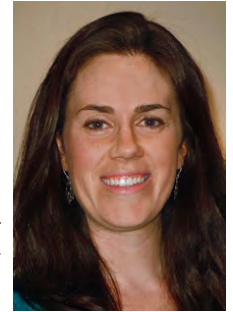


# Family Matters

Spring 2016

## From the Program Director...

Over the past year and a half, I have listened to the residents and faculty of our program, leaders within our department and institution, and to national family medicine and healthcare leaders. The collective message can be distilled down to two words which formulate the vision of our residency program: Better Together.



In 2010, the World Health Organization defined Interprofessional Education as the process of “two or more professions learn about, from, and with each other to enable effective collaboration and improve health outcomes.” Since its inception, University of Arizona Family Medicine Residency Program has laid a strong foundation for collaborative learning. Most recently, we have accomplished this goal through mentorship programs and community partnership on clinical initiatives. Examples include mentorship of individuals underrepresented in medicine at the undergraduate and graduate levels, resident and faculty participation in Safe Zone training and subsequent creation of a medical student LGBT elective, and volunteerism of our residents at community organizations that support refugee youth. These experiences allow participants to gain insights about how to dismantle systems, beliefs, and behaviors that marginalize certain populations. Development of our Alvernon Quality Improvement Team and Somali Group Prenatal Care program was facilitated by the presence of community members in the planning process to maintain the centrality of the patient. By learning “about, from, and with each other” through these experiences, we are positioned to more fully fulfill our mission of delivering “excellent family-centered, community-responsive care with an emphasis on diverse and underserved populations.”

Over the next five years, our program will further move in a direction of embracing the diversity of our community and nation and create an explicit environment of inclusion. We plan to accomplish these goals through:

- reflection and exploration of our own thought processes and innate biases to bring about greater self awareness of our individual starting points,
- the prioritization of diversity in our recruitment of medical students, residents and faculty so that our conversations around education and patient care may include a greater number of perspectives,
- the integration of new clinic team structure to clarify and expand the roles and responsibilities our teammates,
- increased interprofessional education through new rotational and longitudinal experiences to better prepare our residents to practice in functional multidisciplinary teams.

I look forward to leading the members of our program through processes that facilitate a wider world view that can positively influence care of our patients and the health-determining systems in which we live and practice.

With Gratitude,  
Jessie Pettit

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## Resident Achievements and News...

### AzAFP Resident Board Member

Congratulations to Mary Garcia, R1, on being voted as the new AzAFP Resident Board member. In this role, Mary will represent all AZ FM residents to the AzAFP.



### 2015 AzAFP Brazie and Grobe Award Nominees

Drs. Katherine Martineau and Carolyn Quigley were nominated by residency faculty as this year's Brazie and Grobe nominees.

Each year the AzAFP asks program faculty to nominate an outstanding second and third year resident, and nominees are eligible for the state wide recognition which is decided by the AzAFP Board of Directors.



Katie Martineau



Carolyn Quigley

### Congratulations...

*Excerpt from Jessie Pettit, MD*



Naomi was one of the recipients of the Fall 2015 GME Resident Excellence and Leadership Scholarships.

Naomi's proposal and project seek to improve the care of our Somali and Arabic speaking patients through piloting in-person interpretation—preliminary projections show that there will be major cost reductions while utilizing the gold standard for medical interpretation.

### 2016-2017 Chief Residents



Stacy Akazawa



Katie Martineau



Rebecca Raub

### 2015 Emerging Leader's Day

*Written by Mary Garcia-Kumirov, R1*

The AZAFP Emerging Leaders Day was an opportunity for family medicine residents to meet with state representatives and senators about issues that are important to residents in our field, such as prescription drug monitoring and adequate healthcare coverage for pediatric patients. It was amazing to be able to meet one on one with politicians to discuss these topics and hear what they are doing to address them. It makes you feel like you are on the front lines of policy making and that you can actually make a difference in the future of family medicine. I would recommend this experience for anyone with an interest in influencing change on a larger scale in this field.



