According to an article presented in the Oct. 30, 2018 online edition of *Gut*, a recent study has found an increased risk for obesity associated with gut microbiota modifications with the use of prescription antibiotics and acid-suppressing medications in early childhood.

A retrospective cohort study incorporating 333,353 children was performed by Christopher Stark, MD from William Beaumont Army Medical Center in El Paso, TX and colleagues to examine the relationship between obesity and the use of antibiotics, histamine-2 receptor antagonist (H2RA) and proton pump inhibitor (PPI) medications in the first two years of life.

Within this study, 72.4, 11.8 and 3.3 percent of children were prescribed an antibiotic, an H2RA, and a PPI respectively. A hazard ratio of 1.26 relayed a strong association between antibiotic use and obesity. Furthermore, this correlation persisted independent of the class of antibiotic used and was intensified with each additional class of antibiotic prescribed. With H2RA and PPI prescriptions, correlations with obesity were increased with each 30-day supply prescribed.

The authors write: “Although there is mounting evidence of unanticipated consequences associated with antibiotic and antacid medication use, providers should practice appropriate stewardship as the first-line response to these findings.”

– Mia Hyde, MPAS, PA-C

Read the article in *Gut* at [https://gut.bmj.com/content/68/1/62](https://gut.bmj.com/content/68/1/62)
practice improvement activities may be eligible for higher payments under the law. H.R. 1605, the Physician Assistant Education Public Health Initiatives Act of 2017, introduced by Rep. Karen Bass (D-CA), includes a provision in the 2018 Quality Payment Program final rule published by the Centers for Medicare and Medicaid Services allowing practices that serve as preceptors for PA students to be eligible for practice improvement activity under MIPS. By providing a new incentive for practices to serve as clinical training sites as a component of a comprehensive approach, PAEA believes significant progress can be achieved in alleviating the crisis.

For additional information, please contact advocacy@PAEAonline.org.

Preceptor Spotlight

(Left to right) Meredith Kummer, PA-S, and Sandy Henry, PA-C

Sandy Henry, PA-C has been precepting UNMC PA students for 15 years. She gained her undergraduate degree in Biological Sciences from the University of Nebraska at Lincoln and then her PA Studies degree from the UNMC PA program in 1991. She began her PA career in Albion, NE in November of 1991 in rural family medicine. Since that time, her practice has grown from two MDs and two PAs to seven MDs and six PAs.

What does a typical day look like for a PA student on rotation with you?

Students begin the day with inpatient hospital rounds if necessary. I encourage them to follow patients throughout their hospital stay to understand that continuity of rural medicine. After inpatient rounds, we then do outpatient clinic. In this setting, students perform patient assessments and then present the case to the preceptor. We allow them to begin the differential diagnosis and then discuss what they feel is a good plan. We then both go into the room together. I re-examine the patient and then we make a final plan.

At this time, I travel to two satellite clinics in Spalding, NE and Newman Grove, NE. I have been staffing these clinics one day a week for over 25 years. Students attend these sites with me, and we spend other days of the week at our main clinic and hospital in Albion. We have days when we are also on ER call and/or attend an acute care clinic. They get a “taste” of each setting. Students are usually finished by 5:30-6:00pm. They then have the option to “take call” with any of the providers here after hours.

What expectations do you have for PA students on rotation with you?

I expect the students to come ready to learn via hands-on experiences. We have so many great providers here and all have skills to teach the students. We have a great student-friendly staff and they readily offer to show my students any cases or conditions of interest. Students will be here Monday-Friday for clinic, and I request that they take at least one night of call weekly and one weekend monthly. Again, they are welcome to do more if they desire.

Why precept?

I believe it is a responsibility of current medical providers to help educate and train the future providers. Most of the students that have been here with me as their preceptor will probably tell you that I really value a common sense approach to diagnosis and treatment. I want them to think through the cases like puzzles that they need to figure out. By simply teaching them to really listen to their patients, they can usually formulate a great idea on solving the puzzle. You don’t always have to order an excessive amount of diagnostic tests to know what is going on. Many times they look beyond the common sense approach, and I want to teach them to be a diagnostician with their brains first.

