

# UC Irvine Family Medicine Residency Newsletter

Discover | Teach | Heal

## Welcome

Welcome to the UC Irvine Department of Family Medicine Newsletter - a place for us to bond, and share in the amazing accomplishments of our residents and faculty!

## Pearls from our graduating R3s

Remember to take time out regularly, even for a few minutes a day, for self care; you need to take care of yourself to better take care of others. - **Dr. Huong Nguyen, R3**

Take time to get to know all your co-residents. Breath. - **Dr. Jeff Felgner, R3**

## Happenings

- Dr. David Kilgore was honored as the 2016 OCMA Educator of the Year!
- Dr. Marco Angulo was honored as a ARISE award winner for Innovation

## Upcoming Events

Residency Graduation: June 24th

FMIG Meet and Greet: August 23rd

In-training Examination: R3: October 26th, R1&2: October 27th



## Congratulations Class of 2016

**Naomi Chiang, DO**

**Estrellita de la Vega, MD**

**Hau Do, MD**

**Jeffrey Felgner, MD**

**Elsbeth Lo, MD**

**Melissa Miranda, DO**

**Huong Nguyen, MD**

**Shawn Nguyen, MD**

**Luz Ornelas, MD**

## We are Family

On June 24, 2016, the Department of Family Medicine graduated our outstanding class of third year residents. We thank each and every one of you for your dedication to care for our patients and to each other and we congratulate you on completing your residency training. Please keep in touch. For more information regarding each of our graduating residents, please turn to page 5.

## A Word from the Chair

Another successful match, thanks to the efforts of our residency leaders, Dr Esther Ho and Dr. Hanh Nguyen, and we are in the final stretch of the academic year. In the Department of Family Medicine, there is never a dull moment. There are no work-hour rules for Drs. Ho and Nguyen whose superhuman energy and unflagging enthusiasm propel our program forward. Their motivation to continue improving the residency, and also the program experience for the residents, is a marvel to behold. They live and breathe the residency. It's a wonder they find time to be with their family and even get married.

At the institutional level, UC Irvine Health recently unveiled a strategic plan for a new vision and aspirations to distinguish UC Irvine Health's clinical excellence, innovative education, research distinction, as well as becoming a leader in population health management, and the region's top destination for complex care. On May 6, UC Irvine Health also hosted the biannual Primary Care Collaborative that convenes all the UC campuses to discuss topics of interest. This year's discussion centered around physician wellbeing. There is a local Primary Care Collaborative effort that has been initiated, with our own Dr. Lisa Gibbs as Chair, to discuss paneling methodology as well as preventive and chronic health metrics in FM/Geriatrics, Internal Medicine and Pediatrics.

At the Family Health Center, Dr. David Kilgore's efforts to make over our practice into a real community center are ongoing, with yoga and Zumba classes, mindfulness-based stress reduction sessions in Spanish, lunch time wellbeing sessions for providers and staff, Healing Touch, as well as our monthly Food Pantry. Future plans include acupuncture with Dr. Kilgore and building a teaching kitchen for healthy cooking lessons for our patients. The Integrative Track of the residency, which Dr. Kilgore directs, draws more applicants every year, and fully half of the residency is in the track. It is no surprise that Dr. Kilgore won the 2016 Educator of the Year Award by the Orange County Medical Association.

Dr. Marco Angulo continues to lead the highly popular group medical visits for diabetes and weight management, with the involvement of his Health Scholars, undergraduate students who do everything from calling patients for the group medical visits to finding community resources for our patients. For his work with the Health Scholars, Dr. Angulo won UC Irvine Health's ARI2SE Award for Innovation.

In June, we will be welcoming a strong new intern class as well as bid farewell to our senior residents as they fly the coop to find their own careers. It is always a bittersweet time, but the nest continues to be replaced with a new brood. Even as we the faculty contemplate the passage of time, it's the fresh and eager faces of the new interns every July that keep us recharged, renewed, and rearing to show them the brave new world of the 21<sup>st</sup> century family physician.

