

Family Matters

Winter 2017

From the Program Director...

Happy New Year!

I want to share some reflections on 2016 and news about upcoming changes and goals in 2017. One of our senior faculty members always says, “We are family.” This sentiment sums up 2016 for me as our residency has celebrated many transitions of new and old family members over the past year. First, Sherry Skszek retired from her position as Residency Program Manager after 11 years with the program. Many of our alumni remember Sherry’s gift as a scheduling wizard, completing the look with her pink boa and magic wand during the Lottery scheduling event. We wish Sherry all the best in her retirement as she rides out into the sunset to spend more time on her horse. This past August, we welcomed Dora Miller to the family, as our new Program Manager. With 20 years of experience in graduate medical education, Dora brings new energy and organizational mindset that has been critical to increasing patient access to care in our office. Additionally, our former integrative medicine fellow Will Haas has passed the reins on to Chaz Willnauer, MD, who came to us from residency in Texas. Will Haas, MD, has stayed on in our FMC, and has become one of the most productive attendings in the office. Shanna O’Connor, PharmD, who has a faculty appointment in the College of Pharmacy, also joined the Alvernon family and will be spending half of her time with us in our office where she will provide pharmacy consults and assist with Transitions of Care.



We also welcomed three new babies in 2016, and one so far in 2017, between our residents Katie Hartl, MD; Ansab Khwaja, MD; Omavi Bailey, MD; and our integrative medicine fellow Chaz Willnauer, MD. Sports Medicine Fellowship Director Holly Beach, MD, started the trend in December 2015 with the birth of her daughter. Many alumni may remember the joyful energy of having a young one at teaching day—one of our residents joked that as Katie entered the conference room last week there was a coordinated hopeful look from the group and a consequent simultaneous slight frown upon realizing she was without her daughter Ellery.

In addition to getting our “baby fixes,” we’ve been hard at work engaging in practice transformation. We’ve created a new team structure and deconstructed our message room so that each sub-team has a resident from each class, a faculty member (or two!), and two floor staff, creating opportunities for greater continuity and potential for population health management. Residents, faculty, and staff have been energized by this change, and patients have enjoyed meeting members of our former message room (“Oh! So you’re the one I always talked with on the phone!”). I’m impressed with the ownership that individual team members have taken for their patients and their teams, and look forward to a smooth transition in the summer as patients of our graduates are absorbed by their team members and our new interns.

As we look to 2017, I see our residents gaining deeper insights into team-based care and change management as we apply our command of EPIC toward the planned June 2017 Cerner transition. With our new pharmacy partnership, we will explore opportunities for inter-professional education with pharmacy residents and students. As we complete our departmental strategic planning process, we will continue and strengthen our collaboration with the clinical, research, and outreach arms of our department as well as relationships within the institution and community. We are, after all, family.

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Farewell Class of 2016!

On Saturday, June 18th we celebrated the graduation of the class of 2016 and welcomed the class of 2019!

Graduates:

Sophia Bradley

Charity Reynolds

Shane Richardson

Charlene Clements

Carolyn Quigley

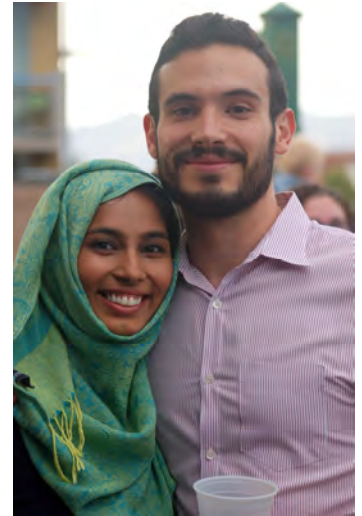
John Nguyen

Elena Soliz

Barbara Olkiewicz

Integrative Medicine Fellow,

William Haas



Welcome Class of 2019!



