

# Family Matters

## ***New Interns for 2009-2010***

Selection season is over and we have a new class of interns to welcome to our program:



- Tessa Dake – The University of Michigan
- Megan Guffey – Ben Gurion University of The Negev
- Jason Kaufman – Touro University College of Osteopathic Medicine
- Jennifer Roll – The University of Arizona
- Miranda Sonneborn – Medical College of Virginia
- Julian Uselman – Philadelphia College of Osteopathic Medicine
- Peggy Wang – Des Moines University Osteopathic Medical Center
- Sean Yang – University of Utah School of Medicine

Veronica Lagunas also will be joining us as a new PGY2. She graduate from Universidad Nacional Autonoma de Mexico and is transferring to our program from Brazos Family Medicine Residency Program in Bryan, Texas.

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## ***Orientation Activities***

Here is what will be happening with our new interns prior to the July 1 start of our FCM Orientation.

June 25: Lunch at the Alvernon Clinic followed by Sunrise Clinical Manager (SCM) and WatchChild Training at UMC. Please join us for lunch and meet the new interns.

June 26: UPHK Orientation in the morning and University of Arizona GME Orientation in the afternoon.

June 27: Advanced Cardiac Life Support training which is required before the start of residency.

June 28: Family Medicine Graduation and Welcome Brunch for Incoming Residents.

June 29: Veterans Administration Orientation in the morning and Electronic Medical Records (EMR) training in the afternoon.

June 30: UMC Employee Health all day

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## ***Congratulations are in order!***

Faculty changes taking place for the 2009-2010 academic year are as follows:

**Colleen Cagno** will be the new UA Family Medicine Residency Program Director

**Barbara Eckstein** will be the new Associate Residency Program Director and Medical Director of the Alvernon Family Medicine Center

**Carlos Gonzales** will become Director of Curriculum & Community-Based Education

**Violet Siwik** will be the new FCM Clerkship Director

***Good luck to all in your new roles!***

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## Residents on the go... Advanced Life Support in Obstetrics



Second-year residents Krista Sunderman, Marnie Lamm, Tammy Timmons, Kitty Aparicio, Cecilia Urquides, Stephanie Crane and Terri Kresha participating in the ALSO course held in Phoenix during Core 2 last fall.



### Spotlight on Intern Heidi Meyer...



Our roving reporter, Rosa Espinoza, touched base with Dr. Meyer to find out a few things you might not know.

I most recently relocated from San Diego, where I plan to return after residency. Prior to that I lived in Orange County, New York City, Chicago (for college) and Philadelphia, where I was born and raised. I do not have a favorite restaurant in Tucson because, as an intern, I do not eat. My favorite yoga studio is Yoga Oasis--I along with several other FP residents can be found there putting the "oh" in "om" every week. My favorite place I have ever traveled is India because it taught me that everything I thought I knew about how things should work is wrong. Plus, the food is amazing. Everyone should experience New Delhi in the height of the summer just once--you will find sweat glands you never knew you had.

Prior to medicine, I was a musical theatre actress. It was the rigor and stress of performing and surviving in New York that led me to things like yoga, integrative medicine, and Eastern philosophy. I also am a Nichiren Buddhist--I have an altar in my house and try to chant daily. The whole point of this Buddhism is to influence your environment with your own life force in a way that encourages human revolution--others and your own. This practice is a great stabilizer for me--when my environment is coming down all around me, I always stop and remember that is a reflection of me, and it encourages me to enact change.

### Patient Satisfaction Surveys

Throughout the last week, front desk personnel have been distributing satisfaction surveys to our patients. Over the course of seven days we have collected 88 surveys. Our goal is to gather at least three surveys on each intern, resident, and fellow. To reach that target, we need to gather at least another 25 surveys making sure to target patients of residents who have not yet been surveyed. So far, the results look great! But...you have to wait until the next newsletter to see exactly how we did.

### Sports Medicine Fellows

Luis Cruz was chosen as the Family Medicine Sports Fellow for 2009-2010. He will be joined by Matt Baird from Emergency Medicine. Both residents will complete the one year fellowship at the UA Campus Health Services and Arizona Institute of Sports Medicine on the UPHK Campus under the direction of Steven Paul, MD.

## Block Schedules

With the change to block scheduling, all rotations now start on a Wednesday and end on a Tuesday. Keep this in mind when planning your schedule for next year. The start dates for the 13 blocks are:

|                        |                       |
|------------------------|-----------------------|
| Block 1 — July 1       | Block 8 — January 13  |
| Block 2 — July 29      | Block 9 — February 10 |
| Block 3 — August 26    | Block 10 — March 10   |
| Block 4 — September 23 | Block 11 — April 7    |
| Block 5 — October 21   | Block 12 — May 5      |
| Block 6 — November 18  | Block 13 — June 2     |
| Block 7 — December 16  |                       |

**In-town electives:** We are in the process of creating the clinic schedule for July, August, and September. For those of you doing in-town electives during those months, we need to know your clinic schedule by the end of April. Second-year residents are expected to do three half-days of clinic each week. Third years need four half-days of clinic each week. Additionally, Teaching Day attendance is required for all in-town electives. Please have your clinic schedule to Sherry by April 30.

