellness of pilots. She was responsible for not only hyperbaric treatments and overseeing the U-2, B-1 and F-16 fatigue management and travel medicine programs, but also planning medical response to CBRNE mass casualty emergencies, pandemic influenza and aircraft mishaps. While in Germany she was the French translator and medical liaison for NASA STS 116/118 Transatlantic Abort Landing Sites.

Yolanta, her husband Luke, and children, 3 year-old Mikayla and 7 month-old Zachary are enjoying Arlington, realizing that home-owners in New England shovel a lot of snow.

2010 GRADUATES

Chunbai Zhang MD, MPH

(HSPH MPH 2009, OEMR 2010) who is also an internist is now a clinical fellow in sleep medicine at Brigham and Women's hospital/ Harvard Medical School. In the interest of getting to know what he is now prescribing, he tried CPAP himself for one month to see how it feels being a patient on CPAP treatment (see picture). His current research focuses on how sleep disorders such as obstructive sleep apnea (OSA) affect work performance and public health. He has co-authored 2 book chapters on the topics of OSA screening

and diagnosis, for Springer Verlag, and Elsevier, respectively. In addition, he just presented his most recent research results on commercial drivers at the National Sleep Foundation's Sleep Health and Safety meeting in DC (March 2011). His next research project involves driving simulation studies and predictive modeling of road crashes for truckers with OSA.

Chunbai continues to enjoy winter travel adventures. He was recently in southern Spain, Belgium and England, successfully dodging a series of snow storms from one country to another.



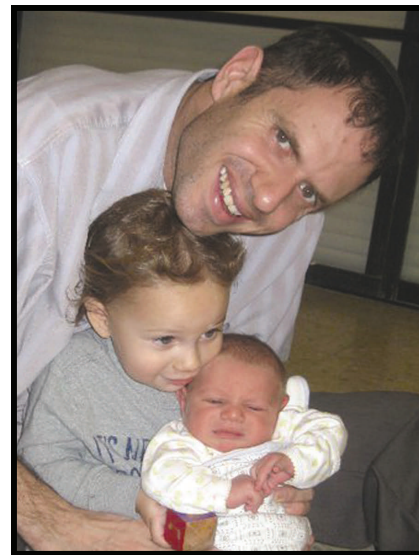
Eric Amster MD, MPH

(Harvard MPH 2009, OEMR 2010) was born in San Diego, CA. He graduated from UC Berkeley in Biology and in Music followed by UC Davis Medical School. After completing an Internal Medicine internship at Cedars Sinai Medical Center, Eric came to Harvard as a Zuckerman Fellow in Public Leadership through the Kennedy School of Government.

Eric received a Fulbright Scholars grant and focused on environmental and occupational health development in the Middle Eastern region. His current research is focused on ambient air

pollution, which has been of interest following December's Carmel Forest Fire—the largest in Israel's history. Eric is leading the national effort to study the post-exposure effects on the rescue workers following the fires. Eric is board certified in Occupational Medicine and continues teaching both a toxicology course, as well as OM residents. He has done IH visits to various factories looking at their on-site occupational health clinics.

Eric, wife Bracha, son Naom and baby brother Yedid are all enjoying the Mediterranean and its weather. Next up for Eric: ambient air studies during diaper changes.



Gerardo Durand MD, MPH

(Harvard MPH 2009, OEMR 2010) After graduation Gerardo moved to New Mexico and established his occupational medicine practice in Carlsbad. Gerardo is the sole occupational medicine specialist in the state's southeastern region. He is delighted to provide his professional services on behalf of Harvard OEMR to the hard working people of this part of the United States. Among the different economic activities in the region, Gerardo provides occupational medicine support to potash mines, oil and gas companies, refineries and the Department of Energy's Waste

Isolation Pilot Plant (WIPP).

Gerardo is board certified in both Occupational Medicine and Internal Medicine. He is a certified medical review officer (MRO) and is also pursuing his Independent Medical Examiner certificate (CIME).

When Gerardo is not 800 feet below the surface (see photo) working with corporate safety managers, he is spending time with his wife Lida and adorable new daughter, Adriana, who joined the family in November. Adriana is now considered a native "New Mexican".



