



OPEN MEDICAL INSTITUTE

SEMINAR REPORT

FAMILY MEDICINE
OMI MEX DUKE
UNIVERSITY SEMINAR

October 10-12, 2022

Medical Education Beyond Borders



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OMI MEX DUKE UNIVERSITY SEMINAR IN FAMILY MEDICINE

October 10-12, 2022

28 fellows from Mexico
3 faculty members from the USA
13 lectures given by faculty
11 interesting case presentations by fellows
4 excellent case presentations by fellows

Group Photo of Faculty and Fellows



SCHEDULE

OMI MEX Duke University Seminar

Family Medicine

Monday, October 10 – Wednesday, October 12, 2022

Monday, October 10, 2022

08:00 – 09:00	Registration & Breakfast	
09:00 – 09:15	Opening Ceremony	
09:15 – 09:45	Pre-Seminar Test	
09:45 – 10:30	Welcome Introduction to U.S. Geriatrics	John W. Ragsdale III, MD
10:30 – 11:15	Prognosis and Preferences	Teah M. Bayless, DO
11:15 – 11:35	COFFEE BREAK	
11:35 – 12:20	High Value Healthcare	John W. Ragsdale III, MD
12:20 – 13:05	Mastering Tough Conversations	Jonathan E. Fischer, MD, CAQHM
13:05 – 14:05	LUNCH	
14:05 – 17:05	Fellows' Case Presentations: Group 1 Fellows' Case Presentations: Group 2 Mastering Difficult Conversations: Groups 3 & 4	

Tuesday, October 11, 2022

08:00 – 09:00	Registration & Breakfast	
09:00 – 09:45	Change Management	John W. Ragsdale III, MD
09:45 – 10:30	Cognitive Screening in Primary Care	Teah M. Bayless, DO
10:30 – 10:50	COFFEE BREAK	
10:50 – 11:35	Prostate Cancer	John W. Ragsdale III, MD
11:35 – 12:20	Delirium	Jonathan E. Fischer, MD, CAQHM
12:20 – 13:05	Deprescribing	Teah M. Bayless, DO
13:05 – 14:05	LUNCH	
14:05 – 17:05	Fellows' Case Presentations: Group 3 Fellows' Case Presentations: Group 4 Mastering Difficult Conversations: Groups 1 & 2	

Wednesday, October 12, 2022

08:00 – 09:00	Registration & Breakfast	
09:00 – 09:45	Managing Behavioral and Psychological Symptoms in Dementia	Jonathan E. Fischer, MD, CAQHM
09:45 – 10:30	Frailty and Falls	Teah M. Bayless, DO
10:30 – 10:50	COFFEE BREAK	
10:50 – 11:35	Nausea	Jonathan E. Fischer, MD, CAQHM
11:35 – 12:05	Osteoporosis	Teah M. Bayless, DO
12:05 – 13:05	LUNCH Closing Ceremony & Awards	



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FACULTY BOOKLET

FAMILY MEDICINE
OMI MEX DUKE
UNIVERSITY SEMINAR

OCTOBER 10-12, 2022

Medical Education Beyond Borders





Wolfgang Aulitzky, MD

Director, Open Medical Institute
American Austrian Foundation

Associate Dean and Gerhard Andlinger Professor
for International Medicine & Distance Learning
Adjunct Professor of Clinical Urology
Adjunct Professor of Clinical Reproductive Medicine
Weill Medical College of Cornell University

Adjunct Professor of Pediatrics
**Perelman School of Medicine at the Children's Hospital
of Philadelphia**

Associate Professor of Urology
Medical University of Innsbruck, Austria

Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children's Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckermandlpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg. As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as an urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.



**John W. Ragsdale III, MD
(Course Director)**

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John W. Ragsdale III, MD is Chief of the Division of Family Medicine in the Department of Family Medicine and Community Health since 2017. Prior, he served as Medical Director from 2012 - 2017 and has maintained a clinical practice in the Department of Family Medicine since 2009. Prior to Duke, he completed a leadership fellowship at Brown University in Providence Rhode Island. He attended Medical School at the Medical College of Georgia and subsequently completed his residency at Georgetown University Family Medicine program. His clinical and research interests have focused on cancer survivorship, specifically with urological cancers and maintains a clinical practice in survivorship at the Duke Cancer Institute. He also has a long-standing interest in women's health, leadership, and medical education as he has been an active member for the Family Medicine Residency Program as core faculty since 2009. His wife and three children live in Chapel Hill, North Carolina.



