



# PULASKI COUNTY MEDICAL SOCIETY News

April 2022

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## 2022 BOARD OF DIRECTORS

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Pulaski County Medical Society  
500 S. University Ave., Suite 311  
Little Rock, AR 72205  
Phone: 501.663.1450  
Fax: 501.663.1737  
Email: [derek@pulaskicms.org](mailto:derek@pulaskicms.org)  
Website: [www.pulaskicms.org](http://www.pulaskicms.org)

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When you think professional, ethical, quality healthcare,  
think physicians of Pulaski County Medical Society.

## College of Medicine Match Day Ceremony Applauds 158 Seniors Fanning Out Across the Country to Improve the World

By Linda Satter, UAMS Communications Specialist

On March 21, 2022 the UAMS College of Medicine’s Match Day ceremony Friday marked a return to normalcy for seniors who have spent the last two years of medical school largely avoiding crowds, and each other, to comply with pandemic-driven social distancing requirements.

In a switch back to the live ceremonies of earlier years, albeit with masks to comply with UAMS policy, most of the Class of 2022 gathered Friday morning in the partial open-air pavilion at Heifer International headquarters in Little Rock. At precisely 11 a.m., they and other seniors across the country simultaneously learned through emails which residency program they “matched” to, and where they will spend the next three to seven years of their medical education.

That was also when 15 of the seniors who chose to participate virtually announced their matches to the group from remote locations, and then those gathered in person were called forward in groups of 10 to accept sealed envelopes containing their matches. They walked across the stage one at a time, ripping open the envelopes, briefly removing their masks and announcing their matches to thunderous applause.



Sara Tariq, M.D., associate dean for student affairs in the College of Medicine, addresses seniors from the stage.

Photo by Evan Lewis.

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## College of Medicine Match Day Ceremony Applauds 158 Seniors...

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Some had skipped looking at the email beforehand, so they learned where they were going at the same time as their classmates did.

Each UAMS senior could invite up to four people to attend in person. In addition to the live audience, others watched the event as it was livestreamed through the college website.

In 2020 and 2021, pandemic restrictions forced college seniors to make their announcements from private homes, many while surrounded by friends, family, pets – and lots of balloons and banners — as faculty members emceed from a UAMS auditorium.

Seniors learned throughout this week if they had “matched” with one of their choices, but didn’t know which program they matched with until Match Day. Of the 143 UAMS students who participated in the match, 14 didn’t match initially. Throughout the week, though, 13 of those so-called transitional students found a position through the Supplemental Offer and Acceptance (SOAP) program, and one obtained a research position. They can then try to match with a residency program again next year.

In addition to those who matched through the NRMP, 14 received residencies through early matches and one received a research position, for a total of 158 seniors who will become doctors of medicine upon their graduation in May.



*Margaret May-Martin learns that she matched with a psychiatry residency at UAMS.*

Photo by Evan Lewis.

“We are so delighted, after all you’ve been working through, that we’re able to celebrate here today,” College of Medicine Dean Susan Smyth, M.D., Ph.D., told the class from the stage. On behalf of the college faculty, she said, “I wish each and every one of you all of the very best as you continue to move through the next phases of your career.”

The 143 UAMS seniors who matched through the NRMP competed alongside 47,675 applicants nationwide for 36,277 residency positions. Nationwide, 34,075 matched and 8,474 failed to match.

Sara Tariq, M.D., associate dean for student affairs, told the crowd that 76 seniors in the UAMS Class of 2022 will remain in Arkansas for their residencies, while 81 will go off to 34 different states to complete their residencies.

Tariq said that 48% of the UAMS seniors received residencies in a primary care specialty – internal medicine, pediatrics, Med-Peds, family medicine and OB/GYN.

## Upcoming Dates to Remember

- April 20, 2022:** Administrative Professionals Day
- April 22, 2022:** Earth Day
- April 28, 2022:** National Take your Daughters and Sons to Work Day
- April 29, 2022:** Arbor Day
- May 5, 2022:** Cinco De Mayo
- May 8, 2022:** Mother’s Day
- May 30, 2022:** Memorial Day

## Study Puts More Than 50 UAMS Faculty Among Top 2% of Influential Researchers

A [study](#) by Stanford University lists over 50 current and retired UAMS faculty among the top 2% of most influential researchers. The study is based on an analysis of Scopus, the largest database of peer-reviewed research literature.

