



UC Irvine Family Medicine Residents Reach Out to Local Schools

When budget cuts slashed health programs in many Orange County school districts, UC Irvine’s Family Medicine residency program embarked on an ambitious project: to adopt struggling districts and provide healthcare to students. Since 2010, family medicine residents have stepped into the breach created by layoffs and funding issues to offer several different kinds of services:

- **Direct patient care.** Residents provide both acute and chronic/preventive care to children. For many low-income children, this might be their best chance to see a physician. Direct patient care on site allows more children to stay in school and more parents to stay at work.
- **Health education.** Residents have led classes on every subject from healthy eating for elementary school students to first aid for teachers to sexual health for middle school students. It is powerful to have a physician delivering these messages.
- **Mentoring.** Throughout their interactions at schools, residents promote school achievement and health careers. Residents visit the same school districts during their second and third years of training, allowing them to develop relationships with students who need role models.

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“I chose family medicine because we are in a better position to help people when we understand their families. As a family medicine specialist, we have a broad skill set and can treat whole families.”

- Dr. Gilda Ngo

Meet Graduate Gilda Ngo, MD, UC Irvine Family Medicine Residency Program

Although Dr. Gilda Ngo grew up in Orange County within walking distance of UC Irvine Medical Center, she was an unlikely candidate to become a resident here.

Ngo lived with her mother and sister in housing projects and was on government assistance. Her mother is a survivor of domestic violence. But it was precisely that background, coupled with a year she spent working in a women’s shelter, that helped draw Ngo into medicine and led her to choose family medicine as a specialty. Working in the shelter, she says, “was the best experience of my life.”

The job helped her understand the socioeconomic factors that affect health. That knowledge, combined with her desire to help people and her love of science, made the path to medical school an easy choice. “It gave me a 360-degree view on how socioeconomic factors affect health and society in general. I realized how a physician becomes such a critical resource,” she says. “Women who are survivors of domestic violence are isolated. Their batterers are isolating. This is true for a lot of marginalized people. They don’t see anyone or have resources. So, the one person they see if they have a broken bone or a skinned knee is a doctor. We, as physicians, can help them by picking up on clues.”

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Letter from the Chair

Laura Mosqueda, MD, Chair, Department of Family Medicine



Our Family Health Center Santa Ana is the largest safety-net health center in the county and serves as a model for collaboration between the community and UC Irvine School of Medicine. It is both a federally qualified health center (FQHC) and the residents' continuity practice site.

UC Irvine family medicine residents benefit from excellent teaching by dedicated and experienced professors, many of whom base their clinical practice in UC Irvine's safety-net health center.

UC Irvine Medical Center is home to Orange County's only Level I trauma center, regional burn center and one

of only 40 National Cancer Institute-designated comprehensive cancer centers in the nation. Residents train with world-renowned specialists at UC Irvine Medical Center.

UC Irvine Family Health Centers Santa Ana and Anaheim, which house the family medicine residency program, serve families and patients of all ages. We provide continuing, comprehensive healthcare for the individual and family, accounting for more than 60,000 patient visits per year. We are particularly proud of the innovative programs we have developed that support teaching future family physicians, including

- **PRIME-LC track**, dedicated to training physicians to serve the Latino community. It is the first program of its kind in the country.
- **Integrative Medicine clinic and residency track**, provide services to Family Health Center patients and a specialized curriculum for residents.
- **Geriatrics fellowship**, a one-year comprehensive, advanced training program designed to prepare physicians to care for older adults.
- **Sports medicine** with an NCAA Division I program.
- **School Outreach Program**, allowing our residents to provide clinical care, health education and mentoring in local K-12 schools.
- **UC Irvine Outreach Clinics**, a student-run free clinic and family medicine residency rotation.
- **International Health electives**, offering a strong history of worldwide service.