ALUMNI SPOTLIGHT: Philip D. Parks II MD, MPH, FACOEM (OEMR 2008)



Dr. Parks received his M.D. and M.P.H. from Tulane University supported by a Health Professions Scholarship from the United States Navy. After completing medical school, Dr. Parks completed a family medicine internship at Naval Hospital Bremerton followed by the Navy's Undersea and Diving Medicine program. Following his tour as an Undersea and Diving Medical Officer, Dr. Parks accepted an Occupational Physician Scholarship Fund award from ACOEM to complete Harvard's Occupational and Environmental Medicine Residency where he earned a second Masters degree in Occupational Health from HSPH and served as Chief Resident.

Dr. Parks is a Fellow of the American College of Occupational & Environmental Medicine (ACOEM), a Board Member of the New England College of Occupational & Environmental Medicine (NECOEM), and board certified in Occupational Medicine.

Dr. Parks was previously the Medical Director of Occupational Health Services and the health insurance plan for the Lifespan Corporation, in Providence, Rhode Island. There, he provided clinical direction and leadership for approximately 12,000 employees and over 20,000 insured lives. Dr. Parks focused on improving the health, wellness and productivity of Life-

span's workforce. He is currently an attending physician at Cambridge Health Alliance, Instructor of Medicine at Harvard Medical School, and a faculty member of the Harvard Humanitarian Initiative. He also provides clinical support to Quadrant Health Strategies on-site at the Novartis campus in Cambridge, MA. He is active with the residents providing career seminars and sitting on the Residency Advisory Committee.

Dr. Parks is also the founder of H2I, LLC where as a consultant and research scientist, he advises large and medium-size companies on population health & productivity strategy and measurement. In his research scientist role, Dr. Parks provides expertise on study design, methodology, data analysis and reporting to companies engaged in federally funded research. Other consulting activities include utilization review, medico-legal services, speaking engagements and civilian-military affairs related to humanitarian assistance and disaster relief. Dr. Parks serves on the editorial board of the *Journal of Special Operations Medicine* and is a peer reviewer for the *Journal of Behavioral Medicine*. After separating from active duty service, Dr. Parks has continued service as reservist Undersea and Diving Medical Officer and is acting task unit executive officer of his Navy reserve unit.

Philip currently lives in Jamaica Plain with his wife Erica Gupta, a radiology resident at Beth Israel Deaconess Medical Center, and son Liam, born in November 2010. He enjoys traveling, snow skiing, hiking and cycling.

2010 HSPH Resident and Recent Alumni Publications

Abejie BA, Kales SN, Christiani DC. Patterns of Pulmonary Dysfunction in Asbestos Workers: a cross-sectional study. *Journal of Occupational Medicine and Toxicology*. 2010, 5:12. (<http://www.occup-med.com/content/pdf/1745-6673-5-12.pdf>)

Amster E, Christiani DC. Urine Arsenic Concentration and Obstructive Pulmonary Disease in the US Population. *Journal of Toxicology and Environmental Health* (in press).

Durand G, Elements to be considered for Occupational and Environmental Health Services in Industry. *NECOEM Reporter*. Autumn 2010. Volume 2, Issue 30: 4,6.

Durand G, Tsismenakis AJ, Jahnke SA, Baur DM, Christophi CA, Kales SN. Firefighters' Physical Activity: Relation to Fitness and Cardiovascular Disease Risk. *MSSE* 2011 Feb 28. [Epub ahead of print].

Muzaffar S, Christiani DC. Frontiers in Occupational and Environmental Lung Disease Research. *Chest* (in press).

Parks PD, Pransky GS, Kales SN. Case Report: "Iatrogenic Disability and Narcotics Addiction after Lumbar Fusion in a Worker's Compensation Claimant". *Spine* 2010;35:E549-52.

Spaeth K, Tsismenakis AJ, Kales SN. Ed. Kales SN. Heavy Metals: A Rapid Clinical Guide to Neurotoxicity and Other Common Concerns. Nova Science Inc., New York, 2010

Zhang C, Kales SN, Malhotra A. Diagnosis of sleep apnea, Polysomnography, and portable monitoring". In: Badr, MS ed. "Essentials of Sleep Medicine: What the Pulmonologist Needs to Know". Springer, NYC, NY (in press).

