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As a regional campus of the UCSF School of Medicine, UCSF Fresno improves health through education, patient care, research, and community partnerships. In the past year, UCSF achieved significant milestones involving medical student education in the San Joaquin Valley, all during challenging times and the COVID-19 pandemic. Our faculty, trainees and staff pivoted and persevered to continue our critical work in learning environments, at bedsides and in the community, while addressing the renewed movement for social justice that calls on each of us to recognize, reject and break down systemic barriers and racism for our patients, trainees, colleagues and community. The resilience and dedication of the UCSF Fresno community, the lessons learned and the milestones we achieved together with our partners are cause for celebration and are highlighted in this annual report.

Among our achievements, in August 2019, the first students in the new UCSF San Joaquin Valley Program in Medical Education (SJV PRIME) started classes at the main campus in San Francisco. Increasing the number of physicians practicing in the Valley and diversifying the physician workforce are goals of the SJV PRIME. The structure of the new program calls for students to spend the bulk of their training in Fresno and the Valley with the goal of retaining them in the region for residency training.

In June 2020, thanks to Gov. Gavin Newsom, the California Legislature and the longstanding advocacy of Assembly Member Adam Gray, the state budget included $15 million a year in ongoing funding to support expanded medical student education at UCSF Fresno in partnership with UC Merced. Planning is underway now.

These milestones represent important opportunities for local students on the pathway to becoming practicing physicians. Medical student education or undergraduate medical education is an important component of training physicians from the Valley to serve the Valley. Another vital and necessary element of medical education is residency training. Also known as graduate medical education, residency training makes up the bulk of education that takes place at UCSF Fresno. Residency is when medical school graduates spend the required three to seven years training under faculty supervision prior to practicing independently.

Statistics show that physicians tend to practice in the area near where they completed residency training. Roughly 50% of physicians who complete training at UCSF Fresno stay in the Central Valley to provide care, teach future physicians or continue their education. Excellent and proven undergraduate and graduate medical education are needed in the Valley to ensure an ongoing pipeline of physicians for the region.

COVID-19, unfortunately, had a serious and negative financial impact on UCSF Fresno, with resources being diverted to cover unexpected costs associated with the pandemic, such as COVID-19 related research. UCSF Fresno is absorbing the costs of these studies absent outside funding to better understand the impact on Valley populations and effectiveness of treatments and potential treatments. UCSF Fresno also stepped up to provide wellness resources for frontline UCSF Fresno physicians. Additional costs were incurred to minimize the spread of COVID-19 on the UCSF Fresno campus. These included measures necessary to transition from on-site learning and working to distance learning and telecommuting.

Through it all, we learned that with challenge comes change and opportunity and even the darkest clouds have silver linings. We learned to deliver telehealth more effectively. We enhanced distance learning. And we developed new partnerships to help our community respond to the pandemic. We showed determination and collaboration. And we are the better for it. We are your UCSF Fresno.

Sincerely,

Michael W. Peterson, MD, FCCP, MACP
Y. Frank and Roxie Moradian Chair in Medicine
UCSF Professor of Medicine
UCSF Fresno Associate Dean
Roger Mortimer, MD
Assistant Dean for Academic Affairs

I took over as Assistant Dean for Academic Affairs in February 2020. In my portfolio are faculty promotion and advancement and continuing medical education. UCSF assures the quality of teachers in the academic appointment process. We assess and monitor teaching, clinical care, and service. Our role is to oversee who will be teaching our residents and students as well as seeing that faculty get the recognition they deserve within the University. One of UCSF’s roles is also providing continuing education in the Valley. The people who live here deserve the finest clinical care which requires ongoing training and education. We are adapting to the current COVID-19 situation by converting our education from traditional in-person conferences to a virtual format. We strive to remain the foremost provider of continuing education in the Valley.

Lori Weichenthal, MD, FACEP, RYT
Assistant Dean for Graduate Medical Education (GME)

As Assistant Dean for GME, I oversee the accreditation and growth of nine specialty and 19 sub-specialty graduate medical education programs at UCSF Fresno. The goal of GME at UCSF Fresno is to train skilled, caring physicians who are interested in caring for an underserved patient population while addressing health care disparities. At UCSF Fresno, we have a holistic approach to training future physicians that includes a strong emphasis on physician wellness and diversity and inclusion. As a result of the GME program at UCSF Fresno, roughly half of our trainees stay and establish practices in the Valley, helping to address the shortage of physicians that exists in this region. This year, under my leadership, we continued to build on our commitment to wellness. We held the first Wellness Fair for all faculty and trainees as well as all staff from Community Regional Medical Center, University Centers of Excellence/Central California Faculty Medical Group and UCSF Fresno. When the COVID-19 pandemic hit, we took measures to protect our campus community and converted our clinical skills labs to respite rooms. The rooms and amenities were available to faculty and trainees to decompress after demanding shifts. Department of Psychiatry faculty volunteered to provide counseling 24 hours a day, seven days a week to trainees, faculty and their families impacted by the pandemic. UCSF Fresno also stepped up to provide alternative housing for frontline UCSF Fresno physicians to self isolate after being exposed to the novel coronavirus or out of concern for vulnerable family members. UCSF Fresno started its alternative housing and other wellness programs before the state initiated its Project Roomkey. In addition, we revitalized our commitment to diversity, equity and inclusion. A Health Equity Action Lab was established to address health disparities and inequities experienced by the diverse population served in the San Joaquin Valley.

Kenny Banh, MD, FACEP
Assistant Dean for Undergraduate Medical Education (UME)

As Assistant Dean for UME, I oversee the training of medical students and other allied health programs at UCSF Fresno (e.g., physician assistant, nurse practitioner and oral and maxillofacial surgery). The goal at UCSF Fresno is to train students to care for our underserved patient populations while addressing health care disparities in the San Joaquin Valley. Under my leadership, UME has grown from less than 100 students rotating here on an annual basis to almost 400. In 2018, UCSF Fresno was accredited as a regional campus of the UCSF School of Medicine. The designation made UCSF the degree-granting institution for SJV PRIME and paved the way for students to spend most of their medical school training at UCSF Fresno. In 2019, the first students in the new UCSF SJV PRIME started classes at the main campus in San Francisco. They will begin training at UCSF Fresno in January 2021. The 2020-2021 state budget, signed in June, included $15 million a year in ongoing funding to expand medical student education at UCSF Fresno in partnership with UC Merced. Plans are underway now to determine the scope of that effort. Meanwhile, pre-COVID-19 pandemic, we grew clinical opportunities for students and increased our offerings in student services, community outreach as well as research. The learning environment looked different for much of this year, yet as always, we encourage trainees to consider careers in the Valley and are working with regional partners to expand training opportunities and increase medical and educational outreach throughout the region.

UCSF Fresno was established in 1975 and housed at the VA Central California Health Care System. In 2005, UCSF Fresno opened in downtown Fresno, consolidating all UCSF Fresno residency programs and administrative staff under one roof for the first time. In 2018, the Liaison Committee on Medical Education approved UCSF Fresno as a regional campus of the UCSF School of Medicine to lead the San Joaquin Valley Program in Medical Education (SJV PRIME), a training program to prepare medical students to address the unique health needs of the region’s growing, diverse and underserved populations.
Partners and Affiliates

As a regional graduate and undergraduate medical education campus of the UCSF School of Medicine, UCSF Fresno conducts its training and patient care through a network of affiliated partners. Medical students, residents and fellows work and train in a variety of training sites with an impressive list of specialists at major hospitals, health agencies and programs, clinics and physicians’ offices and wilderness medicine settings. With the only Level 1 Trauma Center between Sacramento and Los Angeles, a regional burn center, acute care hospitals and numerous non-hospital programs, Fresno is the center of health care in the San Joaquin Valley.

UCSF Fresno’s Major Clinical Partners
Community Medical Centers
Community Regional Medical Center
Clovis Community Medical Center
Fresno Heart & Surgical Hospital
Community Behavioral Health Center
Community Cancer Institute
Family HealthCare Network Deran Kolgian
Ambulatory Care Center
Family HealthCare Network – Disease Management Center
Family HealthCare Network-Surgical Services Center
VA Central California Health Care System – Fresno Medical Center

UCSF and UCSF Fresno
UCSF Benioff Children’s Hospital
UCSF Medical Center
UCSF Medical Center at Mount Zion
UCSF Liver Transplant Program at Parnassus
UCSF Fresno Alzheimer & Memory Center

University Centers of Excellence
University Cardiovascular Center
University Dermatology Associates
University Diabetes & Endocrine Specialists
University Gastroenterology & Hepatology Associates
University Gynecologic Oncology Specialists
University Medicine Associates
University Neurosciences Institute
University Neurosciences Institute, Visalia
University Obstetrics & Gynecology Center
University Orthopaedic Associates
University Pediatric Specialists
University Perinatal Associates
University Psychiatry Associates
University Pulmonary Associates
University Sleep and Pulmonary Associates
University Specialty Surgery Associates
University Surgical Associates
University Urogynecology Associates
University Women’s Specialty Center
Valley Vascular Surgery Associates

Other Affiliated Health Care Institutions and Training Sites
Advanced Laparoscopic Surgical Associates
Anther Pediatric and Adult Sleep Center
Baz Allergy & Asthma Institute
Nirmal Brar, MD

Rural Training Sites

In addition to traditional rotations in hospitals, UCSF Fresno also provides residents with substantial experience in rural and/or underserved communities through ambulatory rotations – care of patients in community clinics.

