

Hahnemann Family Health Center

Welcome to Hahnemann Family Health Center! We hope this booklet provides you with the information you need to navigate virtual residency application season.



FAMILY MEDICINE
RESIDENCY

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WELCOME TO THE HAHNEMANN FAMILY HEALTH CENTER!

Thank you for “visiting” our health center. This year has been atypical, but Hahnemann Family Health Center has always prided itself on its ability to innovate, so we hope that we were able to showcase what makes us special in this virtual environment.

Here at Hahnemann, we strive to maintain a collegial learning environment that has an eye toward innovation. Our faculty are committed to training the next generation of family doctors, a job we all agree is critically important in our complicated health care system, and their diverse backgrounds, interests and leadership roles reflect the breadth of training at Hahnemann. We hope that you got a taste of our commitment to innovation, to learning, and to our community on your virtual interview day.

Hahnemann has been caring for the Worcester community since 1975. Our practice serves as the medical home for a truly diverse patient panel that represents the demographics of the city of Worcester. Our patients span generations, are multi-lingual, and come from all walks of life. We also provide care for three of the city’s colleges. In addition to our diverse patients, we welcome a variety of learners. On any given day, you can find medical students, nurse practitioner students, pharmacy students, behavioral health fellows, and a sports medicine fellow. Our health center focuses on team-based care, with our behavioral health faculty and fellows fully integrated into all aspects of our health center.

Our residency program offers many opportunities for individualized learning. We offer a strong procedural training and a robust women’s health experience. Residents may participate in a number of specialized educational experiences, such as a global health elective, a longitudinal college health elective, addiction medicine, or whatever ignites their interest. Our residents consistently showcase compassion, curiosity, and dedication to primary care. We think they are pretty great!

Thank you for taking the time to learn about us and to share your own passions, visions, and goals as you begin the process of becoming a family doctor. We sincerely hope you enjoy your time with us, and that you got a taste of the wonderful Worcester community.

Kathleen Barry, MD

Education Director

Stephanie Carter-Henry, MD, MS

Medical Director

AN INTRODUCTION TO HAHNEMANN FAMILY HEALTH CENTER



The Hahnemann Family Health Center began in 1975 as the outgrowth of a local family physician's practice. Today's HFHC, also known as *Lincoln Street* is a vibrant hospital-owned, community oriented practice. We provide more than 22,000 office visits annually to a truly diverse population, which approximates a cross-section of Worcester and the surrounding communities. We take care of a diverse patient population which represents the richness of the Worcester community.

At HFHC you will be assigned your own panel of patients to manage over time with your team, and you will become skilled at delivering personal and population-based care to a wide variety of patients. You will also be provided ample opportunity to develop exceptional clinical skills across the full spectrum of Family Medicine.



Since our motto at Hahnemann is that "no procedure should ever go un-residentied" you'll learn outpatient procedures including colposcopy, IUD insertion, Nexplanon insertion, endometrial biopsy, skin excision, punch biopsy, joint injection, and cryosurgery. Women's health, including comprehensive reproductive health care, is a primary focus.

All of our residents are trained in outpatient MAT with suboxone and can choose to use this as a tool when caring for patients. Our busy obstetrical practice stresses family centered maternity care. You'll follow OB patients longitudinally and deliver them at UMass Memorial. Residents care for a wide variety of patients with a good mixture of adults and children in the practice. All residents provide care to patients in nursing homes and do home visits.

Two of our faculty members, **Jeremy Golding, MD** and **Kathleen Barry, MD** serve as associate editors of *The Five Minute Clinical Consult*, the internationally known textbook that is translated into several languages. Residents can author chapters and write on a wide variety of topics as first author with a faculty member as senior author. Hahnemann faculty have especially strong representation in chapters pertaining to women's health and reproductive medicine, oral health and cardiovascular disease.



Hahnemann is fully engaged in practice transformation and received level 3 Patient Centered Medical Home from the certifying agency, NCQA, in 2014. Together, we are working collaboratively with our patients and other primary care practices in the UMass system to improve the quality of care we provide, test innovative care models and disseminate the knowledge we gain in the process.

We are one of the pilot sites for ambulatory transformation at UMass memorial. With an emphasis on team-based care, we are exploring ways to improve team effectiveness and patient and team satisfaction. We are at the cutting edge of changing how care is delivered and workflows to enhance the patient and care team experience.