Teah M. Bayless, DO

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Teah M. Bayless, DO is board certified physician in both family medicine and geriatrics. Dr. Bayless grew up in the south-eastern United States in the state of Virginia. She completed her undergraduate studies in biology at Hollins University in Virginia in 1997 and then pursued a career in program management for 10 years working for organizations such as the American Red Cross, the Boys and Girls Club, the YMCA, and finally, the Robert H. Mollahan Family Charitable Foundation. She graduated from the West Virginia School of Osteopathic Medicine in 2010 and completed both a family medicine residency (2014) and a geriatrics fellowship (2017) at Duke University. Her interests include social determinants of health, health equity, geriatrics, community engagement, population health, and transitions of care. Dr. Bayless is currently on the faculty at Duke University Medical School as Assistant Professor of family medicine and community health. She not only provides care to all ages in the office setting, but also conducts home based primary care visits to vulnerable adults with disabilities and the elderly, as well as provides care to nursing home residents. She is currently part of the core faculty within the Duke Family Medicine Residency program. She assists in providing clinical learning experiences for learners not only from the residency program, but also those from the medical school and the physician assistant program at Duke. Dr. Bayless lives in North Carolina with her husband, Charlie, and 10-year-old triplets, Jonathan, Paige, and Madison.



Jonathan E. Fischer, MD, CAQHM

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Jonathan E. Fischer, MD, CAQHM is an Adjunct Assistant Professor in the Department of Family Medicine and Community Health, Clinical Faculty in the Division of Palliative Care and a Medical Director for the Population Health Management Office at Duke University. He grew up in New York and North Carolina and graduated from Columbia College in New York City in 1989, where he majored in Comparative Religion. After serving as a Social Worker with homeless families in New York City and volunteering with Tibetan and Aryurvedic practitioners in Asia, he returned to NC for medical school (1994-1998) and completed Family Medicine residency at the University of North Carolina (UNC) in 2002. For the next 10 years Dr. Fischer was a primary care provider in federally qualified community health centers and was an Instructor in the UNC School of Medicine. Continuing his commitment to underserved and marginalized populations, he created access programs for refugees and migrant farm workers, and developed statewide palliative care initiatives to improve serious illness care for Medicaid recipients. He joined Duke Family Medicine in 2012, and as a Medical Director with the Duke Population Health Management Office has directed programs to integrate palliative care into the data analytics and care management efforts across the health system. His work has also focused on the critical role of relationship centered communication. He is a Distinguished Senior Faculty with Vitaltalk and Ariadne Labs, where he has developed and implemented communication skills trainings across the USA. He serves as an investigator in several multisite studies funded by the National Institute on Aging examining serious illness communication, and recently developed ACP-COVID, a modified protocol of virtual trainings for primary care providers, teaching communication skills in response to the COVID-19 pandemic. Currently with the Duke Center for Research to Advance Healthcare Equity, he is developing an implicit bias training intervention for medical providers. In his spare time, he enjoys traveling, tennis, watching college basketball, and playing music with his band.



Becky Aguilar-Álvarez de Sáenz

Executive Director | AMSA

- Bachelors degree in economics, Instituto Tecnológico Autónomo de México (ITAM)
- Banking and financial career for 15 years
- Member of the Board Civic Committee, Ford Motor Company Mexico
- Treasurer of the Board of Trustees UNETE (Unión de Empresarios por la Tecnología en la Educación)
- Member of the International Women's Forum
- Member of the Mexican Council for International Affairs
- AMSA's Executive Director since 2010



Gerardo Legorreta Creel

President of the Board | AMSA

- Chairman of the Board of Trustees, Alianza Médica para la Salud, A. C. (AMSA)
- Studied at the London Business School and Instituto Tecnológico Autónomo de México (ITAM)
- CEO of UBS (Union Bank of Switzerland)
- Member of the Board of Directors of Bepensa, SA de CV
- Founder and Managing Director of LG & A

Fellow Booklet

OMI MEX Family Medicine



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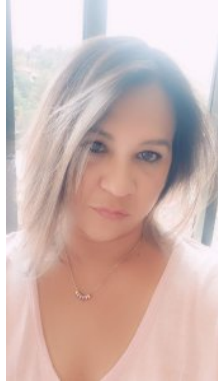
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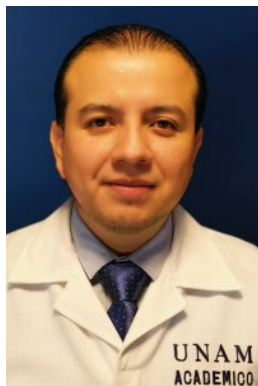
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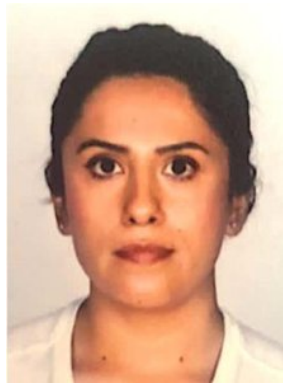
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Leslie Pamela Zúñiga Tijerina, MD
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Monday, October 10, 2022

I was amazed about the amount of information that I learned today. I was deeply moved by Dr. Fischer's presentation about delivering bad news, it is such an important topic for us as doctors and it was the first time that I had received a seminar about it. I truly felt that I will use those skills in my life as a doctor. I was also moved because the case that I presented is precisely about that topic, so I kind of felt that I was reliving what I went through and what I could have done differently. I told Dr. Bayless that it was the first time I had spoken about this case, and to receive such good feedback from the faculty brought me a lot of happiness.

