

# Fall of 2018

Issue 3

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*Each Newsletter will feature  
“Residents of the Quarter” for each  
Program.*



## *Follow us on Facebook!*

Follow us on Facebook to keep up with our residents and fellows and to see upcoming CME events.

<https://www.facebook.com/integriscmegme/>

# Upcoming CME Events

## **Internet Enduring Material-New!**

### ***"Identifying and Responding to Strangulation: What Medical Providers Need to Know"***

Presented by Bill Smock, MD

Available in [HealthStream](#)

### ***"Clostridium difficile: New Developments and Guidelines"***

Presented by David Chansolme, M.D.

Becky Lewis, R.N., CIC, M.S.N.

Available in [HealthStream](#)

## **Grand Rounds:**

### ***"New Practices for Breast Cancer Staging: Closing the Gap"***

Presented by Nasser Janbay, MD

Wednesday, December 19<sup>th</sup>, 2018

12:00p-1:00p

ISMC Cancer Conference Rooms

### ***"End Stage Lung Disease"***

Presented by Mark Rolfe, MD

Tuesday, December 4<sup>th</sup>, 2018

12:00p-1:00p

IBMC Conference Rooms JKL

\_\_\_\_ To access HealthStream and instructions:

<https://integrisok.com/careers/career-development/continuing-medical-education>

For more information about CME at INTEGRIS visit

<https://integrisok.com/medicaleducation>

or call CME Coordinator Mallory Langlois at 405-552-0816



# Great Plains Family Medicine

## *Introducing Grace Wilson, PhD, Faculty-Director of Behavioral Medicine at INTEGRIS Great Plains*



Dr. Wilson grew up in Texas and has a younger brother who is a dentist in Kansas. She earned her undergraduate degree at Oklahoma Baptist University (OBU) with *Summa Cum Laude* and College Honors; her Master's Degree in Human Development and Family Science was achieved at the Oklahoma State University (OSU) and her PhD in Medical Family Therapy is from East Carolina University. We were fortunate enough to have her join Great Plains Family Medicine (GPFM) on 28 July 2014. She oversees all behavioral education in concert and in lock-step with general medical education at our clinics and hospital services. She pioneered our Integrated Care Model, making GPFM the *first* clinic within the system to have that capability. Additionally, she supervises geriatric education at our long-term care rotation at Epworth Villa, along with our family medicine-geriatrician.


Dr. Wilson guides our IEP process, facilitates our milestones evaluations and is the director of resident and faculty wellness. She also consults/guides like-activities for all programs across INTEGRIS Graduate Medical Education. OSU and OBU insisted in asking INTEGRIS to keep Dr. Wilson as adjunct professor at their graduate school of Medical Family Therapy. As such she supervises medical family therapy interns at GPFM and teaches onsite in Shawnee, OK. These clinicians give family therapy under her supervision to our patients at GPFM, a tremendous asset to our practice!

Dr. Wilson had the foresight to create our Chronic Pain Self-Management (CPSM) program for all GPFM opioid-using patients in October 2015 (predating all local and state efforts to curb narcotic use) and has now been recruited by INTEGRIS Leadership to lead the opioid consortium task force efforts to extend her program to all INTEGRIS Medical Group practices. This puts Dr. Wilson and by association GPFM in the vanguard of opioid management at INTEGRIS.

Dr. Wilson is married to Jonathan Wilson, PhD, who is a professor and teaches at OBU and along with Nana Terri and PopPop Ross Pratt (who moved to Choctaw to be close) helps with Henry, their oldest, and triplets Alex, James and Luke.



Grace Wilson and her family





## *Family Medicine Residents of the Quarter:*

### Senushi J O'Sullivan, MD

**Hometown:**

Overland Park,  
KS

**Medical School:**

University of  
Kansas School  
of Medicine

**Program:** Great  
Plains Family Medicine  
Residency Program

**Family:** Husband, Ryan O'Sullivan  
and Pup Baby, Laika O'Sullivan



**Q:** What fictional place would you like to go like to go?

**A:** Hogwarts, Diagon Alley, Hogsmead... it would be amazing if any of those places really existed.

**Q:** What are your hobbies?

**A:** My hobbies include cooking, travel, and photography.

**Q:** What are you most looking forward to in the next 10 years?

**A:** I am mostly looking forward to finally living in the same home as my husband with our dog, Laika. I am also really looking forward to starting in a new city and practicing medicine there.

