

# NEWSLETTER



## CME 2014: Occupational and Environmental Factors in Infectious Disease and Updates in Occupational Health on March 6-8, 2014

The Division of Occupational and Environmental Medicine has set the dates and core programming for its upcoming Continuing Medical Education (CME) course. This educational event will take place in San Francisco over two and a half days beginning Thursday morning **March 6, 2014** and ending midday Saturday **March 8, 2014**. As in recent courses, the venue will be at the Holiday Inn Fisherman's Wharf which, in addition to excellent meeting facilities, has proven to be attractively situated for out-of-town and local attendees alike.

The 2014 Occupational and Environmental Medicine CME course will include a thematic focus on its first day: **Occupational and Environmental Factors in Infectious Disease**. The second day and last half day will provide a multi-topic **Updates in Occupational and Environmental Health**.

The topics that will be covered in Occupational and Environmental Factors in Infectious Disease include:

- Travel medicine and occupationally-acquired infectious disease, including a prophylaxis and vaccination update
- The historical context of occupation and infection: how the past can inform the present
- Sexually transmitted disease as an occupational/vocational problem
- Zoonotic infections in the age of industrialized agriculture and international jet travel
- Global warming: environmental implications for infectious disease
- Pneumonia and pneumonitis linked to workplace factors: infectious disease vs. inhalation fever and other syndromes that can mimic infectious disease
- Occupational factors in coronavirus, Hanta virus, avian influenza and other emerging pathogens
- Mycobacteria in work-related and environmental illness - from stone cutters to health care workers to hot tub enthusiasts
- Panel Discussion: Managing infectious disease in occupational and environmental medicine, from medical surveillance to outbreak control

The afternoon before the course begins we anticipate the opportunity for an optional visit to the UCSF animal care facility.

The Updates in Occupational and Environmental Health will include expert presentations on a wide range of topics, including:

- Long established and more recently recognized occupational and environmental causes of human malignancy of the thorax
- Ergonomics in a rapidly changing work environment
- Metal toxicity: novel routes of exposure and classic disease manifestations-lead, mercury and cobalt
- The expanding agenda for workplace wellness
- Military service-related injury and illness: veterans' health and occupational medicine
- Occupational factors in peripheral vascular disease
- High altitude exposure - a vocational and an occupational risk factor

We anticipate CME credit with standard certification as well as additional special certification for maintenance of certification in Occupational and Environmental medicine as well as continuing education hours applicable to QME certification.

Our most recent course on Occupational and Environmental Factors in Neurological Disease, along with our Occupational and Environmental Medicine Update, which took place October 31- November 2 this past fall was an outstanding success. The neurological disease special emphasis day was supported with grant funding from the National Institute for Occupational Safety and Health, the Society for Toxicology, and the International Commission on Occupational Health. There were more than 100 attendees including physicians, nurses, industrial hygienists, toxicologists, and public health specialists.

**For more details on conference registration, please link to OEM 2014 on the UCSF CME website:**

<http://www.ucsfeme.com/2014/MDM14No1/info.html>

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## UCSF Occupational & Environmental Medicine Clinic

The UCSF Occupational and Environmental Medicine Clinic has been the faculty practice of the Division of Occupational and Environmental Medicine for over 25 years. It provides specialty consultation for patients with illnesses, exposures, or health concerns related to their workplace, their community or their home environment. Depending on the case, the evaluation includes a review of the prior clinical records and investigations, a review of the scientific literature, and further clinical assessment within the UCSF Medical Center. Referrals are accepted from physicians, other licensed medical practitioners, attorneys, and selected self-referrals from individuals.

