



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON

# Family Medicine Residency

UAFMRP Newsletter

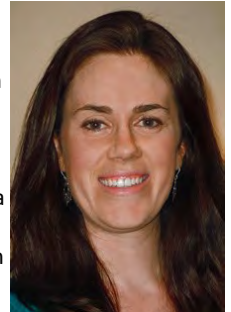
Winter 2018

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## From the Program Director...

The new year is off to an exciting start, due in part to the amazing team that we have in place. In August we welcomed Dr. Taiwona Elliott as new faculty, who brings a sure hand and passion for procedural training and a calm and thoughtful wisdom to both precepting and residency administration. Dr. Anna Landau joined us as faculty in October after completing her Global Health Fellowship, working in Liberia and at the Arizona Indian Health Service site in Tuba City. In November we welcomed Kelsey Gender to our residency administrative team as our new Program Manager. Kelsey was working in the same capacity at Louisiana State University's Shreveport Family Medicine Residency and was able to hit the ground running. As of January 1<sup>st</sup>, Dr. Elliott is our new Associate Program Director. Dr. Mari Ricker served in this role previously and was selected to be the Director of the Wellbeing Committee within the GME office, drawing on her expertise in physician wellbeing to benefit residents, fellows, and faculty within our organization.



This month our residency administrative team met to define our program priorities for the year. Two major priorities rose to the top:

- Deeper integration of the Clinic First model within the residency
- Increased resident clinical and learning opportunities for integrative medicine through the lens of our program's mission for working with underserved populations

Given our program's work over the last couple of years in the ambulatory setting, our program was selected to participate in the Association of Family Medicine Residency Director's Clinic First Collaborative which is co-sponsored by the University of California, San Francisco Center for Excellence in Primary Care. The Collaborative supports family medicine residency programs to develop structures to synergistically fulfill both missions of education and patient care to invigorate the current and future workforce in primary care. Dr. Katie Hartl, who nationally represents family medicine residents on the AFMRD board, is our resident lead, and Dr. Ravi Grivois-Shah as our medical director and myself as Residency Program Director are the faculty leads. The Collaborative kicks off at the end of February in Kansas City, Missouri, and meetings and formal support continue through January 2019.

I wrote previously of the principles of Clinic First (Engaged Leadership, Resident Scheduling, Resident Engagement, Team-based Care, Continuity of Care) and look forward to cultivating existing partnerships with the College of Pharmacy and their pharmacy students and residents under the leadership of our new pharmacist Dr. Bernadette Cornelison, and to forming new partnerships supported by recently awarded departmental funding to develop integrated care for mental health care within primary care.

A group of integrative medicine trained faculty met last year to explore options for increasing opportunities for residents to participate in integrative medicine being practiced in the clinics. In February, Dr. Ingrid Patsch will be joining our program as faculty with a concentration in the ambulatory setting after completing an interprofessional integrative medicine fellowship through the Academy of Integrative Health and Medicine. We plan to continue our conversation about these clinical opportunities with Dr. Patsch as part of our team as we attend the national Integrative Medicine for the Underserved conference this June. Undoubtedly, having Dr. George Schatz, currently one of our chief residents, as one of our integrative medicine fellows in July will also help shape the program and integrative medicine fellowship in new ways.

Over the past three and a half years as Program Director, I have come to realize that when you have the right team assembled, anything is possible. I'm grateful for both the new members of our team as well as our many faculty, staff, and residents who have been reliable "MVPs" on our team during our recent transitions. Like the old adage says, it truly takes a village to do this work and I look forward to what our village will produce over the next year.

**Our mission is to prepare physicians to provide excellent family-centered, community-responsive care, with an emphasis on diverse and underserved populations.**

Our program's core values:

- ◆ Promotion and valuing of diversity
- ◆ Working with underserved populations
- ◆ Creation of a positive and supportive learning environment
- ◆ Maintenance of strong, well rounded academics

## **Resident Achievements and News**

### **Spanish Language Healthcare Disparities Distinction Track**

*Written by Andrea Heyn, second year resident*



The Spanish Language/Healthcare Disparities Distinction Track is a two year program designed to improve a resident's medical Spanish language proficiency for the purpose of enhancing the care we provide to our many Spanish speaking patients. Our monthly language didactic sessions are led by Jaime Fatás-Cabeza, University of Arizona's Director of the Undergraduate Translation and Interpretation Program, who is a certified court and healthcare interpreter. Additionally, we participate in monthly luncheons which serve as an informal way to practice our Spanish skills with fellow residents. We are also provided with supplementary online study materials and access to Canopy Medical Spanish Online Training.