### Reflecting on Intern Core 1...

*Written by Mari Ricker, MD, Assoc. Program Director*

During Core 1, the Interns spent a half day together at the University of Arizona, high ropes challenge course. The facilitators guided the group through several low and high rope activities focusing on communication, trust building, and team building. They worked together through several different challenges and reached new heights together. It was a beautiful day and an energizing experience for the Intern class.



## Spotlight on 2nd Year Resident, Rebecca Raub



Q: Where did you relocate from?

A: I grew up in Tucson, moved away for Undergrad and returned for Medical School and Residency.

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

A: I love Tucson weather and the beautiful view of the mountains.

Q: Do you have a favorite restaurant?

A: My favorite restaurant is Cafe Poca Cosa. It is located downtown and serves upscale Mexican food

Q: How do you unwind from the schedule of a Second Year Resident?

A: I unwind by seeing my friends and family. I enjoy being outside and hiking with my dog. I also enjoy cooking with my fiancé, Wes.

Q: Any advice to future First Years?

A: My only advice for first years is to take some time to enjoy the positives of a very hectic year to come. First year is filled with new and exciting experiences that will create lasting memories. It's easy to get lost in the details and forget the amazing opportunity you have to impact others.

## Fall 2015 Resident Retreat

*Written by John Nguyen, Chief Resident*

The resident retreat took place this winter during the Intern CORE block. It provided much needed relaxation and bonding time for the residents. Over the course of one and a half days, the residents participated in Roller Rink Skating, AZ Party Bike (biking around 4<sup>th</sup> Avenue and Main Gate Square at the UA campus), the Family Medicine Interest Group (FMIG) social event at Borderlands Brewery, group Dinner at Rielly Craft Pizza and Drink in downtown Tucson, Karaoke at the Best Western Inn, Hiking at Sabino Canyon, and Bowling at Fiesta Lanes. The activity heavy schedule proved to be too much for some residents to handle (um, Dr. Schatz), but rest assured that all residents made it through alive. The residents were much appreciative of this time off from clinical duties to recharge and to enjoy the company of each other in the perfect Tucson weather!



## Congratulations!



*Ryan & Michelle Howard*

*Ryan and Michelle tied the knot in Bisbee, AZ on April 1. Congratulations!*

## 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!



## Alvernon Updates

### New Faces at Alvernon



**Christina Collazo BSN, RN** joined the Alvernon Family Medicine Clinic in January, 2016 in the role of RN Senior Manager. Christina's previous leadership role was as the Director of Nursing with Corizon Health at the second largest male prison complex in the Arizona State Prison system. The prison complex houses approximately 5700 inmates (ranging from minimum to maximum security), is the only complex in the state housing male minors (ages 14-18), and has 182 inpatient beds with 24 hour nursing care. Christina also had several years working with our former organization, UPH/UAMC-South Campus ICU as a Charge/Staff Nurse II. During this time, Christina obtained a Donor Requester Certification with the Donor Network of Arizona (1 of 2 in the South Campus network), and a Bachelors Degree in the Science of Nursing with honors, training for Impella Device, Continuous Renal Replacement Therapy (CRRT), hypothermia protocol, extensive wound care, mechanical ventilation, and responded with the Rapid Response Team within the South Campus. Christina also brings her extensive experience as a Public Safety Dispatcher with the City of Tucson and surrounding 5 county agencies, which answered 9-1-1 calls for fire and medical related emergencies, giving pre-arrival instructions (i.e. CPR, childbirth, motor vehicle accidents, shootings, stabbings, house fires, etc.) and dispatching all medical/search and rescue helicopters in Southern AZ. Christina is a Tucson, AZ native who is married with 4 children (2 boys & 2 girls), and is currently in graduate school pursuing a Master's of Science in Nursing with Emphasis in Leadership in Health Care Systems.