### Tyler Scott Freeman, MD

**Hometown:** Norman, OK

**Medical School:** OU College of Medicine

**Program:** Great Plains Family Medicine Residency Program

**Family:** Wife – Casey, Daughter – Olivia, Siberian Husky- Zeus, and Graham Wendell Freeman expected Jan. 1, 2019



**Q:** What fictional place would you like to go?

**A:** I would definitely like to see the inside of Tardis. Dr. Who fans will know, it's much bigger on the inside, and once there the options are limitless.

**Q:** What are your hobbies?

**A:** There are a lot of things I'm interested in, but my main hobby is woodworking. I like to build and work with my hands. Habitat4Humanity, furniture, simple projects at home.. I enjoy it all.

**Q:** What movie universe would you most like to live in?

**A:** I would have had an owl deliver my letter around age 11. Hands down should have been a student at Hogwarts.

**Q:** What age do you wish you could permanently be?

**A:** Currently it would be 28. I'm confident in and excited about my work. I love my friends and family, and my wife and I are expecting our second child soon. Although I expect that if you do it right, you're always living in the best year of your life.

**Q:** If you had to change your name, what would it be?

**A:** I don't know that I would change it, but there is a pizza joint in Norman who for over 10 years has thought my name is Marcellus Wallace (yet another movie reference I know).



**Family Medicine Residents and faculty celebrating Halloween at their annual Halloween Party.**

# Emergency Medicine

With the halfway point of the academic year rapidly approaching, our program has been fully immersed in interview season. We held interview in October and November with our last round of interviews scheduled to take place on December 5<sup>th</sup>. This year's applicant pool has been competitive and diverse with a total of 46 medical students interviewed by our faculty. The program is excited to enter match season and we look forward to bringing in the class of 2023.

Our didactics schedule has featured several lectures on wellness within the last quarter. We were lucky to have Bridget Berkland, Health and Wellness Coach at Mayo Clinic, come speak to our residents and faculty about Physician Well-Being and Resilience. Berkland focused her lecture on "the impact of burnout on physicians and the healthcare system, key drivers that promote burnout, and evidence-based strategies to address and promote physician wellbeing and resilience" (Berkland, 2018). The presentation was thoroughly educational and well received by our residents and faculty.

In addition to interviews season and cultivating physician wellness, our program has attended two educational conferences this quarter. At the beginning of October nine of our residents attended the American College of Emergency Physicians (ACEP) Scientific Assembly in San Diego, California. Toward the end of October our Program Director, Dr. Kristopher Hart, and Associate Program Director, Dr. Mark Keuchel, attended The American College of Osteopathic Emergency Physicians (ACOEP) Scientific Assembly in Chicago, Illinois. There, Dr. Hart took part in residency recruitment and Dr. Keuchel represented our program by presenting at the conference.

All in all, the first half of the 2018-2019 academic year has gone very well. In the coming months our residents will begin to focus on preparation for the American Board of Emergency Medicine in training exam that will be held on February 27<sup>th</sup> and March 1<sup>st</sup> of 2019. As a program we are excited to approach the second half of the academic year and as always, we are honored to care for the south Oklahoma City patient population and to train excellent physicians.



Residents Ruby Hoang, DO and Claire Epperson, DO enjoy a lecture held by Amal Mattu, MD at ACEP 2018.

## -INTEGRIS Health Emergency Medicine Residency Program

Associate Program Director, Mark Keuchel, DO, presenting at ACOEP 2018.