Thompson A, Kales SN. Occupational Lung Disease in Police, Firefighters and the Military. In: Tarlo SM, Cullinan P, Nemery B ed. "Occupational and Environmental Lung Disease", subtitled "Diseases from Work, Home, Outdoor and other Exposures", Wiley Blackwell, Oxford, UK 2010.

*OEMR Resident Authors are underlined. Listed publications reflect work initiated and/or completed while in the HSPH residency program.

Leadership for Productivity and Health Management: Issues, Innovations, and Solutions: September 30 – October 1, 2010



As part of our efforts to develop resident enrichment experiences in Productivity and Health Management (PHM), involving population based policies and health interventions on behalf of workers and their families via employment status, the HSPH OEMR held its inaugural PHM conference on September 30th and October 1st, 2010 in collaboration with HSPH's Center for Continuing Professional Education. The leadership colloquium was held at the beautiful Joseph B. Martin Conference Center of the Harvard Medical School, was co-directed by Drs. Kales and Forman and hosted over 50 thought leaders from all over the United States and several different countries. Utilizing an anchor sponsorship of \$30,000 in 2009 from Novartis Pharmaceuticals and 2010 supporting gifts from Whole Foods Market, Anthem Blue Cross/Wellpoint, Harvard Pilgrim Health Care and Healthways, Inc. (see donations page 12), the colloquium featured over a dozen expert faculty members from academia, industry, insurance, labor, and consulting; as well as leaders of employment-based health interventions. All of our residents attended the full conference at no charge and were able to interact and network with attendees and faculty providing an unparalleled educational experience highlighted by an elegant reception and dinner at the Harvard Faculty Club in Cambridge.

On Day One, after introductory remarks and a broad overview of PHM efforts by Drs. Kales and Forman, Don Osterberg, Senior VP of Safety at Schneider National trucking; and Dr. James Pope, VP and Chief Science Officer from Healthways delivered kickoff plenary lectures. Mr. Osterberg focused on the challenges of working with a driver population where high turnover is the rule and the obesity epidemic has penetrated to the extent that almost half of Schneider's drivers are obese. He reviewed Schneider's efforts to tackle obesity and its co-morbidities, in particular he presented the company's (cont. next page)

Thursday, September 30th 2010

HSPH: Leadership for Productivity and Health Management

General Session

7:30AM – 5:00PM 1st Floor, Pechet Room

Breakout Session

3:00PM – 4:45PM 1st Floor, Bray Room



Left to Right: Dr. Samuel Forman (HSPH); John Mackey (CEO), Whole Foods Market; and Dr. Stefanos Kales (HSPH).

pioneering program for screening, diagnosing and treating obstructive sleep apnea. Dr. Pope's talk dealt with linking workplace well-being with health care costs and productivity. Who knew that a leading survey index of population well-being closely tracks the stock market's S&P 500 90-day moving average !!

They were followed by back-to-back presentations on the potential role of diet in improving health and productivity by none other than Dr. Walter Willett, HSPH's Professor and Chair of Nutrition, and well-known iconoclast and visionary, John Mackey, CEO of Whole Foods Market (see photo below). While the two share much common ground in their views, they diverged sharply on the role of fats in a healthy diet. Dr. Willett, one of the most published and cited authors in medicine and public health, is a staunch proponent of the Mediterranean diet with whole grains, healthy fats such as fish, olive oil and nuts, along with wine in moderation based on robust epidemiologic studies and literature, much deriving from his own work.

Mr. Mackey, on the other hand, is a firm believer in plant-based nutrition strictly limiting fats and oils who discourages alcohol. He also summarized some of Whole Foods' interventions directed at improving their team members' wellness including discounted food prices based on achieving target health measures and a radical new boot camp approach for team members at high risk. He promised to come back and report on the success of the programs at a future PHM leadership meeting.

The afternoon of Day One was no less stimulating. It began with a panel discussion moderated by Dr. Forman on "Health Care Headwinds and Solutions for Companies, Workers and Their Families". The panelists included: Richard Duffy, Assistant to the General President for Occupational Health, Safety and Medicine for the International Association of Fire Fighters; John Mackey of Whole Foods; Eric Schultz, CEO of Harvard Pilgrim Health Care; and Dr. David Wennberg, Chief Products and Science Officer at Health Dialog and member of the Dartmouth Institute for Healthy Policy and Clinical Practice. Among many salient points of discussion, the panelists' correctly predicted that health care reform legislation as written would cause many companies to opt out of offering health care for their employees or to apply for waivers.

