

# Family Matters

## From the Director...



As summer nears its end, it's back to school time for students everywhere. But here in the Family Medicine Residency, our academic year is in full swing. We got off to a great start with a successful July orientation for our new interns. There are many new faces around, as we welcomed the start of 4<sup>th</sup> year sub-interns on inpatient and new 3<sup>rd</sup> year clerkship students at Alvernon.

I am proud of all of the exciting progress we have made in the program these past two months. In the outpatient setting, we have been successful at setting our schedules far in advance, focusing on efficiency and working towards set end times for clinic. On inpatient, our 4<sup>th</sup> floor rounding room got a fresh face lift. We are strategizing for our selection season and recruitment kicked off in style at the National Conference in Kansas City.

Core 3 is right around the corner and we are excited about the opportunity to help our residents prepare for their post-residency careers. A highlight for Core 3 is the tradition of having a practice panel dinner where local Family Physicians come to discuss employment opportunities in a variety of settings. Many speakers set to attend this year are graduates of our residency and it showcases the range of possibilities our graduates have after residency and the breadth and depth of the training our residents receive. Speaking of graduates, we are working to expand our database of Residency Graduates' contact information. So if you have an alumni's email, please forward it to the residency so we can continue to strengthen our alumni network.

I want to thank our residents, faculty and staff for their individual contributions and hard work over the past few months. Together we accomplish much and I am proud to be part of such a supportive and dynamic program. Colleen Cagno, MD

## What do the Clerkship Students have to say...



"Everyone was so welcoming and willing to integrate us into the clinic. They allowed us to learn and try new things for us to further our education. I had a great time and enjoyed it more than I had ever imagined."  
- Kate Labiner



"Everyone in the FCM program has been extremely willing to teach us, even when they are very busy. It is rare to have a clerkship with so many kind people who generously give of their time to help medical students learn."  
- Roger Bentley

## Evaluations

All evaluations on New Innovations will be available to complete any time during the block rotation. Reminder emails will go out at the end of the block rotation.

### August 2009

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## Spotlight on Intern Peggy Wang...

Our roving reporter, Rosa Espinoza, touched base with Dr. Wang to find out a few things you might not know. In her words... I relocated to Tucson from Des Moines, IA where I attended medical school at Des Moines University but I originally relocated from Oro Valley to attend medical school (and to embark on a second career!). I lived in Oro Valley for 5 years (and Flagstaff before that for 5 years) so I was very happy to be back to Tucson. My first career, which I still do part-time, is graphic design. I've owned my own graphic design business for over 25 years. When I graduated from Medical school a former client and friend commented : "I bet you're the only doctor in Tucson who can design her own newsletter!"



Having lived here before, it was relatively easy to re-adjust, I was coming "home." I was never fond of the ridiculously hot summers but I love the moodiness and rain of the monsoons. Still, I can't wait for the lower temps of fall and winter to arrive. I moved to Tucson to enjoy the world-class birding here. People from all over the globe come to this area to see the amazing variety of species here, some unique to the area. My favorite restaurants are Vivace Restaurant in St. Phillips Plaza and the China Phoenix on Oracle.

Birding is my passion even if it's difficult to fit in with my intern schedule. There are so many wonderful places to bird here. Getting out and enjoying nature is the best thing for me to do to unwind. And birding prepared me for early morning awakings! I also enjoy sitting out on my balcony watching the storms over the Catalina's and walks along the Rillito Wash. I'm also a writer of creative non-fiction and poetry so I'm trying to keep writing as well.

Advice to future First Years...brace yourself for not much sleep, lots of frustration, and feeling like everyone else is "getting it" except you (even though they're just as freaked out as you are!) Get used to saying, "I don't know but I will look it up" or "please explain that to me!" Remember that just about everybody survives this and you will become a good physician. Don't be afraid to ask for help—this program offers you a lot of support.

## C.A.R.E Fair

Hello Family Medicine Residents!

Thank you all so much for taking the time to volunteer at the 21<sup>st</sup> annual Care Fair. This is an event put together by some community members 21 years ago to help families in need have "one stop shopping" to get their kids ready for school. Not only that, but to have an opportunity to come to one place to get in touch with all of the community resources that they may need. Currently, and in the past, it has been quite difficult for families to get to all of the area offices to get connected to our community resources. Here is the place to get in touch with all of them. Health plans will be there, Pima Community Health department will be giving immunizations, TMC gives out car seats and booster seats after parents attend car seat classes, UMC provides physicals, and many more opportunities.

Last year alone, over 1,000 immunizations were given out, over 700 physicals were completed! What a great impact on our community. The best part...it is just great fun!!!! There are so many generous people from our community who come together for two days to help out. It is really exciting. I have been involved with Care Fair now for 4 years and I look forward to it every year. Again, many thanks!