The participants in the Distinction Track host bi-monthly forums for all residents, faculty and staff on topics related to health disparities within our Tucson community and abroad. Our next forum is on February 7, 2018 entitled Drug Addiction: Impact on Our Communities.

### **AAFP Grant Vaccine Videos**

*Written by Jacqueline Huynh, third year resident*



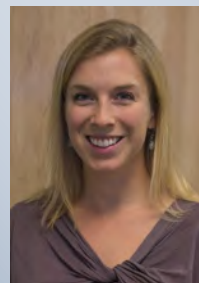
Our residency program, under project leaders Jacqueline Huynh, third year resident, and Christine Chan, second year resident, were awarded a \$11,200 grant from the AAFP Foundation in August 2017 to improve vaccination rates among adolescents, ages 11-21 years. Central to our grant was developing and producing short 2-3 minute videos highlighting the importance of the vaccines recommended in this age group: HPV, Tdap, Meningococcal, and Influenza Vaccines. These videos are designed for the adolescents to view while waiting in the doctor's office, in an informative medium they use: electronic. The HPV and Influenza videos were targeted as a myth-busting Q&A information session in a short 2-3 minute clip. We would like to share our project with other family medicine practices throughout the state, to help boost vaccination rates for these vaccine preventable diseases. Videos can be viewed at:

Meningitis: <https://vimeo.com/233578773>

Tdap: <https://vimeo.com/233580132>



### **GME Resident Excellence Scholarship**



Erica Gadzik, second year resident, is the recipient of the UA Office of Graduate Medical Education's 2017 Fall Resident Excellence and Leadership Scholarship. This reflects on her exceptional performance as a resident and her potential for a successful career in academic medicine.

The UA Office of Graduate Medical Education scholarships provide support to promote career-enhancing opportunities and experiences during a resident's training. Funding may support the pursuit of an original research proposal, participation at a national conference, leadership or advocacy training, or a unique elective experience.

Erica's goal is to increase knowledge of point of care ultrasounds for family medicine residents. Her plan is to use the scholarship funds to obtain a handheld ultrasound machine in clinic, which will be used for both education and patient care, and to develop a more robust ultrasound teaching curriculum at the Alvernon clinic.

## Spotlight on Second Year Resident, Christine Chan



Q: Where did you relocate from?

A: University of Hawaii John A. Burns School of Medicine in Honolulu, HI

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

A: Although I am much farther from the beach, Tucson feels like a second home. It's only been a year and a half, but I've already made some lifelong friends! What do I enjoy most? Spending time with my husband and our new friends, dancing, hiking, playing with our dog at the park, and exploring this cool city and all the nearby sites.

Q: Do you have a favorite restaurant?

A: My husband is a great cook, and I love going to people's houses and eating what they whip up, but when we're craving pho, we head up to Thuan Kieu Restaurant in Lee Lee International Supermarket!

Q: How did you unwind from the schedule of a First Year Resident?

A: Enjoy work when you're there and spend time doing the things you love when you're off. Get a dog for cuddles, read books/magazines/comics that have nothing to do with medicine, dance or run or just walk outside to get that body moving, and thank those people who support you through all your crazy schedules!

Q: Any advice to future First Years Residents?

A: Enjoy the ride and take some time every so often to remember why you went into medicine and what else matters to you. Those are the things that are going to ground you when the tough times come, and they'll certainly come. But you've been training for this and you're going to do great!

## AAFP Family Medicine Advocacy Summit Resident Scholarship Awarded to Christine Chan

*Written by Christine Chan, second year resident*

In residency, I have had the pleasure of working with the Tucson Family Advocacy Program, a medical-legal partnership that strives to help low-income patients and their families navigate some of the socio-economic crises that disrupt health. This unique collaboration has allowed me to help my patients ensure safe living conditions, have enough food for their growing families, and become citizens of the United States. I am incredibly thankful for the opportunity to advocate for these individuals, but as I get further along in my career, I realize that I need to use my voice to support broader change.

In May, I will be attending the Family Medicine Advocacy Summit to learn more about the issues that affect our specialty and practice using my voice to support Family Medicine on a national level.