The afternoon concluded with two breakout sessions. The first: "Who Owns Their Health?" featured noted researcher, Professor Michael Chernen of Harvard Medical School's Department of Health Care Policy and Dr. Jon Kingsdale, who had been intimately involved with Massachusetts' experiment with health care reform. The second on Health Interventions by way of Employment included presentations by Jim Brinkley, Director of Health and Safety for the International Association of Fire Fighters, and Dr. Michael Alderman, Professor of Medicine at Albert Einstein College of Medicine and Editor of the *American Journal of Hypertension*.



Panel Discussion, left to right: Dr. Sam Forman, John Mackey, Eric Schultz (Harvard Pilgrim Health Care), Dr. David Wennberg (Health Dialog) and Richard Duffy (International Association of Fire Fighters).



Professor Alderman (Albert Einstein College of Medicine) addresses workplace-based blood pressure programs.



Dr. Walter Willett (left), Frederick John Stare Professor of Epidemiology & Nutrition and Chair of Nutrition at HSPH with John Mackey, CEO Whole Foods Market (right) exchange viewpoints on the optimal diet.

Leadership for Productivity and Health Management: Issues, Innovations, and Solutions (Story Continued)



Above: Dr. Forman (left) introduces Dr. Samuel Nussbaum (right), Executive VP and Chief Medical Officer for Wellpoint prior to his keynote address.

Day Two began with **the keynote speaker, Dr. Samuel Nussbaum**, a former Harvard faculty member and currently the Executive VP for Clinical Health Policy and Chief Medical Officer of Wellpoint whose talk was titled: "Employment Based Health Insurance and Interventions: Dynamo or Dinosaur?". Given that Wellpoint's covered lives include about one of every six Americans, Dr. Nussbaum's presentation benefited from extremely robust data and an unrivaled grasp of the big picture and inside game that only such a key stakeholder could have. He reviewed the state of the nation's health and health care system: the burden of chronic illness, the problem of the uninsured, and deficits in delivering recommended care for given conditions. He also focused on several major drivers of health care costs, which are key determinants of health status, including obesity, inadequate physical activity, smoking, stress and aging. He demonstrated that while the healthiest 50% of Wellpoint members account for only 10% of costs, the sickest 5% generate a stunning 55% of expenditures. The remainder of Dr. Nussbaum's talk was nothing short of a *tour de force* that touched on numerous disease prevention and disease management efforts and their results to date for diverse types of conditions—diabetes and heart disease, smoking cessation, asthma, prostate and breast cancer and influenza.

**..the healthiest
50% of Wellpoint
members account
for only 10% of
costs, while the
sickest 5%
generate a
stunning 55% of
expenditures.**



Left to right: Drs. Kales, Nussbaum, Forman and David Christiani, Elkan Blout Professor of Environmental Genetics, HSPH and Director of Environmental and Occupational Medicine & Epidemiology.



Above: left to right: Dr. Stasia Muhlner (HSPH resident), Dr. Yolanta Petrofsky (HSPH Chief Resident), Drs. Kales and Forman, Dr. Al Rielly (HSPH resident), and Dr. Christine David (HSPH Resident).

Day Two continued with two concurrent breakout sessions. The first: “Payers, Benefits Structure and Access” featured two very prominent figures in the world of Massachusetts health care: Eric Schultz, CEO of Harvard Pilgrim Health Care, and Dr. Jean McGuire, Assistant Secretary for Disability Policy and Programs with the Commonwealth of Massachusetts. Mr. Schultz, representing one of Massachusetts biggest players in health insurance, addressed experiences from the front lines of state-based health reform from the perspective of employers, insurers and employees. Dr. McGuire presented on the challenges of addressing disability and health disparities in the workplace, as well as achievements in this area.

