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Editor:
Richard Payne, M.D.

*San Diego Academy
of Family Physicians*



Dr. McCahill - Humanitarian of the Year

Our own Dr. Margaret McCahill is the recipient of the Humanitarian of the Year Award given by the Medical Board of California to one physician in the state. Dr. McCahill received the award this year for her "many years of outstanding service to indigent patients in San Diego County. The committee was particularly impressed with your sending graduates of a residency training program to medically underserved areas..." The committee goes on to say that Dr. McCahill's model of caring for the underserved is "worthy of emulation across the state." CONGRATULATIONS to Dr. McCahill for receiving this tremendous honor!!!



Congratulations to our SDAFP Board of Directors selected as 2008 TOP DOCS!

David E. J. Bazzo, M.D. (4th year)

Fatch Chong, M.D. (4th year)

Darren Farnesi, M.D. (1st year)

Steven Green, M.D. (5th year)

Joseph Leonard, M.D. (3rd year)

Ada M. Marin, M.D., MPH (3rd year)

Phil E. Yphantides, M.D. (1st year)

Jay Mongiardo, M.D., MBA (2nd year)

Richard Payne, M.D. (5th year)

Albert Ray, M.D. (4th year)

Lee Remington-Boone, M.D. (2nd year)

Lee Ralph, M.D. (3rd year)

Wayne True, M.D. (2nd year)

WELCOME INCOMING UCSD COMBINED PSYCHOLOGY/FAMILY MED RESIDENTS!!!

Vanessa Lauzon will graduate from the Keck School of Medicine at the University of Southern California where she has excelled academically and demonstrated not only a strong commitment to the underserved, but also a strong leadership skill-set in organized medicine. Vanessa is an AOA member, two-time Dean's Scholar, and a USC Trustee Scholar. She is the National Director of the Medical Education Leadership Institute of the American Medical Student Association and coordinated AMSA's effort to train medical student fellows to bring important medical education principles to their home institutions. She has strong experience in free clinics and non-profit humanitarian organizations based in the Los Angeles area and volunteered with Healing Hearts Across Borders providing healthcare to indigent patients in Tijuana, BC, Mexico. She also designed and fully implemented Keck School of Medicine's medical Spanish program. In her free time she enjoys Latin American literature, cooking, and gardening.



Kristy Lamb will graduate from the Georgetown University School of Medicine where she demonstrated strong interest in working with patients struggling with substance dependence, as well as at-risk women. She volunteered with Prevention Works in Washington, DC to facilitate a needle exchange program in her region and sought out additional experience in dual diagnosis out-patient rehabilitation. In her first year of medical school, Kristy worked at Casa de Gabriella, a women's shelter with a focus on victims of domestic violence as a health educator. Her interest in international health brought her to Costa Rica where she participated in the set-up of a free clinic in the small town of Quesada. Her own interest in personal fitness has lead her to run several marathons and triathlons and fueled her interest in promoting preventive health through fitness and integrative medicine. Aside from time spent staying active, Kristy is a movie buff and tries to take in a film festival when she can.



**Please join us for our upcoming 2008 All Member Meeting: on Patient Safety
Saturday, November 1st, 2008, Marriott, Mission Valley**

For more information call: 858-458-9439 or e-mail: sbazzo@sandiegoafp.org

Welcome Scripps Family Medicine Residency: Class of 2011!!!

Myrna Coronado (Albany Medical College) grew up in San Diego and attended Montgomery High School. One of her greatest accomplishments is having been a first generation college graduate. Myrna completed her undergraduate studies at University of San Diego, and her graduate studies at University of Buffalo. She attended medical school at Albany Medical College. During college, Myrna volunteered at a Community Health Center that served the uninsured and solidified her desire to pursue the avenue of Family Medicine. Myrna is fluent in Spanish. Her hobbies include dancing and photography.



Esther de la Rosa (U.C. Irvine) was born in Illinois and completed her undergraduate studies at UCLA, with a B.S. degree in Psychobiology. While at UCLA, Esther was awarded membership to the Golden Key International Honor Society, for being in the top 15% of all UCLA undergraduate seniors. She attended medical school at UC Irvine. Esther's partner, Randy Dalugdugan, will be an Internal Medicine resident at Scripps Mercy San Diego. Esther's hobbies include playing the piano, scrapbooking and writing poetry, allowing time for relaxation and creativity. Esther can communicate well in Spanish and Tagalog.

Brendan Kidder (U.C. San Diego) was born in San Diego. He completed his undergraduate studies at Grossmont College, and UCSD, with a degree in Biology. He then continued on to UCSD for medical school. Brendan's interests lie in international and underserved medicine. He participated in the UCSD Student Run Free Clinic Project. Brendan organized and participated in multiple health fairs and clinics in Mexico. He is fluent in Spanish. His hobbies include surfing, sailing, scuba diving, music and travel.

Mayra Mendoza (University of Illinois-Chicago) was born in Santa Ana, CA. She completed her undergraduate studies at the University of Notre Dame with a B.A. degree in Anthropology. Mayra attended medical school at the University of Illinois/Chicago. Her partner Benjamin Dillon will be a Medicine-Pediatrics resident at UCSD. While in medical school, Mayra devoted herself to underserved communities and assumed leadership roles in national organizations committed to improving health in the Hispanic community. Mayra is fluent in Spanish. Her hobbies include music, volleyball, running, dancing and traveling.

