

Family Matters

From the Program Director...

Bridging the past and the present...

This spring, we marked the 40 years since the first class of residents graduated from our program with the 2014 University of Arizona Family Medicine Residency Reunion. As you will see in this edition of the newsletter, over 100 people attended and enjoyed an evening of celebration followed by a CME event with presentations by alumni. We have worked hard to reconnect with many residency alumni through communication via the alumni listserv and residency newsletters. The reunion, the first of its kind in 21 years, was another step towards improved connectivity. I believe it has strengthened the program's relationship with our alumni who are so vital to the ongoing success of our program and current residents.

While we celebrated our past, we also have cause to rejoice about its future with the success of our program's Match. Our incoming residents, featured in the newsletter, will bring to our program diversity of thought and life experiences, but all share a commitment to our mission to care for diverse and underserved patient populations.

Our graduating residents have been busy locking in their future jobs and completing residency requirements. We are proud of the well-rounded Family Medicine clinical settings our graduates are joining as it speaks to the strength of our comprehensive training program. I look forward to seeing our graduates' scholarly projects presented at the Quarterly Department Meeting on May 22nd and celebrating their accomplishments at Graduation on June 28th.

Best,
Colleen Cagno, MD

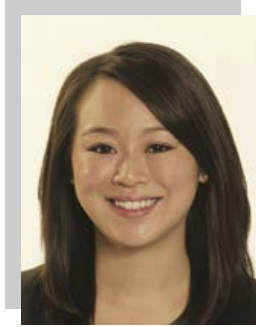


April 2014

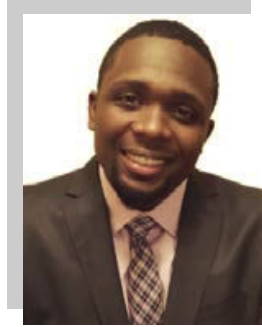
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Welcome Class of 2017!



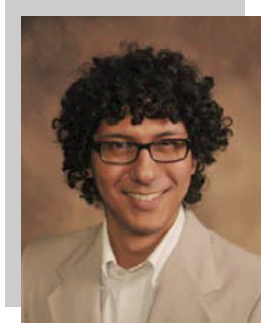
Stacy Akazawa
University of Arizona
College of Medicine



Omavi Bailey
American International
School of Medicine



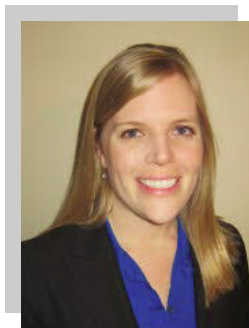
Naomi Bitow
Meharry Medical College



Androuw Carrasco
Michigan State University
College of Human Medicine



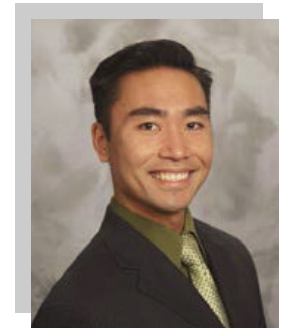
Aurora Gomez
University of California, SF
School of Medicine



Katherine Martineau
Virginia Commonwealth
University
School of Medicine



Becca Raub
University of Arizona
College of Medicine



Pocholo Jose Selpides
University of California, SF
School of Medicine

New 2nd Year Resident..



Sophia Bradley, DO, comes to us with a B.S. in Biology from the University of California San Diego and earned her medical degree from Western University Health in Pomona. After she completes her first year of residency at Riverside County Regional Medical Center she will join us in July. Let's welcome Sophia!

New Chief Residents

Congratulations to the new chief residents for 2014-2015, Genevieve Riebe and Ashley Wofford! They will make excellent liaisons for our residents!



EPIC Rollout Success!

The first five months of EPIC have been a success! To prove it, a picture of our clinic director, Dr. Daniel Dickman and EPIC Super Users, Daniel Lugo and Stephanie Anaya still smiling!

Resident Achievements and News...

Resident Retreat

Reflections by Colin Crowe, chief resident

This year for our resident retreat, we were again able to escape to the lovely Walker Ranch in Sonoita, where we enjoyed each other's company and the grilling skills of interns Shane and Frank. Dr. Carlos Gonzales kindly invited us all to his home to participate in a traditional sweat-lodge ceremony, lead by a Yaqui spiritual leader. Residents learned about the history and cultural tradition of the sweat lodge ceremony and then were able to experience it first hand. The experience was truly one-of-a-kind! Thank you to our attendings who graciously covered the inpatient and maternal-child hospital services while we were away.

