

Family Matters

From the Program Director...

We are celebrating many changes here at the UAFMRP. Dr. Mari Riker is joining us from the Providence Oregon Family Medicine Residency Program, bringing with her years of experience as a core faculty member bolstered by fellowship training in residency leadership as well as fellowship training in Integrative Medicine. Dr. Dan Dickman led our residents, faculty, nursing and clinic staff in his final Team Meeting as Medical Director of our office. Over the past month, Dr. Dickman has been transitioning this role to Dr. Ravi Grivois-Shah. “Dr. G.S.” is eager to use his experience in residency education, advocacy at the local and national levels in the Illinois AFP and AAFP, and as medical director overseeing patient-centered practices with a focus on quality improvement and population management.



Finally, last week we honored Dr. Colleen Cagno and her service to our program in her role as Program Director. Over the past five and a half years, Dr. Cagno has worked to engage and animate our faculty and residents to elevate the status of the UAFMRP. Under her leadership, members of our program have pursued their passions, rising to leadership positions, presenting and publishing scholarly work, and going on to complete further fellowship training (see back page for list of accolades). I have enjoyed preparing for my role as Program Director through the last 2.5 years as Associate Program Director and completing the National Institute for Program Director Development which has connected me to current and rising Program Directors throughout the country.

In the midst of change, it is helpful to reflect on our program’s core values. Our mission statement reads, “We prepare full-spectrum physicians to provide excellent family-centered, community-responsive care with emphasis on diverse and underserved populations.” With our new faculty, our continued partnership with community groups such as the International Rescue Committee, I am excited to continue our program’s fulfillment of its mission and to lead our group forward to embrace innovative ideas for change in education, patient care, and service to the community.

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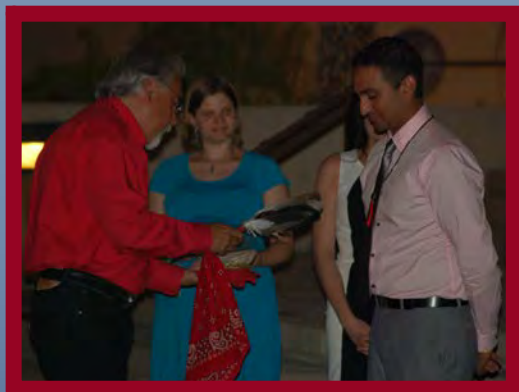
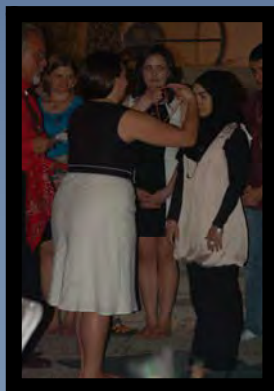
Dr. Jessie Pettit with Dr. Colleen Cagno celebrating Dr. Cagno’s tenure as Program Director.

October 2014

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**The Family Medicine Residency Program
2014 Graduation and Intern Welcome Dinner
at the Tucson Museum of Art**



Welcome Class of 2017!



Goodbye Class of 2014!



Positive comments from Patients on Inpatient and Outpatient services from the UAHN Patient Satisfaction Surveys!

'The doctors and nurses handled everything extremely well and should be commended. **Dr. Richardson** is a very good and caring doctor.' - Patient at 5 SW, South Campus



Dr. Richardson

'For as busy as this clinic is, it is professionally run and the staff up front are the best. All the personnel are friendly and helpful.' - Patient at Family & Community Medicine, Alvernon Physician Offices



Dr. Clements

Dr. Charlene Clements and her nurse **Rose** were incredible! **Dr. Clements** was especially friendly. I enjoyed my PCP appointment. She and her staff are fantastic. Keep up the good work! - Family & Community Medicine patient at Alvernon Physician Offices

I really like how **Dr. Elizabeth Artrip** treated me, she even took the time to call me on my cell phone when she received the results, which she knew were extremely important to me.' - Outpatient at Family & Community Medicine, Alvernon Physician Offices



Dr. Artrip



Dr. Siwik

Dr. Violet Siwik is an amazing and caring doctor. The staff is always friendly & courteous." - Outpatient at Family & Community Medicine, Alvernon Physician Offices