The second: “Measuring Impacts and Outcomes” offered the distinct perspectives of nationally-recognized disease management consultant, Al Lewis, and renowned academic, Dr. Ronald Kessler, Professor of Health Care Policy at Harvard Medical School. Mr. Lewis spoke on best practices for measuring health interventions and challenged his students to see through statistically- and methodologically-flawed claims of efficacy that abound in the current business environment. Dr. Kessler made the business case for investing in employee health and wellness, in particular with respect to mental health conditions and productivity.

After a final networking lunch, the program adjourned leaving attendees highly stimulated, intellectually enriched, more connected with new colleagues and ready to enjoy a New England weekend of football and fall foliage. **Stay tuned for dates and details of the next PHM leadership meeting in 2012.**

Right: Don Osterberg, Senior VP of Safety, Schneider National Trucking, presents on Schneider’s efforts to improve the health of its workforce and identify and treat obstructive sleep apnea. He explained the beneficial effects of the latter on safety outcomes (decreased crash risk), driver health and costs.



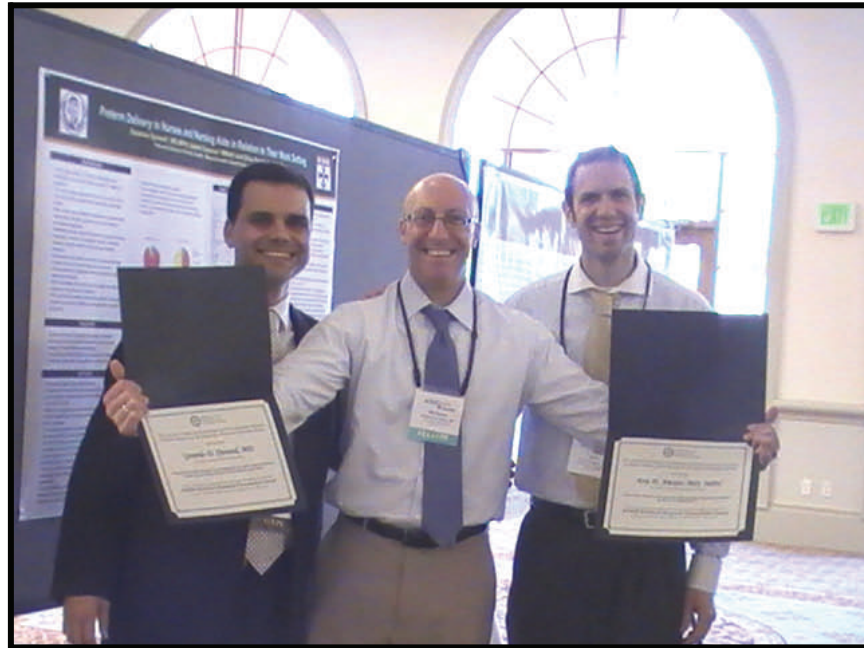
Right: Eric Schultz, CEO of Harvard Pilgrim Health Care (left) takes questions after his talk: “Employers, Insurers, and Employees: Experiences from the Front Lines of State Level Access Reforms”, while Dr. Forman (right) moderates the discussion.



Selected Resident Awards and Presentations

Every year, occupational medicine residents around the country compete for Resident Research Awards and invited Poster slots at the American College of Occupational and Environmental Medicine (ACOEM) annual American Occupational Health Conference (AOHC), the major annual meeting of the world's largest organization of occupational and environmental physicians.

In 2010, HSPH again took two more Resident Research Awards. Since 2000, HSPH residents have won a total of 16 ACOEM research awards, and have been on the podium in nine of those eleven meetings.



L-R: Drs. Gerardo Durand, Stefanos Kales and Eric Amster in Orlando at the AOHC 2010 poster presentation session showing off the awards received by Drs. Durand and Amster.



2010 ACOEM Resident Research Award:

Eric Amster. Urine Arsenic Concentration and Respiratory Disease in the US Population. (Mentor, Christiani DC).



2010 ACOEM Resident Research Award:

Gerardo Durand. Firefighters' Physical Activity: Relation to Fitness and Cardiovascular Disease Risk. (Mentor, Kales SN).



Other 2010 Resident Presentation of Note:

New England College of Occupational & Environmental Medicine 2010 Annual Conference: Research Session

Chunbai Zhang. Psychomotor Vigilance Test in Screening for Obstructive Sleep Apnea in the Occupational Clinic Setting. (Mentor, Kales SN).

