Greetings from UCSF Fresno Family Medicine!

The new academic year is upon us! We’ve got a brand new set of awesome people who have started the class of 2015, with lots of fresh ideas and challenges that a new academic year brings. UCSF Fresno Family Medicine doctors are meeting the challenge and gearing up to provide the best care to the rural and underserved populations in the Central Valley.

The 2012 Graduation was a great success! Special thanks to our new chief residents, Drs. Gill and Ayala for hosting a truly entertaining evening! Our graduates were recognized for their skills and excellence in the presence of their peers, friends, and families. It was great seeing many of our former alumni and community faculty come to celebrate with our new grads! Of our 2012 class, 8 of our 11 grads will be staying to practice in our community. Fantastic!

You may have seen it in our last issue. A little more “Focus” has been inserted in this issue of the SCOPE! Be sure to check it out. Focus highlights the new journal club and outside presentations made by residents and faculty in the department. See something that interests you? Want to learn more or participate? Let us know!

We are on FaceBook! Check it out online. UCSF Fresno Family & Community Medicine.

We are making a concerted effort to develop an active alumni group that can meet at national meetings, stay in touch with us and each other to keep involved in program events and help us better prepare residents for the real world of family medicine. Any suggestions? Let us know!

Please e-mail Lois Ceja at lceja@fresno.ucsf.edu to update your contact information and if you know the addresses of any other alumni please let us know so we can contact them as well.

Congratulations to Dr. Ayala for his new position with the California Academy of Family Physicians’ Resident Council!

Dr. Raul Ayala is the new 2012-2013 co-chair of the California Academy of Family Physicians’ Resident Council. The Resident Council is a collection of 20 residents who meet monthly on a conference call to discuss and plan upcoming events, share ideas on membership recruitment and debate Academy policy and positions. Dr. Ayala is also a member of the California Academy of Family Physicians Board of Directors. At these meetings, he will report to the Board on resident-related affairs and also vote on Academy policies and procedures. Congratulations to Dr. Ayala and his dedication to service.
July 12th, 2012 marked the 4th objective structured clinical exercise (OSCE) in the history of our residency program. The OSCE took place in the Clinical Skills Lab, where residents saw 2 standardized patients each and received feedback on the encounters from a faculty observer. This year’s OSCE was not without complications as two major power outages at UCSF Fresno the week before “fried” the technology in the Clinical Skills Lab. I.T. had to use web cameras to listen, view, and capture the experience and luckily make the OSCE possible this year. About this year’s OSCE: 1) every resident had a patient that required using an interpreter (for which they received feedback on interpreter use), 2) the focus was on interpersonal skills, there was no physical exam, 3) it was an opportunity for feedback, not an evaluation, and 4) all 6 standardized patients were recruited and trained by FM faculty. Incredibly, about 20 applications were received for the 6 positions as “actors” for the OSCE. Even with the technology SNAFU, it was a successful exercise that has improved each year. Thirty residents and 7 faculty observers participated in this year’s exercise.
The 2012 Family and Community Medicine Research Expo

The UCSF Fresno Family & Community Medicine 2012 Expo took place on Thursday May 24, 2012. Many great posters were displayed and discussed by residents and faculty. Dr. Alex Sherriffs provided a great keynote presentation on his “Clinical Utility of Brief Mental Status Exams in Identifying Early Dementia” study. Our outside judge Dr. Paul Mills chose the Davin YoungClarke scholarly activity award winner “The Effect of Office Visits on Glycemic Control Between Hispanic and Non-Hispanic Diabetic Patients” presented by Cira Welvaert, MD and Cindy Zia, MD. Congratulations to them for their excellent work!

Here is the award winning abstract:

**The Effect of Office Visits on Glycemic Control between Hispanic and non-Hispanic Diabetic Patients**

Cira Welvaert, MD, Cindy Zia, MD and Susan Hughes, MS

**Introduction:** HbA1c has been documented as a good reflection of glycemic control within the last three months. Limited information is available as to whether patient’s office visits can predict glycemic control/HbA1c levels in different ethnicities. Our objective was to complete a study started two years ago that found a correlation between glycemic control (using HbA1c) and average number of office visits in non-Hispanic diabetic patients but not in Hispanic patients.