Save the Dates!

MCH Themed Teaching Day

May 1st, 1:00pm to 5:00pm

*University of Arizona
College of Medicine*

Room 3116

Graduation & Welcome Dinner

June 28th, 5:00pm

Tucson Museum of Art

Congratulations!

STFM Poster Acceptance

Residents Genevieve Riebe, Esther Johnston, Daniel Horzempa and Ashley Salomon have research projects that have been accepted for presentation at the 47th STFM Annual Spring Conference this May in San Antonio, TX.

Family Medicine Fellowships

Sagir Bera, DO

Sports Medicine

Daniel Horzempa, MD

Integrative Medicine

Jesse Sozanski, MD

Integrative Medicine

Just Married!

Sagir Bera, DO, PGY 3 and Ami Patel were married on December 24, 2013!

Core 1

The inaugural Core 1 held in January was a success. The rotation gave interns some time to catch up and review important subjects pertinent to their first year in residency, such as Hypertension, Antibiotics, and Chronic Pain Management. Interns also participated in trainings on Advanced Directives, Grief and Loss, and Nexplanon. Throughout the two week rotation they experienced first hand integrative medicine

modalities for healing.



Highlight of the rotation was time for the 1st years to have a weekend getaway to Sedona!

Safe Zone Training Led By 1st Year Resident, John Nguyen



During the most recent Department Quarterly Meeting, Drs. Patricia Lebensohn and John Nguyen (PGY-1) trained faculty, staff, and residents with the Safe Zone curriculum. Safe Zone is a campus-wide program committed to making The University of Arizona a safer, more welcoming, and inclusive environment for members of the lesbian, gay, bisexual, transgender, and questioning (LGBTQ) community. Adapted from the General Education Safe Zone curriculum, the two-hour session included topics such as LGBTQ terminology and healthcare-based scenarios on caring for LGBTQ patients. One of the most powerful and popular exercises was the "coming-out stars," where participants got a glimpse of the varied outcomes—from acceptance to rejection—that LGBTQ members experience when they reveal their sexual orientation to family, friends and community members. There was a plethora of diversity and experiences within the department, which was evident in the sensitive and insightful conversations throughout the entire session. Though this session was by no means intended to make participants experts in caring for LGBTQ patients, it opens an important dialogue about a patient population that has historically been ignored or received sub-par healthcare services.



Spotlight on Dr. Carolyn Quigley

Q. Where did you relocate from?

A. I am originally from Tucson, Arizona, and went to high school and undergrad in Tucson (go Wildcats!). However I moved to Chicago to do my medical school training at Loyola University Stritch School of Medicine, so am recently relocated from the Mid-West.

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

A. Luckily, Tucson is home for me so the adjustment was not tough at all:) As for what I enjoy most about Tucson, the list includes the year long sunshine, the beautiful mountains, all the fun outdoor activities such as hiking and biking, and the delicious Mexican food!

Q. Do you have a favorite restaurant?

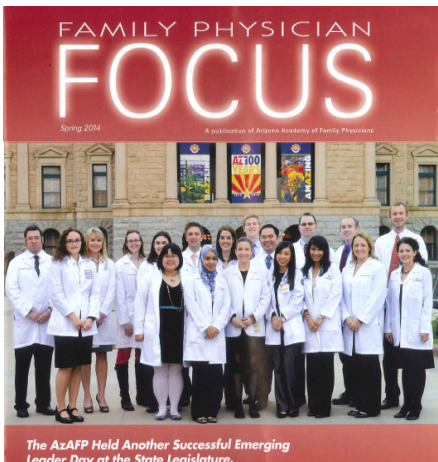
A. Two of my favorites here in Tucson are Feast and the Tasteful Kitchen (both veggie-friendly).

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

A. I love to hang out with my husband, family, and friends, take a yoga class, run (I am always looking for running buddies!), watch movies (I love the Loft Cinema), and bake (anything chocolate).

Q. Any advice to future First Years?

A. Intern year is often busy, hectic, and exhausting, but you have a wonderful program here full of caring, fun, giving people, so don't be afraid to reach out for advice, support, or just someone to decompress with. In addition, have fun at work, learn at least one new thing every day, and make sure you take time to take care of yourself. It can be easy to slack there, but you will be so much better at dealing with the stress and demands if you are well rested and feeling good about yourself.



AzAFP Emerging Leader Day

Tasnim Khalife and Christine Pham attended this year's Emerging Leader Day at the State Legislature.