To determine the most influential researchers, the study authors used a combination of citation metrics to rate a researcher's influence in their subfield over the course of their career, through 2019 – the most recently available data. Citation metrics included the h-index, a measure of a researcher's productivity and impact; and hm-index, which accounts for the researcher's co-authorships. The metrics were used to establish a composite indicator, or score.

The publicly available database ranks the top 100,000 researchers (out of nearly 7 million who had published

at least five papers) across 22 scientific fields and 176 subfields, according to the composite citation index when self-citations were or were not included. The database also includes researchers not in the top 100,000, according to the composite index, but who were still within the top 2% of scientists in their subfield and had published at least five papers.

Shuk Mei Ho, Ph.D., UAMS vice chancellor for Research and Innovation, said the lengthy list of faculty is a testament to the institution's high priority for research.

"UAMS is very attractive to high-caliber investigators like we see on this list," said Ho, who made the list. "Our strong and supportive research environment is what allows investigators to achieve this kind of distinction and excellence."

## UAMS College of Medicine Receives \$100,000 to Establish Scholarship in Retired Cardiologist's Name

The University of Arkansas for Medical Sciences has received a \$100,000 gift from Rosanne Murphy of Hot Springs to establish an endowed scholarship in the UAMS College of Medicine.

Murphy's late husband, Marvin L. Murphy, M.D., was a cardiologist at UAMS for 33 years, from 1963 until his retirement in 1996. He was a professor emeritus thereafter and died on Feb. 17, 2002, at age 71.

In 1991, Murphy received the College of Medicine's Distinguished Faculty Award, which was established in 1973 to honor exemplary faculty members who helped shape the institution.

"Scholarships are a powerful tool for attracting the most promising students to UAMS and producing the very best doctors for Arkansas," said Susan Smyth, M.D., Ph.D., executive vice chancellor and



dean of the College of Medicine. "We are grateful to Mrs. Murphy and her family for investing in our mission through a gift that reflects the late Dr. Marvin L. Murphy's passion for medical education."

"Marv felt very strongly that UAMS should educate outstanding doctors — exceedingly well-trained and caring. He and I always sought to impart two things to our children — roots and wings," said Rosanne Murphy. "With this scholarship, in honoring him, our family seeks to help physicians establish strong roots at UAMS and to move forward to serve, honor and care for patients and their families."

Murphy received his Doctor of Medicine from the University of Kansas School of Medicine in Kansas City, Kansas, in 1956, and later completed a residency there

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## Arkansas Heart Hospital Recognized on Becker's List of 'Best hospitals for patient experience in the South'

### Little Rock facility receives a five-star rating

Arkansas Heart Hospital announced today that its Little Rock facility was included in the list of ['Best hospitals for patient experience in the South'](#) published by *Becker's Hospital Review*. With 54 hospitals on the list, Arkansas Heart Hospital was one of only three in the state to be included.

"We are honored to receive this distinction and to be included among some of the region's leading hospital systems," said Dr. Bruce Murphy, CEO of Arkansas Heart Hospital. "To receive this endorsement is a testament to the work of every member of our team - from physicians and nurses to our environmental services department and more. We are all committed to providing the highest level of care and service to our patients, their families and visitors."

*Becker's* compiled the list based on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores from the Centers for Medicare and Medicaid Services (CMS). HCAHPS is a national, standardized survey of hospital patients' experiences during a recent inpatient hospital stay. All of the hospitals included received a five-star patient rating. The figures represent data released on Jan. 26, based on data from July 1, 2020, to March 31, 2021.

*Becker's Hospital Review*, one of the leading healthcare publications in the U.S., previously included Arkansas Heart Hospital in its lists of ['Top-rated hospitals for patient experience,'](#) published in January 2022, and ['The nation's top 22 patient-recommended hospitals,'](#) published in February 2020.

## UAMS College of Medicine Receives \$100,000 to Establish Scholarship...

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following an internship at Indianapolis General Hospital in Indiana. He was in private practice in Siloam Springs for two years before moving to Little Rock and completing a residency at UAMS, then known as the University of Arkansas School of Medicine, before joining the faculty.

He started as an instructor and by 1974, had become a professor of medicine. From 1977 through 1980, he

was the director of the College of Medicine Division of Cardiology. He served as director of the college's Cardiology Training Program from 1977 through 1982. He also served as president of the Arkansas chapter of the American Heart Association from 1982 to 1984. He helped train more than 100 specialists in the field of cardiology.