Camarena Health Centers, Madera
Central Valley Indian Health, Clovis
Golden Valley Health Centers, Merced
Livingston Medical Group, Livingston
Madera Community Hospital – Rural Health Clinics, Madera
United Health Centers of the San Joaquin Valley, Parlier and Mendota Health Centers
UCSF Fresno received 9,922 applications from residents and fellows and conducted 1,390 interviews for 95 positions.

### Residency Programs

- **Emergency Medicine**
- **Family and Community Medicine**
- **Internal Medicine**
- **Obstetrics/Gynecology**
- **Oral and Maxillofacial Surgery**
- **Orthopaedic Surgery**
- **Pediatrics**
- **Psychiatry**
- **Surgery**

### School of Medicine Residency Programs

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<tr>
<th>Program</th>
<th># Trainees</th>
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<tbody>
<tr>
<td>Emergency Medicine</td>
<td>42</td>
</tr>
<tr>
<td>Family and Community Medicine</td>
<td>41</td>
</tr>
<tr>
<td>Internal Medicine - Preliminary</td>
<td>10</td>
</tr>
<tr>
<td>Internal Medicine - Categorical</td>
<td>66</td>
</tr>
<tr>
<td>Internal Medicine - Chief Residents</td>
<td>4</td>
</tr>
<tr>
<td>Obstetrics/Gynecology</td>
<td>16</td>
</tr>
<tr>
<td>Orthopaedic Surgery</td>
<td>18</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>36</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>18</td>
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<tr>
<td>Surgery</td>
<td>24</td>
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<td><strong>Total</strong></td>
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### School of Dentistry Residency Programs

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<tr>
<th>Program</th>
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<tr>
<td>Oral Maxillofacial Surgery (OMFS) Preliminary</td>
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</tr>
<tr>
<td>OMFS</td>
<td>15</td>
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<tr>
<td><strong>Total</strong></td>
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### Accredited Fellowship Programs

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<tr>
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<th># Trainees</th>
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<tbody>
<tr>
<td>Acute Care Surgery</td>
<td>2</td>
</tr>
<tr>
<td>Cardiovascular</td>
<td>9</td>
</tr>
<tr>
<td>Gastroenterology</td>
<td>6</td>
</tr>
<tr>
<td>Hematology/Oncology</td>
<td>6</td>
</tr>
<tr>
<td>Hospice/Palliative Care</td>
<td>3</td>
</tr>
<tr>
<td>Infectious Diseases</td>
<td>4</td>
</tr>
<tr>
<td>Interventional Cardiology</td>
<td>1</td>
</tr>
<tr>
<td>Pulmonary Disease/Critical Care</td>
<td>9</td>
</tr>
<tr>
<td>Sleep Medicine</td>
<td>1</td>
</tr>
<tr>
<td>Surgery Critical Care</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>42</strong></td>
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### Non-Accredited Programs

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<tr>
<th>Program</th>
<th># Trainees</th>
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<tbody>
<tr>
<td>Community Pediatrics Fellowship (Peds)</td>
<td>0</td>
</tr>
<tr>
<td>Head and Neck Oncology and Microvascular Reconstruction (OMFS)</td>
<td>0</td>
</tr>
<tr>
<td>HIV Fellowship (FCM)</td>
<td>0</td>
</tr>
<tr>
<td>Maternal Child Health Fellowship (FCM)</td>
<td>1</td>
</tr>
<tr>
<td>Medical Education Fellowship (EM)</td>
<td>1</td>
</tr>
<tr>
<td>Pediatric Chief Residents</td>
<td>2</td>
</tr>
<tr>
<td>Emergency Ultrasound Fellowship</td>
<td>0</td>
</tr>
<tr>
<td>Wilderness Medicine Fellowship (EM)</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>6</strong></td>
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### Total 2019-2020 GME Trainees

- Residents (SOM): 275
- Residents (SOD): 16
- Accredited Fellows: 42
- Non-Accredited Fellows: 6
- **Total**: 339
Award Recipients:

Eric Reid, DO, UCSF Fresno Internal Medicine Residency Program, "Outstanding First-Year Resident," Community Medical Centers (CMC)

Nicholas Artinian, MD, UCSF Fresno Family and Community Medicine Residency Program, "Outstanding Resident or Fellow Teacher," CMC

Liana Milanes, MD, UCSF Fresno Family and Community Residency Program, "Outstanding Attending Teacher," CMC

Harlan Husted, PharmD, Community Regional Medical Center, "Outstanding Non-Physician Teacher," CMC

Mackensie Yore, MD, UCSF Fresno Emergency Medicine Residency Program, "Borba House Staff Research – Resident Award"

William Chiang, MD, UCSF Fresno Emergency Medicine, Wilderness Medicine Fellowship, "Borba House Staff Research – Fellow Award"

Amir Fathi, MD, UCSF Fresno Department of Surgery, "Borba Faculty Research Award"

Angela Sehgal, MD, UCSF Fresno Internal Medicine Residency Program, "ICare Award," VA Central California Health Care System

Stacy Sawtelle-Vohra, MD, UCSF Fresno Obstetrics/Gynecology Residency Program, "Leon S. Peters Resident of the Year Award," Leon S. Peters Foundation

Eric Lindvall, DO, UCSF Fresno Department of Orthopaedic Surgery, "Kaiser Award for Excellence in Teaching"

Tara Brah, MD, UCSF Fresno Obstetrics/Gynecology Residency Program, "Steven N. Parks Leadership Award," Fresno Madera Medical Society
Nicholas Artinian, MD, is the first in his family to go to college and to become a physician. He completed training in UCSF Fresno’s three-year Family and Community Medicine Residency Program. Dr. Artinian was recognized with the Outstanding Resident Teacher award presented by Community Medical Centers’ Jeff Thomas, MD. His parents, who themselves did not finish high school, worked tirelessly to provide for him and his sister. Dr. Artinian said. He earned his undergraduate degree at UC Santa Barbara and medical degree at St. George’s University. Dr. Artinian spends his spare time with family and friends, playing soccer with the UCSF Fresno resident team and exercising. He is practicing in Bakersfield and Tehachapi with Kaiser Permanente as an outpatient physician.

Sukhjit Dhillon, MD, completed a four-year residency training program in Emergency Medicine at UCSF Fresno and joined the Emergency Medicine faculty. A native of Punjab, India, Dr. Dhillon grew up in Fresno, but said instances she recalls in India when her family could not afford quality care motivated her to become a physician who advocates for patients. At the start of the COVID-19 pandemic, she worked with Pais Vohra, MD, UCSF Emergency Medicine faculty member and Interim Health Officer at the Fresno County Department of Public Health. Dr. Dhillon wrote guidelines and protocols using Centers for Disease Control and Prevention recommendations. She continues to help at the health department as time allows. Dr. Dhillon graduated from Buchanan High School in Clovis and received a bachelor’s in Biomedical Physics from Fresno State. She earned both a master’s in biomedical sciences and a medical degree at Chicago Medical School.

Ryan Howard, MD, completed a fellowship in Hospice and Palliative Medicine (HPM) in the Department of Family and Community Medicine at UCSF Fresno. Dr. Howard stayed in the region to serve as Medical Director of Kaweah Delta Hospice and Palliative Medicine Services in Visalia. Patients with very serious illnesses are among the most vulnerable patient populations and their families are often equally as vulnerable, he said. He chose to complete a fellowship in Palliative Medicine because of the serious need for such care providers in the region. All three of the Hospice and Palliative Medicine fellows stayed in the Central Valley. He said working alongside faculty was the best part of training at UCSF Fresno. Dr. Howard attended the University of North Florida in Jacksonville, worked as an EMT in Florida and earned a medical degree from Florida State University College of Medicine. He completed residency training in Family and Community Medicine at the University of Arizona. He and wife, Michelle, own land near Three Rivers, which they are developing. Dr. Howard gives thanks to his wife for her support during his fellowship and residency training.

Christina Patty, MD, completed a three-year residency training program in Family and Community Medicine at UCSF Fresno. She is serving her home community at Visalia Medical Clinic where she was a patient growing up. Dr. Patty chose family medicine because of the relationships she’s able to build with patients over many years. The specialty also allows her to pursue many interests and it is never boring, she said. The best aspect of training at UCSF Fresno is full spectrum training in both rural and urban settings, she said. It allowed her to learn from some of the best doctors in the Valley. She spends off-time with her two-year old son and husband, Rafael Martinez, MD. Dr. Rafael Martinez completed training in Family and Community Medicine at UCSF Fresno last year. He now works for United Health Centers in Parkers. Dr. Martinez and Dr. Patty met in high school and went to prom together. The couple welcomed their second child recently. A graduate of Redwood High School in Visalia, Dr. Patty completed her bachelor’s at California State University, Long Beach and earned a medical degree from Universidad Autonoma de Guadalajara.

