Greetings from UCSF Fresno Family Medicine!

Once again, we have started interviewing for the next incoming residency class! UCSF Fresno Family Medicine has an incredible number of highly qualified applications this year, with about 700 applications as of November 1 and counting! We continue with our mission to train physicians to work in rural and underserved settings and train in the full scope of what Family Medicine has to offer.

This year, important changes in the program will help us to further address the education needs of the program and the care needs of our community. All residents are participating in quality improvement projects designed to learn about the medical home model, maximize the effectiveness of chronic disease management and improve overall care. An innovative program in faculty development has started this year, using the Objective Structured Teaching Exercise, or OSTE, and has received great feedback and reviews thus far. In collaboration with our partners at Adventist Health, a residency expansion to 36 residents beginning in 2013 is moving forward. Effective this year, our Selma track will expand to 4 residents per year.

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 Donna McBrien, Program Manager at dmcbrrien@fresno.ucsf.edu to update your contact information and if you know the addresses or contact information of any other alumni.

It’s official...we have a new Chief!

It is a great pleasure to announce that Alex Moir, MD, has accepted the position of Chief of Family and Community Medicine for UCSF Fresno. Dr. Moir received his BA from UC Santa Barbara and completed his MD at the University of Miami. He did his residency in Family and Community Medicine at UCSF Fresno and joined the faculty after graduation, completing a fellowship in faculty development during his first year. Dr. Moir's interests are in rural and small community family medicine, educating resident, medical students and midlevel providers in the practice of full scope family medicine and in Latino and underserved health care. Dr. Moir has taught and practiced rural medicine in the Selma area for twenty years. He served as the Pathway Director for the Selma Pathway since 1995. Dr. Moir has been active on the medical staff of the Selma Hospital (now known as Adventist Medical Center, Selma), having served as both Chief of Medicine and Chief of Staff. He was a member of the hospital Board of Directors for five years. He currently serves as the Medical Director for Adventist Community Care. Dr. Moir has received several teaching awards during his career. Dr. Moir is a member of the American Academy of Family Medicine, the Society of Teachers of Family Medicine, the AMA, CMA and FMMS.
**Faculty Recognitions**

**John Blossom, MD**
UCSF Fresno
Professor Emeritus and Project Director of the California Statewide Area Health Education Center (AHEC) will be president elect of the National AHEC Organization. He will assume the Presidency of the national organization in November of 2013.

**Hugh Yang, DO**
earned his American Academy of HIV Specialists (AAHIVS) certification. This completes two years of specialized work; we congratulate him on his commitment to working with the HIV+ community in the Central Valley.

**Gaines A. Thomas, PhD**
- Named to Board of Directors: The California Psychological Association (CPA) to represent the San Joaquin Psychological Association

**Summer Preceptorship Program**

Drs. Rubenstein and Sherriffs are doing their 18th Summer Preceptorship. Tamara Montacute MS IV from Stanford is living with Drs. Rubenstein and Sherriffs during the summer to experience some of what it means to be a rural family physician. This program is co-sponsored by UCSF Fresno and the California Academy of Family Physicians. Past volunteer faculty participants have included the Sablans in Firebaugh, the Buhrs and Anna Marie Gonzales in Kerman. Tamera’s experience has included providing medical support at high school football games and meeting with a high school senior club to develop an after school walking program, not to mention, working and learning the full gamut of outpatient family medicine.

**New HPN Fellow:**

**Ramachandran Rajagopalan, MD**

Dr. Rajagopalan completed residency training in Anesthesiology at the University of Toronto, Ontario, Canada. His medical degree is from All India Institute of Medical Sciences, New Delhi, India. After more than 26 years of practice as a Pediatric Anesthesiologist and Pediatric Intensivist at Children’s Hospital of Central California Dr. Rajagopalan decided to change gears and begin working in hospice and palliative medicine. His goal in joining the Hospice and Palliative Medicine Fellowship is to gain the knowledge he needs to assist patients and their families in making informed decisions about end-of-life care. He is described by one of his former colleagues as “a master in the art of discussing difficult issues with patients, caring and compassionate.”

**Dr. Moir wins award!**

Alexander Moir, MD, newly appointed Chief of the Department of Family and Community Medicine at UCSF Fresno, was recognized by Adventist/Central Valley Network with the Physician of the Year Mission Award for his commitment to providing physical, mental and spiritual care to his patients.
California Area Health Education Center

The California AHEC was funded September 1, 2012 for 1.1 million. California’s 40 year old AHEC program is the largest in the country with 12 community-based centers, mostly located within community health centers or clinic consortiums.

The California AHEC, one of the oldest in the US, established our family medicine residency (formerly family practice) as its first project in Fresno in 1970. In the last few years, the AHEC has formed partnerships with state organizations and others on these projects:

The Teaching Health Center project, a new community-based family medicine residency at Clinica Sierra Vista. Dr Herrera-Mata and the San Joaquin Valley AHEC Center (hosted by Fresno Healthy Communities Access Partners- HCAP)) are awaiting word on funding from HRSA. The Teaching Health Center has been accredited to begin training 4 residents in the spring of 2013.