Christine Chan, MD
University of Hawaii, John A. Burns School of Medicine



Aneela Cox, MD
University of Buffalo, SUNY School of Medicine & Biomedical Sciences



Erica Gadzik, MD
University of Washington School of Medicine



Brianna Grigsby, MD
University of Arizona College of Medicine



Katie Hartl, MD
University of Arizona College of Medicine



Andrea Heyn, MD
Loma Linda University School of Medicine



Ansab Khwaja, MD
University of Washington School of Medicine



Melissa Lectura, MD
Albert Einstein College of Medicine of Yeshiva University

Resident Achievements and News...

2016 National Conference

Written by Mary Garcia-Kumirov, Second Year Resident

This was my first time attending the National Conference and I have to say it was an awesome experience! There was so much enthusiasm and energy regarding everything and anything having to do with family medicine, no matter what corner I turned, and I loved it. It was also exciting to go to my first conference as one of the AzAFP Resident Representatives, as I got to experience what national congress was all about, and what hot button issues were currently being discussed. It was truly amazing knowing that as residents, our voice does matter when it comes to helping AAFP find solutions to these issues. It was also fun speaking to prospective applicants about our program, how much it has enriched my life and why they should consider applying. It was also wonderful talking to medical students about



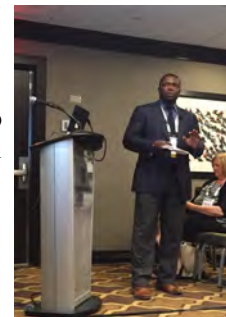
what brought them to family medicine, why they're interested in our program and my plug about why they should come here. It was an experience that I will never forget and I'm excited to see what next year's conference will bring.

Congratulations!

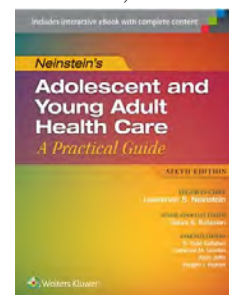
From Dr. Jessie Pettit, Program Director

Omavi Bailey, third year resident, matched in Sleep Medicine at the University of Arizona.

Omavi was recently awarded a UA Post-doctoral Excellence in Research and Training scholarship under the mentorship of Dr. Sairam Parthasarthy of the Division of Sleep Medicine. Per his mentor, Dr. Parthasarthy, Omavi would be the first K12 funded fellow in the Department of Medicine.



Raysenia James, second year resident, contributions towards Neinstein's Adolescent and Young Adult Health Care were accented and published in the Sixth Edition of the book. We are very proud of her dedication to adolescent and young adult medicine.



Spotlight on 3rd Year Resident, Androuw Carrasco



Q: Where did you relocate from?

A: Michigan State University in Grand Rapids, Michigan. Burr... SO glad this interview is not happening from there. Cool place, but I'm ready to move on to warmer things :).

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

A: Definitely. I mean, I barely have to wear clothes in Tucson compared to Michigan. Things I enjoy about Tucson: Tucson bike lanes, Mount Lemmon, salsa galore, Hispanic people, awesome mountain bike trails, night skies are beautiful.

Q: Do you have a favorite restaurant?

A: Ha-ha. Anywhere? Of course.

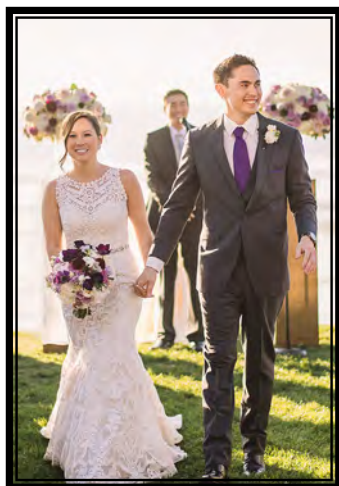
Q: How do you unwind from your resident schedule?

A: Sleep- you can't wind down if you barely had energy to wind up in the first place. Going to the gym, acoustic guitar, and my bikes. If I'm feeling extra nerdy, hitting the parks with my RC car. And hanging with my colleagues is always a treat, of course.

Q: Any advice to future First Years?