Emily Dow, M.D.  
Acting Chair, Dept. of Family Medicine

## A Word from the Program Director

While it is true that nothing compares to the steep learning curve of the first year as program director, with my second year as PD coming to a close, I am amazed by how much I've continued to learn from each of you - residents, faculty, staff, and graduates—and thank you for your continued support. The life-long friendships and relationships with one another, and the deep invested passion and compassion that you each have for patients, the residency program, and the community, are the cornerstone of the strengths and growth of our program, and what truly inspires me.

We continue our momentum of growth and change—to name a few, we started an outpatient resident-run weekly clinic morning report, transitioned R3s to build clinical confidence and independence with increased precepting autonomy, welcomed Dr. John Hann to our faculty, completed our first AAFP Foundation grant for geriatric immunizations at our FHC with an extension to use the rest of the funds for next winter's geriatric immunizations, and modeled our new FM jackets starting at our annual residency retreat. With the success of shortened inpatient ward rotations to 3 weeks at UCIMC this year, we will be instituting 3 week rotations at the VA in the upcoming academic year. In addition, sports medicine will be incorporated into the R2 year and urgent care will be part of the R3 curriculum. Also, in a time where healthcare reform and pressures collide with increasing awareness of physician burnout, our Residency Wellness and Resiliency Committee will be finding both innovative and practical ways to further foster wellness within our program and beyond. While we will miss our graduating class of 2016, we are excited to welcome our newest residents, the class of 2019. In this coming year, Dr. Hanh Nguyen and I look forward to working with you as resident and faculty colleagues, and to keeping in touch and reconnecting with graduates.

Esther Ho, M.D.  
Program Director, Dept of Family Medicine

## Welcome to the Class of 2019

<b>David Adler, MD</b>	David Geffen School of Medicine at UCLA
<b>Tammy Chew, MD</b>	University of Toledo School of Medicine
<b>Jeanine Gore, MD</b>	UC Davis School of Medicine
<b>Renee Kreidl, MD</b>	Rush Medical College
<b>Timothy Lee, MD</b>	University of Illinois College of Medicine
<b>Linda Lin, MD</b>	Oregon Health & Science Univ School of Medicine
<b>Kevin Riutzel, DO</b>	Touro U Nevada College of Osteopathic Medicine
<b>Sadaf Sareshwala, DO</b>	Touro U California College of Osteopathic Medicine
<b>Nina Tsai, MD</b>	St Louis University School of Medicine

We are so excited to welcome our incoming interns, the Class of 2019! Although many of our residents come from different backgrounds and schools, we are all uniquely united in a common goal, of providing outstanding care to our patients who are most in need. As we embark on this journey over the next three years, we are so happy and proud to have you join the UC Irvine Family!



## A Word from the Assistant Program Director

The end of the academic year is always a nostalgic time for our graduating residents, patients, and faculty. We have had the opportunity to work and learn so closely with one another, all with a goal of providing outstanding care to our patients who are most in need. Throughout the past year, Dr. Ho and I have been so excited in the growth of our program with rotation improvements, faculty development sessions in providing resident feedback, and clinical practice data. But as our R3s complete residency, I have had the privilege of working with several of our graduating residents on home visits. While these home visits often mark one of the last times our residents see these patients, it never ceases to amaze me the appreciation our patients have for them and how often they say they wish they could continue seeing the graduating resident. I hope you will all continue to live your lives and medical careers with passion, because doing what you love is ultimately what is important. To our graduating residents, we are so very proud of each and every one of you, and we sincerely wish you the very best in your careers and in your lives. We are UCI Family Medicine!

Hanh Nguyen, M.D.  
Assistant Program Director, Dept. of Family Medicine

## Residency News

### We are pleased to announce next year's Chief Residents!

Clinic Chief **Susan Behnawa MD**

Administrative Chief **Alexis Guzman, MD**

Academic Chief **Rye-Ji Kim, MD**

QI Chief **Cynthia Pike, MD**

Congratulations to **Dr. Sara Etemad** and Ash Etemadian on their wedding! Wishing you both a lifetime of happiness!

