

Family Matters



We are impressed with the high demand for residency interviews and are working to increase our interview capacity to accommodate all of the highly qualified candidates who are interested in our residency. Interviews

will be held on Thursdays from November through January. The day begins with a Welcome Breakfast at 8:00 am in the Alvernon Conference room. Those residents who will be doing individual interviews and tours, as well as the faculty who are doing the interviews, are welcome to attend both the Welcome Breakfast in the 1st floor conference room and the Wrap-Up lunch from 12:15- 1:00 pm in the 2nd floor Conference room. **Thursday** Morning Pearl Talks will not take

place during selection season. Residents who are doing morning interviews will have a late start clinic. Please check your Thursday schedules in AMION carefully.



Thanks to all of the residents who are hosting selection dinners and those who are cleaning out their cars to help with the tours. For those of you who are interviewing, Sherry will e-mail you the candidates application as a PDF file. We will be using a new evaluation form this year to help guide the interview process

to ensure consistency between candidates in the information we collect. So be sure to review the applicant file and new evaluation form prior to interview day.

Fall is in the air with morning temperatures in the 60's and warm days in the mid-80's. It's a wonderful time to live in the desert. Folks have been taking advantage of the beautiful sunny weather by getting outdoors. A big thank you to Kitty for organizing our residency team for the Annual Southern Arizona AIDS Walk and to David Elmer our department administrator for the great FCM tee-shirts. It was wonderful to see residents and faculty getting out and into our community. At my house, we've embraced the season by stringing up fake spider webs outside and getting the my son's Halloween costumes ready. They are going as punk rock stars. I think I have 'Guitar Hero' and 'Rock-Band' to thank for this. Happy Halloween!

~Colleen Cagno, MD, Program Director

Family Medicine Residency Selection Season begins November 5, 2009



October 2009

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Spotlight on Intern Julian Uselman...

Originally I am from Oregon. I call myself a hill hippie, because my parents were hippies, and we lived in the hills outside of Silverton Oregon. For those who don't know (everyone) Silverton has about 7000 people in it. So I guess you could call me a small town guy. I stayed in Oregon for most of my pre-med school life, with one exception; I lived in Matsuyama, Japan for two years (nonconsecutive). And when I finally decided to get around to applying to medical school, I decided to try out the east coast. So I went to Philadelphia, but as much as I enjoyed it I never really fit in over there. I move too slowly. I can't even count how many times I was honked at for not running red lights in Philly! So when it came time to start internship, I decided to move west towards my homeland. And so sunnier times in Arizona began.



So for those who know Oregon, there's a lot less sun. There's sun, but lots less of it, and it often comes with rain. Yes, it can rain even when its sunny in Oregon. Now there are times when I feel like the sun here in Tucson is actually physically beating me down. I'm still getting used to that. The great benefit to Tucson sun and heat though is that its not humid here (and its good for growing orchids). The east coast humidity was killer, and I'll take Tucson's desert heat to that any day! Now that the weather has cooled down, I am really enjoying it!

In regards to the weather, I've been gnawing at the bit in hopes of the weather cooling down enough to go hiking outside here in Tucson. I arrived this summer just in time for it to be WAY too hot to do anything like that. Now that its cooling down and turning out to be gorgeous, its time to explore the desert. I admit, I was super surprised the first time I saw the Tucson desert. Its green and lush (in a spiky cactus kind of way) and has tons of great wildlife to see! My goal for residency is to catch me a roadrunner... I've a giant sized acme bat suit for just this occasion.

The other thing I am really finding I enjoy about Tucson is the southwest culture, and how much of the Latin American and Native American cultures I am learning from Tucson. Sure there's great food and margaritas (a must for all interns), but there's also some great festivals and events as well. Taking care of these cultural people in the hospital has been great fun, and rewarding. I feel like I've learned a lot already about the many cultures just from the exposure I get in the hospital and clinic.

Having lived in Japan, I am always on the look out for good Japanese food, especially good sushi. I admit though, I'm a sushi snob, because I demand good sushi. So far my favorite sushi is at a place downtown called "On a Roll." Though I still have quite a few places to try. Also I should mention, I haven't been to a Mexican restaurant here I did not like yet... Oh and there's Sher-e-punjab for yummy Indian food that makes your clothes smell of curry afterwards. I like food.

Netflix is my best friend! There is nothing like a comfy couch and a Netflix DVD after a day on wards! That and a bowl of sherbet makes me a happy man. When I have the energy, and am feeling productive I like to bake desserts for sharing. So far my teammates on wards have had pie and cookies. Next on my list is a chocolate sponge cake with whipped cream filling. That's for the "we made it to the end of the month" celebration. I also like to take care of my houseplants, which are growing in number daily, and now contain a few orchids (which will also grow in numbers). I'm hoping to find a good carnivorous plant sales place to pick up some flytraps, pitcher plants, and honeydews. The greenification of my realm is a work in progress.

I find that since working as an intern limits your after work time, I don't go out that often. Thus all this unwinding activity that's done at home. However, whenever we get the chance, us interns like to go out and have dinner or drinks together to unwind. I participate in these social gatherings as often as I can.

I think future first years get constant advice thrown at them, and I've found that doesn't really stop in intern year. Everyone has something to say about how things are done, or what to do to survive. My hope is that I won't just survive, but that I'll thrive. I've also always said that the best advice is your own. Know what it is that recharges you, and make sure you give yourself the chance and time to do it.

