Greetings from UCSF Fresno Family Medicine!

Once again, we have started interviewing for the next incoming residency class! UCSF Fresno Family Medicine has a record number of applications this year, with about 700 applications 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.

I’m happy to share some important changes that will come to the program to address the needs of our community. In collaboration with our partners at Adventist Health, support for a residency expansion to 36 residents beginning in 2013 has been approved. Highly qualified applicants and residents will also soon have the opportunity to participate in an Advanced Track Training Program integrating a traditional three-year residency with an additional year of education in a focused area of training.

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.

Program Director’s Corner:
Ivan Gomez, MD

EPIC Now System Wide

Community Medical Centers implemented a new electronic medical record system on Sept. 28, 2011, which assists in enhancing the care and service patients receive. This means there will be one record for each patient in one electronic location, usable by all of those who care for them within the Community system. They have replaced the outdated paper medical charts with a new, computerized medical record system in all of the hospitals, inpatient care centers, outpatient clinics, labs and imaging centers. As they are converting to this new system, they will be keeping their focus on providing quality care to patients and their loved ones.

What does the change mean for patients: All their information will be stored in one electronic place. Once a patient has provided 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 information, even at follow-ups in the clinics. Immediate access to vital information on their allergies, medications, test results and x-rays are available with just a few clicks on the computer. This allows them to work with their physicians to review test results and treatment plans. Privacy is enhanced by limiting access to their records and password protecting it.
Department Updates

Goodbye to Dr. Neelu Mehra

Dr. Neelu Mehra has left UCSF Fresno Family & Community Medicine to join Kaiser Permanente Fresno. Our loss is their gain—she has accomplished much in the last 4 years. Dr. Mehra joined the UCSF Fresno Family & Community Medicine faculty in 2007 after completing residency training here. Early on she expressed an interest in palliative medicine and began working with Hinds Hospice and Dr. Michael Nisco. Soon she was spending time each week at St. Agnes providing palliative care with Dr. Nisco. Within a year the decision was made for the FCM Department to apply to ACGME for accreditation of a Hospice and Palliative Medicine Fellowship at UCSF Fresno. The Fellowship was accredited in March 2010 with Dr. Michael Nisco as Program Director. At about the same time Dr. Mehra brought her expertise to CRMC and created a palliative consultant team which quickly became very busy. In July 2010, Dr. Mehra was selected as Medical Director of the CRMC Palliative Care Consultant Service and was named Associate Program Director of the Hospice and Palliative Medicine Fellowship. She is leaving to develop a palliative consultant service at Kaiser Permanente Fresno Medical Center. We will miss her! Dr. Khan, who just completed the Hospice & Palliative Medicine Fellowship, will fill in temporarily.

New Hospice and Palliative Medicine Fellow Theresa T. Chang, MD

Dr. Teresa Chang is from the Republic of the Union of Myanmar. She received her Bachelor of Medicine and Bachelor of Surgery from the Institute of Medicine in Yangon, Myanmar. She completed her residency with Family Medicine as part of the UC Davis Network of Affiliated Programs at Mercy Medical Center, Merced California. She has now begun her Hospice and Palliative Medicine Fellowship at UCSF Fresno.

Dr. Chang stated “While doing my residency at Mercy Medical Center in Merced, my passion on how to ease my patients suffering becomes deeply rooted in my heart. I cannot express my feelings of peace in my soul whenever I see my patients more comfortable and strong enough in their minds to face the reality of their chronic illness. When I heard about the Palliative Care Fellowship at UCSF Fresno, I was so excited. This is my dream. This is what I want to be. I am looking forward to helping relieve suffering and to improve the quality of life of my patients facing serious and often complex illnesses.

Congratulations to Dr. Jill Russom for winning Top 10 award!