ALUMNI SPOTLIGHT: Abe Timmons DO MPH FACOEM (OEMR 2004)



Dr. Abe Timmons

*HSPH MPH '02, OEMR '04
Department Chair
Occupational Medicine
Fallon Clinic
Worcester, MA*

Dr. Timmons attended HSPH from 2002-2004 while serving in the United States Air Force. He graduated from Kansas City University of Medicine and Biosciences-College of Osteopathic Medicine, and interned at Malcolm Grow Medical Center, Andrews Air Force Base, MD. He then served as a flight surgeon in his hometown of Grand Forks, ND, deploying in support of Operation Enduring Freedom. He subsequently served as a Chief of Clinical Services in the Occupational Medicine Clinic at Wright-Patterson Air Force Base, OH. He later deployed to Iraq as a flight surgeon at the first operating Air Force Theater Hospital since the Vietnam War. His final Air Force assignment was Commander of Occupational Medicine Services at Tinker AFB, Oklahoma, home to the country's largest Air Logistics Center.

Abe next served as Medical Director for Occupational & Environmental Health Network (OEHN) in Marlborough, MA beginning in August, 2008. At OEHN Abe's chief clients

included New England Baptist Hospital, UCARE of UMass Medical Center, Quincy Medical Center, Children's Hospital Boston, Caritas Holy Family Hospital, St. Anne's Hospital, the Federal Reserve Bank of Boston, MacRisk Management, and Solutia, Inc.

Abe was elected to fellowship in ACOEM in 2010. Most recently, Abe was chosen as the Department Chair of Occupational Medicine at Fallon Clinic, Worcester, MA, in February 2011. Abe is board-certified in OM, currently holds an appointment as an Aviation Medical Examiner for the FAA, and is a certified Medical Review Officer. He also plans to rejoin the Massachusetts Air National Guard in Springfield, MA.

Abe resides in Sudbury, MA, with his wife Jessica and their two sons, Palmer (11) and Maclean (8). They have a hilltop summer home in Greenfield, NH, where he enjoys snowboarding, mountain biking, and golfing. He coaches youth hockey and serves on the board for the Sudbury Maynard Stow Youth Hockey development program.

2009-2010 FACULTY OF THE YEAR: Elise Pechter



The Faculty of the Year award recognizes a professor or mentor that has significantly contributed to the education of the residents through commitment to intellectual growth and the residents' professional development. Nominations occur late in the academic year and are then voted on by all residents once nominations are received. This year's Faculty of the year is presented to Elise Pechter who was unanimously voted the Harvard Occupational and Environmental Medicine Residency Program's faculty of the year for 2009-2010.

Elise oversees the residents' while rotating through the Massachusetts Department of Public Health, Occupational Health Surveillance Program.

At DPH, Elise supervises the work-related asthma surveillance and intervention for the Occupational Health Surveillance program and is also responsible for surveillance of carbon monoxide exposures, amputations and occupational burn injuries. Elise is a certified industrial hygienist by training, has published extensively, and is considered an expert in her field with many years of experience.

Her unfaltering support of the residents and joy for teaching is evident from the moment you step into her office (after you find her behind piles of papers) and receive in-depth explanations of state run programs and various on-site inspections. Thank you Elise for selflessly dedicating your time to our education.

2010 Donations to Harvard OEMR Program

\$9,500

Dr. Samuel Forman '80

\$5000

Whole Foods Market

Dr. Stefanos Kales '93

\$2500

Anthem Blue Cross/Wellpoint

Harvard Pilgrim Health Care

Healthways, Inc.

\$2000

Concentra

\$1250

Dr. Carolyn Langer '93 &

Mr. Cliff Goede of DataChem

\$1000

Dr. Erik Won & Boeing

NECOEM

Drs. Anthony & Joyce Kales

\$500

Dr. Richard Wittman '02

Dr. Rose Goldman '80

\$250

Dr. Stephen MacDonald '96

THANK YOU!

List reflects donations to HSPH OEMR for the 2010 calendar year.