Nett Renteria, MD, MPH, a first-generation college graduate, completed her final year at UCSF Fresno as chief resident in the Department of Pediatrics. She joined the Department of Pediatrics as faculty at UCSF Fresno and sees patients as a pediatric hospitalist and general outpatient pediatrician. The best part of training at UCSF Fresno has been the people, the people she trained with, her mentors and the children and families she is privileged to care for, she said. The reason she was drawn to the San Joaquin Valley is the same reason she stayed – to care for the underserved Hispanic population and empower them to take control of their child’s health needs. When not working, she enjoys outdoor adventures with her husband and 17-month old son. Dr. Renteria attended Glendale Adventist Academy, graduated from UC Irvine, earned a master’s in public health from USC and a medical degree from St. George’s University. She credits her success to her parents.

Manavjeet Sidhu, MD, MBA, completed a four-year emergency medicine residency program at UCSF Fresno as a chief resident. Dr. Sidhu started as Chief of the Fresno VA Medical Center Emergency Department. In addition, he is staying at UCSF Fresno as emergency medicine faculty. He is honored to serve veterans, teach residents clinically and continue as a practicing physician. Dr. Sidhu chose to train in emergency medicine at UCSF Fresno because the program offers a unique training experience given the patient volume, diversity of patient population, variety of pathology, and abundance of procedures. In addition, faculty, staff and fellow residents foster a positive environment, he said. Dr. Sidhu, a native of the San Fernando Valley in California, graduated from UCLA and earned a medical degree and Master of Business Administration as part of a joint program at New York University where he’s also a faculty member. He has consulted for multiple health care related companies and serves on the boards of health care ventures. Earlier this year, he worked with ABC News in Manhattan, producing medical segments for World News Tonight, Good Morning America and Nightline.
UCSF Fresno physicians and residents were on the forefront of protecting public health and caring for COVID-19 patients from the onset, responding with adaptability, tenacity and determination in addressing the pandemic at the bedside, through medical research and in the learning environment.

Faculty and residents quickly learned how to diagnose, screen and treat patients for a new disease that little was known about. They assumed public health leadership roles in the community; sought the best diagnostic and patient treatments through participation in the latest research studies; pivoted to telemedicine for outpatient care when possible, adapted to a virtual training environment; and they learned together how to deal with stress and psychological impacts of providing care in a potentially deadly environment.

On the front lines of care, UCSF faculty and residents in the UCSF Fresno Department of Emergency Medicine staffed adult, pediatric and pregnant patients’ tents outside of the Emergency Department at Community Regional Medical Center (CRMC), evaluating and screening patients with respiratory illness for potential COVID-19. Pediatrics residents and faculty and fellows in Pulmonary and Critical Care provided care for patients who had or were at risk for COVID-19 in the hospital and outpatient settings.

UCSF Fresno forged partnerships with public health departments to help educate and inform the community about the pandemic. UCSF Fresno’s Rais Vohra, MD, was appointed interim health officer for the Fresno County Department of Public Health. A UCSF Fresno faculty member since 2009, Dr. Vohra continued his faculty appointment and worked Emergency Department shifts at CRMC. Simon Paul, MD, served as UCSF Fresno assistant dean for Academic Affairs until his appointment early this spring as health officer for Madera County. Although no longer an assistant dean, Dr. Paul remains part-time faculty in the Department of Internal Medicine at UCSF Fresno.

UCSF Fresno staff responded quickly to cancel community events and Continuing Medical Education events to prevent the possible spread of COVID-19. Programs and Information Technology Services staff converted department meetings to virtual gatherings and made graduation in June a virtual event. Beginning in March, interactive virtual town halls were initiated to provide information about COVID-19 developments and health and safety protocols among other issues. A UCSF Fresno online COVID-19 Resources page was developed by Communications and Information Technology Services and regularly updated with information about COVID-19 and policies and processes important to UCSF Fresno faculty, trainees and staff, as well as helpful information for the public.

COVID-19 placed additional stressors on faculty, trainees and staff. UCSF Fresno provided online wellness resources and created relaxation rooms for faculty, fellows and residents to have a quiet, peaceful place to decompress. In addition, faculty in the Department of Psychiatry volunteered to provide confidential counseling. In early April, UCSF Fresno began offering alternative housing in hotel rooms for clinicians who had concerns about exposing vulnerable family members to COVID-19.

Despite disruptions to UCSF Fresno caused by COVID-19, faculty and residents continued to be innovators in health and patient care. UCSF Fresno faculty participated in national and international clinical trials, giving San Joaquin Valley patients access to the latest drugs and treatments for COVID-19. UCSF Fresno launched a new Health Equity Action Lab to address disparities and inequities experienced by the diverse patient population served in the San Joaquin Valley.

Through these unprecedented times, working together with clinical partners, UCSF Fresno continued to meet the health care needs of patients and train future physicians to address the doctor shortages in the region and the health care needs of the rapidly growing population in the Valley.
In previous years, new residents or interns typically started their training at UCSF Fresno with a weeklong orientation and clinical skills boot camp. This year, due to COVID-19, the traditional format was not possible. Instead, the Graduate Medical Education Department implemented a hybrid orientation, onboarding interns by department over a few dates and staggering times each department was on site. New residents were tested for COVID-19, fit tested for masks, and participated in hands-on donning and doffing among other activities. All new residents gathered online for workshops led by UCSF Fresno and Community Regional Medical Center leadership as well as a virtual boot camp.

Media often turn to UCSF Fresno faculty physicians for their expertise on health and medical issues. Over the past year, UCSF Fresno experts have been interviewed by local, state, national and international outlets on topics ranging from autism, Doctors Academy, the doctor shortage, healthy eating, liver disease, medical students and Match Day, Mobile Heal., pulmonary hypertension, mass shooting in Fresno and trauma preparedness. In addition, many interviews were requested for information on COVID-19, including events canceled due to the pandemic, signs and symptoms, prevention, testing, mental health, effect on pregnant women, economic impact, masks and face coverings, shortages of hydroxychloroquine and impact on rheumatology patients, alternative housing for frontline health care providers, UCSF Fresno Wilderness Medicine fellow volunteering in New York, drop in emergency room visits, and research among many other topics.

In addition, faculty and residents worked with the Department of Public Health, elected officials and other organizations to provide information on COVID-19 in Hmong, Punjabi and Spanish.

Associate Dean Michael W. Peterson, MD, wrote an op-ed in The Fresno Bee on UCSF Fresno’s response to the pandemic. Amir Khan, MD, wrote a piece on stroke risk and COVID-19, which ran in GV Wire. Students in the UCSF SJV PRIME wrote an opinion piece on the need to diversify the physician workforce.
UCSF Fresno Gynecologic Oncologist Provides State-of-the-Art Surgery for Valley Woman with Complex Case

Patient Care

Patrick Shea, MD, and medical student

“Patient Care”

UCSF Fresno child and adolescent psychiatrists Karen Kraus, MD, and Patrick Shea, MD, are training medical school students and residents to address mental health needs of children and teenagers as increasingly youths are being hospitalized for self-harm injuries and suicide rates have reached their highest in nearly six decades.

Suicide now is the second leading cause of death for young people ages 10 to 24 in the United States; and in California, about 7.5 of every 100,000 youths ages 13 to 21 died by suicide in 2017, up from a rate of 4.9 per 100,000 in 2008.

Incidents of self-harm by youths also have sharply increased with more than 85,000 youths ages 13 to 21 being seen for mental health diagnoses at California hospital emergency departments in 2018, according to Kaiser Health News.

The trends in youth suicide and self-harm behavior are disturbing, Dr. Kraus said. “Over the span of five years, there has been an enormous increase in the number and severity of psychiatric problems that we are seeing at Community Regional Medical Center,” she said. “In 2014, there was only one or two kids a month on the general pediatric service who were being referred for a psychiatric consultation, and now it’s seven a month.”

UCSF Fresno’s psychiatry residency program places an importance on child/adolescent psychiatry to address the mental health needs of young people in the San Joaquin Valley, where there is a dearth of child psychiatrists. “Our mission has to do with training physicians uniquely committed and qualified to work in challenging practice environments – and any psychiatrist who remains in the San Joaquin Valley has to be able to help adolescents,” Dr. Kraus said.

The severe shortage of child/adolescent psychiatrists makes it necessary for general psychiatrists to understand child/adolescent psychiatry, Dr. Kraus said. “As a general psychiatrist you are not a sub-specialist and you don’t need to know everything, but you need to know what the child/adolescent guidelines are and you need to follow them,” she said. “You need to be able to assess what a child needs and to be able to orchestrate the treatment.”

All UCSF Fresno psychiatry residents, regardless of their interest in child/adolescent psychiatry, do at least a minimum of a year (equivalent to a day a week) working with children and adolescents as part of their core rotation that runs from the middle of the third year to the middle of the fourth year of residency, Dr. Kraus said. Residents who express an interest in child/adolescent psychiatry have opportunities for a two-year longitudinal experience with child/adolescent psychiatry, she said.

Psychiatric consults also are made for pediatric patients who are admitted for traumatic injuries, including once-a-week rounds at the burn unit. Children with burns often have protracted stays in the hospital and long courses of medical treatment, Dr. Kraus said. The focus is on trauma-informed developmentally responsive care with a secondary goal of prevention of post-traumatic stress disorder (PTSD), she said.

(continued on next page)
UCLA Cardiologist Brings New Implantable Heart Monitor to San Joaquin Valley

Cardiologist Brings New Implantable Heart Monitor to San Joaquin Valley

David Peters, 77, a Kingsburg farmer and board member of the Leon S. Peters Foundation. Peters was diagnosed with cancer of the spine and lungs by physicians at the UCSF Fresno and Community Regional Medical Center Lung Nodule Program.