A: Doing intern year is going to make you question your professional intentions- no doubt. That's normal. But have the humility to press into those feelings and confide in one another. Your resident family are your best critiques and most influential advocates. Its okay to not swallow your personal life or leave it at the door- you can't. Know that your colleagues love all of you and that your well being is important to us. So go get them tiger.

Congratulations Newlyweds and Welcome Newborns!



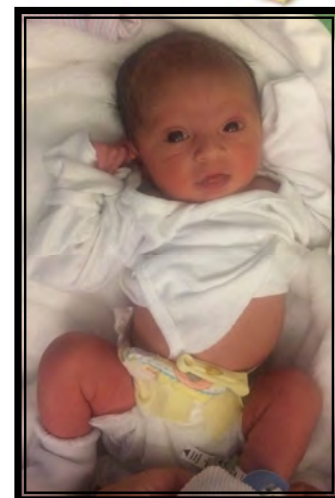
Zachary Sprague (R2) &
Melissa Yastic



Rebecca Raub (R3) &
Wes Miller



Ellery Hartl
Mom: Katie Hartl (R1)
October 8, 2016
21 inches, 8 lbs, 5 oz



Hakeem Xavier Khwaja
Dad: Ansab Khwaja (R1)
December 7, 2016
19 inches, 5 lbs 5 oz



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!

Spotlight on Senior Resident, Katie Martineau



Q: Where did you relocate from?

A: I grew up in Northern California, but came to Tucson from Richmond, Virginia where I attended Virginia Commonwealth University School of Medicine

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

A: I have loved living in Tucson. The city and the surrounding areas are so unique. I love exploring the desert and getting to learn about the plants, animals, and birds in the area. It's great to be able to drive one or two hours away for a weekend and see something totally different and awesome.

Q: Do you have a favorite restaurant?

A: My favorite restaurant in Tucson is The Coronet on 4th Avenue. They have a great patio with live music on the weekends.

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

A: It is so important for me to try to spend some time outside everyday to unwind. I also love grabbing food or going to the gym with my fellow residents.

Q: Any advice to future First Years?

A: Make sure to plan something to look forward to on your days off and explore all that Tucson has to offer.



*Congratulations to newlyweds
Katie Martineau and
Johnny Carey*

Core 1 Rotation

Core 1 was an excellent opportunity for our first year residents to come together to recharge and learn of the new experiences that await them during the second half of their first year of residency. After compiling a list of topics that would benefit our first years, we reached out to them to see what they felt they needed a refresher on too. Some of the topics covered by our core faculty included Navigating the Office Visit with Dr. Mari Ricker, Chronic Pain by Dr. Liz Moran, Efficiency with our Clinic Director, Dr. Ravi Grivois-Shah, Grief and Loss with Dr. Leila Ali-Akbarian, Joint Injections from Program Director of the Sports Medicine Fellowship, Dr. Holly Beach, and an Antibiotics Review with our new in-house PharmD, Dr. Shana O'Connor. There were many hands on training



sessions for the first year residents to practice their techniques, Sterile Prep and Suturing Workshop and Paragard Training with Dr. Jessie Pettit.

Core 3 Rotation

Written by Stacy Akazawa, Third Year Resident

During every year of residency, each class comes together for two weeks of Core. During Core 3 this year, the third year residents listened to several lectures on practice management including different practice styles (FQHC vs private vs direct primary care), job opportunities, finances, contracts, recruitment, CVs, ABFM certification, and also refreshers on some common medical topics. We also had time to work on our Integrative Medicine curriculum including discussing spirituality, sleep medicine, a morning hike up Tumamoc Hill, and a sweat lodge hosted by Dr. Gonzales. For our Core 3 retreat, we enjoyed a relaxing weekend on the beach in Rocky Point, Mexico. Core is always a highlight each year and is a great time to reconnect with each other.



