INSPIRED

Department of Dermatology
INSPIRED RESEARCH

Researching Value in Healthcare
BY LAUREN COOK, M.D.

Two of the four missions of Penn State Hershey Dermatology are research and patient care. A great example of the intersection of these missions is the research on value in healthcare being conducted in the department. The research team, led by Joslyn Kirby, M.D., has studied health care utilization patterns of patients with hidradenitis suppurativa.

Hidradenitis suppurativa is an inflammatory skin condition consisting of painful nodules in the armpits, abdomen, and groin and leaves patients with scarring. The condition can usually be treated in the outpatient setting. However, patients may seek care at the emergency department and are sometimes admitted to the hospital.

Value is defined as the quality of health outcomes for the cost of the care. The research team found that patients with hidradenitis suppurativa receive their care in high-cost settings such as the emergency room or hospital as an inpatient more frequently than patients with severe psoriasis. Another issue is that hidradenitis suppurativa is often a misunderstood condition by non-dermatology providers. This may lead to misdiagnosis and improper management.

Since hidradenitis suppurativa is a chronic condition, it is important to have follow-up in the outpatient setting. Managing patients in the outpatient setting is more cost effective than only treating painful flares in the inpatient setting.

Outcomes comprise the health of the patient as well as patient satisfaction. Managing hidradenitis suppurativa in the outpatient clinic allows for a short visit so the patient’s life is not interrupted by an extended inpatient stay. Patient satisfaction is increased when an unnecessary inpatient stay is avoided.

By studying value, we can recognize opportunities for improvement. Education of patients and non-dermatology providers about the condition is one such area for improvement.

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The importance of value in healthcare is being instilled in the next generation of providers. An incoming dermatology resident starting in July 2016, Amrit Khalsa, M.D., also participated in the research. In the future, we may apply this type of research to other dermatologic conditions. Value based research helps drive our efforts to provide the highest quality patient care while minimizing healthcare costs.

INSPIRED COMMUNITY HEALTH

Supplying Hershey with Sun Protection and Sun Smarts
BY SEAN MCGUIRE, M.D.

For nearly 25 years, the Department of Dermatology has organized an annual free skin cancer screening for the local community. The program has been immensely popular, with over 4,000 individuals screened since 2000. But our commitment to Hershey and its demens extends beyond our clinic walls. In the past few years, we have installed sunscreen dispensers at both Hershey Park and our campus community garden, and constructed shade structures in the community garden, Hershey, and Palmyra. Furthermore, the department has embarked on an initiative to equip the grounds crews of the Hershey country club and Hershey medical center with the knowledge, as well as the hats, umbrellas and sunscreen, needed to reduce their risk of skin cancer. Spearheaded by Drs. Ioffreda and Miller, this program gets the word on sun protection out to those who need it the most.

For those who work outside all day, appropriately reapplying sunscreen throughout the day can be impractical and burdensome. Fortunately, sun protective clothing has improved dramatically in the past decade. Not only is it more stylish, but new fabrication techniques have made these items more breathable and comfortable to wear. They are an excellent addition to any beach trip, weekend soccer tournament, or family reunion! These items are available from a number of online retailers, such as Coolibar.com, but are also available for pick-up at the Dermatology clinic in Hershey.

Our Cover

Joseph Gascho, MD, is a Cardiologist and artist at our Medical Center. His photographs of people displayed throughout our hospital hallways remind all of us to treat each other with respect and dignity.

A special thanks to Dr. Gascho for taking the portrait of Julie Breneiser, one of our inspiring patients, whose portrait graces the cover of our Annual Report.

Learn about Julie Breneiser’s story by reading the article on page 6.

Dr. Miller discusses the importance of sun protection with the grounds crew at Penn State Hershey. Note the sun protective gear!
INSPIRED PATIENT CARE

Penn State Hershey Dermatology Embodies a Culture of Safety

BY CAITLIN PAULY, M.D.

Here at Penn State Hershey Dermatology, we are committed to reporting patient safety events. What does that mean? It means that in order to prevent catastrophes and medical mistakes, every employee is empowered to report patient safety events. We are all health care professionals—every member of the dermatology team—from our front staff to our schedulers—take responsibility for making the dermatology offices a safe haven for our patients.

