

PROMOTION RECOMMENDATION
UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF INTERNAL MEDICINE
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF HEALTH BEHAVIOR AND HEALTH EDUCATION

Mary Ellen M. Heisler, M.D., associate professor of internal medicine, with tenure, Department of Internal Medicine, Medical School, and associate professor of health behavior and health education, without tenure, Department of Health Behavior and Health Education, School of Public Health, is recommended for promotion to professor of internal medicine, with tenure, Department of Internal Medicine, Medical School, and professor of health behavior and health education, without tenure, Department of Health Behavior and Health Education, School of Public Health.

Academic Degrees:

M.D.	1997	Harvard Medical School
M.P.A.	1987	Woodrow Wilson School, Princeton University
B.A.	1983	Amherst College

Professional Record:

2008-present	Associate Professor of Internal Medicine and Associate Professor of Health Behavior and Health Education, University of Michigan
2004-2008	Assistant Professor of Internal Medicine, University of Michigan
2002-2004	Lecturer, Department of Internal Medicine, University of Michigan

Summary of Evaluation:

Teaching: Dr. Heisler has made significant contributions through teaching and clinical activities. In medical student and resident teaching, she has made an especially strong contribution developing curricula and instructional materials and teaching patient-centered communication, effective strategies to support patients' chronic disease self-management, and behavioral counseling approaches. In the past two years, Dr. Heisler has contributed to global health education at the University of Michigan Medical School, through teaching noon seminars on Global Health and serving on the five-person committee that developed the Global Health and Disparities (GHD) Path of Excellence for medical students launched in September, 2011. Dr. Heisler has had success in her mentorship role. Many medical residents and fellows she has mentored have now gone on to their own successful careers in research fellowships or academic research positions. In her role as co-director of the UM Robert Wood Johnson Clinical Scholars Program, she provides mentorship support to all of the current scholars and is the main fellowship mentor for approximately six first and second year clinical scholars. It is clear from these educational activities that she is very committed to this key academic role.

Research: Dr. Heisler's research focus is to develop and test innovative health system interventions that incorporate evidence-based behavioral theories to help adults with chronic diseases more effectively manage their conditions to improve their health. Dr. Heisler has been very productive with an impressive record of 105 peer-reviewed published papers, with a total of 57 (31 as first or senior author) since time in rank (105 published papers overall), in top-tier journals such as *The Journal of the American Medical Association*, *Annals of Internal Medicine*, *Circulation*, *Journal of Behavioral Medicine*, *PLoS*, *American Journal of Public Health*, and *The Diabetes Educator*. Dr. Heisler has a strong portfolio of research funding and is currently the principal investigator and co-PI on several ongoing grants funded by the VA HSR&D, and NIH. Her stature in the national and international scientific communities is evidenced by invitations to speak at national and international meetings, and invitations to give talks at universities including the University of Pennsylvania, Harvard, Yale, Cambridge University (UK), and the University of Sao Paulo (Brazil). Dr. Heisler has served on the editorial boards of *Diabetes Care* and *Journal of Clinical Outcomes* and is committee chair and reviewer for NIH study sections. She has co-chaired the Abstract Selection Committee on the Society of General Internal Medicine 2010 National Meeting Planning Committee.

Recent and Significant Publications:

Heisler M, Vijan S, Makki F, Piette J: Diabetes control with reciprocal peer support versus nurse care management: A randomized trial. *Annals of Internal Medicine* 153:507-515, 2010.

Spencer M, Rosland AM, Sinco B, Kieffer E, Palmisano G, Anderson M, Heisler M: Effectiveness of a community health worker intervention among African American and Latino adults with Type 2 Diabetes: A randomized controlled trial. *American Journal of Public Health* 101:2253-2260, 2011.

Tang TS, Funnell MM, Gillard M, Nwankwo R, Heisler M: Training peers to provide ongoing diabetes self-management support (DSMS): Results from a pilot study. *Patient Educ Couns* 85:160-168, 2011.

Heisler M, Hofer TP, Schmittdiel JA, Selby JV, Klamerus ML, Bosworth HB, Bermann M, Kerr EA: Improving blood pressure control through a clinical pharmacist outreach program in diabetes patients in two-high performing health systems: The adherence and intensification of medications (AIM) cluster randomized controlled effectiveness trial. *Circulation* 2012 e-published ahead of print.