Cal-SEARCH (Student/Resident Experiences and Rotations in Community Health), a partnership with AHEC, the Office of Statewide Health Planning and Development (OSHPD) and the California Primary Care Association (CPCA). Lois Ceja was the Fresno regional recruiter for the program that offered primary care rotations in clinics and community health centers to physicians, mid-levels, residents, and behavioral health students.

The National Health Service Corps (NHSC) and State Loan Repayment Program (SLRP) Retention and Evaluation Activities (REA) initiative to provide support and education to participants in NHSC and SLRP working in underserved areas around the state.
The first faculty OSTE in the history of the UCSF Fresno Family Medicine department took place Wednesday, October 10th, 2012. OSTE stands for objective structured teaching exercise. The OSTE is similar to the resident OSCEs (objective structured clinical exercises) we have done for several years, but instead of residents interacting with standardized patients, faculty interacted with standardized learners. Yes, fake residents and medical students! Four Fresno State nursing students were recruited to portray learners in various teaching scenarios: 1) a resident who blew up at a patient and slammed a door, 2) an intern performing poorly on an inpatient service, 3) a medical student struggling with writing a H&P, and 4) a resident frustrated by a mother refusing to vaccinate her baby. The OSTE took place in the Clinical Skills Lab which allowed for video recording and live observation of sessions. Faculty were allowed ten minutes to interact with the learner; this was followed by ten minutes of feedback led by a peer observer. Faculty were exposed to all four scenarios, two as an observer and two as a participant. All 16 core clinical faculty participated.

The OSTE is a tool for faculty development. Our first OSTE taught us a lot. The majority of faculty agreed the OSTE helped them upgrade their teaching skills; some particularly liked the opportunity to observe how other faculty give feedback to a troubled learner. There were good suggestions on how to improve the experience and a ton of ideas for future scenarios. We plan to use video from the OSTE as a basis for future faculty development sessions this academic year. The OSTE was made possible as part of an Innovations Grant Dr. Gomez received from UCSF. We hope new and improved faculty OSTEs will be a part of the future of our program. Thanks to all those who participated!

Fowler Smoking Ordinance

In September, Drs. Rubenstein and Sherriffs testified with 3 UCSF FCM 110 students at a Fowler City Council meeting in favor of an ordinance to combat under age tobacco use. The project, led by the American Lung Association of Fresno with the County Department of Health, was the culmination of a year’s work. The ordinance passed!

CITY OF FOWLER
NOTICE OF ADOPTION OF ORDINANCE NO. 2012-01
Relating to Tobacco Retailer License
On October 2, 2012, the Fowler City Council adopted Ordinance No. 2012-01. The ordinance will become effective 30 days after adoption.
Tailgating at Fresno State

Thanks to all the folks that helped make for a fun and filling tailgate party. Thanks to Vanessa for arranging everything, getting out the flyers, distributing tickets and collecting money. Thanks to Donna and Lois for setting up and hanging out with us, even though they weren’t going to the game. Thanks to Dr. Ayala and Dr. Moya for the really great barbeque and to everyone that brought the great treats. And finally, thanks to Hawaii who made it easy to relax after about 10 minutes of the game. Go Dogs!

Cheers,
—Dr. Alex Moir

UCSF Fresno 2012 Halloween Potluck Celebration

Congratulations to this year’s winners of the 8th annual Staff Halloween Potluck!

Best Individual Costume: Mary Fraijo, Family Medicine - Hello Kitty
The theme of the 2012 Resident Retreat was “Survivor” and was held at Pajaro Dunes the weekend of September 21-23. Trucks and SUV’s of ice chests, firewood, hoola hoops and sand buckets began arriving in the early afternoon on Friday with most residents arriving later in the evening. While residents were told to report to a central location to receive keys, information, t-shirts and “assassin assignments”, a trickster (and we know who you are) encouraged residents to report to the roaring bonfire on the beach. This fire was truly big enough to be a beacon and was the center of dancing, “clubbing” and hanging out.

Each resident was assigned a target for a weekend long game of “assassin.” The rules were strict and made it difficult to find your target in a vulnerable state. One of the “safety” measures for women was to wear a mustache and there were many on display including pink ones! When you assassinated your target you inherited their target and could then accumulate “hits.” At the end of the weekend we had several “survivors” but Dr. Basurco was the winner with 5 assassinations to her credit. It was a new side of her on display.

