

VAU.S. Department
of Veterans Affairs

In The HUB

eNewsletter

Advanced Fellowship in Women's Health

Summer is a season for change!

Yes, it is that time of year for us to start saying congratulations and good luck but never goodbye to those of you who are graduating from the AFWH program. We will be distributing OAA certificates of completion and a congratulatory letter from Dr Patty Hayes, VHA Chief Consultant, Women's Health Services to site program directors recognizing your accomplishments. We wish all the best for the future to June/July graduates Elizabeth



Karwowski, MD, EdM; Meghan Brennan, MD, MS; Andrew D Katz, PhD, MA, MS; Anna K Donovan, MD, MS; Holly N Thomas, MD, MS; Misa Perron-Burdick, MD, MAS. Do you recognize any of these smiling AFWH graduates on [page 3](#)?

Another year is rolling in for those continuing in the fellowship. We look forward to hearing about and featuring your achievements. Don't be shy; let us know about the great work you are doing whether in print or as a presentation.

Hello to our newest fellows! We are initially welcoming 8 new fellows in July with more to start as the year continues. We will be contacting new fellows personally and hoping to provide introductions in future eNewsletter issues.

Changes are afoot at our Milwaukee site where we are pleased to announce that Kathryn Havens, MD will now be directing the Women's Health fellowship based at the Zablocki VAMC. Dr Havens is the Medical Director of the VA Women's Clinic and has experience directing a women's health clinical fellowship program as well as serving as co-director of the Milwaukee AFWH site since its inception in 2012. We wish to recognize and thank Julie Mitchell, MD, MS for her time and service as the AFWH program director since 2012.

Orient yourself. . .

Are you new to VA? These links may be useful:

- # The Library Network Office has developed a [Women's Health Core Collection](#) of top books and journals that are available online to VHA staff.
- # Planning to attend a non-VA conference? You must register in ACES first. [Click here](#) for ACES information. [Click here](#) for Women's Health help.
- # Clinicians scheduled to see female patients may find the *Summary Chart of US Medical Eligibility Criteria for Contraceptive Use* available from the [CDC website](#) useful. Either print and laminate or consider downloading the app (iOS only).

Recently released. . .

- Featured in AM Rounds: AFWH fellow Kristin Berg, MD, et al. at the Madison site recently posted this comment: [The Changing Veteran Demographic: A Focus on Women Veterans](#).
- Journal of General Internal Medicine compiled a [supplement of 21 articles](#) of diverse topics related to women Veterans health and health care in July 2013.

July/August 2014

Issue 4

What's the Hubbub?

Click the links to see the next page for more information

Upcoming Events	Date
Women's Health Special	
Focus Topics	Available On Demand for
Cardiovascular Disease in Pregnancy	7/16/2014
Pain Management & Pregnancy on the MyVeHU Campus	10.00 am ET 1.00 pm ET
HSR&D Cyberseminars	
Spotlight on Women's Health The Relationship between Body Mass Index and Mental Health among Iraq and Afghanistan Veterans	Archive available for 7/17/2014
HSR&D Cyberseminars	
Spotlight on Women's Health Success and Failure in Family Research: Trial and Tribulations of Involving Veterans' Intimate Partners	Archive available for 7/21/2014
HSR&D Cyberseminars	
Spotlight on Women's Health Using Lessons from VA to Improve Primary Care for Women with Mental Health and Trauma Histories	Archive available for 7/22/2014

Odds and Ends: Ever wondered about the research projects conducted by VA across the nation? Click these links to see [different portfolios](#) of research such as those projects specifically in [Women's Health](#). You can also view the [Career Development Awards \(CDAs\)](#) and [Research Scientist Awards \(RSAs\)](#) for different researchers.



Contact us at the AFWH HUB via [email](#) or phone 1-608-280-7000 and ask for Anne Stahr or Becky Schroeder

FEATURED FELLOW



Name: Ebony Butler, PhD

Location: VA San Diego Healthcare System

Started Fellowship: September 2012

Specialty: Clinical/Counseling Psychology

Fellowship Focus and Research Interests: Clinical interests include military sexual trauma & interpersonal trauma and Dialectical Behavior Therapy. Research interests include PTSD, treatment outcomes for LGBT and women Veterans, sexual stereotyping in ethnic minority women.

