International Experience by JR Franco

We are taught in medical school that the impoverished bear the overwhelming burden of disease. In line with the University of Arizona Medical Center’s dedication to extending medical care to the underserved, myself, Dr. Desai, and Dr. William Firth (Wickenburg Hospital) were invited to join a week long medical mission to Ensenada, Mexico. We met with a group of church volunteers from Wickenburg and our hosts from the Agua Viva Ministries and traveled to Ensenada, where we participated in a series of mobile day-clinics in various sites in the outlying low-income settlements, known as the Colonies. Together with Dr. Valencia from the local community, we were able to use a formulary assembled almost entirely with donated church offerings to treat over 500 patients with a wide variety of pathology, ranging from infectious respiratory and diarrheal illness to hypertensive urgency. Despite the hard work and long hours, it was a truly rewarding experience and we are already making plans for a return visit next year. If interested please contact myself at rene.francojr@uahealth.com or Dr. Desai at chirag.desai@uahealth.com. Much thanks to Sherri Raskin for her hard work and effort in completing the necessary phone calls and paperwork which allowed us to reach Ensenada.
The PGY1s participated in their first group retreat in October. The retreat began with a workshop on stress management and time organization, led by Drs. Szerlip and Browne. After lunch the group headed to the UA’s Rope Course. Interns were tasked with working together and learning to trust each other while creating and implementing solutions to complete several challenging projects.

In November the PGY3s took to the same course for their annual retreat. Although some of the activities may have been slightly different, the experience was the same; working together resulted in a bonding experience. Lisa Graham reports her favorite activity was called “Crossing the River”. At one point in the activity the group lost their privileges to speak, making the task even more challenging, but fun. The workshop segment of the retreat focused on life after residency, i.e., CVs. Contracts, financial investment, Billing and Coding, and seeking career opportunities.

Not to be left out, the PGY2s took to the High Ropes Course in March. This one required helmets, harnesses, and lots of teamwork! They attended the workshop portion of their retreat in July, which focused on leadership and residents learning to be teachers.

“We learned about the importance of teamwork to get things done in a timely and efficient manner. Also being able to interact with my colleagues outside the hospital was a good bonding time.”
Jennifer Huang (PGY1)
Morning Report (MR) is one of the most visible and enduring educational traditions in medicine. Our MR typically occurs for one hour three days a week. Patients who are presented may represent a diagnostic dilemma or an interesting case that emphasizes pathophysiology or management. Using the Socratic Method, the chief resident and faculty ask focused questions of the house staff, instigating lively and interactive medical discussions. Residents and faculty members review diagnostic strategies and therapeutic management using evidenced-based medicine. High value, cost conscious care is also emphasized. The diversity of the patients presenting to our institution further enriches the educational experience of the residents. For example, one may not expect to hear about accidental hypothermia at the South Campus Internal Medicine MR, and yet a patient with this problem presented recently. (Our customary warm weather is obviously not a 100% protective against this syndrome)!

On January 22, 2013, our residents presented a case of severe accidental hypothermia. This case was very educational, and the following areas were emphasized:

- Risk factors for the syndrome
- Assessment, physical examination, and temperature measurements
- Lab interpretation during hypothermia
- EKG Changes
- Work up and management
- How to resuscitate a hypothermic patient (CPR)
- Rewarming methods
- The use of pressors
- Hyperglycemia
- The role of steroids
- Complications and outcomes

During this MR, Dr. Peter Cherian, a PGY3, gave a brief presentation about the pathophysiology of hypothermia. To facilitate the understanding of the significance of Osborn’s sign and other EKG findings in hypothermia, copies of a multi-centric prospective article entitled "The electrocardiogram in hypothermia." were handed to the residents. Thus, the MR continues to be an essential feature of our training program, serving as a valuable teaching tool that provides significant benefits to our residents.

You Did It!
- Peter Cherian (‘13) Geriatrics Fellowship, University of Miami
- Lisa Graham (‘13) Pulmonary Critical Care Fellowship, Maine Medical Center (Tufts affiliate)
- Rostam Khoubiyari (‘13) Geriatrics Fellowship, University of Arizona
- Naktal Hamoud (‘12) Cardiology Fellowship, University of Arizona
- Billy Hour (‘12) Nephrology Fellowship, University of California Davis Medical Center
- Bhupinder Natt (‘13) Pulmonary Critical Care Fellowship, University of Arizona
- Ishna Poojary (‘12) Pulmonary Critical Care Fellowship, University of Arizona
- Farhad Saheb Jam (‘13) Hepatology Fellowship, Baylor University
- Pete Zervogiannis (‘13) Nephrology Fellowship, University of South Florida
- Ryan Nahapetian (13) Sleep Medicine Fellowship, University of Arizona

Newly Wed!
Krunal Patel (‘15) married Khushboo Parelea (PGY2 Peds) on December 27, 2012 in Mumbai, India.

