Happy New Year from UCSF Fresno Family Medicine!

Interviews for the 2013 entering class are complete! What an incredible group of new family doctors. Next steps.....ranking and the NRMP Match in March. We look forward to a phenomenal group of 12 new residents for Family Medicine!

We recently had our scholarly EXPO on December 13, and what a show! A remarkable amount of work and innovation by our residents was clear in the scope and number of projects presented. Innovative changes in the curriculum and educational series spearheaded by our Chief Residents and Drs. Venturina and Ruvalcaba are under way and getting excellent reviews. Other exciting new efforts in interdepartmental collaboration with our fellow programs at UCSF Fresno are taking place, with the development of a Maternal-Child Fellowship for the 2013-2014 year with OBGYN and Pediatrics, and plans for a Quality Improvement Forum hosted by Internal Medicine where multiple departments participate and share ideas for optimizing patient centered care.

The National Resident Matching Program

The National Resident Matching Program (NRMP) is a private, not-for-profit organization established in 1952 at the request of medical students to provide an orderly and fair mechanism to match the preferences of applicants to U.S. residency positions with the preferences of residency program directors for those applicants. The NRMP is sponsored by the American Board of Medical Specialties, the American Medical Association, the Association of American Medical Colleges, the American Hospital Association, and the Council of Medical Specialty Societies. The NRMP’s new “All-In” Policy began this year. Any program that participates in NRMP must attempt to fill all of its positions through “The Match”. No pre-matches are allowed.

In 2012, the NRMP enrolled 4,427 programs in “The Match”, which altogether offered 26,772 positions. A total of 38,377 applicants participated. Of those, 16,875 were 2012 graduates of accredited U.S. medical schools and 21,502 were independent applicants.

Last year, UCSF Fresno FCM matched 100%. This year we received a total of 741 applications; invited 150 to interview; 106 were interviewed.

Thanks to everyone in the program who worked so hard this year. We look forward to March when results of the match are announced.

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 dmcbrien@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.

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UCSF
School of Medicine
Fresno Medical Education Program
Spotlight on Residents/Faculty

UCSF Fresno Family Medicine resident teams up with Kaiser physician

Thandar Lwin, MD, is adding to her already impressive educational, research, and clinical experience. She is supervised at Kaiser Permanente by Terence Reding, MD. She was a primary care physician in her native Myanmar, practicing in an urgent and primary care clinic and doing research on infectious diseases. She had also been a hospital-based physician. In addition, she has a PhD in epidemiology and Masters in Public Health from the University of California at Los Angeles.

Dr. Lwin said she is excited to be working with Dr. Reding, the longest-tenured teaching physician at Kaiser Fresno, and a family medicine and sports medicine specialist in the Orthopedics Department. He helped to train a number of family medicine physicians now working at Kaiser.

Dr. Lwin said what she is learning from Dr. Reding will benefit her practice. "I love to see patients. I love to help people and work with them. And we treat the whole family in family medicine, from adults to grandchildren. Being a family medicine physician, we need to know everything, from urgent care to the day-to-day sprains and strains," she said. "I'm learning procedures like casting and joint injections and aspirations, but in the outpatient area," she said.

Dr. Reding is enthusiastic about Kaiser's role in the UCSF Fresno program. This is the best recruiting tool we have. He supervises 11 family medicine residents each year as they rotate through the Kaiser service. He notes the "huge shortage" of primary care physicians in the area, "and primary care is the backbone of medicine."

Congratulations Ye Min, MD, MPH

Dr. Ye Min completed his Master's Degree in Public Health from California State University, Fresno in Fall 2012. A copy of his thesis is now available in the department library. His thesis title is "Knowledge, attitudes and awareness related to the cervical cancer human papilloma virus and the HPV vaccine among women in two clinics in Fresno County, California."
2012 Family Medicine Research Expo

Our annual Expo highlighting resident and faculty research projects from the past year has moved. To accommodate the new requirement for 3rd year residents to sit their boards in April, our Expo has moved to December. This year, the Expo for the UCSF Fresno Family & Community Medicine Class of 2013 took place on December 13th. Many excellent posters were displayed and discussed by the residents and faculty. Our keynote presentation was provided by the Chief of Family Medicine, Dr. Alex Moir on his study of parental satisfaction over time when children are not given antibiotics for an upper respiratory infection. The outside judge, Greg Hendey, MD, Chief of Emergency Medicine, chose Aman Gill, MD to win the Davin YoungClarke scholarly activity award. Congratulations to Aman and his collaborators! Here is the award winning abstract:

The use of proton-pump inhibitors in hospitalized patients, Aman Gill, MD; Muhammad Riaz, MD; Michael Moya, MD; Susan Hughes, MS; Roger Mortimer, MD; Ivan Gomez, MD

Introduction: Stress induced gastrointestinal (GI) ulcers are common in hospitalized patients. Proton-pump inhibitors (PPI) are the most effective acid reducing agents and are commonly used in hospital and outpatient settings for GI ulcers. However, evidence does not support stress ulcer prophylaxis in all hospitalized patients.