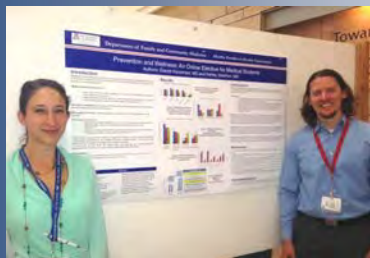
Dr. Violet Siwik is a kind and wonderful doctor who always gives above and beyond for her patients.' - Family & Community Medicine patient at Alvernon Physician Offices



Dr. Moran

I'm very happy with my provider **Dr. Moran**, who is a very good doctor.' - Family & Community Medicine patient at Alvernon Physician Offices

2014 Resident Scholarly Poster Presentations

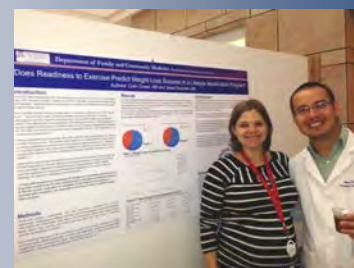


Prevention and Wellness: An Online Elective for Medical Students. Authors: Ashley Salomon and Daniel Horzempa



Winning Poster:

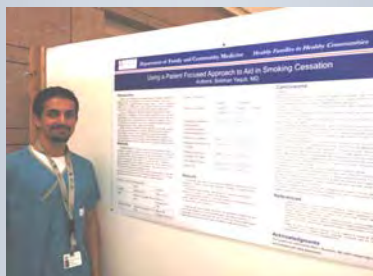
Designing a Global Health Curriculum in a Family Medicine Residency. Authors: Elizabeth Moran and Esther Johnston



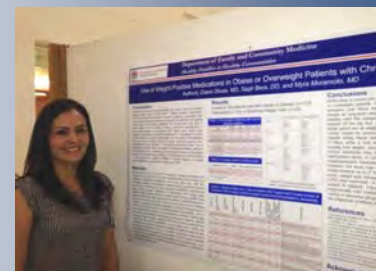
Does Readiness to Exercise Predict Weight Loss Success in a Lifestyle Modification Program? Authors: Colin Crowe and Jesse Sozanski



Thrush in the Breastfeeding Dyad. Author: Tasnim Khalife



Using a Patient Focused Approach to Aid in Smoking Cessation. Author: Soliman Yaqub



Use of Weight Positive Medications in Obese or Overweight Patients with Chronic Conditions. Authors: Diana Olivas, Sagir Bera, and Myra Muramoto

Be sure to check out our new resident research tab on the UA Family Medicine residency website. We'll be posting resident research posters in this section of our residency website.

Resident Achievements and News...

Spotlight on Resident Dr. Charlene Clements



Q: Where did you relocate from?

A: I was born in Texas and relocated to AZ when my father got stationed at Davis-Monthan Air Force Base here in town. After my father got out of the AirForce, we moved back to my parent's home town which is San Manuel, Arizona (the back side of Mt. Lemmon).

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

A: I'm biased in my love of Tucson as evidenced by the number of degrees I own from the U of A. Tucson is my home because I've lived here longer than any other place in my life. The nice thing about going to residency in your "home town" is that I didn't have to get used to being here :)

Q: Do you have a favorite restaurant?

A: Depends on the day... Mexican: I love El Indio (S 6th..by the VA), Italian: Cafe Milano, and Breakfast...Prep and Pastry vs Blue Willow. Let's eat both and decide :)

Q: How did you unwind from the schedule of a First Year Resident?

A: I love yoga, concerts (ask me the number I went to as an intern), and dance classes (I think I dragged a fair number of my fellow residents to these)

Q: Any advice to future First Years?

A: Still make time to do the things you love...even though it is hard. At least once a month, fit something in that you love to do. It will at least give you something to look forward to!

UA Employee & Student Work/Life Enhancements



LWC colleague Caryn Jung, MS with our [child](#) care, [elder](#) care and [work/life integration](#) programs, invites you to explore these resources in support of healthy individuals and families:

Increased **lactation space options** at our Tucson and Phoenix area campuses available from our [Family Resources Map](#)

Increased **changing table options** at our Tucson campus, also available from our [Family Resources Map](#)

Free, individualized and voluntary, **short-term lactation consultations** through an LWC campus partnership, described [here](#). A sampling of UA, federal, state and organizational [lactation resources](#) and a Frequently Asked Questions - [FAQs](#) – page

John Nguyen awarded Young Physicians Patient Safety Award!

