Greetings from UCSF Fresno Family Medicine!

The academic year is coming to an end, and with it comes a much needed injection of well-trained family medicine docs to the Central Valley. Keeping with the tradition of “growing our own”, UCSF Fresno Family Medicine is pleased that 10 of our 11 grads will be staying to practice in our community! UCSF Fresno also did very well in the Match, filling all of our positions with some great new docs (see page 3)! We are excited and look forward to working with the next generation of Family Physicians.

It was great seeing many of our former alumni and other partners at UCSF Fresno’s recent Valley Visions. Glad to touch base and reconnect with all of you! Keep in touch! We’d love to see you at our annual events like the FCM holiday party and graduation dinner.

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 to let us know the addresses of any other alumni.

Advent of EPIC

Community Medical Centers implemented a new Electronic Medical Record (EMR) system which will assist in enhancing the care and service patients receive. We replaced the outdated paper medical charts with a new, computerized medical record system in all of the Community Medical Center hospitals, inpatient care centers, outpatient clinics, labs and imaging centers. The Deran Koligian Outpatient Care Clinic was the first to use this system that will enhance patient’s care, with the entire Community Regional Medical Center soon following suit.

What does this mean?

• Health records can be accessed by the patient’s medical caregivers at Community’s clinics, hospitals and labs by a special password, making it secure and private.
• All their information will be stored in one electronic place. Once patients provide information on their past medical history and medications, they won’t have to give that information again. They will only be asked to verify the info at their next visit.
• Immediate access to vital information on a patient’s allergies, medications, test results and x-rays with just a few clicks on the computer. This allows them to work with their physician to review test results and treatment plans in the exam room.
• The patient’s health team is instantly connected across different locations, so, for example, pharmacy can give their physician the most current medication history during their exam.
• Privacy is enhanced by limiting access to a patient’s records and password protecting it.

Where we are now

Community Medical Centers has embarked on a $75 million, seven-year quality improvement initiative to consolidate and replace them with products from leaders in health care technology – Epic EHR

For more information about the conversion to the Epic electronic health record, please email EpicConnect@communitymedical.org

Program Director’s Corner:
Ivan Gomez, MD
In January 2011, 6 FCM faculty spent 2 days at the new Teaching and Learning Center (TLC) at UCSF. The center is located on the 2nd floor of the library on the Parnassus campus. The TLC was designed as a centralized learning center where students and educators come together for: simulation-based practice, team-based learning, telemedicine consultation and presentation skills, multimedia development, and small group collaboration. During our trip we toured the facility, including the Kanbar Simulation Center, and attended workshops and demonstrations on simulators, standardized patients (SPs), and telemedicine. We learned many things: how to better recruit and train SPs for resident activities, how to write SP cases, what an Objective Structured Teaching Exam (OSTE) is, and best practices for simulation-based education. The TLC will continue to serve as a great resource for faculty and ongoing and future SP activities in the department. Check it out for yourself at http://tlc.ucsf.edu/. If you have a question or comment about the TLC or residency SP activities, please contact Rebeca Lopez at rlopez@fresno.ucsf.edu.

RESIDENT NEWS

CONGRATS TO NIDIA AND OSCAR!

Congratulations to Dr. Nidia Payan and Oscar Hernandez for the birth of her beautiful baby girl Valentina! BORN: March 16, 2011 at 11:16 p.m. Weight - 7 lbs 13oz, length - 19 inches.
Cross-Cultural Curriculum

We are currently coming up on the 2 year mark of our 3 year Cross-Cultural Curriculum. The goal of the curriculum is to increase the self-awareness of residents regarding their own cultures and the impact this has on their own belief systems, awareness of the “culture of medicine” and a deeper understanding of the diverse cultures with which they interact every day. There has been excellent support from faculty who have done presentations on their own cultures and beliefs which impact medical care. Dr. Sortie and Rebeca Lopez were our first volunteers, presenting a case study on medical literacy and language bias as they impacted care for a Spanish-speaking patient. Dr. Burnett presented an excellent lecture on the needs of the GLBTQ (Gay, Lesbian, Bi, Transgendered, Questioning) community. Dr. Yang spoke about the Hmong culture and the role of the community in decision making, including medical decisions. Dr. Mehra provided a 2 part presentation on the history, geography and cultures of India, including belief’s regarding medical interventions and religious symbols which may be recognized in the clinic or hospital. Dr. Hewitt conducted a discussion on the obstacles to health care for the elderly, including prejudicial beliefs about this population and an introduction to the assessment of dementia. Dr. Thomas will be presenting on “Cross-Cultural Expressions of Pain and Distress” as well as “Family Life Cycle: Cross-Cultural Perspectives”.