Our team of experts includes Board Certified occupational and environmental physicians and also provides an interdisciplinary framework drawing on medical toxicology, occupational health nursing, industrial hygiene and, for selected environmental cases, pediatrics. The multi-specialty team has expertise in a large number of occupational and environmental areas which are of a concern to referring physicians and the general public. These include the following: medical toxicology for acute and chronic poisoning; heavy metal exposures to lead, mercury and other metals; chromium and cobalt exposure from metal-on-metal joint replacements; chemical exposures with symptoms associated with pesticides, solvents, or other chemicals; occupational or environmental respiratory diseases; complex musculoskeletal conditions and entrapment neuropathies (for examples, related to ergonomic factors); indoor air quality exposures; reproductive toxicants; drinking water contamination; and pediatric environmental health issues. We also provide services to groups of workers who need biologic monitoring, other medical surveillance, or respirator fit testing. Site visits to directly evaluate job processes and possible workplace hazards also can be performed.

In addition to service to patients, the UCSF Occupational and Environmental Medicine clinic is one of the premiere teaching sites in the United States. The clinic provides training to medical residents and students, occupational medicine residents, nurse practitioners, and industrial hygienists in the investigation, diagnosis, and treatment of occupational and environmental illnesses and injuries.

The clinic is conveniently located within the UCSF Mount Zion campus just north of Geary and west of Divisadero at 2330 Post Street, Suite 460. The clinic can be reached by telephone at 415-885-7580 to make a referral appointment.

For more information, please link to:

<http://www.occupationalhealthprogram.ucsf.edu/index.asp>

## Report from the SFGH OEM Division

**Dr. John Balmes**, chief of the Division of Occupational and Environmental Medicine (OEM) at SFGH, was recently awarded the Robert M. Zweig, MD, Memorial Award by the South Coast Air Quality Management District (AQMD) at their annual Clean Air Award ceremony held in Los Angeles in October 2012. Dr. Balmes, who also serves as the medical member of the California Air Resources Board, won the award for his deep commitment to improving public health by reducing air pollution.

Dr. Balmes is director of the Human Exposure Laboratory (HEL) of the Lung Biology Center. He is currently involved in a three year, three center Human Effects Institute (HEI) study with **Dr. Mehrdad Arjomandi** and **Hofer Wong**, Specialist. The purpose of this study (Multicenter Ozone Study Of Elderly Subjects (MOSES) is to find out how inhaled ozone will affect heart and blood vessel function of healthy older exercising individuals. Understanding the effects of ozone on heart function, circulation and the airways can help set a safer air pollution standard for ozone and find ways to protect older people who may be at greatest risk.

Balmes is also professor of Environmental Health Sciences at UC Berkeley where he directs the Center for Occupational and Environmental Health (COEH). At the center, he collaborates in epidemiological studies of chronic effects of air pollutants, including the effects of ozone on individuals with asthma, and the impacts of inhaled particulate matter on the respiratory system.

**Dr. David Rempel**, also of the SFGH Division and director of the Ergonomics Graduate Training Program at UC Berkeley, is lead author of the paper published in the October 2012 issue of the *Journal of the American Dental Association*, "The effect of periodontal curette handle weight and diameter on arm pain: a four month randomized control trial." The study on which the paper is based is the first randomized control trial to show that decreasing the weight and increasing the diameter of dental tools used by dentists and hygienists may be a cost-effective way to reduce or prevent arm and shoulder pain.

In addition to his research Dr. Rempel has been active on the regulatory front. He is advising Cal/OSHA on the new Hospital Patient and Health Care Worker Injury Protection Act, AB 1136 that became effective January 1, 2012. In addition to assisting with the development of the regulation and policies for compliance, his ergonomics staff will train Cal/OSHA officers responsible for confirming that patient handling programs meet state legislative requirements.

Report from the SFGH OEM Division (cont.)

**Dr. Dennis Shusterman**, Clinical Professor of Medicine at the SFGH OEM Division, has recently completed a research project entitled “Second-hand Smoke and Sinusitis: the effect of Sidestream Smoke on Sinus Ostial Patency.” He also completed a project, “Case-Based Teaching in Occupational and Environmental Medicine and Nursing,” with Barbara Burgel, RN, PhD, from the Occupational and Environmental Health Nursing Program in the School of Nursing at UCSF. The goal of this project was to adapt new and existing case-based teaching materials into an interactive format for student in OEM and occupational health nursing.

