

Family Matters

From the Program Director...

This has been a very busy spring in the residency. I am pleased with how the March ACGME residency accreditation site visit went. A big heartfelt thanks to everyone who played a part to prepare including the residents who came to dinners to give feedback on the pages and pages of program documents, on the faculty whose unwavering support and positive attitude brought a relaxed and confident outlook to the process and to Sherry, Jessica and Rocio who carefully attended to each detail in preparation for the big day.



Our preparation for the site visit really started back in 2009, as the faculty, residents and residency team set a goal to transform the program to one that is more structured and is committed to optimizing the success of each individual as we learn and care for patients together. I feel we have reached that goal and I look forward to a new chapter in the program whose stability and successes have expanded.

We will learn the results of the site visit in late September or early October and now that we are through it, personally I already feel a great sense of relief and can do more deep abdominal breathing and less shallow chest breathing.

Spring is also a time of the year where our faculty and residency team have been on the road attending national conferences to get inspired and learn from other educators and administrators in family medicine. It is a great point of pride that many of our senior faculty have such strong national presences in family medicine and help maintain the high level of regard that the University of Arizona has in the discipline of Family Medicine.

Together with new ideas and input from within our program we will work together as residents, faculty and staff to create our program Action Plan for next year. Teaching Days in June will focus on this.

Our graduating residents have been busy solidifying their jobs in the real work and I am really proud of the well-rounded Family Medicine clinical settings our graduates are heading to. I look forward to seeing their completed scholarly projects at the Quarterly Department Meeting on May 24th and in celebrating their accomplishments at Graduation on June 24th.

New Chief Residents...

Congratulations to the new chief residents for 2012-2013, Samantha Meaney and Katie Grund! They are ready to take on the job and they will make excellent liaisons for our residents!



April 2012

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Welcome Class of 2015!



Elizabeth Artrip, MD
Univ. of Connecticut
College of Medicine



Carol Becerra, MD
Univ. of California—
San Francisco
School of Medicine



Kim Le, MD
Univ. of Arizona
College of Medicine



Megan Moran, MD
Univ. of Arizona
College of Medicine



Christine Pham, MD
Univ. of Arizona
College of Medicine



Genevieve Riebe, MD
Univ. of Washington
School of Medicine



Neela Sandal, MD
Univ. of Kansas
School of Medicine



Ashley Wofford, MD
Univ. of N. Carolina at
Chapel Hill
School of Medicine



Daniel Horzempa, MD
Ross University
School of Medicine

PGY 2:

Faculty Publications

Check out the original article with lead author, Dr. Patricia Lebensohn in the Journal of Graduate Medical Education...
<http://www.jgme.org/doi/abs/10.4300/JGME-04-01-30>

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Graduate Medical Education

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Abstract
 Journal of Graduate Medical Education
 Volume 4: Pages 78-82, 2012

EDUCATIONAL INNOVATION
Integrative Medicine in Residency Education: Developing Competency Through Online Curriculum Training
 Patricia Lebensohn, MD, Benjamin Kligler, MD, MPH, Sally Dodds, PhD, Craig Schneider, MD, Selma Sroka, MD, Rita Benn, PhD, Paula Cook, BA, Mary Guerrero, MD, Tieraona Low Dog, MD, Victor Sierpina, MD, Raymond Teets, MD, Dael Waxman, MD, John Woytowicz, MD, Andrew Weil, MD, Victoria Maizes, MD

Abstract
Introduction The Integrative Medicine in Residency (IMR) program, a 200-hour Internet-based, collaborative educational initiative was implemented in 8 family medicine residency programs and has shown a potential to serve as a national model for incorporating training in integrative/complementary/alternative medicine in graduate medical education.

Scholarly Projects

Reminder! Resident scholarly project posters need to be done by **May 18th** if they are to be ready in time for the May 24th Quarterly Department Meeting where residents will present them.

