

# DEPARTMENT OF FAMILY MEDICINE

University of Rochester School of Medicine & Dentistry Highland Hospital

Newsletter of One of the Premier Family Medicine Departments in the United States

December 2016

## In This Issue:

- Family Medicine Residents Named to National Leadership Positions page 1
- Dr. Colleen Fogarty Named Highland Family Medicine Medical Director page 1
- "Thoughts from the Chair" by Dr. Thomas L. Campbell page 2
- UR Department of Family Medicine Receives Honorable Mention at Nexus Innovations Network page 2
- NCIPE Visits Highland Family Medicine page 2
- Global Health Track Leads to Rewarding Careers page 3
- Resident Spotlight page 4
- Providing Integrated Chemical Dependency Services at HFM page 4
- Innovative Nurse Practitioner Residency Program page 4
- Farley Lecture Features Stephen Taplin, MD, MPH page 5
- Alumni Spotlight page 5
- HFM Resident Retreat page 5
- Welcome page 6
- Congratulations page 6
- Faculty Accomplishments page 7
- Resident Writes Motivational E-Book page 7
- HFM on Television page 8

## Family Medicine Residents Named to National Leadership Positions

Three residents from the University of Rochester Department of Family Medicine Residency program were recently named to national leadership positions in the American Academy of Family Physicians. This is the first time that three residents from the same program have been selected.



Stanley M Kozakowski, MD, FFAFP

"The faculty and residents at the University of Rochester/Highland Department of Family Medicine are to be congratulated for engaging residents in the leadership process," said Stanley M Kozakowski, MD, FFAFP, Director, Medical Education Division, American Academy of Family Physicians. "These leaders will help our national organizations to create a better future for our patients, their families, and communities. With residents such as these, the future of family medicine is very bright!"



Dr. Amanda Pannu, Dr. Vivian Jiang and Dr. Amber Robins assumed national leadership positions.

More than 1,300 medical students and more than 1,000 residents attend the AAFP medical student and resident conference each year—one of the biggest annual gatherings of those two groups in the country. At that conference, both the medical students and the residents elect their national leaders. Amber Robins, MD, was elected as the resident representative to the Society of Teachers

*continued on page 6*

## Colleen Fogarty, MD, MSc Named HFM Medical Director

Colleen Fogarty, MD, MSc, FFAFP, will become Highland Family Medicine's new medical director effective January 2017, when Michael Mendoza, MD, MPH, vacates the post to become the full time Monroe County Commissioner of Public Health. Colleen will also assume a new role as Associate Chair for Clinical Practice and Interprofessional Education (IPE) in the Department of Family Medicine. In this new position, she will oversee all clinical activities within the Department as well as IPE activities. Susan McDaniel, PhD, will be promoted to Vice-Chair for the Department.



Colleen Fogarty, MD, MSc

"Dr. Fogarty brings many special skills and experiences to these new positions," said Thomas Campbell, MD,

Department Chair. "She continues to make an impact on quality health care every day and we look forward to working with her on new endeavors." For the past 6 years, Dr. Fogarty has directed the academic faculty development fellowship and has been the assistant residency director since 2008. She recently developed and currently directs the Finger Lakes Center for Primary Care Clinician Education which is funded by HRSA and helps clinicians in the region with practice transformation.

Dr. Fogarty has also been actively involved in practice transformation at Anthony Jordan Health Center where she has practiced since returning to Rochester in 2004. She was recognized with the Rochester Business Journal Health Care Achievement Award in 2016 for her work there.

Dr. Fogarty will be moving her clinical practice to Highland Family Medicine in January, and will continue to do some precepting at Brown Square.



Thoughts  
FROM THE CHAIR

One of our long term goals at Highland Family Medicine is to become a national model for interprofessional education and we are well on our way.

The University of Rochester Department of Family Medicine in collaboration with the University of Rochester School of Nursing recently inaugurated a Nurse Practitioner Residency Program which is integrated into our existing Family Medicine Residency Program. We already have two residents who are about half way through the program and we are opening the program to more nurse practitioners.

