

# Family Matters

## From the Program Director...



The start of the academic year has begun and with it comes many exciting changes.

The class of 2013 has graduated. We are so proud of the class and the commitment among many of the graduates to remain in Tucson to meet the ever growing need for family physicians in our community.

Our new interns are settling in well. They are busy seeing patients and soaking up information during the orientation block. We are pleased to offer new rotation experiences for our interns including Urgent Care and a mid-year two week Core 1 session modeled after Core 2 and 3. Core 1 will reconnect interns with a shared focus on wellness and fine tuning their clinical skills over the first year of residency training.

All residents will be participating in a new Leadership Curriculum this year to build on our program's expertise in training future leaders in Family Medicine. The first training session, held in July, introduced the foundations of the four practices of a Learning-Leader: ATTEND, EXPLORE, CREATE and ADAPT. Residents and faculty reflected on our personal triggers and the need to ATTEND so as to not fall through the ice due to reactivity.

The year brings many new innovations. The delivery of patient care is becoming organized around teams in the FMC and we are anxiously awaiting the implementation of the EPIC EHR across UAHN. New formats for sign-outs have been introduced in the residency for communication on the inpatient service. Improved communication in the program supports the larger priority identified by UAHN for a renewed commitment to Service Excellence.

Additionally, we are excited about changes that will be implemented in our system of resident evaluation this year. Even though the ACGME Milestones for Family Medicine are still in final development, we will be embracing the concepts outlined in the proposed document. New evaluation tools will be introduced to better capture elements of the resident's training experiences in Teaching Day and clinical services.

Last, but not least, our residency accreditation has been extended to 2022!!!

Please enjoy the latest edition of Family Matters! Best, Colleen

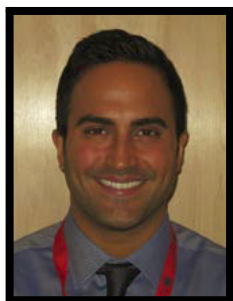


### July 2013

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## Welcome Class of 2016!



Francesco Caporusso, MD  
St. George's University



Charlene Clements, MD  
University of Arizona  
College of Medicine



John Nguyen, MD  
University of Washington  
School of Medicine



Barbara Olkiewicz, DO  
Touro University College of  
Osteopathic Medicine



P. Elena Soliz, MD  
University of Texas  
School of Medicine



Carolyn Quigley, MD  
Loyola University of Chicago  
Stritch School of Medicine



Charity Reynolds, MD  
University of Arizona  
College of Medicine



Shane Richardson, MD  
Ben-Gurion University of the  
Negev

## Graduation 2013

The Family Medicine  
Graduation & Intern Welcome  
Dinner at Z Mansion





## Resident Achievements and News...

### Spotlight on Dr. Jessie Sozanski



Q: Where did you relocate from?

A: I was born in Boston, MA. I spent my formative years in Bangkok, Thailand. I went to middle school and high school in Safford, AZ. Finally, I moved to Tucson to attend the University of Arizona for my undergraduate studies and have been here ever since.

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

A: I feel quite well adjusted, having been here for a few years. I really enjoy the monsoons, mild winters, and chill atmosphere of Tucson.

Q: Do you have a favorite restaurant?

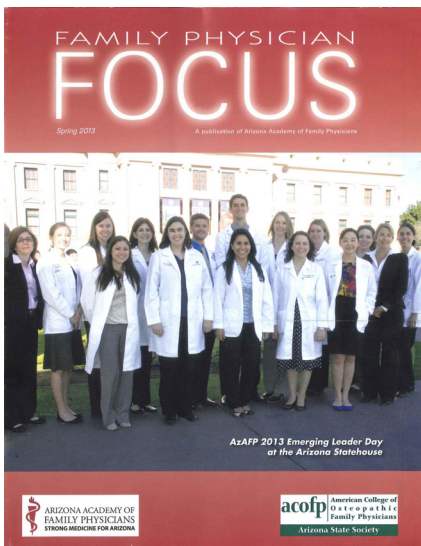
A: Yes. Sushi on Oracle. Best sushi in town.

Q: What has been the most exciting experience during your residency so far?

A: I went to Thailand to study acupuncture for my first rotation of 2nd year. That was a great experience and I can't wait to go back!

Q: As a senior resident, do you have any advice for our new interns?

A: Life can be hectic as an intern and there are lots of people in the program (faculty and residents) willing to help. It is okay to vent and ask for help if you need to. Be cool.