**Patty Filby** is an AmeriCorps VISTA service member originally from Colorado. She studied Public Health at Tulane University prior to moving to Tucson and joining Alvernon. Her position as the Quality Improvement and Population Health Coordinator is part of a three year partnership between Arizona Serve and FCM. She facilitates the monthly Quality Improvement Team meetings, works with clinic leadership and staff to implement quality improvement initiatives, and pursues funding opportunities to build a care coordination team for FCM. Additionally, she works with Dr. Johnson to build a similar Quality Improvement Team for South Campus. Patty is excited to be a part of the team!

### Scholarly Project Winners!

Third year residents presented their Scholarly Projects in May. Shane Richardson and Carolyn Quigley's poster "Post-Partum Contraception Methods in Alvernon Family Medicine Clinic Obstetrical Patients" won best poster.



### Promotion...



Jessica Hoyer was recognized at the November Graduate Medical Education Committee meeting for completing the 2015 GME Professional Development Course for Residency Coordinators/Managers.

Jessica has also been promoted to Program Coordinator of the UAFMRP.

### Quality Improvement Team at Alvernon

*Written by Patty Filby*

The Quality Improvement Team is built of multiple professions within the clinic and is supported by partnerships with IRC and Healthy Together. The team utilizes data from quality indicators to identify potential areas of improvement within the clinic. The team currently collects data for diabetes, immunizations, maternal and child health, behavioral health, and cancer prevention. Comparing this data to state and national benchmarks allows the team to thoughtfully consider how the clinic can work together to improve the indicators. Monthly meetings engage important stakeholders and perspectives to develop and discuss initiatives to improve these indicators over time. Initiatives include provider education, patient outreach, implementation of workflows, and group activities focused on patient care.

One success to highlight is the increase from 38% to 53% of pediatric patients with asthma who have a documented flu vaccine in the past 12 months. The Quality Improvement Team identified this as an area to improve, and given the small number of patients, discussed outreach as an appropriate initiative. Clinic leadership worked together to identify an appropriate approach for scheduling the patients. Patty A., Cirila, and Patty F. collaborated to develop a workflow and tracking system, identify the type of appointment needed for each patient, and reach out to the patients to schedule well child checks, asthma follow up appointments, and flu clinic visits to target these patients and their families during the month of December. This is just one example of how this team uses multiple professions and perspectives to improve the quality of care for Alvernon patients.

## Faculty and Alumni News...

### Spotlight on Faculty member Dr. Patricia Lebensohn



**Q: Where did you go to medical school and do residency?**

A: I went to medical school in Argentina at the Facultad de Ciencias Medicas, Universidad de Rosario, Argentina between 1976 and 1982. In Argentina, medical school is after high school and it is 6 years long. After graduation from medical school I did training in Psychiatry and became board certified in Psychiatry in Argentina in 1987. Shortly after I moved to the United States, I worked as a therapist (providing individual, couple and family therapy in a pastoral counseling agency) in Syracuse NY. I did my family medicine residency from 1990-1993 in a University Affiliated (SUNY Syracuse) and unopposed program at St Josephs Health Center.

**Q: How long have you been teaching?**

A: I have been teaching since my third year in medical school when I became a TA for the physiology course and have been teaching in different roles ever since. After Family Medicine residency, I moved to Tucson and started my career at the U of A in 1993 as an assistant professor. I have been in different roles in FCM: Behavioral Health program director, Associate Program Director, Program Director, Associate Chair for Clinical Affairs, Director of the Integrative Family Medicine Fellowship, Director of the Cancer Survivorship program at the AZCC. At the AZ Center for integrative medicine I serve as the Director of the Integrative Medicine in Residency program and PI of the National Center for Integrative Primary Healthcare. At the COM, I am one of the Societies mentors and director for the Individual and Health thread and the Health Disparities program

**Q: What do you enjoy most about teaching residents?**

A: I enjoy teaching in the outpatient setting and the Maternal Child Health service. I really enjoy discussing complex patients, and looking at them from a psychosocial perspective and also through an integrative medicine lens. What I mostly enjoy is seeing medical students and residents develop professionally and become my peers. I learn so much through teaching. I think it is the best way to stay current, motivated to learn new things, and never be bored at work.

My favorite teaching sessions are hands on, whether I am teaching procedures or how to make tinctures of herbs or cooking demonstrations.

