

# THE CONNECTION

Central California Faculty Medical Group & University Centers of Excellence



**PREPARING FOR A DISASTER  
STARTS AT HOME**

# PREPARING FOR A DISASTER STARTS AT HOME



## The UCSF Fresno Emergency Medicine Department Partners with the National Parks Service to Train First Responders in the Event of a Mass Casualty Incident

A disaster is defined as any incident in which the number of victims overwhelms the resources of the emergency medical responders. This could include events such as a fire, hurricane, mudslide, terrorist attack or multi-vehicle car accident.

Preparing for these disasters is complex, and often takes the cooperation of different agencies and organizations.

On May 31st, UCSF Fresno, in partnership with Sequoia and Kings Canyon National Parks, held their 5th Annual Mass Casualty Incident Drill, or MCI Drill near Grant Grove in Kings Canyon National Park.

Dr. Stephanie Benjamin, a third year resident at UCSF Fresno, has been focused on growing the program to better train first responders.

“Training for a Mass Casualty Incident Drill is a lot of work, and requires different organizations to come together and work closely. In the event of a disaster, however, we would need that same level of cooperation to save as many lives as possible. This training allows us to work out the potential hurdles in advance, so when a disaster does strike, we are as prepared as possible,” she explains.

Complete with approximately 20

volunteers, the drill included actors posing as victims and very real-looking wounds, in order to simulate what a real disaster would be like.

“Triaging quickly and efficiently is one of the most important components of MCI training. If we can make the disaster appear as real as possible, it allows us to provide an authentic training experience for our first responders,” Dr. Geoff Stroh, Clinical Professor in Emergency Medicine at UCSF Fresno, says.

This year over 100 participants from different agencies participated in the training, which included a simulated cabin-fire explosion with multiple casualties and severely wounded patients.

Dr. Benjamin only hopes it continues to grow. “Our vision is to create a model that can be duplicated across the country, in different national parks, and eventually develop a comprehensive curriculum that could really improve the way we respond to disasters,” she says.

“This training allows us to work out the potential hurdles in advance, so when a disaster does strike, we are as prepared as possible.”



Artificial Wound  
on an Actor for  
MCI Training



Congratulations John T. Tran, M.D., FAPA, on being named the new Chief of the UCSF Fresno Department of Psychiatry and the new Medical Director of the Fresno County Department of Behavioral Health.



Welcome Patrick Shea, M.D.!

Dr. Shea is board certified in Pediatrics, Psychiatry, and Pediatric Psychiatry.

University Psychiatry Associates

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# Aging in Place



by Carrie Jameson, ANP-BC

Many older adults wish to stay in their homes as they age. They desire to remain independent and maintain their quality of life. There can be some challenges in doing this.

Older adults can stay in their home if they have the cognitive and physical capabilities to do so. Sometimes it is not clear if they do. In August 2017, The Hillblom Center on Aging started helping older adults plan for their futures.

The aim of the clinic is to enable older adults to maintain independence and a quality of life. Older adults defined as 65+ years living at home come to the Center for evaluations and consultations.

A physician trained in geriatrics and an adult nurse practitioner conduct a thorough medical, physical, cognitive and psychosocial assessment of the adult patient. Information is obtained from both the patient and the family member. The providers focus on the functional, cognitive and medical abilities and needs of the older adult

After a complete examination, the patient and family member as well as the primary care provider are provided with recommendations.

