

Family Matters

From the Residency Program Director...



It is with great pride that I introduce to you our newest class of FM residents. They are a diverse and committed group and I look forward to welcoming them at our Graduation/ Welcoming ceremony on Sunday, June 27th. I also would like to welcome Manasi, who is off to a great start with us. Thank you again to Sherry, Rosa, and all the residents and faculty who contributed to our recruitment efforts.



I am looking forward to spring as we work out schedules for next year and have the next round of Resident – Program Director meetings. The focus of these meetings will be on reviewing required documentation of residency requirements and on setting resident educational goals for the next academic year.

Please take the time to read about all the exciting things happening within our program and meet some of the new people who are part of our team. Best, Colleen

Intern Class of 2013 -- Welcome!

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Getting to Know—Manasi Ramakrishnan



Hi Everyone!

I was born and raised in India. By the age of twelve, I had lived in three different cities, before my family settled down in Bangalore, where I received most of my education including medical school.

Having completed my training to be a doctor, I decided to go to the United Kingdom to get trained to be a family physician. My experience in the UK was great- living independently in a new country, getting used to the weather, working in the hospital, getting acquainted with the people and their culture and of course, getting paid in pounds sterling!!

My husband, Vivek, is an internal medicine resident at UPHK and that's what brought me to Tucson. It is definitely a city that grows on you, and having lived here for almost a year now, I really like Tucson! What I like most about this place is the fact that everything is so spread out rather than being concentrated in high rise buildings. I love the mountains, warm weather and the clear skies. The opportunities for outdoor activities are great and I especially like hiking. I also like watching the rains from my balcony. The people I've met have been warm and friendly, and that makes me feel welcome here.

In my spare time (which I have had a lot of in the past year), I watch TV or read novels. I've also discovered an interest in cooking and like trying out new recipes. When I feel motivated, I work out in the gym or swim. I like listening to music and dancing. I love playing the piano, even though I had attended only a few piano lessons in my childhood. I like getting together with friends and just chatting or playing a game of charades or Pictionary. My favorite house chores are ironing and doing the dishes!!

My parents live and work in Bangalore and I spend an hour each morning on the phone with them just telling them about my day and asking about theirs and on occasion enquiring about their pet fish (which apparently can get very moody and pelt pebbles onto the glass of the aquarium with its mouth if not fed on time!!) My younger brother is in South Africa, where he is training to become a pilot. He is quite the joker and often gives us a good laugh, telling us about some mischief he did years ago.

I guess that's me in a nutshell. I think I've had a good break for the past year and feel more than ready to get back to being a doc!

ALSO Course

The 2nd year residents completed an ALSO course in Phoenix during Core 2. The ALSO provider course is an educational program designed to enhance cognitive and procedural skills of health care professionals to help them manage obstetrical emergencies. Dr. Cagno and Dr. Pettit will be attending an ALSO instructor course in Las Vegas, NV on April 15, 2010.



Society of Teachers of Family Medicine



There will be several residency faculty attending the STFM conference this spring in Vancouver, British Columbia on April 24-28. Our very own Patricia Lebensohn is running for Secretary-Treasurer of STFM. She is well deserving to be on the Board of our national teacher's organization. The voting takes place at the Annual meeting next month in Vancouver. Be sure to vote!

If you are not going to the meeting and are a member, send a note to K. Frank asking her for an absentee ballot. kfrank@stfm.org

2010 Match Results

After a downturn in 2009, more U.S. medical students chose family medicine as their specialty this year, resulting in a fill rate of 91.4 percent, the highest percentage for family medicine ever, according to the results of the 2010 National Resident Matching Program. Match results show that 2,404 family medicine positions were filled out of 2,630 positions offered. The number of family medicine residency positions includes FM-psychiatry, FM-Emergency Medicine, and FM-Internal Medicine combined programs. There were 75 more family medicine positions offered in 2010 than in 2009, an increase of 2.9 percent. Federal and state health care reform have heightened awareness of the need for patient-centered primary care services that increase quality and outcomes according to AAFP President Lori Heim, MD.

from AAFP, Barbara Bein, 3/18/2010

Alumni News...