**Method:** Finish retrospective electronic medical record review of 867 diabetic patients examined at the Family Medicine Health Center between 2004 and 2008. Patients without beginning or ending HgA1c were excluded from the study. Demographic data, HgA1c values and number of office visits were collected. The data analysis was performed via Spearman’s correlation.

**Results:** Among the 867 patients, 338 subjects with both beginning and end information were identified: 205 Hispanics and 133 non-Hispanics. There was a significant correlation between glycemic control and average number of office visits (r= -0.15; 95% CI -0.26 to -0.04). Hispanic patients also had a significant correlation, but non-Hispanic patients did not.

**Discussion/Limitations:** Overall more office visits mean improvement in glycemic control. Ethnicity results differed from the previous study results, so the question remains if ethnicity matters. Sixty-one percent of our patients had incomplete data; this may have impacted our findings. Many factors can influence glycemic control. For example, the patient’s education level may influence their understanding of the disease process, which plays a role in medical compliance. Language used by the patient, if different than that of the provider, may also pose as a barrier to successful glycemic control. Our study did not take into consideration diabetes education time during office visits, nor patient’s attendance at diabetes self-management classes run by dietitians at the Diabetes Care Center.

**Conclusion:** Glycemic control was significantly better in Hispanic patients when they had more office visits, but not in non-Hispanic patients. Effective diabetes education should take into account factors other than ethnicity.
With all its shortcomings - hot summers, poor air quality, high unemployment, endemic poverty, increasing crime, cultural backwater - the San Joaquin Valley has not been that attractive to well-educated, new physicians and their families. Combine those factors with a lack of medical schools in a region that is home to 4 million residents - more folks than live in Oregon or Oklahoma or 21 other states - and you have the recipe for a chronic, long-term shortage of doctors and other medical professionals.

The San Joaquin Valley is roughly defined as the eight-county region from Lodi to Bakersfield.

Long aware of physicians' reluctance to the Valley, hospitals, medical societies and physician groups have been working with educators to identify young people with the potential and desire to pursue medical careers in an attempt to "grow our own" in the belief that many Valley natives will return to practice after they have completed their training.

San Joaquin General Hospital has been actively providing post-graduate physician programs for 80 years in general surgery, internal medicine and family medicine, turning out a small number of doctors each year who remain to build their careers. Last fall, the fledgling San Joaquin Valley Program in Medical Education sponsored by the University of California, Merced, welcomed its first class of six medical students - all Valley residents - to begin taking classes at the University of California, Davis School of Medicine in Sacramento.

However, a substantially larger program has been operating in the heart of the Valley since 1975. The University of California, San Francisco-Fresno Medical Education Program has trained roughly one-third of the Fresno area's physicians. Annually, it is home to 245 medical residents in eight specialties, 45 fellows in 12 subspecialties and about 250 medical students on a rotating basis.

Kao Vang, 33, of Stockton just completed a three year family medicine residency program through UCSF Fresno. In July, he will return to the north Valley to work in adult medicine at Kaiser Permanente in Modesto.

Vang, a Hmong refugee born in a Thailand camp before moving with his family at age 1 to Vermont, Minnesota and California, is exactly the type of new doctor the ethnically diverse Valley needs. He lived in Crescent City before his family settled in Stockton when he was 7 years old. A product of Stockton Unified's Montezuma, Hazelton and John Marshall schools and Edison High, Vang stood out as a student and earned a Frank H. Buck scholarship to cover all his expenses as an undergraduate biochemistry major at UC Davis. The Buck scholarship also paid for his medical education at Touro University College of Osteopathic Medicine in Vallejo, where he earned a doctor of osteopathy degree.

"It provided me with a phenomenal opportunity," Vang said.

As a poor child - the second oldest of 11 growing up in a three-bedroom house - he was often called upon to interpret for elder Hmong when they would visit the doctor.

Vang did not have his own bed until he went off to college.

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Message from the Chiefs

We are ecstatic to finally meet and work with our new class of Interns; their high energy and enthusiasm has become contagious. They are a great addition to the program and their positive attitude fits right in. We would like to congratulate our graduating class; it truly was an honor and privilege to work with you. Each and every one of you will be missed. Many of you have decided to stay in the Central Valley and provide much needed care for our community. For those that have left, remember you will always have a family and a home here. We are looking forward to the annual resident retreat which will be at Pajaro Dunes this year. We know that this retreat will be a blast!