**Q: How do you de-stress? Any hobbies?**

A: Mostly through exercise, being outdoors in nature and doing yoga. I swim, run and bike every week and had trained in the past to compete in triathlons. I do yoga most days. I love to spend time with my children and grandchildren. My son is 32 and has two boys 5 and 3 and a daughter on the way and my daughter is 34 and has a 2 year old and she will deliver my first granddaughter any moment. Other hobbies are gardening, cooking, knitting, reading, and listening to many music styles.

**Q: What do you enjoy most about Tucson?**

A: The feel of a small city, the cycling community, the gorgeous weather and amazing hikes and the cultural richness of the southwest in terms of art and food.

**Q: Do you have a favorite restaurant?**

A: Too many to count but Zeman's is probably my favorite for lunch or dinner and Five Points for breakfast. B line, the Cup and Casa Vicente are excellent choices too

**Q: Any words of wisdom for current residents?**

A: Be aware of your learning and professional goals. With clarity, passion and hard work you can reach them. Practice mindfulness every day, the best gift you can give your patients is to listen, honor their stories and empower them to lead healthy lives. Practice gratefulness, there is so much richness in the work we do every day if we have the capacity to recognize it and don't take yourself too seriously and make sure that laughter is an important part of your day.

### UA Family Medicine Residency Education Fund

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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!



## 2016 Annual Medical-Legal Partnership Summit

Written by Liz Moran, MD, Faculty

Anne Ryan, JD, Director of Tucson Family Advocacy Program (TFAP), and Jessie Pettit, Medical Director of TFAP attended the 2016 Annual Medical-Legal Partnership Summit which brought together leaders in government, law, medicine, nursing, public health and social work to share ideas, insights and best practices about integrating legal care into health care to combat health-harming social conditions. TFAP presented their work on creating an Advance Care Planning curriculum for Family Medicine residents that featured a new milestone-mapped evaluation tool to improve advanced directives discussions.



Dr. Jessie Pettit and Anne Ryan at the Annual Medical-Legal Partnership Summit



Pictured left to right: Jessica Hoyer; Charlene Clements, Chief; Liz Moran, Leila Ali-Akbarian, Sherry Skszek, Jessie Pettit, Barry Weiss, Anne Ryan, Craig McClure, Krista Sunderman; Carlos Gonzales; Paul Gordon; Colleen Cagno; Katie Martineau, Chief; and

## 2016 Faculty Retreat

Written by Jessie Pettit, Program Director

The UAFMRP faculty retreat was held in March. In addition to discussing the Annual Program Evaluation, the group participated in discussions about holistic admissions processes (led by Dr. Francisco Moreno, Deputy Dean of the Office of Diversity and Inclusion), efforts nationally and institutionally to increase Family Medicine faculty (led by Paul Gordon), and efforts to cultivate professionalism and interprofessionalism (led by Mari Ricker, Jessie Pettit, and Janet Cooley, Associate Interprofessional Education Director). Departing chief resident Charlene Clements and incoming chief resident Katie Martineau were in attendance and brought an appreciated resident perspective to these sessions.

## Biking and Affordable Care Act Across America

On April 22nd Dr. Paul Gordon flew to Washington, D.C., to start his Bike Listening Tour. He'll ride across America to Seattle stopping along the way to listen to what people think of the Affordable Care Act.

If you're interest in following Dr. Gordon's journey you can do so at [bikelistingtour.wordpress.com](http://bikelistingtour.wordpress.com) or find him as Bike Listening Tour on Facebook.



## Maternal Child Health Service

The Department of Family and Community Medicine currently has 14 Family Physicians supervising the Maternal Child Health Service which includes resident continuity deliveries (faculty pictured below). Seven faculty from the two residency clinics serve as MCH attendings, and all were present at the last MCH faculty meeting. Created in 2007, the MCH service cares for antepartum, delivering, and postpartum mothers, newborns, and hospitalized children from the two resident clinics. Residents cite the MCH experience in their second and third years of training as a unique opportunity to work one-to-one with faculty and develop their independence with management decisions concerning the health of women and children.



