Dear Colleagues and Friends,

Happy 2019!

I hope you and your family had a wonderful holiday, and feel renewed and refreshed as we start 2019.

I’m looking forward to the year with great optimism for our growing department. We are continuing to recruit amazing faculty, and we have many stellar candidates scheduled to come interview.
We kicked off the New Year with a wonderful community outreach event. On Saturday, Jan. 26, 25 FCM faculty, staff and residents volunteered at the Community Food Bank of Southern Arizona. We stuffed 1,950 food bags, totaling 24,700 pounds of food that will be distributed to those in need throughout Southern Arizona. I'm proud of everyone who participated to help others. I'm looking forward to more service opportunities for our department throughout the year.

2019 is full of opportunities for our department to continue showing our excellence in clinical care, education, research and community engagement. I'm looking forward to what the year will bring!

In gratitude,

Myra Muramoto, MD, MPH
Professor and Chair, Department of Family & Community Medicine

FEATURED FACULTY
**DR. VICTORIA MURRAIN**

Victoria Murrain, DO, associate professor, has been a steadfast faculty member of FCM since 1992. Throughout her career at FCM, she has positively impacted our department and the College of Medicine – Tucson by functioning as Medical Director, Associate Program Director, Program Director, and Assistant Dean for Graduate Medical Education. We are so grateful for her dedication and commitment!

In Dec. 2018, Dr. Murrain was named permanent Deputy Dean for Diversity and Inclusion at the College of Medicine – Tucson. In this position, Dr. Murrain serves as chief diversity officer for COM – Tucson.

Dr. Murrain is a graduate of the College of Osteopathic Medicine of the Pacific (now Western University) in Pomona, California. She then came to COM – Tucson and completed her residency in family medicine. After residency, she accepted a position at the South Plains Community Health Center in the panhandle of Texas. After three years of providing care to migrant and seasonal workers, she returned to the UA and joined our department in 1992.

Dr. Murrain’s special areas of interest are diversity and inclusion, community medicine, and maternal and child health. Dr. Murrain developed the rural health obstetrical program, in conjunction with FCM’s mobile health clinic. She enjoys maternal-child health care and the opportunity it provides to care for entire families. Through her many years of providing maternity care, she has delivered the daughters, grand daughters, and great grand daughters of her patients—and she now has four generations of families receiving her care!

Dr. Murrain is fluent in Spanish and is a passionate advocate for providing high quality health care to the underserved. She helped establish a Homeless Teen Program. Most recently, she led the development of the Graduate Medical Education Spanish
Language Health Care Disparities Distinction Track, as well as LEADRS (Leaders Emerging in the Academic Development of Residents and Students), a COM-T mentoring program to engage medical students, residents and faculty from groups underrepresented in medicine. Dr. Murrain also leads the Pathways to Success Program. This COM-T program sponsors events for high school students to engage, inspire, and encourage students from diverse backgrounds underrepresented in health care, to pursue careers in the health care professions.

NEW FACULTY - WELCOME!

**Jacob Hyde, PsyD**, assistant professor. As a clinical psychologist, Dr. Hyde will have major responsibility for resident education in the application and understanding of behavioral science at our South Campus Family Medicine Residency Program. In addition to his residency teaching, Dr. Hyde will provide behavioral health care to patients of all ages at Banner – University Medicine Family Medicine Clinic at South Campus.

Dr. Hyde's clinical practice will address behavioral health aspects of the broad scope of health problems patients bring to their family medicine primary care provider. These include depression and anxiety, stress, overweight and obesity, eating disorders, chronic pain, addiction, post traumatic stress disorder, medication and treatment adherence, and coping with acute or chronic illness. He will also provide psychological evaluations for weight loss surgery, learning disabilities, and child behavioral problems.

A combat veteran of the Iraq War, Dr. Hyde completed his PsyD from Adler University, with a concentration in behavioral medicine and primary care psychology. Prior to joining FCM, he worked at the University of Denver, where he was the founding director of the Sturm Specialty in Military Psychology Program and as a clinical assistant professor in the Graduate School of Professional Psychology.

In 2016, Dr. Hyde completed a post-doctoral fellowship in clinical health psychology and primary care at the Phoenix Veterans Affairs Medical Center where he designed and led the
integration of the primary care psychology fellowship and internal medicine residency training programs within the primary care department.

Dr. Hyde has a particular interest in rural/remote medicine along with behavioral medicine issues affecting military members, such as gastrointestinal illness and eating/weight-related disorders. His most recent research has focused on the performance of military service members, expeditioners, and law enforcement in isolated, confined and extreme environments. Dr. Hyde and his work has been featured in *The Wall Street Journal, The Washington Post, The New York Times, The Guardian*, national radio, and local, national and international television. Welcome, Dr. Hyde!

