



FAMILY MEDICINE NEWSLETTER

CHAIR'S MESSAGE



As we bid farewell to another remarkable year, it is with great joy and pride that we present to you the December-January edition of our Family Medicine Newsletter. This edition is dedicated to celebrating the exceptional work of our esteemed faculty and talented residents. We call attention to their unwavering commitment to excellence and their invaluable contributions. As we reflect on the accomplishments of the past year, we also look forward to embracing the opportunities and challenges that the new year brings. This edition serves as a warm welcome to the upcoming year, filled with hope, growth, and new beginnings. Join us as we shine a spotlight on the outstanding achievements, groundbreaking research, and innovative practices undertaken by our remarkable faculty and residents. Their dedication, passion, and expertise continue to shape and elevate UPMC Family Medicine. We hope that this edition inspires you, uplifts your spirits, and fills you with a sense of pride in the incredible work being done within our family medicine community. Here's to a successful end of the year and a bright and promising start to the new one!

"The future belongs to those who believe in the beauty of their dreams." — Eleanor Roosevelt

Dr. Conti

RESIDENT SPOTLIGHT



Katlyn Elliott, MD
PGY-3, McKeesport

- **Residency/fellowship:** UPMC McKeesport
- **Residency activities:** Osteopathic Track
- **Best part of your job:** Continuity of care
- **Hometown:** Peterborough, Ontario, Canada
- **Favorite restaurant:** 8th and Hays in Homestead
- **Favorite thing to do in Pittsburgh:** Running in Schenley Park, hanging out with my co-residents and trying new restaurants
- **Pirates, Penguins, or Steelers:** Love hockey so would have to say my favorite Pittsburgh sports team is the Pens, but I cheer for the other black and yellow NHL team--GO Bruins GO!

STAFF SPOTLIGHT



Alyssa Bedison
Coordinator, Rural

- **Residency program:** UPMC Rural Family Medicine Residency
- **Residency responsibilities:** Program Coordinator
- **Current projects/initiatives):** Interviews and recruitment! Planning for our very first class of residents!!
- **Best part of your job:** The team I work with 😊
- **Hometown:** Montoursville, PA
- **Favorite restaurant:** Franco's Lounge
- **Favorite thing to do in your city:** Penn State football games!
- **Pirates, Penguins, or Steelers:** Steelers!!

The Rural Program is the newest UPMC Family Medicine Residency! Residents will spend Year 1 in Williamsport and Years 2 & 3 at UPMC Cole or UPMC Wellsboro.

FACULTY SPOTLIGHT



Michael Yurkewicz, DO
Program Director, Harrisburg

- **Residency program:** UPMC Harrisburg
- **Residency responsibilities:** Program Director
- **Current projects/initiatives:** Working through interview season and implementing ultrasound curriculum focusing on musculoskeletal
- **Best part of your job:** I really enjoy connecting with the residents over their time here; becoming part of our family during their three years and beyond!
- **Hometown:** Bradford, PA
- **Favorite restaurant:** n/a...I enjoy most foods, will eat anything
- **Favorite thing to do in Harrisburg:** hang out with family and friends
- **Pirates, Penguins, or Steelers:** Fly Eagles Fly.... but I can root for the Penguins.

REMINDERS

- ☑ If completing ABFM Part IV activity using the recording of the August Grand Rounds, send forms to Patti Zahnhausen by **Dec 12**



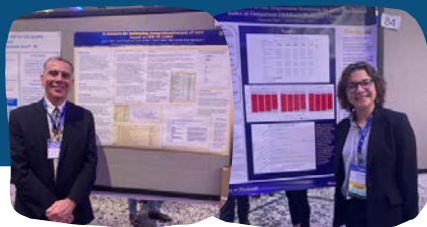
SCHOLARLY ACTIVITY

★ UPMC Family Medicine Scholarship Day will be held on **May 17, 2024**, at the Blair County Convention Center in Altoona ★

Tricia Nowalk, PhD and **Rick Zimmerman, MD, MPH** (Department) published Societal Cost of Racial Pneumococcal Disease Disparities in US Adults Aged 50 Years or Older in *Applied Economics and Health Policy*

Todd Bear, PhD, Nora Bridges, PhD, and Rachel Taber, PhD (Department) published Strategies to recruit rural primary care providers to implement a medication for opioid use disorder (MOUD) focused integrated care model in *Implementation Research and Practice*.