Residency Spring Retreat—

Thursday, April 20th and Friday, April 21st

STFM Annual Spring Conference—

May 5-9, San Diego, CA

GME Scholarly Day—Tuesday, May 16, South Campus

Graduation and Welcome Ceremony—Saturday, June 24th 5-9pm at Lodge on the Desert

Alvernon News and Updates

Alvernon All Staff Retreat and Picnic

In October, the Alvernon clinic hosted the 2nd Annual Alvernon All Staff Retreat and Picnic. It was a very productive team-based retreat and fun-filled family picnic.



New Face at Alvernon



Elizabeth 'Betsy' Sorensen grew up in Northfield, Minnesota and graduated with a BA from Lawrence University in Appleton, Wisconsin, in June 2015 with a Spanish Major and a double minor in Biology and Biomedical Ethics. She studied abroad in Santiago, Chile for 5 months during her junior year of college

where she volunteered her free time at a Public Health Organization, EPES (Educación Popular en Salud); where she became passionate about public health. She is working at the Family Medicine Clinic as an AmeriCorps VISTA, Quality Improvement and Population Health Coordinator. Basically, she works with clinic staff, nurses and providers to improve the services the clinic provides to patients through data analyses and work flow development. VISTA, Volunteers in Service to America, is a year of national service specifically designed to help organizations build capacity and sustainability to fight poverty in their community throughout the country. There are about 35 VISTAs dispersed around Tucson that work with all different nonprofits, schools and organizations, doing many different jobs and projects in the city to help those in need. Betsy would like to pursue a career in Public Health and Epidemiology and is planning on going on to the Peace Corps after her service ends in July.

Alvernon Clinic Participates in the International Rescue Committee's Winter Clothing Drive

This holiday season the Alvernon clinic staff and physicians participated in the IRC Winter Clothing Drive. There was overwhelming response to the call for donations. Thank you to everyone who donated clothing! The IRC appreciated all the donations and was able to distribute everything to refugees for the holiday season.

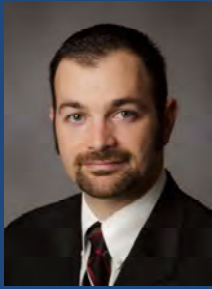
Here is the final count of items:

Blankets: 49
Heavy Jackets: 28
Light Jackets/fleece: 27
Sweatshirts: 42
Sweatpants: 26
Sweaters: 37
Flannels/long sleeve shirts: 27
T-shirts/shorts: 239
Pants: 52
Socks: 176 pairs
Hats/mittens/scarves: 35
Dresses skirts: 35
Robes: 2
Onesies: 22
Underwear: 3
Stuffed animals 2



Faculty and Alumni News...

Spotlight on Integrative Medicine Fellow, Dr. Charles Willnauer



Q: Where did you attend medical school and complete residency?

A: Texas Tech University Health Sciences Center for both medical school and residency. Located in Lubbock, TX. I was a graduate of the first class of FMAT (Family Medicine Accelerated Track). The program graduated students interested in family medicine in 3 years by going to school year round. During the first two of those years of medical school I also earned an MBA with an emphasis in Health Organization Management from Texas Tech University. It took me 5.5 years to get my undergrad at Brigham Young University (majored in Portuguese and Minored in Ballroom Dance) but only 3 years to get a joint MD/MBA. Sleep deprived during that time...probably.

Q: How long have you been teaching?

A: First lecture and day supervising residents was in September.

Q: What do you enjoy most about teaching residents?

A: In family medicine, nothing is off limits! How many specialties would allow/need Fascinations staff to come in with dildos, vibrators, and sex furniture to talk about sexual wellbeing? I enjoy having to brainstorm strategies to increase compliance and wellness with residents. I think we both get to learn new ways of practicing the art of medicine.

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

A: De-stress - I like to look up the housing market in the Kansas City area (where the practice I will join is located). Read about politics. Wrestle with my daughters ages 6, 4, and 2. The 2 month old will join in soon. Hobbies - Does diaper changing count? Hobbies BC (before children) were dancing, hunting, fishing. I have been a Boy Scout leader for years with my church. I am currently the Cubmaster for Cub Scouts.

