

Family Matters

From the Program Director...



Happy New Year!

2010 is off to a productive year in the residency. We are wrapping up our selection season and are on track to double the number of interviews compared to last year. Interview season is always an inspiring time, as we meet the enthusiastic applicants from all over the country who represent the future of Family Medicine.

It is also reaffirming to hear our residents describe why they chose to come to our program over the course of the interview day. One theme that resonates across the conversations is people are here because of the people. I see this play out a regular basis within the program, as residents reach out to support one another by adapting to other's needs, or when residents acknowledge a 'good catch' on a patient diagnosis, or when residents join together to mark life's celebrations.

Please take the time to reach out to our applicants in these final weeks before rank lists are due in late February.

As we turn the corner in the academic year, the members of Residency Program Evaluation Committee are hard at work, putting the final touches on our response to the RRC site visit. As we collect information for our response, thanks to the efforts of many people, I am reminded about what helps to make our residency so special. One such example is that for the past two years, Well-Child visits, are the top outpatient diagnosis at the FMC.

Once our response is completed in mid-March, we will shift our focus to work on the scheduling details of the next academic year. I am excited about the energy and thoughtful ideas of our incoming Chief Residents, Beth and Brian and appreciate the continued hard work from Terri, Steph and Krista.

Best, Colleen Cagno, MD



Walter Brazie Award

Congratulations to Leslie Willingham for receiving the Walter Brazie, MD Fellowship Award. The Brazie Award was established in 1975 to honor Walter Brazie, MD, 8th president of the AzAFP, who served two consecutive terms, in 1957 and 1958. This award was created by the Arizona Academy of Family Physicians and the friends and family of Dr. Walter Brazie from Kingman, Arizona. This award is presented annually to the individual chosen as the outstanding second-year resident in Arizona. Congratulations Leslie! You are an outstanding resident and well-deserving of this award.

January/February 2010 Issue 7

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Pearls Topics November — January

Speaker/Topic

Colleen Cagno

- Prostate Screening
- Caffeine Effects & Amounts in pregnancy
- Neuro Physical Exam Terminology
- New U.S. Preventative Services Task Force Recommendations on Breast Cancer Screening
- Hearing Screening in Newborns

Barbara Eckstein

- Pap Smears
- Fractures/Osteoporosis
- New ACOG Pap Recommendation
- Clinic Templates

Carlos Gonzales

- Herbal Remedies Upset Stomach
- Medical Uses of Nopal (Prickly Pear Cactus)

Paul Gordon

- Articles: Chronic Opioid & OD; Asian C-Sections; Screening for Obesity in Children; and Lipid Screening in Children

Julia Hardeman

- Henocho-Schonlein Purpura
- Gadolinium-Induced Nephrogenic Systemic Fibrosis
- Glycemic Index, Carbohydrate Counting DM Diets
- Stress Testing

Paul Hicks

- Abnormal Uterine Bleeding
- PIH/ Pre-Eclampsia/ HTN in Pregnancy

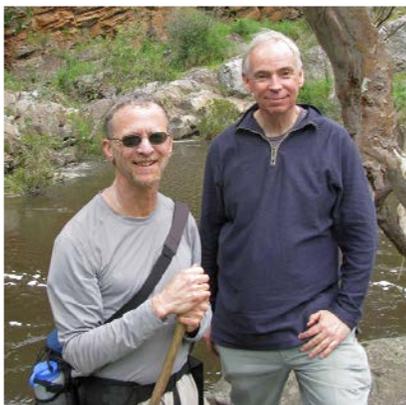
Craig McClure

- H1N1 Risk Surveillance

Violet Siwik

- ACOG Guidelines for Breast and Ovarian Cancer Syndrome
- Management of Hepatitis B

Thursday morning Pearls will return on February 1, 2010 in the conference



Update on Richard Reed —

Barry Weiss has returned from a visiting professorship at Flinders University in Adelaide, Australia, where he was hosted by Dr Richard Reed, who was a faculty member in our department in the late 1980s and early 1990s. For those of you who don't remember Dr Reed, he is a family medicine geriatrician who was the first to bring geriatrics to our residency program. Currently, he is professor and chair of the Discipline of General Practice at Flinders University. Dr Reed and Dr Weiss are shown in this photo during some time off at a national park near Adelaide, looking for kangaroos and koalas.

Alumni News

Former FP resident Pamela Wible has co-authored, along with such notables as Oprah, Suze Orman, Michelle Obama, and Angelina Jolie, an anthology entitled *Goddess Shift: Women Leading for a Change*, scheduled for release May 1, 2010.

This forty plus chapters by women from diverse fields describes the every different future they envision for the world we share. The book is available for pre-order on Amazon -- all royalties go to a number of non-profit organizations dedicated to improving the lives of girls and young women around the world. For more information on Pamela Wible can be found at her web site is : <http://www.idealmedicalpractice.org/>

Tanya Williams, a graduate from the class of 2005, stopped by Alvernon to say "hello." She is currently working at West Berkeley Family Practice in Berkeley, CA.