Background: Research background includes a combination of program evaluation and exploring treatment outcomes for Veterans who have experienced interpersonal trauma. Highly interested in exploring the impact of sexual stereotypes on ethnic minority women, specifically Black women, with emphasis on risky sexual behavior. Aim for research platform is to develop intervention programs that target risky sexual behavior among ethnic minority women impacted by widespread sexual stereotypes. Career interests include working in advocacy and public policy in the area of women's healthcare.

Recent Publications and Presentations:

Allard C B, Butler E O, Gregory A W, Nunnink S E, & McCulloch R C (submitted). **Posttraumatic distress and treatment outcomes for men and women in an observational study of veterans seeking services in a VA military sexual trauma clinic.** *Journal of Abuse, Maltreatment, and Trauma.*

Butler E, & Jacquin K (2014). **Effect of criminal defendant's history of childhood sexual abuse and personality disorder diagnosis on juror decision-making.** *Personality and Mental Health.* doi: 10.1002/pmh.1260

Wells S Y, Williams K, Walter K, Moreno L, Butler E, Glassman L & Thorp S R (accepted). **Informed consent for providing services via clinical video.** In P. Tuerk & P. Shore (Eds), *Behavioral Telehealth Series: Clinical Video Conferencing: Program Development and Practice.* New York, NY: Springer International.

Friendly Fellowship Tips From Alum Anna Donovan, MD

1. Learn all of the resources available at the VA (and get to know the people who know all of these resources). For most patient issues, the VA has a person or service that can help to meet your patient's needs!
2. Get involved in national VA activities, like the mini-residency programs, where you can work with other VA faculty, become more comfortable teaching, and brush up on important clinical information.
3. Be proactive about moving your projects forward, whether they be clinical research or medical education projects. Mentors have much expertise to share with you, but also have many responsibilities. It's your responsibility to prioritize your projects and get things done in a timely fashion.

Have you heard. . . ?

...VA Women and Dementia campaign creates awareness among VHA providers, staff, women Veterans and caregivers about services and resources for women Veterans with dementia. More information is available on the [VA WHS SharePoint site](#).

...HSR&D Cyberseminar Spotlight on Women's Health archives are available for *The Relationship between Body Mass Index and Mental Health among Iraq and Afghanistan Veterans* from July 17 by S Maguen, PhD; *Success and Failure in Family Research: Trial and Tribulations of Involving Veterans' Intimate Partners* from July 21 by S Sayers, PhD; *Using Lessons from VA to Improve Primary Care for Women with Mental Health and Trauma Histories* from July 22 by B

Bean-Mayberry, MD, MHS; P Schnurr, PhD . For more information and the link to register [click here](#).

... Women's Health Monthly Training Conferences are presented live the 3rd Tuesday of every month at 12:00 pm and repeated at 3:00 pm (ET) . More information is available on the [VA WHS SharePoint site](#).



... WH Mini Residencies Update for August 12-14 dates. Waitlists available for providers. More information is available on the [VA WHS SharePoint site](#). Some of our AFWH fellows will be traveling to Orlando to facilitate and assist.

...Women's Health: Special Focus Topics are available On Demand in the MyVeHU Campus for July 16. Topics include *Management of Cardiovascular Disease During Pregnancy in Women Veterans* and *Pain Management for Women Who are Pregnant or Considering Pregnancy*. To view [click here](#) to log in to the MyVeHU campus then click the On Demand button.

...Making the Right Moves (2006) books are still available. Send an [email](#) and we will mail.

...In The HUB eNewsletter past issues and general information about the fellowship and sites will now be available on the [VA WHS SharePoint site](#).

...Please send [email](#) to us with links and information.

You're off to Great Places! Today is your day! Your mountain is waiting.

So . . . Get on your way!

