



Donor Pledges \$1 Million Toward an Endowed Chair in Medical Humanities

Thanks to an anonymous donor, the Department of Family Medicine is well on its way to establishing an endowed chair in medical humanities in honor of Johanna Shapiro, PhD. The donor has offered to give \$1 million in matching funds once we raise a \$1 million to complete the funding required for an endowed chair.

For the last 15 years, Dr. Shapiro has directed the Program in Medical Humanities and the Arts (PMHA), developing curriculum, teaching, conducting research, and supervising medical student humanities research. The Program has garnered both national and international recognition.

The purpose of the Program is to help foster compassion and empathy in medical students, residents, and faculty. Literature and the arts are used to help them gain a deeper understanding of patients’ experiences of illness. As a result of the medical humanities programming, their perspectives change and broaden, helping them develop as empathetic healers.

To donate to the endowed chair, visit <https://ua-web.uadv.uci.edu/egiving>. Under Area of Support choose “Medicine” and under Gift Destination choose “Chair-Proposed Johanna Shapiro Endowed Chair in Medical Humanities”. You can also call Linda Haghi, Director, Community Relations at 714.456.7396, or email FamilyMD@uci.edu for more information.

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Samueli Foundation Grant Funds Integrative Medicine at the Family Health Center

By David Kilgore, MD and Linda Haghi, MHSA

The Samueli Foundation has announced support for the UC Irvine Department of Family Medicine’s Integrative Medicine program. The funding enables us to expand our teaching and clinical care, in collaboration with the Susan Samueli Integrative Medicine Center (SSIMC). The program aligns with our mission: Discover. Teach. Heal.

RESEARCH (Discover): UC Irvine’s Students for Integrative Medicine (SIMS) completed a survey of faculty and staff last year and are now surveying patients regarding use of and interest in Integrative Medicine services.

EDUCATION (Teach): The Department of Family Medicine started an Integrative Medicine track for family medicine residents in July 2012. Residents are using an online curriculum from the University of Arizona’s Center for Integrative Medicine, as well as participating in on-site experiential activities, such as osteopathic manual medicine techniques, mind-body stress reduction, and rotations at the Family Health Center and at SSIMC. We welcome first year residents Dr. Delavega and Dr. Lo to the program.

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“Integrative Medicine is a healing-oriented medicine that takes into account all factors that influence health, wellness and disease, including body, mind, spirit and community. It reaffirms the therapeutic relationship between practitioner and patient, and makes use of all appropriate, safe and effective therapies, both conventional and alternative, to facilitate the body’s innate healing response. My hope is for the day when this no longer has some special label – we’ll just call it good medicine.”

– David Kilgore, MD

Chair's Column

*Laura Mosqueda, MD
Associate Dean, Primary Care
Chair, Department of Family Medicine
Director, Program in Geriatrics*

Our mission within the Department of Family Medicine is to provide patient-centered primary care which focuses on improving the health of individuals and families, within the context of each individual's culture and environment. We are working toward a vision of patient-centered primary care in which every patient is an active participant in his/her care, where comprehensive primary care is offered where, when and how patients need the care.

We are actively working toward improving the patient experience through a variety of innovations. For example, we are seeking designation as a patient-centered medical home, beginning with our SeniorHealth Center and ultimately bringing these concepts of comprehensive, patient-centered care to all of our primary care sites. We are also working to help our patients stay at home during the difficult post-hospital time, by adding support through telehealth visits.

Our Program in Medical Humanities and Integrative Medicine programs are vital building blocks in providing compassionate care which treats the whole person – mind, body and spirit. We are also very proud of our students and residents. You will learn more about our Family Medicine Interest Group (FMIG) and meet our new Class of 2016 residents in this edition of our newsletter. Please consider joining us in our vision of exemplary, comprehensive patient-centered care by supporting our Endowed Chair in Medical Humanities campaign. You will find more information about the program and how to give within this newsletter.

To your good health.



“Our mission within the Department of Family Medicine is to provide patient-centered primary care which focuses on improving the health of individuals and families, within the context of each individual's culture and environment.”