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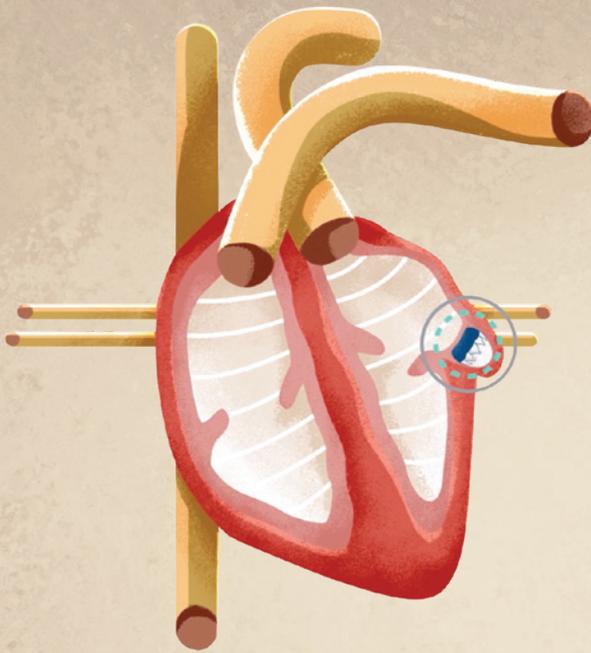
The aim of the clinic is to enable older adults to maintain independence and a quality of life.

Patients can be referred to the Center by their primary care physician, family member or self.

Indications for referral include polypharmacy, memory impairment, cognitive decline, reoccurring falls, sarcopena, frailty, advanced planning and goals of care needs.

The Hillblom Center on Aging

P: 559.443.2684



# Introducing the WATCHMAN Device to the Valley

Groundbreaking New Treatment is Available to Valley Patients Who Are at an Elevated Risk of Stroke

The WATCHMAN device is now offered by Dr. Chandrasekar Palaniswamy, who is board certified in both Cardiovascular Disease and Clinical Cardiac Electrophysiology and is an Associate Clinical Professor with UCSF Fresno.

The WATCHMAN device was approved by the FDA in 2015, and Dr. Palaniswamy became certified in the procedure and began offering the service in early 2018.

“It is a huge advantage, not only for our cardiovascular practice, but for the patients in the Valley to have this resource. We are so lucky to have Dr. Palaniswamy on our team, and to be able to provide this procedure to our patients,” Dr. Teresa Daniele, Chief of Cardiology at UCSF Fresno, says.

Currently, Dr. Palaniswamy is only one of two electrophysiologist in the Central Valley certified to do the WATCHMAN procedure.

The WATCHMAN was developed as an alternative to patients seeking

to control their risk of stroke through pharmaceutical management. Patients with an atrial fibrillation, or AFib, often are on blood thinners, so the blood that is pumped through the heart doesn't pool in the left atrial appendage, or the LAA.

If a blood clot that is formed in the LAA travels to other parts of the body, it can cause a stroke. The WATCHMAN device, is a permanent device that is implanted into your LAA to permanently close it off to prevent stroke.

The surgery is minimally invasive, and typically only requires an overnight stay for the patient.

“Often my patients are up and about the next day, with limited downtime,” Dr. Palaniswamy explains. “This can make a significant difference in patients who are at a higher risk of stroke. This device is safe, effective and does not require ongoing management and adjustment, which is often the case with prescriptions. I am very happy to be able to provide this for my patients,” Dr. Palaniswamy says.

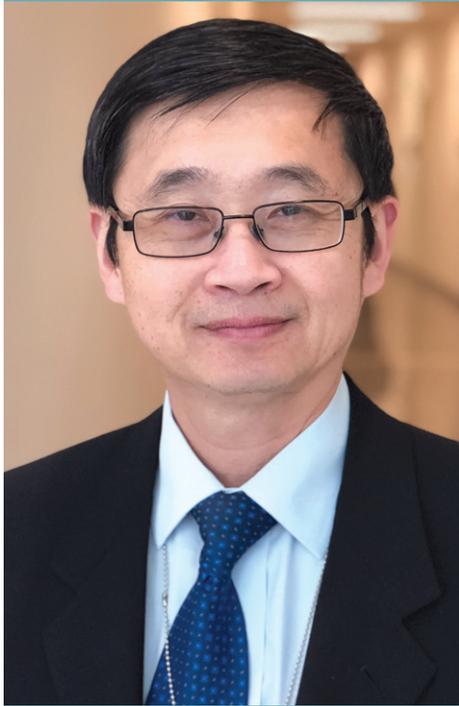
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“We are so lucky to have Dr. Palaniswamy on our team, and to be able to provide this procedure to our patients.”