## UAMS Named Top Performer in Healthcare Equality Index

The University of Arkansas for Medical Sciences (UAMS) was named a 2022 Top Performer in the Human Rights Campaign's Healthcare Equality Index.

The survey is used to evaluate health care facilities and measure their support for the needs of LGBTQ+ patients and employees. UAMS, which was named a Top Performer in 2020 as well, currently holds a rating of 95 out of 100 in the index. That score indicates that UAMS goes beyond the basics in its policies and practices in LGBTQ+ care.

Five criteria are measured to determine how inclusive a health care facility is: nondiscrimination and staff training; patient services and support; employee benefits and policies; patient and community engagement; and responsible citizenship.

Brian Gittens, Ed.D, MPA, vice chancellor of the UAMS Division for Diversity, Equity and Inclusion, said his employees work hard to ensure all Arkansans receive quality care, regardless of a patient's gender identity or sexual orientation.

"UAMS is committed to creating an environment that exemplifies diversity — in our classrooms, in our

workforce and in our clinical spaces," Gittens said. "We believe that diversity goes hand-in-hand with health equity and by committing to diversity we can help reduce health disparities in Arkansas."

The UAMS LGBTQ+ Subcommittee advocates for equitable health care services for students, employees and patients. It promotes a welcoming campus climate by increasing inclusion, awareness and education for the LGBTQ+ community. The group has worked to add pronoun placards to nametags and advocated for unisex bathrooms across the campus.

The campus is also home to a Gender Clinic, which provides surgical and hormonal treatment to transgender and gender-nonconforming patients. Additionally, the UAMS 12th Street Health and Wellness Clinic hosts Rainbow Night monthly to provide safe, free, nonjudgmental care for LGBTQ+ patients.

"Our recognition speaks to the quality of care we provide at UAMS," Gittens said. "We always strive to do our best and will continue to push for equality and inclusivity."

## UAMS Study Finds Cancer Treatment Creates Employment Difficulties for Some Rural Women

Rural women are likely to face significant challenges finding secure and reliable employment following cancer treatment if they did not already have a secure job at the time of their diagnosis, according to a new study led by University of Arkansas for Medical Sciences (UAMS) researchers.

The study, which was published in the [Journal of Cancer Survivorship](#), analyzed facilitators and barriers to employment for rural women who survived cancer and how benefits such as paid time off and a supportive work environment can help those women retain employment during and after treatment.

According to the National Cancer Institute (NCI), there are an estimated 17 million cancer survivors in the United States. Studies show that nearly half of the cancer survivors in the country are working age (between 20-64) at the time of their diagnosis.

"Employment offers important benefits, from financial stability to improved mental health, but many cancer

survivors struggle to return to work or to work full-time after cancer treatment," said Emily Hallgren, Ph.D., with the UAMS Office of Community Health and Research. "Given the important benefits of work for individuals, families and society, it's important to understand what keeps cancer survivors from working after cancer treatment as well as what helps them succeed in the workforce."

Researchers interviewed women cancer survivors living in rural areas to determine benefits and challenges related to post-treatment employment.

Data showed that securely-employed participants who had full-time jobs with employment benefits such as paid time off and health insurance were more likely to retain their jobs through treatment. They also reported other informal benefits, such as flexible schedules, the ability to work from home and close relationships with co-workers and supervisors formed by a long period of employment.

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## Baptist Health Rehabilitation Institute First in Arkansas to Implement REAL<sup>®</sup> Immersive System for Physical Therapy

Baptist Health Rehabilitation Institute recently became the first in Arkansas to implement the REAL<sup>®</sup> Immersive System virtual reality system for physical therapy.

The REAL<sup>®</sup> Immersive System uses virtual reality and is designed to engage and motivate patients to complete their course of rehabilitation. The immersive, full presence REAL<sup>®</sup> System transports patients to a fun, virtual environment with therapeutic activities, empowering them on their rehabilitation journey.

“Impairments affecting the upper body require extensive rehabilitation programs to help patients regain functionality,” said Julie Nix, president of Baptist Health Rehabilitation Institute. “To motivate patients and encourage compliance to these programs, therapists frequently look for ways to make the exercises more engaging. The REAL<sup>®</sup> Immersive System is capable of helping patients better stay on track with their therapy.”

Virtual reality can be used to improve range of motion, enhance cognitive skills and induce neuroplasticity, or the brain’s ability to reorganize itself by forming new neural connections.

