

# Family Matters

## From the Program Director...



Our academic year is off to a great start. As we said goodbye to our graduates from the class of 2011, we welcomed our new interns, amidst family and friends at the Graduation / Welcome ceremony. Big thanks to Dr. Carlos Gonzales, who helped commemorate the event at the Lodge on the Desert by blessing the graduates through a native ceremony.

Orientation is in full swing, and I appreciate all the efforts of staff, faculty and residents, which helps to contribute to the success of orientation. A special thanks to the upper level residents on the inpatient service including Danny, David, Julian and Megan, who started their rotation the final week of June and who have helped to orient the residents to the workings of the adult inpatient service, getting them off on the right foot. Also, a special thanks to the residents who covered the inpatient and MCH services, Julian, Megan, Miranda and Tessa, allowing 10 of our residents to attend the two day ALSO course in Phoenix. The ALSO course is a wonderful review to prepare our rising senior residents to work independently on the MCH service.

As we wrap up July, we start looking ahead to the next recruitment season. I am looking forward to seeing our residents, Katie, Megan and Loan, in Kansas City at the annual AAFP National Student and Resident Conference, as they work hard to recruit our next class of residents. I will be there presenting a break-out session on Wellness in Residency, to showcase the Integrative Medicine in Residency Curriculum that is unique to our program.



We have a big year ahead, as the program prepares for the next accreditation visit, planned for May 2012. In addition to the many targeted goals we have set for our residency this year that were discussed at the annual program review the final Teaching Day in June, we have set the theme of the residency this year, based on resident and faculty input, as Team Work. The theme of teamwork will be the over arching theme for the work we do in the residency this year. Remember, "What's going to work? ... Team Work!" Best, Colleen Cagno, MD

### ***UPHK Earns Prestigious NICHE Designation as Senior-Friendly Hospital***

**University Physicians Hospital** has been certified as a NICHE facility, a "senior-friendly" hospital committed to meeting the special needs of hospitalized older adults.

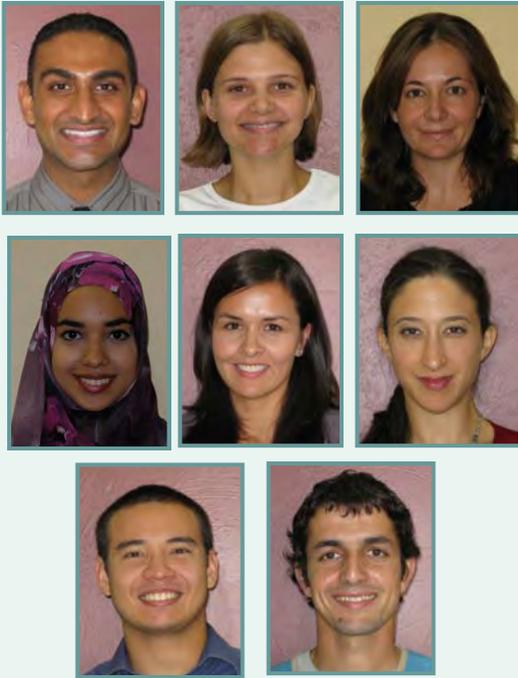
University Physicians Hospital is the only hospital in Arizona to earn the prestigious designation from the Hartford Institute of Geriatric Nursing, and it is a critical step in the hospital's vision to become Arizona's leader in comprehensive geriatric hospital services. (cont'd page 4)

#### July 2011

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## Welcome Class of 2014



Let's give a big warm welcome to our new class of interns: (from left to right)

**Sagir Bera**—Nova Southeastern University College of Osteopathic Medicine, [sagirbera@email.arizona.edu](mailto:sagirbera@email.arizona.edu)

**Colin Crowe**—Medical University of South Carolina College of Medicine, [crowec@email.arizona.edu](mailto:crowec@email.arizona.edu)

**Esther Johnston**—Virginia Commonwealth University School of Medicine, [ejohnston@email.arizona.edu](mailto:ejohnston@email.arizona.edu)

**Tasnim Khalife**—Weill Cornell Medical College in Qatar, [tkhalife@email.arizona.edu](mailto:tkhalife@email.arizona.edu)

