

OAK LEAF

WAKE COUNTY MEDICAL SOCIETY

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FROM THE PRESIDENT

Hello everyone.

While I was planning to provide reflections in other areas for this edition, I must acknowledge the sense of loss at the passing of Dr. Assad Meymandi, a

psychiatrist and long-time contributor to the Wake County

Medical Society. While Dr. Meymandi made major contributions to medicine and the arts in Wake County, his endeavors didn't have geographic or topical bounds. I first remember meeting Dr. Meymandi in the mid-1990s at WakeMed Medicine Grand Rounds, where he was a reliable attendee until the last few years. While the focus of this series was geared to the general internist, his level of engagement and active participation were evident to speakers and attendees alike. His questions and comments always provided a different perspective. Sometimes, I wouldn't stumble on the actual meaning of his questions until hours after the session ended. Dr. Meymandi obviously enjoyed unraveling and understanding the intricacies of the science and art of medicine, and his enthusiasm for learning had an impact on all attendees, regardless of level of training and practice. The grand rounds forum also provided me with a way to get to know Dr. Meymandi over the years, and his warmth and collegial support were consistently part of any encounter. I feel fortunate to have had him as a friend. Dr. Meymandi's contributions as editor to the Wake County Physician and his on-line "musings" broadened our scope and caused us to reflect, and these will be part of his immense legacy to those practicing medicine. One of the last times I saw him



was at the December WCMS holiday party at the Governor's Mansion. As always, his commitment to the WCMS was evident. We will miss him.

Through the activities of the WCMS, we celebrate and revel in the professional relationships that enhance and sustain our careers and our lives. While we mourn the departures, we also celebrate the contributions, which include providing examples of ways to live out the WCMS motto: "to nurture the bonds between us."

Sincerely,

John E. R. Perry, III, MD, MS, FACP

FROM THE EDITOR

New endeavors usually come with a learning curve and *Oak Leaf* is no exception. Newsletters require recruiting contributors, gathering articles, images, writing, and somehow fitting them all into a template. Delays are inevitable as your editor learns the ropes and your patience is appreciated as he attempts to develop an efficient formatting process.

This issue includes WCMS President John Perry's message, news of WCMS meetings and activities, upcoming events, and activities of interest from our community.

Wake County physicians have a long tradition of leadership and volunteer service addressing many of our community's needs which deserve recognition. Innovations at our hospitals and clinics deserve attention as well.

If you would like to share news about your practice or announce the arrival of a new associate, please submit your information to me at trkunstling@aol.com.

Oak Leaf is the quarterly electronic newsletter of Wake County Medical Society

Editor: Ted R. Kunstling, MD, FCCP

WCMS GENERAL MEETING MARCH 19, 2024

Following a catered dinner, **Dr. John Perry**, President, welcomed members to the first general meeting of the WCMS held in the Headquarter Building of the NC Medical Society.

Dr. Perry reported that the medical residency program at WakeMed had successfully filled its fourth PGY1 cohort of five trainees in internal medicine. These included Salomey Antwi, Kenneth Azore, Apoorva Gupta, Kevin Lee, and Samuel Light, four of whom had local connections before medical school. Dr Perry also reported that three of the first PG3 cohort will be remaining in Wake County as they enter practice.

The guest speaker, **Michael Soboeiro** Associate Program Director for Ambulatory Medicine at WakeMed, presented on *The Intersection of History and Medicine*, discussing the final illnesses of Presidents George Washington, Franklin Roosevelt, and Dwight Eisenhower.

Washington enjoyed good health until suddenly afflicted by acute bacterial epiglottitis at age 67. His demise while under the care of three doctors was hastened by massive blood -letting (2.4 liters) while a possible life-saving tracheostomy recommended by the youngest of the attendings was vetoed by his seniors. Had Washington lived longer, he might have ameliorated development of scurrilous partisan politics in the 1800 election, a tradition which lives on to this day.

Roosevelt succumbed to the ravages of malignant hypertension resulting in severe deterioration of his health by the time he attended the Yalta Conference near the end of World War II. At the time the consequences of hypertension were poorly understood and there was no effective treatment. His failing health may have contributed to agreements which doomed eastern Europe to decades of communist rule and Russian domination following the war.