Q: What do you enjoy most about Tucson?

A: I actually haven't explored Tucson much yet because we live in Sahuarita. So far I am liking the winter weather.

Q: Do you have a favorite restaurant?

A: Quickly learned that Frost has great gelato. Already been there 3 times. Never had Ethiopian food until Dr. Ali took me there when I came to interview. Went there again for my birthday.

Q: Any words of wisdom for current residents?

A: Family medicine is in high demand today. Don't settle for a practice you won't enjoy being at every day.



UA College of Medicine—Tucson Committee Elections

Congratulations to our faculty on being elected to UA Committees:

Educational Policy Committee

Patricia Lebensohn, MD (re-elected to 5 year term ending 6/2021)

Dean's Council on Faculty Affairs

Colleen Cagno, MD (4 year term ending 6/2020)

Faculty Diversity Advisory Committee

Randa Kutob, MD (4 year term ending 6/2020)
Patricia Lebensohn, MD (4 year term ending 6/2020)
Victoria Murrain, DO (4 year term ending 6/2020)

AAMC Council of Faculty of Academic Societies

Paul Gordon, MD, MPH (re-elected to 3 year term ending 6/2019)

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.

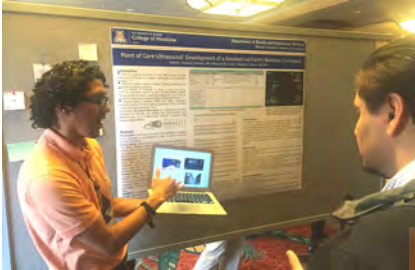


You can write a check payable to: UAF/Family Medicine. In the memo write: Alvernon Reach Out and Read or Alvernon ROR.

Checks can be mailed to:
Department of Family and Community Medicine
PO Box 245052, Tucson, AZ 85724-5052

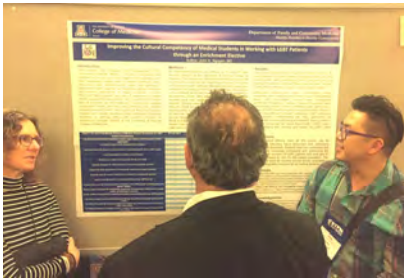
Star Sightings at National Conferences

2016 STFM Annual Spring Conference.



Androuw Carrasco, third year resident, presenting his poster "Point of Care Ultrasound: Development of a Resident-led Family Medicine Curriculum"

Esther Johnston, Class of '15 giving a presentation.



Dr. Patricia Lebensohn, Faculty Member with John Nguyen, Class of '16



2016 AAFP Family Medicine Experience and Chief Resident Symposium.



Each year the residency program send new chief residents to the AAFP Chief Resident conference where they can network with other chief residents and share ideas for the upcoming year.

2016 AAFP FMX Recap: Never Stop Learning

Last fall, nearly 4,000 family physicians gathered to learn, connect, and celebrate family medicine. Please enjoy these highlights from the 2016 [AAFP Family Medicine Experience \(FMX\)](#). Then make plans to join us next year in San Antonio, TX, September 12-16.

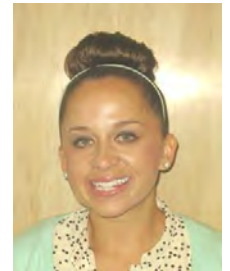
[More »](#)

John Nguyen, Class of '16 and former chief resident, with current chief residents, Rebecca Raub, Katie Martineau, and Stacy Akazawa

An Update From Recent Graduate, Charlene Clements...

Greetings from Northern Arizona. I am a recent grad who is doing full spectrum up with the Indian Health Service in Northern Arizona (I was one of the chief residents last year)! I started up here on August 15, 2016 and I will give you a brief summary of what I've done so far...