Pictured left to right: Liz Moran, Victoria Murrain, Cadey Harrel, Melody Jordahl-Iaftrato, Sommer Aldulaimi, Autumn Stevenson, Karyn Kolman, Kyle Meehan, Jessie Pettit, Patricia Lebensohn, Paul Gordon, Ravi Grivois-Shah, Krista Sunderman, and Colleen Cagno.

### Help Support Reach Out and Read!

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

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:  
Department of Family and Community Medicine  
PO Box 245052, Tucson, AZ 85724-5052



## Update on Alumni, Dr. Li Schmidt, Class of 2001



After graduation from residency in 2001, my first job was as a primary care physician at the El Pueblo Health Center where my Spanish was improved by interacting with the patients there and with a stint at a language school in Guatemala. I left El Pueblo at the end of 2008 due to frustration with El Pueblo's electronic medical records system.

I was preparing to open my own clinic, to be called SameDayFamilyMedicine.com, in which I would practice "direct family medicine" and not have to deal with insurance companies. But, a few months later I started working for a group called IPC (Improving Patient Care) that provides hospitalist services for Health South Rehabilitation (physical rehabilitation) and for Sonora Behavior Hospital (mental health rehabilitation). Before entering family medicine I had considered a career in child psychiatry, so I really enjoyed the work at Sonora Behavioral Health because it had me working with both children and adults.

Due to the increasing demands of raising my children and also because I became more involved in music, I've been working less of late – as a moonlighter IPC. This role has me working almost exclusively with adult patients. I enjoy the work, but miss working with children.

On a personal level, in 2004 I volunteered to sing a love song for my son's teacher at her wedding. My passion for singing was rekindled. The teacher and her husband introduced me to a local Chinese folk music ensemble that needed a singer.

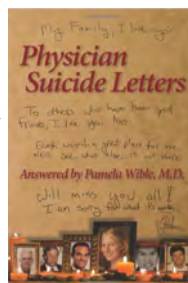
In 2014 I started a journey with my singing called "chanting for relaxation" to facilitate deep soothing out-and-in breathing. I've been sharing it with audiences at various performances, and with my patients and friends. It is still a work in progress but once perfected, I will share it via social media and on my website, [www.SameDayFamilyMedicine.com](http://www.SameDayFamilyMedicine.com). As for my family, my elder son, Veris, is waiting to see which college he will attend. My younger son, Kalyan, is already in 8th grade. My dear husband Justin, an entomologist, won the 2015 IgNobel Prize for his work developing a stinging insect pain index. And, he just completed a book about the life of stinging insects called "The Sting of The Wild." It will be released at the end of April and available through the publisher and on Amazon.

Overall, I am proud to be a female family physician, of Chinese descent, with a German last name, who speaks Spanish and sings!

## Published...

Excerpt from Barry Weiss, MD

**Pamela Wible**, alumni 90', has become a national expert in the topic of physician suicide. She's done TED talks and now has a book published, currently rated as Amazon's #1 best seller in the medicine & psychology category. In case you are interested, check it out [Physician Suicide Letters](#).



**Esther Johnston**, alumni 13', was mentioned in NPR for her work training medical students on reviving newborns in Tanzania.

Esther is now Director of Family Medicine at Seed Global Health in Washington state.

You can read the article "[Here's What you Shouldn't Do When Trying to Revive A Newborn](#)".

## Congratulations...

Written by: Colleen Cagno

Congratulations to Dr. Tasnim Khalife who presented her MPH internship project.

A graduate with the Class of 2014 University of Arizona Family Medicine Residency, Tasnim began her MPH degree during residency then remained on as faculty and facilitated the Somali Prenatal Groups.

She is currently living in Toronto and preparing to begin her job in a busy ambulatory Family Medicine practice.





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Family & Community Medicine  
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We prepare full-spectrum  
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excellent family-centered,  
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care with emphasis on  
diverse and underserved  
populations.