**Suzanne Schick, PhD**, Clinical Researcher in the SFGH OEM Division, conducts her research in the Second Hand Smoke (SHS) facility at SFGH. This unique facility offers exposure to aged sidestream cigarette smoke for human subject research. In her lab she is studying the effects of “thirdhand” smoke (which refers to smoke residues) on health with the goal of devising scientifically defensible policies to prevent these exposures. She is also investigating the mechanism of endothelia dysfunction caused by exposure to secondhand cigarette smoke.

**Patty Quinlan, MPH, CIH**, Industrial Hygienist and Academic Coordinator with the SFGH Division and Deputy Director of the Center for Occupational and Environmental Health (COEH) at UCB, was appointed by Governor Jerry Brown to the California Occupational Safety and Health Standards Board in February 2013. This seven member Board is the standards setting agency within the Cal/OSHA program and their mission is to promote, adopt and maintain occupational safety and health standards for California workplaces.

#### Moving On:

In May of 2012, **Dr. Gina Solomon**, former Director of the UCSF Occupational and Environmental Medicine Residency Program and Clinical Professor of Medicine, was appointed deputy secretary for science and health at the California Environmental Protection Agency.

Learn more about the program on our website:  
<http://coeh.berkeley.edu/ucsfoem/residency.html>



## Occupational and Environmental Residency at UCSF

Our 2-year Occupational Environmental Medicine Residency is an accredited program toward American Board of Occupational and Environmental Medicine primary board certification. The residency includes master’s degree-level training in public health at the UC Berkeley School of Public Health for those without such previous training. It is designed to prepare physicians for occupational and environmental medicine practice and leadership roles including in clinical, academic, governmental agencies non-governmental organizations (NGOs), consulting, or corporate settings.

The OEM Residency is an integrated 2-year program in which trainees progressively take on greater responsibility. This includes an MPH or MS degree from the UC Berkeley School of Public Health for those without such previous training. All residents participate in a weekly clinic and other regular UCSF educational activities throughout their training period. Didactic training within the residency program addresses occupational and environmental epidemiology, public policy, environmental health sciences, health behavior, health education, biostatistics, ergonomics, industrial hygiene, and toxicology.

Beyond graduate level didactic training, the residency combines clinical experience, research, and public health training in: clinical settings; local, state, federal or international health practice settings. This also includes experiential opportunities governmental agencies; NGOs; and various academic, consulting and industry settings. Trainees participate in patient care activities in university and community-based clinics for occupational or environmental injuries and illnesses, infectious disease prevention services (including our needlestick hotline), toxicology consultations, and placement and surveillance examinations of workers. The training also includes site visits to various workplace and community settings to evaluate occupational and environmental health risks.

The rotations and site visits are supplemented by weekly clinical case conferences, biweekly occupational and environmental medicine grand rounds, research seminars, and journal clubs. Trainees also typically complete a structured research project investigating a topic of interest to them in environmental or occupational medicine. Research opportunities in occupational and environmental lung injury, ergonomics/cumulative trauma injury, injury epidemiology, heavy metal toxicity, and environmental health are available.

Application information can be found at:

<http://oem.ucsf.edu/education/residency/apply.html>

## SF Veterans Administration Medical Center (SFVAMC): Occupational & Environmental Medicine

The SFVAMC Occupational and Environmental Clinic functions as a Compensation and Pension Clinic, Environmental Medicine Clinic and as an Occupational Health clinic.

The Compensation and Pension clinic conducts Compensation and Pension disability examinations for a broad veteran population from the current/recent war (Operation New Dawn/Operation Iraqi Freedom/Operation Enduring Freedom) going back to World War II. Disability compensation is a benefit paid to a veteran because of injuries or diseases that happened while on active duty, or were made worse by active military service. The veterans undergo evaluations for various medical conditions (including cardiac, respiratory, traumatic brain injury [TBI] and post-traumatic stress disorder [PTSD]) either for an initial service connection or for an increase in the service connected medical conditions. The veterans are also evaluated for impaired employability due to service or non-service connected medical conditions and for aid and attendant care due to service or non-service connected medical conditions.