Eisenhower experienced an acute myocardial infarction while golfing in Denver and was hospitalized at Fitzsimmons Army Hospital. He walked into the hospital so as to

avoid projecting an image of weakness and treatment consisted of bedrest. An eminent cardiologist, Dr. Paul Dudley White, flew in from Boston but left after a day as he had no treatment to offer. At that time, there were no coronary care units, cardiac catheterization labs, coronary by-pass procedures, stenting, and other procedures familiar to us today while smoking was considered only a possible minor contribution to coronary disease. Eisenhower had seven more heart attacks and underwent colon surgery before he died several years later. His hospital room remains preserved in its 1950s configuration in the old Fitzsimmons Hospital building, now a part of the University of Colorado Health Sciences Center. It appears like a modest contemporary hotel room (except no big screen TV, of course). There are no monitors, IV stands or other accoutrements of a contemporary hospital room.

CME credit for this event was available by submitting a claim to AHEC within 24 hours. You must have an AHEC account. Which can be created at <https://www.wakeahec.org>. You will need your email address and password. Watch for directions and the appropriate link following future presentations.

Ted Kunstling MD

WCMS SPRING ACTIVITIES

In May, our **WCMS ANNUAL PICNIC** was held at the former country retreat of the late **Dr. Annie Louise Wilkerson**. She was an early pioneer for women in medicine, a giant in Wake County history. Determined to become a physician like her father, she practiced Ob-Gyn and delivered thousands of babies in Wake County. She served as the first medical staff president at Wake County Medical Center, contributing to its ultimate success.

Dr. Annie bequeathed her farm to the city, becoming the beautiful **Annie Louise Wilkerson Nature Preserve**. A park naturalist fascinated young and old describing how wild creatures such as beavers evolved features which enabled them to be

successful in their environment. After a BBQ luncheon, the energetic were able to walk off the calories on the nature trail hoping to spot beavers in the pond. **Dr Mary Susan Fulghum**, a niece of Dr Annie, entranced us with reminiscences of her happy childhood days on the farm and with Dr. Annie.

SUMMERFEST WITH STONE CANYON RANGERS



On June 8, a group from WCMS spent a delightful evening enjoying **SUMMERFEST** at **Cary's Koka Booth Amphitheater** next to the lake and surrounded by tall pines. As twilight clouds scooted across the sky, we enjoyed bluegrass music by the **Stone Canyon Rangers** and the **North Carolina Symphony**. This was the third summer that we have been able to enjoy together this wonderful cultural event in our community.

Thanks to **Drs. Sharon Foster** and **Bob Munt** along with **Shawn Scott, Frank Snyder**, and **Pam Highsmith** for their efforts arranging these events. WCMS members are encouraged to participate in and enjoy our future programs both to nurture friendships and to learn of the many wonderful resources available to us in our wonderful community. Bring your families. Ted Kunstling, MD, FCCP

WCMS BOOK CLUB NEWS

At the final spring meeting WCMS Book Club meeting on June 5, WCMS Book Club, Dr. David Gremillion led our discussion on *A Primer for Forgetting: Getting Past the Past* by Lewis Hyde.



This book is not about dementia, but rather a fascinating and very relevant treatise about how individuals, societies, and nations deal with painful and traumatic aspects of their past histories. Hyde offers a series of vignettes about how America has addressed harsh aspects of its own past and compares with other nations including Germany, Spain, Chile, South Africa, and Uganda which also have much to live down. How can we both remember and forget as we look toward the future? Spoiler: no one has found a perfect answer, but we are encouraged to focus on how we might heal our divisions.

Please consider participating in the WCMS Book Club. You would find that discussing literature with colleagues is enjoyable, builds friendships, and might even help rescue you from falling down the mind- and soul- rotting click-bait rabbit holes on your devices. Please submit your suggestions or questions to trkunstling@aol.com. All genres are fair game. Ted Kunstling, MD, FCCP

CALENDAR OF UPCOMING EVENTS:

August 20, 2024, 6:00 PM: General membership meeting

“Is Imposter Syndrome Really That Bad? Reframing Imposter Syndrome into ‘Competent Humility.’” Presented by Diana Mc Neill MD MACP, Professor of Medicine, Associate Dean AHEAD, Duke University Medical Center. (Dinner is served at 6:00 PM).

September 4, 2024, 6:30 PM: WCMS Book Club

Native Nations: A Millenium in North America by Kathleen Duval.

October 15, 2024: 6:00 PM; Annual Meeting & Elections

December 8,2024: WCMS Holiday Party (TBA)

Wake County Medical Society Executive Council

President (2024-2025) John E.R. Perry III MD, FACP

Vice President (2024-2025) Sharon Foster, MD, FAAP

Secretary-Treasurer (2024-2025) David Gremillion, MD, FACP

Past President (2024-2025) Ted R. Kunstling, MD, FCCP

Board at Large (2024-2025) Vinay Saranga MD; Karen Bash, MD, FACOG; Susheel Atree, MD, FACP; (2024) Robert Munt Jr., MD FAAP

NEWS FROM WAKEMED

It is an exciting time at WakeMed, which – like the rest of Wake County – is growing. WakeMed opened its doors in April of 1961 with a mission to serve all members of the community and, 63 years later, that remains the focus.