Let me share two stories with you that embody a culture of safety.

1. Andrea Zappacosta, one of our fantastic front staff (and first line) team members, took it upon herself one rainy afternoon to wipe down and dry the front of the clinic floors when she noticed that floors were heading in the direction of becoming dangerously slippery. We know she saved at least a few broken hips that afternoon. Thank you, Andrea, for making our clinic a safe place to visit and work!

2. This second story was a real eye opener for the clinicians in the dermatology clinic. David Baird, MD, a recent graduate of the residency program, discovered a very important detail when prescribing medications electronically, which we so commonly do these days. He reported, as a patient safety event, that if you electronically send in an incorrect prescription, you cannot simply cancel it electronically through the electronic medical record. In order to truly cancel it, the physician has to call the pharmacy. Making this patient safety event known has undoubtedly saved several future medication mistakes.

Our chairman, Jeff Miller, MD, has continued to promote a supportive, nurturing, and non-punitive atmosphere in the dermatology department where everyone owns safety and reports it. This attitude has led to a culture of safety.

INSPIRED COMMUNITY HEALTH

Dermatology Across the Globe

BY NIKKI WARNER, M.D.

The American Academy of Dermatology sponsors the Resident International Grant that provides an amazing opportunity to travel to Botswana and practice dermatology in resource limited environments. Dermatology residents from across the country are encouraged to apply for this grant, and Penn State Hershey gives their residents a couple weeks of elective time to put toward outside experiences such as this. Although traveling to Africa initially may seem intimidating, the invaluable experience of practicing medicine there and the incredible patients and colleagues that you work with make it an unforgettable trip.

I was lucky enough to participate in this program which allows for a 4 to 6 week rotation in Gaborone, Botswana working primarily in an outpatient Dermatology clinic seeing about 25 to 30 patients each morning followed by seeing hospital patients in the afternoon. Once a week, I would travel to an outreach clinic scattered across the country to see patients who were unable to travel to the capital for care. The spectrum of disease was broad, including common skin problems like acne and eczema to very rare deep fungal infections and HIV related dermatoses. As a resident, I learned so much from the patients I saw and the limited resources there challenged us to be creative in the care of our patients.

Learning about the culture in Botswana and becoming a part of the community for a short time was a unique and fantastic experience. The friendly people and laid back culture made adjusting to life in Africa easier than expected. It is extremely difficult to put into words how practicing medicine, meeting amazing patients and other local physicians, and gaining numerous friends has affected me. I am so thankful to have had this opportunity and encourage anyone who has a similar opportunity in global health to jump at the chance to participate!
INSPIRED GIVING

Our Endowments Support Our Missions

The Donald P. Lookingbill Endowment enabled us to host two lectures in 2015:
May 7, 2015 – Kelly Cordoro, M.D., Associate Professor of Dermatology and Pediatrics, Assistant Chief, Division of Pediatric Dermatology, University of California, San Francisco, presented: “Rocky Reciprocal Relationships: Metabolic and Psychosocial Comorbidities of Pediatric Psoriasis.”

June 4, 2015 – John D’Giovanna, M.D., currently in the Dermatology Branch of the National Cancer Institute, NIH. Dr. D’Giovanna, presented: “Skin, Hair, Brain and More: Disorders of DNA Repair.”

The Alan Schragger Endowment enabled us to host two lectures in 2015:
April 2, 2015 – Lloyd S. Miller, M.D., Ph.D., Associate Professor of Dermatology, Infectious Diseases and Orthopaedic Surgery, Johns Hopkins University School of Medicine, presented: “Recent Insights Into Immunity Against Staphylococcus Aureus Skin Infections.”