**Diana Olivas**—University of Iowa Roy J. and Lucille A. Carver College of Medicine, [dolivas@email.arizona.edu](mailto:dolivas@email.arizona.edu)

**Ashley Salomon**—Rush Medical College, [ashleysa@email.arizona.edu](mailto:ashleysa@email.arizona.edu)

**Jesse Sozanski**—The University of Arizona, [sozanski@email.arizona.edu](mailto:sozanski@email.arizona.edu)

**Soliman Yaqub**—Ben-Gurion University of the Negev, [sollyaqub@email.arizona.edu](mailto:sollyaqub@email.arizona.edu)

## Fond Farewell to the Class of 2011

A graduation celebration was held at the Lodge on the Desert on Sunday, June 26th to honor these fine residents as they move on to the next stage of their lives. Over a hundred people attended the brunch and joined the festivities. Best of luck to these newly minted Family Physicians! Where are they headed?...not far from home!

**Fanny Bangoura** is completing the Integrative Medicine Fellowship as FCM Junior Faculty. **Brian Martin** will be working as a hospitalist at UPHK. **Malini Desai** will be working for the Dept of Emergency Medicine at UPHK. **Heidi Meyer** is joining Kaiser Permanente in San Diego, CA. **Bryan Furst** is joining Mission Ranch Primary Care in Chico, CA. **Leslie Willingham** is working with Arizona Community Physicians in Tucson. **Bethany Bruzzi** will be working at Northwest Medical Center Urgent Care and as a hospitalist at UPHK.

Unfortunately, we were unable to get a graduation picture of the group prior to the Newsletter going to press. If you have a picture, send it and we will include next go around.

## Baby Announcements

Michael and Kathy Lokale are pleased to introduce a new addition to their family. Griffin Ikaale Lokale was born on April 19, 2011 at 1329. He was delivered by our very own Dr. Colleen Cagno. He weighed in at 7 lb, 15 oz and was 20.5 in long. Everyone is doing great.

*Congratulations!*



## Congratulations...

Dr. Elaine Trieu was selected by her peers to be the Graduate Medical Education Committee (GMEC) Family Medicine Resident representative. This committee meets monthly and is comprised of a resident representative from each UMC based residency programs and the Program Directors across all specialties.

Dr. Katie Grund was selected by her peers to be the newest member of the residency Graduate Education Advisory Committee. This committee meets quarterly and reviews residents' progress through the three year FM training program. In addition to a resident member from both the second and third year classes, there are several residency faculty



## It's a Girl!

Drs. Jessie Pettit and  
Joshua Malo



welcome the arrival of their new little baby girl, Nina Sofia Malo, born July 27, 2011.



## Spotlight on Dr. John Rosell Elective Rotations

Q. Where did you relocate from?

A. *I relocated from Chicago where I went to med school, but originally I'm from Seattle.*

Q. How have you adjusted and what do you enjoy most about Tucson?

A. *I visited Tucson for a month before deciding to come here for residency so I knew what kind of a change I was in for. I love the weather and the terrain around here, good conditions for outdoor activity year-round.*

Q. Do you have a favorite restaurant?

A. *There's a lot of good ones but: Guilin (Chinese)*

Q. How do you unwind from the schedule of a First Year Resident?

A. *I unwind by hanging out with friends, watching movies, and sleeping*

Q. Any advice to future First Years?

A. *Sleep as much as you can!*



## Update on Alumni

Dr. David Yost, 1990 graduate from the residency program, was chosen by the Arizona Academy of Family Physicians' as the 2011 Physician of the Year. Dr. Yost has been practicing since graduation at the Indian Health Service Hospi-

tal in Whiteriver, where he has served as the hospital's Clinical Director for the past 20 years. In addition to his leadership role as Clinical Director, his work includes clinical care, research, community service, and work on a national level with the Indian Health Service. David and his wife, Laurie, live in Pinetop and in their spare time enjoy hiking and fishing in the White Mountains. Of additional note, several other graduates of our residency also work in Whiteriver, including Marc Traeger (class of 1989), Laura Brown (class of 1989), Jim Hagen (class of 2007), and Regina Ross (class of 2008).

Elective rotations, both in-town and out-of-town, require pre-planning to ensure the appropriate paperwork is completed prior to the start of the rotation.