Congratulations to **Dr. Ghe Rosales-Vong** and Elsa Rosales-Vong on the newest addition to your family!

Congratulations to **Dr. Huy Tran** and Jennifer on the newest addition to your family!

Congratulations to **Dr. Katie Graham** for recently finishing residency! Your energy, smile and dedication to your patients will be missed. You have been an inspiration to all of us.

Thank you to **Dr. Lynette Bui** for your 7 years of service, dedication and outstanding teaching to our residents and medical students!

## Congratulations to our 2016-2017 Chief Residents!



## Spotlight on Resident: Dr. Sara Etemad

Dr. Sara Etemad is a rising third year resident and will be finishing her residency in 2017.

*Q. Where did you grow up, college, med school?*

A. I grew up in Irvine, California, went to college at UC Berkeley, and med school at Creighton University School of Medicine

*Q. What is your favorite restaurant in Orange County?*

A. In-N-Out

*Q. How do you destress outside of work?*

A. I like to exercise at the gym, and go to Pure Barre.

*Q. What is your favorite UCI / FHC moment?*

A. My favorite UCI moment was having 20 of my co-residents over for Resident Dinner!

*Q. What was the biggest adjustment you've made from medical school?*

A. Finding a good work life balance.

*Q. Do you have any words of wisdom for our interns?*

A. Try to keep an open mind with every rotation you go through because you may be surprised that a positive attitude will take you a long way.



## Patient Feedback

The following comments are from FHC-Santa Ana Clinic regarding our residents!

"Made me feel very welcome and cared for." Regarding **Dr. Stella de la Vega**

"She's the best doctor!" Regarding **Dr. Naomi Chiang.**

## FMIG

The next FMIG Meet and Greet will be held on August 23rd. More details to come!

Dr. Hanh Nguyen & Dr. Tan Nguyen  
FMIG Co-Advisors

## Spotlight on Faculty Member: Dr. John Hann

Dr. John Hann is a member of the faculty here at UCI, Family Medicine Hospitalist and is an Assistant Clinical Professor of Family Medicine.

*Q. Where did you go to medical school and do residency?*

A. I went to UCLA for med school and residency at Ventura.

*Q. How long have you been teaching?*

A. I have been teaching 2 years. Before that I was a professional tutor at UCSB for 2.5-3 years. I did a fellowship in community medicine at Kaiser Woodland Hills.

*Q. What do you enjoy most about teaching residents?*

A. The thing I like about teaching is being able to come up with structures and reframe concepts into new ways that are easy to understand. Taking a difficult concept and reframing it into something bite size. I love working with residents because they are impressionable and excited to learn, they have a great mixture between excitement and eagerness and ability.

*Q. How do you destress? Any Hobbies?*

A. Photography, running.

*Q. What is your Favorite Restaurant?*

A. SWSH Shabu Shabu in Irvine.

*Q. Do you have any words of wisdom for our residents?*

A. Never stop striving for the asymptote of perfection.



## Spotlight on Alumnus: Dr. Reshmi Sinha

Dr. Reshmi Sinha is an attending physician at Alta Med-Anaheim

*Q. Where did you grow up, college, med school?*

A. I grew up in the US and the Middle East and India. I went to UCI for college, and UCLA for med school.

*Q. Where do you work currently and tell us about your work?*

A. I work at Alta Med-Anaheim. I do continuity family medicine for an underserved population.

*Q. What was the biggest adjustment from residency to the "real world?"*

A. There is a steep learning curve and not having anyone to precept to.

*Q. What is your favorite residency moment?*

A. Annual Retreat and spending time with co-residents

*Q. What is your favorite restaurant near UCI?*

A. Rounding at Corner Bakery with Dr. Ho and team.

*Q. Any words of advice for our new interns?*

A. Take time to nurture your relationships with co-residents and attendings. They will be your best friends and biggest support group, during residency and beyond.



