Greetings from UCSF Fresno Family Medicine!

Results are in! Twelve new residents, the next generation of Family Medicine Physicians at UCSF Fresno have been selected! 100% Match this year. Be sure to check this issue of the SCOPE for further info on the program’s newest Valley Family Docs.

There was a great showing by UCSF Fresno at the Society of Teachers of Family Medicine Conference in Baltimore, Maryland this year, with four posters accepted for presentation. Congratulations to residents Muhammad Riaz, Thandar Lwin, and Shazia Mughal, as well as faculty member Rebeca Lopez, for presenting some great work! Our Third Year residents took the ABFM Certification Examination last month, and with this big hurdle behind them, we’re on the home stretch of the academic year and are looking forward to Graduation. Be sure to join us for the Family Medicine Graduation on June 15th. We’d love to see you there!

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 dmcbruien@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.

Dr. Alex Sherriffs certified for State Air Board

Fowler physician Dr. Alexander Sherriffs was confirmed as the newest member of the California Air Resources Board that creates policies to mitigate air pollution in the state. Sherriffs, who has worked as a physician in Fowler since 1983, was appointed to the board by Governor Jerry Brown last March for his long-standing commitment to air quality issues.

The California State Senate confirmed his appointment, securing his seat on the 10-member board. Besides running his own outpatient clinical practice with special certification in geriatrics, Sherriffs is also an active member of the California Medical Association, the Fresno-Madera Medical Society and both the California and American Academy of Family Physicians.

He was also recently confirmed to the governing board of the San Joaquin Valley Air Pollution Control District. Sherriffs’ involvement on air quality issues has spanned several decades, most notably in a report he helped compile for the UCLA Center for Health Policy Research highlighting the rising rates of asthma in California.

The Scope Vol. 4, Issue 13
Spring 2013

The Scope is published by the UCSF Fresno Family Medicine Residency Department. Any inquiries or comments about content should be directed to Andy Alba at aalba@fresno.ucsf.edu
THE SCOPE

Raul Ayala, MD wins 2013 Statewide Family Medicine Resident of the Year Leadership Award

The California Academy of Family Physicians Foundation (CAFP-F) has named Raul Ayala, MD of Fresno the 2013 Family Medicine Resident of the Year. Dr. Ayala, chief resident at the University of California, San Francisco Fresno Family Medicine Residency, will accept the award in San Francisco on May 3 at the CAFP Annual Scientific Assembly.

“Because of the long hours they work training as new physicians, residents have very little free time,” said CAFP-F President Jimmy Hara, MD. “Yet Dr. Ayala finds time to give to others and help shape the future of health care.”

Dr. Ayala is dedicated to improving patients’ access to health care, Dr. Hara said. “He works tirelessly to initiate community-wide events and hopes to bring a mobile clinic program to Central Valley counties this year. In the Central Valley Alliance project, he helps link local family medicine residency programs and connects them with county CAFP chapters.”

“Representing everything that’s great about the future of family medicine, Dr. Ayala possesses excellent clinical skills, is dedicated to the larger community, and is engaged in shaping the future by participating in organized medicine and the political process,” Dr. Hara said. “He says he hopes to one day serve a community in need, but his energy and enthusiasm already make him a beacon of light in his community.”

Dr. Ayala has represented CAFP as co-chair of the Resident and Student Council, at the American Academy of Family Physicians (AAFP) National Conference of Special Constituencies, and a resident member of the CAFP Board of Directors.

He holds a bachelor of science degree in biology and chemistry from the University of Texas, San Antonio and attended medical school at the Universidad de Montemorelos in Mexico. He completed his education through the Fifth Pathway Program at New York Medical College.

The CAFP Family Medicine Resident of the Year award is given annually to a resident who represents the finest characteristics of family medicine.

Fresno-area Family Physicians Win Statewide 2013 Preceptors of the Year Award for Delivering Outstanding Medical Student Mentoring

The California Academy of Family Physicians Foundation (CAFPF) has named Alex Sherriffs, MD and Joan Rubinstein, MD of Fowler its 2013 Preceptors of the Year in honor of their years of teaching the art and science of family medicine to medical students. Dr. Rubinstein and Dr. Sherriffs will accept the award at a ceremony in San Francisco on May 3 at the CAFP Annual Scientific Assembly. The California Academy of Family Physicians is comprised of 8,500 family doctors from around the state.