We had a successful site visit by the National Center for Interprofessional Practice and Education (NCIPE) and received an honorable mention Nexus Award at the NCIPE summer summit for our work teaching interprofessional practice and education competencies to our Nurse Practitioner and Family Medicine residents.

In recognition of exemplary interprofessional, team-based practice in the US, the Nexus Award celebrates those who are thinking and acting differently through innovation to connect higher education and health care.

In the future you will see us move towards training primary care teams through expansion of training to other disciplines such as behavioral health, pharmacy, care managers and others who work collaboratively for the good of our patients.

Best Wishes,

Thomas L. Campbell, MD (1982)  
William Rocktaschel Professor and  
Chair, Department of Family Medicine

## University of Rochester Department of Family Medicine Receives Honorable Mention at the Nexus Innovations Network

The University of Rochester Department of Family Medicine received an honorable mention Nexus Award at the summer summit of the National Center for Interprofessional Practice and Education (NCIPE).

The NCIPE is a unique public-private partnership charged by its funders to provide the leadership, evidence and resources needed to guide the nation on the use of interprofessional education and collaborative practice as a way to enhance the experience of health care, improve population health and reduce the overall cost of care.



*Sarah Peyre, EdD; Lynne Massaro, DNP, BN, ANP-BC, FNP; Barbara Brandt, PhD; Tziporah Rosenberg, PhD, LMFY and Colleen T. Fogarty, MD, MSc, EAAFP at the Awards Ceremony at the NCIPE Summit.*

## NCIPE Visits Highland Family Medicine

A team from the National Center for Interprofessional Practice and Education (NCIPE) visited Highland Family Medicine and the University of Rochester School of Nursing this summer. During this visit, Highland Family Medicine showcased its team-based care and received feedback on further development. NCIPE is also assisting with the NEXUS project which involves teaching interprofessional practice and education competencies to Nurse Practitioner and Family Medicine residents. The Department of Family Medicine in collaboration with the School of Nursing recently started a Nurse Practitioner Residency Program which is integrated into its existing Family Medicine Residency Program.



*Dr. Tom Campbell, Chair, Department of Family Medicine; NCIPE team members: Whitney Meredith, Dr. Frank Cerra and Amy Jarabek; Dr. Susan McDaniel, Associate Chair, Department of Family Medicine and Jamie Bishop, program administrator.*





## Global Health Track Leads to Rewarding Careers



During residency Mellie Gilder Tyrosvoutis, MD, was part of a Department of Family Medicine group in 2009 that served a rural community in southwest Honduras called San Jose San Marcos de la Sierra.



Dr. Tyrosvoutis reviews a case with the staff from our Maw Ker Thai clinic that cares for rural migrant workers



Dr. Tyrosvoutis and her husband, Greg, (center) at their engagement party with two of the staff from SMRU (San Soe (left), a medic, and Hser Gay Wah (right), an ultrasound technician).

The Department of Family Medicine of the University of Rochester has a Global Health Track (GHT) for interested residents. The Track combines resident education with service to a rural community in southwest Honduras called San Jose San Marcos de la Sierra. The program has been running since 2003 and is hugely popular with residents and very successful at improving the health of the Honduran population.

Embracing the San Jose community goes beyond Family Medicine's realm of expertise in health care—it focuses on helping the community achieve a sustainable means to survive and prosper, even when many of the needed changes are considered non-medical.

"The Department of Family Medicine is committed to improving the health of underserved populations both in the US and abroad," said Doug Stockman, MD, program director. "Many of our residents who participate in the program pursue global health in their careers."

Mellie Gilder Tyrosvoutis, MD, '11 is one of them. Dr. Tyrosvoutis worked since 2011 with the Shoklo Malaria Research Unit (SMRU) practicing obstetrics and conducting research along the Thai-Myanmar border. Here are some thoughts she is sharing with residents who are interested in pursuing global health.

### Were you able to do Global Health (GH) activities right after residency?

Yes, I applied during residency for The Fogarty International Clinical Research Scholars Program

(FICRS-F) through the Fogarty Center at the National Institutes of Health. It was great and in the end I had funding for two years with a salary comparable to my residency salary for two years. After the fellowship, I was hired by SMRU directly.

