



May 2023

UPMC
LIFE CHANGING MEDICINE

FAMILY MEDICINE NEWSLETTER

A WORD FROM THE CHAIR



Moving into May brings us closer to the end of the academic year. I look forward to visiting all the residency programs this month and seeing you at our Scholarship Day on the 19th. We have the opportunity to see each other for the first time face-to-face without a mask mandate. While masks are not mandated in most of the UPMC footprint, you can mask at your comfort level. If a patient requests that we wear a mask, we all must comply with that request. With the end of the Public Health Emergency, there are also some changes in our office precepting and billing practices. We have included those links for your perusal. We are excited to continue to share more wellness and informatics tips to help us all each day.

"Change is inevitable. Growth is optional" – John C. Maxwell

Dr. Conti

RESIDENT SPOTLIGHT



Patrick Yang, MD
PGY-1, Williamsport

- **Residency:** UPMC Williamsport Family Medicine
- **Residency activities:** Sports Medicine Area of Concentration
- **Best part of your job:** Being able to see a variety of patients including kids, pregnant women, and adults. I also love that we often get to meet everyone in the family during our visits!
- **Hometown:** Taipei, Taiwan
- **Favorite restaurant:** John Ryan Brewery
- **Favorite thing to do in Williamsport:** Exploring the many trails around Williamsport
- **Pirates, Penguins, or Steelers:** Toronto Raptors... Sorry!!

STAFF SPOTLIGHT



Todd Azeles, RN
Clinical Supervisor,
Altoona

- **Work location:** UPMC Altoona Family Physicians
- **Position title:** Nurse Manager OP
- **Favorite part of your job:** working with the residents and patients
- **What I'm working on now:** Office flow improvements
- **Hometown:** Altoona
- **Favorite thing to do in Pittsburgh:** Visit my son, daughter-in-law, and new granddaughter Nora in Glenshaw. The Strip district is always a stop too!
- **Pirates, Penguins, or Steelers:** All the above!!!

FACULTY SPOTLIGHT



Logan Dougherty, LCSW
Behavioral Health, Lititz

- **Residency:** Lititz Hospital, College Avenue Family Med (Lancaster)
- **Residency Responsibilities:** curriculum development, BH lectures, observed visits, and consultations
- **What's occupying my time:** Besides work responsibilities, I am completing a degree in forensic psychology, so I am interviewing families of missing persons to measure psychometrics of ambiguous loss vs. standard loss.
- **Best part of my job:** my amazing coworkers and the diversity of my responsibilities.
- **Hometown:** Milton, Pennsylvania
- **Favorite Restaurant:** Amato's (Northumberland, PA)
- **Favorite thing to do in Lancaster:** Lancaster Barnstormers baseball games, and many amazing restaurants and coffee shops
- **Pirates, Penguins, or Steelers:** Sorry but none of these. However, PNC park is an absolute gem. My time is invested in New York Mets baseball, Bucknell University basketball, and Duke University basketball.



REMINDERS



May 19: UPMC Family Medicine Scholarship Day, hosted by UPMC Altoona Family Physicians



SCHOLARLY ACTIVITY



The annual Clean Med Conference is the premier national environmental conference for leaders in health care sustainability who are on the leading edge of greening the health care sector. It is in Pittsburgh this year, May 23-25!

Two UPMC physicians are also featured in their recent Webinar!

More information: <https://cleanmed.org/>

EDUCATION UPDATE

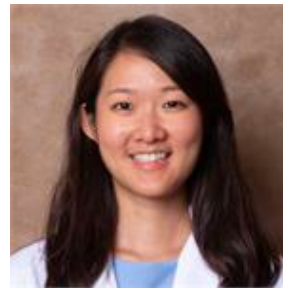
Congrats to the University of Pittsburgh medical students who matched into Family Medicine!



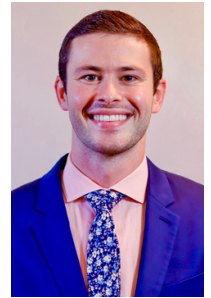
Hannah Apfelbaum
Washington Hospital
Washington, PA



Amelia Cuevas
UPMC St. Margaret



Julia Lai
UPMC St. Margaret



Paul Seraly
University of Kansas
Wichita, KS

WELLNESS TIP

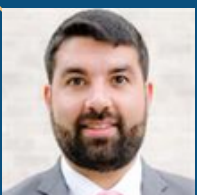
There should now be plant-based healthy meal options for all inpatients at all UPMC hospitals!

This could be a great counseling option for our patients that are interested in trying healthier whole food meal options and/or for those that aren't sure what a plant based meal entails during their hospitalization. Perhaps the patient can then include some of these healthy food choices when they go home from the hospital.

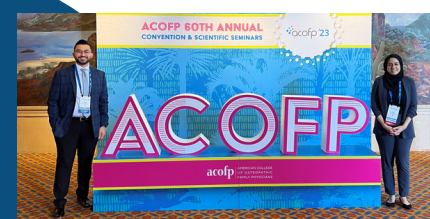
-Alissa Cohen, DO



Nenad Zelenkov
UPMC McKeesport



Congratulations to Dr. Raffi Keradman, PGY-2 (Harrisburg) and Dr. Mario Soliman, PGY-1 (Lititz) who were selected as two of ten resident representatives to the Resident Council of the American College of Osteopathic Family Physicians (ACOFPP)! Dr. Asma Ghafoor, PGY-2 (Lititz) will also be completing her term on the council!



PHARMACY HAPPENINGS

TOP
TIPS

Naloxone nasal spray (Narcan) has been approved by the FDA for over-the-counter sale.

- It is expected to be available by late summer 2023
- The manufacturer has said they will "sell for less than \$50" per kit

Until the new product hits the shelves, the prescription version still needs an order from the prescriber or the state standing order can be used

-Stephanie Ballard, PharmD

PAFP Research Day



Carlie Hoffman (PGY-1), Amishi Desai (PGY-2), Helena Winston (PGY-1)



Amishi Desai, Carlie Hoffman, Tracey Conti, Helena Winston, Heather Mikes

COMMUNITY CONNECTIONS

McKeesport residents Dr. Carlie Hoffman, Dr. Amishi Desai and Dr. Helena Winston along with faculty physicians Dr. Sukanya Srinivasan and Dr. Heather Mikes received a PAFP Resident Impact Grant! Their proposed project has 4 parts, each of which addresses a pillar of lifestyle medicine (nutrition, stress, exercise, and substance abuse). In direct partnership with family medicine faculty, residents and registered health center patients, they hope to incentivize healthy living by

- (1) providing blood pressure cuffs for aiding in hypertension management and educational resources about DASH diet
- (2) organizing youth art classes for stress relief
- (3) providing fitness trackers to promote daily exercise
- (4) creating a resource cart to facilitate self-reflection during MOUD activities.

They are also partnering with community organizations, including The Market (a Greater Pittsburgh Community Food Bank), Healthy Village Learning Institute (an African-centered youth center), and Angora Gardens (a health and wellness center). They presented their project at PAFP's Research Day on 4/22 in Tannersville, PA!

CLINICAL NOTES

The end of the COVID Public Health Emergency has implications for:

- precepting
- billing
- vaccine & treatment coverage
- More information [here](#) and [here](#)

INFORMATICS CORNER



= shortcut to
close Epic
encounter

-Jose Abad, MD

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