“California faces a serious primary care physician shortage and encouraging medical students to choose a career in family medicine is a key part of the solution,” said CAFPF President Jimmy Hara, MD. In the CAFP preceptorship program, first year medical students spend four weeks of summer with practicing family physicians across California.

“With the knowledge, skill and commitment they bring to patient care and medical education, Dr. Rubinstein and Dr. Sherriffs serve as outstanding mentors to family physicians in training,” Dr. Hara said.

For more than 17 years, Dr. Rubinstein and Dr. Sherriffs have mentored at least one medical student each summer in their Fowler practice, providing students with an opportunity to work in a thriving rural health center. There, students experience the full scope of family medicine practice, including preventive and primary care and minor surgical procedures.

In addition to their work in Fowler, Dr. Rubinstein and Dr. Sherriffs serve as clinical professors in family and community medicine at the University of California, San Francisco Fresno Family Medicine Residency. They also are involved in the local community, serving on the boards of multiple organizations. They’re known throughout their community as the “town doctors” and have been instrumental in supporting community projects, such as raising funds for a community running track. They met during medical school at the University of California, Davis, were married during their residency at Valley Medical Center in Fresno, and have two daughters.
Congratulations Dr. Gomez!

Ivan Gomez was awarded a degree of Fellow of the AAFP (American Academy of Family Physicians) Designation on February 2013.

Ivan Gomez was recognized with Silver level program director recognition award by the AFMRD (Association of Family Medicine Residency Directors) at the recent PDW (Program Directors Workshop) conference on Friday, April 5 – Tuesday, April 9, 2013 held at the Sheraton Kansas City Hotel at Crown Center, Kansas City, MO.

Welcome Lola Aguiniga!

I am excited to announce that Lola Aguiniga, LCSW, has officially joined the Behavioral Science Team of Family & Community Medicine, UCSF Fresno. Ms. Aguiniga is not only an experienced Mental Health clinician but also has significant experience in the area of Cross-Cultural Proficiency (CCP), having served for many years as the head of CCP for Fresno County Behavioral Health. She teaches at CSU-Fresno (Fresno State) in the graduate program for Clinical Social Work. And.....she is BILINGUAL! This means residents can be shadowed and do videos in Spanish with their Spanish-speaking patients. Residents will recognize her from the retreats. Most recently she led one of the groups during our “Survivor Simulation” activity.

We will be out touring clinics in the near future or you will see her in the UCSF Fresno building. Please welcome her to the F&CM family.

—Betty J. Jarman, Ph.D.

Welcome Ani and Skylah!

Big welcome to a new member of our “Family” - Ani Keshishian. Congratulations to proud daddy, Derik Keshishian (Intern) and mommy Mrs. Keshishian! Ani Keshishian was born on Jan. 29, 2013 in Clovis hospital, weighed in at 6 lbs. 13 oz and is 18 inched long. We are excited to meet Ani!

Congrats to Mike Moua (PGY2) and his wife on the birth of their newborn baby girl, Skylah.

Skylah was born Sunday morning, March 31, 2013 at 4:30 AM at Clovis Community Hospital. She weighed in at 9 lbs. 4 oz.

2013 FAMILY MEDICINE INCOMING RESIDENTS

Bobby Aulakh
Jose Buenrostro
Alice Chung
Ashlynn Gordon
Inderpreet Grewal
Benjamin Huang
Sebouh Krioghlian
Liana Milanes
Rashell Reynosa-Garza
Jusel Ruelan
Satjit Sanghera
Alejandro Soto

American University of Antigua College of Medicine
Universidad de Autonoma de Guadalajara
Boston University College of Medicine
Western University of Health Sciences
St. George’s University
University at Buffalo State University of New York
Western University of Health Sciences
Ross University School of Medicine
University of Illinois at Chicago College of Medicine
A.T. Still School of Osteopathic Medicine in Arizona
St. George’s University
Universidad de Montemorelos
Musing from a Resident:

In intern year it can be easy to get bogged down in the constant rush of seeing patients, answering pages, trying to figure out whom to call, who to report to, what evaluation is due. So much so that you can lose sight of the very reasons you came to love medicine. With 11 weeks to go I thought I should take a while to reflect on the year and the patients who have reminded me what it means to be a family physician.