Tuesday, October 11, 2022

Dr. Ragsdale's presentation about change management helped me a lot and inspired me to not give up. If we really want to make a change, we can make it happen. I told my friends at the seminar that I am learning three important aspects from the faculty: leadership and raising my voice to make a change from Dr. Ragsdale, treat your patients with respect and enjoy working with people, it will bring you joy, from Dr. Bayless, and the best treatment for a patient is a family's love, from Dr. Fischer. Those three main things will stay with me, and I will apply them to my daily life. I really feel that everything I am learning right now as a resident is perfect timing. Why? When you are a resident, you live in the hospital, you see things, you analyze what's good and what's not, so learning all this stuff right now will help me to become a better family doctor, because now I see beyond just a patient or a disease and see the patient as a person, I treat them with respect and always remember empathy.

Wednesday, October 12, 2022

I am sad because the seminar went too fast, I can't believe it's over. Then again, I am happy because of all the lessons that I learned from the members of the faculty, and I feel tremendously inspired by them. They are such good doctors, but also amazing people. Even though I only interacted with them for three days, they treated us as if we had known them for a long time and it felt comfortable. I wish we had more doctors like them in my country. I know there are gems among us in our country, but sometimes different circumstances don't allow them to shine. I believe that everything that I lived these past three days gave me the push to make a change, little by little. I really want to experience this again, to travel, learn, and meet new people, it was an amazing experience. I was surprised that I received an award for best case presentation, I felt deeply honored to receive this award by such an amazing team of doctors that acknowledged my effort. At the end of the day, Dr. Ragsdale shared some encouragement with me that gave me so much happiness and joy. He told me that he appreciated my bravery in sharing my experience when I presented my case. I told him that I was incredibly inspired by them, and what surprised me is that he told me that I inspired him. Wow! He told me that he is looking forward to seeing me in Salzburg and encouraged me to push hard to make it work so that I can go to Austria. I would love that. Lastly, this experience opened my eyes and assured me that I want to continue going to these seminars to keep learning and being inspired by such amazing people.



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Monday, October 10, 2022

I fortunately had an uneventful journey along the highway to the Tec de Monterrey campus. My colleagues and I were welcomed with a rich breakfast and introduced ourselves to the participants who were already present. The first lecture, Introduction to Geriatrics in the United States, opened the door and led us to why the family doctor must be clear, improve knowledge, and apply it, since the future is expected to have more geriatric adults worldwide, and Mexico is no exception. The second lecture addressed the importance of the prognosis and preference of the objectives in an individualized manner, since they are not cooking recipes. The third presentation focused on having a high value of healthcare, as prevention continues to be a cornerstone. The last topic was how to create a systematized environment to provide a conversation with difficult news or critical status of patients. After a delicious meal, I presented my case presentation. I felt a little nervous, however, it flowed well. I am pleased that we can organize our consultation so that we can have comprehensive care and be able to apply what we learned today. To avoid a daily commute, I stayed in a hotel, and therefore enjoyed dinner and a movie in the evening.

Tuesday, October 11, 2022

We started our day with breakfast alongside the faculty members. We then began the lectures, which focused on several themes, including cognitive tests that can and should be applied in primary care, prostate cancer being undoubtedly of vital importance and knowing how the United States performs actions that have shown good results when detected early, delirium and deprescription, as well as how identifying and carrying out actions can be systematized and will support us to have adults with a better quality of life. A workshop was held in which we practiced how to

give news to patients in a delicate or serious condition, which made it a challenge to think as a patient and as a healthcare provider. We ended with the cases of the second group, which included very interesting topics, even though some are not usually treated in primary care.

Wednesday, October 12, 2022

Our third and last day of the seminar included learning points such as evaluation and management of dementia, that the love of the family is the best treatment, evaluating the goals of the patient and the family itself will give the guideline of the best treatment, frailty goes beyond a simple relationship of age, preventing it is of vital importance to have healthy adults, and exercise is one of the best options even more than medications. Additionally, we learned that bone health is affected by osteoporosis and detecting it in time prevents immobility, so timely treatment must be one of the objectives. However, prevention should be resumed by improving quality of life and avoiding risk factors. We ended the day with a big celebration, including farewell speeches and receiving certificates. If I had to describe the last three days in a few words, I would say adventurous, enlightening, fun, and memorable. Thank you to the OMI for giving me the opportunity of a lifetime to be part of an amazing cohort!