### What were the barriers you had to overcome?

I was fortunate to have strong ties to SMRU already, having volunteered there twice during residency and having written a paper with them (not yet published at that point). I also had significantly less debt than almost any of my friends. I recognize this was a real gift and most people will not be in this circumstance. However, in a situation like the FICRS-F program where there is a salary, the cost of living overseas is often low, allowing for additional savings and potentially loan repayment.

### Where should graduating residents look for job opportunities, and for short term volunteer work in Global Health?

I would encourage people with a GH interest to visit an area before committing - both to make connections and feel out what the work would be like. This helps you be more prepared when you go for a full-time job. Research is an area where it is sometimes possible to be paid to do rewarding work that includes teaching, research and clinical care. I highly recommend looking into FICRS-F if interested in research just after residency. It offered great support and an inspiring orientation week that I often think back on.

### What other pearls of wisdom can you share?

- 1) For me it has been very rewarding to have a long-term relationship with one community - learn the language, understand the needs, make lasting friendships. But I would say: start early learning about a place, and try to visit.
- 2) You will have vacation time in residency and these times can be used as opportunities to visit places and organizations that you are considering partnering with if you are really serious about GH.
- 3) Be mindful about the reason for your visits - don't imagine that your 2 week trip to do clinical work in Kenya for the first time in your life is really a service trip. That is really a educational trip for yourself to learn about what the needs are and how your skills and interests dovetail with those needs. Maybe your second trip to Kenya, if you are returning to colleagues you have developed a relationship with, and are bringing a workshop that they have asked for, will really be a service trip.
- 4) Always think about your skills and interests and the skill set of the people around you. Find work where you are able to come alongside your local colleagues to strengthen the work they are doing. Usually the advantage you will have is your education. You may find that full time clinical work is not the most useful

*continued on page 8*

## Resident Spotlight



### Branko Matich, MD, MPH

"In Family Medicine we are in the "front row" seat and have the privilege of taking care of people who need help," said Branko Matich, MD, MPH, third year resident in the University of Rochester Medical Center Department of Family Medicine Residency program.

Dr. Matich received his doctor of medicine from the University of California San Diego School of Medicine and his MPH from San Diego State University. "I was drawn to family medicine because I love hearing patients' stories," he said. "Just the other day I was working with a Cuban refugee who was making the transition to life here in Rochester and has never seen a doctor. That's how we make a difference!"

Before medical school Dr. Matich worked for several years as the HIV Program director at Linda Vista Health Care Center in San Diego. Over the years he served as a certified family planning HIV counselor; co-founder of Teen Access, a peer based teen clinic; HIV Integration program director and health education instructor for local high schools, colleges and other community based organizations.

After medical school he chose the Rochester family medicine residency because he was impressed by the dedicated psychosocial medicine training during Psychosocial and Practice Improvement (P2) rotation and was impressed by the warmth of the residency staff during interview day.

His future goals are clear. "I grew up in community medicine prior to medical school and residency," he said. "As a National Health Service Corps Scholar I will be serving in a community health center and also hope to be involved in adult medicine and addiction medicine."

## Providing Integrated Chemical Dependency Services at HFM

In collaboration with the University of Rochester Department of Psychiatry's Strong Recovery program, Highland Family Medicine has introduced an on-site chemical dependency program. A Credentialed Alcoholism and Substance Abuse Counselor (CASAC) will do substance abuse evaluations at Highland Family Medicine and will also work with the Suboxone program and will be starting a Suboxone patient group. The counselor will also be evaluating HFM patients who are on high doses of opioids for chronic pain. "Highland Family Medicine is the first primary care practice in the Rochester region to have onsite chemical dependency services," said Thomas Campbell, M.D., Chair, Department of Family Medicine. "We hope to serve as a model for other primary care practices in the region." Kelly Lane will serve as the Credentialed Alcoholism and Substance Abuse Counselor (CASAC). Kelly has nearly 20 years of experience working in addiction treatment in various capacities and has been a CASAC with Strong Recovery for the past 11 years.