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**Janelle N. Thompson, PsyD**, assistant professor and a clinical psychologist, will have major responsibility for teaching family medicine residents about the application and understanding of behavioral science at our [Family Medicine Residency Program at Alvernon](https://www.alvernon.org/family-medicine-residency). She will also provide behavioral health care to patients of all ages at [Banner – University Medicine Family Medicine Clinic at Alvernon](https://www.bannerhealth.com/alvernon).

Dr. Thompson’s clinical practice will address the full spectrum of problems that patients bring to their family medicine primary care providers. This includes treatment of conditions that are often associated with psychology, such as: transient stress, anxiety, depression, alcohol misuse and anger. Additionally, as a health psychologist by training, Dr. Thompson specializes in identifying and treating maladaptive health behaviors that frequently result in obesity, physical inactivity, poor medication adherence, or poor dietary adherence. Her primary clinical interests include chronic illness management (diabetes, HIV, chronic lung disease, heart disease) and treatment of the psychosocial factors involved in gastrointestinal problems. Overall, through evaluation of the mind-body-behavior connection, she will provide brief, solution-focused behavioral treatment that can increase patients' abilities to cope with their medical conditions and reduce the number and/or severity of symptoms associated with those conditions.

Dr. Thompson's clinical research interests are in the areas of health and health care disparities in refugee and immigrant populations. Her other research interests are in the variables that influence satisfaction, engagement, and quality of life in medical and psychology trainees.
Dr. Thompson completed her PsyD at La Salle University, with a concentration in health psychology. Before joining FCM, Dr. Thompson owned and operated Trailhead Behavioral Medicine in Colorado where she provided clinical care as a concierge psychologist. At the same time, she was a clinical supervisor at the University of Denver – Graduate School of Professional Psychology, providing weekly supervision and didactics to graduate students in the Military Psychology track. Welcome, Dr. Thompson!

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**AWARDS AND ACCOLADES**

Congratulations to Alicia Allen, PhD, assistant professor, and Tejal Parikh, MD, assistant professor, who were named new steering committee members for the UA Women in Academic Medicine. Women in Academic Medicine (WAM) is dedicated to fostering mentorship, networking, career development, and institutional advancement for women faculty at the College of Medicine-Tucson.

Congratulations to Ravi Grivois-Shah, MD, MPH, MBA, FAAFP, clinical associate professor, who is being honored by the Southern Arizona Aids Foundation (SAAF) with the Godat Award! Dr. Grivois-Shah is being honored as a health care provider who focuses on expanding health care access for LGBTQ+ individuals and provides critical knowledge and compassion in his work. The SAAF "Out Brunch 2019" will be held on Feb. 16, 10:30am, to honor this year's awardees who are doing exceptional work for the LGBTQ+ community in Southern Arizona. If you would like to attend, you can [purchase tickets here to SAAF’s Out Brunch]>>
Congratulations to Erica Flores and Debbie Wilganowski-Strong, who were awarded the "GOOD MOOOOOVE AWARD" by Banner Health for their work on meaningful use. "Meaningful use" is a government incentive program that encourages the adoption and implementation of electronic medical records. It was established to improve safety, communication and information sharing, ultimately improving patient care. GOOD WORK, Erica and Debbie!

IN THE NEWS

FCM'S MOBILE HEALTH PROGRAM RECEIVES $450K GIFT FROM BANNER HEALTH FOUNDATION

The Mobile Health Program team (from left): Patrick Rivers (senior program coordinator), Ravi Grivois-Shah, MD (medical director), Nury Stemple (community health
Congratulations to FCM’s Mobile Health Program! They received a $450,000 gift from Banner Health Foundation’s “Highest and Best Use Awards” program. The funds will support staffing and operations to bring a second mobile clinic into full service. This will enable the Mobile Health Program to provide an additional 2,000 patient visits in the mobile family medicine and dental clinics, and an additional 350 patient visits in the mobile prenatal clinic. The generosity of Banner Health and details about the gift’s impact were covered in the Arizona Daily Star and on AZPM NPR 89.1. AZ Star article>> | AZPM-NPR story/clip>>

Study Shows Health Outcomes More Favorable for Women Experiencing Divorce/Separation Than Those Entering a New Marriage

Randa Kutab, MD, associate professor, was quoted by Tech Times in their January 9 publication, "More Americans Choose To Stay Single And Live Healthier Lifestyles, Survey Shows." The study, "Relationship Between Marital Transitions, Health Behaviors, and Health Indicators of Postmenopausal Women: Results from the Women's Health Initiative, was published in the Journal of Women's Health. Dr. Kutob and the research team found that unmarried women are living healthier than ever before. They have lower body mass indices, waist sizes, and risks related to smoking and alcohol compared to married individuals.
Ravi Grivois-Shah, MD, MPH, MBA, FAAFP, clinical associate professor, wrote an op-ed, "Keep Cigarettes Out of Reach for Tucson Teens" for the Arizona Daily Star, which was published on Jan. 24,