Chandrasekar Palaniswamy, M.D., MBBS

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## Congratulations Dr. Soe Naing on Receiving ECNU Certification to Perform Thyroid Ultrasounds and Thyroid Biopsies

Soe Naing, M.D., MRCP, FACE, ECNU, of University Medicine Associates, has received the prestigious Endocrine Certification in Neck Ultrasound (ECNU) by the American College of Endocrinology.

In California, there are less than 30 endocrinologists that have received this certification.

ECNU is a professional certification in the field of neck ultrasonography for physicians who perform consultations and diagnostic evaluations of thyroid and parathyroid disorders through both diagnostic ultrasound and ultrasound-guided fine needle aspiration.

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Photo courtesy of UCSF Fresno

## Ibironke Adelaja, M.D., FACS Participates in the Susan G. Komen and UCSF Fresno Breast Health Event

Susan G. Komen of Northern and Central California along with UCSF Fresno held a breast education, screening, and mammogram event on May 19th at the UCSF Fresno Center.

Breast cancer is the most prevalent cancer among women in the United States, and early detection and treatment help save lives. UCSF Fresno and Dr. Adelaja joined the Susan

G. Komen movement aiming to reduce the number of breast cancer deaths by 50% by 2026.

Other partners: Community Medical Centers, Susan G. Komen Circle of Promise, Anthem Blue Cross, Central Valley Black Nurses Association, and the California Health Collaborative.



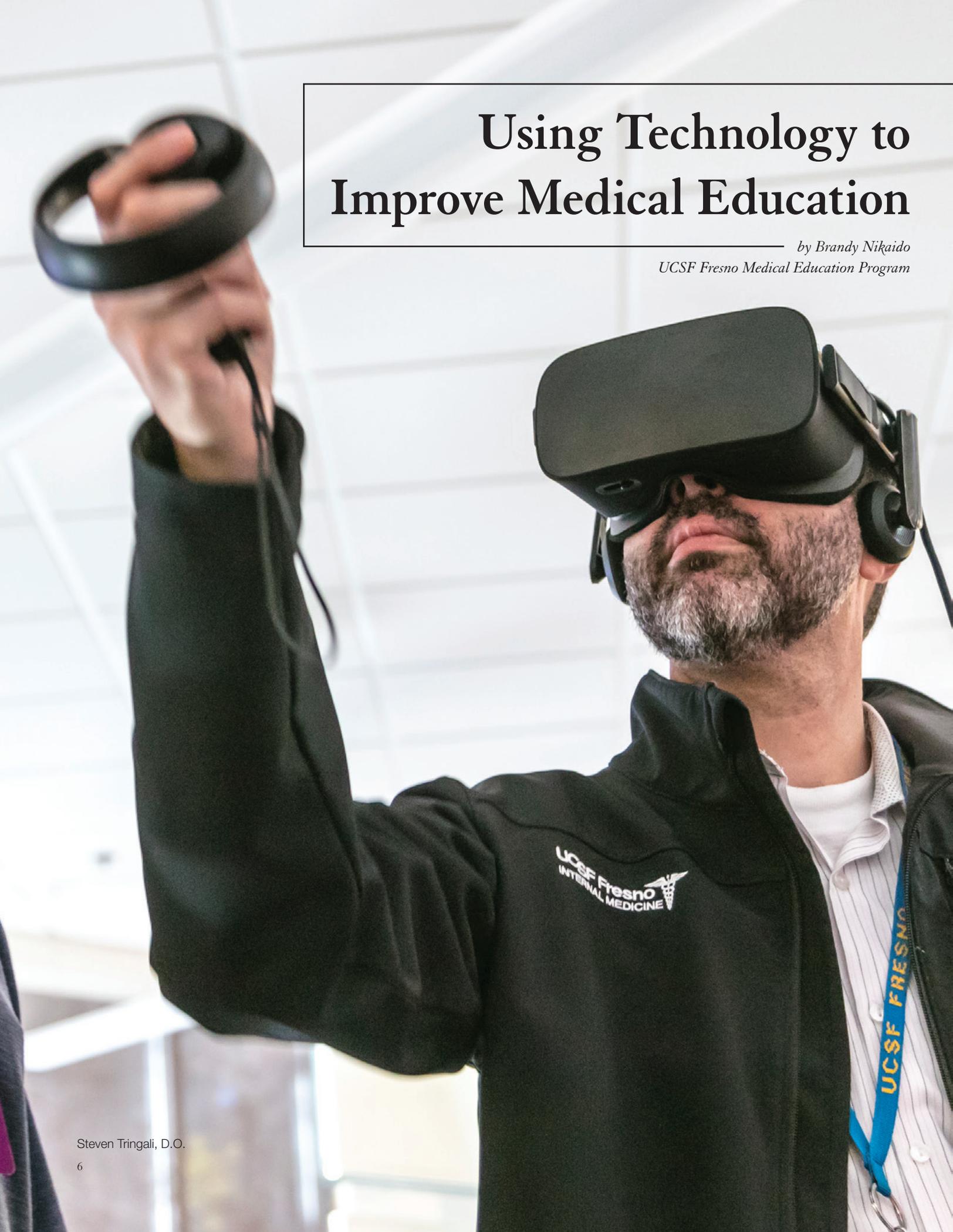
Ibironke Adelaja, M.D., FACS (right)



