



April 2023

UPMC
LIFE CHANGING MEDICINE

FAMILY MEDICINE NEWSLETTER

CHAIR'S MESSAGE



Wow! April came quickly, but I am so glad to move into Spring. This season is a time of growth and renewal. A time of new beginnings and fresh starts. I was so happy to hear of the successful matches that each program had this year. It's exciting to see the new additions to our family of Family Medicine. I also have the privilege later this month of meeting some of our new chief residents from programs across our UPMC FM network. I'm excited to speak with you. This edition of our newsletter shares many helpful resources and tips that we hope help you in your day-to-day activities. Personally, I am going to try to incorporate the 25/50 model. As always, thank you for what you do each and every day!

Dr. Conti

RESIDENT SPOTLIGHT



Alexandra Spirou, MD
PGY-2, Altoona

- **Residency activities:** I am in the Lifestyle Medicine track and I am the 'Recruitment Chairperson' for our residency program.
- **Best part of my job:** The 2 best parts of my job are the people I get to work with and the diverse areas of interest amongst my co-residents and faculty. My co-residents and attendings are all wonderful to work with
- **Hometown:** Windsor, Ontario, Canada
- **Favorite restaurant:** Allegheny Creamery and Crepes—they have the best breakfast food!
- **Favorite thing to do in your city:** I love exploring Canoe Creek State Park and local races organized by the YMCA (I ran my first 10K during my intern year and I plan to participate in 6 races this year)
- **Pirates, Penguins, or Steelers:** I'd have to pick Steelers! I love baseball, but I could never pick any team other than my beloved Detroit Tigers

STAFF SPOTLIGHT



Susan Kramer
Academic Manager,
McKeesport

- **Favorite part of your job:** The people!
- **What I'm working on now:** The revised ACGME Program Requirements and determining the changes that will be needed to implement them.
- **Hometown:** North Versailles, PA
- **Favorite thing to do in Pittsburgh:** Wineries; also love the fall leaves and spending time in the mountains during the fall.
- **Pirates, Penguins, or Steelers:** Steelers



FACULTY SPOTLIGHT



Alisa Liu, MD
Physician
UPP Squirrel Hill

- **Program:** Department faculty
- **Responsibilities:** Outpatient care at UPP Squirrel Hill, inpatient rounding on FM teaching service
- **Current projects/initiatives:** Transitioning to being a new attending and getting more involved in teaching
- **Best part of your job:** So hard to choose—getting to know my new patients, teaching, and women's health
- **Hometown:** Port Jefferson Station, NY
- **Favorite restaurant:** Maya Sushi in Squirrel Hill
- **Favorite thing to do in Pittsburgh:** Exploring museums and restaurants
- **Pirates, Penguins, or Steelers:** I don't know since I just moved here, but am open to suggestions!

REMINDERS



April 9: ACGME Faculty and Resident survey due



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

CLINICAL NOTES

Disclosure Tools and Physician Support Resources

We understand that adverse events are a part of medicine, and every physician should know how to disclose them to patients and/or their loved ones. As a result, the UPMC Corporate Risk Management Department has developed materials to assist physicians in conducting those critical conversations. The Toolkit and brochure below were created as references to help prepare you for disclosure.

[Physician Disclosure Toolkit](#)
[Physician Disclosure Resources](#)
[Physician Support Resources](#)

-Anne F. Koontz, MSN, MBA, RN
Sr. Risk Management Specialist

UPMC FM opportunities

UPMC Hamot: \$50,000 Sign On Bonus, Residency Stipend, & Loan Repayment for PCP at UPMC in Affordable, Family-Friendly Community!

Waiver-Eligible PCP Opportunity at UPMC Offering \$50,000 Sign On Bonus Near Canadian Border!

UPMC Kane: Rural Primary Care at UPMC Affiliated Hospital - \$75,000 Sign on Bonus

GLPP: Waiver-Eligible PCP Position with \$50,000 Sign On Bonus & Loan Repayment Near Canadian Border!

UPMC Northwest: Waiver-Eligible \$50,000 Sign On Bonus & Loan Repayment at UPMC-Affiliated Outpatient Office!

SCHOLARLY ACTIVITY

- Tricia Nowalk, PhD (Department) co-authored *Textbook of SARS-CoV-2 and COVID-19, Epidemiology, Pathophysiology, Immunology, Clinical Manifestations, Treatment, Complications, and Preventive Measures*. Editors: Sabramani Mani and Jorn-Hendrik Weitkamp, Chapter 1. Epidemiology of SARS-CoV-2 and COVID-19, pp 2-23, Elsevier, Philadelphia 2023.
- Benjamin Shipton, DO; Sunkesula Sagar, DO; Jennifer Mall, MD, MPH (Horizon) published Trigger Point Management in *American Family Physician*



WELLNESS TIP

Consider the 25/50 meeting model. Most people find that a 50 or 25 minute meeting is as productive as a 60 or 30 minute meeting. Those extra 5 or 10 minutes can be used to digest or decompress from the meeting, answer urgent messages, take a needed break, and lessen Zoom fatigue.

[How to set default meeting duration in Outlook and Google Calendar for meetings you schedule](#)



PHARMACY HAPPENINGS

Lilly is reducing costs of their insulin products

- Cutting the list price of its non-branded insulin, Insulin Lispro Injection 100 units/mL, to \$25 a vial. Effective May 1, 2023, it will be the lowest list-priced mealtime insulin available
- Cutting the list price of Humalog® (insulin lispro injection) 100 units/mL, Lilly's most commonly prescribed insulin, and Humulin® (insulin human) injection 100 units/mL by 70%, effective in Q4 2023.
- Launching Rezvoglar™ (insulin glargine-aglr) injection, a basal insulin that is biosimilar to, and interchangeable with, Lantus® (insulin glargine) injection, for \$92 per five pack of KwikPens®, a 78% discount to Lantus, effective April 1, 2023.
- Effective immediately, Lilly will automatically cap out-of-pocket costs at \$35 at participating retail pharmacies for people with commercial insurance using Lilly insulin



—Allie Taylor, PharmD

COMMUNITY CONNECTIONS

The Family Medicine Global Health bi-annual brigade to Honduras was in March! The residents, medical students, attendings, nurses, pharmacists, and residents provided care to the families of Intibucá for two weeks. The team included:

Attendings

Alan Finkelstein, MD (Shadyside)
Randy Kolb, MD (Shadyside)
Maria Matsuda, MD (Shadyside grad)

Nurses

Carole Ford, RN

Medical Students

Nerone Douglas
Melissa Kukowski
Aja Pollard
Dana Meshkin
Madeleine Stout
Amelia Cuevas
(future St. Margaret resident!)

Residents

Madison Abbs, PharmD (St. Margaret)
Raju Kaur, MD (Shadyside)
Tara Kedia, MD (Shadyside)
Habibur Rahman, PharmD (St. Margaret)
Joseph Rizkalla, PharmD (St. Margaret)
Arianna Sprando, PharmD (St. Margaret)
Julia Zheng, MD (St. Margaret)



INFORMATICS CORNER

UPMC has established a Clinical Informatics Fellowship! They are seeking applicants to start in July. This is an option for current residents or faculty who may be interested in expanding their skill set into clinical informatics.

More information is available on the [website](#) or by contacting Margery Beerman, Program Coordinator (412-647-0868; beermanm@upmc.edu)



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