~ Dr Seuss

FEATURED SITE: MILWAUKEE, WI

Official Name: Clement J. Zablocki VA Medical Center

Location: 5000 W National Ave, Milwaukee, WI 53295

Date Fellowship Site Established: 2012

Affiliations: Medical College of Wisconsin (MCW) and University of Wisconsin -Milwaukee School of Nursing

Current Fellows: Nora K Keenan, PhD; Akeira Johnson, MD

Incoming Fellow: Carol Goulet, PhD



Fellowship Site Focus or Goals: We started this program in 2012 to create an interprofessional team of fellows, providers and leaders focused on the health of women Veterans. We pride ourselves on our fellowship program which allows individual fellows to set their own course for career development amidst our dynamic and supportive women's health community. Tracks include research, education or clinical quality and program development.

Research Foci: sexual health, breast cancer, osteoporosis, health services research, community-based research and patient-doctor communication, and sexual trauma.

Fellowship Faculty (above): Kathryn Havens, MD (front left); Mary Hagle, PhD, RN, FAAN (back left); Colleen Heinkel, PhD, LP (absent); Jeffrey L Jackson, MD, MPH (back right); and Julie Mitchell, MD, MS (front right).

Director: Kathryn Havens, MD
Director, Women's Health Clinic
Zablocki VAMC
Associate Professor MCW



Current Projects and Activities at Zablocki VAMC Site

Research Projects: Treatment of Group A beta-strep in non-pregnant women with symptoms of vaginitis; quality and quantity of women's health information in lay periodicals; curricula and strategies for teaching trainees about clinical quality improvement; using the patient-centered medical home as a construct to precept in a primary care clinic; female sexual dysfunction; emotional regulation strategies to reduce overeating; health psychology at VAMCs. Frequent contributions to the monthly feature "Capsule Commentaries" in the *Journal of General Internal Medicine*.

Clinical Activities: Fellows may elect a full complement of women's health clinical activities including multidisciplinary comprehensive women's health (with medicine, gynecology, and mental health input), consultative women's health (with a focus on midlife, wellbeing, incontinence and sexual health), and subspecialty women's health (such as osteoporosis, breast, contraception, and women's mental health clinics). The Zablocki VAMC's Women's Resource Center provides cognitive processing therapy, cognitive behavioral therapy, and problem-solving therapy as well as wellness and resiliency groups and outpatient treatment for addiction.



Education and Training: Fellows have the opportunity to complete a Master's program in Public Health, Clinical and Translational Science, or Bioethics. Special seminars in teaching, educational administration and health statistics are available. Primary care fellows are enrolled in a faculty development program to learn teaching strategies, educational scholarship, and how to set individual goals and meet them for a robust career.

Photo (above): Mary Hagle, PhD RN FAAN (left) and Akeira Johnson, MD (right).

Publications and Presentations:

Lewis B L, Hartley S L, Keenan N K, Petersen-Lukenda L R, & Hess R. **Counseling Health Psychology Alive and Well in the VA Healthcare System.** To be presented at the American Psychological Association Annual Meeting, Washington, DC, August 2014.

Johnson A, Mitchell J, & Havens K. **Women's Health Information in Women's Magazines: Often Misinforming.** SGIM 2014 Annual Meeting. San Diego, CA, April 24, 2014.

Johnson A L, Keenan N K, & Mitchell J L. **Evaluation and treatment of female sexual dysfunction: A multidisciplinary approach.** Workshop presented at the annual meeting of the Midwest Society for General Internal Medicine, Chicago, IL, September 2013.

Sessums L, & Jackson JL. **In the Clinic: Care of returning military personnel.** *Ann Intern Med* 2013;159 (1):ITC1-1

June/July Graduates



Elizabeth Karwowski, MD, EdM
VA Boston Healthcare System
Boston, MA



Meghan Brennan, MD, MS
Wm. S. Middleton Memorial
Veterans Hospital
Madison, WI



Andrew D Katz, PhD, MA, MS
Wm. S. Middleton Memorial
Veterans Hospital
Madison, WI



Anna K Donovan, MD, MS
VA Pittsburgh Healthcare System
Pittsburgh, PA



Holly N Thomas, MD, MS
VA Pittsburgh Healthcare System
Pittsburgh, PA



Misa Perron-Burdick, MD, MAS
VA San Francisco
Medical Center
San Francisco, CA

Welcome to the ranks of
our VA AFWH alumni!