

Family Matters

From the Program Director...



Our academic year has begun with much renewed energy and enthusiasm.

We said goodbye to our graduates who are headed off across the country for their new practices.

Our graduates continue to reflect the diversity of training offered here in the original University of Arizona Family Medicine Residency. The Class of 2012 perpetuates the long established legacy of our program which prepares graduates for a wide scope of future practices. Practice sites of our graduates include small towns, academic medicine, urban settings, full spectrum care, private practice, community health centers and hospital based practices.

As we head into another recruitment season to find our class of 2016, I think we should take pride in the knowing that our program continues to fulfill its program mission:

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

Recruitment is a yearlong ongoing process which kicks off with the AAFP National Conference. Our program was well represented in Kansas City at the National Conference by Drs. Paul Gordon, Krista Sunderman, Carlos Gonzales, Katie Grund, Sagir Bera, and Esther Johnston.

A new year often brings new initiatives. We have welcomed our new residents through a busy orientation and our second years transitioned to their new roles as senior residents during Core 2.

Changes in the curriculum, overseen by the Supervisory Residency Advisory Committee (SREC), include a revamped Behavioral Health Curriculum and a new Global Health Track with group meetings, independent learning activities and the month of December themed around Global Health. Clinical initiatives are being addressed by the PCMH-QI Committee. New methods of teaching have been introduced including the OSCE experiences and bringing the ALSO course here to be taught in our residency.

There is also a renewed commitment from our faculty to education. Together, at the spring Faculty Retreat, our residency faculty developed a statement of purpose to communicate our promise to our learners. This is included in this edition of our newsletter. The residency faculty remain dedicated to our ongoing learning through scholarship and faculty development through the new video-precepting system for peer review of faculty teaching skills. We are excited about this and other innovations being implemented.

Enjoy this newsletter and here is to the start of another great year!

Best,
Colleen

Congratulations!



The tradition of resident leadership continues with Dr. Esther Johnston being elected as the national Resident Representative to the Society of Teachers of Family Medicine Board of Directors.

September 2012

In this issue:

From the PD	1	Global Health Track	4
Resident Rep to STFM	1	Update on PCMH/QI Committee	4
Residency Achievements and	2	What Residents Deserve...	4
Alumni in the News	2	2012 AAFP Resident and Med. Student Conf.	5
Resident Spotlight	3	Graduation 2012	5
Welcome Psych Interns!	3	Pearls	6

Residency Achievements and News...

AzAFP Brazie Award and AzAFP Grobe Award Nominees

Congratulation to Drs. Esther Johnston and Katie Grund who have been selected by the University of Arizona Family Medicine Residency core residency faculty as this year's recipient of our program's nomination for the AzAFP Brazie Award and the AzAFP Grobe Award.



Both Esther and Katie's accomplishments are noteworthy among their class of strong resident colleagues. Their clinical work as physicians is consistently outstanding and they are commended for their leadership and service both within the residency and nationally as they work to promote Family Medicine.

Faculty in the News

Faculty continue to stay involved in Family Medicine Interest Groups!



FPs Stay Involved With Family Medicine Interest Groups

By Sheri Porter

Posted: 7/18/2012, 5:00 p.m. -- Anyone who doubts the influence a family medicine interest group (FMIG) can have on medical students has never met Tejal Parikh, M.D., of Tucson, Ariz. Parikh hails from a long line of physicians. Her mother is an OB/Gyn, and her father is a surgeon. Parikh's extended family includes a neurologist, an urologist and a cardiologist.

"I was never exposed to family medicine, but through the family medicine interest group at my school, I ended up becoming a family physician," says Parikh.

Today, she is many years past medical school and her role as an FMIG co-leader; it was nearly 20 years ago that



During a simulated delivery exercise, medical students look on as one of their colleagues learns a delivery technique from University of Arizona family medicine faculty members Coleen Cagno, M.D., center, and Paul Gordon, M.D., right.

Alumni in the News...

Dr. Nicholas Gaffga

Dr. Gaffga's article was published in the New England Journal of Medicine.

ORIGINAL ARTICLE

Outbreak of Salmonellosis Linked to Live Poultry from a Mail-Order Hatchery

Nicholas H. Gaffga, M.D., M.P.H., Casey Barton Behravesh, D.V.M., Dr.P.H., Paul J. Ettestad, D.V.M., Chad B. Smelser, M.D., Andrew R. Rhorer, M.S., Alicia B. Cronquist, R.N., M.P.H., Nicole A. Comstock, M.S.P.H., Sally A. Bidol, M.P.H., Nehal J. Patel, M.P.H., Peter Gerner-Smidt, M.D., D.Med.Sci., William E. Keene, Ph.D., M.P.H., Thomas M. Gomez, D.V.M., Brett A. Hopkins, D.V.M., Ph.D., Mark J. Sotir, Ph.D., M.P.H., and Frederick J. Angulo, D.V.M., Ph.D.