Dr. John Nguyen was awarded The Doctors Company Foundation Young Physicians Patient Safety Award. The award recognizes young physicians for their deep personal insight into the significance of patient safety work. Six winners of this prestigious award are selected annually. John was presented with the award at the June AAMC Integrating Quality meeting held in Chicago.

John's commitment to Patient Safety is evident not only in his daily work with patients but also in his leadership. He is one of our residency representatives to the UA Resident Quality Council and also serves as committee co-chair.



2014 National Conference for Family Medicine Residents and Medical Students

Written by Ashley Wofford

National Conference
FAMILY MEDICINE RESIDENTS
and MEDICAL STUDENTS



In August, I had the opportunity to represent our resident program at the AAFP National Conference in Kansas City along with Dr. Charlene Clements, PGY2 and Dr. Colleen Cagno. We arrived excited to set up shop on "Arizona Avenue" in anticipation of medical students' visits to our booth; we left looking forward to seeing these individuals again during interview season – and we were admittedly a little hoarse! Many people had specific interest in our program – specifically full spectrum training, global health, sports medicine, and integrative medicine. Others were just starting to gather information about programs in Arizona (e.g., the programs in Tucson are the only ones with NCAA athletics – go Cats!), and the 300+ days of sun was obviously tantalizing to many of our visitors. We even had some people stop by after I helped moderate a session in Careers in Academic Medicine. Learning about these students' career goals and passions for patient care was refreshing, and the great diversity of applicant interests will lend itself well to future residency classes for UAFMRP. Dr. Pettit calls interview season the "most wonderful time of the year," and as it is just around the corner, this was a great kick-off event.

Meet Marcus Childs: Alvernon Clinic's SOUPer Student!

Written by Charlene Clements

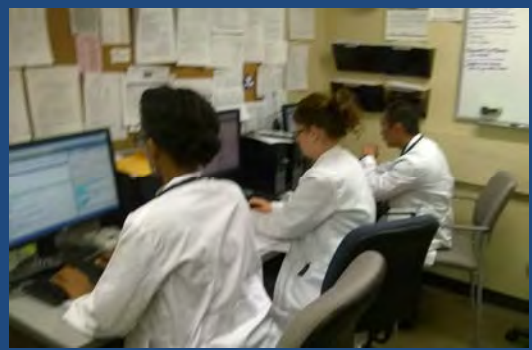
On first glance, one might not believe that Campbell's Soup could connect undergraduate student Marcus Childs with two of our second year FM residents: Charlene Clements and Charity Reynolds. Were they shopping together in the same aisle? No. Do they mutually share an appreciation for Andy Warhol's depiction of soup cans? Yes, but not the reason. The three share in common a scholarship known as the Dorrance Merit Scholarship which sponsors first generation college students to attend any of the three state Universities as well as to study abroad anywhere in the world. But where does the Campbell's Soup connection come in? The scholarship was started by the grandson of one of Campbell Soup's original founders. At a networking event last fall here in Tucson, Marcus (as a freshman!) connected with Charlene and Charity and expressed his interest in potentially pursuing a medical career in the future. Marcus is a Nutritional Sciences major with a focus in dietetics who grew up in Mesa, Arizona.



Our residents requested the ability to give back to the scholarship program that they credit as the reason for their drive to successfully complete undergrad and move on to higher education. They have been able to create a mentorship/shadowing program for Marcus in which he pairs with the two former alumni of his scholarship program and rotates through clinic with specific teaching dedicated to him. Both have also helped him identify learning strategies to become a more successful freshman at the university as well as expose him to the world of family medicine. Marcus says "I love being able to see and take part in the interaction between patient and physicians. I enjoy understanding the dynamics of family medicine and how it works behind the scenes. I also cherish the relationship I have made with Dr. Reynolds and Dr. Clements." Marcus has successfully completed his freshman year at the university and is ready to get back to shadowing with us. We hope that we are able to inspire Marcus to become a family medicine physician by mentoring him early and often. The next time you walk down the aisle and see a can of soup or admire one of Andy Warhol's paintings, take a second and remember that those soup cans had a hand in the training the next generation of family medicine docs!