Photos courtesy of UCSF Fresno

# Using Technology to Improve Medical Education

— by Brandy Nikaido  
UCSF Fresno Medical Education Program



UCSF Fresno recently held its third annual Education Symposium to highlight excellence in medical education at UCSF Fresno, with an emphasis on how technology is being used to teach future physicians. In her keynote lecture, “MedEd in the Digital Era,” Jessica Mason, M.D., Clinical Instructor of Emergency Medicine at UCSF Fresno, demonstrated how technology is being used to enhance the teaching of medicine in a digitally-connected world.

Each year, UCSF Fresno trains about 300 medical residents (medical school graduates who are training under senior faculty physicians prior to practicing on their own), about 50 medical fellows (physicians who are completing training beyond residency), and more than 300 rotating medical students (students in the process of earning medical degrees).

“Our goal at UCSF Fresno is to train the next generation of outstanding clinicians and patient advocates,” said Interim Chief of Pediatrics Serena Yang, M.D., MPH, a member of the UCSF Fresno Faculty Development Committee, which organized the symposium. “Innovative approaches are needed to train learners capable of anticipating and responding to the ever-expanding base of medical knowledge, evolving health needs of patients and communities, and changes in the health care environment.”

The symposium included hands-on demonstrations of technological approaches in medical education such as online medical procedure videos, podcasts, use of “big data” (large datasets) to improve medical education and patient care, virtual reality, 3D scanning and printing, and digital dashboards.

