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## U.S. News & World Report Recognizes UC Irvine Health

UC Irvine's Division of Geriatric Medicine & Gerontology has been recognized by *U.S. News & World Report* for the second year in a row as one of the top 50 programs in the country. This ranking is a direct reflection of our commitment to excellence in patient care and for our national leadership in elder abuse prevention and in finding innovative ways to improve care for older adults.

## Health Catalyst: Transforming Lives for Healthier Communities

Health Catalyst, a new elective at UC Irvine School of Medicine, is changing the way medicine is taught. Students learn about nutrition, wellness, and mind-body stress reduction. They also learn the art of *motivational interviewing*, a technique which teaches physicians how to talk with patients about their goals in order to develop effective treatment plans. The class includes an optional summer internship.

During the summer internship held this year, medical students were each assigned to 12-16 employees at a local company. With faculty supervision, the students taught employees about stress reduction, nutrition and exercise, based on each employee's health goals. Students found the experience life-changing.

David Kilgore, MD, Professor of Family Medicine, oversees the program. "What's truly unique about Health Catalyst is to combine knowledge about health and wellness with the skill of patient-focused communication, and then allow students to use these skills in a health coaching role. I witnessed a number of life-changing conversations between employee and student this summer, and at times, could not believe I was listening to a first year medical student." *Continued on page 2*





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## Chair's Column

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I am pleased to share news of an affiliation between UC Irvine Health and Memorial Care Health System, a nationally prominent integrated delivery system comprised of six top hospitals and more than 200 care sites in Los Angeles and Orange counties.

Building on our long-standing academic relationship, UC Irvine Health and Memorial Care will partner to expand access to high quality, cost-effective healthcare throughout the county creating the most comprehensive county-wide healthcare network for payers, employers and consumers. This affiliation positions our organizations to lead the way in transforming healthcare delivery as we move from episodic care to population health management.

The Department of Family Medicine faculty will play a key role in this collaboration as we expand primary care health centers within Orange County. Staffed by UC Irvine Health primary care physicians, these state-of-the-art centers will offer individual and family health services, urgent care, prevention, wellness and basic diagnostic services.

This collaboration is a major step forward for our community as it is the only healthcare collaboration in the county that includes the entire continuum of care—from an academic medical center, teaching and research hospitals, a children's hospital and community hospitals, to hundreds of physician practices, outpatient centers, imaging facilities, ambulatory surgery centers and retail health clinics, allowing us to focus on caring for patients and families throughout their lives.

— Laura Mosqueda, MD, FAAFP, AGSF  
Associate Dean of Primary Care  
Chair, Department of Family Medicine



## Health Catalyst

*continued from page 1*

Vivian Yang, medical student, also participated in Health Catalyst. "By working with the employees, I learned that we have to understand so many aspects of their lives before we can give them suggestions that make a difference. Understanding what's important to them helps me figure out what kind of goals are reasonable for them. Health Catalyst taught me to start by asking 'What do you think you are able to do?' rather than making general recommendations."

Kirti Malhotra, medical student concurred about the power of Health Catalyst's teaching.

*"Everyone has a story and a lot going on. If we understand their lives, we can come up with better solutions. It was inspiring to witness the hard work they put into changing their lives. We can only hope to make lasting impact if we take the time to ask them about their lives, even if it's just two minutes."*

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## Congratulations!

**Tan Nguyen, MD**, was awarded a three year grant from the California Health Professions Education Foundation. The award was based on Nguyen's commitment to working for the underserved and contributions to the community. Dr. Nguyen practices at UC Irvine's Family Health Center in Anaheim.

**Annie Nguyen, PhD, MPH**, published an article in the Journal of Gerontology and Geriatrics Education entitled "Positioning Medical Students for the Geriatrics Imperative."

**Charles Vega, MD**, was appointed to a national committee that recommends medical policy for 5.2 million federal employees who choose Blue Cross Blue Shield as their insurer. Dr. Vega also had an editorial published in the Orange County Register on September 21 about patient-centered care.

**Marco Angulo, MD**, won a national award from the American Academy of Family Practice for Excellence in Graduate Medical Education. The award, for residents demonstrating leadership, community involvement and exemplary patient care, is given to only 12 family medicine residents in the country each year.

**Brenda Campos-Spitze**, medical student, won the Pisacano Scholarship, given to students who have demonstrated leadership in family medicine. This honor, named after one of the founding fathers of family medicine, is given to only six medical students per year in the U.S.

# Changing Lives in Medically Underserved Communities

A college class set Marco Angulo on a course toward medical school and care for the poor. Before that time, he was a professional musician who grew up in East Los Angeles. "I decided to go back to college and took a class on Mexican-American culture. I realized they were talking about my own family and neighborhood when they were describing health disparities," he said. His father and many friends encouraged Angulo to become a physician. He transferred to UC Berkeley and found a community of people who care about improving healthcare for the underserved. "That was it for me. I decided I wanted to do this for the rest of my life. I was looking for medical school and found the Program in Medical Education for Latino Communities (PRIME LC) at UC Irvine. I knew that was my program."

PRIME LC is a track within the UC Irvine Health Family Medicine Residency program, that teaches a unique and specific set of knowledge and skills in Latino cultural fluency, community engagement, leadership skills, health policy and advocacy and innovative models of medical care and practice. PRIME LC residents are required to choose a project related to care for underserved Latinos. Dr. Angulo chose to develop volunteer programs at the UC Irvine Family Health Center (FHC) located in Santa Ana. Dr. Angulo manages Health Connectors, Health Train and the diabetes class. All three programs utilize undergraduate college students. Health Connectors helps patients access community resources; Health Train organizes exercise classes and the diabetes group provides teaching.

Dr. Angulo has been deeply impacted by what he's learned from PRIME LC. "I've realized how important it is to have good research. We want to know what works and what doesn't work so we can have the biggest impact in improving our patients' health. By pursuing a career in academic medicine, I can combine teaching, research, and a clinical practice," he said. Dr. Angulo encourages medical students to be involved in the community while completing medical school, if it's something they feel strongly about. "It's sustaining and very rewarding. I love starting programs that work. Our visions, dreams and ideas can be realized."

*"I've realized how important it is to have good research. We want to know what works and what doesn't work so we can have the biggest impact in improving our patients' health. By pursuing a career in academic medicine, I can combine teaching, research, and a clinical practice."*

– Dr. Marco Angulo



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## Congratulations!

**Seven UC Irvine family physicians** were named Physicians of Excellence by the Orange County Medical Association, including:

- LISA GIBBS, MD**
  - DAVID KILGORE, MD**
  - KATHRYN LARSEN, MD**
  - LAURA MOSQUEDA, MD**
  - WADIE NAJM, MD**
  - SONIA SEHGAL, MD**
  - CHARLES VEGA, MD**
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## Examine the Painting, Examine the Patient

**Joel Shallit, MD**, is volunteering his time to teach UC Irvine medical students observation through art. With guidance from Johanna Shapiro, PhD, Professor of Family Medicine, Dr. Shallit created a curriculum for a medical school elective where students observe works of art to learn perspective, both literally and metaphorically. Paintings are flipped upside down in order to think about what you might see differently. "We are looking for what's there and what isn't there. What you see is based on who you are and who taught you to look," says Dr. Shallit. "We are expanding the students' visual thinking and applying it to clinical observation."

Dr. Shallit was trained at UCLA and practiced radiology in Seattle, before relocating to Orange County for retirement. He has extensive background in art history as well. "The UC Irvine School of Medicine is very progressive. What this class does is hopefully bring back the personal touch into medicine. This will lead to better patient-physician communication," he said.