ABSTRACT

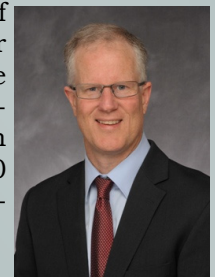
BACKGROUND

Outbreaks of human salmonella infections are increasingly associated with contact with live poultry, but effective control measures are elusive. In 2005, a cluster of human salmonella Montevideo infections with a rare pattern on pulsed-field gel electrophoresis (the outbreak strain) was identified by PulseNet, a national subtyping network.

Update on Dr. Gregory Raglow

Greg Raglow, residency class of 1989, has been recruited to serve as informatics director of SEHA (Abu Dhabi Health Services Company), the government health system of Abu Dhabi in the United Arab Emirates. SEHA is comprised of 12 hospitals and 60 ambulatory clinics, and has affiliations with the Cleveland Clinic, Johns Hopkins Medical School, and VAMED of Vienna. His work as informatics director began in September 2012.

Prior to the new position in Abu Dhabi, Greg was working as chief medical informatics officer for the John C Lincoln Health Network in Phoenix, leading the optimization and meaningful use of their implementation of Epic. Previously, Greg had a leadership role in the implementation of electronic health records at Banner Good Samaritan Family Practice Center in Phoenix, and subsequently served as director of physician informatics. Greg was the 2010 Arizona Academy of Family Physicians Physician of the Year.



Spotlight on Dr. Elizabeth Artrip



I moved to Tucson from West Hartford, Connecticut- a small, lively "yuppy" town between the farms and the inner-city. I still consider "home" the beaches of southern Virginia and the Outer Banks, so the desert has been quite a transition! Being an artist at heart, I've adjusted pretty readily. It's hard not to be happy when I can see gorgeous mountains in any direction, stars at night, and lizards of every color in my yard...and string up my hammock under a palm and an orange tree! I love the earthy vibe of Tucson, and the local pride. I'm a home grown sort of gal so St. Philip's organic market, small artist expos, and all the bike lanes are delightful. I don't go out to eat much, but I've been enjoying the Tucson Community Supported Agriculture (CSA) every Wednesday evening! The magical music in a tiled courtyard full of hippies and organic veggies makes for fun after-work time. I wind down by coming home to a little gardening, then settling in with a cup of tea and good book near the little dove nesting on my porch. When I get a little more time off I plan on taking some day trips to the mountain top observatory for a skywatch, the desert museum, or the biopark, and of course jet-setting back East to visit my family. My advice to all those searching for the perfect residency is to remember that you're looking for both a supportive learning environment and a place in which you can continue to grow as a person. I'm enjoying the warmth of both the Tucson sun and it's relaxed and fun-loving people!

We're on
Facebook!



Welcome baby
Aarya
Nagaraja!

Born June 26th
Congratulations
Manasi
Ramakrishnan!

FCM Welcomes Two New Psych Interns

Kari Haws

Prior to moving to Tucson to dedicate myself to another 6 years of education, I lived in San Francisco for 4 years doing research at UCSF in the Department of Neurology after graduating from UC Berkeley (Go Bears!). I am an avid college football and major league baseball fan and have been known to cause a ruckus if my team is losing (you've been warned). I keep pretty active with training for a half marathon (I still question why I thought this was be a good idea), volunteering with the Junior League of Tucson, or attempting the art of cooking. One of my particular interests in behavioral medicine includes understanding the role of behavioral factors in physical and psychological well-being and using a broad range of evidence-based interventions to address physical and psychology issues. I am excited for the year ahead and looking forward to working with everyone at FCM!



Kelly Rentscher



I'm a 4th year clinical psych grad student. I grew up near Milwaukee, Wisconsin and moved to Tucson after attending the University of Wisconsin-Madison, where I earned a B.A. in Psychology and Spanish. While I'm a true Wisconsin enthusiast at heart, I have also lived in Spain,

and look forward to the next opportunity to travel. For leisure, I enjoy cooking, drinking coffee, reading, practicing yoga, running, salsa dancing, and spending time with friends and family. Broadly, my research interests include health psychology, family and couples therapy, and multi-method approaches to studying couple interaction and coping processes. I look forward to meeting each of you and working at FCM this year!