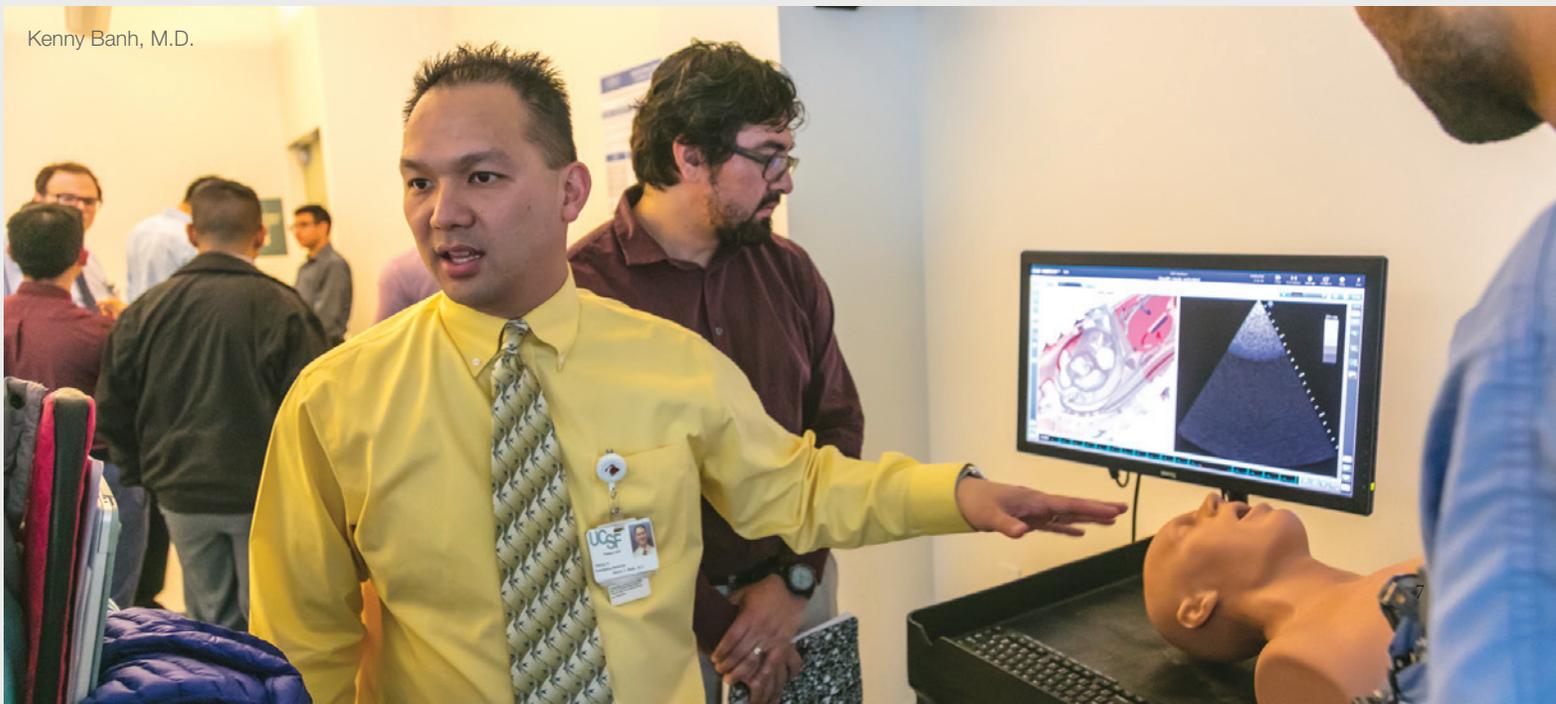
Technology is transforming medical training and offering new resources to better serve patients.



Stacy Sawtelle, M.D. and Jessica Mason, M.D.

“Our goal at UCSF Fresno is to train the next generation of outstanding clinicians and patient advocates”

Kenny Banh, M.D.



# What Our Patients are Saying



"I felt very comfortable with the provider, and he was very informative. He took his time and listened to my concerns."

-Barbara

Central California Vein and Wound Center



"Since I have the highest regard for Dr. Z, I have already recommended him to friends who have Parkinsons. His friendliness matches his professionalism!"

-Joseph

University Neurology Associates



"They always treat every minor question as if it is vital. To us, the peace of mind knowing Dr. Moua is caring for our son is unrivaled."

-Michael

University Pediatric Specialists



"Without Dr. Fayed's expertise and commitment I would not be alive! The team that was assembled all worked together to give me a second chance at life."

-Gary

University Sleep and Pulmonary Associates

*"Feeling Cared for is The Greatest Benefit"*



"I feel very comfortable here and look forward to my appointments. I appreciate that most everyone knows my name and greets me as I arrive."

-Donna

University Perinatal Associates - Clovis



"Treated me very well and took care of my wound. They were always very nice."

-Maria

Valley Vascular Surgery Associates

# Pediatric Specialties Now Offered at North Medical Plaza of Community Regional Medical Center



The newly constructed North Medical Plaza will now provide care to pediatric patients in the fields of cardiology, dermatology, endocrinology, gastroenterology, cystic fibrosis, nephrology, hematology, high risk infant care, pulmonology, neurology, adolescent services, rheumatology, urology, and development pediatrics.