Precepting is also a great way to stay involved with young and eager PA students. I find that I benefit from them in many ways, also. By teaching, we sometimes both learn things, and we can also learn by talking through cases together. In medicine, if practicing for any length of time, it is easy to burn out. I feel that by having their zest for this calling around us “seasoned” providers, we can remember why we are doing what we are doing. I have met some of the most wonderful people by being a preceptor. I have been to many weddings and have been able to see them move through life, becoming parents and wonderful caring providers to others in life and work.

What advice do you have for others considering precepting students?

I would advise anyone to at least consider precepting one time annually. It may take more time on the front side of things with the patient, but the students are able to help with the documentation. I also feel that this generation is very easy to teach the EMRs to, as they have grown up with computers. I have learned many things from them on that end too. It is very rewarding to see how well they transition into great medical providers. Even if you think you have nothing to teach, step out of your comfort zone and at least give it a try. I think most would be surprised at all they can get back from these great young adults!

See Spotlight pg 3
Who Can Be a Preceptor?
If you are a licensed health care provider and have an interest in educating students in your medical practice, please contact the Clinical Education Team for the University of Nebraska Medical Center Physician Assistant Program at mia.hyde@unmc.edu or call 308-865-1128.

unmc.edu/alliedhealth/education/pa

Preceptor Perks

Did you know...?

- You can log precepting hours as Category 1 or Category 2 CME Credits
- PA Preceptors may receive 0.5 hours of AAPA approved Category 1 CME for every 2 weeks of clinical teaching, with a maximum of 10 Category 1 CME hours per year
- For Nurse Practitioners and Physicians: All rotations are eligible for a preceptor certificate stating the number of hours of service as a clinical preceptor. You may use this certificate to claim credits per your certifying organization

Contact Carey Wheelhouse at carey.wheelhouse@unmc.edu for further details on how to receive your documentation of hours provided.

Preceptor Tips and Tricks

Set expectations with students in the following areas:

1. Daily routine: office hours, call schedule, rounding, activities beyond patient care
2. Office policies: responsibility and time with patients, written or dictated chart notes
3. Values: patient and staff interactions
4. Preceptor/student interactions: how to present patients, when feedback will be given, precepting style
5. Problems: absentee policy, emergency contacts
6. Rotation objectives: based on opportunities available at practice

Adapted from:
The Southern New Hampshire AHEC and Dartmouth-Hitchcock Medical Center faculty development program Setting Expectations: An Educational Monograph For Community-Based Teachers

Spotlight continued from pg 2
Student comment about rotation-(Meredith Kummer, PA-S, 1/7-3/31/19)
What would you tell other students about Boone County Health Center and Sandy Henry as a preceptor?

BCHC has been such a great place for so many reasons. First, it’s an exceptional environment for learning. You are encouraged to see patients independently, practice new skills, and work with a team. The PAs are viewed as equals and they have a full scope of practice here. As a student, we spend most of our time in the outpatient clinic, but we also work in the ER, on the floor, in the nursing home, and occasionally in the OR. Additionally, the entire staff at BCHC is so welcoming, from the providers and nurses, to the maintenance and cleaning staff. Finally, the housing provided by the hospital is very nice, clean, and right next to the hospital, allowing for just a minute walking commute each morning. Sandy is an incredible preceptor. She has been a PA for many years, so her experience is a wealth of knowledge. Asking questions is always well received. She immediately made me comfortable, both in clinic and in the community. She cares for her students much more than the average preceptor and I’m lucky to have her as my family medicine preceptor for three months!
Congratulations to the Class of 2018! And thank you to our valuable preceptors who make it all possible!

Student News

Did you know...?

• The Class of 2018 completed 741 rotations, with 26% in rural settings
• This class logged a total of 98,054 patient encounters
• During the 2017-2018 clinical year, preceptors provided over 116,640 hours of instruction to this class of PA students
• UNMC PA Program graduates have attained a 100% PANCE pass rate for the last 5 years

Where are they now?

One of the principal goals of the UNMC PA Program is to meet evolving health care workforce needs

Our 6 month post-graduation data for the Class of 2017 shows

• 21% of those students practicing in primary care
• 19% in surgery
• 14% in other specialties
• 21% in internal medicine
• 12% in orthopedics
• 12% in emergency medicine
• 67% of UNMC PA 2017 graduates practice in Nebraska

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