New Developments and Program Advances at HSPH OEMR

Complementary Pathway: Harvard is the first and so far, only occupational medicine residency to offer Complementary Pathway training in response to the American Board of Preventive Medicine's newest initiative. After careful study of the pathway, which offers a distinct route to Occupational Medicine Board Certification for mid-career practitioners, we developed our own unique curriculum; set strict pre-requisites over and above those of ABPM and created an application process for an HSPH version of this pathway. Moreover, as mentioned elsewhere in this report, we have already accepted our first trainee in this program.

The program will entail one year full-time (which may be accomplished half-time over no more than two years). Depending on past experience and coursework, HSPH will design an appropriate, individualized curriculum for each accepted resident.

Briefly, appropriate candidates will have accrued two or more years of full-time work experience in OM prior to starting the proposed complementary year. Additionally, the applicant must be currently practicing in the field of Preventive Medicine (this means the full time practice of PM for at least two of the past five years). Equally important to the work experience requirement, candidates must have completed a prior residency in the US or Canada with a minimum of 6 months direct patient care in at least 2 post graduate years AND be currently (ABMS) Board Certified in a related field (ie IM, EM, FP, GPM, AS). Candidates who are board eligible in GPM or AS must have passed the corresponding ABPM (GPM/AS) boards to apply.

Candidates must be able to obtain an unrestricted Massachusetts full License; Mass Controlled Substances Registration and have a valid DEA number.

Full details and application requirements are available through Dr. Kales and Ms. Backus. **If you know good potential candidates, please encourage them to make an inquiry.**

MD/MBA Initiative: More medical schools than ever, Harvard included, are offering MD-MBA programs. Because OM works at the interface of business, medicine and public health, we are developing a direct outreach program to MD-MBA students and established MD-MBA professionals. We believe these physicians can find their ideal career options within OM and thus, benefit from one of our three OM training options.

If you are an HSPH OEMR graduate, hold an MBA and think you can contribute to this effort, please contact Dr. Kales. Initial feedback has been extremely positive. This initiative may prove to be a very fruitful method of increasing the pipeline into OM specialty training.

Combined IM/OM Training: Calling all medical students! The Cambridge Health Alliance (a Harvard Medical School affiliate) and the HSPH continue to offer their combined training program. Harvard's program allows medical students to enter the field of OEM directly from medical school. In 4 years, residents will become board-eligible in both specialties: internal medicine and occupational medicine and receive a Masters of Public Health Degree (MPH) at HSPH.

Both the CHA IM and HSPH OM Residencies have full ACGME accreditation, and the combined program has already been approved by both the American Board of Internal Medicine (ABIM) and the American Board of Preventive Medicine (ABPM). You can learn more at our website.

Weekly Board Review: the ACGME is requiring at least 75% of residency graduates taking the ABPM board certification exam to pass it on their first attempt. Although our ABPM stats have been excellent, we want to leave no stone unturned. Therefore, in order to even more thoroughly prepare our residents, they now undertake a weekly board review using multiple choice questions and periodic closed book exam simulations. Each resident's progress is tracked by Dr. Kales and periodic feedback is provided. The residents greatly appreciate the discounted subscription the program received for DataChem board review software facilitated by Dr. Carolyn Langer.

We want to hear from you!

Did you relocate and accept a new position?

Have you been promoted?

Do you have family or other news that you would like to share?

Let OEMR and your colleagues know what you are up to and **stay connected** by emailing:

abackus@hsph.harvard.edu



Donate to Resident Education at OEMR
Help Maintain our Tradition of Excellence!

Yes! I want to donate to HSPH OEMR. Donating is easy, you can donate online at: <http://www.hsph.harvard.edu/erc/oemr/donation.htm> or complete the following sections and enclose it with your payment, Please contact Mr. John Yong: jyong@hsph.harvard.edu: (617) 432-2219 for assistance.

First Name _____ Last Name _____

Street Address _____ City _____

State _____ Zip Code _____

Phone Number _____ E-mail _____

Donation Amount* \$ _____ (payable to the Harvard School of Public Health/OEMR Gift Fund)

Please mail your gift to:
Mr. John Yong , Finance
Harvard School of Public Health
EOME, Bldg I, 14th Floor, Room 1402
665 Huntington Avenue
Boston, MA 02115



Best Wishes in 2011!



Harvard School of Public Health
Occupational and Environmental Medicine Residency
2010-2011