November 6, 2015 – Warren Pette, M.D., Chair, Division of Dermatology, Stroger Hospital of Cook County, Professor of Dermatology, Rush University, presented: “Misconceptions Clouding the Diagnosis of Purpura Syndromes”

The James and Joyce Marks Endowment
This endowment supports the research efforts of our faculty. Over the past year, funds have supported the development of our ReVAMP (Research in Value-Added Principles and Methods) research team led by Joslyn Kirby, MD. Vinny Seiverling, MD, received funding to advance our understanding on the role of thanakha in acne. Thanakha, a powder from the bark of Naringi crenulata trees, is used by the Burmese people for over 2000 years.

The Mark Hassel Education Endowment Lecture enabled us to host one lecture in 2015:
This was given on October 2, 2015 by Suzanne Obrecht, M.D., Chair, Department of Dermatology, Liley Hospital and Medical Center, Associate Professor of Dermatology, Harvard Medical School, presented: “Lentigo Maligna: Considerations in 2015.”

The Professor in Dermatology Endowment
This endowment supports Diane Thiboutot, MD. She is internationally recognized for her research in acne. She is currently focusing her research efforts on developing improved ways to assess acne in international clinical trials for new medications to treat this common disease.

Research Endowment
This endowment support the laboratory of Amanda Nelson, PhD. She is gaining national prominence for her research on skin cancer, acne, and hidradenitis suppurativa.

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Our most important asset – our patients!
Our other most important asset – our team of healthcare professionals!
Our publications get national and international attention.
Our research studies are funded by diverse sources including the National Institute of Health. Our faculty and residents are invited to give national and international presentations.
Our community service provides sun protection against skin cancer.
HIGHLIGHTS of the YEAR
One of our Patients Making a Difference

BY MUITHI MWANTHI, MD, PhD

This past November, Julie Breneiser, one of Dr. Elizabeth Billingsley’s patients, was elected President of the Board of Trustees of the Basal Cell Carcinoma Nevus Syndrome (BCCNS) Life Support Network, a non-profit organization striving to help individuals and caregivers with BCCNS. This excerpt is taken from an interview with this remarkable person making a difference internationally in the lives of patients suffering from BCCNS.

Gorlin syndrome or Basal Cell Nevus Syndrome (BCNS) is an orphan disease that predisposes patients to develop skin cancers at a young age. Patched 1 (Figure 1) is the gene-product inactivated both in this syndrome as well as in many basal cell carcinomas. Vismodegib (Erivedge) and Sonidegib (Odomzo) are the only FDA-approved treatment for metastatic basal cell carcinoma have many side effects; therefore, medications regulating these pathways are an active area of research.

What does this syndrome mean to you?

This is a genetic syndrome that can be acquired spontaneously or dominantly-inherited through families. Patients are highly prone to develop skin cancers. BCNS can manifest itself in a variety of ways in every organ system. “I learned of my diagnosis when I had three jaw cysts removed, and had my first skin cancer at 12 (years of age). I did not fully feel the impact until as a young adult I realized that I would never be cancer-free.” Julie went through many procedures and even a clinical trial to treat her skin cancers. Sometimes this was challenging and frustrating but she notes, “I am lucky to have this type of cancer … I do not let it rule my life.”

How important is sun protection to you?

“Like brushing teeth, every day I have learned to put on my sunscreen.”

What has your role been in the BCCNS life support network?

“I have been part of the network for eight to ten years. I consider myself part of this unique genetic family.” The BCCNS life network provides education, and support for 1200 families with BCNS worldwide. “We (the Network) consider ourselves a knowledge hub for patients and caregivers for this rare disease and its management. There is a scarcity of fragmented information that we try to make collectively available to patients, care givers, and their medical practitioners who may have never seen a patient with BCNS.”

As a Network member as well as a member of the Board of Trustees, Julie is particularly drawn to promoting education by speaking at national meetings, as well as supporting and reviewing new and ongoing research into the treatment of this disease.

Julie wants to share a new and exciting phase II clinical trial that is actively recruiting patients with BCNS to test the efficacy of Itraconazole. She says, “It is exciting that a medication used to treat fungal infections with relatively few side effects might be effective in treating patient with BCNS.”

What motivates you in your service for BCCNS life support network?

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Julie is truly an inspiration.

www.gorlinsyndrome.org

https://clinicaltrials.gov/show/NCT02354261

INSPIRED PATIENT CARE

Figure: An illustration of targeted therapy in the aberrant pathway overactive in patients with BCNS.