Peggy Eisele RN, BC, BSN



C.A.R.E Fair

Reminder of the  
In-Training exam

November 6, 2009

We represented BIG this August at the annual National Conference for Family Medicine Residents and Students in Kansas City, MO. Bethany Bruzzi, Krista Sunderman, and Barbara Eckstein womanned the U of A booth, wooing medical students from all over the country, while Vic Weaver enticed students to interview at the newly created rural-focused UPHK/UA Consortium program. While those four were busy extolling the virtues of our two programs, nationally-elected Stephanie Crane and Heidi Meyer were participating in the AAFP congress sessions. Friday night, just shortly after Vic Weaver's surprise performance with Jim Dearing (see picture), our sassy six joined faculty and residents from the five other Arizona Residency Programs at a Hibachi-style grill, where Eckstein won the "catch the shrimp being lobbed at you by the cook" contest, and Meyer was seen wiping shrimp remains from the corner of her eye hours later. Meyer was clearly not rattled as the next morning at 7:30 she gave a speech in support of her candidacy as a delegate to the AAFP Congress, making us all very proud. All in all it was a fun and successful trip, and we look forward to doing it again next year.



On Friday, August 21, Barbara, Leslie and I attended a small group meeting with 20 faculty from the Arizona FM residencies which featured a presentation and small group discussion led by Dr. Ted Epperly, the President of the American Academy of Family Medicine (pictured here with us). He gave an inspiring presentation about the Patient-Centered Medical Home (PCMH), a key to health-care reform. I was proud that our outpatient practice has many of the elements of a PCMH in place. We are inspired to continue working to improve the Alvernon clinic and will be working towards achieving the status of a PCMH. Colleen Cagno, MD



What happens in Kansas City stays in Kansas City!

**Did you know...** there are vending machines on the 2nd floor of Alvernon in the break room to the left of the elevators. The door code is the same as the door in our office. It's a nice place to eat your lunch, get a quick snack or caffeine boost. And, Rosa Espinoza is a Notary if you need one!

## A Note from one of our Alumni

John Lane has been elected a Fellow Of the Royal New Zealand College of General Practitioners, as of July 21, 2009. John graduated from the residency in 1983. <http://www.rnzcgp.org.nz>

## Job Opportunities

There is a notebook in Rosa's office with job opportunities nationwide for Family Medicine Physicians. You are welcome to come and browse!

Some locations include:

- Hawaii
- Guam
- Alaska
- New York
- Washington
- California
- Texas
- Arizona



## Psych Interns

Andrew Bismark: Originally from Chicago, Andrew will be in his 5th year clinical program and will be working for Family & Community Medicine for the next year beginning in August. He has a BS in Psychology from Indiana University and a Master's Degree from U of A. His research interests include the genetic and psycho physiological components of mood disorders, psychosis and addiction. Andrew's clinical experiences range from work in a state hospital, university clinic and mentoring program, and most recently the Arizona state prison.



Luke Chang: Luke received his Bachelor's degree in psychology from Reed College in 2002 and a Master's degree from the New School for Social Research in 2006. He is currently working on his Doctorate in clinical psychology at the University of Arizona under the mentorship of Dr. Alan Sanfey. Luke's research integrates functional magnetic resonance imaging with mathematical models of behavior to understand the neural systems underlying social decision-making. During his externship last year he conducted neuropsychological assessments at Neuropsychology Ltd. In his few precious minutes of free time, Luke enjoys producing music, cooking, riding his bike, and chasing his puppy.

## What's New

Family Medicine Residents and Medical Students elected leaders Aug. 1, 2009 to represent them.

*Heidi Meyer was elected as an alternate delegate to the 2009 AAFP Congress of Delegates*



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

Colleen Cagno, MD —  
Program Director

Barbara Eckstein, MD —  
Associate Program Director

## Welcome to all the new people.



Tessa Dake, MD  
from University of  
Michigan Medical  
School



Megan Guffey, MD  
from Ben Gurion  
University of The  
Negev Israel



Jason Kauffman, DO  
from Touro  
University College of  
Osteopathic  
Medicine



Miranda Sonneborn,  
MD from Medical  
College of Virginia  
Commonwealth Uni-  
versity



Julian Uselman, DO  
from Philadelphia  
College of Osteo-  
pathic Medicine



Peggy Wang, DO  
from Des Moines  
University Osteo-  
pathic Medical Center



Sean Yang, MD  
from University  
of Utah School  
of Medicine



Veronica Lagunas-  
Leano, MD from  
Universidad Nacional  
Autonoma de  
Mexico, Ciudad  
Universitaria Mexico

Clerkship Students: Roger Bentley and Katherine Labiner.

Sub-Interns: Katie Grund, Hanna Ross, Debra Lane, Bridget Shariat, Tuan-Anh Nguyen, Michael Lokale, Lilia Pinedo, Aarthi Prasad.

Psych Interns: Andrew Bismark and Luke Chang

## Photo of the Month



## Class of 2009

*Leila, Christine, Jessie, Ted, Luis, Sarah, and Mahnaz*