### 2013 AzAFP Emerging Leaders Day

Pictured on the front cover of Family Physician Focus are 2nd year residents **Drs. Genevieve Riebe and Ashley Wofford.**

Starting in 2007, the AzAFP began hosting an “Emerging Leader Day” at the Arizona State Capitol Building. This event focused on teaching outstanding residents and medical students (who were chosen by their respective programs) how to interact with their legislators.

Leaders at the AzAFP explain the importance of communicating with their elected officials as well as the legislative process. Leaders also explain the true meaning of leadership. AzAFP staff briefs the participants on the current major legislative issues to prepare them to talk to their legislators.

AzAFP staff and AzAFP leaders then accompany groups of about 4-5 students to meet with their legislators. After the meetings, the entire group meets and debriefs.

### AAFP Honors Medical Schools for Their Outstanding Contributions to Building the Family Medicine Workforce



The University of Arizona School of Medicine was recently recognized by the American Academy of Family Physicians (AAFP) for contributing the most to the pipeline of family physicians. The school was one of 12 out of the nation's 126 allopathic medical schools to receive the 2013 AAFP Top Ten Award.

Photo: UA Family Medicine Residency Program—University Campus Faculty and Residents with AAFP President, Jeffrey Cain, MD.

## 2013 Resident Retreat

Colin Crowe, MD

For our resident retreat this year, we headed down to The Walker Guest Ranch in beautiful Sonoita, AZ. Our attendings graciously and carefully watched over our Maternal-Child and Adult Inpatient hospital services as we escaped down to the rolling hills of southern Arizona's wine country. We spent time in the pool, played a bit of racquetball, grilled burgers, and took the time to relax and appreciate a year of hard work. Piñatas were smashed as our senior residents passed on words of wisdom and advice.



The next day, we were treated to 3 teaching sessions on Wilderness/Adventure Medicine. Three members of our residency have additional training in Advanced Wilderness Life Support and are Wilderness First Responders: Myself (Colin Crowe), Dr. Esther Johnston, and Dr. Sol Yaqub. I spoke about Wilderness Medicine 101, including basic survival skills, wilderness first aid, and an introduction to edible and medically useful plants. Esther spoke about the



Ultimate Travel/Wilderness first aid kit, including useful packing lists for all sorts of survival scenarios. Sol led us in a practical session, during which we learned to make carries and litters for wilderness rescue with common items like sleeping bags, hiking poles, and rope. A good time was had by all! Many thanks to our attendings for covering our services in our absence, and to Drs. Katie Grund and Sam DeLiere for organizing such a wonderful getaway!!



## Interprofessional Chief Resident Immersion Training

Sagir Bera, MD

This past June, Colin and I had the honor of attending the Interprofessional Chief Resident Immersion Training (IP-CRIT) at the beautiful JW Marriott at Starr Pass. Funding for the conference was provided by a two-year grant from the Hearst Foundation, focusing on the Care of Older Adults. Faculty from throughout the University of Arizona Health Network, including the Division of Geriatrics, came together to lead discussions and conversations with chief residents from all specialties.

The two-day conference supplied a venue for chief residents and faculty to interact and foster conversations on providing safe, quality care to a complex older patient population. A combination of lectures, group discussions, and case studies were presented to encourage collaboration and dialogue. This unique format presented chief residents the opportunity to share insight on their respective specialties and showcase the tools each of us brings in the interdisciplinary effort to care for the older adult. In addition, chief resident-specific training included instructing medical students, providing resident training, and conflict resolution, amongst other leadership topics.

Each chief resident was tasked to co-develop and address a quality and safety domain as part of the Hearst Foundation grant requirements. The family medicine specialty was well represented with our counterparts from South Campus focusing on the communication domain, while Colin and I chose to participate in the transition of care domain. As family practitioners, which practice in multiple settings, we realized the importance of transitioning patients from the hospital to a safe environment. This project also gave us the opportunity to continue the work we had started this past year in our own Patient Centered Medical Home Quality Improvement Committee.

Both of us were privileged to have attended the IP-CRIT. This was a tremendous opportunity to discuss the care of older adults and be introduced to some of the other chief residents and faculty we will be interacting with during the upcoming year. We look forward to seeing the impact that our combined efforts have on the quality of care that we all provide.