Sweat Lodge Ceremony

Every year during intern orientation, Dr. Carlos Gonzales has led the incoming residents in a sweat lodge ceremony. This is a Native American ceremony following the Lakota/Yaqui Inipi Way. It is a method of truly appreciating the healing traditions of the natives peoples of the Americas. The ceremony will be run by 1 or 2 tradition healers (both Yaqui). We would like to extend the invitation to residents and faculty who are interested in joining our new interns that day.

Date: Friday, June 29th
Time: 5:00pm
Place: Dr. Carlos Gonzales' house in Nogales, AZ

For more information please contact Jessica Hoyer at 520-694-1607 or jhoyer@email.arizona.edu

Spotlight on Dr. Diana Olivas



Where did you relocate from?

Iowa City, IA.

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

Luckily, I didn't have to do much adjusting as I spent much of my life in Tucson before going to medical school. I love the heat (yes, the heat!), the beautiful Catalina Mountains, the gorgeous sunsets, and the people of Tucson. I enjoy having all the amenities of a big city without the traffic or pollution.

Do you have a favorite restaurant?

Too many to mention all of them! Some of my favorites include: Zemam's, El Guero Canelo, Sushi Garden, and The Hub.

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

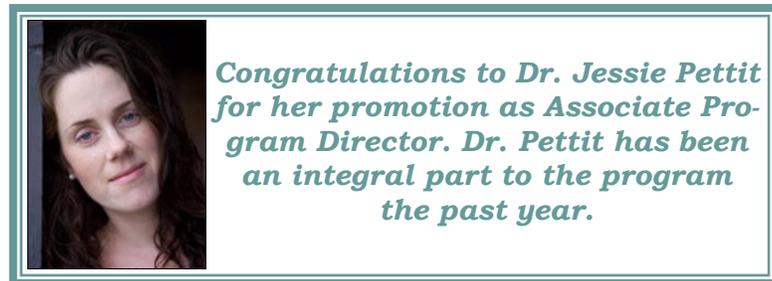
Spending time with family, hiking, dancing, and hanging out with my amazing co-interns!

Any advice to future First Years?

Three words: Embrace the challenge. First year is great, it is a lot of work and the learning curve is steep, but worth every bit. Learn from every opportunity. It goes by too fast!

What have you enjoyed most about residency so far?

Being a doctor. Realizing that my decisions make a difference. Realizing that treating people is a wonderful gift. Feeling that there is no job cooler than this.



New Indian Health Service Cardiology Opportunities



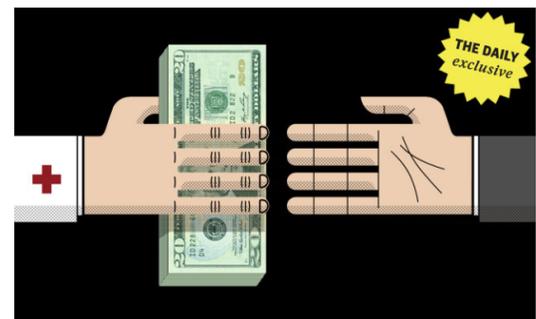
This semester residents on their Cardiology rotation have begun spending time with Dr. Eric (Rick) Brody. Dr. Brody is an Associate Professor in Cardiology and runs the Native American Cardiology Program at the UA. He conducts regular cardiology clinics at I.H.S. clinics including at Pascua Yaqui, Sells, San Xavier Residents have accompanied him to day long clinics and overnight trips to San Carlos and White River. The residents have been very positive about this new experience, and it provides every resident a chance to see patients at an I.H.S. clinic. Dr. Brody is also presented a overview on reading ECGs at a Teaching Day and based on the reaction of the audience, he will be invited back to do additional trainings in ECG interpretation.

In the news...

THEIR WAIT IN GOLD

Doctors handing out cash and gifts to patients stuck past appointment times

By Justin Rocket Silverman Monday, March 19, 2012



There's a promising new trend afoot in doctors' offices around the country: With average wait times growing in recent years, some physicians have begun offering goods, services and even cash to waylaid patients.