As Family Physicians, we are dedicated to embracing the whole person as well as whole populations; and we are especially committed to providing respect and as much help as we can to those who are marginalized and silenced. We are advocates just as much as we are healers, and while my education thus far has supported me in learning to be a healer, I have had less formal training in learning to be a strong and effective advocate. I will be attending the Family Medicine Advocacy Summit on behalf of not only my patients, but also all the Family Physicians who have inspired me thus far.

### Recent Teaching Day Guest Speakers:

Transgender Medicine

Jan. 11 4—5pm

*Dr. Michelle Cordoba-Kissee, Program Director of Internal Medicine Residency Program, University of TX Rio Grande Valley Doctors Hospital at Renaissance*

Child Abuse Advocacy

Jan. 18 2—3pm

*Dr. Rachel Cramton, Assoc. Program Director of Pediatric Residency Program, UofA*

Female Genital Mutilation

Feb. 8 2—3pm

*Dr. Crista Johnson-agbakwu, Founder and Director of Refugee Women's Health Clinic at Maricopa Integrated Health System in Phoenix.*

SEAHEC/Border Health

Feb. 8 3—4pm

*Dr. Gail Emrick, Executive Director of Southeast Arizona Area Health Education Centers in Nogales.*

### 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 News and Updates

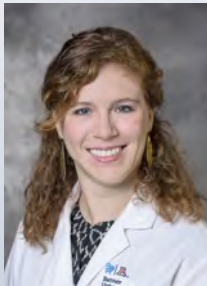
## New Faces at Alvernon



**Kelsey Gender** joined the residency program as Program Manager in November.

I grew up the youngest of 3 girls from Charleston, South Carolina. Attended Winthrop University and graduated with a BS in Integrated Marketing Communications. After graduation I moved to Louisiana to join my husband, John, who was stationed at Barksdale AFB. I began my career in GME at Louisiana State University Health Sciences Center Shreveport where I managed 3 Family Medicine residency programs. We decided to move to Tucson, where John is from, at the end of his military enlistment. I enjoy spending time outside, with family and friends, and my dogs!

I can be reached at [kgender@email.arizona.edu](mailto:kgender@email.arizona.edu) or (520) 694-1614.



**Anna Landau, MD**, started with FCM on October 16th as one of our newest full-spectrum providers at the Alvernon Clinic. She is precepting at the residency program, MCH service and inpatient service. Dr. Landau is a graduate of the University of Arizona's College of Medicine. She also received her MPH at the Mel and Enid Zuckerman College of Public Health. She conducted her family medicine residency at Harbor-UCLA Family Medicine Department and is joining us after completing a Health, Equity, Action & Leadership Global Health Fellowship through the University of California San Francisco.



**Bernadette Cornelison, PharmD, MS, BCPS**, joined the Alvernon Family Medicine team in December as the clinical pharmacist faculty member. She is a graduate of the University of Arizona's College of Pharmacy and completed her 2 year residency at Hennepin County Medical Center in Minneapolis, Minnesota. Bernadette is starting the transitions of care program at Alvernon for patients that have been discharged from a healthcare setting to the community and she will eventually start seeing patients to manage chronic conditions (DM, HLD, HTN) or to perform medication therapy management with patients (those on ≥10 meds). Bernadette and her husband have a great dane, Auggie, who they adore and are expecting their first child in April!

## Integrative Medicine Tip

*Written by Stacy Akazawa, Integrative Medicine Fellow*

### Auricular Acupuncture 101

#### What is auricular acupuncture?

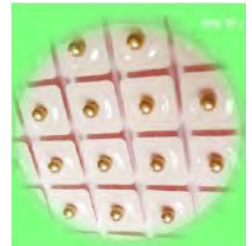
Auricular acupuncture (also known as auriculo-acupuncture and auriculotherapy) is based on a reflexomatopic system organized on the surface of the external ear. Auricular acupuncture can be used alone or in conjunction with body acupuncture needles. The specific points can be stimulated with standard acupuncture needles, indwelling needles, magnets, or seeds/beads taped to the ear.

#### What are the indications for auricular acupuncture?

Ear points are frequently used in management of pain problems (acute or chronic), psychiatric issues (anxiety, PTSD, insomnia, depression), weight loss/appetite suppression and substance abuse, though this list is not exhaustive.