Christian Faulkenberry-Miranda, M.D. and John Moua, M.D. with Department of Pediatrics Residents | Photo Courtesy of UCSF Fresno

The Pediatric Specialties staff and providers look forward to meeting and caring for patients and their families.

Third Floor of North Medical Plaza

215 N. Fresno Street, Suite 370  
Fresno, CA 93701

P: 559.459.4543



Motasem Refaat, M.D. and James Fuller

## Orthopaedic Trauma When Saving Lives is all in a Day's Work

James Fuller was out having fun with friends, and riding dirt bikes in Atascadero when he realized that he was about to collide with another rider. Mr. Fuller tried desperately to avoid the collision, but his leg became pinned in his bike and he was severely wounded in the accident.

Mr. Fuller was rushed to the emergency department of an Atascadero hospital where they were able to stabilize him. Once stabilized, he was transported to Community Regional Medical Center (CRMC), which is the region's only Level 1 Trauma Center, to begin work on repairing his extensive injuries.

Motasem Refaat, M.D., was the orthopaedic surgeon who was able to fix Mr. Fuller's pelvis after Mr. Fuller was stabilized by the surgery trauma team at CRMC. Dr. Refaat diagnosed the injury as an Open Book Fracture where the left and right halves of the pelvis separate. This type of pelvis fracture has a higher risk of disability and death compared to other pelvis injuries.

The surgery was successful and Mr. Fuller has impressively been able to make great strides in his recovery. "Doctors here do a great job at saving lives," Mr. Fuller declared.

Less than half a year after his dirt bike accident, Mr. Fuller is able to walk unassisted and even drive. "Mr. Fuller is extremely lucky that he was transferred to the highest level trauma center at the right time, where we were able to give him his life back. I am so proud of the progress he's made," Dr. Refaat shared, while looking proudly at Mr. Fuller.



Photo Courtesy of UCSF Fresno

## UCSF Fresno Programs Receive \$2.15 Million to Expand and Train the Physician Workforce in Underserved Areas

by Brandy Nikaïdo  
UCSF Fresno Medical Education Program

Four UCSF Fresno Medical Education Program residency programs received a combined \$2.15 million over three years from the Office of Statewide Health and Planning to expand and train the physician workforce in underserved areas. The granting program is part of the Song-Brown Health Care Workforce Training Act (Song-Brown Program).

“We are extremely pleased to receive this funding,” said Lori Weichenthal, M.D., Assistant Dean for Graduate Medical Education at UCSF Fresno. “UCSF Fresno was established to address the shortage of physicians in the San Joaquin Valley. About half of UCSF Fresno graduates remain in the region to provide care. Still, more physicians are needed. These awards are recognition of our progress and they position UCSF Fresno to continue training and retaining physicians for our underserved region.”

The UCSF Fresno Family and Community Medicine Residency Program received \$1.075 million. The UCSF Fresno Internal Medicine Residency Program received \$825,000. The UCSF Fresno Pediatrics and the Obstetrics/Gynecology residency programs each received \$125,000.

“Without this state support, UCSF Fresno would not be able to expand the number of physicians being trained in the Valley for the Valley.”

The funds will be used to support new residency positions in Family and Community Medicine and Internal Medicine and will provide infrastructure and educational support for all four programs. Together, the four programs train more than 140 physicians per year.

“The Song-Brown funding from the state is an important supplement to federal funding for graduate medical education,” said Michael W. Peterson, M.D., Associate Dean at UCSF Fresno. “The number of residency positions supported through the Medicare system has been frozen since 1997. Without this state support, UCSF Fresno would not be able to expand the number of physicians being trained in the Valley for the Valley.”

According to the Healthforce Center at

UCSF, the San Joaquin Valley has just 133 physicians per 100,000 population compared to the state rate of 222 per 100,000.