2001 UCSF Fresno FCM Residency Graduate, Dr. Jill Russom was recently honored by Santé Community Physicians for Outstanding Performance as a "Top Ten" Family Practitioner in Delivering Excellent Quality of Clinical Care 2010. Dr. Russom attended medical school at University of Southern California Keck School of before starting her residency with us. Congratulations Dr. Russom!
UCSF Fresno Staff Halloween Potluck 2011

On Monday, October 31st Family Medicine Staff and Faculty were in the spirit with their version of the Addam’s Family (Medicine). Donna McBrien was Gomez, Betty Jarman was Morticia, Lois Ceja was Grandma, Andy Alba was Uncle Fester, Vanessa Gonzales was Wednesday, and Susan Hughes was Pugsly! Even the Thing made an appearance. The potluck consisted of dreadful appetizers, horrible salads, rotting main dishes, and disgusting desserts. Our very own Betty Jarman “Morticia” won best salad with her version of Maggots on Road kill! Family Medicine stole the day with the best group costume! Congrats to everyone in the family who brought home the basket of goodies to share with the department.

Fresno State Tailgate Potluck Party and Football Game on Saturday, October 15th

Residents, Staff, Faculty, and family members met in the parking lot off of Bulldog Lane to enjoy Dr. Raul Ayala’s barbequing of delicious meats and seafood. Amazing side dishes, desserts, and drinks were brought to the event on an unseasonably warm October evening for the feast. Tables were packed with assortments of food and the coolers were packed with delicious refreshments.

Fresno State was playing a tough Utah State team looking for a spark after a horrible game the week before. Down by seven at halftime and with its backs against the wall, the Fresno State football team rallied in the second half to beat Utah State, 31-21. The Aggies (2-4, 0-1 WAC) controlled the game for the first two and a half quarters and held a 21-17 lead with the ball on the Fresno State 10-yard line late in the third quarter. After a Tristan Okpalaugo sack on third-and-goal, Bulldog tight end Marcel Jensen blocked a 31-yard Josh Thompson field goal. That play, along with a miraculous 23-yard catch and run by Jalen Saunders for a touchdown, turned the tides and lifted the Bulldogs (3-4) to the victory. Saunders' touchdown at 11:54 of the fourth quarter gave the Bulldogs their first lead of the game, and it was a lead Fresno State did not relinquish.
The skies were blue, the pine-scented air crisp as 32 residents, with 30 family members, and 5 faculty/staff plus their support teams headed for Tenaya Lodge on Sept. 23rd. Our group checked in at the hotel and got together for a welcoming/hospitality event. Everyone was on their own for the evening.

Breakfast on Saturday morning was followed by everyone meeting on the terrace for the beginning of team building exercises, fun, and games. The first activity was to fill a balloon and put a paper with your name in it inside that balloon which was placed in the center of one of 4 circles. Participants had to break the balloons without using their hands or feet, calling out the name in the balloon that was popped...then that person was next. There were some pretty creative methods invented. After that everyone had the name of a character, living or dead or imaginary taped on their back and had to figure out their identities by asking questions. This is where the “observers/referees” first spotted inventive ways of cheating, such as backing up to windows to read the reflection. Cheaters were disqualified. The next 2 activities involved 4 teams and tarps. Teams had to get all of their members onto ever shrinking tarps. Then they had to figure out how to turn the tarps over with everyone on the tarp and without using their hands. After that teams competed in the successful completion of a pyramid of cups using only rubber-bands and string. The pyramid needed to remain standing for 30 seconds. Then suddenly it was very quiet as teams focused on the building of towers using playing cards. Again, they had to last 30 seconds and be the highest. This was followed by a free-for-all as teams tried to blow ping-pong balls from one cup to another at various distances. As the morning progressed, kids wandered off to various corners to make friends and create their own activities.

There were more activities after lunch. The highlight was a GPS hunt in which teams were given various coordinates to find. Most of the questions were from “The Battle of The Residents”, the year UCSF Fresno won. Scores were based on time and number of questions answered correctly. Teams were based on Pathways and the team coming in with the longest time was the CSV team of Drs. Ayala, Hernandez, Welvaert, Gomez, Gaston and Truong, who demonstrated a “we will not quit” attitude. They tied for First Place based on their correct answers. The other winners were from CMC whose time was quicker but earned equal overall points. This team included Drs. Shafii-Noori, Zia, Sidhu, Maya, Trevino and Basurco. Everywhere you looked there were teams, some jogging and some dragging. Finally, the swimming pool looked inviting and residents and family members enjoyed the beautiful day.