Residents Volunteer at Headstart Clinic



Thank you to the residents who volunteered to supervise COM students! We are very proud of their willingness to participate in this community outreach. Students rotated between vital sign tables and doing EPSDT's. Residents worked for the 3 hour clinic and provided a necessary service to 43 children who are now better prepared for the next school year!

Family Medicine Interest Group Program of Excellence Award

UofA College of Medicine FMIG leaders and faculty accept award with FMIG Advisor, Tejal Parikh, MD at the August AAFP National Family Medicine Residents and Medical Students Conference.



2014 Faculty Retreat

Continuing with tradition, the annual faculty retreat was held at Tanque Verde Guest Ranch.

Faculty, staff and chief residents focused on:

- Annual program review
- Action plan for next academic year
- Shared personal accomplishments along with goals for this year
- Mapping milestones for the outpatient evaluation tool
- Learned styles to better handle crucial conversations
- Best practices for utilizing EPIC

This year also included a nice hike through Sabino Canyon



Resident Research

Check out our new resident research tab on the UA Family Medicine residency website. We'll be posting resident research posters in this section of our residency website.

The screenshot shows the website header for The University of Arizona, Arizona Health Sciences Center | College of Medicine. The main navigation includes About, Med Student Education, Residency Programs, Fellowships, Research, Outreach, Patient Care, and FM Interest Group. The 'Resident Research' section is highlighted, featuring a search bar and a list of links: UA Residency Home, Applicant Information, Our Program, Faculty & Staff, Residents, Alumni, Curriculum, Global Health Track, Teaching Day, Newsletter, Clinical Sites, Resident Research, Resident Resources, Fellowship Opportunities, Living in Tucson, Thinking about Family Medicine?, and Resident Education Fund. The main content area is titled 'Resident Research' and describes the Resident Scholarly Project Program. A sidebar on the right offers a 'View Our Residency Newsletters' section with a 'Family History' newsletter highlighted. At the bottom, there is an 'Attachment' table with two entries: 'Dermoscopy to Improve Family Medicine Residents' Diagnostic Accuracy of Skin Lesions' (228 KB) and 'KB' (KB).

Dr. Colleen Cagno Honored at College of Medicine Faculty Teaching Awards and the Vernon and Virginia Furrow Awards Ceremony

Each year in November, the University of Arizona College of Medicine—Tucson and its members of the Academy of Medical Education Scholars (AMES) promote excellence in teaching and educational scholarship by recognizing outstanding educators during the Faculty Teaching Awards and the Vernon and Virginia Furrow Awards ceremony.

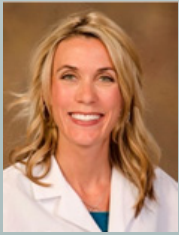
Year III and IV Awards are awarded by a vote of the junior and senior medical students to faculty members for compassion, skill and distinction as a physician and teacher.

Congratulations to Dr. Cagno for making the Dean's List for Excellence in Teaching!

Alumni Updates and News

Sports Medicine to Give Total Care to Soccer Stars

Dr. Holly McNulty co-leads new program for UAMC Sports Medicine and Orthopaedic Surgery to provide total care for the 2014 Desert Diamond Cup, hosted by FC Tucson at the Kino Sports Complex. South Campus and its Sports Medicine Physician Offices have been the go-to place for the local soccer club for critical sports medicine, orthopaedic and other health care services.



"It's going to be a great collaboration for UAMC with a competitive semi-pro team, especially when they're bringing in MLS players," said Holly McNulty, MD, associate director for the UA Primary Care Sports Medicine Fellowship Program in Family Medicine and the Sports Medicine Physician Offices at UAMC-South Campus.

Healthbreak TV Spotlight

Healthbreak is an award-winning medical news program featuring The University of Arizona Medical Center physicians and staff.

Tune in Wednesdays and Thursdays on KOLD—News 13 in August and watch Drs.



Colleen Cagno, Francesco Caporusso, PGY1, and Kimberly Le, PGY2, in a piece about training Family Physicians.



Congratulations!

Sherry Skszek, Program Manager, was nominated for the 2014 AHSC Award for Excellence! Thank you so much for all you do Sherry!

Faculty Leadership

Congratulations to the following faculty. We know you'll do great in your new leadership positions!

Dr. Krista Sunderman
Appointed Clerkship Director

Dr. Violet Siwik
Appointed Assist. Dean of Student Affairs

TEDx

Pamela Wible, Alumni of 96', presented a TEDx talk on Ideal Medical Care.