The Environmental Medicine clinic offers the following Registry Health Examinations: Agent Orange Registry Health Examinations, Gulf War Registry Health Examinations, Ionizing Radiation Registry Health Examinations, Depleted Uranium follow-up program, and Toxic Embedded Fragment Registry Health Examinations. These comprehensive Registry Health examinations include an exposure history, medical history, physical exam, and any tests if needed. These examinations alert veterans to possible long-term health problems that may be related to the environmental exposures that occurred during their military service.

The registry data helps the VA understand and respond to these health problems more effectively. Also, this clinic evaluates and provides care to veterans with various service and non-service related physical and chemical exposures.

The Occupational Medicine clinic delivers care to the VA workers and VA contractors for work-related injury or illnesses. As part of the infection control unit, the clinic attends to institutional outbreak of various infections, to health care workers exposed to blood borne pathogens, and conducts annual TB surveillance. This clinic also conducts pre-placement physical examinations, annual police physical examinations, Disaster Emergency Medical Personnel System (DEMPS) physical examinations, van driver physical examinations, and research and non-research volunteer clearances. Also, this clinic conducts various surveillance programs; hazardous drug surveillance, asbestos surveillance, laser surveillance, and Q fever surveillance. In co-ordination with the VAMC Environmental Health and Safety Department, the Occupational Medicine clinic also investigates the various physical, chemical, and biological exposures to the workers in the VAMC.

## Keynote Speech Links Neurological Disease with Occupational and Environmental Exposures

Reprinted from *Bridges* newsletter  
<http://coeh.berkeley.edu/bridges/>

Thomas Sinks from the Center of Disease Control and Prevention underscored the influence of environmental and occupational health in neurological disorders during his keynote speech at UCSF's Continuing Medical Education (CME) Update held from October 31 to November 3, 2012, at Holiday Inn Fisherman's Wharf in San Francisco.

While delivering his address, the deputy director of the Agency for Toxic Substances and Disease Registry and National Center for Environmental Health recounted how U.S. legislation to phase out the use of lead in gasoline changed the course of childhood neurologic disease resulting from lead poisoning over the last century. At the same time, he raised awareness of the re-emergence of fatal lead poisoning in Nigeria where, since 2009, more than 400 children have died from mining and smelting lead-rich gold ore. The CDC is working with Nigerian officials to investigate and address this problem, he reported in his presentation.

In total, 125 health professionals, including nurses, physicians and industrial hygienists, attended the four-day event. Attendee James Moeller, MD, came from McChord, WA, to learn more about industrial-related exposures and health. In his position with the United States Army he finds noise induced hearing loss is an important issue for aviation workers. Others, like Michael MacLean, MD, from Hanford, CA, the Health Officer for Kings County, attended to widen their knowledge in occupational health practice and research.

The combined program of Occupational and Environmental Factors in Neurological Disease and Occupational and Environmental Medicine Update was co-chaired by COEH faculty member **Paul Blanc**, a UCSF professor of medicine, endowed chair, and division chief of Occupational and Environmental Medicine and **Robert Kosnik**, a UCSF associate professor and the medical director of Occupational Health Services in the Division of Occupational and Environmental Medicine.

COEH members who presented at the CME Update included **Robert Harrison**, **Rupalis Das**, **Rachel Roisman**, **Barbara Burgel**, and director **John Balmes**. **Gina Solomon**, deputy secretary for Science and Health at the California Environmental Protection Agency and a member of COEH's Advisory Committee, also presented.

The event was supported with assistance from the National Institute for Occupational Safety and Health, the Society of Toxicology, the International Commission on Occupational and Environmental Health, the Southern California COEH, and the Council for Education and Research on Toxins, along with COEH at UC Berkeley.

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## UCSF Division of Occupational & Environmental Medicine

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