Residents have also conducted their own evaluations of the program and how their experience measures up to the CLAS (Culturally and Linguistically Appropriate Services) Standards. They have looked at their own level of privilege and how this impacts their view of “normal”. Correct use of interpreters has been reviewed in class with reinforcement occurring during the annual OSCE experience. The group has also celebrated various holidays, sharing personal and family experiences as well as cross-cultural expressions of gratitude. Residents are encouraged to bring in examples of the clash of cultures which they have confronted in their clinical experiences.

The curriculum for next year will include a panel discussion by diverse members of the faculty and residents regarding how they have had to fine-tune their interaction with patients in order to be more culturally appropriate with specific patients. Dr. Ayala will present on his Community Medicine experience with the Homeless, including resources in the community and a volunteer project for the Family Medicine department. Other topics in the near future will include “Attitudes toward the Disabled”, “The Culture of Poverty” and “the Culture of the Deaf.”

Once again our hard work paid off with 100% match. Special thanks to Dr. Gomez and Lois Ceja for managing our recruiting efforts. Here is the list of our newest residents:

2011 FAMILY MEDICINE INCOMING RESIDENTS: 100% MATCH!

Mary Gaston
Oscar Hernandez
Shruti Joseph
Mario Martinez
Logan McGhan
Michael Moua
Michael Moya
Subathra Murugaiyah
Christopher Nerantizins
Muhammad Riaz
Melinda Trevino

George Washington University
Universidad Autonoma de Sinaloa
Ross University
University of Illinois
Universidad Autonoma de Guadalajara
Saba University
Ross University
Stanley Medical College
SUNY
King Edward Medical College
Universidad Autonoma de Guadalajara
RECENT CONFERENCES

STFM – 44th Annual Society of Teachers of Family Medicine Conference, New Orleans, LA, April 2011

The STFM Annual Spring Conference offered presentations focusing on best practices, new teaching technologies, emerging research, and public policy. The meeting is one of the most powerful networking forums for family medicine educators. This year’s conference set a new STFM attendance record with 1,275 attendees and international guests from 9 countries. We had 5 faculty and 1 resident attend and present 2 talks and 1 poster. STFM will be in Seattle, WA in April 2012.

Faculty presentations:
Susan Hughes, M.S. & Lydia Herrera-Mata, M.D. – Impact on referral rates after adding Healthy Steps to curriculum (oral presentation on completed research)
Rebeca Lopez, M.P.H. & Neelu Mehra, M.D. – A psychosocial resident OSCE: How we made it happen without a school of medicine standardized patient program and why we will continue (lecture/discussion)

Resident poster:
Ignacio Guzman, M.D. & Susan Hughes, M.S. - Effects of sleep deprivation on weight during first year of residency

CCRS – 32nd Annual Central California Research Symposium, Fresno, CA, April 2011

The purpose of this symposium is to bring together investigators, students, and faculty from a variety of disciplines in the Central Valley to share the results of their scholarly work. Two residents and one faculty member from UCSF Fresno Family and Community Medicine attended and presented their posters at the symposium.

Faculty poster:
Roger Mortimer, M.D., Victoria Sorlie-Aguilar, M.D., Juan Carlos Ruvalcaba, M.D., Saire Guzman, Lily Peng, Ph.D., & Melvin F. Baron, Pharm.D. - Utility of a diabetes themed fotonovela to reduce hyperglycemia in Latino diabetics

Resident posters:
Chunxia (Tracy) Li, M.D., Ph.D., Roger Mortimer, M.D., & Susan Hughes M.S. - Serum ammonia level does not affect anion gap measurement
Wenjing Liu, M.D., Ph.D., Ashkan Imanzahrai, M.D., John Monteleone, M.D., M.P.H., & Susan Hughes, M.S. - Comparison of body mass index, waist to hip ratio as predictors of body fat in overweight or obese adults

The 7th Annual Rodnick Colloquium, San Francisco, CA, May 2011

This year’s Colloquium was held at a new venue in UCSF Laurel Heights. The theme was innovations in family & community medicine in the areas of community engagement, clinical care, research & medical education. Two residents and 9 faculty attended and/or presented their research.