- 1) Rounded on the inpatient service
- 2) Delivered babies
- 3) Urgent care shifts
- 4) Prenatal clinic every week
- 5) All office procedures (IUDs, Nexplanons, Paps, I/D, joint injections, circs, toenail removals...etc)
- 6) I travel to our field clinics (which some don't even have running water!!) and provide comprehensive primary care (while also having to manage occasional emergencies)
- 7) Regular continuity clinic and panel.
- 8) Precepting nurse practitioner and medical students



I hit the ground running up here and I think it would have been impossible for me to do so unless I had such amazing training down in Tucson. I did go to medical school and residency through the U of A and I don't regret it an ounce. I feel like I trained under a supportive, amazing environment that would not have allowed me to feel like a prepared attending in the community.

That being said, one of the greatest things I gained from my residency program was an amazing group of friends and colleagues. My co-residents and I (that I just graduated with) talk to each other nearly daily. I just returned from visiting one of them up in the Seattle area and we are all reuniting this month and next month (all 8 of us which is unreal). We don't all live in the same area but have grown to become an incredible support system that we value and cherish, and this is truly what is helping us survive our first year as attendings.

All my best!

Charlene Clements

Update on Alumni, Dr. Maureen Murphy, Class of 1984



The primary reason I came to our U of A Family Practice residency was to become a well-rounded family physician who could hold her own as a medical missionary in the desolate areas of northern Brazil, where I believed I was going at the completion of the residency. I needed experience delivering babies, not learning to read echocardiograms which I would have been doing had I stayed in internal medicine where I spent my first year of residency. I was fortunate that there was an opening in the U of A program in the second year class in 1984.

This is a full-circle kind of story. In January, 2017 I will officially stop doing OB after 32 years, having delivered around 900 babies, thanks to my U of A family practice training. I will also be celebrating a 20-year anniversary of the founding of the Haiti Medical Mission of Wisconsin. You see, I never did become that missionary to Brazil since I had decided to leave the community of nuns of which I was a member for 13 years.

But when my daughter Kelsey was 7 and son Maximilian was 2, I led the mission's first medical trip to Thiotte, Haiti. I imagined that this trip would be a one-time experience, but I was hooked and went every year for 14 more years. In that time, we have sponsored the building of a hospital, clinic, lab and pharmacy; developed a not-for-profit organization; and help keep a Haitian physician and nurses employed to run the clinic when we do not have a medical or surgical team present. All in all, it has been a most rewarding endeavor. If anyone reading this is interested in joining one of our teams, please check out www.haitimedicalmission.com.

Between my husband, Larry Whitney, and me, we have 10 children and 17 grandchildren (how's that for an ex-nun?). We live on a farm in rural Wisconsin and raise Red Angus cattle. The best part for me are the red heeler cattle dogs who I get to help birth, train, and take on walks. If you are ever in the area, you might see a lady with a pink ball cap on, holding onto three leashes, each with a doggie attached; she may or may not be carrying one of their puppies too!

My daughter Kelsey got her masters in social work and now works for a non-profit in Chicago, taking care of mentally ill adults in the inner city. I pray daily for her safety. My son Max has struggled with obeying the law. The latter part is an example of how our personal wounds can be used for good. My hope is that my understanding and compassion for other parents in similar situations will be a healing presence.

This past summer Larry, Kelsey, her boyfriend David and I had the great opportunity to reconnect with two friends from the residency when we went to Alaska. Barry Weiss (a faculty member when I was a resident), Neil Murphy (one of my residency mates), and their spouses Joyce and Angela were most gracious hosts while we tootled around their gorgeous state. It was a reminder to me how deep the bonds are that were made so many years ago; it felt like we picked up just where we left off.

One last amazing U of A renewed connection. We just got home from a road trip to the Grand Canyon. We had an exhilarating helicopter ride over the canyon (no I didn't hike down!). For me, though, the highlight of the trip occurred in Payson, AZ. There we met up with a couple whose first child I delivered as a resident 32 years ago. We have stayed in touch over the years via holiday cards but this was the first time seeing each other in person since graduation from residency. As it so happens, they had planned to come this direction to pick up a hunting dog, so we get to return the favor of hosting them in Wisconsin later this month!