—Aman Gill, MD

The year is well on its way now! The many celebrations for last year’s graduates have now come to an end. The first year (Intern) class has finished their orientation month, second year’s are adjusting very well and are showing great leadership with their new senior roles, and third year’s are at the beginning of the end! We will continue to work hard as a team and are always grateful to our great staff and attending physicians that shape our medical education. We are very excited about Dr. Moir serving as our new Chief of Family Medicine! To Susan Jensen, our warmest and best wishes for a quick recovery. We are thrilled to start the new curriculum rotations, NICU, an ED rotation as a second year, and surgical for third year’s.

We look forward to the many events for the near future, the Interns welcome party, our annual AAFP recruitment and National Conference in Kansas City, CAFP Summit in L.A. Many are preparing for international rotations and community projects and of course our annual retreat at Pajaro Dunes to name a few! We’ll keep you posted!

—Raul Ayala, MD

(Vang continued)

"I initially had a very positive experience with medical providers. There were very few Hmong individuals with the education who were able to interpret. At the time, I was old enough to understand and comprehend, I just felt that the doctors were appreciative that I was available. Now I know you really want to avoid that; you want someone older and more mature to interpret," Vang said.

He was further exposed to a career in medicine during the Stanford Medical Youth Science Program one summer during high school.Vang received hands-on training at Community Regional Medical Center in Fresno, Selma Community Hospital and Children’s Hospital Central California in Madera.

"I saw large volumes of individuals from underserved communities. One of my passions is to go back to the community and be an advocate for the underserved patients," Vang said.

"I understand (their) struggles and lack of resources," he said. "The Valley is full of a lot of very sick patients with chronic diseases. Either they don’t have or they don’t know about the resources available for prevention." With the training he received in the Valley, Vang - an admittedly strong advocate for the program - said he is "inspired" to get to work helping his neighbors.
Erica Delsman, MD received her medical degree from Boston University School of Medicine. Erica grew up as the sixth generation on her family farm. Erica has worked in rural communities in Northern California and Oregon for many years. She acquired hard work ethics, appreciation of land conservation and cultivation, and the value of good teamwork. Erica has travelled abroad to work in missionary clinics in Arequipa, Peru, an indigenous village near Tena, Ecuador, a government hospital in Sikkim, India, and also at Indian Health Services clinics in the US. Erica’s interests include travel, rock climbing, gardening, cooking, and training horses. She speaks German and Spanish.

Nitika Dhir, MD received her medical degree from St. George’s University. Nitika was born in Kuwait. She came to the US where she attended California State University, Fresno and received her undergraduate degree. As a student she volunteered at the Community Regional Medical Center ER in Fresno, as well as becoming a scribe (emergency medicine physician’s immediate assistant) at St. Agnes Medical Center. At St. George’s University she was elected Trustee of the Orphanage Student Organization (OSO) and the Pediatrics Club. Nitika enjoys yoga and learning foreign languages. Nitika is fluent in Punjabi and Hindi.

Mario Espindola, MD received his medical degree from Michigan State University School of Human Medicine. He received his undergraduate degree at UC, Davis where he volunteered as a translator and assisted with a student-run free clinic in an urban area of Sacramento. Mario is the recipient of a National Health Service Corps Scholarship. He has traveled to Peru to work in rural communities. Mario looks forward to working with underserved people. His interests include: civic activism, politics, photography, riding his bike, running, camping, and hiking. Mario is fluent in Spanish.

Jasmine Garcha, MD received her medical degree from Ross University. Jasmine adamantly believes that preventive medicine is the key to maintaining good health. Jasmine has participated in numerous health fairs with student organizations, such as the American Medical Student Association and Physicians for Medical Rights in Portsmouth, Dominica. Jasmine maintains a passion for the arts, including painting and shading artwork. Several pieces of her artwork have been on display at the California State Fair. Some of her other interests include jazz dance and baking. Jasmine is fluent in Punjabi.