Future Residents!
- Haneen Sharef, born November 12, 2012, daughter of Sadik Sharef (‘12) and Nahlah Sharef
- Baani Natt, born January 13, 2013, daughter of Bhupinder Natt (‘13) and Shubh Preet Kaur
- Maya Koppolu, born February 12, 2013, daughter of Pallavi Koppolu (Munagala) (‘10) and Madan Koppolu
- Riddhi Reddy, born March 23, 2013, daughter of Divya Pati (‘14) and Seenu Reddy

Cheers!
100% Board Passage Rate (2012) for the South Campus! Congratulations everyone!

Mid Year Awards
- 1st Place Morning Report Questions-Prathima Guruguri
- 2nd Place Morning Report Questions-Natasha Sharda
The South Campus residents entered the spotlight with their first YouTube music video, “Rank Us Maybe”. Check out the video on YouTube, http://youtu.be/9rF2NIPAFvk, or search “University of Arizona-South Campus Internal Medicine Residency”. The music is a parody from Carly Rae Jepsen’s “Call Me Maybe”. With a South Campus IM twist on words and lyrics sung by our very own Shivani Ruben (‘14), it’s an instant hit! We’re already planning the next one!

Holiday Party 2012

On December 8th, South Campus IM family gathered at Dr. Browne’s (APD) house for the program’s 3rd annual holiday party. Party admission required bringing a canned food item, which was donated to our Adopt-a-Family. Dinner included a traditional turkey, mashed potatoes and all the fixings. Many of our residents brought delicious homemade appetizers, entrees and desserts.

The evening included a 50/50 game where participants donated money to Adopt-a-Family and had a chance to win Starbucks gift cards. Judging for the “XBC”, (X-mas Beard Contest), and “Best Dressed” contest took place. The XBC winner was Ryan Nahapetian (‘13). Best Dressed winners were Victor Sanders (‘14) and Shivani Ruben (‘14). The evening continued with Irish coffee and good company. Thank you Dr. Browne for hosting another wonderful party!

ADOPT-a-FAMILY

Christmas 2012

In collaboration with GMEC and the Salvation Army, South Campus IM residents were able to help out a family in need. Over $800 and 5 big boxes of canned foods were collected. Individual gifts were purchased and wrapped for the family of 6 living on the South side of Tucson. Thank you for your donations, we look forward to helping out other families in the future.
RESIDENT SPOTLIGHT

Dr. Eugene Trowers was born and raised in New York City. Dr. Trowers received his medical degree from New York University School of Medicine. He completed his Internal Medicine residency at Harlem Hospital Medical Center, followed by a Gastroenterology Fellowship at Howard University and then completed NIH extramural clinical research fellowship at the University of Washington in Seattle. In 1991 he earned his MPH from UTHSC Houston School of Public Health. His career has taken him to Kentucky, Texas and Florida, where he was the founding regional campus Dean for FSU College of Medicine, Tallahassee campus. He moved to Tucson in November 2009 to join the UA as Professor of Clinical Medicine, Gastroenterology. Dr Trowers has received recognition for Best Doctor and UA Outreach Mentor.

Some of Dr. Trowers’ special projects include; Barrett’s URSO study, Barrett’s RFA study, Colon prep study, GERD, and Insomnia treatment study, GI physiology book project and the establishment of a Manometry lab for the University of Arizona.

Dr. Trowers and his wife Teresa have been married for 27 years. They have 3 daughters; Teresa, Olivia and Jennifer and 2 grandchildren; Stevie (11) and Tatiana (7). His daughter Teresa stays at home with his grandchildren, Olivia is a third year medical student at Meharry Medical College and Jennifer is a Clinical Psychology doctoral student at the California School of Professional Psychology.

In his free time, Dr Trowers enjoys biking, walking, listening to music, and following his favorite racing team – Formula 1 Scuderia Ferrari. Since moving to Tucson he searches out new dining experiences, attends concerts, catches the newest movies and even finds time for some fancy footwork on the dance floor!

FACULTY SPOTLIGHT: DR. EUGENE TROWERS

I was born in Saudi Arabia, but my parents moved to Pakistan when I was very young. I am the eldest of one brother and two sisters. Growing up in a military family was a very unique experience. We moved so many times that by tenth grade I had been to 7 different schools. Moving was never easy but every place we lived was a very memorable experience. I enjoyed meeting new people and visiting new places; I still cherish many of those memories to this day and those experiences have helped shape me into who I am.