Life of an Intern!

Pictured from left to right:
Naomi Bitow, Becca Raub, & Pocholo Selpides
Taken by: Paul Gordon, MD



Help Support Reach Out and Read!

Reach Out and Read promotes childhood literacy by providing age appropriate books to children during their doctors' visit. In the past, the ROR program has been sustained through community sources of funding, but these sources have dwindled in the past year.

You can write a check payable to: UAF/Family Medicine.
In the memo write: Alvernon Reach Out and Read or Alvernon ROR.

Checks can be mailed to:
Dept. Family and Community Medicine
PO Box 245052, Tucson, AZ 85724-5052

Spotlight on Faculty Member Dr. Daniel Dickman



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

A: I went to West Virginia University Medical School and did my family medicine residency there as well.

Q: How long have you been teaching?

A: Aside from an 18 month time in private practice, I have been teaching in residency programs since 1991.

Q: What do you enjoy most about teaching residents?

A: I enjoy the energy they bring to the learning process. I really enjoy showing them that being a doctor is a great job!

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

A: For stress, I like to ride my bike around Tucson. I enjoy cooking and some photography (very amateur photography!)

Q: What do you enjoy most about Tucson

A: I love the weather in Tucson- I love the heat! The sunny skies and palm trees makes it seem like I'm on vacation all the time!

Q: Do you have a favorite restaurant?

A: I haven't been to many local restaurants- I do like Oregano's for Italian and Eclectic Cafe for a variety of different things

Q: Any words of wisdom for current residents?

A: Your patients are your best teachers- pay attention to them!

Arizona Center for Integrative Medicine Awarded \$1.7 Million to Advance Integrative Primary Care

The Arizona Center for Integrative Medicine (AzCIM) at the University of Arizona College of Medicine has been awarded a three-year, \$1.7 million cooperative agreement by the U.S. Health Resources and Services Administration Bureau of Health Professions, Division of Public Health and Interdisciplinary Education, to establish a **Center for Integrative Medicine in Primary Care (CIMPC)**.

AzCIM, founded at the UA in 1994 by **Andrew Weil, MD**, is a world leader in integrative medicine education, research and clinical care, with training programs for practicing physicians, residents, medical students and other health-care providers. To date, the center has trained more than 1,000 practicing physicians and is delivering curriculum in 53 primary care residencies.



“AzCIM has been educating leaders in integrative medicine for 20 years now, and we are so pleased to be validated by this award as an authority that will ultimately affect how primary care is delivered,” said **Patricia Lebensohn, MD**, CIMPC principal investigator, director of the AzCIM Integrative Medicine in Residency program and UA professor of family and community medicine. “Our ultimate goal in establishing the CIMPC is to create effective interprofessional teams that will use integrative medicine to help eliminate health disparities in primary care and promote healthy communities.”

The CIMPC designation will provide AzCIM with the resources to incorporate evidence-based integrative medicine curricula into existing primary care residencies and other health professions' training programs. Additionally, AzCIM will develop an online platform of integrative medicine curricula and best practices for primary care health professionals, and serve as a patient portal for integrative practitioners working with underserved populations.

“The Arizona Health Sciences Center is proud to support the Arizona Center for Integrative Medicine's pioneering work in integrative medicine and this collaboration will further enrich offerings throughout AHSC programs,” said **Joe G. N. Garcia, MD**, UA senior vice president for health sciences and interim dean, UA College of Medicine – Tucson. “This effort spear-headed at our university will strongly contribute to one of our goals: to establish national leadership in interdisciplinary education and practice.”

Alumni Updates and News

UA College of Medicine Alumni Affairs Reunion and Homecoming Weekend, Nov. 7th & 8th, 2014

The College of Medicine Alumni Affairs will be hosting a series of presentations during Reunion and Homecoming Weekend in November. Sister Adele O'Sullivan, Alumni 87', will be presenting "Caring for the Homeless" at the upcoming College of Medicine Alumni Affairs Reunion and Homecoming Weekend CME conference.



Pamela Wible, Alumni 90', was featured in an article in the Washington Post. A big focus of her professional activity is the topic of physician suicide. It was the third most-read national story in the Post on that day.