UC IRVINE FAMILY  
MEDICINE RESIDENCY  
CLASS OF 2016

Dr. Naomi Chiang

Dr. Estrellita de la Vega

Dr. Hau Do



Dr. Jeffrey Felgner

Dr. Elsbeth Lo

Dr. Melissa Miranda



Dr. Huong Nguyen

Dr. Shawn Nguyen

Dr. Luz Ornelas



## Dr. Naomi Chiang

**Hometown:** Torrance, California

**College:** UCLA

**Med School:** Touro University College of Osteopathic Medicine - California

**Favorite FHC Moment:** Marco Angulo dressing up as a Tapatio bottle for Halloween

**Favorite Residency Memory:** S'mores, charades, and karaoke at residency retreat

**Shoutouts:** Lots of love to my amazing co-residents- together we make a great team <3 Thanks to the staff for supporting us, and to the faculty for teaching us and preparing us for the real world.

**Post Residency Plans:** Vacation! Jury duty that I've been postponing. Then starting work at Kaiser Permanente Harbor City doing urgent care/ inpatient medicine

**Advice to Incoming Residents:** Residency is what you make of it! Be proactive. Take advantage of opportunities to learn. Work hard but play harder (on those rare days off)! Love your residency family.



## Dr. Estrellita de la Vega

**Name:** Estrellita de la Vega

**Nickname:** Stella

**Hometown:** San Francisco

**College:** Washington University

**Med School:** UC Davis School of Medicine

**Shoutouts/Thank you's:** I have way too many folks to thank. If I really have to narrow it down to only 3 people within the residency, it would be Dr Hanh Nguyen, Dr Ho, and Naomi.

**Favorite FHC moment:** days when I can pull off seeing all 9-10 of my patients that show up on a half day.

**Favorite Residency moment:** days when my colleagues share their struggles and realize they're not alone.

**Post Residency Plans:** Balance life and work gracefully.

**Words of Wisdom for our incoming interns:** Be happy. Be healthy. Do epic stuff...whatever that means for you...even if it means hitting the couch and going through a whole season of your favorite show on Netflix with an empty pint of ice cream tub later. #lifegoals





## Dr. Hau Do

**Name:** Hau Do  
**Hometown:** Kent, WA  
**College:** University of Washington, Seattle, WA  
**Med School:** Oregon Health & Science University  
**Shoutouts/Thank you's:** Drs. Tran, Hanh Nguyen, and Ho for your support. My co-residents for being there for me. For Shawn Nguyen who rescued me when my car broke down.  
**Favorite FHC moment:** "Chief Complaint: my whole body hurts"  
**Favorite Residency moment:** Karaoke night  
**Post Residency Plans:** Continue to take care of patients but have a good work-life balance  
**Words of Wisdom for our incoming interns:** Take care of yourself. Do things you enjoy whenever you can.



## Dr. Jeffrey Felgner

**Background:** I grew up in Rancho Santa Fe in San Diego County. I went to college at UCI and med school at Rosalind Franklin University School of Medicine.  
**Favorite Things To Do:** Fist bumps, golf, I'm a foodie, sushi, video games, cooking, beer. I build computers.  
**Favorite FHC Moment:** Having a heart to heart conversation with an attending about my future during intern year.  
**Favorite Residency Memory:** I saved a life! My parents hosting the residency retreat during my R2 and R3 year. Having drinks and laughs with my co-residents.  
**Shoutouts:** To Melissa for cleaning the kitchen on a regular basis and taking my clothes to get them dry cleaned. To my folks for putting up with me all these years and allowing me to pursue a life long dream.  
**Post Residency Plans:** Student Health  
**Advice to Incoming Residents:** Take time to get to know all your co-residents. Breath.

## Dr. Elsbeth Lo

**Name:** Elsbeth

**Nickname:** ELo

**Hometown:** Pasadena, CA

**College:** Cornell University

**Med School:** University of Virginia

**Shoutouts/Thank you's:** Thank you to the MAs for helping me get through busy clinic days. Thank you to attendings for teaching even in the most overwhelming and stressful moments. Thank you to R1 and R2s for pushing me to teach.