We'll bring you more information about these programs and other family medicine initiatives in future newsletters. If you are not on our mailing list and would like to receive these newsletters regularly, please contact us at familyMD@uci.edu.

“We provide continuing, comprehensive healthcare for the individual and family, accounting for more than 60,000 patient visits per year.” - Dr. Laura Mosqueda

UC Irvine Outreach Clinics Annual Benefit and Wine Auction is on October 5

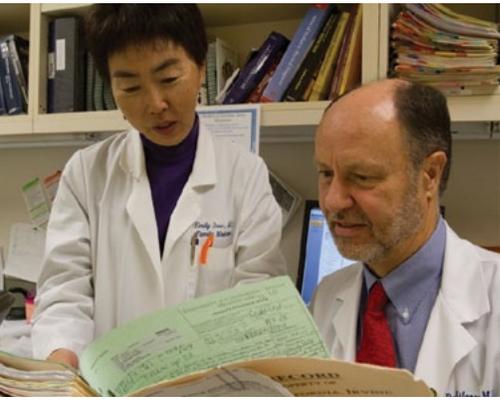
Please join us for an evening of wine, hors d'oeuvres and jazz as we celebrate the hard work of students and volunteer physicians in bringing high quality medical care to our neighbors most in need. For more information visit www.ucioutreachclinics.org.



School Outreach *continued from page 1*

The School Outreach Project gained momentum during its second year. Our residents now go to Centralia School District, Placentia-Yorba Linda High School District, Anaheim Union High School District and Pegasus School in Huntington Beach. This experience teaches the residents about the importance of community outreach, health education and mentoring, and it also imparts critical leadership skills, as the senior resident is charged with coordinating and improving the project in each district. The School Outreach Project will continue to evolve and succeed, and it is now a signature experience of the UC Irvine residency program in family medicine.

By Charles Vega, MD



UC Irvine Family Health Center Santa Ana begins an Integrative Medicine Consultation Service and Residency Track

UC Irvine Family Health Center Santa Ana is now offering an integrative medicine service and residency track. Integrative medicine is a field of medicine that emphasizes the use of natural therapies such as nutrition, exercise, stress relaxation techniques, herbals and supplements, and massage, together with conventional medical treatments to improve health and well-being. It emphasizes prevention and helps patients look at all factors in their lives that may influence health, wellness and disease, including body, mind, spirit and their environment. Physicians who specialize in integrative medicine consider the use of all safe and effective therapies to improve health and well-being, offering a blend of the best of traditional Western medicine and complementary or alternative therapies, focusing on more natural treatment options whenever possible. Patients receive a consultation and follow-up visit. Results are shared with the patient's primary care physician for follow-up and long-term monitoring.

David Kilgore, MD, is the senior physician leading the integrative medicine service. Kilgore is a board-certified family physician on staff at the Family Health Center and a UC Irvine Clinical Professor of Family Medicine. Kilgore has practiced family medicine for more than 20 years, and recently completed additional fellowship training in integrative medicine at the Arizona Center for Integrative Medicine. Kilgore will be seeing patients, teaching and overseeing residents as they learn the principles of integrative medicine.



Meet Dr. Ngo *continued from page 1*

Ngo attended the University of Vermont medical school, where she continued her work with victims of domestic violence. She completed her family medicine residency at UC Irvine School of Medicine in June of this year. "I chose family medicine because we are in a better position to help people when we understand their families. As family medicine specialists, we have a broad skill set and can treat whole families. I like the variety." Ngo chose UC Irvine for her family medicine residency based on its expertise in caring for the underserved. "I got a great education at medical school but I really feel like I learned how to take care of my patients holistically with the families in mind at UC Irvine," she says, crediting her work at the Family Health Center in Santa Ana. "Dr. Dow, Dr. Kilgore, Dr. Florio and Dr. Vega are great role models," she says. "All of our faculty have the focus on the underserved and are able to guide us through it. I feel very lucky."