[When doctors commit suicide, it's often hushed up - The Washington Post](#)

She also offers a physician retreat at: [Live Your Dream](#)

Faculty Elected to Tucson College of Medicine Committees:



Dean's Faculty Advisory
Committee and
Nominating Committee
Paul Gordon, MD



Student Progress Committee
Holly McNulty, MD

Congratulations!



Dr. Carlos Gonzales will be the new Assistant Dean for Medical Student Education. His primary responsibilities will be the oversight of our Commitment to Underserved People Program (CUP) and the Rural Health Professions Program (RHPP).

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!

Congratulations to 2014's Best Doctors!



Colleen Cagno

Cynthia Johnston (79')

Tejal Parikh (93')

Paul Gordon

Brad Barnett (86')

Abraham Byrd (76')

John Carter (78')

James Kerwin (92')

Michael Moynihan (87')

Thomas Rothe (80')

Edward Schwager (86')



Patricia
Lebensohn



Randa Kutob



Myra
Muramoto



Victoria
Murrain

Don't forget to check out our [Alumni Yearbook](#) on the Residency website!

If you are an alumni of the program and you have updates or photos to send us for the Alumni Yearbook please do so by emailing us at: uafmresidencyalumni@gmail.com.

Continued from page 1...

From the Program Director: Dr. Jessie Pettit

UAFMRP Leadership and Awards

American Academy of Family Physicians

Carlos Gonzales, AAFP Board Member, past service on Commission on Health of the Public and Science and the Committee on Rural Health, Task Force on Universal Health Coverage in 2000, Arizona delegate to the AAFP Congress of Delegates for the past 17 years

Ravi Grivois-Shah, AAFP Board Member (2012-2013), past service on Commission on Governmental Advocacy, delegate to the AAFP National Conference of Special Constituencies 2012, 2011, 2009, delegate to the AAFP Congress of Delegates 2010

Heidi Meyer (class of 2011), Resident AAFP Board member, 2010-2011

Megan Guffey (class of 2012): Alternate resident delegate to the 2011 AAFP Congress of Delegates, served as the sole resident member on the Commission on Public Health and Scientific Activities

Arizona Academy of Family Physicians

Carlos Gonzales, Board of Directors for the past 12 years, past AzAFP president, served on the Education Committee, the Task Force on Cross-Cultural Awareness, the Legislative Task Force, the Executive Committee and the Awards Committee, 1997 recipient of Arizona Family Physician of the Year by the Arizona AFP

Katie Grund (class of 2013) AzAFP Resident Director

Stephanie Crane (class of 2010) AzAFP Resident Director

Consortium of Academic Medical Centers for Integrative Medicine

Ashley Salomon (class of 2014), Co-chair the Resident Group of the Consortium of Academic Medical Centers for Integrative Medicine

Society of Teachers of Family Medicine

Paul Gordon, Board of Directors since 2010

Patricia Lebensohn, Editorial Board

Esther Johnston (class of 2014), Resident Representative on Board of Directors 2012-2014

National Awards

Colleen Cagno, 2012 Bronze Level Association of Family Medicine Residency Directors Program Director Recognition Award
Ravi Grivois-Shah, 2011, Degree of Fellow by the AAFP for service to his community, FM, the advancement of health care for Americans, and to medical education and research

STFM Innovation Program Award 2011, UAFMRP recognized as a program of excellence in the teaching of Integrative Medicine through an online curriculum

Mari Ricker, STFM New Faculty Scholar Award, 2008

State Awards

Esther Johnston (class of 2014), recipient of the 2013 AzAFP Walter Brazie, MD, Fellowship Award for the most outstanding second year Family Medicine Resident in Arizona

Institutional Awards

Carlos Gonzales, elected by class of 2013 to receive the Leonard Tow Humanism in Medicine Award presented by the Arnold P. Gold Foundation.

Colleen Cagno, 2013 Dean's List for Excellence in Teaching, Year III and IV

Barry Weiss, 2013 Herbert K. Abrams Lifetime Achievement Award

Esther Johnston (class of 2014), selected by the American Academy of Family Physicians to receive the 2013 AAFP Award for Excellence in Graduate Medical Education for their outstanding leadership, civic involvement, exemplary patient care, and aptitude for and interest in FM

John Nguyen (class of 2016) 2014 awarded The Doctors Company Foundation Young Physicians Patient Safety Award for deep personal insight into the significance of patient safety work.