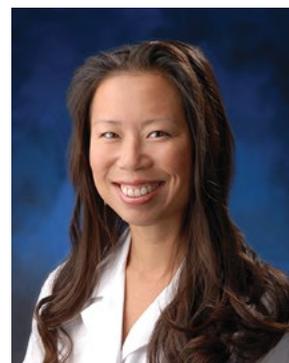
– Laura Mosqueda, MD

Family Medicine Interest Group

By Lynette Bui, DO and Tan Nguyen, MD

The **UC Irvine Family Medicine Interest Group (FMIG)**, led by faculty co-sponsors Lynette Bui, DO and Tan Nguyen, MD, is off to a running start this year with its election of the new student leaders: Lauryn Gabby, Paubla Gutierrez, Alejandra Morales, and Shaudee Parvinjah. The exciting addition of resident liasons, Drs. Mariam Behbehani and Kathleen Graham, strengthens the network for interested students. The FMIG has been attracting more students to learn about Family Medicine, and this year, UC Irvine had a fifty percent increase in student membership in the American Academy of Family Physicians.

In **April**, FMIG hosted a “Maybe A Baby” lunch hour on campus. Several primary care doctors came to share their experiences with expecting and raising kids while practicing medicine. In **May**, FMIG is hosting a panel and networking event. The panel includes our own fourth year students who recently matched into Family Medicine programs. For the fourth consecutive year, the number of medical students choosing family medicine continues its upward rise throughout the country. We are proud to say that at UC Irvine, the number of medical students choosing family medicine is even higher than the national average. FMIG will continue to be a valuable resource to guide our future leaders in family medicine.



Lynette Bui, DO



Tan Nguyen, MD

Meet the UC Irvine Family Medicine Residency Class of 2016



Naomi Chiang, DO
Touro University
California College of
Osteopathic Medicine



Estrellita Delavega, MD
University of California
Davis School of Medicine



Hau Do, MD
Oregon Health &
Science University
School of Medicine



Jeffrey Felgner, MD
The Chicago Medical
School at Rosalind
Franklin University of
Medicine and Science



Elsbeth Lo, MD
University of Virginia
School of Medicine



Melissa Miranda, DO
Western University of
Health Sciences College
of Osteopathic Medicine
of the Pacific



Huong Nguyen, MD
Oregon Health & Science
University School of
Medicine



Shawn Nguyen, MD
Pennsylvania State
University College of
Medicine



Luz A. Ornelas, MD
University of California
Irvine School of Medicine

Integrative Medicine

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PATIENT CARE (Heal): A weekly Integrative Medicine consult service is provided at the UC Irvine Family Health Center Santa Ana. Recommendations may include diet changes, exercise, stress reduction techniques, herbs or supplements, sleep improvements or referrals to therapies such as acupuncture or massage. Planning is underway to add classes about nutrition, acupuncture, mind-body relaxation exercises and more.

David Kilgore, MD, who leads the Integrative Medicine Program, is a board-certified family physician and a UC Irvine clinical professor of family medicine. Dr. Kilgore has practiced family medicine for more than 20 years and has advanced fellowship training in integrative medicine at the Arizona Center for Integrative Medicine.

Congratulations!

■ **UC IRVINE RESIDENCY PROGRAM** received a full five-year accreditation from the Accreditation Council for Graduate Medical Education.

■ **LAURA MOSQUEDA, MD**, has been appointed Associate Dean of Primary Care in addition to her current responsibilities as chair, Department of Family Medicine and Director, Program in Geriatrics.

■ **MELANIE GIRONDA, PhD** and **ANNIE NGUYEN, PhD**, Department of Family Medicine, have received funding for a research project entitled Fractures and Co-Morbid Diagnoses of Older Adult Patients.

Medical Humanities Recent Highlights

By Johanna Shapiro, PhD

- An evening at the **Irvine Art Museum**, where students reflected on what they could discover by looking at portraits from their patients' perspectives.
- An afternoon at the **Bowers Museum** for Art of Doctoring students, discussing cultural and generational challenges in patient care and how art impacts the students' understanding of what it means to be a physician.
- **Medical Readers Theater**, which uses skits to bring together medical students and residents of a retirement community to reflect on issues related to aging, now involves high school students in writing scripts for the sessions.
- **Plexus**, the Journal of the Program in Medical Humanities, continues to publish original stories, poems and visual arts created by students, faculty and staff of UC Irvine.



Plexus Journal 2013 by Carter English

DEPARTMENT OF FAMILY MEDICINE

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