“I have had the best treatment by UCSF Fresno doctors at this facility,” said Peters. “I’m doing well. I’m strong.”

UCSF Fresno became the newest member of the University of California Hematologic Malignancies Consortium (UCHMC) in 2019. The UCHMC is a collaboration of academic physicians doing clinical research at five UC Cancer Centers. UCSF Fresno joined the consortium as its sixth member. Inclusion in the UCHMC allows UCSF Fresno medical oncologists to work jointly with researchers at UC Cancer Centers located at UC Davis, UCSF, UCI-Irvine, UC San Diego and UCLA; and the collaboration opens the door for patients in the San Joaquin Valley with cancers of the blood to participate in clinical trials that have mostly been unavailable to them.

“Being a part of the UC Hematologic Malignancies Consortium will enable us to offer clinical trials available through the consortium here in Fresno so our patients don’t have to travel to San Francisco, Los Angeles, Sacramento or San Diego for this,” said Hafaa Abdulhaq, MD, associate clinical professor at UCSF and director of hematology at UCSF Fresno.

The membership in the consortium will allow UCSF Fresno to participate in large, pharmaceutical-funded hematologic malignancies trials, and it will provide a platform at UCSF Fresno to initiate new clinical trials for patients with leukemia, lymphomas and other blood cancers. Identifying and enrolling patients with rare cancers can be a challenge, and clinical trials need enough patients for results to be scientifically valid.

“We have been trying to develop partnerships for research and foster research by having more clinical trials here,” said Uzar Chaudhary, MD, UCSF professor of clinical medicine and interim chief of medicine at UCSF Fresno. “Our overarching goal is to achieve designation by the National Cancer Institute,” he said. There currently are 71 NCI-designated centers in the United States that meet standards for cancer research and provide cutting-edge treatments to patients.

By participation in the UCHMC and by working toward an NCI designation, UCSF Fresno patients will benefit by enrollment in clinical trials, Dr. Chaudhary said. “Patients get better care when they are on a clinical trial because they are followed very stringently,” he said. “And they benefit from newer therapies. Patients will have more opportunities to participate in novel treatments.”

In September 2017, UCSF Fresno took over the Community Medical Centers Cancer Services Clinical Research Program through a collaboration agreement. In August 2018, cancer research was consolidated under one roof at the Community Cancer Institute (CCI) in Clovis, allowing for more coordination of care and for a quadrupling of enrollment to clinical trials as compared to previous years. UCSF Fresno medical oncologists are UCSF faculty and provide cancer care at CCI.

UCSF Fresno medical oncologists stay abreast of the latest in treatments that emerge from clinical trials to provide cutting-edge care for patients with all types of cancer, from breast, lung, prostate, pancreatic, lymphomas, leukemia, bladder, etc. Each of the UCSF Fresno medical oncologists has interests in specialized areas of oncology care and cancer research. Dr. Chaudhary, chief of hematology/oncology, specializes in gastrointestinal, genitourinary cancers; Dr. Abdulhaq and Muhammad Sani Bala, MD, specialize in hematologic malignancies; Li Li, MD, PhD, specializes in lung cancer; and Constance Stoehr, MD, specializes in gynecologic and breast cancers.

Multidisciplinary tumor boards meet to discuss patient cases, which include medical oncologists, surgeons, pathologists, radiation oncologists all sitting together to recommend treatment. “It’s medical care in one-stop,” Dr. Chaudhary said.

“I have had the best treatment by UCSF Fresno doctors at this facility,” said David Peters, 77, a Kingsburg farmer and board member of the Leon S. Peters Foundation. Peters was diagnosed with cancer of the spine and lungs by physicians at the UCSF Fresno and Community Regional Medical Center Lung Nodule Program.

Peters was referred to Dr. Abdulhaq for oncology care, which has included radiation and chemotherapy. “I’ve had complete faith in the UCSF Fresno program,” Peters said. “I’m doing well. I’m strong.”

UCSF Fresno is committed to providing outstanding clinical care, promoting research and teaching the next generation of physicians, Dr. Chaudhary said.

UCSF Fresno physicians provide much of the safety-net treatment in Fresno and surrounding areas, and that includes the care they provide to cancer patients at CCI. UCSF Fresno serves a diverse and socio-economically disadvantaged population regardless of health insurance. “At UCSF Fresno, the overall goal is to serve the community,” said Dr. Chaudhary.

Providing medical students and residents hands-on experiences with young patients and lectures on child and adolescent mental health are essential to building a physician workforce for the Valley that is prepared to address the rise in suicides and self-harm behavior among young people, Drs. Kraus and Shea said. UCSF Fresno is committed to providing that vital education and training in child/adolescent psychiatry.

Psychiatry residents also work with Dr. Kraus at University Psychiatry Associates (UPA), an outpatient clinic. At any one time, the residents’ caseloads of pediatric patients at UPA averages around 10 and over the course of a year, they will have evaluated approximately 20 children and adolescents total. UCSF Fresno introduces child/adolescent mental health to UCSF medical students including those in the San Joaquin Valley Program in Medical Education (SUJ PRIME). The students conduct rotations at UCSF Fresno.

SUJ PRIME students are with Dr. Shea at the Fresno County Department of Behavioral Health, where he sees children and adolescent patients. “The SUJ PRIME students definitely are seeing depressed adolescents who they have to assess for suicidal thoughts,” he said. UCSF medical students also have opportunities to be present at psychiatry consults at CPMC. Most students will see at least one adolescent who has attempted suicide, Dr. Shea said.

“Cardiologist Brings New Implantable Heart Monitor to San Joaquin Valley”

Richard Kiol, MD

Checking blood pressure and weight daily for indications of a worsening heart condition is a way of life for patients with heart failure, but UCSF Fresno cardiologist Richard G. Kiol, MD, has introduced a new implantable monitoring system that detects subtle variations in heart function before numbers on scales and blood pressure gauges raise alarms.

About two-dozen patients in the San Joaquin Valley so far this year have received CardioMEMS™ HF System, a miniature wireless monitor that tracks changes in pulmonary artery pressures before the appearance of symptoms, such as swollen ankles and shortness of breath.

“It is a simple, elegant system that can help keep patients healthy, allowing them to feel better and do more, walk farther, spend more time with their families and have a better quality of life,” Dr. Kiol said. “It also has been shown to reduce re-hospitalizations for heart failure symptoms, which can be very costly.”

The implantable monitor is a battery-free pressure-sensing device that is smaller than a dime. Other implantable monitors have been larger, the size of pacemakers, had wires that were threaded directly into
the heart and needed battery replacement. None of the prior monitors have been shown to be really effective at reducing re-hospitalizations and improving quality of life for patients with heart failure, Dr. Kiel said.

Patients who receive CardioMEMS™ HF System have the wireless device permanently implanted into an artery in the lungs. The minimally-invasive surgical procedure involves a catheter inserted through a vein in the leg or neck. Patients can be up and back walking in a short time.

The monitor is ingeniously simple, Dr. Kiel said. One day a time, patients lay on a pillow-device for 30 seconds while heart rates and artery pressures are wirelessly transmitted to a secure website that physicians can access for review.

CardioMEMS™ HF System was approved by the U.S. Food and Drug Administration in May 2014. The first surgical procedure to implant the monitor in the western United States was performed at UC San Francisco School of Medicine in September 2014 by Luvix Klein, MD, associate professor of medicine, and director of Cardiology Clinical Research and the Mechanical Circulatory and Heart Failure Device Programs. Dr. Kiel was introduced to the monitor in 2016 by Dr. Klein, during an Advanced Heart Failure and Cardiac Transplant Fellowship at UCSF. Following the one-year fellowship, Dr. Kiel returned to UCSF in Fresno and in late 2019 successfully brought the implantable monitoring program to Community Regional Medical Center (CRMC).

Besides its miniature size, lack of wires and battery, the beauty of the monitor is that it gives physicians information about the patient’s heart in real time so adjustments can be made to medications before conditions deteriorate, Dr. Kiel said.

Patients who receive the heart monitor have been diagnosed as having Class III heart failure, meaning they become short of breath with mild activities, such as getting up out of bed, taking a shower, getting dressed, or putting on shoes. Patients who benefit the most are those who have been admitted to the hospital at least once in the last year, Dr. Kiel said.

 Patients who are appropriate to receive the monitor are those who respond to diuretic therapy. Research has shown that increases in pressures detected lung nodules in the Central Valley is one of the largest centers in the nation. “Before the Lung Nodule Program, patients were waiting for over two months that they might have cancer, and they were left to fend for themselves in a complicated medical environment. While physicians had to overcome challenges of differentiating Valley fever, a fungal lung infection to that from lung cancer,” said Dr. Peterson, a leading expert on Valley fever (Coccidioidomycosis).

Through speedy diagnosis, treatment and ongoing management, the Lung Nodule Program has dramatically improved lung cancer patient survival. “In the last five years, the Lung Nodule Program has reduced late-stage cancer diagnoses from about 60% in 2009 to 16% in 2019, “which means we are saving lives,” said Dr. Upadhyay.

