

# Family Matters

## From the Program Director...



Happy New Year!

July 1<sup>st</sup> marks the beginning of our academic year and brings many changes to the program as we welcome new interns and residents adjust to new roles and responsibilities.

In many ways, having the start of our residency year coincide with the season of many environmental changes in Tucson, feels just right. At the same time that the residency is full of activity, Tucson welcomes the arrival of the monsoons which are due to seasonal changes in atmospheric circulation and precipitation.



While someone who is newly relocated to Tucson may be working hard to adjust, they are hopefully made to feel welcomed by the excitement and exuberance that is displayed by the people they meet, especially towards the large cumulus clouds and bursts of heavy rain. The night-blooming cereus is another symbol of the times. The flower of the night-blooming cereus opens up and blooms at this time of the year for only a few nights and stays open until the early morning hours, mirroring the sleep cycle of many of our residents who stay up late to deliver a baby or are awake all night caring for a sick patient in the ICU. The outside temperatures rise high and fall quickly.

This was experienced firsthand by the staff and physicians who worked through clinic seeing patients at Alvernon July 2<sup>nd</sup> without air conditioning, and then cheered the arrival of the powerful generator cooling the Family Medicine Center to a brisk low-70's. (Don't forget to bring your fleece jackets to Teaching Day.) These changes in our outside world remind me of the recent events and the natural rhythms in the residency year. We are off to a great start and as you read through the newsletter, I hope you sense the resolve to implement many exciting changes in the residency and I encourage each of you to reflect on and commit to your personal educational resolutions for this new year.

Best, Colleen

### Congratulations



Dr. Paul Gordon and Dr. Myra Muramoto were both recently promoted to Professor of Family and Community Medicine.



This is a well-deserved recognition and reflects hard work, talent, high achievement, and national recognition for these two individuals.

### July 2010

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## Spotlight on Dr. Sean Yang



I was born and raised in Taipei, Taiwan, and I moved to the U.S. at the age of seventeen to start a whole new chapter of my life. After completing high school in Los Angeles, CA, I decided that L. A is too much like home and I needed to expand my spectrum. With family in Utah, I moved to Salt Lake City.

Before I realized, I spent most of my adult life so far in Utah. I graduated from University of Utah with bachelor degrees in Economics and Bio-Chemistry as well as Medical school. Outside of studying, I enjoyed outdoor activities Utah has to offer, ski/snowboarding, golfing, and cycling. After spending a decade in Utah, I figure it is about time for me to explore somewhere else. My first experience with Arizona was when I came to Arizona to watch the Utah Ute play in the Fiesta Bowl. That's when I fall in love with the winter time in the southwest.

In Tucson, it has offered not only a great variety of outdoor activities, such as hiking, cycling, golfing, etc., but also accessibility too all activities ALL YEAR LONG. You will doubt whether or not you can go out during summer, and yes it is hot, but the lack of humidity makes it more bearable. My wife and I love to explore new restaurant with great food and price, and we are surprised to find out that Tucson has such a great selection of restaurants. Just to name a few, Armitage, located in La Encantada, offers a relaxed ambiance and various exquisite cuisine. Bai Thong offers authentic Thai food with decent price. We also tried Sunday brunch once at Hacienda Del Sol resort, and the food as well as the view was magnificent! The list can go on and on, you will have to come and experience!

Working as an intern pretty much takes up most of your time; however, having limited time makes you plan your spare time more effectively. During my spare time, other than taking enough rest at home, I try to take my bike out or play a round of golf to help me unwind. I also enjoy riding my bike to work when I am on night shift of our inpatient rotation. New edition to the family, Jonathon Yang!



I think my advice for future first years is to relax and enjoy the ride. Being able to do what you are passionate in can always justify any hard work that comes in front of you. I am really happier than I expected. Finally, I feel I am not "in the way" and I am doing what I wanted to do.



### Alumni News... Update on Neil Murphy and Mark Mering

Drs. Neil Murphy (left) and Mark Mering (right), 1985 graduates of our residency, are shown in this photo on their November 2009 mountaineering trip in Ecuador. They are pictured in front of a glacier at 15,500 ft during an acclimatization day on an ascent of Mt. Cayambe (18,997 ft).