Lam, C. etal, Derm Surg, 2013

Julie’s family (L to R): Jeffrey, Avery, Julie, and Dawn Breneiser
By Tom Meskey, M.D.

As the face of healthcare in the United States evolves, physicians at Penn State Hershey Medical Center continue to develop innovative and exciting methods to meet patient needs. One of the more recent advances has been the adoption and implementation of teledermatology as a way to deliver exceptional patient care. Teledermatology is the utilization of telecommunication and information technologies to provide healthcare from a distance. It is instrumental in improving access to medical care through eliminating distance barriers and allowing access to otherwise scarce or unavailable resources in rural or underserved communities.

Teledermatology is particularly useful for dermatology, which relies heavily upon visual input for diagnostic and therapeutic decisions. Programs developed for desktop/laptop computers and smartphones allow physicians to take digital photographs in the office and securely transmit the image(s) along with the patient’s pertinent medical history to a receiving dermatologist in a remote location. The dermatologist may respond (usually later that same day) with a tentative diagnosis, suggest a therapeutic regimen, or recommend further studies to determine the best subsequent course of action. This “store and forward” method allows both physician and dermatologist to be available simultaneously for real-time interaction.

Penn State Dermatology has been an early adopter of this cutting-edge technology. As issues such as lengthy wait times and imbalanced geographic distribution of physicians continue to plague the field, leaders at Penn State have recognized the valuable opportunity teledermatology affords the surrounding community.

Owing to the high frequency of dermatologic complaints during primary care physician visits, which are reported to arise in 25-33% of all patient encounters, teledermatology represents a prime resource for optimizing the delivery of patient-centered healthcare. To this effect, Jeffrey Miller, M.D., M.B.A. and Bryan Anderson, M.D. have spearheaded a partnership with Physician Alliance Ltd. (PAL), a large multispecialty physician coalition headquartered in Lancaster County, Pennsylvania. Over the past several months, they have worked with pediatricians and primary care physicians at PAL to help provide dermatologic care to patients of all ages who may have otherwise been unable to obtain dermatologic care. This program allows for efficient triaging so that patients requiring an in-person dermatology consultation may have their diagnosis arranged, and those for whom a diagnosis is able to be established remotely may begin appropriate treatment promptly.

The use of teledermatology has expanded to include our state’s capital as well. For many years the Penn State Hershey Medical Center has provided medical care for the homeless and underprivileged through the Bethesda Mission in Harrisburg. The Department of Dermatology staffs monthly clinics where attending physicians, residents, and medical students volunteer their time and expertise. Joslyn Kirby, M.D. recognized the powerful impact teledermatology could have on the Bethesda Mission, as many residents of the Mission have minimal access to medical care and may only reside there for days to weeks at a time. Through a partnership with the American Academy of Dermatology’s web-based teledermatology service, AccessDerm, Drs. Meskey Warner and Kirby established a free teledermatology service to supplement the once-monthly Dermatology clinics. This program, which launched earlier this year, allows both nurses and non-dermatology physicians to utilize AccessDerm in order to initiate a referral or consultation to ensure that residents of Bethesda Mission have access to dermatologic care on a daily basis.

Through its initiatives to establish these teledermatology platforms, Penn State remains poised on the cutting edge of innovation in medicine. As the technology is even further refined and more widely adopted, Penn State Dermatology aims to continue expanding its role as the regional leader in dermatologic care.

To learn more about teledermatology, please visit the AAD’s website at https://www.aad.org/practice/tools/running-a-practice/teledermatology

Patients, Pixels, and Providers: Practicing Teledermatology in the 21st Century

INSPIRED INNOVATION

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Proceeds Benefit Community Health And Research Initiatives.

PennState Health
Milton S. Hershey Medical Center
INSPIRED FACULTY

Welcome New Faculty!

By Allison Paine, M.D.