***New interns Dr. Shane Richardson and Dr. Carolyn Quigley review procedural skills in preparation for delivering babies with Dr. Jessie Pettit.***

## ***Whitecoatpocket.com***

Esther Johnston, MD

The University of Arizona Family Medicine Residency Program is proud to announce the publication of *White-CoatPocket.com*, a new resource web site containing links to the most widely utilized resources in the Family Medicine Clinic. The web site was conceived of and designed by PGY3 Esther Johnston. Do you need the JNC7 Guidelines in a hurry? Are you wasting too much time searching for those CDC immunization charts? The goal of this page is not to host copyrighted materials but to minimize the number of clicks needed to find frequently utilized and widely accessible clinical resources on the web. The site also contains a password protected page for unpublished teaching handouts and other media produced by UAFMRP faculty members, residents, and university affiliates. It is easy to contribute to the site by dropping links into the form located on the front page. Please visit us at [www.whitecoatpocket.com](http://www.whitecoatpocket.com) to learn more, and share your links to help build the site!

## ***In the News....***



Our very own Dr. Sagir Bera and Dr. Vicky Murrain were featured on KGUN9, 9 On Your Side, in efforts of the University of Arizona to address the primary care physician shortage in Arizona. The story is on [how the Arizona doctor shortage could get worse with passing of the Affordable Care Act](#).

## ***Congratulations Esther!***

**Esther Johnston** was the recipient of the 2013 Walter Brazie, MD, Fellowship Award and selected by the American Academy of Family Physicians to receive the 2013 AAFP Award for Excellence in Graduate Medical Education. Her exceptional qualifications are truly deserving of these awards. We commend Esther for her outstanding work and commitment to Family Medicine and salute her success. The Walter Brazie, MD Fellowship Award honors the eighth president of the Arizona Academy of Family Physicians (AzAFP) and is given each year to the most outstanding second year Family Medicine Resident in Arizona.

The AAFP Award for Excellence in Graduate Medical Education award recognizes outstanding Family Medicine residents for their leadership, civic involvement, exemplary patient care, and aptitude for and interest in Family Medicine. She and the eleven other national recipients will be recognized in September at the AAFP Scientific Assembly in San Diego, California.

## ***Faculty, residents, and medical students at work with the Head Start Pre-school Clinic***



educational experience and provided an outstanding service to the community. They represented their respective programs as well as the College of Medicine in an exemplary fashion.



We had a great turnout and saw approximately 40 children in the 3 hour clinic. Both students and residents had an excellent



Dr. Carlos Gonzales poses with Brazie Award Recipient Esther Johnston, MD from U of A Family & Community Medicine University Campus

## *New Faces at Alvernon...*



### **Steven Christensen** **Sports Medicine Fellow**

I was born in San Diego, CA and grew up in Encinitas, CA. Attended college at University of California Santa Barbara where I played Lacrosse. Attended Western University of Health Sciences College of Osteopathic Medicine of the Pacific in Pomona, CA. I completed residency in Long Beach, CA in family medicine then moved to Tucson for the sports fellowship. Love to run, hike, bike, surf, and play any sport, especially Lacrosse. Also I play the drums and love animals.



### **Daphne Scott** **Sports Medicine Fellow**

I was born and raised in Las Vegas. I received my BS in Kinesiology from the University of Southern California. While at USC, I worked as a student assistant in the Department of Athletic Medicine, which ultimately heightened my interest in medicine and sports medicine. After leaving USC, I moved to Buffalo, NY, to complete a master's degree at SUNY Buffalo and Roswell Park Cancer Institute. I then went on to complete my medical school training at the University of Nevada School of Medicine and just finished my residency in Family Medicine at the University of Washington in Seattle. In addition to Sports Medicine, I have an interest in Women's Health and Adolescent Medicine. It is an honor to be here for the Sports Medicine Fellowship and I am looking forward to a wonderful year!

### **Ren Hasselmo**



### **Psychology Intern**

I grew up in a small town in Pennsylvania, and spent my undergrad years in Charlottesville, VA, double majoring in Biology and Psychology at the University of Virginia. After graduating I spent two years as the project manager for an fMRI study on relationships and affective neuroscience. I decided to switch gears and study relationships from the neck down when I joined the Laboratory for Social Connectedness and Health at the University of Arizona, with a particular interest in Psychoneuroimmunology. I am a third generation Wildcat who enjoys rock climbing, running with my dog, and both the production and consumption of baked goods.



### **Austin Grinberg** **Psychology Intern**

I was born in New York City but hail from a small town in Northern California called Mendocino about 3.5 hours north of San Francisco. I received a B.A. in psychology from University of California, Los Angeles. During my time at UCLA I worked as a research assistant in a variety of psychological research labs and became increasingly interested in couple and family level dynamics. I began my clinical psychology doctorate program at the University of Arizona in 2011. My main research and clinical interests are investigating the use of technology in the assessment of how couple's and families interact as well as investigating the utility of technology in couple and family level interventions.