Dr. Murphy is currently joint boarded in family medicine and obstetrics-gynecology. He practices with the Indian Health Service at the Alaska Native Medical Center in Anchorage, Alaska. Dr. Mering works at the Terry Reilly Health Center in Nampa, Idaho. It is one of the oldest community health centers in the US. All the physicians at the health center are family physicians, and together they deliver over 700 babies a year. Dr. Mering says that if any of our current residents are seeking a position with full-spectrum family practice on a manageable schedule, they should contact him at [mark.mering@gmail.com](mailto:mark.mering@gmail.com).

Dr. Barry Weiss is working to develop our alumni network. If you are in contact with any of our past graduates, please pass the information on to Dr. Weiss ([bdweiss@email.arizona.edu](mailto:bdweiss@email.arizona.edu)).

## Congratulations Class of 2010...



Marnie Lamm, Tammy Timmons, Krista Sunderman, Stephanie Crane, Terri Kresha, Kitty Aparicio, Cecilia Urquides

A graduation celebration was held at the Lodge on the Desert on Sunday, June 27 to honor these fine residents as they move on to the next stage of their lives. Over a hundred people attended the brunch and joined in the festivities. Best of luck to these newly minted Family Physicians! Where are they headed? ...not far from home!

**Terri Kresha** will be working at UPH Kino Urgent Care. **Tammy Timmons** will be at El Rio NW Clinic in November. **Stephanie Crane** is working with NextCare Urgent Care then joining Carondelet Medical Group in October while continuing

part-time with NextCare. **Krista Sunderman** is participating in the UA Sports Medicine Fellowship. **Marnie Lamm** and **Kitty Aparicio** will be Junior Faculty with UA as they participate in the Integrative Medicine Fellowship. **Cecilia Urquides** will work as a hospitalist at UPHK as an Assistant Professor, Clinical.

## Medical-Legal Partnership...



The American Medical Association (AMA) passed a resolution at their annual meeting last week in support of medical legal partnerships (MLPs) like the Tucson Family Advocacy Program. Resolution 7 (I-09) acknowledges that unmet legal needs have a significant impact on patient health and well-being, and that medical legal partnerships, which integrate legal services in clinical settings, are an effective way to identify and resolve these problems.

"Through this partnership, the unmet legal or environmental needs of patients can be addressed before they reach crisis proportions," said AMA Board Member Dr. David O. Barbe in a statement released by the AMA. "The AMA encourages physicians to develop medical-legal partnerships, and we will help them do this by creating a model agreement and working with key stakeholders on education."

The resolution encourages collaboration between the AMA, physician groups and key stakeholder organizations to (a) educate providers on the connections between unmet legal needs and health, (b) provide resources to help physicians screen for patients' unmet legal needs, and (c) assist healthcare providers in establishing MLPs. The American Bar Association passed a similar motion in support of medical legal partnerships in 2007. A number of national and state organizations, including the American Academy of Pediatrics and the Arizona Academy of Family Physicians, have also voiced their support for medical legal partnerships.

To learn more about the AMA resolution, please see <http://www.medical-legalpartnership.org/news/ama-passes-resolution-in-support-of-mlp>

This is a wonderful endorsement for medical legal partnerships nationally. Thank you for your support of the Tucson Family Advocacy Program and for recognizing the benefits of medical legal partnerships for patient health.

Anne M. Ryan, Esq.



## Welcome Class of 2013



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

**David Byron, MD** - Ben Gurion University of the Negev, dbyron@email.arizona.edu

**Daniel Firth, MD** - University of Florida College of Medicine, dfirth@email.arizona.edu

**Michael Lokale, DO** - Edward Via Virginia College of Osteopathic Medicine, mlo-kale@email.arizona.edu

**Katie Grund, MD** - University of Arizona CoM, dittbenn@email.arizona.edu

**Samantha Meaney, MD** - American University of the Caribbean, smeaney@email.arizona.edu

**Loan Pham, MD** - University of Arizona CoM, ltpham@email.arizona.edu

**Manasi Ramakrishnan, MD** - Rajiv Gandhi University of Health Science, mana-sir@email.arizona.edu

**Susan Ritter, MD** - University of Colorado SoM, sritter@email.arizona.edu

**John Rosell, MD** - Chicago Medical School at Rosalind Franklin Univ, jrosell@email.arizona.edu

### UMC Grand Rounds

Special thanks to Dr. Jessie Pettit who organized a collaborative Grand Rounds at UMC with the Departments of Family & Community Medicine and Pediatrics which featured Dr.