# ER Resident of the Quarter:

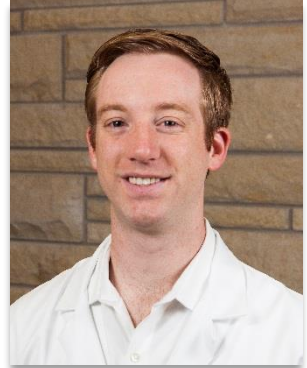
**Full name:** Myles Fisher, DO

**Hometown:** Oakland, California

**Medical School:** Oklahoma State University College of Osteopathic Medicine

**Program:** INTEGRIS Health Emergency Medicine Residency Program at INTEGRIS Southwest Medical Center

**Residency Year:** PGY-3



## *Welcome Stacia Shipman, DO*

Dr. Stacia Shipman joined the Graduate Medical Education Department on October 1, 2018 as the new Research/Scholarly Activity Director. She also serves as an Emergency Medicine physician at INTEGRIS Southwest Medical Center and core faculty member for the Emergency Medicine Residency Program. Dr. Shipman is passionate about research and will serve as a valuable resource to all GME programs. She will be responsible for developing a research and scholarly activity program, assisting with design and implementation of research studies, quality improvement projects, and scholarly activity, and supporting the needs of the Institution to meet ACGME-accreditation requirements.

Please join us in congratulating Dr. Shipman on her new role.





# Anesthesia



## Adele Barbieri, DO

**Hometown:** Holliston, Massachusetts  
**Medical School:** West Virginia School of Osteopathic Medicine  
**Program:** Anesthesiology

- Q.** What movie universe would you most like to live in?  
**A.** X-Men, for sure. I want a hidden superpower.
- Q.** What are you most looking forward to in the next 10 years?  
**A.** Seeing and hiking as many of the national parks out West as I can.
- Q.** What fad or trend do you hope comes back?  
**A.** I would say leggings and oversized sweaters like the early 90s, but it turns out that came back this year!
- Q.** What are you looking forward to in the coming months?  
**A.** Snowboarding, longer days, and more sunlight
- Q.** What's the title of the current chapter of your life?  
**A.** "So this is what we're doing now?!"
- Q.** If you had to change your name, what would your new name be?  
**A.** Just 'Adele'. My last name is too hard for people to easily pronounce.

## Jonathan Sheldon, MD

**Hometown:** Webb City, MO  
**Medical School:** University Of Kansas  
**Program:** Anesthesiology



- Q.** What Fictional Place would you like to go?  
**A.** Asgard
- Q.** What game or movie would you most like to visit?  
**A.** Lord of the Rings
- Q.** If you suddenly become a master at woodworking, what would you make?  
**A.** Tables & chess sets
- Q.** What are you looking forward to in the coming months?  
**A.** Step 3 being over.
- Q.** If your childhood had a smell, what would it be?  
**A.** Motor oil & cotton candy.
- Q.** If you had to change your name, what would your new name be?  
**A.** Merxes Maximus Prime
- Q.** What would be your first question after waking up from being cryogenically frozen for 100 years?  
**A.** Where's the hot cocoa?
- Q.** What's the best single day on a calendar?  
**A.** November 31<sup>st</sup>.
- Q.** What age do you wish you could permanently be?  
**A.** 30.



## Cooper Yates, MD

**Hometown:** Oklahoma City, OK  
**Medical School:** University of Oklahoma  
**Program:** Anesthesiology

- Q.** What are your hobbies?  
**A.** I really just enjoy relaxing at home with my wife Nicole and our dog and watching any and all sports I can, especially related to OU. Going to Beaver Lake in Arkansas or skiing in Park City, Utah are some of my favorite things to do as well.
- Q.** What fad or trend do you hope comes back?  
**A.** The hairstyles from the 70's and 80's.... I have very curly hair and could rock a great look back then for sure.