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Editor:

Jessica Hoyer  
Program Coordinator

## *Pearls November - April*

### **Speaker/Topic**

#### **Colleen Cagno**

- Choosing Wisely Bronchiolitis
- TOLAC Calculators
- Strategies to Address Distorted Thinking in CBT
- Metformin is it Safe and Effective in GDM?
- PCOS
- Dr. Mike Evans Whiteboard Video on Opioids
- Evidence for Screening for Anal Cancer
- ABFM MOC Process

#### **Daniel Dickman**

- Bell's Palsy
- Hypertension in the Elderly
- Drugs Affecting Male Fertility
- Vitamin D and the Elderly
- The Malar Rash

#### **Carlos Gonzales**

- Pneumonic Plague
- Guillain Barré
- Neuroleptic Malignant Syndrome
- 70N/30R
- Thyroid Nodules
- Treatment of Hypothyroidism
- Management E.D.
- Clinical Vignettes in Geriatric Depression
- Desert Insect Stings

#### **Paul Gordon**

- ADHD Drugs
- Pharmacotherapy for Trans Gender Individuals
- Generalized Pruritus
- Squamous Cell CA of Tongue Photo Rounds

#### **Ravi Grivois-Shah**

- BNP at Outpatient and CHF Prognosis
- Cholesterol
- LFTs

#### **Will Haas**

- Hospital Follow Up Visit in Clinic

#### **Patricia Lebensohn**

- LPRD Laryngopharyngeal Reflux Disease
- Peripheral Neuropathy
- Acute Pelvic Pain

#### **Craig McClure**

- Cough Duration
- Pathogens of CAP
- Oral Appliance for Sleep Apnea
- Rx for Hypoventilation Associated with Obesity
- Spirometry vs. Physician Assessment COPD
- Soy for Asthma?
- Lumbar Spinal Stenosis
- Cerebellar Tests
- Photos of Cuba
- Mobility Assessment
- Delirium
- CV Disease and Diabetes Update

- Post Menopausal Vitamin D Replacement
- Photos from Tanzania
- Falls, Vitamin D & Exercise
- New Oral Anticoagulants & Elderly
- Asymptomatic Bacteriuria in Elderly
- Colon CA Risk & Family Hx with Age
- AAA Screening
- Systolic 120 vs 140 in Elderly
- Otorrhea and Tubes
- Nicotinamide and Skin Cancer
- Bactrim after I & D

#### **Elizabeth Moran**

- Treatment of Severe Asthma with Anti-IgE (Xolair) and Bronchial Thermoplasty
- HTLV-1 & Tropical Spastic Paresis
- NRP Story on New Physicians Aid in Dying Law and Review of PCNOW Fast Fact
- Treatment of Obesity with Bariatric Surgery
- Chest 2016 VTE Guidelines and Updates
- Bariatric Surgery for Obesity

#### **Jessie Pettit**

- Are Premature Infants Okay to Breastfeed?
- Oversupply and Forceful Milk Ejection Reflex
- What Respiratory Illnesses Does Breastfeeding Protect Against?
- Headache Board Review
- Innervation of the Breast and Implications for Breastfeeding
- Integrative Approaches to Anxiety
- Post-Partum Depression in Breastfeeding Mother
- How DM Affects Breastfeeding & How Breastfeeding Affects DM Risk
- Advanced Maternal Age and Breastfeeding
- Exercise and Nutrition in Pregnancy, Postpartum & during Breastfeeding
- Milk Protein Intolerance
- Hazelbaker Assessment for Ankyloglossia

#### **Mari Ricker**

- Acute Sinusitis
- RSV
- High Dose Narcotics—Risks, Tapering, and Counseling
- Parkinson's Disease
- Depression Screening
- Thyroid Nodule
- Endocrine Effects of Anti-Psychotics
- Dementia Work Up in Clinic

#### **Krista Sunderman**

- Carotid Artery Stenosis Imaging and Treatment
- Setting Up Outpatient Hospice
- Initiating Outpatient Hospice Evaluations
- Treatment of Acute LBP in Elderly
- Etoh Use in the Elderly
- Macular Degeneration
- Angular Cheilitis Aphthous Ulcers