The Song-Brown Program aims to increase the number of students and residents receiving quality primary care training in areas of unmet need throughout California. Institutions administering residency and training programs for the following disciplines may apply for Song-Brown grant awards: Family Medicine, Family Nurse Practitioner, Internal Medicine, OB/GYN, Pediatrics, Physician Assistant and Registered Nurse. The Song-Brown Program does not provide funding directly to students.



New University Centers of Excellence Location  
**Central Valley Vein and Wound Center**

Located in Visalia, California, the office provides high level consultation and surgical services by specialists in the field of vascular surgery and sclerotherapy.

Specializing in

- Varicose Vein Treatment
- Chronic Wounds
- Venous Leg Ulcers
- Amputation Prevention
- Circulatory Diseases

5448 Ave De Las Robles P: 559.721.4910  
 Visalia, CA 93291 F: 559.721.4920



Congratulations Marina Roytman, M.D., FACP, on your manuscript, *Botanicals and Hepatotoxicity*, being published in the journal, *Clinical Pharmacology & Therapeutics!*



Community Impact

Community support and outreach are at the foundation of Central California Faculty Medical Group's efforts to provide high quality, expert medical care while teaching the next generation of physicians.

Each budget year, CCFMG is proud to support the community through philanthropic giving.

In addition to philanthropic giving, CCFMG also believes in providing specialty medical care to the underinsured. Through strategic community partnership, specialized programs and initiatives, our providers see patients who would otherwise have limited access to specialists in the Central Valley.

Arthritis Association of the Central San Joaquin Valley

Binational Center for the Development of Oaxacan Indigenous Communities

Fresno County Youth Health Corps

Fighting blood cancers

UCSF Fresno Mini Med School



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[facebook.com/universitycentersofexcellence](https://facebook.com/universitycentersofexcellence)

# University Centers of Excellence Locations

**Central Valley Vein and Wound Center**  
559.721.4910 · 559.721.4920 fax

**Hillblom Center on Aging**  
559.443.2684 · 559.264.9199 fax

**University Cardiovascular Center**  
559.320.0545 · 559.320.0550 fax

**University Dermatology Associates**  
559.266.4100 · 559.266.4199 fax

**University Diabetes and Endocrine Specialists**  
559.323.9236 · 559.323.0294 fax

**University Gastroenterology & Hepatology Associates**  
559.326.1010 · 559.485.4504 fax

**University Medicine Associates**  
559.320.1090 · 559.320.0331 fax

**University Neurology Associates**  
559.264.9100 · 559.264.9199 fax

**University Neurosciences Institute**  
559.320.0530 · 559.320.0532 fax

**University Neurosciences Institute (Merced)**  
559.320.0530 · 559.320.0532 fax

**University Neurosciences Institute - Visalia**  
559.622.8687 · 559.622.8693 fax

**University Obstetrics & Gynecology Center**  
559.443.2694 · 559.443.2696 fax

**University Oncology Associates**  
559.459.4662 · 559.459.4699 fax

**University Orthopaedic Associates (Clovis)**  
559.320.0531 · 559.320.0539 fax

**University Orthopaedic Associates (Fresno)**  
559.432.2600 · 559.432.3025 fax

**University Pediatric Specialists**  
559.325.5656 · 559.325.5568 fax

**University Perinatal Associates - Clovis**  
559.472.4255 · 559.324.8786 fax

**University Physical Therapy**  
559.573.3430 · 559.573.3432 fax

**University Psychiatry Associates**  
559.320.0580 · 559.320.0582 fax

**University Pulmonary Associates**  
559.256.5130 · 559.485.4504 fax

**University Sleep and Pulmonary Associates**  
559.435.4700 · 559.298.7951 fax

**University Specialty Surgery Associates**  
559.256.5140 · 559.485.4505 fax

**University Surgical Associates**  
559.435.6600 · 559.435.6622 fax

**University Urogynecology Associates**  
559.515.1329 · 559.324.8786 fax

**University Women's Specialty Center**  
559.320.0555 · 559.320.0558 fax

**Valley Vascular Surgery Associates**  
559.431.6226 · 559.440.9005 fax