- Q.** What's the best single day on the calendar?  
**A.** December 25<sup>th</sup>, no question. In our house, we are those people who set up our Christmas tree prior to Thanksgiving some years even. I love the cold weather, spending time with family that comes to town, and the possibility of time off from work around then to enjoy the holidays as well as great NBA basketball games or college football bowl games.
- Q.** What are you most looking forward to in the next 10 years?  
**A.** Two things – Where my career has gone/where are we living, and children especially. My wife is 33 weeks pregnant with our first at the moment, so the idea of having kids that are 10 years old is crazy, but I can't wait for this part of my life.
- Q.** What fictional place would you like to go?  
**A.** I love to scuba dive, and the idea of exploring untouched areas of the sea/space, so a place like Atlantis would be pretty awesome.

# Radiology

## Social Chair:



As the incoming Social Chair for the IBMC Diagnostic Radiology Program, I have big shoes to fill from our

past chair, Alyssa Logsdon. She did a great job making our class last year feel welcome in the program and she provided many

engaging activities over the course of the 2017-18 academic year, finishing the year with an escape room experience at **The Sanctuary**.

Thanks to her groundwork, I am excited at the success we have had so far this year with social and team-building events. We are lucky to have four awesome new PGY-2 residents (Noelle, Ben, Whitney and Cindy) who are very engaged and excited about spending time together to discover what Oklahoma City has to offer.



Andrew Moore, Social Chair



Among several birthdays, football games and other outings, there have been several officially-sponsored social events for our residency program over the last several months, including:

- participation in the Integris United Way Wacky Bed Races (we placed 2nd!...out of 2 teams in our division)
- Social Hour with Dr. Burger at **Wheelhouse Pizza**
- Adventure time at **Riversport OKC**
- Game time at the local **Dave & Buster's**

Events on the horizon:

- Social Hour with Dr. Evans
- Bricktown Group Bike (back by popular demand)
- Social painting
- Ice-skating for those who dare
- Karaoke
- Crawfish boil
- Radiology Associates Holiday Party
- Graduation



I would like to thank Natasha Fanson for her continued support, as well as the staff of Radiology Associates who treat us to an outing once a month to help foster good attending-resident relationships. It's been a great time so far, here's to the second half of the academic year!

Andrew Moore, PGY-3/R2  
Social Chair  
IBMC Diagnostic Radiology Residency



## ***Radiology Residents of the Quarter:***

### Cindy Weinschenk, DO

**Hometown:** Austin, TX  
**Medical School:** University of North Texas HSC – Texas College of Osteopathic Medicine  
**Program:** Radiology



**Q:** What fictional place would you like to go?

**A:** Hogwarts

**Q:** What is the best single day on the calendar?

**A:** Christmas Day

**Q:** What are you most looking forward to in the next 10 years?

**A:** Starting a family, becoming a radiologist.

**Q:** What is the current chapter of your life?

**A:** Learning to become a real adult.

**Q:** If your childhood has a smell, what would it be?

**A:** Gymnastics chalk.

**Q:** What are your hobbies?

**A:** Former competitive gymnast, hiking with my dog, spending time with my family/friends, Dallas Cowboys, Texas Longhorns & San Antonio Spurs fan.