Faculty with the Lung Nodule Program include Kathryn Bilello, MD, Mohamed Fayed, MD, Pravachan Hegde, MD, and Karl Van Gundy, MD.

Since its conception in 2009, this program has grown in both qualitative and quantitative standards by providing ‘state of art’ care using the national guidelines to a wide spectrum of patients with lung nodules and lung cancer; currently we see nearly 3,000 patients annually,” said Dr. Upadhyay.

Identification of specific tumor mutations has revolutionized the cancer treatment. “All patients with advanced lung cancer get a 360 gene mutation analysis, then we design mutation based ‘Personalized Treatment’ such as, targeted therapy, immunotherapy or chemo-radiation per national guidelines for better results,” said Dr. Upadhyay, who is director of Translational Research at UCSF Fresno. David Peters, 77, a Kingsburg farmer, board member of the Leon S. Peters Foundation and a former Kingsburg agriculture teacher, had back pain that led to an MRI last year and detection of a large mass in his lung. Dr. Peters was diagnosed as having Class III heart failure, meaning he becomes short of breath with mild activities. “Our doctors were so good and so dedicated,” Peters said. “It’s more than I could do myself,” Peters said. “It’s taking all the dedicated employees to really help drive it forward and make sure it’s successful and as effective as possible.”

CardioMEMS™ HF System, a miniature wireless monitor

The monitor’s ability to alert physicians to changes in patients’ heart conditions has been shown to reduce the rate of heart failure re-hospitalizations, which saves patients and hospitals money, Dr. Kiel said. “The biggest part of expenditure on heart failure really comes from what happens in the hospital. So really if we can prevent one hospitalization it’s probably paying for all the costs associated with this device.”

About 6.5 million adults in the United States have heart failure, according to the federal Centers for Disease Control and Prevention. Dr. Kiel estimates 1,000 patients with heart failure in the Fresno area could potentially benefit from the CardioMEMS™ implant.

The device also saves time for patients—and physicians. Physical monitoring of a patient with heart failure involves patients weighing themselves, taking their blood pressure and letting physicians know of any changes or symptoms. Patients need appointments for routine checkups, and physicians have to set aside a 20 to 30-minute block of time for office visit that could be done at home in 30 seconds by the implantable monitor.

The monitor just makes it easier and more efficient for everybody,” Dr. Kiel said.

Patients who have received the monitor also report an improvement in their overall well-being with the device lessening anxiety that can be associated with heart failure and the constant monitoring required to remain healthy. “We should do everything to keep patients healthy and to improve the quality of their lives,” Dr. Kiel said. “This certainty is one of those things.”

Providing CardioMEMS™ to patients in the Valley has been a joint effort of UCSF Fresno and CRMC. “It’s more than I could do myself and more than even a team of doctors could do,” Dr. Kiel said. “It takes some dedicated employees to really help drive it forward and make sure it’s successful and as effective as possible.”

The unique diagnostic center for thousands of incidentally detected lung nodules in the Central Valley is one of the largest centers in the nation. “Before the Lung Nodule Program, patients were waiting for over two months that they might have cancer, and they were left to fend for themselves in a complicated medical environment. While physicians had to overcome challenges of differentiating Valley fever, a fungal lung infection to that from lung cancer,” said Dr. Peterson, a leading expert on Valley fever (Coccidioidomycosis).

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“Every faculty physician has literally put their hearts into this program and our staff members and navigators are gems, they are the pillars of our program” she said. “It’s hard work, but it’s gratifying.”

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“Since its conception in 2009, this program has grown in both qualitative and quantitative standards by providing ‘state of art’
As a regional campus of the consistently top-ranked UCSF School of Medicine, UCSF Fresno is focused on improving health in the San Joaquin Valley through excellence in teaching and patient care, innovative clinical research and community partnerships. UCSF faculty contribute greatly to the institution’s distinction. Several UCSF faculty physicians at the Fresno regional campus were honored this past year for their dedication to innovation and excellence in medical education, outstanding patient care and service.

Erica Gastelum, MD, received the UCSF Academic Senate Distinction in Teaching Award for faculty at UCSF five years or fewer. Dr. Gastelum is a Health Sciences Assistant Clinical Professor in the UCSF Fresno Department of Pediatrics. She is Medical Student Clerkship Director for Pediatrics and is Co-Director of SJV PRIME LIFE Program at UCSF Fresno.

Alexander Sherriffs, MD, was reappointed to the San Joaquin Valley Air Pollution Control District by Gov. Gavin Newsom. The board establishes air pollution standards for the region.

Dr. Sherriffs has served on the board since 2011. He is a health sciences clinical professor in the Department of Family and Community Medicine.

UCSF Clinical Professor of Neurology and faculty member in the Department of Pediatrics Harrol T. (Terry) Hutchison, MD, PhD, received the Child Neurology Society’s 2019 Arnold P. Gold Foundation Humanism in Medicine Award in October at the society meeting in Charlotte, North Carolina. The award recognizes his extraordinary and ongoing humanism in his medical career. The award is named for the late Arnold P. Gold, MD, who is considered a founder of modern child neurology.

Amir H. Fatih, MD, assistant clinical professor in the Department of Surgery and Hepato-Pancreatic Biliary Surgery Program at Community Regional Medical Center, was selected as 2020 UCSF Fresno Faculty Research Award recipient. Dr. Fatih received the award for his population-based analysis of patients with a focus on predicting aggressive behavior in nonfunctional pancreatic neuroendocrine tumors with emphasis on tumor size significance and survival trends. This award is designed to stimulate creative research by recognizing the faculty member whose research is judged by a review committee to be the most significant and meritorious during the academic year.

The Western Society for Pediatric Research recently presented Cynthia Curry, MD, UCSF professor of Pediatrics at UCSF Fresno, emerita, with the Joseph W. St. Geme Jr. Education Award, a prestigious education and research award given every two years. Dr. Curry was nominated by several colleagues in genetics.

Lori Weichenthal, MD, (back row, red) received a Lifetime Achievement Award from the Fresno Madera Medical Society. An emergency medicine physician and Assistant Dean for Graduate Medical Education at UCSF Fresno, Dr. Weichenthal was the first female leader in the UCSF Fresno Department of Emergency Medicine. She helped establish the Wilderness Medicine Fellowship at UCSF Fresno and has forged a path for residents and other female faculty alike.

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Congratulations to faculty members Alya Ahmad, MD; associate clinical professor in the Department of Pediatrics; Candice Reyes, MD, associate clinical professor in the Department of Medicine and division director of Rheumatology; and Kam Lun Au Yeung, MD, assistant professor in the Department of Internal Medicine for completing the UCSF Teaching Scholars Program (TSP). TSP is a year-long faculty development program that fosters educational leaders and scholars through an intensive seminar series, mentored projects, a network of educational colleagues and collaborative learning.

Eric Lindvall, DO, chief of the UCSF Fresno Department of Orthopaedic Surgery, was selected as the recipient of the 2020 Kaiser Award for Excellence in Teaching. The UCSF School of Medicine recognizes exceptional faculty instructors through this annual award. Only medical students and residents can nominate teaching faculty for this significant academic distinction.

Rais Vohra, MD, professor of Emergency Medicine and Clinical Pharmacy at UCSF Fresno, received a Key to the City from Mayor Lee Brand during the 2020 State of the City Address. Dr. Vohra received the recognition for his work as Interim Health Officer for the County of Fresno in response to the COVID-19 pandemic.
Scholarly Activity

1100+
Health professionals and others attended UCSF Fresno conferences and events

69
Quality Improvement projects

6
CME and community events hosted (including virtual graduation)

31
Grants awarded to faculty at UCSF Fresno

79
Publications by faculty at UCSF Fresno

UCSF Fresno is translating scientific discoveries and laboratory breakthroughs into improved patient care and therapies, and in response to COVID-19 faculty physicians have been participating in national and international clinical trials, investigating effects of the novel coronavirus on patients and looking for effective treatments and ways to improve health outcomes.

As a regional campus of UCSF, an institution that is world-renowned for its research, the faculty at UCSF Fresno are well-equipped to lead research projects across a spectrum of medical disciplines. UCSF Fresno physicians in Emergency Medicine, Internal Medicine, Surgery and Obstetrics/Gynecology have been leading research on COVID-19 since the beginning of the pandemic.

UCSF Fresno physicians have been regularly meeting each month to discuss current COVID-19 clinical trials and foster interest in future research projects. "It’s to collaborate, coordinate and brainstorm together," said Eyad Almasri, MD, a UCSF Fresno pulmonary and critical care specialist, who organized the research group. "This is a very hard, demanding time and we’re trying to pool our resources together."

"This shows the collaborative effort of what is going on at UCSF Fresno since the beginning of the pandemic," said Marina Roytman, MD, a hepatologist who is leading research at UCSF Fresno as part of a 20 academic-center consortium that is studying patients diagnosed with COVID-19 who have chronic liver disease.

Here is a look at COVID-19 studies at UCSF Fresno:

• Eyad Almasri, MD, a UCSF Fresno pulmonary disease and critical care specialist, is leading a study of the anti-viral drug remdesivir for COVID-19 patients with severe respiratory failure and who require mechanical ventilation support. The Federal Food and Drug Administration has given approval for critically ill patients to receive the drug. Remdesivir has shown promise in reducing the length of illness of hospitalized patients. Dr. Almasri also participated in a national, randomized, double-blinded placebo-controlled National Institutes of Health-funded study to look at the efficacy and safety of Hydroxychloroquine, an immunosuppressive drug and anti-parasite that can treat and prevent malaria and also treat lupus and arthritis. The study considered the gold standard in clinical trials, concluded Hydroxychloroquine was not beneficial and the study was stopped.