Alumni, Dr. Pamela Wible is quoted in an article called *Their Wait in Gold* about doctors around the country offering cash or gifts to patients waiting past their appointment time. You can read the article at <http://www.thedaily.com/page/2012/03/19/031912-news-doctors-paying-patients-1-2/>

If you are an alumni of the program and you have updates or photos to send us please do so by e-mailing us at: uafmresidencyalumni@gmail.com.

Update on Alumni: Luis Cruz



It has been great being back home! Family wise, we have a daughter, Sofina, who is now almost 16 months old, and we are expecting another in November. I have to catch up to the rest of my siblings...but I think we are stopping at 2 kids. I love being a dad, I had a lot of practice carrying babies during residency :). We are in the process of building a house which has been very stressful, almost ready to break ground. (Every house on Guam has to be concrete to withstand the strong typhoons that often hit the island.)

Work wise, I joined a multi-specialty clinic - 5 FPs, 1 pediatrician, 1 Internal med/Endocrinologist. My practice now is about 80% primary care and 20% sports medicine/occupational medicine. I take hospital call 1 week out of 5 which isn't too bad - we only admit our clinic patients. I enjoy my practice environment and the clinic is looking to expand to have a dedicated sports medicine/occupational medicine/physical therapy clinic, hopefully within a year or so. I have started doing prolotherapy and some acupuncture - these modalities are slowly picking up interest.

Sports medicine wise, 2011 was very exciting. I was the team doc for the Guam boys national soccer team in the under-13 Festival of Football 2011 in Beijing, China. It was amazing watching the soccer teams from China, Japan, and Korea as they were very disciplined and talented at such a young age. Guam soccer is a developing program so we did not do so well. I did make it to the Great Wall.

I was also the physician for Team Guam during the Pacific Games in New Caledonia (French Polynesia) - very beautiful country and got to learn some French. France's now defeated President Sarkozy, was present at the opening ceremony. Being the Pacific games, rugby, beach volleyball, and paddling (outrigger canoe) are very popular events. I was kept pretty busy with minor injuries but thankfully no serious ones. No gold for Guam this time but did get a few silver and bronze medals.

Guam sends a team to the Olympics and I was hoping to go this year, but another physician was already chosen. Hopefully, I will be able to go to Brazil in 2016.

So that is pretty much everything that has happened since residency/fellowship. I do want to say, I feel that residency and fellowship has prepared me well and I am very grateful to all the faculty members, fellow residents, nurses, staff and patients. I miss you all. Take care and hopefully we can visit soon.

We are very excited that Dr. Cruz said he would be happy to host a resident if they wanted to do an elective in Guam. Please feel free to contact him at luis.guam@gmail.com.



The Medical and Legal Partnership Conference

The conference was a great success, a gathering of Medical and Legal partners from around the country. We presented in conjunction with two other programs in regards to our "advance directive clinics." Officially the presentation was regarding how to set up such clinics in a cooperative fashion between lawyers and doctors, and utilize both fields to facilitate the community on filling out their own advance directives. We function largely as educators, teaching people why advance directives are important, and how they work. We also assist the community members who want to fill their own advance directive out at the time. The presentation outlined our structure, and discussed strategies to help others form similar community outreach projects in their own MLP system. In an informal fashion, this also served as a model for cooperation between a residency and an MLP office (i.e. Anne Ryan's position). We modeled and discussed in the presentation how we utilize the enthusiasm of residents to support and enhance Anne's work in advance directives, while also enhancing the education and community outreach of the residents involved. *Submitted by Dr. Julian Uselman*

Graduation!

Date: Sunday, June 24th
Time: 11:00am-2:00pm
Place: Lodge in the Desert
306 North Alvernon Way
Tucson, AZ 85711



Call for Resident Representatives

Supervisory Resident Education Committee—Meetings are held monthly to review the curriculum for family medicine residency program rotations.

2012 Resident Retreat



The 2012 residency retreat focused on building teamwork through a series of high ropes challenges. In the morning, residents participated in the high ropes course through the University of Arizona Campus Recreation Center. We learned that working together as team makes challenges easier both off and on the ground. Some residents pushed themselves even further by doing a zip line at the end of the morning's activities. The afternoon was much more relaxed as we were welcomed to the home of Tessa Dake, PGY-3, for a delicious barbeque and our tradition of piñata smashing. A great time was had by all!