Each of our residents is assigned an Education Coach to assist them in maximizing opportunities for growth as well as setting and attaining goals. While the main area of concentration we promote is being a well-rounded family physician, there are opportunities to concentrate on women's health, underserved care, geriatrics, college health, faculty development or an individualized program developed in conjunction with your education coach. Your education coach will also be an advisor, facilitator and mentor to help you stay on track with your academic and quality improvement projects.

Residents find ample opportunities for community outreach. Our center's practitioners serve more than 15,000 local college students and residents can choose to do a longitudinal elective at one of our college health clinics.

If you're looking for a high quality, evidence based, innovative training experience in a supportive and stimulating environment, you'll find it at Hahnemann! Our faculty members are regularly recognized for their excellence in teaching and are highly regarded in the local community and beyond. And if your interest is in teaching, just ask! We'll help you develop your skills through a faculty development area of concentration or elective designed to meet your goals.



WHAT TO EXPECT AS A RESIDENT AT HFHC

OUR VALUES

- ◇ Caring for our patients, our community, and each other
- ◇ Full-spectrum care
- ◇ Leading change
- ◇ Evidence-based medicine
- ◇ Your education, your way



PATIENT DIVERSITY

- ◇ A truly diverse spectrum of patients
- ◇ Urban, suburban, and rural patients
- ◇ Socio-economic and racial diversity
- ◇ College health for Clark, WPI, Holy Cross (longitudinal elective)*

LEARNING LAB



- ◇ Evidence based medicine focus
- ◇ Personal coaches
- ◇ Resident as teacher
- ◇ Resident scholarly activity
- ◇ Cross-year office assignments
- ◇ Team precepting and videotaping
- ◇ Integrated pharmacy (training site)
- ◇ Medical student training site
- ◇ Chart rounds
- ◇ Write for 5-minute Clinical Consult*

COMMON PROCEDURES

- ◇ IUD
- ◇ Nexplanon
- ◇ Endometrial biopsy
- ◇ Skin biopsies
- ◇ Skin excisions
- ◇ Incision and drainage
- ◇ Suturing
- ◇ Joint injections
- ◇ Colposcopy
- ◇ Cryotherapy
- ◇ Office based ultrasound

INTEGRATED BEHAVIORAL HEALTH

- ◇ Same day access
- ◇ On-the-fly consultation
- ◇ Dual visits
- ◇ Health Behavior Change
- ◇ Psychiatry consultation
- ◇ Behavioral Health training site

INNOVATIVE PRACTICE

- ◇ Transforming Primary Care*
- ◇ LEAN principles
- ◇ PCMH NCQA Level 3
- ◇ Staff and provider co-location
- ◇ Comprehensive Care Clinic*
- ◇ Idea boards and team huddles*
- ◇ Quality Improvement
- ◇ ACT sessions
- ◇ Resident Wellness

COMPREHENSIVE WOMEN'S HEALTH

- ◇ Maternal Child Health Inpatient Service
- ◇ Colposcopy/LEEP clinic*
- ◇ IUD/Nexplanon experience
- ◇ Medical terminations*



BEHAVIORAL HEALTHCARE AT HFHC

Integrated Primary Care Behavioral Health has been a long tradition at Hahnemann Family Health Center, which is one of the training sites for the Post-Doctoral Fellowship in Primary Care Psychology and Medical Education.

<https://www.umassmed.edu/fmch/fellowships/psychology/>

As a Hahnemann Resident you will work with the BH team from your first day of orientation. Faculty are involved with your residency and health center curriculum as well as formal didactics, informal training and consultation. The BH Fellow enters the PGY-2 class upon arrival and will attend many didactics and other residency training activities. This training integration enriches learning for residents and psychologists by providing opportunities to learn from one another through shared experience.

The BH team will consult on your cases, conduct warm hand-offs, and join your patient visits (“Duals”) for collaborative care. The faculty and fellow will join the medical preceptor in observing 3-4 session per year (per resident) during **Team Precepting** providing the opportunity for integrated feedback on your approach to care.