Penn State Dermatology is very happy to welcome two new faculty back to Penn State, both of whom are graduates of the Penn State Dermatology residency program. Dr. Charlene Lam recently completed a procedural fellowship in Mohs Surgery and Dermatologic Oncology at Cleveland Clinic and is now trained in Mohs surgery, cosmetics, and lasers. Dr. Galen Foulke completed his residency here at Penn State. He brings a special expertise in autoimmune disease and has pioneered a collaborative Rheumatology-Dermatology clinic which opened in fall of 2015. I was able to catch up with them recently and ask them a few questions, which they answered graciously.

From Dr. Lam:

What made you decide to stay on as faculty as Penn State?

Undoubtedly the people.

How has the transition from resident/fellow to faculty been for you?

I think it has gone well! Maybe some patrons still think that there will be someone following me but I take it as a compliment and use it as an opportunity to discuss sunscreen use!

What is the best thing about being on faculty here?

Being able to work with the amazing Mohs surgeons, Dr. Liz Billingsley, Dr. Christie Travelute, who are truly pioneers of the field and Dr. Todd Cartee who is so talented. They are extremely humble and generous with their knowledge and experience. I learn something every day from one of them, things you cannot find in books. I think you realize how fast residency and fellowship goes and that there is still so much to learn and see. They have paved my way and cushioned my falls. I cannot feel more fortunate or grateful to be at Penn State.

What do you envision for the future of Penn State’s program?

It is evident that Liz and Christie have devoted their careers to making our Mohs division unparalleled- they have a tremendous reputation among their patients and colleagues. So most of time, I just hope that I am not disappointing and am achieving the standards they have set. I am very excited about our new micrographic surgery and surgical oncology fellowship that Todd has worked so tirelessly on and sometimes wish I was applying for fellowship now! I truly believe there are few programs in the country that will offer the diversity of experience. In the Mohs college, they talk about the different lineages the surgeons descend from and their practice patterns. In our fellowship, each of the surgeons come from different lineage and that is so rare and unique.

What is your best memory as a resident here?

I think Jim’s (Dr. Marks) rewiring party holds a special place in my memory. It was a wonderful party and tribute to Jim. Galen’s screenplay and videography/editing skills truly deserve an Oscar (thank goodness for his pale complexion) As faculty, I have enjoyed scenarios when I get to operate or read slides with Liz, Christie and Todd. It is so fun to see the different ways the surgeons do things.

From Dr. Foulke:

What made you decide to stay on as faculty as Penn State?

There are so many reasons! Obviously the great culture among faculty and residents is tops. I love coming to work everyday because I get to work with and learn from the best of the best. The commitment our department has to education and academic development can’t be matched, and I am so excited to be a part of both. Plus, Jeff (Dr. Miller) has been so supportive in my efforts to develop a Rheumatology-Dermatology clinic, and I don’t think I could find that support many other places.

How has the transition from resident/fellow to faculty been for you?

The only challenge I thought would have been precepting residents that were recently my peers, but turned out to be not so bad. The faculty has been very accepting of me, and I’ve never felt like I am treated as “junior faculty” even though I am that exactly.

What would you like to change/improve/build upon during your time as faculty here?

I’m really working to improve the Rheum-Derm clinic in a number of ways: increasing patient population, increasing participation in research data collection, and developing ways to get residents involved. I am looking for feedback from residents about how I can better help them in dermatology education.

What is the best thing about being on faculty here?

Sharing an office with the inimitable Dr. Lam. Also, I really enjoy working with and teaching the residents.

What do you envision for the future of Penn State’s program?

Hoverboards for physicians, and self-lacing shoes (branded with healthy skin made in the shade).

Who/What made the biggest impact on you during your training here?

It would probably be easier to ask Jeff which is his favorite child. Dr. Miller has 5 children.

Q: What is your best memory as a resident here? What is your

Probably Charlene and Christie’s Christmas party my first year. Great group of residents, outstanding hostesses. We have always had special groups of residents, and that night just

A big thank you and warm welcome to Drs. Lam and Foulke! We are so fortunate to have you here at Penn State Dermatology and look forward to all your wonderful contributions to the program.
Access

By Joanne Smucker, M.D.