Growing up, my brother and I got into a lot of mischief. I broke so many bones, eventually my mother lost count. If it wasn’t for my parent’s strict discipline, God knows where I would have ended up. I love animals and grew up with a lot of pets. It almost felt like living in a zoo. I enjoy nature and love traveling. Staying fit and living a healthy lifestyle has been a lifelong ambition. Losing 100 lbs. and keeping it off for over 10 years has been one of my proudest achievements. I am also passionate about cars and follow Cricket very closely.

Where I grew up, things were not always fair and you didn’t always get what you deserved. In turn this has made me a very determined individual. I have fought hard every step of the way and have lived my life with the principle of “I can, I will”. Choosing medicine for a career was not easy, but my mother greatly inspired this decision. My dad, an engineer, has always supported me in my career choices. I will always be grateful for my parent’s guidance and support through every stage of my career.

Leaving my family for postgraduate training in the US has been one of the most difficult decisions that I have made. In hindsight, I feel it was also one of the best decisions I made. In Dr. Szerlip I found a great mentor and could not have asked for a better training program. Apart from a great learning experience, I have met some amazing people and have made friends that I will value for the rest of my life.

Moving forward from here, I want to pursue a career in Gastroenterology. Before I embark on that journey I have been entrusted with a very important task of serving as the Chief resident for our program. I am very fortunate to have been given the opportunity to represent a group of such extremely bright and talented individuals. I also realize that I have some big shoes to fill. But I am sure under the new leadership of Dr. Trowers and with the support of the residents, together we will continue moving forward and make our program one of the best in the country.
M&MCs are traditional, recurring conferences held at academic medical centers and other medical centers. They are usually peer reviews of mistakes occurring during the care of patients. The objectives of a well-run M&M conference are to learn from complications and errors, to modify behavior and judgment based on previous experiences, and to prevent repetition of errors leading to complications. The morbidity and mortality conference is nearly ubiquitous among internal medicine residency programs, but most lack explicit methods or formats. There is little literature examining a formal assessment of error at morbidity and mortality conferences with a systems focus. The focus should be on systems improvement rather than human behavior modification because human errors are inevitable. If systems and backup methods are strengthened errors can be minimized. So every M&M should be used as a tool to identify the possibilities for improvement in systems. For this to be done the M&MCs should be multidisciplinary meetings with all the housestaff, teaching staff, nursing supervisors and staff and administrative staff participating in the conference and contributing ideas for systems improvement.

Antifreeze overdose is something we all learn about in medical school. Typically antifreeze ingestion is associated with ethylene glycol poisoning and the associated havoc is caused to the human body. Due to all the toxicity that ethylene glycol can cause to the body, antifreeze companies have been making anti-freeze with propylene glycol, which is mildly safer.

South Campus recently had the pleasure of learning about this recent change in anti-freeze composition thanks to one of our patients. A patient presented to South Campus seeking medical attention after purposefully ingesting antifreeze. After receiving appropriate medical treatment and labs were drawn, the clinical picture and as well as the laboratory data didn’t support an honest antifreeze ingestion. After confirming with the patient the brand of antifreeze that was ingested it was discovered that this particular antifreeze is made of propylene glycol. Discussion with Toxicology ensured that now companies are making “safe” antifreeze composed of propylene glycol.

In the ever-changing mosaic that is the medical profession, clinical physicians must now begin to associate antifreeze ingestion with not only ethylene glycol, but also propylene glycol. Poisonings, toxicities, and new and unusual presentation of clinical pathologies is just one of the many reasons why South Campus is such an exciting place to work.

The South campus internal medicine residency is about to embark on a new journey. Our Program Director, Dr. Harold Szerlip, will be heading to the big country of Texas to become a Professor of Medicine at University of North Texas. We would need pages to list everything that Dr. Z has brought to this program during his tenure. When he arrived we were a fledgling program of 15 residents. Under his guidance we have grown into a solid, competitive residency program with 29 residents. From day one he has shown unending dedication and involvement to the residents and the growth of the program. What started as a group of residents has now become a family. We cannot thank him enough for his time, devotion and caring attitude.

Dr. Browne, our Associate Program Director, will be heading to the VA to become the Director of Home Based Health Care. We are glad that she is not going far and will continue to work with our residents on their Geriatric rotation. Besides her outstanding program leadership, the residents have appreciated her willingness to always listen, her fairness, honesty, and warm, welcoming smile. It’s been easy to see how much she cares about not only the program, but each individual resident (and remember Dr. Browne - we all have your new phone number!)

With changes comes a new phase. We welcome Dr. Eugene Trowers as our new PD and Dr. Bujji Ainapurapu as our new APD and look forward to continual program growth.