*Tziporah Rosenberg, PhD, LMFY discusses plans with Kelly Lane.*

## Innovative Nurse Practitioner Residency Program Begins at Highland Family Medicine

The University of Rochester Family Medicine Residency Program and Highland Family Medicine offers a unique opportunity for Family Nurse Practitioner (FNP) graduates. The NP Residency program at HFM provides FNP graduates with the training required to meet the needs of culturally diverse and clinically complex patients. Poonam Bhatt, FNP, and Aaron Williams, FNP, are the first participants in the program.

NP residents are exposed to innovative models of primary care that are rooted in evidence-based principles of integrated medical and behavioral healthcare. This 12-month NP residency program provides FNPs interested in working in primary care with a number of advantages. In addition to the paid, full-time residency position, NP residents improve clinical confidence required for comprehensive primary care, develop outcome-driven skills to care for high-risk patients, and become prepared for advanced leadership positions.

The NP Residency Program has four key components including continuity clinics, specialty rotations, mentored clinics, and

interprofessional education sessions. The NP residents work as part of the health care team and develop their own patient panel. In addition, the shadowing experiences offer opportunities to learn from community specialty providers. The interprofessional education (IPE) sessions take place at HFM and include hands-on learning sessions with the Family Medicine Residents.

"We know of no other program in the United States offering this true integration of NPs and other medical professionals training in the same setting," said Lynne Massaro, DNP, RN, ANP-BC, FNP, Assistant Professor of Clinical Nursing, University of Rochester School of Nursing, who directs the program. "IPE training sessions are focused on a variety of complex clinical challenges within the primary care setting and emphasize team-based care and practice efficiency with attention toward ongoing healthcare reform." Applications are being accepted for the program through January 15, 2017. Visit the Highland Family Medicine website and search Nurse Practitioner Residency Program.

## Farley Lecture Features Stephen Taplin, MD, MPH



*Nancy Fabry (wife of Dr. Linda Farley's brother Frederick), Dr. Gaylin Greenwood, and Frederick Fabry (Dr. Linda Farley's brother)*



*Dr. Susan McDaniel and Dr. Stephen Taplin*

University of Rochester Department of Family Medicine alumni joined faculty members and residents for the 2016 Farley Lecture earlier this year. The event featured alumnus Stephen Taplin MD, MPH, Deputy Director of Healthcare Delivery Research Program, National Cancer Institute in Bethesda, Maryland. Dr. Taplin spoke on "Teaming up on Care." The lectureship is named in honor of the late Dr. Gene Farley and the late Dr. Linda Farley, esteemed Family Medicine practitioners.

## Alumni Spotlight

### Ann Colbert, MD

Ann Colbert, MD, '85 knew she wanted to be a family physician since her first experiences at Michigan State University Upper Peninsula College of Human Medicine. When she finished her residency at Highland Family Medicine, Dr. Colbert relocated to Kentucky where she practiced full spectrum Family Medicine for 17 years. After becoming board certified in palliative care and hospice, she served as Medical Director at St. Clair Palliative Care and Assistant Medical Director, St. Clair Hospice at St. Clair Regional Medical Center in Morehead, Kentucky for 13 years. She recently took a 2 year sabbatical to pursue international volunteer work.

And she is doing just that as the volunteer medical director at Hillside International Health Center in the country of Belize. The organization has been serving the Toledo district of Belize for over 15 years and is funded primarily by the fees that medical, pharmacy and physical rehab students pay to do a 4 week global health elective. "We see patients in the free-standing permanent clinic as well as daily mobile clinics that reach surrounding villages," she said. "It's a place where students learn and patients are cared for."

Dr. Colbert has always been interested in global health. "I was a National Health Care Service scholarship recipient thru med school and served in Kentucky in an underserved area of the country after residency," she said. "I knew now was the



right time for me to serve internationally," she said.

Dr. Colbert has special memories of her time in Rochester wind surfing at Hemlock Lake with the board she shared with her residency partner, Steve Schneider, MD and used alternately when one of them wasn't on call. She also fondly remembers the Balint group and Peter Franks, MD, and a special patient with COPD who gave her a roll of Kennedy half dollars before she left.