Everyone met at the “hospitality suite” for a beverage before heading down into the woods for an Old-Fashioned Western BBQ. Everyone was in Western attire. We even had a “Bandito”, Annie Oakley, a Mariachi, and a couple of saloon girls dropped in to join the fun. Along with good food, a roaring fire and s’mores there were of course more games hosted by our own Andy “Trebeck” Alba. Soon, it was late and bedtime for the kids. Others met up for dancing and exuberance back at the hotel. If that energy could be harnessed we would never have to worry about resident fatigue.

The next day was breakfast, check out and meeting at the Sugar Pine Railroad for a train ride through the national forest followed by a picnic lunch. It was a relaxing way to finish the weekend. A history and a botany lesson were included at no extra charge.

Along with our winning GPS teams, the PGY-2 class won the overall competition scoring the highest number of individual points for any class. Drs. Ayala and Truong, both PGY-2s, tied for the most individual points of the weekend. Drs. Ayala and Truong will battle it out next year, and the competition looks tough in 2012.
The Scope

Message from the Chiefs

Happy Fall! It’s time for pumpkin spiced lattes, trick or treating, and turkey! First I want to congratulate Chrissy Chavez and myself on our beautiful weddings that we had in September. I got married Sept 4th in Fresno and Chriss got married Sept 10th in Niagara Falls. We both had memorable times and now we have great pictures to share with everyone. After this the Family Medicine Residents headed to Tenaya Lodge for the annual Residency Retreat. We all want to thank Dr. Betty Jarman and Susan Jensen for all of the hard work they put into our retreat. We all had a great time! Recently CRMC launched EPIC, their electronic medical records. It was a little rough in the beginning, but we actually all really like it. There have been a lot of exciting things that have happened this year and there are more to come. Dr. Mario Martinez and his wife are expecting a beautiful baby girl in December and we are eagerly waiting for her arrival.

—Sarojini Tirunagaru, MD

Research News

One article was published this quarter:
Lightning Safety Awareness of Visitors in Three California National Parks. Lori Weichenthal, MD; Jacoby Allen, DO; Kyle P. Davis; Danielle Campagne, MD; Brandy Snowden, MPH; Susan Hughes, MS. Wilderness & Environmental Medicine Volume 22, Issue 3, Pages 257-261, September 2011.

Objective
To assess the level of lightning safety awareness among visitors at 3 national parks in the Sierra Nevada Mountains of California.

Methods
A 12-question, short answer convenience sample survey was administered to participants 18 years of age and over concerning popular trails and points of interest with known lightning activity. There were 6 identifying questions and 5 knowledge-based questions pertaining to lightning that were scored on a binary value of 0 or 1 for a total of 10 points for the survey instrument. Volunteers in Fresno, California, were used as a control group. Participants were categorized as Sequoia and Kings Canyon National Park (SEKI), frontcountry (FC), or backcountry (BC); Yosemite National Park (YNP) FC or BC; and Fresno. Analysis of variance (ANOVA) was used to test for differences between groups.

Results
467 surveys were included for analysis: 77 in Fresno, 192 in SEKI, and 198 in YNP. National park participants demonstrated greater familiarity with lightning safety than individuals from the metropolitan community (YNP 5.84 and SEKI 5.65 vs. Fresno 5.14, P = .0032). There were also differences noted between the BC and FC subgroups (YNP FC 6.07 vs. YNP BC 5.62, P = .02; YNP FC 6.07 vs. SEKI FC 5.58, P = .02). Overall results showed that participants had certain basic lightning knowledge but lacked familiarity with other key lightning safety recommendations.

Conclusions
While there are statistically significant differences in lightning safety awareness between national parks and metropolitan participants, the clinical impact of these findings is debatable. This study provides a starting point for providing educational outreach to visitors in these national parks.
Upcoming Events:
- International Society for Better Health Access Winter Fundraiser - December 3, 2011 @ UCSF Fresno Center, Room 136, 6-10pm. Contact Dr. Tegest Hailu at tegesthailu@comcast.net
- Annual Department Holiday Party – December 10th, 2011
- UCSF FCM Jack Rodnick Colloquium – March 23rd, 2012

2011 Family Medicine Resident Retreat

Class of 2013

Twelve on a tarp

Building house of cards