Happy New Year from UCSF Fresno Family Medicine!

Interviews for the 2014 entering class are complete! What an incredible group of new family doctors. We completely revised our interview process, introduced group interviews, invited more highly qualified folks, and had a great season with lots of fabulous candidates! Next steps...ranking and the NRMP Match in March. We look forward to an awesome group of 12 new residents for Family Medicine!

We recently had our scholarly EXPO on December 12. Pretty incredible stuff! A remarkable amount of work and innovation by our residents and fellows was clear in the scope and number of projects presented. The Advocacy & Leadership curriculum, started this year with our PG3 residents was a great experience and a huge success! Five letters to the editor by our residents were published.

Great job, everyone!

Great seeing everyone and many graduates at the Annual UCSF Fresno FCM Christmas Party! We’ve got some previously unknown star singers and break dancers in our residents! Best wishes to everyone for a successful and prosperous new 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 for future events? 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.

Sue Soo-Yun Yie, MD is new HPM Fellowship Program Director

Dr. Sue Yie accepted the Program Director position for the Hospice and Palliative Medicine Fellowship in November 2013. Dr. Yie received her MD from George Washington University SOM in Washington, DC. She completed residency training in Internal Medicine at Yale Medical School. Dr. Yie completed fellowship training at Johns Hopkins Medical School and is boarded in Geriatrics. She also completed a post-doctoral program in palliative care, education and training at Harvard Medical School and is boarded in Hospice and Palliative Medicine. Since 2010 Dr. Yie has been the Medical Director at Hinds Hospice.

One of Dr. Yie’s many interests is Integrative Medicine and improving quality of life at the end-of-life. She continues as Medical Director at Hinds while overseeing the Palliative Medicine Fellowship activities and is regularly scheduled to cover the palliative care consult service at CRMC.

Please welcome Dr. Yie as she assumes her new role as Fellowship Director.

The Scope Vol. 4, Issue 16
Winter 2014
The Scope is published by the UCSF Fresno Family & Community Medicine Residency Department. Any inquiries or comments about content should be directed to Vanessa Gonzalez at vgonzalez@fresno.ucsf.edu
Welcome Marc Pollock, MD
Hospice and Palliative Medicine Fellow

Dr. Pollock is a Cardiothoracic Surgeon. He received his MD degree and completed residency training at UC Irvine. After finishing a two year residency in Cardiovascular and Thoracic Surgery at St. Louis University Dr. Pollock completed a year as Chief Resident of Pediatric Cardiovascular Surgery at Harvard Medical School. Dr. Pollock was Associate Professor of Surgery, Division of Cardiovascular Surgery at UC Davis Medical Center for 17 years. In 2009 he joined the School of Public Health at UC Berkeley where he is involved in Narrative Inquiry research, listening to and videotaping end-of-life stories.

In his fellowship application Dr. Pollock described his experiences with patients and their families as follows: “parents who are bereaved and bewildered... vulnerable patients dying in a supported multi-system organ failure struggle with compromises to their lucidity coming from their illnesses, degrees of dementia and from the medications used in an effort to control pain... discomfort felt by surrogate-decision makers in what they are asked to interpret as the patient’s wishes...” He is interested in “end-of-life policy research addressing issues like disparities in access to palliative care... to better understand issues such as fragmentation of care associated with financial incentives that perpetuate discontinuity and decreased quality of care.”

Dr. Pollock is described as an outstanding congenial heart surgeon. In his role with the Joint Medical Program between UC Berkeley and UCSF he is seen as an astute academic. He views his participation in our HPM fellowship as the next step in moving from an entirely curative career to one that embraces a public health approach to health care delivery. He views palliative care as poised to lead the rest of medicine toward a more normalized relationship with death and would like to have a role in this.

Welcome our new FCM Research Associate, Jennifer Olson, MBA

Jenny Olson received her MBA in Organizational Leadership from Johnson and Wales University in Providence Rhode Island. She was previously the Program Manager of the Rhode Island Local Performance Site for the New England AIDS Education and Training Centers. Her background includes biomedical and behavioral research in HIV prevention, treatment and care. She has recently returned to her home town of Fresno and is looking forward to being a part of the dynamic team at UCSF Family and Community Medicine.

Family Medicine resident articles get published in the Fresno Bee

As part of their recent rotation on Advocacy and Leadership, UCSF Fresno PGY-3 residents wrote letters to the editor at The Fresno Bee. Of the 11 letters submitted, 5 were chosen for publication:

“Helping the homeless” by Mary McLain, MD
“More beds for the homeless” by Michael Moua, MD
“Homeless need legal camps” by Subathra Murugiah, MD
“Homeless need proper shelter” by Muhammad Riaz, MD
“Get a Flu Shot Every Year” by Shruti Joseph, MD

Congratulations and special thanks to all of the PGY-3 residents for submitting articles and getting public notice on one of Fresno’s major issues, the care of the homeless. One of the articles, “Get a Flu Shot Every Year” by Dr. Joseph is printed in full on page 5.
THE SCOPE

Family Medicine Research

2013 Family Medicine Research Expo

Our annual Family Medicine Research Expo was held on Thursday, December 12, 2013. There was a very healthy turnout of residents and faculty to view and discuss the various research posters. Family Medicine chief, Dr. Alex Moir introduced special guest speaker, Dr. John Zweifler, former chief of Family Medicine, to do the keynote presentation. The winners of this year’s Davin Youngclarke Scholarly Activity Award went to Christopher A. Nerantzinis, MD and Subathra Murugaiah, MD for their following poster:

Comparison of INR values to bleeding and coagulation related complications in patients with deep vein thrombosis

Christopher A. Nerantzinis, MD; Subathra Murugaiah, MD; Robert Tevendale, MD; John Zweifler, MD, MPH; Roger Mortimer, MD; Susan Hughes, MS; Rebeca Lopez, MPH; Linda Ly, PharmD

Introduction: Patients with deep vein thrombosis (DVT) are often prescribed the anti-coagulant warfarin to prevent complications including recurrent DVT and pulmonary embolus. However, warfarin has its own complications, in particular, the risk of bleeding. The National Consensus Guidelines for antithrombotic therapy published by the American College of Chest Physicians have a target INR of 2.5 with a range from 2 to 3 for patients with either a first episode or recurrent DVT. This study investigates INR levels and bleeding or coagulation-related complications for CMC Coumadin Clinic patients.

Methods: A retrospective chart review of new adult patients to Coumadin Clinic from January 1, 2005 to December 31, 2011, who were prescribed warfarin, had more than 3 clinic visits and more than 3 INR values in one year beginning from their initial appointment. The variables collected were indications for warfarin, INR levels and dates, and any hospitalization or emergency room visits with the admission or visit INR and previous two INRs comprising the 3 values for each hospitalized patient.

Results: 534 charts were reviewed. 252 patients were prescribed warfarin. One died prior to follow up and 38 had insufficient INR values. 213 patients were followed in this study. The average age was 52 years (SD=14 years); 51% were male, 39% were female; 9% had no gender specified, and the average INR value was 2.2 (SD=0.6) in patients with no known complications, 2.8 (SD=1.7) in those with bleeding complications and 1.8 (SD=0.4) in those with recurrent embolism/thrombosis. The most common indication for warfarin was atrial fibrillation (36%). 25 patients (11%) were hospitalized with complications: 11 (5%) for embolism/thrombosis, 14 (6%) for bleeding.

Conclusions: Preliminary results show that INR values are variable and 11% percent of Coumadin Clinic patients were hospitalized with complications. The 5% rate of bleeding is lower than the 10-16% incidence of bleeding in patients anticoagulated with warfarin in current literature.
The Family Medicine Holiday party, held on Saturday, December 14, was filled with lots of festivities, not to mention the talent we have here in our own department. Drs. Kolahi and Nerantzinis vocal talent was a surprise to all of us. We had some break dancers and of course caroling. We all enjoyed the pomegranate martinis and the great food.

Drs. Mortimer, Gomez and family won the contest of “how many words you can make from Happy Holidays”, they had over 200 words. Our interns won for best group performance with their rendition of Little Drummer Boy.
As the end of the academic year approaches, we begin to reflect on the past few months. The third years are busy in pursuit of jobs for next year. Congrats to those who have already signed their contracts and are set to begin their post-residency careers. We are all excited to finally see the end in sight. Congrats to our intern class after achieving a 100% pass rate on their USMLE Step 3 exam. With this exam behind them, they can begin to focus on their task ahead, which is the transition into senior residents in less than 5 months.

This year’s resident recruitment efforts have come to an end. Our rank meeting is around the corner as the department paves the way for a new intern class this June. We want to thank all those who were involved, especially Lois Ceja who worked tirelessly behind the scenes screening hundreds of applicants, answering many emails and phone calls. The new interview format was a success. We got to know the applicants better during this process.

We recently heard of Dr. Lauck’s sailing adventure. While we are sad to see him go, we are also very excited for this new chapter in his life. It has been a pleasure working with him. We appreciate the knowledge and experience he shared with us. Our best wishes to him and his family as they take sail this June.

-Mario Martinez and Michael Moya

Get a Flu Shot Every Year

By Shruti Joseph, MD, The Fresno Bee  January 16, 2014

Anyone 6 months or older should get the flu vaccine as the virus is easily spread through the air leading to major health concerns.

We all know the common symptoms. But in young children, people over the age of 65, pregnant women and people with other medical conditions, it can lead to seizures, diarrhea, pneumonia, worsening of pre-existing conditions and even death.

People say, “But doctor, I got the flu shot and got the flu anyway!” Here are the reasons why: The infection occurred right before you got the vaccine, or during the time it took your body to mount a response to the vaccine. Basically, the vaccine didn't have time to work.

Other viruses can cause "flu-like symptoms." The virus changes yearly, and the vaccine takes time to make. If this year's virus is similar to last year's, the better the protection.

The vaccine protects against the three most common strains of the flu virus for that year, but you could still get the flu from a different strain.

Vaccine side effects like Guillain-Barré are rare, and the risk is actually greater if you get sick with the flu. Please get yourself and loved ones vaccinated every flu season.
THE SCOPE

UCSF Fresno Medical Education Program
155 North Fresno Street
Fresno, CA 93701

RETURN SERVICE REQUESTED

STFM - May 3-7, 2014 in San Antonio, TX

ALSO Course May 8-9, 2014 at UCSF Fresno Medical Education and Research building, 8am - 5pm.

UCSF FCM Colloquium May 22, 2014 at Golden Gate Club San Francisco, CA

Quality Improvement Forum June 5, 2014 – UCSF Fresno Room 136, 4:30 p.m. - 6:30 pm

UCSF Fresno Housestaff Graduation June 12, 2014 - William Saroyan Theater, 5:00 pm

FCM Graduation June 13, 2014- Pardinis, 6 p.m. – 11 p.m.