The process begins by submitting an elective request form located on the FCM website under Current Residents. Please complete the on-line version as it must be typed so that information is legible. Two items must accompany the request: 1. a letter from the preceptor stating that they agree to accept you for the rotation, and 2. a calendar (signed by the preceptor) mapping out the planned schedule. The request will not be processed without this documentation.

Next, the rotation must be approved by Dr. Cagno and then by the GME office. The approval process typically takes up to three weeks. Once approved, the preceptor/affiliation agreement is developed by the AHSC Contracting Office. The paperwork is sent to the preceptor for their review. One roadblock to their signing the agreement may involve their liability insurance. They must carry one million dollars in liability insurance. Once the agreement is signed by all parties, the process is complete.

If you are unsure of what you want to do or know what you want to do but not where to go, Sherry can discuss possible options. Don't wait until the last minute. Planning ahead is the key to success. Make the most of your elective time and enjoy time working and learning in areas of special interest to you.



## New Face at Alvernon... Kelly Riker

I came to Tucson from Northridge, CA. I was stationed here for my first assignment in the USAF. I was a medic for 8 years and was stationed at Davis-Monthan Air Force Base. While in the Air Force I received my B.S. and my M.A. in Counseling Psychology.

I have worked with many different populations over the years. I have worked at the AZ State prison and the Federal Bureau of Prisons as a counselor. I have worked with the elderly, the Mental Health court mandated clients, substance abusers, traumatic brain injured with substance abuse issues at Cope Behavioral Services. I later spent 5 years working on the Geri-Psych Unit at UPHK.

I am excited to be back at UPH and look forward to working with you. As the caseworker, I hope to work closely with staff and patients. Patients can get help with filling out paperwork such as Social Security or ACCCHS and come by for one to one counseling. I can also help patients and Doctors find the best resources in the community.



## On the Road Again

On April 8<sup>th</sup>, Tessa Dake PGY-3 (shown left)

and Katie Grund PGY-2 ventured to El Paso, Texas for the first residency fair at Texas A&M School of Medicine El Paso campus. We represented our family medicine program at the fair which was comprised of approximately a dozen other programs from across Texas and New Mexico. It was refreshing to see the interest in family medicine and answer questions from first and second year medical students as well as showcase all that the University of Arizona Family and Community Medicine program has to offer. Next recruitment stop...AAFP National Conference of Family Medicine Residents and Medical Students in Kansas City on July 29-30.

## NICHE — (from page 1)

The NICHE (Nursing Improving Care for Healthsystem Elders) designation is the result of strong collaboration between University Physicians Hospital and the **UA Center on Aging**, and was made possible through funding from the **Arizona Geriatric Education Center**. As a NICHE hospital, UPHK will implement a nationally recognized training program designed to bring the most current knowledge and skills in geriatric patient care to bedside nurses and hospital staff. The hospital will adopt clinical best practices for common and serious issues among hospitalized older adults - vision and hearing loss, medication problems, insomnia, falls and memory loss, for example - that often complicate their recovery.

The goal is to provide safe and quality care for seniors and achieve high patient, family and staff satisfaction. An exciting spin-off of this process is the identification of the need for an Acute Care of Elders (ACE) Unit at the hospital to prevent functional decline among frail adults; planning for this specialized unit is in progress.

## Congratulations STFM Award Winner...

At the last Society of Teachers of Family Medicine conference in New Orleans, Dr. Patricia Lebensohn was presented with the STFM Innovative Program Award for the Integrative Medicine in Residency Online Curriculum. The Integrative Medicine in Residency Online Curriculum is designed to be woven into the conventional training of primary care residents. The 200-hour online competency-based core curriculum fits into the usual residency training without the need of adding an extra year of training such as in the IFM/MFR. The curriculum is modular and customizable by residency programs and offers a number of multimedia tools, for seamless education and point-of-care use. For the first time, integrative medicine is a required component of graduate medical education at eight residencies around the nation.