Now Dr. Colbert is looking for volunteers to join her in Belize. "As medical director, I am in charge of recruiting volunteer preceptors for these medical students. This requires a commitment of 2 weeks or more and many of our preceptors have been returning yearly for many years. We do all the temporary licensing procurement and we have very inexpensive housing on the Hillside campus," she said.

Those interested in this opportunity can contact her at [medicaldirector.hillside@gmail.com](mailto:medicaldirector.hillside@gmail.com)



### Family Medicine Resident Retreat

*Zoe Kostarellis, MD, Amanda Morrison, MD and Megan Betteley Wang, MD, work together at the Fall 2016 Department of Family Medicine Resident Retreat.*



## Welcome



**Amy Potter, MD**, is a senior instructor, University of Rochester Department of Family Medicine. She is a 2011 graduate of the University of Rochester School of Medicine and Dentistry and completed residency at Swedish Cherry Hill in Seattle. She has a special interest in comprehensive women's health, integrative medicine and addiction medicine. Dr. Potter is married to Kevin Kless, MD, Assistant Professor of Family Medicine here.



**Sachiko Kaizuka, MD**, is returning to Highland Family Medicine to join the faculty after five years of integrated primary care (IPC) at FQHC in rural Maine, following her residency in family medicine and 4th year chief residency at HFM. While she was in Maine, she completed the integrative medicine fellowship at University of Arizona and became board-certified in integrative medicine.



**Sarah Marie Arnone, DO**, is a Maternal/Child Health Fellow. She is a graduate of the University of New England College of Osteopathic Medicine in Biddeford, Maine and completed her three year family medicine residency at the University of Pittsburgh Medical Center in Altoona, PA. Her focus within her residency training consisted of women's health, obstetrics, pediatrics, and rural medicine.

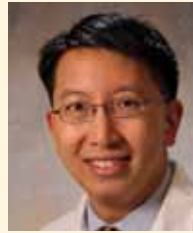


**Dawn Pruett, MD**, is a Maternal Child Health Fellow. She attended medical school at Oregon Health & Science University, in Portland, Oregon and moved to Ogden, Utah for residency. Dr. Pruett is interested in obstetrics and women's health, comprehensive care for patients and their families, as well as academic family medicine and teaching.

## Congratulations



**David Holub, MD**, is the recipient of Highland Hospital's Distinguished Physician Award. Dr. Holub is Associate Residency Director, University of Rochester Family Medicine Residency and Assistant Professor, Department of Family Medicine, University of Rochester School of Medicine and Dentistry. He was nominated for this coveted award by administrators, colleagues, and patients for healthcare excellence.



**Michael Mendoza, MD, MPH**, has been named Public Health Commissioner of Monroe County beginning January 2017. Dr. Mendoza previously served as Medical Director of Highland Family Medicine. He has served as interim commissioner since April 2016 and plans to continue to see patients at Highland Family Medicine.



**Mathew J. Devine, DO**, has been named Associate Medical Director for Accountable Health Partners (AHP), a clinically integrated network of hospitals and physicians that exists to deliver quality healthcare and an outstanding patient experience and rewards its members for the value they bring to the healthcare system. Dr. Devine is an Assistant Professor, University of Rochester School of Medicine and Dentistry, Associate Medical Director and Director of Quality for Highland Family Medicine and will continue in those roles.

## Family Medicine Residents Named to National Leadership Positions, continued

of Family Medicine (STFM) Board of Directors and Vivian Jiang, MD, was elected as one of two resident representatives to the AAFP Congress of Delegates. Amanda Pannu, MD, was appointed as the resident representative to the Family Medicine Residency Review Committee.

"We strongly support the involvement of our residents in leadership activities," said Stephen Schultz, MD, residency director. "The University of Rochester Family Medicine program has a Political Advocacy & Leadership Track that supports residents who are interested in the policy making process that directs the delivery of health care in the U.S."

Residents who choose to participate in the track learn about the legislative issues that affect patients, medical education and healthcare policy; develop an advocacy issue of personal interest; serve on a New York State Academy of Family Physicians Commission and lobby in Albany, NY and Washington, DC to meet state senators and representatives as well as national leaders.