Patients can be referred to the BH for assistance with:

1. **“Mental Health” issues:** such as what you likely learned about on your psychiatry rotation in medical school. Psychologists can help with diagnostic clarification for any issues in the DSM-5. This includes emotional or behavioral problems such as family or relationship difficulties, parenting concerns, excess stress, sleep problems, loss and grief, depression, anxiety, or anger problems.
2. **Health Behavior Change:** we can support patients who need assistance with stopping or cutting down on alcohol, quitting smoking, losing weight, taking recommended medications or immunizations, increasing exercise, or other lifestyle changes.
3. **Chronic Illness:** BHCs can help **reduce symptoms** of chronic **medical conditions** and help you cope better with headaches, fibromyalgia, diabetes, asthma, COPD, hypertension, or irritable bowel syndrome. The BHC might meet with you and your provider together.

The providers below are the current BH team:



JEANNA LEE, PHD

Assistant Professor, Dept of Family Medicine & Psychiatry

Education: Palo Alto University (MS 2009, PhD 2012), St. Catherine University (BA 2001)

Internship: Colorado West Regional Mental Health Center (2012)

Fellowship: Clinical Health Psychology in Primary Care, UMass Medical School, Family Medicine & Community Health (2014)

Clinical interests: Rapid diagnostic assessment, Motivational Interviewing, Health Behavior Change, neuroplasticity, self-compassion, chronic pain management, weight loss, lifespan development, family systems, trauma-informed care, culturally-informed care, education and training of medical and psychology trainees



RACHEL DAVIS-MARTIN, PHD

Assistant Professor, Dept of Emergency Medicine & Family Medicine

Education: University of Mississippi (MA 2013, PhD, 2016), University of Alabama (BA 2010)

Internship: University of Texas San Antonio Health Science Center (2016)

Fellowship: University of Massachusetts Medical School, Emergency Medicine, (2018)

Clinical interests: Health Behavior Change, Mindfulness- and Acceptance-Based Behavior Therapies, Collaborative Assessment and Management of Suicidality, Motivational Interviewing, Technology-Enhanced Substance Use Treatment, Sleep Disorders, and Implementation Science.



TOPE OLUWA, LICSW

Education: Springfield College (BS 2002, MSW 2006)

Internships: Family Health Center of Worcester (2004-05); Worcester State Hospital and Recovery Center (2005-06)

Clinical interests: Motivational Interviewing, Problem-focused therapy, Strengths-based therapy, insight-based interventions



JENNA MULLARKEY, PSYD

Behavioral Health Fellow

Expected Graduation Date: Summer 2022

Education: Florida Institute of Technology (MS 2017; PsyD 2020), Boston College (MA 2014), St. John's University (BA 2012)

Internship: Nebraska Internship Consortium, Munroe Meyer Institute (2020)

Clinical interests: Cognitive Behavioral Therapy, Pediatric Psychology and Behavioral Parent Training, Motivational Interviewing, Sleep problems in children and adults, Treatment adherence and coping in chronic health conditions

WFMR CURRICULUM

First Year	Second Year	Third Year
Foundations	Family Medicine Inpatient Service	Professor Chief
Family Medicine Inpatient Service	Family Medicine Inpatient Service	Senior Inpatient Selective
Family Medicine Inpatient Service	Family Medicine Inpatient Service	Health Center Chief
Family Medicine Inpatient Service	Developmental Pediatrics	Health Center Chief
Maternal Child Health	Maternal Child Health	Health Center Chief
Obstetrics	Maternal Child Health	Musculoskeletal
Ambulatory Women's Health	Urgent Care Pediatrics	Dermatology
Surgery	Surgery	Urgent Care Pediatrics
Physician as Leader 1: Community Health	Physician as Leader 2: Patient Centered Medical Home	Physician as Leader 3: Practice Management
Emergency Medicine	Sports Medicine	Veteran's Health
Inpatient Pediatrics	Geriatrics	Elective
Critical Care	Elective	Elective
Newborn Nursery/Neonatal ICU	Elective	Elective

OUTDOOR OFFERINGS IN AND AROUND WORCESTER

TOWER HILL BOTANICAL GARDENS

Boylston, MA

Located about 8 miles outside of Worcester, this arboretum contains 17 distinct gardens and many miles of walking trails. The visitor's center hosts educational and seasonal events. Inside the visitor's center, a café offers healthy, seasonal meals.