In January, the system's eighth full-service emergency department opened in Wendell. The first patient arrived seven minutes after the doors opened, and the facility has been busy ever since. New ambulatory surgery centers have been built in Cary and North Raleigh – which, along with existing ASCs in Raleigh and Holly Springs – offer convenient surgical options for patients and providers across the county.

In response to the growing health care needs of the community, WakeMed's three acute care hospitals have introduced many new services this past year. At Raleigh Campus, several new neurosciences treatments are available, including VNS Rehabilitation for stroke patients and deep brain stimulation for movement disorders, and the state-of-the art hybrid OR has expanded options for advanced cardiovascular procedures. The AFib Center, which opened last summer in the WakeMed Heart Center, has had an extremely successful first year – providing more timely access to care for individuals with this common condition. Cary Hospital recently added Code STEMI services and received gold level Geriatric ED Accreditation from The American College of Emergency Physicians. North Hospital has expanded inpatient med/surg capabilities, added TEE and cardioversion services, and will open a 9-bed ICU this July. As a system, work is underway to expand access to oncology services, leading-edge heart & vascular procedures, and life-saving stroke care – all close to home here in Wake County.

We all know what a focus mental health has been in recent years, and WakeMed is working diligently to expand access to these services for those who need them. The 28-bed WakeMed Mental Health & Well-Being Hospital – WakeBrook opened in May as Wake County's only non-profit mental health hospital. Located at 111 Sunnybrook Road, it accepts patients 18+ by provider referral only. WakeMed also received state approval to open a 150-bed Mental Health & Well-Being hospital in Garner, which will

be built adjacent to a 48-bed acute care hospital, both of which are slated to open in 2027.

True to our mission of serving all, WakeMed is developing a comprehensive health equity strategy and has many population health initiatives underway. The WakeMed Center for Community Health, led by Dr. Brian Klausner and located just down the street from WakeMed Raleigh Campus, serves the most vulnerable members of our community – providing not only medical care, but connections to community organizations and resources to help address social determinants of health needs and overcome other barriers.

These are just a few examples of new services and care enhancements available at WakeMed, where we are always working to remain on the forefront of innovation while expanding access to high-quality, value driven care. There is much more to come as we continue delivering on our mission to improve the health and well-being of our community.

Karen Bash, MD, FACOG
Chief Medical Officer, WakeMed North

Alliance Medical Ministry Teams Up with SiteBridge Research and Dexcom, Inc. to provide Access to Clinical Studies to Underrepresented Populations in Wake County.

Historically, studies to test therapeutic effectiveness have been accomplished on a homogenous section of our society with the presumption of identical outcomes across the spectrum of communities and subcultures. It is, now, imperative that underrepresented socioeconomic and ethnic groups be included to better assess effectiveness and safety across our diverse population.

In April 2022, the Food and Drug Administration issued guidance to “improve enrollment of participants from underrepresented racial and ethnic populations in clinical trials.” Benefits of this effort include early awareness and access to therapies with improved knowledge on the impact on multiple ethnicities and subcultures. Qualified participants may, also, directly benefit from the cutting-edge therapy before it is available to the public and at no cost.

Alliance Medical Ministry, a charitable clinic and an advocate for the uninsured since 2003, is partnering with SiteBridge, an integrated research organization, to bring valued clinical studies to the underrepresented community in Wake County. Alliance Medical Ministry is an ideal partner for a research organization to ensure equitable and ethical clinical trials as an integrated part of holistic health care to unique, diverse subset of the community. Dexcom, Inc has approved Alliance Medical Ministry as a site for study of its Continuous Glucose Monitoring system. AMM becomes the first charitable clinic, and one of the first in the country, to provide underserved populations access to participate in clinical studies. Future generations will benefit from reliable therapies with proven efficacy in diverse ethnic and socioeconomic populations, and thus advance the discovery necessary for improved health for all.

Dr. Edwin Burkett

Exploring Clinical Pastoral Education at Duke Raleigh Hospital

Rev. Amy Canosa, CPE Program Manager, Duke Raleigh Hospital

Nestled within the bustling halls of Duke Raleigh Hospital lies a profound educational journey known as the Clinical Pastoral Education (CPE) program. Here, theological students, ministers, and individuals hailing from diverse faith backgrounds embark on a transformative exploration of caregiving and spiritual support. Accredited by the Association for Clinical Pastoral Education (ACPE), this program offers Level I and

Level II CPE units designed to equip participants with practical skills and deep insights into the human condition.