John Maier, MD (Department) presented *A Measure for Estimating Comprehensiveness Based on ICD-10 Codes* and **Cameron Metz, BS** (Pitt MS-IV) presented *Associations of Post Partum Depression Screening by Area Deprivation Index at Outpatient Children's Pediatric Practices* at the North American Primary Care Research Group conference



Cameron was awarded Best Trainee Poster!

Lifestyle Medicine Conference



UPMC had a great presence at the American College of Lifestyle Medicine Conference in Denver, CO. There were over 30 UPMC participants virtual or in person including those from many of our programs:

- Williamsport
- Horizon
- St. Margaret
- Harrisburg
- McKeesport
- Altoona

We also spent time with Dr. James Gordon: Center for Mind Body Medicine who showcased UPMC's work in trauma informed care in offering mind body skills groups through our Lifestyle Medicine Program!

-Michelle Thompson, DO

WELLNESS TIP

THE MOST POPULAR NEW YEAR'S RESOLUTIONS REGARD PHYSICAL HEALTH, WEIGHT LOSS, AND EATING HABITS



How to make those resolutions stick:

- 1) Make it specific (how, what, when, where, why)
- 2) Choose a positive/addition vs. negative/restriction resolution
- 3) Consider a penalty rather than an incentive: humans are more averse to loss than gain
- 4) Make it fun
- 5) Allow for emergencies
- 6) Get help from friends

TOP

TIPS

PHARMACY HAPPENINGS

Greg Castelli, PharmD (Department) was chosen as a 2023 Outstanding Reviewer for the Journal of the American College of Clinical Pharmacy!

Mounjaro was just approved for weight loss under a new brand name, **Zepbound!** It should hopefully be available by the end of the year. Studies showed about 15-20% weight loss at the end of 72 weeks. It uses the same device as Mounjaro and the cash price is \$200 cheaper than **Wegovy!**

-Joe Rizkalla, PharmD



COMMUNITY CONNECTIONS

Congratulations to **Dr. Rowena Pingul-Ravano** and the Centering Team for leading Shadyside to become the first certified Centering Pregnancy site in Western PA!

Faith Kehinde (Pitt MS2) organized the Youth Sports Program in the Hill District. Shadyside residents **Sixtus Akinlosotu, MD, Justinne Certeza, DO, Olivia Jang, DO** and **Vatsal Gandhi, DO** and Theiss Medical Director **Jonny Yadlosky, MD** served as medical staff!

Dr. Pingul-Ravano also received a grant to develop a Centering Program at Squirrel Hill and McKeesport in 2024!

Congratulations to **Dr. Daniel Salahuddin, MD** (Theiss) who received the Rising Star Award from the Gateway Medical Society!



Centering Leaders



INFORMATICS CORNER

Abridge is a web-based, HIPAA-compliant, and UPMC-approved platform that allows providers to quickly and easily connect to their patients for a phone call or video visit. To request a new Abridge account, start by requesting access at ims.upmc.com (step by step guide is available on infonet). Once approved, access Abridge dialer and video services at clinic.abridge.com, no downloads needed. From the Abridge dashboard, tap the dialer button and enter your patient's number and choose phone or video.

Pro-tip: save a shortcut to your phone's home screen for easy access. Please note, although Doximity offers similar services, it is **not** approved for use by UPMC due to privacy concerns.

-Rebecca Halvorsen, MD

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