Published...



William B. Ventres, alumni 88', has written an article in The Journal of the American Board of Family Medicine titled: "[Global Family Medicine: A 'UNIVERSAL' Mnemonic.](#)"



The University of Arizona College of Medicine is celebrating 50 years. Be on the look out for upcoming events!

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>.

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

Jessie Pettit, MD
Program Director

Mari Ricker, MD
Associate Program Director

Dora Miller
Program Manager

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Editor:
Jessica Hoyer
Program Coordinator

Pearls July—December

Speaker/Topic

Colleen Cagno

- Cervical Cancer Screen
- Approach to Amenorrhea
- Diagnosis and Predicting Menopause
- Infant Simulators to Reduce Teenage Pregnancy
- Pulmonary Embolism Signs, Dehydration in Kids
- Electronic Fetal Tracing
- Signs of Dehydration in Newborns and Children
- Journal Watch Pediatrics Sept 2016
- Choosing Wisely—Infectious Disease Types
- Orthostatic Vital Signs to Assess Dehydration and Hypovolemia
- Update on Zika Virus
- American Board of Family Medicine
- Acute Cystitis Case Questions from RCR Part 1 & 2
- Diagnosis and Management of Mild COPD
- Are There Dietary Recommendations to Prevent Diverticular Disease?

Dan Dickman

- Intro to Hypertension Guidelines
- Atrophic Vaginitis

Carlos Gonzales

- Basics of Hypertension
- Hypertension Review
- New Anticoagulants
- Recurrent UTI Management in Women
- Estradiol Systemic Absorption from Vaginal Estrogen Treatment
- Mexican Cultural Childhood Illnesses
- Congenital AS—Diagnosis and Management
- Plague in SW
- Rocky Mountain Spotted Fever
- Pulmonary Sarcoid
- Colon Polyp Management
- Management Gall Stones

Paul Gordon

- Acute Bronchitis
- Malaria

Patricia Lebensohn

- Failure to Thrive
- Antibiotics
- Probiotics

Craig McClure

- Hepatitis C Screening
- SOAP Presentation
- Lipid Management with Statins
- SBP Goal 120 in Elderly
- Exercise in Pregnancy

- Risk of Quick Repeat Tdap in Pregnancy
- Vaginitis and Premature Labor
- OCPs and CVA, PE, MI
- Otorrhea with Tubes
- Prophylactic Antibiotics in VUR
- Bracing for Scoliosis
- Duration of CAP Treatment
- Ultrasound for Pediatric Pneumonia
- Age-Adjusted D-Dimer & Wells PE Criteria
- Pathogens of CAP
- Obesity and Knee Replacement
- Colon Cancer Risk and Family History
- Diverticulitis
- Diverticulosis

Liz Moran

- Prescriber's Letter Intro
- Common Skin Disorders in Children
- Pediatric Skin Rashes (Viral Exanthems)
- Assessing PNA Severity with PSI/PORT & CURB 65
- NEJM: Long Term Oxygen—"No Benefit" for patients with Moderate Hypoxemia in COPD?
- Common Questions about Barrett Esophagus from AAFP
- Noninvasive Testing of Liver Fibrosis

Jessie Pettit

- Iron Deficiency Anemia in Infancy: To Screen/Supplement or Not?
- Baby Steps
- Breastfeeding
- CV Writing Tips
- Acute Bronchitis
- Effects of Breastfeeding on Respiratory Illness
- Breast Surgeries: Implications w/ Breastfeeding

Mari Ricker

- Clinic Efficiency for Interns
- Ovarian Cancer Screening
- Vulvar Cancer
- HEADS & Electronics and Sexting
- Travel Medicine
- Steroid for Acute Asthma Exacerbations
- Breast Radiology
- Acute Sinusitis
- Discontinuing Ppl

Krista Sunderman

- Menorrhagia
- Vanderbilt ADHD Screening
- Obesity in Childhood
- Compression fxs