**Favorite FHC moment:** Doing Zumba with Cynthia, Rye-Ji, Alexis, and Linh one fun Thursday night!

**Favorite Residency moment:** Hosting field day games at Retreat 2015!

**Post Residency Plans:** Outpatient primary care

**Words of Wisdom for our incoming interns:** Maximize your vacation time with fun trips with friends and family. Exercise and eat healthily even when all you're craving is tater tots from the hospital cafeteria. Take advantage of every opportunity to learn from the attendings...and also to teach med students in clinic and outreach clinics.



## Dr. Melissa Miranda

**Nickname:** Issa

**Hometown:** Fremont, California

**College:** Occidental College

**Med School:** Western University of Health Sciences

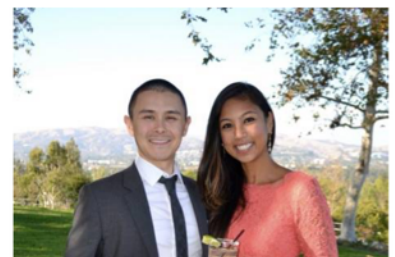
**Favorite FHC Moment:** bonding/gossiping with my favorite MA's. (just kidding that is not allowed)

**Favorite Residency Memory:** meeting Jeff <3. And all the hangouts/dinners with my co-residents.

**Shoutouts / Thank you's:** To my family: for their love and support. To Jeff: thank you for being my partner through this crazy journey, can't wait to see what our future holds. To my co-residents: I would not have been able to survive residency without you all... well, I would have, but with you guys it was much more fun so thank you!! To Dr. Ho, Dr. Puffins, and FM attendings: thank you for sharing your knowledge with us and teaching us how to be caring doctors. To CynthiaP and Sara: keep tuck-tucking. To Susan: wish you the bestest for clinic chief duties. Take deep breaths. To Nobe: thanks for liking us, you will always be our honorary r3.

**Post Residency Plans:** Working urgent care to fund my Mexican cruise with my coresidents! and travels to New Orleans, Hawaii, Napa for the summer. Then will find more permanent position for the Fall.

**Words of Wisdom for our incoming interns:** Always check your in box. Always check your call/clinic schedules. And most importantly, have fun!!!! It will go by quickly.







## Dr. Huong Nguyen

**Nickname:** Marie

**Hometown:** Baton Rouge, Louisiana

**College:** Portland State University

**Med School:** Oregon Health Science University (OHSU)

**Shoutouts/Thank you's:** To my awesome siblings for inspiration and motivation to keep moving forward and being the best that I can be. To my amazing parents for support and encouragement in my ambitious endeavor. To my wonderful relatives and high school friends who never stopped believing in me and felt I could take on the world. And to my loving and dependable fiance, who brings me serenity so I can go out and do what makes me happy as I listen to and follow my heart.

**Favorite FHC moment:** When a continuity clinic patient was playing his guitar to share with me how he relaxes and copes with his depression and hopelessness

**Favorite Residency moment:** Moments when I'm hanging out with colleagues, sharing our joys and difficulties as we "work side by side in the trenches"

**Post Residency Plans:** per diem/locum work in the outpatient setting

**Words of Wisdom for our incoming interns:** Remember to take time out regularly, even for a few minutes a day, for self care; you need to take care of yourself to better take care of others. Remember to eat, drink, and sleep well. Keep your personal statement handy somewhere, so you can read it when you're feeling frustrated and need a gentle reminder of why you chose to do what you do. You ARE AMAZING! =D

## Dr. Shawn Nguyen

**Hometown:** Garden Grove, CA

**College:** UCI

**Med School:** Penn State Hershey

**Shoutouts/Thank you's:** Dr. Esther Ho, Dr. Hanh Nguyen, and Dr. Tran for being great mentors throughout residency. My wife, parents, and sisters for their unconditional support throughout my long journey towards becoming a physician.