### **Sarah Malanga** **TFAP Intern**

I am a rising second year law student at the University of Arizona interning with the Tucson Family Advocacy Program (TFAP) this summer. TFAP provides free legal assistance for low income patients in areas affecting health including access to health care, disability benefits, and advance directives. As an intern, I assist with intakes, legal research, and document preparation in TFAP cases for patients referred by their healthcare providers. I am also pursuing a Master's degree in Public Health with an emphasis on maternal and child health. I am interested in exploring the effects health, education, and immigration laws have on health outcomes. In my free time, I love to spend time with my new puppy, hang out by the pool, and go to Zumba.





## Spotlight on Dr. Holly McNulty

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

A: I went to medical school at the University of Nevada School of Medicine. During my fourth year I did a

sub-I with our program. I had no expectations at the beginning of the rotation, but by the end I knew that it was a wonderful fit! I had amazing senior residents that took pride in teaching me how to be the best student/resident/doctor I could be.

Q: What do you enjoy most about teaching residents?

A: I love it when I see a concept click or watch them master a procedural skill that they were hesitant to even attempt.

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

A: I enjoy working out, relaxing with friends and spending as much time as possible with my family.

Q: What do you enjoy most about Tucson?

A: Tucson has a small town feel with some great perks! We have wonderful restaurants, awesome views and kind hearted, genuine people.

Q: Do you have a favorite restaurant?

A: Sushi Hama and Cafe Poca Cosa

Q: Any words of wisdom for current residents?

A: Make the most of the time you have! Residency is short. Don't let opportunities to ask questions or challenge yourself to try something new pass you by!

## Group Prenatal Visits

Monthly Bhutanese Group Prenatal Visits have started to supplement the prenatal care for women at Alvernon. This is a collaborative effort with volunteers and Bhutanese Health Promoters from the IRC (International Rescue Committee) and our program.



## New Chief Residents

Congratulations to the new chief residents for 2013-2014, Colin Crowe and Sagir Bera! They will make excellent liaisons for our residents!



## Resident Publications

### RESEARCH ARTICLE

International Journal of  
Geriatric Psychiatry

### Activity scheduling as a core component of effective care management for late-life depression

Genevieve Riebe<sup>1</sup>, Ming-Yu Fan<sup>2</sup>, Jürgen Unützer<sup>2</sup> and Steven Vannoy<sup>2</sup>



Sponsored by:  
Donald W. Reynolds Foundation  
Arizona Geriatric Education Center

March 2013

## ELDER CARE

A Resource for Interprofessional Providers

### Activity Scheduling for Depression in Older Adults

Genevieve Riebe, MD, Department of Family and Community Medicine, University of Arizona

### A Cost Analysis of Becoming A NCQA-Recognized Patient-Centered Medical Home

By Ashley Wofford Leong

The following article was researched and drafted by Ashley Wofford Leong as part of her participation in the Academy's 2012 Student Leadership Elective. The Leadership Elective works to increase a medical student's knowledge of organized medicine and its role in medical education. Participating students spend four weeks working collaboratively with the NCAFP headquarters in Raleigh and complete a special project of their own design.

For primary care, the PCMH is the cornerstone of Health Reform, and we are inundated in publications have enhanced payments for PCMH-accredited physicians. Please contact your BCBS of NC 2. In working through the accreditation, some practices may

## Alumni and Faculty Updates and News

### Dr. Mark Sivieri Alumni 2004

After graduating from the program, Dr. Sivieri started the Sivieri Wellness Center. His practice is family medicine with an integrative medicine focus and has three locations in Baltimore, Maryland.

We are very excited that Dr. Sivieri has offered to host a resident if they wanted to do an elective at his practice.



### 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!

- UA Residency Home
- Applicant Information
- Our Program
- Faculty & Staff
- Residents
- Alumni
- Curriculum
  - Global Health Track
- Teaching Day
- Newsletter
- Clinical Sites
- Resident Resources
- Fellowship Opportunities
- Living in Tucson
- Thinking about Family Medicine?
- Resident Education Fund

### Tucson Lifestyle Best Doctors 2013

Dr. Barbara Eckstein was featured in the July 2013 issue of Tucson Lifestyle as one of the Best Local Doctors.

Also named:

Colleen Cagno

Peter Catinella

Paul Gordon

James Kerwin

Randa Kutob

Patricia Lebensohn

Myra Muramoto

Victoria Murrain



### Dr. Rachel Rubin-Toles Alumni 2003

Dr. Rachel Rubin-Toles was also recognized as one of the

Best Medical Doctors of the Northwest!