[How to get naked with your doctor: Dr. Pamela Wible at TEDxSalem](#)

UA Family Medicine Residency Education Fund

Please consider making a charitable gift to the University of Arizona Family Medicine's Residency Education Fund. The link to donate is on our homepage at <http://fcm.arizona.edu/residency>.

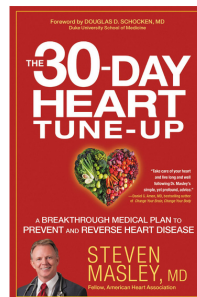
Tax-deductible gifts to this fund will ensure that every resident can attend a national conference and present their important research. These types of experiences are an invaluable component of their residency training!

Publications

Bill Ventres, Alumni of 1988, now working in El Salvador, recently wrote a short article for the AHRQ Morbidity and Mortality series on [After-Visit Confusion](#).

Book Release

We were honored to hear Dr. Steven Masley, Alumni of 88', speak at our reunion CME session on March 1st. He has recently released another book. Be sure to check it out!



Don't forget to check out our [Alumni Yearbook](#) on the Residency website!

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

**The University of Arizona
Family Medicine Residency Alumni Reunion
February 28—March 1, 2014
Westward Look Wyndham Grand Resort**



Family Medicine
Residency
Reunion
2/28/2014
University
of
Arizona

photo Booth Fun!



Reconnecting

**Thank you to all
who could make it!**



Learning

(Above: Knee Exam Workshop)

Residents in the 70's

Residents in the 80's

RESIDENTS IN THE 90's

Residents in the 2000's

Recent Graduating Classes

Reminiscing



Steve Masley, MD



Lana Holstein, MD



Holly McNulty, MD

**Special
thank you
to our
CME speakers!**

Help Support Reach Out and Read!

Reach Out and Read promotes childhood literacy by providing age appropriate books to children during their doctors' visit. In the past, the ROR program has been sustained through community sources of funding, but these sources have dwindled in the past year.

Please consider donating to help the community we serve in our office. Your donation will be used to purchase children's books to give to our patients.

You can write a check payable to: UAF/Family Medicine. In the memo write: Alvernon Reach Out and Read or Alvernon ROR.

Checks can be mailed to:
 Dept. Family and Community Medicine
 Attn; Thom Melendez
 PO Box 245052
 Tucson, AZ 85724-5052

New Faces at Alvernon...



My name is **Marsha Lewis** and I am the new Medical Office Supervisor and replaced Nancy Harrington. Originally from San Jose CA, I have moved around quite a bit as my husband was in the United States Air Force. We have lived in Texas, North Carolina, Alaska, Germany and finally landed here in Tucson where I have been for the last 5 years. I have three kids, two dogs and a passion for Scrapbooking and Girl Scouts. I have a BS in Management and my professional background is Medical Billing/Coding, which I have done for over 20 years. My main function as the Medical Office Supervisor is the development and inputting of the schedules and overseeing the job functions for the Front Desk, Referral, Pre-Visit and Medical Records staff. I am excited to be a team member of the University of Arizona Health Network and look forward to contributing to this outstanding team!
 Marsha Lewis can be reached at 520-694-1606.



My name is **Amber Olvera**. I grew up in Tucson and my husband and I have raised our family here. We have a daughter, Nicole, and three fur-babies (Pepper, chi-jack russell, Charlie, fuzzy white mutt and Oso, baby red nose pit). I am the outpatient coder for FCM. I have been with FCM for almost 6 years and have been a coder for a year. As an outpatient coder I mainly work with coding our new physicians encounters, procedures, and any "trouble" encounters. If you have any questions or need assistance I am happy to help. If I do not know the answer, I will find someone that does!
 Amber Olvera can be reached at 520-694-4092.



Ever Wonder Where Our Refugees Originate From?

The chart below shows the number of refugees from each country that have re-settled in Pima County and Maricopa County in 2013.