Heisler M, Choi H, Piette J, Rosland AM, Langa K, Brown S: Adults with cardiovascular disease who help others: A prospective study of health outcomes. *Journal of Behavioral Health* 2012; e-published ahead of print.

Service: Dr. Heisler contributes significantly to the patient care activities in the Division of General Medicine. Dr. Heisler provides outpatient care to a panel of 300 patients in her weekly primary care clinic at the Ann Arbor VA, most of who are complex patients with many comorbidity issues. Dr. Heisler also contributes her time to international health and human rights work, serving on the Board of Directors of the Nobel Prize-winning Physicians for Human Rights (PHR) and spearheading several PHR projects addressing health and human rights issues.

She has served as a consultant to the World Health Organization on peer support programs in diabetes.

External Reviewers:

Reviewer A: “I consider Dr. Heisler a very impressive physician scientist, doing some of the most ground breaking work in one of today’s most pressing areas. Her work is forging new approaches to patient engagement through community resources, and she is supporting that work with rigor that will advance the findings and improve the standards of the field.”

Reviewer B: “Dr. Heisler’s research accomplishments are very impressive in applying behavioral theory to design and evaluate innovative health system and community interventions to improve patients’ self-management and outcomes of diabetes, hypertension, and cardiovascular disease (CVD)...As lead author of a 2010 *Annals of Internal Medicine* article, she used a strong conceptual framework and rigorous randomized design to compare glycemic control with reciprocal peer support or nurse case management, demonstrating that patients in the peer support group achieved significantly better diabetes outcomes. This study was widely covered by the national news media, and it has been cited by 18 other scholarly articles in the less than two years since it was published.”

Reviewer C: “Unlike many investigators in this area, Dr. Heisler’s work- while meeting the highest standards of methodological rigor- have also been developed with an eye toward applicability in real world settings. In particular, her work with community health workers, peers and nontraditional providers such as clinical pharmacists has been exemplary....A couple examples of this pragmatic approach and the dividends it has already produced are that her diabetes peer support intervention has been promoted to all VA centers nationally and her clinical pharmacist aided blood pressure control outreach program has been distributed as a high priority study for VA clinical leaders nationwide.”

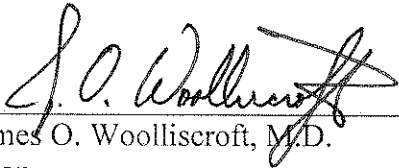
Reviewer D: “She is a health service researcher whose research interests include testing novel strategies to improve quality and outcomes of care primarily for patients with diabetes. While most of the recent research in the field [is] focusing on establishing extra layers of care to achieve improved quality (e.g., telephone nurse calls), Dr. Heisler has taken a different tact. She conducted one of the first and largest trials in peer-support in diabetes care, and it worked!”

Reviewer E: “Heisler has taken on very challenging problems, but they are problems that stand in the way of improved health for substantial components of the population. Her work is of the highest quality, often in the form of very challenging, community-based intervention trials. Her work provides considerable illumination for others who are attempting to address these intractable problems...”

Reviewer F: “I am confident that most researchers working in this area would name her as one of the leaders in the field of peer/ community health worker support for patient self-management. Dr. Heisler’s research has offered a seminal advance by identifying peer-peer support as a potentially powerful complementary approach to office-based professional care in addressing patient barriers to achieving chronic disease management goals.”

Summary of Recommendation:

Dr. Heisler is an innovative physician-scientist who is committed to teaching and service. Dr. Heisler is an exceptional clinician and scholar who is highly regarded by her peers and serves the University with distinction. She has demonstrated excellent academic leadership and we enthusiastically recommend Mary Ellen M. Heisler, M.D. for promotion to professor of internal medicine, with tenure, Department of Internal Medicine, Medical School, and professor of health behavior and health education, without tenure, Department of Health Behavior and Health Education, School of Public Health.



James O. Woolliscroft, M.D.
Dean
Lyle C. Roll Professor of Medicine



Martin A. Philbert, Ph.D.
Dean, School of Public Health

May 2013