Methods: This was a retrospective electronic medical records review of all adult patients admitted to CRMC hospital for evaluation of any medical problem from January to June 2012. Two groups were created based on whether or not a PPI was used. Indications for PPI use were determined for all patients. Continued use of PPI in the outpatient clinic was also collected.

Preliminary Results: To date, 148 of 1320 (11%) records were reviewed. 49 were excluded because there was no follow up visit in a CMC ambulatory clinic. Of the 99 patients that were reviewed, 70 were started on a PPI, 19 were started on an H2 blocker and 10 had neither a PPI nor H2 blocker ordered during admission. Of the 10 patients who did not receive either medication, one had an indication for stress ulcer prophylaxis. Of the 19 that were started on a H2 blocker, 15 had no documented indication and none were discharged with a H2 blocker. Of the 70 patients that were started on a PPI, only 28 had an indication and 23 were discharged with it; 22 continued to receive it in clinic. Of the 42 patients that were started on a PPI with no indication, 6 were discharged with it and all continued it in clinic.

Initial Conclusions: Sixty percent (42/70) of patients started on PPI had no clear documented indication. Fourteen percent (6/42) of patients who were unnecessarily started on a potentially harmful and expensive medication were discharged with it and this medication was continued in clinic.
The Family Medicine Holiday party took place on December 15th this year. The room looked fabulous and the decorations were wonderful. Staff spent time decorating and preparing for the festivities days before the event. The room set up included a horseshoe of tables covered with amazing food. The catering was provided by Food For Thought, a new kid on the block for fine food selections. There were salmon kabobs, shrimp, homemade tamales, and chicken tikka, just to name a few of the delectable items. The DJ played great holiday music and also threw in some dance music to really get the spirits flowing. A bar was set up and run by Rachel Engle who was serving up delicious “I’m dreaming of a White Russians” to the party goers. The kids watched movies and grubbed on pizza while writing their wish lists and letters to Santa.

2012 UCSF Fresno Holiday Staff Party

The UCSF Holiday party and gift exchange took place on December 14th. The staff from UCSF participated in a great “White Elephant” gift exchange and had some delicious food and drinks provided by staff. Approximately 70 people participated in the exchange. Some of the hot items included a Santa bust, a Starbucks gift card, a gift pack of beers from the world, and a make-your-own balloon animals starter kit. Of course, there were a few unexchangeable gifts including a horrible homemade bird cage/wicker box. Another highlight of the event included the silent auction of several gifts and items made by staff. Proceeds went to purchase food for Terry’s House. Terry’s House is a hospitality home across the street from Community Regional where out-of-town families can eat, sleep, cook and shower when they have a loved one in Community Regional Medical Center.
We are at the end of a very busy interview season and looking forward to Match Day so we can welcome the Class of 2016. We have been fortunate with a great group of residents and I am certain this next year will be no different. It was an honor receiving the Davin YoungClarke Scholarly Activity Award in December. I would like to thank the collaborators of the project for their work, especially Dr. Riaz for his work in the study design, and Dr. Hendey for taking time to judge Family Medicine’s great research presentations this year. Thanks to our current residents for all your hard work, dedication, positive attitudes and enthusiasm. Thanks to our faculty and staff who make it all happen!

—Dr. Amanpal Gil

Sam Wijesinghe, MS, MPAS, PA-C has been hired part time to assist with a new HIV routine testing initiative in the Central Valley. The HIV Testing Initiative Outreach Coordinator is responsible for helping to develop, disseminate, and promote universal HIV testing protocols in Fresno and Kern counties. The coordinator works closely with physicians and the program manager of the Pacific AIDS Education and Training Center.

Congratulations to Dr. Frank Truong and his wife Lisa on the birth of their beautiful baby boy, Aiden Truong! He was born on Feb. 1, 2013 at 8:42 p.m. and weighed in at 8 lbs. 1 ounce.
POLST train-the-trainer – February 21st and 22nd, 2013 at the University Square Hotel, Fresno CA

CCRS – April 25, 2013 9 am – 6 pm, at California State University, Fresno - Fresno CA

STFM – May 1-5, 2013 in Baltimore MD

ALSO Course– May 9th and 10th, 2013 at UCSF Fresno

Jack Rodnick Memorial Colloquium – May 30, 2013 at Laurel Heights, San Francisco CA

Family Medicine Department Graduation – June 15th, 2013 at Pardini’s Catering and Banquets, Fresno CA