Ted Su (U.C. San Diego) was born in Tokyo, Japan. He completed his undergraduate studies at Stanford University with a B.A. degree in Economics, and attended medical school at UCSD. Ted has been active in the UCSD Student-Run Free Clinic. He spent six months in Sierra Leone on medical outreaches to surrounding villages, and working in schools and orphanages. Ted is fluent in Japanese. His hobbies include traveling, swing dancing, playing guitar, and spending time with friends. Ted is also an active member in his church and established its homeless outreach ministry.

Courtney Summers (U.C. San Diego) was born in La Mesa, CA. She completed her undergraduate studies at Princeton University graduating with honors in Molecular Biology. Courtney attended medical school at UCSD. During this time, Courtney was the Co-Manager of the women's clinic at the UCSD Student-Run Free Clinic. She has been a leader of the Family Medicine Interest Group and student liaison to the San Diego Academy of Family Physicians. Courtney also mentors a group of eight first and second year medical students. She is proficient in Spanish. Her hobbies include cooking, mystery novels, fitness and thrift store shopping.

Sergio Villegas (U.S.C.) was born in National City, CA. He completed his undergraduate studies at UCSD with a B.S. in Psychology. Sergio attended the Keck School of Medicine of the University of Southern California. He has volunteered with Healing Hearts Across Borders in Mexico and the 'Reach Out and Read' Program which promotes early literacy in pediatric clinics and hospitals. He was an ICU volunteer at Scripps Mercy Hospital Chula Vista from 8/2002 – 7/2003. Sergio has also devoted his time as a mentor and tutor at local Chula Vista schools. He is fluent in Spanish. His hobbies include guitar, cross country running, travel, gardening and cinema.



Update from UCSD School of Medicine, Rusty Kallenberg, M.D.

Medical Director, UCSD Family Medicine Department

This year UCSD graduated 18 students into training programs in Family Medicine, the most in a long, long time. Our Division of Family Medicine is very proud of this accomplishment but we realize that this was a multi-factorial event. Certainly there was something different about these students – the special “difference” that makes a family physician. One of our ongoing challenges is trying to detect these characteristics in medical school applicants and then nurture and support them during the long 4 years of training. But this accomplishment was also *yours* as many of you served as mentors along the way. In first/second year electives, at the Free Clinic, in the 2nd year Ambulatory Care Apprenticeship, the third year Primary Care Core Clerkship and during our fourth year FM Clerkship and other clinical electives. *Your role modeling* helped convince these individuals that Family Medicine is a worthy career and one that would allow them to fulfill the doctoring aspirations they had when they began their training. So a large *THANK YOU!!* to you, our dedicated community faculty!

Equally important is the fact that medical education is about to change at UCSD. For the first time since its start as an innovative new medical school in the 1960’s, the faculty will undertake a serious renovation of the way medical students are educated. This change will not be a *revolution* because many of the new approaches have been piloted/adopted by other US medical schools over the past 10+ years, a period of time that has been characterized by great experimentation and significant successful change. Also, while UCSD has not undergone a curriculum-wide remodeling since its inception, improvements have been constantly made in many of its individual courses. Some of these have included the invention of the Free Clinic, the Primary Care Core Clerkship (PCCC) and the Ambulatory Care Apprenticeship (ACA).

So how are these two “events” connected? Well, one of the new changes likely to start up for the 2009 entering class will be a longitudinal 3-year ambulatory experience that will involve the expansion of the ACA into the first year and meld it with the PCCC. While we haven’t settled on a name yet, this extended “primary care apprenticeship” will allow a very special bond to develop between a budding medical student and his/her experienced community faculty preceptor. This experience will be part of a new small group course that will widen the focus on teaching our students “how to be a doctor”. Paralleling their biomedical instruction, the newly organized curriculum will follow an organ-system approach. This “doctoring” course will teach students how to connect and relate to patients. A coordinated set of case-based learning exercises will supplement the program. Training will include taking histories and doing physical exams. It will further touch on the traditional professional and ethical foundations of medicine and how they are to be upheld in modern-day practice. Also discussed will be the new prevention and population/community-oriented responsibilities that these physicians-in-training will be expected to fulfill.

Sounds like a tall order, eh? Well it is, but we know that you are up to this task. We want our students to learn the ‘high tech-high touch’ approach which is part of the new model of family practice that our Academy has been talking about for the past few years. This is now often referred to as the “patient-centered medical home”. To some (many?) of us, this new buzz phrase sounds a bit like ‘old wine in new bottles’. Isn’t this what we have been providing all along in Family Medicine? I agree with this notion, but some of the technical advances in electronic medical records, new methods for counseling our patients to achieve health behavior change, and new expectations of our engagement in community-based prevention *are* indeed new. We *all* need to learn about these in order to make our practices as up-to-date as possible. We want our future junior colleagues to see how fun and rewarding Family Medicine is, and how we really can positively influence the health of our patients and our community. To support this teaching, we will be developing a new website that will allow you to manage your student’s experience and to learn with him/her about the techniques and methods of the newest family practice version of the patient-centered medical home.

This is a “first call” for those of you who want to help with this newly *renovated* apprenticeship training for our UCSD medical students. Our Division’s goal is to maintain this year’s mark of 18 students and even *increase it!* Our country still needs more family physicians if we are to take care of *all* our people, as well as increase prevention services and deliver this enhanced care at a price our society can afford. We are all soldiers in this fight! Stay tuned, I will be calling on you! Questions or Comments? Please contact Rusty Kallenberg: gkallenberg@ucsd.edu, PH: 619/543-5490