Marianne Neifert (right). Dr. Neifert is a nationally recognized expert in breastfeeding. In her presentation, Dr. Neifert emphasized strategies that promote breastfeeding including education about breastfeeding during prenatal visits, early skin to skin contact between mother and baby after delivery, and close monitoring of a newborn's weight to recognize and respond to breastfeeding problems.



### Supervisory Residency Education Committee (SREC)

We are pleased to announce the creation of a new committee dedicated exclusively to resident education. The goal of the committee is to supervise the education curriculum so as to develop the ideal family physician. Specifically, we plan to:

- Review current curriculum content and assess whether it is appropriately preparing residents to practice successfully in today's healthcare climate (What we teach)
- Assess the method of content delivery (How we teach)
- Evaluate curriculum delivery and impact (Are we teaching what we said we would, and are learners learning what we are trying to teach)

Our first meeting was in June at which we defined the goals and scope of the committee. Our next meeting is early August and we will keep you posted on our activities as they evolve. Your committee members include Bethany Bruzzi, Colleen Cagno, Tessa Dake, Barbara Eckstein, Craig McClure, Heidi Meyer, and Jessie Pettit. Feel free to share your ideas about our residency education curriculum with any of our members.



**Tow Award Recipient Named** Dr. Patricia Lebensohn was recently named the recipient of the Leonard Tow Humanism in Medicine award, sponsored by the Arnold P. Gold Foundation. The award is presented to a faculty member who best demonstrates the Foundation's ideals of outstanding compassion in the delivery of care, respect for patients, their families, and health care colleagues, as well as demonstrated clinical excellence. Patricia was selected by the medical students for this award. Way to go Patricia!

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

Barbara Eckstein, MD —  
Associate Program Director

**CORE 2 & 3** The dates for Core 2 are August 9-20, 2010 and Core 3 are October 4-15, 2010.

### ***Inpatient Teams -- New Names***

FM Teaching Service (UA) = **FMR** = Family Medicine Red Team (as of July 1st)

FM Teaching Service (UA/UPHK) = **FMO** = Family Medicine Orange Team (as of July 1st)

***In-Training Exam*** The exam is scheduled for Friday, November 5, 2010. We are planning to take the exam online this year. Stay tuned for more details.

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

Speaker/Topic

Colleen Cagno

- Screening for peripheral neuropathy
- Timing for re-screening with DEXA scan in patients on osteoporosis therapy
- HELPERR: shoulder dystocia
- Antibiotic treatment for acute otitis media (AOM) in pediatric patients
- Empathy as treatment for the common cold
- Methods of cervical ripening
- Clinical teaching
- IUDs- indications and contraindications

Barbara Eckstein

- COPD
- Allergy medications
- Lipids
- PMS
- Chronic pain medication strengths
- U Tox

Carlos Gonzales

- New goals for DM2
- Radiation exposure risks
- Cultural views on death

Paul Gordon

- DM screening guidelines

Julia Hardeman

- Case presentation - short stature in a child
- Saying "no" to patients

### ***Kansas City ...here we come***

Drs. Brian Martin, Megan Guffey, and Carlos Gonzales are headed to Kansas City next week to participate in the AAFP National Resident & Medical Student Conference. This event starts the recruitment season for our program. Good luck!

### ***Call for Papers/Posters***

The STFM paper submission deadline is September 13. Poster submission deadline is November 15 for resident 'in progress' projects. NAPCRG Resident Works-In-Progress submission deadline is August 25.

- Women's health & questions of hormone therapy
- Vitamin D recommended guidelines for use in children
- BPH
- Atrial fibrillation

Craig McClure

- Aging in place
- Bladder cancer
- Knee aspiration
- UTI management
- Abnormal uterine bleeding
- Diverticulitis management
- Osteoporosis diagnostic criteria
- Barrett's esophagus
- Irritable bowel disease
- Surgical management of clavicular fractures

Jessie Pettit

- Pre-operative testing
- B12 deficiency
- Cervical cancer screening guideline update
- Thrush in mom and baby

Violet Siwik

- Blood pressure treatment
- Cutting edge nutrition
- Infant with vesicular rash
- Anti-coagulation for patients with atrial fibrillation
- Parkinson's disease

Jennifer Vanderleest

- LGBT