

THE LINK

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The Little Rock Family Medicine Residency Program Continues to Improve Procedures Training

“Our procedures training is growing rapidly, with new ideas evolving almost daily,” said Tina Wells MD, director of the residency program. “The faculty and the residents are excited about these new opportunities.”

Three of the faculty members in particular have taken on the task of offering more options to the residents. Shashank Kraleti MD, associate director of the residency program, has designed a quarterly series of procedural workshops, beginning with a session on upper extremities. He also coordinates a musculoskeletal procedures clinic that gives residents valuable experience.

Mark Jansen MD provides focused training in outpatient dermatological surgical procedures, along with recognition and treatment of skin disorders. In addition, he trains the residents in screening colonoscopies.

Michael Cassat MD, who recently joined the faculty, is our go-to man for sports medicine and musculoskeletal conditions. One of his current projects is refining and improving our orthopedic rotations.

Pawel Dutkiewicz MD, PGY-3 and chief resident for 2014-2015, has worked extensively with Dr. Jansen.



Dr. Pawel Dutkiewicz (left) has performed dozens of screening colonoscopies under the watchful eye of Dr. Jansen.

“I looked forward to learning how to perform colonoscopies since Dr. Jansen joined the faculty,” he said. “I really enjoy learning from him. Dr. Jansen is an awesome teacher, and it’s hard to fully express how happy I am for this opportunity.”

Future plans include more training time in the UAMS Simulation Center.

Residency Program Welcomes Dr. Michael Cassat and Dr. Julea Garner to the Faculty



Dr. Wells (left) discusses upcoming events with Dr. Cassat.

Dr. Cassat is a UAMS medical school graduate and completed his residency at the Fayetteville AHEC. Since then, he has practiced primary care and sports medicine in Arkansas and Colorado. Most recently, he worked at Arkansas Specialty Orthopedics doing sports medicine and non-operative treatment of musculoskeletal conditions, including ultrasound guided injections.

“We expect Mike to become a sought-after teacher of musculoskeletal diagnosis and treatment modalities and procedures,” Dr. Knight said. “He will see his own patient panel, have a musculoskeletal clinic, perform procedures, precept in the FMC and on the inpatient service, and participate in scholarly activities.”

Dr. Julea Garner is also a graduate of the UAMS medical school. She completed her residency at Harrisburg Hospital (Pennsylvania) and a Primary Care Health Policy Fellowship with the U.S. Public Health Services. Since

Daniel Knight MD, chair of the Department of Family and Preventive Medicine, is happy to announce that Dr. Michael Cassat and Dr. Julea Garner have joined the DFPM faculty.

News from the Director



We have just wrapped up another successful interview season as of the end of January. The residency program received 2,057 applications for the six residency spots that will come open in July 2015. This is a new record that tops several years of astonishing growth in the number of applications received. We interviewed many exceptional

candidates and expect to have another outstanding match this year.

Our program continues to grow and improve in ways that attract top-rate applicants. In addition to our increased focus on procedures, we now have a longitudinal pediatrics rotation in PGY2 and PGY3 that has received rave reviews. Instead of spending a block month in outpatient peds, our residents now are assigned to peds clinic several days each month throughout the year, in order to experience all the seasonal variations of health care. The block of time that was assigned strictly to peds is now a flex month that gives residents more time to spend with the faculty on dermatology or musculoskeletal procedures – with a great experience in learning how to perform screening colonoscopies from Dr. Jansen.

We also have a half-day block of didactics once per month (instead of the hour-long noon conferences for that week) and the development of a rural practice experience led by Dr. Julea Garner. Dr. Michael Cassat, who will teach residents and medical students in musculoskeletal medicine and sports medicine, is another fine addition to our program.

*Tina T. Wells MD
Program Director*

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2000, she has been in private practice in Hardy, Arkansas (population 578). Dr. Garner will travel from Hardy once per month to train the residents on aspects of rural health care, in addition to leading field trips and retreats to a variety of rural hospitals and clinics around the state.