Finally my last bit of advice is to learn (or remember) how to forgive yourself, and still learn from mistakes. I don't think anyone gets through medical school without a certain amount of perfectionism or OCD. That's great, and keeps you productive, but can be killer when everyday is a new mistake and a new lesson from it. I think we'd all be better off if we all learned from our mistakes but did not dwell on them past that.

Flu Season... Flu season is right around the corner so take time to take care of you! Get your influenza and H1N1 vaccine and wash your hands before entering every patient room and after leaving every patient room. Be an example to your patients! If you do become ill...(continued on page 4)

Exam Time... The In-Training Exam will be Friday November 6th from 8:00 am to 12:30 pm in the Alvernon Conference Room. All Family Medicine Residents take this Annual exam on the same day and it is a way to assess your medical knowledge. Make sure to save your test book because many of these questions appear on the Family Medicine Board Exam you take at the end of your residency.

Clinic Announcement... University Family Care has agreed to fund an additional full-time Social Worker for Family Medicine. The practice is working to hire this person who will start in the next few months. This position is in addition to the Social Work support we have at Alvernon from Laura Neely and the Legal Aid our patients receive from Anne Ryan and the Tucson Family Advocacy Program.



Drs. Ed Paul, Carlos Gonzales, and Heidi Meyer attended the AAFP Scientific Assembly in Boston, MA.

Musculoskeletal Training...

Drs. Steve Paul and Holly McNulty have agreed to hold a regular Teaching Day session on Musculoskeletal Topics. The first presentation in November will be on Low Back Pain and followed by a hands-on training on Splinting in January. Check the calendar on the FCM website for exact dates.

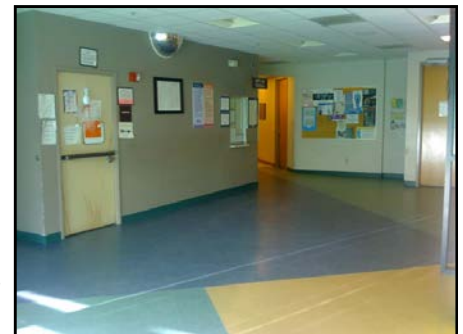


All Soul's Day Procession If you are looking for ways to celebrate the season mark your calendars for the **All Soul's Day Procession** featuring dance, theatre and pyrotechnic performance. It takes place downtown on Sunday November 8th at 6:00 pm. www.allsoulsprocession.org/calendar

Aids Walk Thanks to all who came out this year for the Aids Walk! Special thanks to Fanny, Anne, Colleen, and Sanjay for coming out and bringing their friends and families! Also, much appreciation for Jennifer, Violet and Ray for their presence as well. This year more than 6000 people were at the walk and event though it was a fun event it was also very sobering to contemplate the personal effect of HIV and AIDS. Panels from the memorial quilt were on display and it is difficult to not be moved when face to face with one. I am proud of the Family Medicine presence and support. Thanks to all! See you next year, Kitty



Sprucing Up Patient waiting areas look great at Alvernon! The new tile has made a big difference in the appearance of the waiting area. Re-painting the lobby is next.



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

Dragon Speak...

Dragon Speak software has been loaded onto all the UPH computers at Alvernon and licenses and headsets for residents and faculty are being obtained. Once these are in place, residents will be receiving the training on how to use Dragon Speak and we'll be consulting with our resident-expert Brian Martin. Looks like we'll be handing out even more Starbucks gift cards – (well now Movie Passes) to the resident's with the fewest tasks.

Resident Education...

Core 2 has started and the second years will have a busy month. They will complete certification in the Advanced Life Support for Obstetrics course, the Neonatal Resuscitation Program training course. Second years will attend the Annual Resident Practice Management Conference sponsored by the AzAFP and Suturing Skills training at the Arizona Simulation Technology and Education Center (ASTECC or Sim Lab) at the College of Medicine. They will also begin work on their Scholarly and Community Projects.

Clerkship Rotations...



I have truly enjoyed my Family Medicine clerkship! I've seen new things everyday and have learned a ton. The residents and attendings have been wonderful people to work with! ~ Katy Mullens



I had an enriching experience at the Alvernon Family Medicine Clinic. The residents and attendings were nice and helpful and the patient population was diverse enough to give exposure to many different diseases and disorders.. Thanks AFMC. ~ Yeek Sim

Flu Season (cont'd)...

The CDC recommends that Physicians who develop influenza like symptoms should be:

- Instructed not to report to work
- Instructed to notify their immediate supervisor
- Excluded from work for 7 days from symptom onset or until the resolution of symptoms, whichever is longer, AND
- Excluded from work for at least 24 hours after they no longer have a fever, without the use of fever-reducing medicines.
- Reminded of the importance of practicing frequent hand hygiene (especially before and after each patient contact) and respiratory hygiene and cough etiquette after returning to work following an acute respiratory illness.
- Compliance with these recommendations is important for the safety of the patients, visitors, and staff.

Attention Residents, Faculty, Staff, and Students

Please **SAVE THE DATE** for the FCM Winter Party at the Tucson Botanical Gardens on Saturday, December 12th from 4:30-8:30pm. This is an all department personnel event – faculty, residents, staff and students. More details will follow.

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