• Brian Chinnock, MD, Emergency Medicine research director at UCSF Fresno, participated in a UCSF-initiated study, “An Assessment of Emergency Medicine Physicians’ Anxiety Levels and Potential Stress Mitigation Measures during the COVID-19 Pandemic Acceleration Phase.” The study assessed anxiety and burnout levels, home life changes and measures to relieve stress. A cross-sectional e-mail survey was sent to all ER physicians at seven academic emergency departments, including Community Regional Medical Center in Fresno. The study, published in the Society for Academic Emergency Medicine, found the acceleration phase of COVID-19 pandemic induced substantial stress and anxiety and that the best measures of decreasing stress were enhanced availability of personal protection equipment, rapid turnaround testing at provider discretion and clear communication about COVID-19 protocol changes. “Those kind of stress mitigators got twice as many points as having (continued on next page)
As the largest academic medical education institution in the San Joaquin Valley, UCSF Fresno hosts many continuing education conferences and events each year to elevate clinician knowledge and share best practices with the goal of enhancing health care and patient outcomes in the region. New educational events were offered this year and some longstanding events were canceled due to the COVID-19 pandemic. UCSF Fresno offered three CME events this year. Two took place before COVID-19.

As a leading provider of lung infection expertise, UCSF Fresno’s Department of Internal Medicine presented the first Lung Infection Symposium in October 2019. The daylong event focused on Valley fever and Nontuberculous Mycobacteria, two under recognized lung infections that can cause significant morbidity and mortality if left untreated.

In February 2020, the UCSF Fresno Division of Endocrinology held the second annual Endocrine and Diabetes Symposium for Primary Care Providers. Primary care physicians and allied health care professionals learned about current trends, new guidelines and the latest expert recommendations at this free CME symposium.

Public health orders preventing large in-person gatherings required the cancellation of the Air Pollution and Climate Change Symposium, High Sierra Wilderness and Travel Medicine Conference, and Autism Symposium this year.

UCSF Fresno CME soon adapted by offering its first virtual conference. The 15th annual Cardiology in the Valley Symposium was held in May 2020 via Zoom webinar. The event focused on critical decision making in cardiology and offered a firsthand look at the outcomes data for COVID-19 patients and suggested that webinars may be a new means for UCSF Fresno CME to deliver continuing education in the future.

Thanks to the faculty program directors of the lung infection, endocrinology and cardiology conferences respectively Mohamed Fayed, MD; Soe Naing, MD, MRCP, FACE; and John Ambrose, MD; for their dedication to sharing clinical information and expertise aimed at improving health in the San Joaquin Valley.

For more information about upcoming Continuing Medical Education events at UCSF Fresno, go to https://www.fresno.ucsf.edu/continuing-medical-education/ or email cme@fresno.ucsf.edu
When Siabu, a 32-year old female orangutan presented with biopsy-proven squamous cell carcinoma of the left mandible, the Fresno Chaffee Zoo turned to Dr. Robert Julian and the UCSF Fresno Department of Oral and Maxillofacial Surgery (OMFS).

Siabu had lost a few lower left teeth, which led to dental treatment by Scott Jett, DMD, and Michelle Asselin, DDS, in collaboration with the zoo’s supervising veterinary medicine team, under the direction of Shannon Nodolf, DVM, chief veterinary officer. Under heavy sedation, several other teeth were extracted, and a biopsy was taken of the soft tissues of the left mandibular alveolus. Results from the biopsy returned as invasive squamous cell carcinoma.

On March 4, 2020, Siabu had surgery performed by faculty and residents in the UCSF Fresno Department of OMFS to remove the malignant tumor of the left lower jaw. This surgery was only completed after careful consideration by the veterinary medicine team headed by Dr. Nodolf who consulted oncologists at UC Davis and diligently worked toward amending the best possible treatment course for the patient, said Robert Julian, DDS, MD, FACS, chief and program director of the UCSF Fresno Oral and Maxillofacial Surgery Residency Program.

Dr. Nodolf thanked the UCSF Fresno team. “We are lucky to have been able to work with this fantastic team who so generously provided their diverse expertise, but also helped to coordinate getting all of the equipment and hardware for the procedure donated,” Dr. Nodolf said. “From the initial consult to their thoughtful follow up, everyone involved was so dedicated to ensuring the best outcome for Siabu and we are so grateful for their partnership in helping us care for this beloved patient.”

Oral cancer is rare in primates and known to be a devastating disease in human beings, and thus the treatment logic was basically modeled after the treatment indications for a human case, Dr. Julian said.

Siabu, pictured with her baby Hantu, tolerated surgery well and is receiving further therapy to recover from her illness.

Fresno Investment Plan Drives Valley Initiatives Forward, Including Medical Student Education

In summer 2019, UCSF Fresno was invited to participate in a bold communitywide effort. The initiative, known as Fresno DRIVE (Developing the Region’s Inclusive and Vibrant Economy), is a 10-year investment plan aimed at developing a sustainable economy for residents of the greater Fresno Area.

Sponsored by the Central Valley Community Foundation, with support from the James Irvine Foundation, Fresno DRIVE encompasses a steering committee of more than 150 organizations and participation from over 300 community leaders.

The initiative, named the Fresno COVID-19 Equity Project (CEP), linked UCSF Fresno with community-based organizations (CBOs) to provide free and equitable access to testing. A collaboration with the CBOs and the Fresno County Department of Public Health expands the project to include contact tracing, community education, social support and health care services to improve health in areas that would benefit most.

UCSF Fresno’s proposal was one of the initiatives included in the DRIVE Community Investment Plan. UCSF Fresno’s initiative focused on increasing the number of SJV PRIME medical students trained in Fresno and the Valley, providing academic preparation and enrichment programs to local K-16 students to grow the pipeline of physicians and other health care providers, and ramping up clinical research focused on vulnerable populations in the Valley.

A Fresno DRIVE contingency met with Gov. Gavin Newsom in October 2019 to brief him on the effort. The plan was then fine-tuned and unveiled at the California Economic Summit in Fresno in November 2019. The plan was widely praised, including by the governor.

In January 2020, Gov. Newsom’s proposed budget contained funding for the Valley and Fresno DRIVE, including some funding for expansion of medical student training at UCSF Fresno in partnership with UC Merced. On March 19, 2020, a mandatory statewide stay-at-home order was issued in California due to the COVID-19 pandemic. Understandably, the state’s focus shifted to responding to the pandemic, protecting public health and fostering economic recovery. Funding for medical student education in the San Joaquin Valley was uncertain.

But, in June, the Legislature and Gov. Newsom passed a state budget that provided $15 million a year in ongoing funding to the University of California to expand medical student education in the Valley as part of a partnership among the UC Office of the President, UCSF, UCSF Fresno and UC Merced. By committing to the funding, the Governor and Legislature recognized the great need and value of expanding medical education and physician training in the Valley, which has one of the lowest physician-to-population ratios in the state. In addition, Valley community members live with more chronic health conditions and health disparities than those in other parts of California.

The state funding specifically allows UCSF to further develop plans jointly with UC Merced to prepare undergraduate students, especially those who reflect the Valley’s diverse populations, for entry into the UCSF School of Medicine San Joaquin Valley Program in Medical Education (SJV PRIME). SJV PRIME trains students from the Valley to provide culturally competent, accessible care in the region, especially for underserved populations. The finalization of the state budget and certainty of the $15 million in ongoing funding is a testament to the advocacy of Fresno DRIVE, state elected leaders including Assembly Member Adam Gray, and is a win for training up-and-coming future physicians from the Valley for the Valley. The 10-year investment plan is a work in progress and as such, the work of Fresno DRIVE is ongoing. UCSF Fresno remains an active participant.
A unique effort is underway at UCSF Fresno as a newly created Health Equity Action Lab has been launched to address health disparities and inequities experienced by the diverse patient population served in the San Joaquin Valley.

“The purpose of the UCSF Fresno Health Equity Action Lab is to bring together physicians and others from the different programs to learn about health inequities, to share the work they are doing in this arena (outreach programs, research, etc.), and to brainstorm about other ways to improve the health of our communities,” said Loe Weichenthal, MD, UCSF Fresno assistant dean of Graduate Medical Education, associate program director of Emergency Medicine, and UCSF professor of Clinical Emergency Medicine.

Understanding social, environmental, and structural factors affecting patient populations is important for all physicians, and especially in Fresno, where there are huge disparities in life expectancy, access to care, exposure to air pollution, and poverty, among other inequities and disparities, said Mackenzie Yore, a fourth-year resident in Emergency Medicine who developed the Health Equity Action Lab with the support of Dr. Weichenthal and Kenny Banh, MD, UCSF Fresno assistant dean of Undergraduate Medical Education and UCSF associate clinical professor of Emergency Medicine.

“Fresno seems to me to be the perfect place to have a strong emphasis on health equity because our patient population could benefit so much,” Dr. Yore said. “The lab is a place to gain a better understanding of the resources available to patients who need them as a part of our treatment plans.”