**Favorite FHC moment:** Seeing the tears of a first time mother and first time grandmother after a delivery.

**Favorite Residency moment:** Working and getting to know different attendings, co-residents, medical students, nurses, MAs, and Spanish interpreter.

**Post Residency Plans:** KP Orange County

**Words of Wisdom for our incoming interns:** Take it day by day, work hard, get enough sleep, ask for help, be open to feedback, and be curious to learn and improve

## Dr. Luz Ornelas

**Name:** Luz Ornelas

**Nickname:** Lucecita

**Hometown:** Tustin, California

**College:** UCI

**Med School:** UCI-SOM

**Shoutouts/Thank you's:** My family and friends (Mom, Dad, Claudia, Ana, Jacky, Adam, Kennedy and Olivia)

**Favorite FHC moment:** Walking into a patient room and having the patient greet me with a hug

**Favorite Residency moment:** Kayaking with my co-residents for my birthday

**Post Residency Plans:** community clinic serving the underserved in Los Angeles

**Words of Wisdom for our incoming interns:** It will all be over soon.....jk.....at the end of the day, your patients appreciate you and your time



## A Word from the Program Coordinator

Dear Graduates,

While it is easy for you to focus on the final year of residency, I have had the opportunity to reflect on your three-year journey. I remember the class that was quiet and a bit nervous about starting residency. I have watched your bond with each other grow. I have watched you grow into one strong voice. I will now see you go out into the world and become leaders in your communities. If there is one thing that I could hope for is that you remember why you came into medicine. It is usually that initial spark that will keep your love of medicine burning for many years to come. I know that you will do great things in the years to come and I look forward to continue watching you grow.

Love always,  
Anastasia  
Residency Coordinator, UC Irvine Family Medicine

# THANK YOU CLASS OF 2016 FOR ALL THE MEMORIES!



## CHIEF'S CORNER

### CLINIC CHIEF

Residency is such a unique time - you'll find yourself surrounded by some of the most brilliant minds you may encounter in your life! Take advantage of your social capital. Cultivate your friendships with other residents, smile at people in the elevator, work hard on your off-service rotations, and by doing so, you'll build yourself a solid network of support. By finding camaraderie and humor in the small moments, you will be able to hold onto the joy of medicine and stay sane. Don't be afraid to reach out for help and support if you need it. We are all in this together, and we are all here for each other!

**Susan Behnawa, Clinic Chief**

### ADMINISTRATIVE CHIEF

My name is Alexis and I will be the administrative chief for the upcoming residency year. I would like to welcome our incoming interns and wish you the best as you transition into your first year of residency. Apart from my duties as one of the chiefs I hope to be able to serve as a resource to our residents and be a source of support for those who encounter any difficulties during their training. Residency can be a very challenging time as we learn to adapt to our roles as doctors but if we are open to advice and seek help from others we will be better off in terms of our well being and what we can achieve for our patients. I look forward to working with all of you during the upcoming year!

**Alexis Guzman, Administrative Chief**

### ACADEMIC CHIEF

Hi! I will be Academic Chief next year, meaning I will be coordinating lectures for Didactics and hopefully developing curricula most relevant and useful to our residency program and to Family Medicine. In preparation for next year, I was made to take several personality trait tests, and I will share that I am a mostly accommodating INFP golden retriever... which I will choose to construe to mean that I will always be open for ideas from residents, faculty, and staff. If you have a passion or idea that can better our residency program, please let me know and I'll try to work with you to implement it.

**Rye-Ji Kim, Academic Chief**

### QI CHIEF

I'm excited to lead as the quality improvement chief this year and hope to bring about new changes and awareness to our residents and staff about areas where our patients will benefit from improvements. My hope is that everyone will be excited to be involved in improvements to our clinic. It will be an exciting year!

**Cynthia Pike, QI Chief**

## UC Irvine Health

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# WE ARE UC IRVINE FAMILY MEDICINE