Dr. Tina Wells looks forward to a productive association with Dr. Garner. “Dr. Garner is a wonderful addition to our training program,” Dr. Wells said. “Our residents are very fortunate to have someone with her experience ready to teach and to share.”



Dr. Julea Garner (right) strategizes with Chris Rule LCSW.

Alumni Spotlight

Amit Sapra, M.D.



Hometown

Sonepat, Haryana, India

Loved ones

Wife – Priyanka

Daughter – Devanshika

Dog – Snoopy

Fish – Wilson (Named after the volleyball in *Castaway*. He’s been very supportive.)

Education

Medical school: Shri B M Patil Medical College, Bijapur, India

Residency: Little Rock Family Medicine Residency Program, 2013

Current position

Family physician at Lawrence Health Services. Walnut Ridge, Arkansas. I see patients in the clinic, I admit patients on the floor, and I also manage patients in the nursing home.

What was your most memorable moment from the residency program?

When Dr. Knight trusted me to conduct a suturing workshop with 100 medical students.

What was your funniest moment in the residency program?

We were rounding on a patient who was extremely disgruntled and used abusive language towards the team and the attending. I urged her to calm down and tell us what was bothering her. To this, she looked at me out of the ten people on the team and asked, “And who are you, Smarty-Pants?” I was called Smarty-Pants the rest of the day!!!

Who were your favorite faculty members? Why?

Chris Rule – I think Mr. Rule taught us the most essential part of family medicine. Most of the current residents will realize it after they graduate. I had very interesting discussions with Chris that helped me to grow as a physician.

Dr. Smith – Dr. Smith was my guide. He mentored me and gave me his full time and attention in spite of being very busy with his administrative duties. He pushed me to work harder and do better. He’s a great person and an excellent physician.

Dr. Jarrett – Dr. Jarrett was a pillar of support to me. I would go through all my presentations with her before I presented them. Underneath her casual demeanor lies a perfectionist and an extremely proficient intellectual. All she had to say was, “You’ll be okay, I know that” and I would breeze through my problems.

Dr. Knight – Like Chris, who taught us about doctor-patient relationships, Dr. Knight taught us about doctor-doctor relationships. I have never met a leader like him. The program is what it is today because of his leadership qualities and his

ability to inspire and motivate other professionals. He is the epitome of confidence and commitment.

Dr. Howard – She is nothing but a wealth of experience and medical knowledge. She gives her residents so much room to grow and learn. She places all the confidence and trust in you and you're left with no choice but to put your best foot forward so you don't let her down.

Dr. Hudson – I learned time management from this great teacher. He taught me the basics of family medicine. I have seen very few teachers as down-to-earth and humble as him. He always had a funny incident from his life he would narrate, every time you worked with him. He had a great sense of humor.

Dr. Kahn – Who doesn't love Dr. Kahn? Very few physicians I have met in my life could match his personality. He's an incredible teacher and a thorough physician. He is simply an ideal family physician.

Dr. Nelsen – When I teach my staff details of the EMR and they look at me wide-eyed, asking me "how did you do that?" Only one person comes to my mind: Dr. Nelsen. Excellent physician, great teacher, and a wonderful person.

Dr. Soultanova – Extremely hard-working, dedicated, extremely professional, highly efficient, I could go on and on. She has that sensitivity about her that a lot of us lack. Just an amazing person.

Dr. Trehun – Dr. Trehun was the chief resident when I first joined. Hands down, she is one of the most gracious physicians I have ever met. She has all the traits of a complete family physician. I would just say that she would be my doctor if I lived in Little Rock. (That is, if she would accept me as a patient.)

Dr. Cheerla – As good as it gets. Dr. Cheerla is a walking, talking encyclopedia. She is one of the most intelligent and informative physicians, not only in our department but in our university. She is genuinely compassionate towards the patients, and you can tell by her attitude when she talks to them.

Dr. Kraleti – Dr. Kraleti is one of the nicest doctors I have ever worked with. He is great with the staff, very approachable, and is one of the best additions to the department. He has great leadership skills and teaching qualities. I know him not only as a senior but as a friend too.