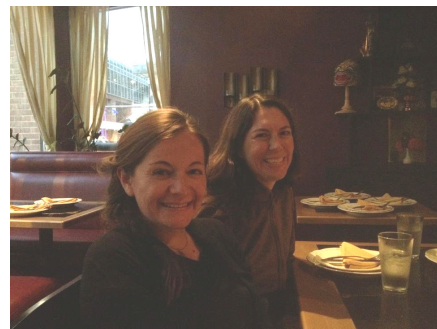
If you are an alumni of the program and you have updates or photos to send us please do so by emailing us at:

uafmresidencyalumni@gmail.com.

New Global Health Track—Innovation at its Best!

Written by Dr. Esther Johnston

Located within 60 miles of one of the most traversed international borders in the world, nearby to several Native American reservations, and home to over 11,000 refugees, the city of Tucson provides ample opportunities to encounter global health issues on a local level. For this reason, we are very excited to announce that we have accepted our inaugural cohort of residents into the UAFMRP's new global health track. Founded by PGY2 Esther Johnston and attending physicians Elizabeth Moran and Megan Guffey, the track provides networking and group discussion opportunities through monthly post-teaching day dinners focusing on a wide variety of topics. Track members also meet with Dr.



Elizabeth Moran to design an individualized education plan utilizing a menu of online and classroom resources available through our university and others to fill in gaps in knowledge and design an away experience at either an international site or within a reservation in the U.S. Already the track has met twice this summer to discuss global vaccine campaigns and new developments in HIV/AIDS prevention within the U.S. and around the world. This September Esther, Liz, and Megan represented the UAFMRP at the AAFP's Global Health Workshop in Minnesota.

Update from the residents on the Patient-Centered Medical Home Quality Improvement Committee...

Written by Dr. Tasnim Khalife

Our section of the PCMH/QI Committee is focusing on chronic pain patients and how we can improve care of this population in our clinic. We are encouraging providers to schedule their patients for "pain management visits" that focus on pain alone, so that there is time to discuss options for the patient or underlying factors that may be contributing to their pain. Another goal is to increase provider compliance with pain contract documentation by having the pain contract, informed consent and opioid risk tool available in one packet that is easily accessible at each nurses station. We are also in the process of devising a system of continuity for both providers and patients, by assigning each chronic pain patient who is receiving narcotic prescription medications in our clinic to a 1st, 2nd, and 3rd year resident as well as an attending. Previously, there was no set system of continuity for these patients. By having a set group of providers for a particular panel of patients, we hope to provide them optimal care and improvement in the outcome of their chronic pain. Residents currently on the PCMH/QI Committee: Tasnim Khalife, Esther Johnston and Sagir Bera.

What Our Residents Deserve...

In preparation for the annual review, Dr. Cagno presented the declaration on the building at the Bill and Melinda Gates Foundation which states "Every Person Deserves the Chance to Live a Healthy, Productive Life." Retreat participants were asked to consider how this relates to residents during their residency experience. Participants brainstormed the following question in the context of our annual program review. What do our residents deserve?



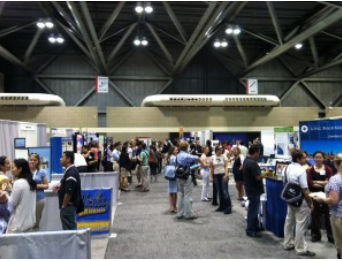
- ◆ Unlimited opportunities
- ◆ Honest assessment of work
- ◆ Clear expectation to achieve
- ◆ Our dedication to the learning process
- ◆ Meaningful attachments to patients and mentors
- ◆ Presence, compassion, challenge
- ◆ Tailored experiences to needs
- ◆ Pushed into challenge zones
- ◆ Patience, respect, encouragement
- ◆ Pushed to reach potential in safe environment
- ◆ Supportive environment
- ◆ Thoughtful, constructive, helpful feedback
- ◆ Balance of learning and patient care
- ◆ Graduated responsibilities
- ◆ Tolerance
- ◆ Individual learning with compassion
- ◆ Ninjahood unlocking/optimizing their true potential
- ◆ Lots of candy!

2012 AAFP National Residents and Medical Student Conference, Kansas City, MO.

Written by Dr. Sagir Bera



The AAFP National conference was truly a memorable experience, one that I recommend all family practitioners participate in during their careers. Having never been to the conference, it was quite the experience seeing thousands of current and future colleagues roaming the floors of the Expo Hall. You could sense the excitement of the medical students as they came up the escalator to the convention floor and saw row after row of family medicine residency programs across the



nation, including the five programs stationed along "Arizona Avenue". We were fortunate enough to have the two University of Arizona residency programs arranged next to each other, not too far from the exposition floor entrance. Numerous candidates stopped by our booths, some with prior knowledge of our programs, others having none. We had the opportunity to meet many great potential candidates with interests in integrative medicine, sports medicine, rural medicine, and global health, along with general family practice, which are all areas the University of Arizona family medicine programs have strong backgrounds in. It was astonishing to see and hear about the vast variety of geographical regions and diverse backgrounds these medical students (and recent graduates) came from, but it is this type of diversity that makes family medicine so special. Even more impressive was the buzz that our programs generated at the conference. Word of mouth spread throughout the exposition hours bringing even more candidates by our booths by the close of the conference, which can only be a good thing for the University of Arizona. I am looking forward to seeing the results that our efforts at the AAFP National Conference bring and how well our family medicine residency programs are represented during this upcoming interview season.