DOUGLAS STATE FOREST

Douglas, MA

This state forest south of Worcester is comprised of over 5,000 acres. Wallum Lake offers swimming and boating in the warmer months. The trail system is well-marked, a portion of which passes the Midstate Trail (a trail that extends from central Massachusetts north to Mount Watatic). The most distinct feature of Douglas State Forest is the Atlantic White Cedar swampland. A boardwalk trail takes you through this unique habitat of plants and animals.

MOORE STATE PARK

Paxton, MA

Moore State Park spans 400 acres just to the Northwest of Worcester. Hikers note the beautiful flowers and waterfalls among the stone mill foundations and restored sawmill. In addition to hiking, canoeing, fishing, hunting, cross-country skiing, and picnicking are popular activities. In the warmer seasons, concerts and other programs are held.

MOUNT WACHUSETT

Princeton, MA

At 2,000-foot, this is the highest point in Massachusetts east of the Connecticut River. In the spring, summer, and fall, you can explore 92 miles of hiking trails to the summit. In the winter, you can enjoy 25 ski trails, 18 of which are available for night skiing. The lodge also hosts a number of events and festivals through the year.

RUTLAND STATE PARK

Rutland, MA

With over 400 acres of protected land, this park offers activities year-round. There is hiking, kayaking, and horseback riding in the warmer months, and snow shoeing and cross-country skiing in the winter. Public restrooms and picnic areas make this location perfect for families or outdoor gatherings.

SIBLEY FARM

Spencer, MA

This old dairy farm was at risk of being developed into a strip mall, until local students partnered with Mass Audubon and the Greater Worcester Land Trust to preserve these 350 acres. Now, you can enjoy scenic hikes through wildflowers and along ponds.

WESTVILLE RECREATION AREA

Sturbridge, MA

Westville Recreation Area boasts ample parking and trails of varying degrees of difficulty. Picnic areas, short hikes, and large open spaces make this a great daytrip for families. Westville Lake provides the opportunity to canoe and kayak in the spring, summer, and fall. In the winter, the park is perfect for ice skating and sledding. For those interested in more challenging hikes, Westville Recreation Area connects to the Grand Trunk Trail. This is an historic, scenic trail that runs along an old trolley railroad. It is part of the larger Trolley Line Trail that stretches for more than 60 miles from Central Massachusetts to Connecticut.

PURGATORY STATE PARK

Sutton, MA

While the hiking trails in this state park are shorter than others on this list, Purgatory Chasm State Park is unique for its rock climbing offerings. This park has numerous interesting rock formations, the most notable of which being its name sake – Purgatory Chasm. This is a 0.25-mile-long, 70-foot-deep chasm of granite.

BROAD MEADOW BROOK CONSERVATION CENTER AND WILDLIFE SANCTUARY

Worcester, MA

Broad Meadow Brook is the largest urban wildlife sanctuary in New England. Well-marked trails wind through over 400 acres of marshland, fields, streams, and forests. There are educational offerings year-round, along with nature play areas and sensory trails. The sanctuary hosts 80 species of butterflies, 164 species of birds, and over 700 species of plants.

GREEN HILL PARK

Worcester, MA

Just down the road from Hahnemann Family Health Center, and atop one of Worcester's seven hills, sits almost 500 acres of multi-use space that is listed on the National Register of Historic Spaces. This estate once belonged to Andrew Green, the man responsible for the development of New York City's Central Park. Today, Greenhill Park contains a golf course, miles of hiking trails, a small zoo of farm animals, athletic fields, and an arboretum. It hosts numerous events through the year.

THE CASCADES TRAIL SYSTEM

Worcester, MA

These hilly, wooded trails over 156 acres in Worcester will take you through fields of wildflowers, a dam bridge, and a pond. The waterfall is the highlight of these urban trails that are maintained by the Greater Worcester Land Trust.

THE RAIL TRAIL

Central Massachusetts

A railroad once stretched across the state from Boston to Northampton until a hurricane decimated the line in 1938. In recent years, conservation groups have restored the trail for hiking and bike riding. As of now, about 50 miles are open with more in various stages of renovation. You can access the trail from various towns in central Massachusetts – Berlin, Clinton, Holden, Rutland, and West Boylston.

For a more comprehensive list, visit the Greater Worcester Land Trust at <http://www.gwlt.org/lands-and-trails/>.
This non-profit organization's mission is to preserve the open space in and around Worcester.