Saturday morning began with “getting to know you” games and division into teams for the morning activity – sand sculptures. The results were 4 incredible creations. There were 3 mermaids and a humongous sand dollar. Residents and their families worked feverishly to complete their projects with special talents emerging. Many of us did not know that Dr. Harris is a sculptor but after observing the face of her team’s mermaid it was clear. The winning sculpture could have been entered in “The Rose Bowl Parade” due to creativity, complexity and the use of natural materials. With Dr. McLain as the living head and shoulders of the mermaid, against a background of driftwood and beach plants with flowers in her hair and decorations of seaweed and shells, an “aquarium” with a live sand crab along with separate sand sculptures of sea creature surrounding her – including a sea turtle, fish of various sizes and a shark complete with shell teeth - and you had a winner.

After lunch, residents said good-by to their partners and families and met on the beach where they split into groups based on pathway. Their first activity was a “survivor simulation activity” suggested by the Chief Residents. The group was given a scenario of being abandoned in the middle of nowhere with a list of items they could use and were asked to develop a plan of survival and then rank the items at their disposal. All members of the group had to agree to the plan. Several rather heated discussions ensued along with voices of reason. Following completion of the activity residents were given feedback regarding their decisions as well as process. Then things got lighter with an egg toss, a hoola hoop contest (who knew Dr. Park could go for hours unless sabotaged by a competitor), and a football toss. After this there was free time for a game of football took place and others went off to hang with friends and family.

Residents were encouraged to arrive at dinner that night in costume and they did not disappoint. First year residents arrived as “Survivor Interns” in messy, ripped scrubs with wounds on display. Not to be outdone, Second years arrived in camouflage gear as “Real Survivors” and Third years came as “Pirates” who could have challenged Jack Sparrow. After dinner there were several games organized by Andy Alba and
THE SCOPE

Message from the Chiefs

What a year so far, four months into the year and 8 more to go! It seems like just yesterday we were welcoming our new residents at orientation! We started and continue the year at full speed with our rotations and clinic days but have had many, many adventurous activities in our program. Our annual retreat at Pajaro Dunes’ was a complete success. Residents have been very busy with activities including: AAFP and CAFP (Drs. Moya, Southard, Dhir, Martinez and Basurco) away rotations (Dr. Chavez to El Salvador and China) our Annual Tail-Gate BBQ at Fresno State and the exciting kick off to our interview season. There are many other activities not mentioned, but the most important is the daily interactions between staff and residents taking time to help and teach one another. We are always grateful for the great support we receive from our staff and attending physicians. Until next time!

—Raul Ayala, MD

The next few months will be a very exciting time for us. The interview process for our incoming class is well on its way. We are honored with an impressive group of applicants this year. We look forward to meeting them and welcoming 11 of them to our "family." We will soon be approaching the half way mark for this academic year. Our Interns will be half way done with their first year of residency and the second years will be half way completed with their residency! Time does fly. As for our third years, they are busy looking for jobs or studying for boards...and we only have 6 months to go. I would like to thank everyone in the department for everything you do for us. It is great appreciated.

—Aman Gil, MD

(resident retreat 2012 continued)

Rachel which involved families as well as residents. Another bonfire was started on the beach but this time beach patrol shut it down at 10:30 and the party had to adjourn to an available room.

Sunday began at 10:00 with a scavenger hunt. It was fascinating to see the different styles of organization and problem-solving. The most creative entries were a compass created by Dr. Yoo according to directions he learned in the 6th grade and yes, it worked. The other was a "plastic raincoat" created by Dr. McLain using a garbage bag and tape. Interns discovered the hidden "pirate's chest" which put them over the top. This was followed by a delicious BBQ lunch with grill master Dr. Ayala at the helm and special spicy chicken by Dr. Mughal. Scores for teams were reported and it was learned that there was a 3 way tie for the individual award. "Play off" games were held to decide the winner who was Dr. McLain, the living mermaid, coat maker and a surviving assassin. Interns were the winners of the overall games.

With that it was time to begin the drive back to Fresno and re-entry into reality. None of this could have happened without the involvement of Susan Jensen and friends, Andy Alba and Rachel, Betty Jarman and Dr. Min.
SAVE THE DATE

November 15th, 2012 — The Central Valley Coalition of Compassionate Care an evening with the Central Valley’s “Woman of Compassion”, UCSF Fresno (155 N. Fresno Street) in room 136 and 137 from 6 p.m. – 8p.m. Food, drinks, and an amazing panel of speakers from UCSF Fresno, Kaiser Permanente, VA Hospital Fresno, and Hinds Hospice. FREE of CHARGE.

December 1, 2012 — World AIDS Day, Fresno’s day of remembrance at CSU Fresno, Satellite Student Union from 3:30 – 6:00 p.m. Informational booths, food, ‘Names Memorial Quilt Display’ and local entertainment and performers.

December 8, 2012 — Family Medicine Holiday Party, UCSF Fresno (155 N. Fresno Street) in room 136 and 137 from 6 p.m. – 10 p.m.

December 13, 2012 — Family Medicine Research EXPO, UCSF Fresno (155 N. Fresno Street) in room 319, the 3rd Floor Research Space. 1:30 p.m. – 3:30 p.m.