Early in Intern year on one of my first rotations I remember a particularly busy day. On a consult service there is no cap to the number of patients and this day was especially busy. As I rushed around the floors I stopped in to see a patient that I hadn’t particularly connected with. As I ran through the usual review of systems “any chest pain, shortness of breath etc.,” I could sense the patient wasn’t really saying what was on his mind. I don’t recall the entire context but I do remember I sat down, held his hand and he cried. In that moment it didn’t matter how behind I was, that I wasn’t going to be ready for rounds or all the notes I would stay writing. When I got up to leave the patient said very quietly “Thank you, doctor.”

In clinic recently I saw a continuity patient. I remember this patient well because our first visit I was running very behind and she had been so annoyed with the waiting that she spent most of our visit discussing her annoyance. No matter how many times I said sorry it wasn’t going to matter that first day. Since then we have had good visits. On our last one as I asked her an important question about her health she leaned forward and said “just between you and me.” This reminded me of the privilege we hold with our patients as they reveal intimate details of their lives and health. What an honor that we are allowed into the realm of so many lives...that we should be regarded with such esteem as a close friend.

More recently I reflected on the relationship I have with my colleagues in my program. One thing that struck me was that I can always share a story about a patient and they are interested. When I think of morning reports, the case studies we’ve done, and the senior lectures I think of how many times I have heard one of you say “I thought this was really interesting” and I find that most of the time it is. I love that I am in a “family” that still seems curious about medicine and even more curious about the patient. How lucky am I to be family physician.

~ Melanie Southard, MD

Attending Physician helps to keep residents fit for long days in the clinic

Dr. Hugh Yang and the new Family Medicine Chief Mario Martinez work hard to keep “therapeutic lifestyle changes” in the workplace by taking the stairs, helping residents keep stretched out by doing lunges in the long hallways of the clinic. A healthy and relaxed resident is a happy resident.
Family Medicine Chief Resident Farewell Messages

With the new academic year approaching it is almost time to say goodbye to our current third years. It seems like just yesterday when we started our training here at UCSF Fresno. My advice for current and future residents is enjoy every moment, when you look back these will be the most memorable and fulfilling three years of your lives. It has been a great honor serving as co-chief resident. Dr. Mario Martinez and Dr. Michael Moya, our new chief residents, I have no doubt will do a great job! Raul and I look forward to working with the two of you in the months to come. Thanks to our faculty and staff who have been there for us at every turn. With the boards behind us, it time to start planning for graduation. We guarantee to make it a memorable one...

—Aman Gill, MD

I still remember my first day in clinic & my first call night & today the third year class is 7 weeks away from graduation & we will start a new life. Some will be near and others will go far but always with the many great memories that we will forever share. The second year class is now ready to take on new responsibilities. The interns have moved on to now being called doctors. Dr. Mario Martinez and Dr. Michael Moya now have the distinction of being your chiefs. We welcome, with open arms, our new class as they will embark on yet another journey in their medical career only this time with a family of 35 others! We will all begin to celebrate just as planned, together, and soon with all of our families & friends.

There have been many great local, state, and national events that our program has been involved with in the last 3-4 months, the CAFP-ASA in San Francisco where Dr. Southard and Dr. Moya participated in the 2-min-2-slides competition to represent UCSF Fresno was outstanding. Dr. Chavez was chosen as the minority delegate for the National Conference of Special Constituents held in Kansas City. Drs. Lwin, Mughal, and Riaz represented our program in Baltimore in the Society of Teachers of Family Medicine (STFM) Annual Conference. Dr. Basurco was given a scholarship for the National Osteoporosis Academy in Florida and Dr. Yoo augmented his training at UCLA-Eastern Medicine and learned over 1000 year old techniques in Eastern Holistic Medicine. Many of our first year class are preparing to do various projects in the community in which we live and work. I am in awe of such great work and dedication to Family Medicine by our residents throughout the year.

It has been an outstanding year and wonderful 3 years at UCSF Fresno. I know some will be near and others will move far away but again, our memories in the trenches of Family Medicine will endure forever. Thank you all staff, attending physicians, and residents, and a special thanks from Aman and I who are in our final days serving as your chief residents. May we all continue the Family Medicine Revolution wherever we may be!

—Raul Ayala, MD
Thursday June 13th, 2013 – UCSF Fresno Housestaff Graduation at William Saroyan Theatre. 5pm social hour, 6:30 pm graduation ceremony
Saturday June 15th, 2013 – UCSF Fresno Family and Community Medicine Graduation Party at Pardini’s. 6pm social hour, 7pm dinner, 8pm awards – Please RSVP with Lois Ceja.
Monday June 24th, 2013 – New Interns arrive at UCSF Fresno Family and Community Medicine