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

“O ur 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.

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

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
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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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
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.

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).
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.

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