Don't forget to check out our [Residency website!](#)

Learn more about our residency program and get to know our residents, faculty, and alumni.

Also review resident scholarly projects and past residency newsletters.

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

Jessie Pettit, MD
Program Director

*Like us on
Facebook!*



Designed by Jessica Hoyer

Pearls April to August

Speaker/Topic

Colleen Cagno

- 2010 ASCRS Clinical Guideline for Management of Hemorrhoids
- Migraine Mnemonics
- Breathing Exercises for Migraine Headaches
- Do's and Don'ts of PowerPoint Presentation
- Phrases to Manage Clinical Encounters
- Acute Ankle Injury—Ruptured Achilles
- Newborn Rashes
- Genetic Screening in Pregnancy
- Online Derm Photo Quiz Pt. 1 & 2

Dan Dickman

- Varieties of Diabetic Neuropathy
- Diabetic Eye Disease—Types & When is it an Emergency?
- Drugs for HTN—B-Blockers
- Anticoagulation in Office Setting
- Oral Anticoagulants
- Acute Bacterial Rhinosinusitis

Carlos Gonzales

- Ole Country Doc's Elixirs for Reflux Symptoms and Herpes Stomatitis
- Antivenom for Critically Ill Children with Neurotoxicity from Scorpion Stings
- Sea Fauna Envenomation Treatment & Management (jellyfish/sting rays)
- Point of Care Guidelines Diagnoses & Treatment of Strep Pharyngitis
- Mechanisms of Diabetes Mellitus Drugs
- Derm Manifestations of Desert Critter Bites

Paul Gordon

- Dabigatran New Indications & Review of Coagulation Cascade
- Photo Derm Rounds

Randa Kutob

- Derm: Lynch Algorithm & Paposquamous Diseases
- White Papule

Patricia Lebensohn

- Sleep Disorders in Children
- Valley Fever

Craig McClure

- Fecal Infusion for C. Diff. Colitis
- Diverticulitis Management
- Hepatitis C Screening (UPSTE)
- Cerebellar Tests
- Delirium
- Agitated Alzheimer's at Citalopram
- Lumbar Spinal Stenosis
- Adult Learning Principles
- Corneal Abrasion
- Dreyfus Model of Skill Acquisition
- Otorrhea with Tubes
- Fecal Test for Colon Cancer Screening
- SOAP presentation
- Wart Treatment

- Atopic Dermatitis

Holly McNulty

- Developmental Dysplasia of the Hip

Liz Moran

- No scalpel No Needle Vasectomy
- Emergency Tourniquet Use: One year after Boston Marathon
- Gallbladder Disease/Cases
- Global Health Neurology Pearl: HTLV—1 Tropical Spastic Paraparesis
- MCH Pearls: Cervical Polyps and Parvovirus/Pregnancy
- CXR Interpretation
- Skin Conditions More Common in People of Color
- AAFP Online Board Review Questions for Derm

Jessie Pettit

- Undifferentiated abdominal pain: A Case of Integrative Medicine
- Evaluation of Slow Weight Gain in the Breastfed Infant
- Barrett's Esophagus
- Case of Terminal Ileum Resection: What to Expect
- Ankyloglossia and Breast Feeding Difficulties: Snip it!
- Gastric Bypass Pre and Post-Surgery Care
- Medications and Mother's Milk
- Migraine Screening Questions
- 3 Question HA Screen to Increase Detection & Treatment of Migraine
- Integrative Approaches to Migraine Prophylaxis
- Aspirin for Primary Prevention of Stroke and MI: Choose Statin Instead
- Screening Tests for Dementia (The 1-minute animal screen!)
- Hand-eye Coordination: Hand Expression of Breastmilk
- Strabismus: Intro to Vocabulary and Evaluation
- Otitis Externa: Presentation, Pictures, and Treatment Considerations
- Compatibility of DM Drugs
- Combinations of Hypoglycemia Medications: Which are okay?
- Genetic Screening in Pregnancy
- Skin-to-Skin and Other Practices to Promote Breastfeeding

Daphne Scott

- Eye & PPE
- SCAT 3 Balance
- Wrestler Skin Lesion Clearance Form

Krista Sunderman

- Hepatitis B Cases
- Myasthenia Gravis
- Corneal Abrasion
- Derm of Diabetes