UCSF Fresno’s decision to open the lab to all residencies sets it apart from other health equity projects. Health equity tracks for residents typically are targeted to a specific training program, such as Emergency Medicine, Dr. Yore said. She considered limiting the UCSF Fresno lab to Emergency Medicine but opened it to all nine of UCSF Fresno’s residency programs, 19 fellowship programs and the three physician assistant residency programs after conducting a campus-wide survey that showed widespread interest.

Establishing the UCSF Fresno Health Equity Action Lab allows physicians, like Dr. Yore, to improve health on a community scale. During medical school at Stanford, Dr. Yore studied emergency medical care in Tanzania for a master’s in Global Health from UCSF, and she chose to specialize in Emergency Medicine because, “I wanted a career where I could be a full-time physician, but have the ability to take on community-engaged projects and policy work,” she said. “I hope to get back into Global Health, but in the past several years, I realized we have a lot of work to do right here.”

The UCSF Fresno Health Equity Action Lab provides the mechanism for many different health professionals to work together to address health inequities. Participants will be given selected readings on health equity issues, and Dr. Yore wants to arrange conversations and collaborations with community-based organizations and local institutions who serve at-risk groups of Fresnoans.

“I hope this can grow and turn into a really thriving and growing community of people who want to be community engaged and work across departments; and for this to be a lasting program at UCSF Fresno,” Dr. Yore said.

In June, the Fresno City Council approved a grant agreement with UCSF Fresno to significantly expand testing for COVID-19, especially in underserved communities and communities of color. Proposed by Mayor Lee Brand and City Manager Wilma Quan and championed by Council President Miguel Arias and Councilmember Esmeralda Soria, the agreement appropriated $8 million from the City’s CARES Act funds to support the project and improve Fresno’s response to the pandemic.

The initiative, named the Fresno COVID-19 Equity Project (CEP), linked UCSF Fresno with community-based organizations to provide free and equitable access to testing, contact tracing, community education, social support and health care services to improve health in areas that would benefit most.

Fresno CEP builds upon UCSF Fresno’s Mobile Health and Learning or Mobile HeaL. Emergency medicine physician and assistant dean at UCSF Fresno Kenny Banh, MD, started Mobile HeaL in the fall of 2018. Mobile HeaL provides mobile health services to vulnerable populations. In addition to providing remote, accessible health care, Mobile HeaL offers learning opportunities for medical students and pre-health students under the guidance of experienced medical residents and faculty physicians at UCSF Fresno.

CARES funding from the City allowed Mobile HeaL to hire additional personnel, purchase equipment, increase the number of mobile units and establish a static location to provide services and remote testing. Community connections and goals were developed over the summer to facilitate services and testing in neighborhoods, at schools, churches and other locations throughout central, southwest, and southeast Fresno.

Partnering community-based organizations including: African American Clergy Taskforce, Black Wellness & Prosperity Center, Central Valley Health Policy Institute, Centro Binacional Para El Desarrollo Indigena Oaxaqueño, Centro La Familia, Cultiva La Salud, Cultural Brokers Inc., Fresno Building Healthy Communities, The Fresno Center, Fresno Economic Opportunities Commission, Fresno Interdenominational Refugee Ministries, Fresno Metro Black Chamber of Commerce, Go Public Schools Fresno, Jakara Movement, Reading and Beyond, Take a Stand Committee, and West Fresno Family Resource Center. Fresno CEP officially launched in September 2020 and is set to run through December 2020.

City of Fresno, UCSF Fresno and Community Organizations Respond to COVID-19
One Saturday morning last fall, Lisa Crespin had an open day on her calendar and decided to attend UCSF Fresno’s free Liver Expo. Crespin was feeling good, other than being a little uncomfortably overweight, a condition she had struggled with most of her adult life. When she won a lottery drawing for a liver test at the Expo, she expected good results.

Crespin, 54, of Fresno, had no recognizable symptoms of liver disease, such as yellowing of the skin or eyes. A nondrinker, she knew she had diabetes, but said, “I thought I had a healthy liver.” A free scan of her liver, however, showed Crespin had nonalcoholic fatty liver disease. Follow-up tests done later would reveal other health problems, including a large tumor dangerously pressing against a kidney.

When Crespin was scanned for the first time in October, the scan showed more than 66% of the liver cells had been replaced by fat and there was some scarring. She received the test results from Gieric Laput, MD, then incorporated a lifestyle that includes healthy eating and exercise. “Something clicked that day,” she said. “Now I know I have the ability to change and it’s just making better choices.”

Liver diseases often have few or no symptoms and remain undiagnosed until the liver has been badly scarred; and contrary to common thought, not all liver diseases are caused by alcoholism, Dr. Roytman said. An unhealthy diet, lack of exercise, diabetes and being overweight are among the risk factors for nonalcoholic fatty liver disease, a condition caused by a buildup of fat cells in the liver.

Fatty liver disease can progress to cirrhosis (scarring of the liver), increasing the risk of liver cancer and can lead to liver failure. “It’s critically important to diagnose cases early,” Dr. Roytman said. “If we wait too long with the diagnosis then the patients will present with complications of cirrhosis, and this is what we do not want to happen.”

The Liver Expo, held in October, attracted about 200 people. About 100 people were tested for hepatitis C, done with a finger stick to get a drop of blood. About two-dozen people were tested for fatty liver disease. In the past, testing for fatty liver disease required an invasive biopsy, but a sound-wave based tool, FibroScan, which Dr. Roytman has expanded the use of in Fresno, is painless and takes about 15 minutes. FibroScan measures fibrosis (scarring) and steatosis (fatty cell build up) of the liver.

“By the time of Crespin’s appointment with Dr. Roytman, she had accomplished a 10% weight loss. “She had already done the important thing,” Dr. Roytman said. But patients with liver cirrhosis are at risk of certain conditions, such as liver cancer, and that needed to be ruled out. An ultrasound showed a worrisome spot on the liver. A CT scan alleviated worry about the spot, but it showed a large mass on the left side of Crespin’s abdomen. “It was a completely unexpected finding,” Dr. Roytman said.

More imaging of Crespin’s abdomen showed the tumor was noncancerous. Crespin’s case was an extremely rare occurrence with less than five such cases reported in medical literature, Dr. Fathi said. She had a very rare condition where the mass was comprised of six smaller parts consisting of six of her lymph nodes that had been completely taken over by benign fatty deposits of up to 20 times bigger than normal lymph nodes.

But without the FibroScan of her liver leading to discovery of the tumor, the results could have been far different, Dr. Fathi said. The UCSF Fresno Liver Expo allowed people like Crespin to get tested for rare, silent diseases, he said. “It was a one of a kind screening event that has never happened in the central San Joaquin Valley before and opened up opportunities to screen the patients not only about their liver but about other parts of their abdomen as well, eventually.”

After surgery, results from an examination of the mass held more surprises. The tumor was noncancerous. Crespin’s case was an extremely rare occurrence with less than five such cases reported in medical literature, Dr. Fathi said. She had a very rare condition where the mass was comprised of six smaller parts consisting of six of her lymph nodes that had been completely taken over by benign fatty deposits of up to 20 times bigger than normal lymph nodes.

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Crespin is recovering well from the surgery, and is looking forward to seeing her son, who is 21, go to medical school and become a doctor. “I feel today, at 54, to tell you the truth, better than I felt at 30,” she said. She advises others to take advantage of free screenings. “I encourage people who are overweight that if you feel something, don’t just say it’s weight. It could be such as what was happening to me.”

Crespin is an example of who the Liver Expo was designed for, and the outcome “is definitely more than I was hoping to accomplish,” Dr. Roytman said. She is planning a second UCSF Fresno Liver Expo for the community on Saturday, Oct. 10, from 9 a.m. to noon. This one, due to COVID-19, will be a “virtual” event.

“UCSF Fresno can offer to the people in the Valley,” Dr. Roytman said. “We have a huge problem here with people being overweight, obese, with high blood pressure, high cholesterol and diabetes – all risk factors for fatty liver disease. This is why we want to give people access to the FibroScan screening.”

UCSF Fresno Liver Expo Was a Potentially Life-Saving Event for Fresno Woman

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Cazares-Navarro grew up in Parlier, the first child in his family to be born in the United States and the first to learn English. An interest in medicine developed early from translating for his parents at doctor appointments, and by middle school he was determined to attend the UCSF Fresno Doctors Academy (DA). He calls DA “the lifeblood of the campus.” From a principal’s perspective, “it changes your entire campus,” Fowler said.

Pathway programs are critical to addressing the health care needs in the Valley and California, said Katherine Flores, MD, associate clinical professor in Family Medicine at the UCSF School of Medicine, and the founder and director of LA CMER. “If we’re going to diversify the workforce and increase the number of students who believe that they can become a health professional, we have to support them along their journey.”

The partnership between UCSF Fresno and the schools has created a unique program that over the past two decades has grown into one of the largest, if not the largest academic and college preparatory program of its kind in California and nationwide. Each year, a total of about 600 students are enrolled in DA and Junior Doctors Academy (JDA) for middle school students.

Having a tie with UCSF School of Medicine has been critical to the credibility of the program, Dr. Flores said. “But in order to be successful, this had to be a partnership,” she said. “It had to include the school districts, because these are their students. They have invited us into their schools and allowed us to run a program jointly with them to do the things that we believe are important.”