Faculty presentations:
Susan Hughes, M.S. & Lydia Herrera-Mata, M.D. reprised their STFM oral presentation at the plenary
Roxanna M. Garcia, MSIV & Rebeca A Lopez, M.P.H – Assessing levels of inadequate health literacy among adults at Adventist Community Care Selma – Selma, California (poster)
Adriana Padilla, M.D., & Ron Yee, M.D. - Preparing for Teaching Health Center Residency Programs: Migrant and Farm Worker 4th Year Transition Elective (poster)

HIV Fellow poster:
Hugh Yang, D.O., Kao Yang, D.O., & Susan Hughes, M.S. - Hmong, HIV, and their Physicians

Resident poster:
Tracy Li, M.D., Ph.D. presented the poster she presented at the CCRS
OUTGOING CHIEF RESIDENTS

It has been an honor to serve as co-chief resident for the past year. I really want to thank the family practice residents for being so hard working and providing a very—much needed service for our community. We have been fortunate to have such a great group of family physicians. Thanks also to the faculty and staff for all of their support in getting us through residency! Best of luck to the incoming chief residents, Dr. Silva and Dr. Tirunagaru. May you navigate the waters of chiefdom with little turbulence. No doubt you will do a great job!

—Ron Dominguez, MD

Wow, we are aaaaaaalmost done! Not too long ago I remember being an intern and wondering how I was going to make it through my first rotation. Thanks to our awesome residents, attendings, and faculty, it has been a tremendous learning experience. We are lucky to be surrounded by such a supportive environment! Enjoy the experience and continue feeding the momentum that our UCSF Fresno FP program has going!

—Ignacio Guzman, MD

NEW FAMILY MEDICINE CHIEF RESIDENTS FOR 2011-12

We are both excited to embark on the last leg of our residency as well as starting the new academic year as chief residents. We cannot wait to meet the new interns and help them along the way as they start their careers as Family Physicians. With the new year approaching we also have new duty hours being implemented. There will no longer be thirty hour overnight calls for interns. With the new sixteen hour rule, our interns will have more time to read, sleep, and develop skills with patient care. There will also be a new night float system starting for the new interns. We would also like to congratulate Dr. Nidia Payan on her new baby and we are eagerly awaiting the new edition to Dr. Vivian Torio’s family.

—Sarojini Tirunagaru, MD

I am excited about being elected co-chief with Sarojini. Although, we'll see about the excitement level continuing halfway into the year. We had a great match this year and are looking forward to working with the new interns. I am happy to report that most of our graduating residents this year will be staying in the valley. Hopefully the upcoming classes will continue to produce valley doctors.... I am looking forward to a great year!

—Victor Silva, MD
FAMILY MEDICINE EVENTS

SAVE THE DATE

UCSF Fresno House staff Graduation 2011
Thursday June 9, 2011
William Saroyan Theatre, 700 M. Street Fresno, CA. 93721
5:30 p.m. social hour, 6:30 p.m. graduation ceremony

UCSF Fresno Family and Community Medicine Graduation party Class 2011
Friday June 10, 2011
Clovis Veteran’s Memorial, Independence Room, 808 4th Street Clovis, CA. 93612
Dinner 7:00 p.m., Awards 8:00 p.m.

UCSF Family Medicine New Intern Welcome Party
Sunday July 10, 2011
Dr. Roger Mortimer’s home
Time to be determined

Objective Structured Clinical Examination (OSCE) training
Thursday, July 14, 2011
UCSF Fresno Clinical Science Laboratory, 8 a.m. – 5 p.m.

UCSF Fresno Family Medicine Game Day at Fresno Grizzlies
Friday July 22nd, 2011
Chukchansi Park Downtown Fresno
7:05 p.m. first pitch