The REAL<sup>®</sup> Immersive System offers customizable sessions and objective progress tracking. It transports rehabilitation patients to a fully immersive, virtual world with an expanding library of REAL Activities and adjustable



settings to support the individual needs of high-acuity to high-functioning patients. These activities promote:

- Upper body
- Core and balance
- Cognition
- Functional tasks, Activities of Daily Living (ADL) training
- Distraction
- Low-stimulation environments

Cleared by the Food and Drug Administration, the REAL<sup>®</sup> Immersive System is for adult patients to use under the supervision of a medical professional. The wireless system includes a virtual reality headset, a set of six sensors and a tablet that allows the clinician to administer and monitor the therapy session. The system can be customized for each patient’s upper body rehabilitation needs and has multiple activities and difficulty settings, so patients are engaged and challenged as they work toward their therapeutic goals. The REAL<sup>®</sup> System is versatile, meaning it can be used at the patient’s bedside, in a rehabilitation gym or in a mobile location.

In this virtual environment, patients view their body as a virtual image, or avatar, engaged in activities that would not be feasible in the actual world. It mirrors every movement a patient makes in real time, which helps the brain accept the avatar as the patient’s own body. Virtual reality software also often employs popular video game elements such as variability, rewards, and progress tracking to maximize patient enjoyment and engagement.



## UAMS Hires Andy Davis as Vice Chancellor of Institutional Relations

The University of Arkansas for Medical Sciences (UAMS) has hired former Arkansas Rep. Andy Davis as its new vice chancellor of institutional relations. He will start on or around May 1.

Davis is a native Arkansan who spent eight years in the Arkansas General Assembly representing portions of Pulaski and Saline counties. During that time, he served on numerous key committees, including the Joint Budget, Education, House Rules and State Agencies & Governmental Affairs. He was appointed by Gov. Asa Hutchinson to the Highway Funding Workgroup and the Government Transformation Advisory Board.

"I am thrilled that Andy is joining us at UAMS," said Cam Patterson, M.D., MBA, UAMS chancellor and CEO of UAMS Health. "His knowledge of state government and his years of service in the state legislature paired with his commitment to improving the health of Arkansans make him the perfect candidate for this role."

Davis joins UAMS from Periscope Holdings, where he serves as general manager of ARBuy, the new

eProcurement system for the state of Arkansas. Prior to that, he led New Water Systems, a company he founded in 2003.

He earned bachelor's and master's degrees in civil engineering from the University of Arkansas. Davis is a graduate of the Arkansas state Chamber Leadership program, a Delta Leadership Institute Fellow, an Arkansas Business 40 Under 40 honoree, an Arkansas Business 250 Influential Leaders honoree and a 2020 inductee to the Arkansas Academy of Civil Engineers. He serves on the American Council of Engineering Companies Arkansas Board as well as the Dean's Advisory Council in the University of Arkansas College of Engineering.

Davis is married to Haley Davis, and they have three children.

He succeeds Maurice Rigsby, J.D., who left UAMS in January.



*Andy Davis*

## UAMS Study Finds Cancer Treatment Creates Employment Difficulties...

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Participants with insecure employment histories – such as part-time or temporary work, often without employment benefits – faced significantly more challenges returning full-time to the workforce. While some had paid sick time, they reported that it generally wasn't adequate enough for their treatment and recovery needs, and that other stressful job requirements made working through treatment more challenging. Other barriers to employment during and following cancer treatment included compromised immune systems, long-term treatment effects, limited job opportunities in rural areas, and stigma and discrimination.

"Some of our participants worked as babysitters or in schools, and their immune systems were at risk during and even after treatment," Hallgren said. "Without employment protections or accommodations, they had to leave their jobs. Others said they felt discriminated against in future job interviews, like their cancer diagnosis was seen as a burden or a liability."

Currently, the United States has two policies to protect employment for people diagnosed with disabling illnesses such as cancer: the Americans with Disabilities Act (ADA) and the Family Medical Leave Act (FMLA). However, those policies do not apply to temporary or informal workers or many small businesses, which may have a greater impact on rural survivors.

"Our findings highlight the need for robust supports for employees who are facing a serious illness, especially paid medical leave for all workers," Hallgren said. "And if someone does lose or leave their job during cancer treatment, they should be connected with job placement services if they want to return to work."

As advancements in cancer detection and treatment lead to greater chances of recovery, the NCI estimates that there will be more than 22 million cancer survivors in the country by 2030. More than two-thirds of cancer survivors now live five years or longer after diagnosis. For more information, visit [cancer.gov](https://www.cancer.gov).