## New Faces in the Residency



**Liz Moran...**Before medical school I had a brief career as a social worker, and I'm happy that I still get to feel like I'm doing social work as well as practicing medicine. I'm originally from Rhode Island, and residency was the first time since high school that I lived in the same place for more than 2 years in a row (I even split med school between 2 places). After residency I spent 2 months in Alaska in a native community north of the Arctic circle, then moved back to the east coast to work in an inner city community health center in Boston. The patients were great, and I loved the mission of the place, but I miss doing inpatient, OB, prenatal care, and well child checks. I also missed being in Tucson. People who know me were not surprised when I decided to move back. I am so happy to be reunited with the community of like minded people at Alvernon and in the FCM department. When I am not working, I like to be outdoors. Hiking, travelling, and hanging out with my hypothyroid dog Mo are some of my favorite things.

**Dan Dickman...**I was born and raised in West Virginia. I attended West Virginia University as an undergraduate and went to medical school there, graduating in 1988. I completed a residency in family medicine at WVU in Charleston, WV and went on as faculty immediately after. I have worked in a rural clinic, nursing home, inpatient and outpatient, and made house calls in rural areas. I've had many roles in family medicine, including residency director and vice-chair of the department. I enjoy biking and really love all available places to ride here. I have an aunt and uncle in Green Valley as well as scattered cousins in the Valley.



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We prepare full-spectrum physicians to provide excellent family-centered, community-responsive care with emphasis on diverse and underserved populations.

Colleen Cagno, MD —  
Program Director

## **Reminder...In-Training Exam**

The date for the In-Training Exam is Thursday, October 27 at 12:30 pm. Previous exam questions and answers are available to assist you in preparing. Go to: [www.theabfm.org](http://www.theabfm.org). This year, we will be taking the on-line version of the exam in the computer lab at the Arizona Health Sciences Center.

## **Pearls... March - June**

### **Speaker/Topic**

#### **Katherine Aparicio**

- Dehydration in Children
- Recreational Water Illness
- Ovarian Cancer Screening

#### **Bethany Bruzzi**

- HPV: What is Clearance?

#### **Colleen Cagno**

- HTN in Pregnancy
- Older Patients and Driving
- Testicular Cancer Screen; USPSTF says Don't Do It
- Weight Gain Goals in Pregnancy
- GBS Intrapartum Antibiotics Indications
- Pityriasis Alba and Tinea Versicolor

#### **Barbara Eckstein**

- Prescriber's Letter—NSAIDs, Peds OTC, Cold Meds
- Stroke Types
- Clostridium difficile
- Prescriber's Letter March 11— Testosterone, HTN, ADM tx, "bath salts"

#### **Bryan Furst**

- Rhinosinusitis

#### **Carlos Gonzales**

- HPV and Oral Cancer
- Cochrane Review: Metformin and Lactic Acidosis

#### **Marnie Lamm**

- Purpura Case Study
- Polymyositis and Polymyalgia Rheumatica
- Atypical Presentation of Gout

#### **Patricia Lebensohn**

- Switching Contraceptives

#### **Craig McClure**

- Corneal Abrasion
- Malignant Melanoma
- Management of GBS + newborn

infant with appropriate antibiotic prophylaxis

- Diabetic Standard Diagnosis and Prescription
- Nose Bleeds
- Outpatient Croup
- Vaginitis and Premature Labor
- Geriatric Screening Tests
- Accord Trial: Tight Control DM-Z
- When to start and stop Colon Cancer Screen
- Follow up intervals for colon polyps
- Prevention of Cardiovascular Disease in Women
- Spontaneous Pneumothorax
- Single Umbilical Artery in Newborn

#### **Jessie Pettit**

- Ankyloglossia: Diagnosis, evaluations and treatment
- New Car Seat Recommendations
- Drug Reaction
- Weight Gain in Newborns
- Treatment of Refractory Depression
- Bottle Feeding: Anticipatory Guidance
- What is HOMA? (Homeostatic Model Assessment for Insulin Resistance)
- Clinical Breast Exams: To offer or not?
- Changing Attitudes Towards Shave Biopsies for Diagnosis of Melanoma
- How to Best Order Pulmonary Function Tests

#### **Violet Siwik**

- Epilepsy- Generalized and Partial
- Using Nontraditional Risk Factors in CVD Risk Assessment: Recommendation statement
- Failure to Thrive
- USPSTF Screening for Osteoporosis Recommendation statement
- Dabigatran—A Good New Drug, but is it cost effective?