

Family Matters

From the Program Director...



The academic year is in full swing! Our new residents are settling in well and on a regular basis I hear about how there is a real sense of team work and admiration among the residents working together.

I am really proud of the many examples of great teaching that have occurred in the residency over the past few months. Here are some of the recent examples that certainly stand out:

- Paul Gordon’s Journal Club on evaluation of newborn with a fever
- Jason Kauffman’s TD review of the shoulder exam and common pathology
- Patricia Lebensohn’s PEARL on selecting contraception in women with chronic medical diseases
- Craig McClure and Tessa Dake’s inpatient M&M presentation on indications for intubation
- Jessie Pettit’s interactive Board Reviews
- Barry Weiss’ TD presentation highlighting the need for life long learning
- Carlos Gonzales’s PEARL on the risk of cancer from CT scans
- Violet Siwik’s PEARL on the sensitivity of symptoms in a child presenting with concern for pneumonia
- Megan Guffey’s TD presentation on TB in pregnancy
- Bethany Bruzzi’s work to organize a reference binder for Sub-I’s rotating on Inpatient
- Integrative Medicine Conference focusing on pediatrics presented by the IM team Marnie, Kitty, Jessie and Patricia to name a few
- Sean Elliot’s TD presentation on MRSA
- Randa Kutob’s PEARLS at Nursing Home rounds
- Barbara Eckstein’s presentation to the first years on Office Efficiencies

We’ve started our interview season and interview slots are almost all full! We are looking forward to another highly successful recruitment year. Our first interview day was November 4th. There will be 10 interview days, all on Thursdays, from November through January. The interview day starts at 8:00 am with a Welcome Breakfast in the conference room. Therefore, PEARLS will not take place on Thursdays November through January. Interview season is always a reinvigorating time of the year as we get to meet students who are enthusiastic about Family Medicine and are reminded when listening to our peers about why we choose Family Medicine and what our residents like best about our program.

Best, Colleen

November 2010

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Spotlight on Dr. Katie Grund



I have lived in Tucson since 2001 so there wasn't really any adjustment to make. My husband and I have lived on the NW side of Tucson for 4 years now and we love it here. Tucson has some of the best sunsets and the winter weather cannot be beat. I grew up in Minnesota and I would much rather endure hot summers in exchange for nice winter weather than cold winters for nice summers.

I didn't have to relocate at all which was quite nice. I took that time to really relax and chill out at home. My husband and I took a few short trips to Phoenix, a trip to Milwaukee to visit my sister, brother-in-law and nephew and a longer trip to Sedona to unwind before the chaos of residency started. 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.

Favorite restaurants.....it's hard to pick just one. I haven't met a Mexican restaurant that I haven't liked! Cafe Poca Cosa is delicious and the menu is always changing. Guadalajara Grill is yummy. Micha's, Mosaic Cafe, really I could go on. If you are looking to catch the Cat's playing on the big screen, World Sports Grill is a good place to go or anywhere along University. My husband and I also like to check out smaller places in our neighborhood. However, I must say my most favorite place to eat is my very own kitchen. I like to think of new and creative dishes to make. My husband agrees it's the best place in town to get a tasty dinner (or breakfast or lunch). Oh and I forgot to mention Frost Gelato and Sorbet.

I unwind by spending time with my husband and our two dogs, Cooper and Spencer. Hang out with friends and family. Reading my favorite non-medical magazine-Food Network Magazine-and other food blogs online. Some might say I am a foodie. I also really enjoy cooking and baking. Part of my unwind time at the end of the day is making dinner. I have also started to learn how to make gluten-free baked goods and they are delicious. I try to hit the gym and bike when I can to help negate all the cooking and baking I do. My husband and I also like to walk our dogs together. It's a great way to start the day or wrap up the day.

Advice to future first years: Aaahhh, I have to pick just one piece of advice? Try to keep up with your favorite hobbies that you liked to do before residency started. I always try to remember that even though I am working hard and attempting to learn as much as possible, it's important to make time for yourself. And remember, being an intern doesn't last forever.....

What's New in On-Line Learning

Association of Reproductive Health Professionals Virtual Clinic. ARHP's Virtual Clinic is an interactive training environment where providers can hone clinical skills by meeting and caring for patients with different presentations. www.arhp.org/Professional-Education/Medical-Education-Opportunities/Virtual-Clinic

Link to the ophthalmology module, which is now a required part of the ophthalmology rotation: www.kellogg.umich.edu/theeyeshaveit/

Here is a link to the best EHR's from a Family Medicine point of view. The 2009 EHR User Satisfaction Survey: Responses From 2,012 Family Physicians - Nov-Dec, 2009 - Family Practice Management. <http://www.aafp.org/fpm/2009/1100/p10.html>

Award Nominees

This year's nominees for the Walter Brazie, MD and James L. Grobe, MD Fellowship Awards for outstanding second and third year residents in the state of Arizona are **Dr. Sean Yang and Dr. Bethany Bruzzi**. Nominees are selected by faculty vote and interviewed by the AzAFP Awards Committee in early December. If selected, the winners receive a certificate and \$500 funded by the AzAFP Foundation. Good luck to both of you!!



Save the Date...

The Residency Faculty Retreat will be May 12 & 13, 2011 at the Tanque Verde Guest Ranch.





Congratulations to **Heidi Meyer, MD!** She was elected as the Resident Director, Arizona Academy of Family Physicians and Resident Director, AAFP Board of Directors at the National Conference in Kansas City this past summer!

New Face in the Residency...