Dr. Konis – Dr. Konis is the most easy-going physician in the department. He's a great teacher and is a pleasure to talk to. When I was in the first year, after our ward rotation, he took the team out for lunch. Dr. Konis, I take my staff out for lunch every month as a routine. Thank you for teaching me to be gracious.

Dr. Dass – Dr. Dass was one of the most efficient doctors in the

department. Even though his work hours in the clinic were less than other attendings, he could teach you 10 new things every time you worked with him. Extremely amiable and nice.

Dr. Wortham – Dr. Wortham always reminded me of my late grandfather. He looked like him, he acted like him, and he talked to the patients like him. Dr. Wortham taught me much more than he thought he did. He'd be deeply missed. [Dr. Wortham died in 2015.]



While still a resident, Dr. Sapra made a TV appearance to discuss weight loss.

What are your favorite things to do in your leisure time?

I love movies, music, video games, photography, long drives, fast cars, racquetball, spending time with my family and friends.

If you could invite any three people in the history of the world to have dinner with you, who would you choose? Why?

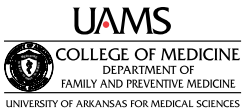
Yanni – the great music composer. Leonardo DiCaprio – the great actor. My Dad – I never got a chance to say goodbye.

What three words best describe you?

Strong, sensitive and da-bomb-diggity (one of my friends calls me that).

News Flashes

- Daniel Knight MD and Diane Jarrett EdD have had their article "Preventive Health Care for Men Who Have Sex with Men" accepted for publication in *American Family Physician*.
- The following posters have been accepted for presentation at the spring 2015 conference of the Society of Teachers of Family Medicine in Orlando, Florida: *Recognition of Patient Obesity by Family Medicine Residents* (Khatri, Swindle, Whiteside-Mansell, Knight, Jarrett, Kraleti), and *The Role of Family Medicine in Supporting Child Cognitive Development through Screening for Low-Level Depressive Symptoms in Mothers* (Conners-Burrow, Bokony, Whiteside-Mansell, Jarrett, Kraleti, McKelvey, Kyzer).
- The following posters have been accepted for presentation at the spring 2015 conference of the AAFP PDW and RPS Residency Education Symposium in Kansas City: *LGBTQ Health: How a Family Medicine Residency Program is Training the Next Generation of Physicians* (Knight, Jarrett, Wells); and *Revitalizing Morbidity and Mortality Conferences in Family Medicine: Quality Improvement, the Six Core Competencies, and Resident Leadership* (Kraleti, Jarrett).



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DR. TOM WORTHAM DIES AT AGE 88

Dr. Tom Wortham, a much-respected preceptor in our clinic and the winner of several awards from our residents, died on January 20, 2015.

He was born in Waldo, Arkansas, on January 12, 1927. He served as a corpsman in the U.S Navy from 1944 to 1946 and graduated from the UAMS medical school in 1953. His professional accomplishments were many, including helping to establish Rebsamen Medical Center (where he was Vice President) and serving on many boards and committees, including the Board of Corrections.

The residents of our program gave him the Outstanding Volunteer Faculty Award for many consecutive years. He will be very much missed by our residents, faculty, and alumni, along with the families he served in private practice for 43 years.



Dr. Tom Wortham (right) was a respected member of our program for years. That's Dr. Senthil Raghavan (residency class of 2007) on the left and Tina Ridge RTR in front.

Upcoming CME Events

Oncology Update for Primary Care

Tuesdays in April 2015 (7th, 14th, 21st and 28th)

Leaving a Trail of Smoke: Tobacco's Impact on Health

(First day of the 37th Annual Family Medicine Intensive Review Course. Separate registration required.)

May 14, 2015

37th Annual Family Medicine Intensive Review Course

May 14 – 17, 2015

BreastCare Sessions

*Chemoprevention of Breast Cancer
You Are the Key to HPV Cancer Prevention*

May 15, 2015

Down Syndrome Conference 2015

May 29, 2015

WISEWOMAN

June 2 and 9, 2015

For more information or to register, go to www.cme.uams.edu