#### What are the benefits of auricular acupuncture?

- Easy to place
- Easy to access the ear
- Low risk
- Well tolerated
- No needles or pain with ear seeds/beads
- It works!!



#### What are ear seeds/beads?

These are very small metal beads or seeds which are taped to the ear at specific acupuncture points and left in place for 5-7 days. Patients are instructed to occasionally press on the bead/seed to stimulate the acupuncture point.



#### What are the complications of auricular acupuncture seeds/beads?

- lightheadedness/fatigue after seeds/beads are placed
- skin reaction to the taped used to hold the seeds/beads in place
- mild pain/soreness at the site of the bead/seed

#### What are the contraindications to auricular acupuncture?

- pregnant patients
- ear infection

## 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



## Alvernon Hosts Honors College Interns

*Written by Arwa Abdel-Raheem, AmeriCorps Vista Service Member, QI and Population Health Coordinator at Alvernon*

The Alvernon Clinic started hosting UA Honors College interns and have them working with clinic leadership and nursing staff to develop and implement outreach initiatives for the specific patient population for their semester project. Alvernon Clinic has had interns work on initiatives for pediatric vaccines, pediatric flu vaccines, our patients who have a diagnosis of diabetes, and cervical cancer screening outreach. These students are minoring in Health and Human Values and are interested in working in the health care field.

This semester, we are lucky to have three Honors College interns working with us on initiatives that we can implement in the clinic, and develop evidence-based education material for our providers and staff. The projects are working with the Referral Tracking Team at Alvernon for mammogram and colonoscopy referrals, the Controlled Substance Review Committee (CSRC), and working on Advanced Care Planning and Advanced Directives (ACP/AD).

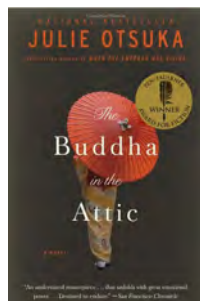
Ziad Hindosh is the Honors College student working on Advanced Care Planning and Advanced Directives. Ziad will first learn and get training on Advanced Care Planning and Advanced Directives, in order to learn how to communicate our patients who need an Advanced Directives form. Ziad will develop training, outreach and education materials for use in clinic and to be sent to patients, work within the electronic health record (EHR) to review patient charts, shadow providers, etc.

Ziad will develop a script of some sort/or guidelines when speaking with patients one on one. He will work with our providers and staff by sitting in on morning huddles and identify patients who need Advanced Care Planning counseling and schedule them for an ACP/AD appointment with their provider.

The patient population at Alvernon Family Medicine Clinic includes many different demographics. This also comes with a lot of barriers when it comes to their access to health care. Some barriers and disparities when it comes to talking to our patients about Advanced Care Planning and Advanced Directives such as cultural (especially traditions and language). All cultures have different traditions and ACP is a sensitive and difficult subject to discuss. Other barriers are emergency situations, education, limitations, etc. The internships at Alvernon Clinic will help improve patient's education, the staff at the clinic, and healthcare in these communities, as well as decreasing the burden of health on patient's ability to live and work in the Tucson Community.

## Important Dates...

Yoga with Dr. Cox	Sundays 11—12pm
Initial classes free then \$10.	
Location: Fit Body Boot Camp on 6430 N. Swan Rd.	
AAFP Residency Program Solutions	Mar 22—27
Kansas City, MO	
AZAFP Annual Clinical Education Conf.	Apr 5—7
Carefree Resort, Carefree, AZ	
Book Allowance Due	Apr 16
Society of Teachers in Family Medicine	May 5—9
Washington, DC	
FCM Resident Scholarly Day	May 10
Residency and Faculty Retreat	May 31—Jun 1



Next Book Club is February 12th!  
 Location: Dr. McClure's home  
 Book this month is: The Buddha in the Attic  
 By Julie Otsuka



**UAHS Mental Health Wellness Awareness Day**  
 February 15th, 2018

UA College of Medicine Plaza and Drachman Hall Walkway of Wellness

ALL UA STUDENTS, STAFF, AND FACULTY ARE WELCOME TO ATTEND

MAKE SURE TO BRING YOUR CATCARD TO BE ENTERED INTO A RAFFLE

COM STUDENTS CAN EARN HOUSE POINTS!

