Ten students have been working tirelessly to prove they have what it takes to get a medical degree. All 10 students applied to medical school last year, but weren’t accepted. Instead of using this year to study for the MCAT (the college entrance exam to get into med school) and re-apply, they were chosen as part of the University of Arizona Pathway Scholars Program. The program at the UA College of Medicine – Phoenix (a similar program exists at the UA College of Medicine – Tucson) is intended for Arizona residents who desire to pursue a career in medicine, but who have experienced unique or greater-than-average challenges to become competitive medical school applicants. The students get hands-on experience, shadow doctors and take beginning medical classes. If the students pass, they automatically would be admitted to the med school the following year. The program is designed to help meet Arizona’s physician shortage with a diverse pool of students who will become finely trained medical professionals. Read more
Breathing Technique Could Help You Fall Asleep In Just 60 Seconds, UA Physician Claims

The majority of Brits find nodding off at night difficult, but a simple breathing technique could help us get all the sleep we need, according to one physician. Andrew Weil, MD, director of the Arizona Center for Integrative Medicine at the Arizona Health Sciences Center, says the 4-7-8 breathing technique can help us fall asleep in just 60 seconds by filling our lungs with oxygen and helping us feel connected to our body. The exercise can be done in any position, but on his popular YouTube channel, Dr. Weil recommends sitting with your back straight while learning the exercise.

Telehealth Pilot Helps Banner Health Cut Costs, Hospitalizations

Banner Health conducted the Intensive Ambulatory Care pilot program to help patients with multiple chronic conditions while addressing the shift toward care based on value. The program started in 2013 and assessed the care of 135 patients. Through the program, nurses and primary care physicians treat patients from their homes and collect and analyze the health data to prevent adverse events. Arizona is one of many states grappling with a shortage of primary care providers, and is turning to tools like telemedicine to reach people who need care the most. The Arizona Telemedicine Program at the Arizona Health Sciences Center, for example, reaches people in outlying areas who otherwise would have to drive into Phoenix or Tucson for care.

Article Outlines Tips for Hospitalists to Understand, Promote Patient Satisfaction
Patient satisfaction—"the patient experience"—is given great weight by hospitals and the public alike. Physicians have always aspired to take excellent care of patients. What has changed is that assessments of the patient experience now are being used to measure and report the quality of care. Although many venues exist for patients to share their opinions, including reviews and online ratings, only the HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey is standardized and allows for comparisons nationwide.

Authors: Christina R. Bergin, MD, an academic hospitalist for the internal medicine residency program at Banner – University Medical Center Phoenix and a clinical assistant professor at the University of Arizona College of Medicine – Phoenix, and Cheryl W. O’Malley, MD, internal medicine residency program director at Banner and an assistant professor of medicine at the UA College of Medicine – Phoenix.

Inside Tucson Business

DermSpectra Uses Technology to Take Care of the Body’s Largest Organ

When it comes to technology, Tucson’s DermSpectra believes in innovation. The skin is the body’s largest organ and DermSpectra works to make sure when changes happen, they’re noticed. Not satisfied with the inconsistency in medical photography, Karleen Seybold and Clara Curiel, MD, developed the DermSpectra Automated Total Body Imaging System. The system has nine fixed cameras to properly illuminate and focus on patients’ skin. Seybold says the goal is to see medical records become more image-centric. Co-founder Clara N. Curiel, MD, is DermaSpectra’s chief medical officer and a cancer expert and is an associate professor of dermatology at the University of Arizona College of Medicine – Tucson and director of the Pigmented Lesion Clinic and Multidisciplinary Cutaneous Oncology programs at the UA Cancer Center Skin Cancer Institute.
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