Three high schools in Fresno County – Sunnyside, Caruthers and Selma – have DA programs. (Caruthers and Selma were added in 2007). A JDA in 2000 added students at Kings Canyon, Sequoia, Tōmēnez and Caruthers middle schools.

Dr. Flores gets inquiries all the time from schools interested in opening a DA. More could be added if funding were available to help with startup and sustainability, she said.

School officials credit the DA program for creating a healthy academic competition on campuses that has helped boost academic opportunities and successes for non-DA and DA students alike.

DA students are required to take Advanced Placement and Honors courses throughout their four years in High School. All students need to complete a A-G coursework to be considered for admission to a UC or CSU and at Sunnyside High, Vice Principal Mark Fowler said this has led to more students on campus taking the necessary courses as A-G completion rates have increased in the past 10 years from roughly 30% A-G course completion to now nearly 60%. Having DA at the school is a source of pride for Sunnyside, Anderson said.

“We’re connected to UCSF, which really does bring prestige to the program.”

DA has had a profound effect on Caruthers High School in the rural community of 2,500 in southwest Fresno County, said Principal Mark Fowler. He taught the first DA class at the 600-student high school in 2007. He calls DA “the lifeblood of the campus.” From a principal’s perspective, “it changes your entire campus,” Fowler said.

Caruthers High had four AP classes when Fowler taught the DA class 13 years ago. Today, there are 10 AP classes. AP Biology was added this year, and the principal said “the reality is half of the students in that class are not DA, but they’re friends with DA kids. And now they want to compete academically with DA kids. So the trickledown effect of that is you almost triple your AP classes offered because now kids want to compete academically.”

Goals for students have changed in the community, too.

“The new norm is the expectation that kids go to four-year universities and that was not true 15 years ago,” Fowler said. “Graduation from high school used to be the finish line for some of our kids and now it’s just another step in the process.”

Fowler has been a staunch supporter of DA and pushed for JDA in Caruthers, where eighth graders in academic good-standing automatically are accepted into DA as high school freshmen. “I had seen what it had done for us academically here, he said. “I also knew there was not another seventh through 12th grade pipeline in the entire state and we could be the first.”

The DA has 865 alumni, and many are still in college, but the program has been able to track some of its college graduates. There are 360 known alumni who have earned bachelor’s degrees; 60 who have master’s degrees and 18 who hold doctorate degrees (nine of the 18 have medical degrees, three are dentists, two are pharmacists and one is a physical therapist.)

Sunnyside DA alum Amoj Singh, 23, of Fresno, said he wants to return to serve the community after finishing medical school and residency. Singh is one of six medical students admitted to the first class of the UCSF San Joaquin Valley Program in Medical Education (UJC VPRIME). The program is designed for future physicians who are committed to providing high-quality, culturally competent and accessible medical care that addresses the Valley’s unique health needs. “It (DA) taught me how prevalent health disparities were in the Valley,” Singh said.

Monique Atwal, MD, 29, a native of Selma and 2008 Sunnyside DA graduate, is a resident in psychiatry at UCSF Fresno. Dr. Atwal left the Valley to get her bachelor’s degree at UCLA and then was accepted to the UC Davis SJPRIME. She is the first in her family to go to medical school, and the staff at DA helped with her medical school applications, she said. “They were really good in helping support me.” In return, Dr. Atwal has made time to talk to DA students. Her plan is to stay in Fresno after residency.

Nou Lee, PharmD, 27, graduated from UCSF School of Pharmacy in 2018. A first-generation college student, Dr. Lee is one of eight siblings and the first to get a bachelor’s degree and doctorate degree. DA helped build a stronger relationship with her parents, farmworkers in the Hmong community, she said. The program “is not all about the students; it’s about the students and their families,” she said.

Dr. Lee received a scholarship to attend pharmacy school through the DA affiliation with UCSF. “It was a big motivation to finish school,” she said, “UCSF is a very prestigious school.” Dr. Lee completed a one-year post-graduate residency program at Community Medical Centers (CMC) and now is an ambulatory infusion center pharmacist with CMC.

Dr. Flores is proud of each and every DA alum. “Whether they’re an MD or whether they have a doctorate in public health or whether they chose not to go on and even get a master’s degree, what matters is they really took to heart what we taught them and they’re giving back,” she said.

Doctors Academy alumni
One in 365 people of African ancestry in California will carry a gene trait for sickle cell disease, a group of disorders that affect red blood cells that deliver oxygen throughout the body. About one in 13 African Americans in California have sickle cell ... includes sickle cell anemia — a low red blood cell count that features repeated infections and episodes of pain.

In 2020, UCSF Fresno opened a comprehensive adult sickle cell disease care clinic with funding from a $75,000 state grant. The UCSF Fresno clinic is located at the Community Cancer Institute in Clovis and provides comprehensive care, including screening for complications of the blood disease, and coordination of care with other specialties, including genetics, counseling, pain management, orthopaedics, surgery and obstetrics/gynecology.

“The overall goal is to reduce utilization of emergency departments as a point of care by patients and minimize hospitalizations for pain management, as well as improving quality of care and eventually decreasing cost of care,” said Mohammed Sani Bukari, MD, a UCSF assistant clinical professor and a UCSF Fresno oncologist who is board certified in Hematology, Internal Medicine, Oncology and Pediatrics. Dr. Bukari wrote the grant proposal for the clinic.

The Cayenne Wellness Center, a community-based organization, provides access to community resources, such as help with transportation to clinic visits; and support groups. The three-year grant is administered by the Center for Inherited Blood Diseases. Cayenne Wellness has been helping people with sickle cell disease in California since 2000.

The lifespan of Californians with sickle cell disease is lower than for populations with sickle cell disease living in other states, said Carolyn Rowley, PhD, founder and executive director of Cayenne Wellness Center. Many times, people with sickle cell disease do not receive timely and the latest, most effective care, she said. “Having a clinic with a person like Dr. Bukari who is a specialist and who is aware of how to manage, how to treat, what to look for is very important.”

This is the only operating sickle cell disease clinic for adults in the greater Fresno area. Madera County has a sickle cell disease clinic for children at Valley Children’s Hospital. UCSF Fresno will cooperate with Valley Children’s to help teens transitioning from the pediatric clinic to the adult clinic, Dr. Bukari said.

UCSF Fresno quietly turned 45 this year. For the betterment of the Fresno area and the San Joaquin Valley, we have grown significantly in size and scope since we were established. We are now the largest academic physician-training program between San Francisco and Los Angeles.

Medical student education (undergraduate medical education) is expanding on our campus. New partnerships, including with the City of Fresno, Fresno County and numerous community-based organizations, are underway to provide COVID-19 testing, outreach and education, and preventative health care services to more underserved populations outside of hospital and clinic walls. We are revitalize our commitment to diversity, equity and inclusion in a number of ways. By any measure, our future looks bright. Just as partnerships and steady, ongoing commitment were critical in 1975, they are essential to our path forward today.

An article in The Fresno Bee, dated June 20, 1975, reported that the Veterans Administration, in affiliation with the University of California, approved a site for a “medical school” adjacent to the VA Hospital in Fresno and provided $7.4 million to support the effort. The announcement reportedly was the result of a 15-year effort led by then Rep. B.F. Sisk and several local and state officials. Sisk was a Congressman who represented Fresno, Merced and Modesto and is the namesake for the Fresno County Superior Courthouse in downtown Fresno.

UCSF Fresno is here because the dire need for more physicians in the San Joaquin Valley was recognized nearly 50 years ago. UCSF Fresno was started as a graduate medical education program responsible for residency training rather than a medical school. It was believed then that residency training was the most effective way to retain physicians in the region. They were right. Statistics show that physicians tend to practice in areas near where they complete training.

Fast forward to today, UCSF Fresno currently provides training to residents (medical school graduates) in eight medical specialties, fellows (physicians seeking advanced training beyond residency) in 19 fellowships, dental residents in oral maxillofacial surgery, and physician assistants in three PA residencies. Roughly 50% of the physicians who complete training at UCSF Fresno stay in the Central Valley and 80% stay in California to provide care. But it is not enough.

The San Joaquin Valley continues to have one of the lowest physician to population ratios in the state. Even more physicians are needed to care for our growing, diverse, and underserved populations. Training of medical students at UCSF Fresno in partnership with UC Merced through the new UCSF-San Joaquin Valley Program in Medical Education strengthens the pipeline and efforts to train and retain our own physicians. Medical students who complete their training at UCSF Fresno are more likely to reside in residency training in the Valley and in turn, more likely to stay to provide care. Medical student education and residency training are inextricably linked to producing the physicians desperately needed in the Valley, especially those who represent the communities they serve.

It is important to note, public medical student education is funded by state support, tuition and fees. Residency training is not. Residency training at UCSF Fresno is funded in very small part by variable funding from the state, by the federal government (Medicare) using an outdated funding model from 1997, the VA hospital, and our clinical partners. Ongoing, reliable partnerships and financial investment are essential to ensuring excellent medical education and a constant pipeline of physicians for the region. Just like it takes a village to raise a child, it takes a community commitment to grow a physician. UCSF is dedicated to the San Joaquin Valley through the UCSF School of Medicine Fresno regional campus and we will continue to require robust support from our critical partners.