#MentalHealthWellnessAwareness

**FREE EVENT!**

EVENT	TIME
Resource Fair	11:00 - 2:00 pm
COM Plaza and Drachman Hall Walkway of Wellness	
Meditation and Mindfulness	11:00 - 11:30 am
COM Student Wellness Initiative	
Yoga	12:00 pm - 1:00 pm
Campus Recreation	
Transgender Healthcare	12:00 pm - 1:00 pm
LGBTQ+ Interest Group	
Kessel Auditorium	
Discapella Performance	12:15 - 12:30 pm
Drachman Walkway	
Mindfulness Class	1:00 - 1:30 pm
Center for Compassion Studies	
Qigong and Tai Chi	1:30 - 2:00 pm
UA Life and Work Connections	

Please note all sessions will be held in Drachman Hall 1118.

## Faculty and Alumni News...

### Spotlight on Faculty Member, Dr. Taiwona Elliott



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

A: I graduated from medical school at Edward Via Virginia College of Osteopathic Medicine in Blacksburg, VA. I was a graduate of the inaugural class. I did my residency at Womack Army Family Medicine Residency, Fort Bragg NC .

Q: How long have you been teaching?

A: I have been teaching for 7 years. Prior to attending medical school, I was a high school teacher for 2 years.

Q: What do you enjoy most about teaching residents?

A: I enjoy stimulating individuals to review the evidence and help them translate the evidence into practice. I especially, enjoy seeing the excitement and enthusiasm learners have.

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

A: I de-stress by working out, running, hiking, spending time with my wife and dog. My hobbies include traveling, reading and cooking.

Q: What do you enjoy most about Tucson?

A: I love the multiple hiking locations, vegan food options and the nice warm winter weather.

Q: Do you have a favorite restaurant?

A: My two favorite restaurants in the area are The Tasteful Kitchen and Tumerico

Q: Any words of wisdom for current residents?

A: Enjoy the learning experience residency provides, build lasting comradeships with your colleagues and never forget your purpose or reason for becoming a Family Physician.

### University Teaching Awards

*Excerpt from FCM Matters*



Colleen Cagno, MD, FCM Associate Professor and Service Chief for Maternal and Child Health, was awarded the Vernon and Virginia Furrow Award for Excellence in Clinical Science Teaching, Undergraduate Curriculum, at the October 25 COM Faculty Teaching Awards

Tejal Parikh, MD, FCM Assistant Professor, Director of Life Cycle Block in COM curriculum, was voted by the medical students to receive two awards: Outstanding Teaching by a Curriculum Block-Year 2 and outstanding Teaching in a Block, Year 2. The two awards were presented at the October 25 COM Faculty Teaching Awards. Tejal has been awarded the Outstanding Teaching by a Curriculum Block 4 times, and the Outstanding Teaching in a Block 3 times.

### Dr. Ronald Pust's Retirement



Drs. Craig McClure and Barry Weiss with Dr. Ron Pust.

On January 26th we celebrated the retirement of Dr. Ronald Pust. Dr. Pust was director of the Office of Global and Border Health, and co-director of the Global Health Distinction Track. Dr. Pust's 40-year career as a global health physician interfaces curriculum development with teaching, and field research with clinical practice. Joining FCM in 1979 as director of its new clerkship and CUP programs, he was Director of FCM Pre-doctoral Education Division from 1981-2009, when it was awarded over \$4.5 million in federal family medicine grants.

In honor of Ron's retirement, please consider making a charitable gift to the **Ronald E. Pust Global Healthcare Endowment**. Your tax-deductible gift supports the most impactful global healthcare activities of Family and Community Medicine, including post-graduate resident fellowships, practical research and faculty service.

Please address your check to:

**Ronald E. Pust Global Healthcare Endowment**  
Dept. of Family and Community Medicine  
1450 N. Cherry Avenue, Tucson, Arizona 85719



Drs. Ron Pust and Lynn Tomasa

## Update on Alumni, Dr. Katie Grund, Class of 2013



I am happily married to Nick, my husband of 11 years. We welcomed our first child, Finley Shea, to our family July 16, 2017. Life has not been the same in the best possible way. She has been a source of joy from day one. We have survived the first 6 months of parenthood! When I am not working I am enjoying time at home with Nick, Finley and our two dogs. We still enjoy traveling (usually to somewhere with a warm beach) and cheering on our UA Wildcats!