Faculty Publications



Please join me in congratulating Paul Gordon on his wonderful educational publication in the New England Journal of Medicine on "Endometrial Biopsy." For those without an individual subscription to NEJM, the piece can be accessed on any UA, UMC, or UPH computer as well as through Citrix at the following link:

<http://content.nejm.org/cgi/video/361/26/e61/>

Conference Room Lap Top

The residency has a new Dell Lap Top computer to be used for Teaching Day, Guest Speakers, etc. It is available to all residents and faculty while they are in the Family Medicine Center. The computer is located in the storage closet next to Sherry's office. Password: 707N.Alvernon

Caring for the Uninsured in America

Congratulations to FCM Associate Professor Lane P. Johnson and his wife Nancy J. Johnson (Chief Operating Officer for El Rio Community Health Center), Editors, along with FCM faculty authors Lynne Tomasa, Jennifer Vanderleest, and Theresa Cullen on the publication of their new book *Caring for the Uninsured In America*. The book is not only a practical consideration of issues in taking care of the uninsured, but also provides a much needed perspective on the health care debate currently underway in the US.

Journal of Graduate Medical Education



Congratulations to Anne Ryan and Ed Paul for their article highlighting TFAP and 2 other MLPs, published in the new Journal of Graduate Medical Education. The article describes medical-legal partnerships and demonstrates how they can be designed to address core ACGME competencies in residency programs. The article can be accessed on line at <http://www.jgme.org/toc/jgme/1/2>.

Fun Facts about our Residency — Did you know?

Top 10 Diagnoses seen in the Family Medicine Center: 1) Routine Infant/Child Check, 2) Routine General Exam, 3) Hypertension, 4) Diabetes type 2, 5) Routine GYN Examination. 6) Chest Pain, NOS., 7) Upper Respiratory Infection, 8) Back Pain/Lumbago, 9) Abdominal Pain, NOS., 10) Asthma.

Top 10 Inpatient Diagnoses seen by the Family Medicine Service at UPHK: 1) Chest Pain, r/o MI, 2) Pneumonia, organism, NOS., 3) COPD, 4) Syncope & Collapse blackout; fainting; (near/pre) Syncope; Vasovagal Attack, 5) Urinary Tract Infection, Pyuria, 6) Coronary Artery Disease, 7) Cellulites and Abscess of Leg, 8) Renal Failure, 9) Septicemia, NOS, 10) Subendocardial Infection.

Can you guess the top five procedures performed in the FMC? (Answers on page 5)

New Faces at Alvernon

Dr. Bethany Panchal has joined us as a new attending physician and Faculty member at the Family Medicine Center. Dr. Panchal started with us in early February. We also would like to welcome Lisa Byrd and Anita Gallardo who both start on March 8. Lisa is a Physician Assistant and will be seeing patients five days a week. Anita is a Nurse Practitioner who will be seeing patients at Alvernon and with the Mobile Health Program. Please extend a warm welcome to these newest members of our team.

UMC Parking Permits

UMC Security is in the process of re-registering all intern, resident, and fellow vehicles. Everyone who does not re-register will be locked out as of March 1. More detailed information has been placed in your residency mailboxes. Don't wait until the last minute to re-register!

Alvernon Team Building Exercise January 2010



Family Medicine
Residency
707 N. Alvernon Way
Suite 101
Tucson, AZ 85711

Tel: 520-694-1614
Fax: 520-694-1428
E-mail:
arizpfp@email.arizona.edu

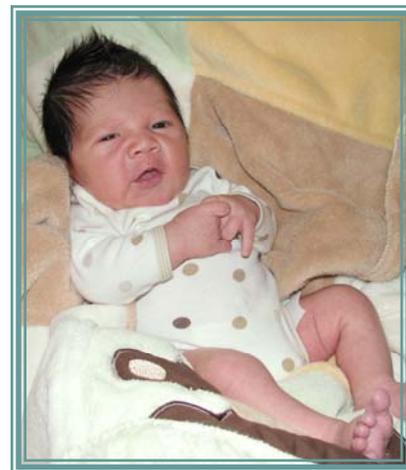


We prepare full-spectrum physicians to provide excellent family-centered, community-responsive care with emphasis on diverse and underserved populations.

Colleen Cagno, MD —
Program Director
Barbara Eckstein, MD —
Associate Program Director

Chief Residents...

Congratulations are in order! The Chief residents for 2010-2011 will be Bethany Bruzzi and Brian Martin. They are ready to take on the job and they will make excellent liaisons for our residents.

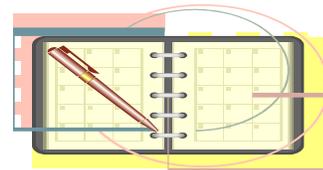


Lucas Andrew Kresha

Born on November 20, 2009
to Terri and Vince Kresha

Save the DATES...

- Thursday February 11, Preliminary Discussion 2010-2011 Lottery
- Monday February 15, Rank Night for selection season
- Thursday March 11, Resident Retreat
- Thursday and Friday May 6—7, Faculty Retreat



Friday Night Lights...



Sports Medicine fellow Luis Cruz is the team doctor for one of the local high schools. Several of the residents function as Team Docs for the high schools during the football season while doing their Sports Medicine rotation.

Answers: Wet mount, Pap smear, Cryosurgery (skin), Colposcopy, and Trigger point injection.