**Out-of-town electives:** Rotation requests must be received a minimum of three months prior to the start of the rotation to allow time for establishing affiliation agreements between the UA and the outside institution/preceptor. Rosa can provide you with the necessary paperwork for scheduling your OT elective.

**Floating holidays:** Second and third year residents get three floating holidays per year. First years get four per year. They may be taken during “light” rotation months (ED, Dermatology) and must be submitted to Dr. Paul for approval a minimum of one month in advance of the day requested.

## 2008 Thomson Reuter’s Top 100 Hospitals

University Medical Center has been selected for two national awards: the National Benchmarks Award and the Everest Award for National Benchmarks. The National Benchmarks award recognizes hospitals with the highest hospital-wide performance compared with national peers, based on an overall score on UMC’s 100 Top Hospitals National Balanced Scorecard. This award acknowledges the organizational achievement made by aligning the board, management team, employees, and medical staff in a concerted effort to achieve balanced excellence. Reuter’s based their selection on objective statistical performance measurement across five critical areas: clinical process and outcomes, patient safety, patient perception of care, operational efficiency, and financial stability. The Everest Award recognizes hospital leaders who have developed and executed strategies that drove the highest rate of long-term improvement, resulting in the highest performance in the country at the end of five years. Only 23 hospitals were selected for the Everest Award this year.



## Mark your calendars!

Graduation is just around the corner. The ceremony will be held June 28 at Hotel Congress from 11 am -2 pm. For those of you new to Tucson, this historic hotel is located at 311 East Congress Street in the heart of downtown Tucson. This year, in addition to saying goodbye to our fabulous third year residents, we will be including our incoming interns in the festivities. All faculty members and their families are welcome to join the celebration.

## Kansas City Here We Come

The Family Medicine Residents and Students Conference will be held this year in Kansas City on July 30-August 1. Last year Stephanie Crane and Tammy Timmons represented our fine program to medical students and other residency programs from across the country. This year Krista Sunderman and Bethany Bruzzi will attend and man the booth on our behalf. We are looking for ideas for unique handout gifts to give those visiting our booth. Please pass your suggestions on to Krista or Beth within the next month so we have time to get the items ordered.



**Staying Fit** — Did you know there is a fitness center across from UPHK that is open to the public and does not require a membership fee? Kino Veterans Memorial Community Center offers fitness classes, volleyball, basketball, and a weight room equipped with circuit training/stacked weight, cardio equipment. There are fitness class in yoga, Aerobics, Tai Chi and in the summer there are four waveless lap lanes in the swimming pool. The center is open Monday thru Saturday at 7 am. The cost per visit is \$1-\$2 depending on the activity. For more information, check out the website at [www.pima.gov/CED/CR/KinoCommCTR/](http://www.pima.gov/CED/CR/KinoCommCTR/) or call 740-5651.

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Ed Paul, MD —  
Program Director

Colleen Cagno, MD —  
Associate Program Director

**Graduate News** — Barry Weiss reports that when he was visiting Anchorage in early March, he ran into residency graduate Jana Linfield, class of 1993. For any of you who remember Jana, after graduation she moved to Juneau, where she practiced for many years. A few months ago, she relocated to Anchorage with her children and her husband, Lance. She now works at the Alaska Native Medical Center. Perhaps most noteworthy, she turned in a great performance in her first entry in the women's 25K free style division of the annual Tour of Anchorage cross-country ski race.

### **Integrative Family Medicine Update**

"Integrative Family Medicine" is a four-year program of which two years are an in-depth Integrative Medicine Fellowship. The fellowship component is done mainly on-line and involves 6-8 hours of coursework every week. In addition, there are three residential weeks in Tucson, one at the beginning of the two years, one in the middle, and another at the end. In the past, residents started the fellowship in the middle of their second year but there will be two class, one starting in December and the other in August. Marnie Lamm and Kitty Aparicio will start the on-line work in August and will complete the fellowship in April 2011.

In addition to the on-line work, residents have a year after completion of the family medicine residency requirements to put what they learn into practice in the form of IM consults at the Alvernon Clinic, Wilmot Clinic (Program of Integrative Medicine) and the Cancer Center. They also have time to teach and research IM topics. In the past, the last year was a 4th year of residency but this year the "fellows" will be junior faculty so they will be able to teach and work independently. Jessie Pettit and Sarah Wallick will be starting their final year of the IM Fellowship in July. For more info: <http://integrativemedicine.arizona.edu/education/fellowship/>.

### **Residency Faculty Retreat**

The annual residency faculty retreat will be held on May 14 and 15 at the Tanque Verde Guest Ranch. We are structuring the retreat differently this year. The first session will begin with lunch on Thursday and continue through dinner. The second day will begin at 8:00 am on Friday and wind up around noon. There will be Laughter Yoga to get everyone in the mood as well as time for reflection, discovery, planning and of course, delicious food. RSVP to Rosa at 694-1607. See you there...



### **New Chiefs**

The new chief residents will be taking over the helm as of May 1.

Our new chiefs for 2009-2010 are:

#### **Stephanie Crane**

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#### **Terri Kresha**

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#### **Krista Sunderman**

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**Congratulations!**