Her mentors speak highly of her, too. "Gilda Ngo is an absolute blessing to her patients and our community," says Chuck Vega, MD, the residency program director in family medicine at UC Irvine. "She has an innate ability to form connections with people, and she is intensely committed to making a difference in the lives of her patients. We are very fortunate to have residents like Gilda in Santa Ana, and we cannot wait to see what she does next. Her potential is limitless," he says. Ngo is currently working at the Northeastern Community Clinics of Los Angeles to fulfill the obligation of the National Health Service Corps Scholarship, which paid for her medical school. After that, it's too soon to tell where she will practice, whether in the United States, or abroad. Wherever she decides to go, her commitment to working with the underserved as a family medicine physician is unwavering.

By Linda Haghi

Congratulations

■ **Both FAMILY HEALTH CENTERS IN SANTA ANA AND ANAHEIM** are recipients of the 2012 CalOptima Circle of Care Award.

■ **UC IRVINE PROGRAM IN GERIATRICS** has been ranked 35th in the country by US News and World Report.

■ **EMILY DOW, MD**, received the Excellence in Teaching Award from the School of Medicine.

■ **THE UC IRVINE OUTREACH CLINICS** received the Student Organization Award in recognition of outstanding community involvement.

■ **CHARLES VEGA, MD**, was elected to the Faculty Advisory Board of the GE-National Medical Fellowship Primary Care Leadership Program.

■ **One of our very own FMIG student board members, MEGAN OAKES**, won the CAFP scholarship to attend the 2012 residency and student conference in Kansas City.

■ **FAMILY HEALTH CENTER ANAHEIM** completed a telemedicine program, funded by the Center for Connected Health Policy.

■ **Both FAMILY HEALTH CENTERS IN SANTA ANA AND ANAHEIM** have successfully implemented a program to screen all adult patients for HIV.

Schwartz Center Rounds Begin At UC Irvine

The Schwartz Center for Compassionate Healthcare is dedicated to strengthening relationships between patients and caregivers and promoting compassionate, patient-centered care. The center reflects the vision of Ken Schwartz, a Boston healthcare attorney who died of lung cancer at age 40. He found that what mattered to him most as a patient were the simple acts of kindness from his caregivers, which he said made “the unbearable bearable.” He founded the Schwartz Center in 1995 to ensure that all patients are treated with compassion. The center is housed at Massachusetts General Hospital in Boston, where Schwartz received his care.

UC Irvine began offering Schwartz Rounds in July 2012, hosted by the Department of Family Medicine. Healthcare providers have an opportunity to share experiences, thoughts and feelings on thought-provoking topics drawn from actual patient cases. A comprehensive evaluation of Schwartz Center Rounds showed that caregivers who participated in multiple sessions reported:

- Increased insight into social and emotional aspects of patient care, increased feelings of compassion toward patients, and increased readiness to respond to patients’ and families’ needs.
- Improved teamwork, interdisciplinary communication, and appreciation for the roles and contributions of colleagues from different disciplines.
- Decreased feelings of stress and isolation, and more openness to giving and receiving support.

We are thrilled to bring the Schwartz Rounds to healthcare providers at UC Irvine as part of our commitment to patient-centered, compassionate care. For more information, please visit www.familymed.uci.edu. If you would like to support this important work, please contact us at familyMD@uci.edu or call Linda Haghi, Director, Community Relations, at 714.456.6317.

DEPARTMENT OF FAMILY MEDICINE

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UC Irvine Family Medicine physicians practice at four locations:

- *UC Irvine Gottschalk Medical Plaza
Irvine, CA*
- *UC Irvine Family Health Center
Santa Ana, CA*
- *UC Irvine Family Health Center
Anaheim, CA*
- *UC Irvine SeniorHealth Center
Orange, CA*

*You can contact us at 1.877.UCI.DOCS
(1.877.824.3627) or online at
www.ucihealth.com/family-medicine*

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