Here is an Alumni Update from Mark Sivieri, MD. Mark graduated from Georgetown Medical School and then completed his Family Medicine Residency training here at The University of Arizona in 2004. "I am running a solo clinic in Laurel, Maryland combining conventional and complementary medicine. I am a licensed acupuncturist and it blends nicely in to my holistic approach. It is very busy but I'm enjoying the challenge of being boss, doctor, and proud father of a 18 month old son. I miss Tucson and loved my time there. I feel that I truly received an education in ALL aspects of Family Medicine during my residency." —Mark



New Face at Alvernon

Lisa Byrd, PA started at the Alvernon clinic in March.

Lisa was born in Ogden, Utah but did most of her growing up here in Tucson, went to Amphitheater High School and then on to college at Northern Arizona University. At NAU she worked as an Athletic Trainer, and later became certified and worked at Yavapai College and Colorado College before applying to Physician Assistant school. She graduated from A. T. Still University in Mesa with her Masters in Physician Assistant studies and moved back to Tucson. For the past 5 years, she has been working at a community health center north of Tucson. She is married to a wonderful husband and has three great kids - a 15, 4 and 2 year old! They love to spend time at Lake Powell, hike, snowboard and mountain bike.

Faculty Publications

Barry Weiss, MD—Patients' Question-Asking Behavior During Primary Care Visits: A Report From the AAFP National Research Network

Paul Hicks, MD—Comparison of HTN management in patients with diabetes between rural and urban primary care clinics in Northeastern Colorado - a report from SNOCAP.

On the Road Again...

Tessa Dake and Bethany Bruzzi attended the Emerging Leaders Conference. The conference provides a unique forum to address issues that have an impact on Family Medicine. It encourages members to become more involved in leadership roles within the association, and enhances personal leadership skills.

Krista and Leslie attended the American Medical Student Association Conference in Anaheim, CA. They represented our residency program at the AMSA Residency Fair and Specialty Showcase. This was a time for them to meet face-face and connect with some of the most desirable medical school students looking to explore their residency program options.

New Reference Interval for TSH

Recent guidelines from the National Academy of Clinical Biochemists (NACB) and Laboratory Medicine Practice suggested serum TSH concentrations determined in normal subjects are skewed with a relatively long "tail" towards the higher values of the distribution. Thus, given the high prevalence of mild subclinical hypothyroidism in the general population it is likely that the current upper limit of the population reference limit may have been skewed by the inclusion of persons with occult thyroid dysfunction*. This has prompted the NACB to recommend the upper limit of normal to be 4.0-4.5 mIU/L. One main reason of this recommendation was based on improvements in the sensitivity and specificity of the thyroid antibody tests that are used to pre-screen subjects. Therefore, the reference interval of TSH will be modified from 0.35-4.94 mIU/L to 0.35 mIU/L-4.0 mIU/L effective April 1, 2010.

* J Clin Endocrinol Metab 2002; 87:489-99

SAVE THE DATE

Faculty Retreat is scheduled for May 6 & 7, 2010 at the Tanque Verde Guest Ranch.

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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

Book Money \$\$

Friendly reminder to use book money by April 15, 2010 (tax day). Turn in original receipts to Rosa for reimbursements with your name on the receipt.



Faculty Development

Dr. Holly McNulty attended a Dermatologic Procedures Course in Long Beach, CA on Feb 19, 2010. Logistics for putting together a model to implement more procedure training sessions for residents in clinic is a high priority for the Clinical Leadership.

Resident Retreat...



The resident retreat was held on Thursday March 11, 2010. The residents spent the day in Tombstone, AZ.



University Medical Center

For the **FIFTH CONSECUTIVE YEAR, UMC HAS BEEN RECOGNIZED AS ONE OF THE TOP 100 HOSPITALS IN THE NATION!** UMC is one of only 15 Academic Medical Centers to make the list. This is an incredible achievement that reflects the hard work, high quality service, and dedication to our patients and their families by each and every one of you. Thomson Reuters awards this recognition based on a number of objective measures including: risk of mortality, patient satisfaction, and financial performance, to name a few. This does not happen without a dedicated team of healthcare professionals, nurses, physicians and staff. You should each be proud of this outstanding accomplishment. Thank you for your service and commitment to our patients and UMC.