"As a family physician, I regularly help my patients quit smoking tobacco. I often prescribe medicine, nicotine patches, and nicotine gum in this endeavor. I refer patients to special quit lines, where on-the-phone consultants guide them through this tough process. I have even had patients try acupuncture and hypnosis. While a lot of attention and effort goes toward helping people quit smoking, the best efforts target young people before they even start and become addicted to nicotine." Read article >>

COMMUNITY ENGAGEMENT

ANNUAL FCM DEPARTMENT SERVICE DAY AT COMMUNITY FOOD BANK OF SOUTHERN ARIZONA
FCM's faculty, staff and residents are passionate about supporting and serving our local community, especially those in need. Three years ago, our department began a tradition of observing the holiday season with a service event to give back to our community. This January we held a food drive at our various clinics and administrative office locations. On Saturday, Jan. 26, FCM faculty, staff, and residents wrapped up our food drive and gathered to volunteer at the Community Food Bank of Southern Arizona. Some family members also joined in. We had a lot of fun, and together packed 1,950 food bags, totaling 24,700 lbs! This food will be distributed to families in need throughout Southern Arizona. It was a great opportunity for department members and their families to work together, have fun, and benefit others! View more photos>>
Dr. Colleen Cagno Invited to Join the USMLE Women’s Health Test Material Development Committee

Colleen K. Cagno, MD, associate professor, has accepted an invitation to join the USMLE Women’s Health Test Material Development Committee. The committee is charged with developing multiple choice questions and cases for USMLE Step examinations to assess the foundational science and clinical science of women’s health essential to the practice of medicine.

The University of Arizona Telemedicine Program hosted the 93rd Telemedicine Council Meeting on Jan. 16, with guest presentations including FCM’s Carlos Gonzales, MD, FAAFP, associate professor. He provided an overview of RHPP in Northern Arizona, and how telemedicine plays a role in the education and recruitment of rural physicians.

MEET AN FCM RESIDENT

Parivash Sanders, DO
3rd-year resident, South Campus Family Medicine Residency Program

Why did you choose South Campus FM residency?: I knew I wanted to be an outpatient physician and chose a strong academic program to create a foundation of knowledge I could use in any setting. However, I also wanted to get more experience in rural environments, have access to reproductive health electives and work in a city with underserved populations. SCFMR has it all.

What do you love most about Tucson?: Opportunities to go hiking, visit snow an hour away in winter and eat at a dizzying array of restaurants. The local museums and quirky cafes are a highlight, and I love the lack of actual traffic! Finally, since I went to medical school in a rural location I also greatly appreciate being back in a city with bookstores,
gaming shops and Target.

Tell us about your family (including pets!): Married with three cats. Family in Phoenix, San Francisco, Toronto, Bojnord and Mahshad.

Tell us some fun facts about yourself:
1: I used to be a web developer/programmer. I quit to get away from computers!
2: I own more books than I have bookshelves to put them on. We have a lot of bookshelves.
3: I’ve traveled very little, but my first trip outside the US was to Iran. I hope to travel much more in the future.

Andrea Heyn, MD
3rd-year resident, Alvernon Family Medicine Residency Program

Where are you from?: Michigan

Why did you choose UA Family Medicine?: I was impressed by the faculty. They seemed to have a healthy work/life balance and desire to educate the residents. I felt the program would teach me to be a well-rounded full spectrum physician. I have not been disappointed with the training.

What is your favorite thing about living in Tucson?: The accessibility of outdoor adventures, the food.

What are your interests or hobbies outside of medicine?: I enjoy weightlifting. I would like to compete again. I have four dogs that keep me busy. I have started bikejoring (riding a bike with dogs pulling you) with one of my Siberian Huskies. I enjoy discovering different hikes or experiencing the "must see" locations. Most recently, I hiked to the top of Angels Landing at Zion National Park. Incredible.

What are your professional interests within medicine?: I have a passion for pet therapy. I believe it will become more recognized and utilized as an alternative form of medicine. I’m also interested in child advocacy and awareness.

Best Arizona getaway?: Northern Arizona – pick a location, you cannot go wrong!

NEW STAFF - WELCOME!
Fatima Molina, started on Jan. 2, as a community health educator for NARTC. Welcome, Fatima!

Christina Otanez, started on Jan. 14, as an administrative assistant for the FCM business office. Welcome, Christina!

PUBLICATIONS

Ivo Abraham, PhD