2013 Calendar Year Refugee Arrivals			
	Maricopa	Pima	Total
IRAQ	1025	144	1169
SOMALIA	316	225	541
CUBA	361	42	403
MYANMAR	287	10	297
CONGO	103	95	198
BHUTAN	71	78	149
IRAN	105	2	107
SUDAN	26	73	99
AFGHANISTAN	65	13	78
ERITREA	36	24	60
C.A.R.	33	9	42
BURUNDI	9	12	21
ETHIOPIA	9	10	19
RWANDA	3	14	17
PAKISTAN	14	0	14
PHILIPPINES	14	0	14
KENYA	13	0	13
MEXICO	9	2	11
PALESTINE	6	5	11
EGYPT	7	1	8
COLOMBIA	4	4	8
HAITI	7	0	7
CHINA	6	0	6
GUATEMALA	6	0	6
NEPAL	3	2	5
LEBANON	4	0	4
UZBEKISTAN	4	0	4
GUINEA-BISSAU	3	0	3
CAMEROON	0	3	3
EQ. GUINEA	2	0	2
HONDURAS	2	0	2
SYRIA	2	0	2
TURKMENISTAN	2	0	2
CHAD	0	2	2
IVORY COAST	0	2	2
BURKINA FASO	1	0	1
EL SALVADOR	1	0	1
JAMAICA	1	0	1
NORTH KOREA	1	0	1
QATAR	1	0	1
LIBERIA	0	1	1
TOGO	0	1	1
Total	2562	774	3336
+ Other Counties			3353

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

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

arizpfp@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

*Like us on
Facebook!*



Designed by Jessica Hoyer

*With editorial help from
Sherry Skszek*

Pearls...November to March

Speaker/Topic

Colleen Cagno

- Eradicating MRSA Carrier State
- Benefits of Neonatal Circumcision re: Infectious Disease
- Post Exposure Prophylaxis
- Using Natural Medicines Comprehensive Database to Search Natural Remedies for Cold Symptoms
- Prioritization of Red Flags in Acute LBP
- Hypoglycemia in Newborns
- Sleep in Older Adults
- Nail Changes in Psoriasis
- Differential and Photo Quiz: Joint Pain and Swelling

Daniel Dickman

- DM Management in the Frail Elderly
- Diabetic Foot Infections
- Trigger Finger
- Adult Hypoglycemia
- Osteoporosis Treatment in Nursing Home Patients

Carlos Gonzales

- Dengue and Chagas in Tucson
- Plantar Fasciitis Dx and Mgmt
- Sweat-lodge Ceremony Reflections and Debriefing

Paul Gordon

- New AHA Guidelines for Cholesterol Management
- Titrating Insulin
- Medicare Alphabet Soup
- Sarcoid CPC from NEJM
- CPC—NEJM Infective Endocarditis

Randa Kutob

- Weight Loss Charts/ Intro to DM
- Pre-exercise Stress Testing
- Lumbar Puncture
- Sleep Apnea Screening
- Cross-Cultural Communication with Chronic and Other Diseases
- Suspected Stroke in Family Medicine Office

Craig McClure

- Community Acquired Pneumonia
- Mean Duration of Cough
- Updated Hepatitis C Screening
- Vaginal Infections and Premature Labor
- Abnormal Gaits
- Surgical Repair of Clavicle Fracture
- Anterior Shoulder Instability
- Plantar Fasciitis

- JNC-8 Intro
- Scoliosis Bracing
- Actos and Bladder Cancer
- Vitamin D and Fall Decrease in Elderly
- Diabetic Screening
- Delirium
- Hospice for Dementia
- Aortic Stenosis
- DVT Prophylaxis After Hip Surgery
- Polymyalgia Rheumatica
- Giant Cell Arteritis
- Epistaxis

Elizabeth Moran

- AAP Guideline Pediatric UTI Evaluation and Follow Up
- Initiating HAART: Who gets it? 2012 Update
- Hypercalcemia/Hyperparathyroidism and SGLT Inhibitors
- Juvenile Idiopathic Arthritis (JIA/JRA)
- Kawasaki Childhood Vasculitis
- Restless Leg Syndrome

Jessie Pettit

- Mastitis
- Slow Weight Gain in Breastfed Infants: CDC v. WHO Charts
- Postpartum Hormone Changes, Implications for Contraception and Breastfeeding
- Concept of Adrenal Fatigue
- Assessment of Goals of Glycemic Control in DM
- Low Milk Supply Evaluation and Treatment
- Positions for Breastfeeding with Baby Dolls
- Osteoporosis in Men
- Sore Nipples

Susan Ritter

- ACR RA Criteria
- Fibromyalgia Dx Criteria

Krista Sunderman

- Ankle Radiology Lateral Malleolar Fracture
- Initiating Insulin in Adults with T2DM
- Myelodysplastic Syndrome

Laurie Thomas

- Congenital Hip Dysplasia
- Ottawa Ankle Rules
- New PCOS Guidelines
- Initiating Non-Insulin Treatment in DM
- Welcome to Medicare Visit
- Testosterone Testing