BEST MEDICAL  
DOCTOR

Rachel Rubin-Toles

### 2013 Faculty Retreat

**Faculty conducted the Annual Program Review and developed the Residency Action Plan. Faculty Development topics were covered on the following areas:**



- Medicine in the Future
- Resident Recruitment
- Curriculum Review
- Leadership Education
- Publications
- Family Medicine Milestones
- Models for the Adult Inpatient Service
- Clinic and PCMH Updates
- Physician Wellness



If you are an alumni of the program and you have updates or photos to send us please do so by emailing us at: [uafmresidencyalumni@gmail.com](mailto:uafmresidencyalumni@gmail.com).



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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

*We're on  
Facebook!*



*Designed by Jessica Hoyer*

*With editorial help from  
Sherry Skszek*

## *Pearls... January to June*

### **Speaker/Topic**

#### **Colleen Cagno**

- Hypopigmented Lesion Differential
- Red Macules in Newborns
- Painful Oral Lesions
- Popular Rash in Child with Fever
- Management of Stable COPD & New ACP Guidelines
- Osteoporosis Screening and Meds
- Membrane Stripping to Induce Labor in GBS+ patients
- UTI Prevention, Insufficient Evidence to Recommend Voiding After Intercourse to Prevent STI
- I&D of Abscesses
- Heat Related Illnesses
- Medication in Gout & Calcium Supplements

#### **Dan Dickman**

- Skin Lesions Based on Hardness
- Frequency of Osteoporosis Screening
- Guidelines for Treatment of Acute Bacterial Rhinosinusitis in Adults and Children
- Hand pain
- Dangerous Red Eyes pt. 1

#### **Paul Gordon**

- Nutrition tid-bits
- Vitamin D in Pregnancy
- 50-80y Women and Sexual Health
- Torus Palatinus

#### **Patricia Lebensohn**

- X-ray tutorial Hilar Adenopathy Pulmonary Nodule
- Hypoactive Sexual Desire Disorder in Postmenopausal Women

#### **Craig McClure**

- Pertussis Update
- Ischemic Heart Disease Guideline
- Augmentin for COPD Exacerbation
- Risk after AMI with NSAIDS
- Decision Rule for DVT Workup
- Fecal Infusion for C. Difficile Treatment
- Progestin IUD vs Usual Care for Menorrhagia
- Nose Bleeds
- Cerebellar Tests
- Female Athlete Triad

#### **Liz Moran**

- Skin Conditions More Common in Skin of Color
- Group Diabetes Visits
- Galactorrhea and Prolactinomas
- USPSTF Chemo Prevention for Breast Cancer

- HSP
- What the Heck is "Meaningful Use"?

#### **Jessie Pettit**

- Photo Quiz/Case: Drug Reaction in 20 month old
- Respiratory Zebra Round Up: Choanal Atresia and Laryngomalacia
- Choosing Wisely Campaign: AAP lists with Respiratory Focus
- Iron Deficiency & Iron Supplementation in Infants
- Nutritional Therapies for Acute Gastroenteritis
- Jessie's Top 3 Women's Herbs: Chaste Tree, Yarrow, Dong Quai
- Post Menopausal Bleeding: Using Ultrasound to Determine Need for EMB
- Contraceptive Choices for Women with Underlying Medical Conditions
- 2013 AAP Recommendations on AOM: Dx and Pain Management
- AAP 2013 AOM Guidelines: Who gets the Antibiotics?
- ABFM website: What can it do for you as PGY2/3 vs graduate?
- Cataracts & Macular Degeneration: Recognizing Risk for Systemic Disease
- Diabetic Retinopathy: What Primary Care Interventions Make a Difference?
- Resources for Determining 99213 vs 99214
- Stress Barometers & Strategies for Self Care
- PCP Management of Diabetic Proliferative Retinopathy

#### **Krista Sunderman**

- Morbilliform Rash in EBV
- Cutaneous Manifestations of DM
- Fleischner Society Rad Guidelines for Pulmonary Nodules
- MOPETT Trial Treatment for Moderate PE
- Lung Nodules
- Folate Supplementation in Treatment Resistant Depression
- Zinc Deficiency
- Red Blood Cell Magnesium
- Folate vs Folic Acid Supplementation
- CDC HCV Screening Guidelines
- Hearing Screening
- Renal Colic in Outpatient Setting
- Abdomen Radiology Review
- Prophylactic abx in Dental Work after Joint Replacement
- Methotrexate in RA
- Batches of Oral Lesions