Duke Raleigh Hospital's reputation for specialized care in Cancer, Heart, Neurology, and Orthopedics provides a unique backdrop for the CPE program. Amidst the intricacies of medical treatment, students focus on essential elements such as ministry practice, detailed reporting, pastoral supervision, and interdisciplinary learning. Each aspect is meticulously woven into the fabric of the program, nurturing a comprehensive understanding of the roles and responsibilities of a spiritual caregiver within a healthcare setting.

Central to the CPE experience are reflective exercises, including verbatims and case studies. These exercises serve as windows into the lived experiences of both caregivers and recipients of care. Through thoughtful analysis and dialogue, students not only refine their practical skills but also deepen their theological understanding and empathy.

Moreover, the program fosters a culture of collaboration and peer support. Supervisors and fellow students provide invaluable feedback and insights, enriching the learning process. Discussions transcend theological reflections to include perspectives from the behavioral sciences, offering a holistic approach to addressing the multifaceted needs of individuals in crisis.

Beyond the confines of individual interactions, Duke Raleigh's CPE program encourages students to consider broader societal and structural factors. By exploring the intersection of healthcare and social justice, participants gain a nuanced understanding of the systemic challenges that impact both patients and caregivers.

As students progress through the program, they emerge not only as caregivers but also as reflective practitioners. Armed with newfound skills and insights, they navigate the complexities of healthcare with humility and compassion. Each encounter becomes an opportunity for personal growth, enriching both their ministries and their own spiritual journeys.

For those interested in joining this enriching educational experience, Duke Raleigh Hospital offers several program options. Whether through the intensive Summer CPE Intern Unit or the immersive Extended Unit CPE Intern Unit, individuals have the opportunity to tailor their learning experience to suit their needs and aspirations.

To embark on this profound journey of learning and service, prospective participants are invited to reach out to Amy Canosa, the CPE Program Manager at amy.n.canosa@duke.edu Duke Raleigh's Clinical Pastoral Education program stands as a beacon of compassionate care and professional development, inviting seekers of depth and understanding to become part of its vibrant community.

Ed. Note: I have been honored to serve on the Duke Raleigh Hospital CPE Professional Advisory Group for 10 years. TRK

DR. PETER MORRIS TO RETIRE FROM URBAN MINISTRIES OF WAKE COUNTY

"After serving over 12 years with Urban Ministries of Wake County (UMWC), Executive Director Dr. Peter Morris announced his intention to step away later this year.

Urban Ministries of Wake County has 'reinvented' itself several times these past 12 years, adapting to meet the present and pressing needs of the community" said Dr. Morris. "It's time, once again, for Urban Ministries to 'reinvent' itself; this time, under the fresh vision of a new leader."

Dr. Morris' career has included over 40 years of pediatric practice, public health, and human services leadership with Wake County, where he was medical director and deputy human services director. Peter came to Urban Ministries in December 2012 and, applying principals of population and community health has guided increases in our outputs, outcomes and impact, removing barriers to care, enhancing human dignity and ensuring access to critical services—food, medicine, and shelter. For his work at UMWC, Dr. Morris won the Community Achievement Award from the Foundation for Health Leadership and Innovation and E. Harvey Estes, Jr., MD, Physician Community Service Award, among other awards.

"Urban Ministries continues to provide a safe haven for women in need of emergency shelter offering counseling and programs designed to help women achieve stable housing and workforce development.

We have also successfully extended valuable care to thousands of Wake County residents each year through our food program and medical clinic that provides healthcare. Peter's compassion and vision has built a legacy of hope and healing that will continue to inspire us as we embark on the next chapter of Urban Ministries,” shared Urban Ministries Board Chair Rob Chenoweth.

The Urban Ministries’ board of directors has engaged Armstrong McGuire, a consulting and recruitment firm that specializes in working with nonprofit and philanthropic organizations, to lead the search for its next executive director. Dr. Morris will remain at Urban Ministries until his successor has been identified.

The position has now been posted and applications are being accepted at <https://bit.ly/4bw0u8J>.

“Urban Ministries of Wake County has a long and distinguished history of addressing food insecurity, healthcare, and homelessness in our community. We are honored to partner with such a strong and meaningful organization to support the effort to identify their next executive director,” said Armstrong McGuire Senior Advisor Staci Barfield. “We actively seek a diverse candidate pool and encourage qualified individuals to submit an application.

About Urban Ministries of Wake County Urban Ministries of Wake County (UMWC) has been meeting basic needs for food, shelter, and medical care in our community for over 40 years.