Many of you hopefully saw and met **Dr. Patrick Martinez** a few Thursdays ago. Patrick is an alumni of the residency who graduated in 1995.

Our faculty who worked with him while he was a resident, including Dr. Murrain and Dr. Weiss, and many others describe him as having been a “star” resident. The nurses who remember Patrick including Esther, Cirila and Donna also remember Patrick as a excellent physician who loved doing procedures and took great care of patients.

He has recently moved back to Tucson from Alaska where he was working in the emergency room and precepting at the Anchorage Family Medicine Residency clinic for their procedures clinics.

I am thrilled that Patrick is interested in precepting at Alvernon and our goal is to have him start attending residents in early 2011. He will also be helping with the residency emergency medicine curriculum and will be presenting a lecture at Teaching Day on December 16th.

University of Colorado

Continuing Medical Education



On September 28th, **Susan Ritter** had the opportunity to represent our residency at the first annual family medicine interest group residency fair at the University of Colorado. Students in attendance were in there 2nd, 3rd, and 4th years at either University of Colorado School of Medicine or Rocky Vista University,

a new osteopathic school in Denver whose first class is in their third year. It was a great opportunity to share the reasons I chose U of A, highlight the unique aspects of our program, and answer questions of students in different steps of the process; choosing family medicine, deciding on desirable program features, and finding the perfect match. Of the students who knew of our program or have already applied, most found the opportunities in integrative medicine most appealing. I was able to chat with a couple students who are scheduled to visit us for an interview in the upcoming months. Hopefully, this new residency fair will provide us with an increasing number of applicants from these schools in the upcoming years. I look forward to the opportunity to return next year for more recruiting at my alma mater.

Getting Involved

New Committee Memberships at UMC

Fanny Bangoura, MD
Family Centered Care Committee

Malini Desai, MD
Graduate Medical Education Committee

Megan Guffey, MD
Infection Prevention Committee

Susan Ritter, MD
Nosocomial Infection Markers (NIMS)

Miranda Sonneborn, MD
Medicine Usage Subcommittee

Alvernon Work Environment Survey – Go Team!

Thanks to all office staff, patient care staff, residents and attendings who completed our Alvernon Work Environment Survey. We had an amazing 76% response rate (47out of 62 respondents), which we feel represents how invested everyone is in making Alvernon an outstanding clinic for our patients and for each other. We are most excited about the free text responses people took the time to write, and the BIO Team (Kim Ward, Nancy Harrington, Donna Mobley, and Barbara Eckstein) is currently working its way through all 18 pages of your feedback. We will present the results of the survey and next steps based on your responses at our next **Team Meeting on December 9th at 1pm.** The BIO Team

Book Drive We would like to recognize the two most recent FM clerkship students -- **Anne Floyd and Erica Laber.**



Last week, they arrived at Alvernon carrying a large box of children’s books. They had organized a book drive at the COM for donations of gently used children’s books and brought dozens of books to help stock the exam rooms in the clinic.

We want to thank them for going above and beyond the call of duty to make this generous donation to our clinic patients. Thanks!

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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

Barbara Eckstein, MD —
Associate Program Director

UMC in Top 5 of 98 Academic Medical Centers in National Quality Survey

For the third consecutive year, **University Medical Center** has won a coveted Quality Leadership Award from the University Health System Consortium (UHC), a national organization comprised of 107 U.S. academic medical centers. The prestigious award is granted annually to five academic medical centers delivering high-quality care as measured by the UHC Quality & Accountability Study. This year, 98 academic medical centers were included in the analysis, which measured safety, timeliness, effectiveness, efficiency, equity and patient-centered care.

UMC and four other academic medical centers – University of Utah Hospitals and Clinics, Methodist Hospital of Indiana, Lehigh Valley Health Network in Allentown, Penn., and Mayo Clinic in Rochester, Minn., were the top performers in the annual study. UMC's overall score placed it in the No. 2 spot of 98 academic medical centers, as compared to No. 4 last year.

Pearls... July - October

Speaker/Topic

Colleen Cagno

- Post Partum Hemorrhage
- HTN Definitions and Assessments
- Treatment of Allergic Rhinitis
- PPI Associated with Increase Factors
- Newborn Eye Exam
- ITE Questions on Diagnosis of Osteoporosis
- Osteoporosis Screening
- ITE OB Questions
- Approach to low HDL
- Newborn Eye Exam

Barbara Eckstein

- Smoking Cessation
- The Difficult Patient
- Lipid Panels
- Urine Dipstick
- Anemia in Older Adults

Carlos Gonzales

- Kissing Bugs Treatment & Epidemiology
- PSA Screening
- Seizure Medications
- Radiation Exposure Risk
- Pain Management - several studies
- Pre-Op Testing
- Old Doc Concoctions

Randa Kutob

- Triglycerides

Marnie Lamm

- AAA Screening

Patricia Lebensohn

- Flu Immunization

Craig McClure

- Clavicle Fracture
- Diabetes Diagnosis
- Lentigo Maligna
- Adult Immunizations
- Colon Polyps F/U
- CT Head Bleeds

Jessie Pettit

- Pap Smears

Violet Siwik

- Hip Pain in Children
- Management of Alcohol Withdrawal Syndrome
- Painful Perineal Lesions
- No Contrast in Ordering C7-8
- First Line Treatment for HTN
- Medication Induced Angioedema
- Clinical Diagnosis of Pneumonia in Children
- Hyperlipidemia Treatment in Children
- Putting Prevention into Practice
- New Guidelines for Management of Iron Deficiency Anemia