# Faculty Accomplishments

## Selected Publications

*Selected publications dated December 1, 2015 - September 1, 2016.*

Bartels J; Rodenbach R; Ciesinski K; **Gramling R; Fiscella K; Epstein R.** "Eloquent silences: a musical and lexical analysis of conversation between oncologists and their patients." *Patient Education and Counseling.* 2016;99(10):1584-94.

Carroll JK; Flocke SA; **Sanders MR;** Lowenstein L; **Fiscella K; Epstein RM.** "Effectiveness of a clinician intervention to improve physical activity discussions in underserved adults." *Family Practice.* 2016;33(5):488-91.

**Epstein RM;** Back AL. "A piece of my mind. Responding to suffering." *JAMA.* 2015;314(24):2623-4.

**Fiscella K.** "Reflections on primary care research. Post-Starfield Summit: thinking pragmatically, thinking big." *Annals of Family Medicine.* 2016;14(4):382-3.

**Fiscella K.** "Why do so many White Americans oppose the affordable care act?" *The American Journal of Medicine.* 2016;129(5):e27.

**Fiscella K; Sanders MR.** "Racial and ethnic disparities in the quality of health care." *Annual Review of Public Health.* 2016;37(1):375-94.

**Fiscella K; Fogarty C;** Salas E. "What can primary care learn from sports teams?" *The Journal of Ambulatory Care Management.* 2016;39(3):279-85.

**Fiscella K.** "Relationships between income, health behaviors, and life expectancy." *JAMA.* 2016;316(8):880.

**Fiscella K.** "Distinguishing phases of biomedical research is critical to improving health outcomes." *Proceedings of the National Academy of Sciences of the United States of America.* 2015;112(47):E6412.

**Fogarty CT;** Mauksch LB. "The tri-optic II: embracing the family voice." *Families, Systems & Health: The Journal of Collaborative Family Healthcare.* 2016;34(1):1-3.

**Fogarty CT.** "Getting your notes done on time." *Family Practice Management.* 2016;23(2):40.

**Fogarty CT;** Winters P; **Farah S.** "Improving patient-centered communication while using an electronic health record: report from a curriculum evaluation." *International Journal of Psychiatry in Medicine.* 2016;51(4):379-89.

**Fogarty CT.** "Improving care for refugee and low English proficiency patients in Rochester, New York." *Family Doctor: A Journal of the New York State Academy of Family Physicians.* 2016; Spring.

**Gramling R; Fiscella K;** Xing G; Hoerger M; **Duberstein P; Mohile S;** Fenton JJ; Tancredi DJ; Kravitz RL; **Epstein RM.** "Determinants of patient-oncologist prognostic discordance in advanced cancer." *JAMA Oncology.* 2016; July 14 [Epub ahead of print]

Mauksch LB; **Fogarty CT.** "In search of a perennial philosophy for behavioral health integration in primary care." *Families, Systems & Health: The Journal of Collaborative Family Healthcare.* 2016;34(2):79-82.

**Mendoza MD.** "The case for team-based care." *Family Doctor.* 2016;4(3):12-14.

**Mendoza MD.** "The opioid epidemic and Monroe County: a call for public health collaboration." *The Bulletin.* 2016;82(3):8-9.

Rodenbach RA; Rodenbach KE; Tejani MA; **Epstein RM.** "Relationships between personal attitudes about death and communication with terminally ill patients: how oncology clinicians grapple with mortality." *Patient Education and Counseling.* 2016;99(3):356-63.

Rowley RA; Phillips LE; O'Dell L; Husseini RE; Carpino S; **Hartman S.** "Group prenatal care: a financial perspective." *Maternal and Child Health Journal.* 2016;20(1):1-10.

Ruddy N; **McDaniel SH.** "Couple and family therapy in medical settings." In: T Sexton; J Lebow (eds). *Handbook of Family Therapy*, 2nd Ed. (pp. 471-483). New York: Routledge Publishers, 2016.