Rachel Goerzen, MD received her medical degree from Lincoln Memorial University-DeBusk College of Osteopathic Medicine in Tennessee. Rachel was born in Fresno and grew up in Selma. She received her undergraduate degree at California State University, Fresno. Rachel has remained consistently involved in community volunteer work at Children’s Hospital of Central California as well with the Boys2Men, Girls2Women Foundation. Rachel is an avid reader, enjoys the outdoors and her personal interests include running, camping and hiking.

Miriam “Ida” Harris, MD received her medical degree from University of Arizona, College of Medicine. Originally, Ida wanted to pursue a profession in teaching but that changed as she developed a passion to do more to improve people’s quality of life. She now has profound interest in Hospice and Palliative Medicine. Ida considers herself a socialite with a myriad of personal interests. She enjoys art history, mythology, world history, sociology, music theory, graphic arts, martial arts, philosophy, and science fiction/fantasy.

David Hoang, MD received his medical degree from Western University of Health Sciences. David was Secretary/Treasurer with Pipeline to Healthcare Careers, a student organization with the mission of giving youth the tools essential to attain their full academic potential. He completed his undergraduate work at UC, San Diego. While some of his other interests include love for books and board games, his passion lies within sports such as tennis, running, and basketball. David is fluent in Vietnamese, and has honed his Spanish skills while spending time at the University of Salamanca in Spain.
MEET UCSF FRESNO FAMILY MEDICINE CLASS OF 2015

Derik Keshishian, MD received his medical degree from Ross University School of Medicine. Derik obtained his undergraduate education at USC where he received his Master Degree in Gerontology, an interest which he continues to pursue. Derik enjoys spending family time with his wife and son. He also thoroughly enjoys a good game of tennis, table tennis, chess as well as reading a science fiction novel. Derik speaks Armenian, Farsi and conversational German.

Ji Young Park, MD received her medical degree from the Universidad de Sao Paolo in Brazil. As a young teenager Ji relocated with her family from Korea to Brazil, where she grew up and pursued her undergraduate education. After completing medical school, Ji joined relatives residing in the US where she continued her quest to become a physician. Living in several countries has increased Ji’s appreciation of cultures. Ji is multilingual, speaking five languages including Korean, Portuguese, Spanish, Japanese, and Chinese. She maintains a genuine interest in language, arts, playing the piano and attending chamber concerts.

Melanie Southard, MD received her medical degree from Touro University. While attending California State University, East Bay, Melanie was awarded the Psychology Student of the Year as well as the President’s Leadership Award for “Outstanding Service to the Campus Community”. Melanie’s interests and hobbies include: photography, yoga, knitting, hiking, camping, paddle boarding, singing and mountain biking.

Anjani Tilak Kolahi, MD received her medical degree from University at Buffalo, the State University of New York School of Medicine. She received her undergraduate degree at UCLA. Anjani maintains a special interest in women’s health. During her second year of medical school Anjani served as President of Medical Students for Choice. Anjani thoroughly enjoys travelling and event planning. She is fluent in Marathi and Spanish.

FAMILY MEDICINE BABY NEWS!

Welcome Carmelo McGhan!

Congratulations to Logan McGhan & his wife Rocio on the birth of their boy! Carmelo Logan Ambriz McGhan was born May 23rd, 2012 at Clovis Community Hospital weighing 9lb 6oz. Both mom and baby are doing great.
• Retreat – September 21 – 24, 2012, Pajaro Dunes, Monterey CA
• In service exam - October 25 and 26, 2012
• Class of 2013 Expo - December 13, 2012

Where are they now?
2012 Family Medicine Graduates...

Mileidys Gomez-Gonzalez, MD — Family Medicine in Woodland Hills
Nooshin Moalemi, MD — Central Valley Indian Health, Fresno
Nidia Payan, MD — Clinica Sierra Vista, Fresno
Sarojini Schorling, MD — Kaiser, Fresno
Shila Shafii Noori, MD — Emergency Medicine Fellowship, Mercy Merced
Paul Sidhu, MD — Westgate Medical Clinic, Maple Ridge, BC
Victor Silva, MD — United Health, Orange Cove
Vivian Torio, MD — United Health, Parlier
Kao Vang, MD — Kaiser, Modesto
Cira Welvaert, MD — Valley Health Team, Kerman
Cindy Zia, MD — Family Medicine, Seal Beach, CA