Special thanks to Julian Uselman and Katie Grund for setting up the retreat and Tessa Dake for offering her home.



University of Arizona Family Medicine Residency Faculty Retreat Tanque Verde Guest Ranch

Faculty conducted the Annual Program Review and participated in Faculty Development on topics such as:

- Resident Performance Index Dashboard
- ACGME Updates from Dr. Conrad Clemens, DIO for UAMC-University Campus
- Residency Recruitment
- Efficient Clinical Precepting
- Supporting Residents
- Increasing Bedside Teaching
- Emotional Intelligence
- Review of New Innovations for Faculty Advisors
- Teaching Procedures



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

Colleen Cagno, MD —
Program Director

Jessie Pettit, MD —
Associate Program Director

Pearls... December-March

Speaker/Topic

Colleen Cagno

- Undescended Testes
- Antidepressant in Pregnancy
- TOLAC and VBAC
- Contraindication of Use of Combined Hormonal Contraception If First 21 Days Post Partum
- Croup Evidenced Based Treatment
- Appropriate Use of Metered Dose Inhalers
- 23 1/2 hours YouTube Video
- Approach to Adrenal Mass
- Hirsutism in Woman—Treatment
- Outpatient Burns

Dan Dickman

- Insulin Regimens

Barbara Eckstein

- Cardiac Testing
- Prescriber's Letter—Chlorthalidone; Hep B for DM

Carlos Gonzales

- Use of Azithromycin as an anti-inflammatory drug to treat asthma and COPD exacerbations
- Update on Gonorrhea Treatment
- Dengue Fever
- HTN Control Goals for DM, CKD, LVH
- Antidepressants for Treatment of Agitation in Dementia Patients
- Review of Burns and Burn Treatment
- The Native American Nations of AZ
- Taking BP at Night to Improve Control

Paul Gordon

- Labor Analgesia
- NEJM Cardiac CT, Weight Loss Surgery and DM

Patricia Lebensohn

- Appropriate Use of Screening Test
- Hirsutism in Women Diagnoses and Causes
- Urgent Care Topic
- Anaphylaxis

Craig McClure

- False Positive Mammography
- Prevention of Post Thrombotic Syndrome
- Community Acquired Pneumonia
- Venous Thromboembolism Prophylaxis

- HDL Treatment and Management
- Cervical Cancer Screening

Elizabeth Moran

- Vitamin D and Should You Give Tylenol Before Vaccine Administration (Decreases antibody response)
- Maintaining Board Certification
- Vaccine Confusion
- Genital Warts
- Pelvic Inflammatory Disease
- Is Universal Pediatric Lipid Screening Justified?
- Testosterone Replacement
- Epipen Rx and Use
- ITP

Jessie Pettit

- GERD in the Elderly: A Typical Presentation
- Newer Progestones: Higher VTE Risk
- Research Updates: RAD, ICS, Statins, Niacin and Bhutanese Refugees and B12 Deficiency
- Aspirin in DM for Primary Prevention of CV Events
- FDA Approval of Once Weekly Exenatide
- Multi-Drug DM Regimens: Which Meds are Compatible?
- SSRIs in Pregnancy: Safe?

Violet Siwik

- Pradaxa for the Prevention of Stroke in Atrial Fibrillation
- Cushing's Syndrome
- Abdominal Pain Plus Obstruction
- Ocular Prophylaxis for Gonococcal Ophthalmia Neonatorum, Risk of Obesity in Pregnancy

Krista Sunderman

- Radiologic Follow-Up of Lung Nodules
- Polycystic Ovary Syndrome
- Croup
- CAP Outpatient Treatment
- Risk Assessment of Community Acquired Pneumonia
- Tympanic Membrane Rupture
- Nasal Trauma
- Nail Bed Trauma
- Foreign Body Removal