Hello Family Medicine Colleagues! I graduated from UAFMRP Alvernon in 2013. After residency, I continued to put down roots in Tucson. I joined Tucson Family Medicine, part of Arizona Community Physicians, in August 2013. Initially I cared for patients in outpatient setting in the office as well as managed the practice's patients in the inpatient setting at Northwest Medical Center-ICU, CVICU, Med/Surg and inpatient rehab. Once my practice became full, I transitioned to full time outpatient medicine. I have a robust practice filled with patients of all ages! I have the privilege of taking care of many nuclear and extended families. Every day is different which is part of the joy of family medicine. I participate in the compliance committee for ACP and am an active shareholder.



## A Letter from Alumni, Androuw Carrasco, Class of 2016

It's official! POCUS has an official guidance in family medicine residency education backed by AAFP!



Androuw Carrasco, 16', (right) with a resident he learned local medicine from and is teaching ultrasound to. He will be serving rural India back at this hometown one day where there is no doctor.

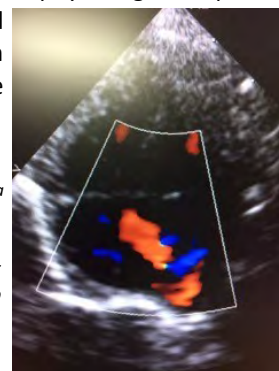
I'm in India now which has been a stimulating time to put it straight. The people are beautiful. My local Hindi is near nil but I'm picking up the essentials like 'ulti' (vomiting), 'cahnsee' (cough), and 'Tai khaanaa khi has' (Lets have lunch now). My role here is more capacity building, teaching/supervisory and self-learning. My clinical experience has certainly grown in the short time I left residency but was glad to feel pretty prepared about 'being on my own' after graduation. I admit though, it feels inappropriate, or at the least weird, to 'supervise' Indian residents doing the things we're doing (aspirating a renal abscesses and bone marrow biopsies. Mm-hm). Many, many times I feel like the medical student wondering what the heck I'm looking at. I'm doing 1/3 ultrasound here, 1/3 ED, and 1/3 rural outpatient clinic. I'm teaching 3-4 senior nurses who wanted to learn echo's in an effort to decrease the burden of the 1 nurse that was informally trained on performing echo's and serves the entire hospitals and most of the state's population. The state I am in has 30 million people. Only 1 nurse is known to do these echo's in a 500 mi radius. Then there is a radiologist supposedly outside of this. There is a lot of rheumatic heart disease and tuberculosis here and as a consequence heart failure. The residents wanted to learn as well so I've started a bedside ultrasound curriculum tailored to the pathology they see (hydronephrosis with infiltrative TB or bladder malignancy in India vs. hydronephrosis from with nephrolithiasis in the states). The severity of poverty is profound. The degree of physiologic compensation I've seen is nowhere but among the most poor. There is a lot of social infrastructure, local corruption, and cultural views that play into that of course. The hospital I'm at is one that has become a model for India's health care government. Its quite an inspirational story of good doctors and nurses who decided to do good and are sticking to it. They are also brilliant, innovative, and social justice trailblazers!

*"Indeed, residency can be a lot to deal with for everyone. But it's way cool to appreciate how the advocacy that you and other family medicine faculty do for residents has translated into me advocating for patients in rural India. Keep up the good work."*

Still not sure what I'll do after this year. Maybe retire in the Galapagos. But I'll keep Arizona in mind.

-Androuw Carrasco

*This is a cardiac ultrasound I did on a 1month old who was O2 dependent. Good news, I found out it's an atrial septal defect. Bad news, the mother can't afford traveling across India to New Delhi for a cardiothoracic surgeon.*



# Hospital Construction Update

## Banner University Medical Center—Tucson Campus Expansion

- The hospital expansion project is approximately 670,000 SF of new construction
- Scheduled to open April 2019
- 204 replacement beds
- 9 story building, 24 beds shelled for future internal expansion
- 75,000 SF of renovation in existing buildings
- \$426.7 M total project budget (includes a Central Utility Plant)



## Rendering of New Main Lobby and Concourse



## Rendering of Second Floor Concourse and Cafe



## Typical Intensive Care Patient Room





UA Family Medicine Residency  
Tucson Campus  
707 N. Alvernon Way  
Suite 101  
Tucson, AZ 85711  
Tel: 520-694-1614  
Fax: 520-694-1428  
E-mail:  
arizpfp@email.arizona.edu