### Ben Fortson, MD

**Hometown:** Anchorage, AK  
**Medical School:** University of Washington  
**Program:** Radiology



**Q:** What are your hobbies?

**A:** Rock climbing and board games

**Q:** What game or movie universe would you most like to live in?

**A:** Mad Max

**Q:** What's the best single day on the calendar?

**A:** June 27<sup>th</sup>, 2018

**Q:** What are you looking forward to in the next 10 years?

**A:** Getting a dog.



# Hand Surgery

## *A Day in the Life of a Hand Surgeon*

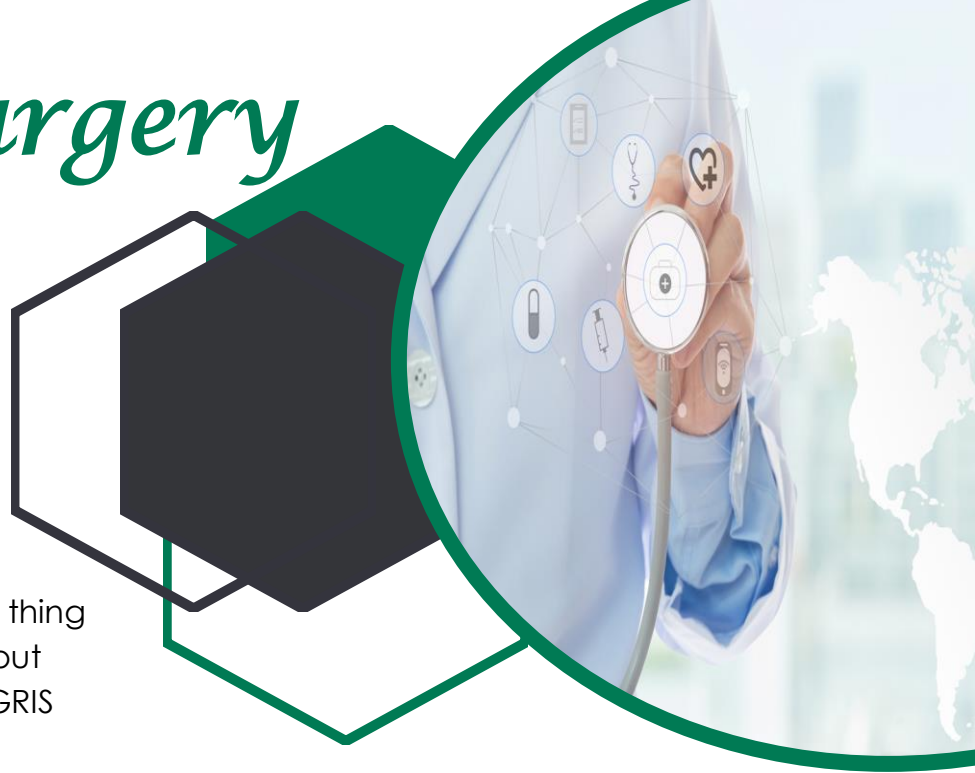
Hand surgery may not be the first thing that comes to mind when you think about life-changing procedures, but the INTEGRIS Hand and Microsurgery Center gives a second chance to people whose hands have become impaired due to injury or disease. Our hands are tools that help us interact with the world around us. We use them to earn our living and take care of our families and ourselves. When we can't rely on our hands, our lives are affected in many ways.

In fact, the hand is a body part predisposed to trauma because, like the face, its surface is exposed. Additionally, because the hand has such unique qualities, like the existence of sensation and the ability to perform many precise and delicate motions, hands are not only critical for everyday life, they are a true extension of the human brain. Hands allow us to express emotion, provide comfort and act independently.

So, what does an INTEGRIS hand surgeon do? Dr. Ghazi Rayan is an orthopedic and fellowship-trained hand surgeon, director of the INTEGRIS Hand and Microsurgery Center and director of the Oklahoma Hand Fellowship Program. We asked Dr. Rayan a few questions about his interesting career to get a glimpse of a day in the life of a hand surgeon.

To take a glimpse of a day in the life of a hand surgeon, please click on the link below:

<https://intgrisok.com/resources/on-your-health/2018/october/a-day-in-the-life-of-a-hand-surgeon>







## Resident Prescription

Employee Assistance Program  
**844.729.5171**

### *Jacob Azurdia, MD*

- Meditation: Every day
- Crossfit and Orange Theory: 5 times per week
- Produce music: 1-2 times per week
- Mountain biking: 1-2 times per month weather permitting

### *Melissa Harris, DO*

- My wellness prescription is blowing bubbles in the backyard with my son. They always put a big smile on both our faces!

### *Amanda Sadler, MD*

- Start each day off with a gratitude list and my WHY.
- Take the stairs and walk everywhere on campus (between clinic and hospitals).
- Remember to BREATHE throughout the day, especially when stressed the most!
- Be active. Enjoy the great outdoors.
- Play hard with my little girl (and husband too!).
- Get as much sleep as possible.
- Eat Healthy.
- Dream Board.
- Rely on the help of family and friends.
- PRAY.