**Sanders M; Fiscella K;** Veazie P; Dolan JG; Jerant A. "Does patient time spent viewing computer-tailored colorectal cancer screening materials predict patient-reported discussion of screening with providers?" *Health Education Research.* 2016;31(4):555-62.

Shah V; Benfield N; **Hartman S;** Lin J; LaTuga MS. "Development of a measurement scale for maternal attitudes toward breast milk provision for premature infants." *Journal of Neonatal Medicine and Pediatrics.* 2015;2(1):1-8.

Speice J; **McDaniel SH.** "Training the medical family therapist in an integrated care setting." In: Karin Jordan (ed). *Couple, Marriage, and Family Therapy Supervision*, (pp. 371-390). New York: Springer Publishing, 2015.

Stanton M; Sexton TL; **McDaniel SH.** "Family Psychology." In: J.C. Norcross, G.R. VanderBos; D.K. Freedheim (eds-in-chief), *APA Handbook of Clinical Psychology: Volume I. Roots and Branches*, (pp. 179-199). Washington, DC: American Psychological Association, 2016.

Tarazi C; Skeer M; **Fiscella K;** Dean S; Dammann O. "Everything is connected: social determinants of pediatric health and disease." *Pediatric Research.* 2016;79(1-2):125-6.

**Thornton K;** Caprio TV. "Community based care." In: Medina-Walpole A; Pacala Jt; Potter JF, eds. *Geriatrics Review Syllabus: A Core Curriculum in Geriatric Medicine*, 9th ed. New York, NY: American Geriatrics Society. 2016.

## Resident Writes Motivational E-Book

**The Write Prescription—Finding the "Right" Spiritual Dosage to Overcome Any Obstacle**, authored by University of Rochester Department of Family Medicine resident Amber Robins, MD, is available now on Amazon.

The self-help, inspirational/motivational book uses the personal journal of Dr. Robins to describe the challenges she went through in medical school and how her faith helped her overcome her obstacles. The author uses various Scripture verses that are inspiring to any reader trying to overcome any challenge



and provide insightful prayers that will encourage self-reflection and perseverance in life.

Dr. Robins is a Family Medicine resident physician and graduate of the University of Rochester School of Medicine and Dentistry. Throughout her journey, Dr. Robins' goal has been to continue motivating others to achieve their own personal successes.

"I am constantly reminded that dreams do come true with faith in God and hard work," she said.

Department of Family Medicine  
University of Rochester  
School of Medicine and Dentistry  
777 South Clinton Avenue  
Rochester, NY 14620

NONPROFIT  
U.S. POSTAGE  
PAID  
ROCHESTER, NY  
PERMIT NO. 780

## We Want to Hear from You!

**Do you have any news to share with alumni?** Any stories you would like to see or programs you would like to find out more about? If so, please contact us at [fmnewsletter@urmc.rochester.edu](mailto:fmnewsletter@urmc.rochester.edu)

### JOIN US ON FACEBOOK

Find out the latest information on the Department of Family Medicine Residency Program. Friend us!



Go to facebook.com, search for "University of Rochester Family Medicine Residency," and **join us!**

## Global Health, continued

thing for you to do - your local colleagues can probably care for that abscess - but your education will put you in a good position to help with trainings, guideline writing etc.

5) Keep good relationships with different organizations. I volunteered with 2 other organizations during short-term trips before settling in with SMRU. Find an organization that is a good fit – but keep in mind it is always good to have working relationships with multiple groups working in an area and spending time with different organizations will likely pay off later.

6) Try to learn at least some of the language. If there are multiple languages being spoken it can be really bewildering but just pick one and go with it. It will be better to have some skill in one language even if you are never fluent.

For more information contact Dr. Tyrosvoutis at [mellietyros@gmail.com](mailto:mellietyros@gmail.com) or Doug Stockman, MD, Director of Global and Refugee Health at [doug\\_stockman@urmc.rochester.edu](mailto:doug_stockman@urmc.rochester.edu).



*News 8 Anchor Mark Gruba talks with Highland Family Medicine's Dr. Colleen Fogarty and her daughter Rita about healthy eating on WROC-TV morning news. Physicians and residents are regular guests on this program.*