Access Hollywood, Access Insurance Company, Access transportation, all have a common thread. Whether it is pop culture news, a commodity, or a service, all these companies provide an opportunity to obtain what is desired. At Penn State Dermatology, we too value providing the opportunity for patients to have access to dermatologic care. There is constant movement towards increasing access to dermatology for those in Central PA. Penn State Dermatology is an innovative leader in working towards improved access.

Advance Care Practitioners

One of the major underlying problems with long wait times in Dermatology involves an imbalance between supply and demand. There are not enough dermatologists to meet the demand for dermatology services. In July 2015 the Department hired its first Nurse Practitioner, Nicole Boyer, to increase providers and appointment times for patients looking for dermatologic care. Nicole worked for two and a half years in the Department of Neurology before joining the Dermatology Department.

Nathan Oxenford, a Nurse Practitioner who has worked in outpatient pediatrics since September 2013, now also sees pediatric dermatology patients with Dr. Zaenglein eight hours a week.

Increasing Faculty

The Department has grown from two faculty members in the 1980s to 21 faculty members in 2015. Drs. Galen Foulke and Charlene Lam, both recent graduates of Penn State's dermatology residency program, began as faculty in September and have increased access for both Mohs and cosmetic surgery and medical dermatology, notably, complicated Rheumatology/Dermatology cases such as lupus erythematosus. Future positions and practice sites are being planned.

Allison Golden, a Nurse Practitioner, recently joined our team. She worked with transplant patients in the hospital.

Increased residency positions

The Department is also responding to the shortage of dermatologists by expanding the number of dermatology residents trained each year. Last year the decision was made and approved to increase residency spots in July 2017 residency classes will increase from three to four residents per year.

Teledermatology

As highlighted by the teledermatology article, Penn State Dermatology is leading the way in Central PA to provide electronic dermatology consultations that come from practitioners in the Lancaster area. Drs. Nikki Warner and Tom Meskey also helped to create teledermatology for the Bethesda Mission and the underserved population in Harrisburg.

Acute appointments

In 2007 an article was published in the Journal of the American Academy of Dermatology that highlighted the new model of the Hershey Dermatology Acute Care Access Clinic. This model allows up to 90 patients to be scheduled with acute/urgent growths or rashes in a weekly half-day clinic. This acute access clinic continues to successfully provide acute problem-focused care with high patient satisfaction on Thursday afternoons.

Penn State Dermatology is inspired to continue innovative ways of providing access to care for patients with skin disease. We hope that adding more care providers, working more efficiently/effectively via teledermatology and the acute access clinic narrows the gap between supply and demand.

From Bench to Bedside – How Basic Science Discovery Improves Patient Care

By Brittany Barros, M.D.

Research makes the Penn State Dermatology Department on the cutting edge of discovery. The medical field is constantly evolving, and our department is no exception. Amanda Nelson, PhD, is a key member of our department involved in bench-to-bedside research. Bench-to-bedside refers to the information learned in a lab that is applied to caring for patients in the clinic. Nelson is an Assistant Professor at the Penn State College of Medicine. She received her undergraduate degree from Purdue University and her Ph.D. from Penn State College of Medicine. She has completed two post-doctoral degrees, from Penn State Hershey and Johns Hopkins.

Amanda Nelson, Ph. D., at her ‘bench’ studying a biopsy of skin from a HS patient.

Nelson investigates new medications and physiology as they relate to numerous diseases treated by dermatologists, from acne, to rosacea, to the microbiome (our ecosystem of organisms that live on our skin), to hidradenitis suppurativa. Hidradenitis suppurativa, commonly referred to as HS, is a chronic condition that causes recurrent sores (or ‘boils’) in the armpits, groin, and under the breasts in young people. Although many researchers have found that being overweight, smoking, and occluding these sites will make the condition worse, we still don't fully understand why and how it happens in the first place.

Nelson is at the forefront of this research. She is currently working on a project with Dr. Bill Danby (Dartmouth) to understand how stem cells around the hair follicle may play a part in HS. With the discovery ongoing in Nelson's lab, dermatologists may be able to treat HS with a brand new understanding.
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