*Our mission is to prepare physicians to provide excellent family-centered, community-responsive care, with an emphasis on diverse and underserved populations. We combine a tradition of excellence in education with the freedom and support to focus training to suit your goals. Unique aspects include integrative medicine training, team-based clinic model, mobile health, maternal-child service, and adult inpatient at a community teaching hospital.*

Jessie Pettit, MD, IBCLC  
Program Director

Taiwona Elliott, DO  
Associate Program Director

Kelsey Gender  
Program Manager

*Like us on Facebook!*



Editor:

Jessica Brooks  
Program Coordinator

Questions/Concerns:  
jhoyer@email.arizona.edu

## Pearls July to December

### Speaker/Topic

#### Colleen Cagno

- Helpful Apps for Outpatient Management
- Gestational Diabetes Mellitus
- Newborn Rashes
- Test Taking Tips
- Newborn Foot Part 1 & 2
- Approach to Constipation in Children

#### Daniel Dickman

- Interpretation of Thyroid Function Tests
- U.S. Preventive Services Task Force Overview
- Treatment of Menopausal Symptoms
- Non Pharmacologic Recommendations for Osteoporosis
- Apophysitis Sites
- Chronic Rhinosinusitis

#### Taiwona Elliott

- Herpes Simplex Virus
- Elevated Liver Enzymes

#### Carlos Gonzales

- New Oral Anticoagulants
- Venomous Insect Bites and Stings of Southern Arizona
- Pelvic Organ Prolapse
- Adolescent Growth and Development
- Pre-Participation Physical Examination
- Plague in Southwest
- Rocky Mountain Spotted Fever in Arizona
- Marine Corp BD and Vet Health Issues
- Gastroparesis and Diabetic Management Review
- Poisonous Reptiles in Arizona

#### Anna Landau

- Solitary Palm Nodules

#### Patricia Lebensohn

- Limping Child

#### Craig McClure

- SOAP Presentation
- Hypertension: Goals and Initial Work-Up
- Mortality Prediction Over 50
- Post Menopausal Treatment Low Vitamin D
- Gestational Diabetes and Metformin
- Oral Contraceptive Pills and Risk of Cerebrovascular Accident, Pulmonary Embolism, Myocardial Infarction
- Prebalin and Birth Defects
- Exercise in Pregnancy
- Vaginitis and Preterm Labor
- Quick Repeat Tdap in Pregnancy
- Ultrasound for Pediatric Pneumonia
- Prophylactic Antibiotics in Vesicoureteral Reflux
- Tubes for Otitis Media

- Dogs & Atopic Dermatitis
- Bracing in Scoliosis (BrAIST Study)
- Mite Impermeable Covers and Asthma
- Duration of Treatment Community Acquired Pneumonia
- Hypertonic Saline and Bronchiolitis
- Asthma Exacerbations and Azithromycin
- Pneumonia in children less than 5 years old
- Diverticulosis
- Diverticulitis and Hospital Management
- Colon Cancer Family Risk
- Hepatitis Screening

#### Jessie Pettit

- Phrases to Begin/End a Visit
- Intro to Direct Oral Anticoagulants
- Baby Steps to Breastfeeding Success
- Intro to Troubleshooting Breastfeeding Positioning in the Newborn
- Newborn Norms for Breastfed Babes
- How Much to Supplement?
- New Prescription Monitoring Program Law
- Mastitis
- Paced Bottle Feeding: One Strategy to Combat Rapid Infant Weight Gain
- Contrast Media and Radio Isotopes in Breastfeeding Moms
- 5 Steps to Breastfeeding Success: How to Incorporate Hospital Support into Prenatal Care
- Breast Surgeries and Lactation
- Breastmilk and the Neonatal Microbiome

#### Mari Ricker

- Herbal Medicine Interventions
- Huddles
- Pap Smears
- U.S. Preventive Services Task Force
- Amblyopia in Pediatrics
- Media Limits for Kids
- International Normalized Ratios Management
- Hepatitis C

#### Krista Sunderman

- Diabetes Management Medications
- American Society for Colposcopy and Cervical Pathology Guidelines
- Polycystic Ovarian Syndrome Diagnosis Criteria and Treatment
- Developmental Delay Screening
- Chlamydia Screening in Newborns when Mom had Infection Prior to Delivery
- Chronic Sinusitis
- Pediatric and Pain Management of Appendicitis