GRADUATION 2012

The Family Medicine Graduation/Intern Welcome Brunch at Lodge on the Desert.



If you are an alumni of the program and you have updates or photos to send us please do so by emailing us at: uafmresidencyalumni@gmail.com.

Pearls... April—September

Family Medicine
Residency
707 N. Alvernon Way
Suite 101
Tucson, AZ 85711

Tel: 520-694-1614
Fax: 520-694-1428
E-mail:

arizfpf@email.arizona.edu



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

Jessie Pettit, MD —
Associate Program
Director

Speaker/Topic

Colleen Cagno

- Choosing the Correct Walker
- Huddles to Improve Office Efficiency
- Effective Outpatient Presentation
- Newborn Rashes
- Monoclonal Gammopathies
- Ankle Brachial Index: Indications, Technique & Interpretation

Dan Dickman

- Treating Menopausal Symptoms
- Behavioral Symptoms of Dementia
- Acute Low Back Pain
- Derm Potpourri
- Acute Gout Management
- Pediatric Exanthems...By The Numbers

Barbara Eckstein

- Transgender Medicine
- Allergy Medications
- Diagnosing HTN in Children & Adolescents
- Chronic Pain

Carlos Gonzales

- Case Conference: TX Constipation in Elderly
- Case Pres: GI Abdominal Pain in Elderly (SAM)
- Case Pres: Acute Pancreatitis of Elderly (SAM)
- Coronary Heart Disease in Elderly Secondary Prevention
- Hypertension Management in Elderly
- Congestive Heart Failure in Elderly
- Upper GI Bleeding Management
- USPSTF 2012 Cervical Cancer Screening and other 2011 Final Recommendations
- Oral Steroids for Serious Otitis Media
- Zofran for Gastroenteritis in Children—EBM
- AAFP 2012 Photo Quiz Generalized Red Rash “Erythroderma”
- Uterine Mass Leiomyosarcoma in Outpatient Diagnosis
- AAFP Photo Quiz Lichen Planus
- Coumadin Management
- Iron Deficiency Anemia Ferritin Use in Dx
- IBS Management: AAFP Article

Paul Gordon

- Giant Cell Arteritis
- Vision Screening in Children AAP Recommendations
- Morning After Pill Low-Dose ASA and Hemorrhage. Troponin Predicts Post-op MI
- Preparing a CV

Patricia Lebensohn

- Interruption of Pradaxa before surgery

- Meds for Aggressive Behavior in Dementia Patients
- Hypertension in Children & Adolescents

Craig McClure

- SAM Questions: Geriatric Pain Control & Parkinson's Disease
- Prostrate Cancer Screening
- Pertussis Update
- Pertussis Immunizations
- Delivering Bad News
- AAP Circumcision Policy Change
- Corneal Abrasion
- ACCF/AHA Guidelines UA/NSTEMI

Elizabeth Moran

- Fall Assessment & Prevention in the Elderly
- Vision Loss in Older Adults
- BPH Management & ANA Symptom Score
- Tinea Infections
- Herpetic Whitlow
- DaTscan
- Do Statins Protect PNA? ARB-MI Paradox
- TIA “The Rules Have Changed”
- Antibiotic Prophylaxis before Dental Procedures

Jessie Pettit

- Polypharmacy in the Elderly
- ACC/AHA Perioperative Cardiac Eval Guidelines
- Experiential Pearl: The Relaxing Breath
- New Pap Recommendations
- 5 Steps for Breastfeeding
- Reflective Exercise: Experiences with Death and Dying
- Cancer Survivorship and Link Between Breast Cancer and Obesity
- Which Diabetics need Aspirin?
- Which Diabetics need Ace-I and Statins
- New Lung CT Screening Recommendations from Specialty Groups

Krista Sunderman

- Herpes Zoster
- Case Conference: 95yr old with PNA
- Psoriasis
- ICU Delirium in Elderly
- Astrocytoma
- Localized Lymphadenopathy in the Adult
- Acute Otitis Media by age group
- Corneal Abrasions vs. Ulcers
- “UltraScreen” Prenatal Genetic Testing
- Anticoagulation in TIA