“Dolly”
by our very own Maryam Soltani, MD, PhD, PGY3
Speed Drawing with Sharpie

CHECK US OUT ONLINE!
www.combinedresidency.org
FB/Twitter: @UCSDFamMedPsych
We are UCSD FM/Psych Combos!

Kanwar Kaleka & Mari Janowsky

Dave Larson & Rachel Robitz

PGY 2

Allison Ellsworth & Leo Matialeu

PGY 5

Ellie Yanchar & Maryam Soltani

PGY 3

PGY 1

Aaron Meyer & Safi Ahmed

PGY 4
Combo Grad Interview with Andrea Gallardo, M.D.

Having graduated just last year in 2015 from our residency program, Andrea Gallardo has gone off to do incredible things in Northern California. Here she is to talk about life as a combo before and after residency!

As a medical student, what led you to pursue a combined residency training program?

I entered medical school thinking I was going to do primary care family medicine. I thought it would be the best way to serve my community and care for the broadest number of people. Family med is after all at the front lines.

My first experience with psychiatry was as a third year med student. It was my first rotation ever. I didn't have a clue about what psychiatry was prior to that. It changed how I saw patients from then on. No matter the rotation - surgery, derm or what not, mental health issues were critical to understanding the patient and giving them good care. In some ways psychiatrists are also on another front line.

I had no idea there was a combined program however an alum from my school, Vanessa Lauzon, was already an intern in a combined program. I spoke with her, researched about it, and it seemed like a very logical combination. I thought it would broaden my abilities as a primary care provider and help me be a good Doctor - all around, in all senses of the word. I wasn't sure how I would combine them but as someone who wanted to serve my community and the most people as possible, combined made a lot of sense. Doctors are advocates and being at this double front line being able to holistically treat a person understanding where they're coming from, why they do things, and what motivates them is so ideal.

What would you tell a medical student who is interested in both family medicine and psychiatry, but is unsure if both can be integrated into their practice?

You can't know until you try. We are all forging new paths, being able to do both only makes the options more limitless. The other thing is don't think that even if you are practicing in a family med dept and a psych department separately that you are not using the skills in an integrative fashion. As my wise colleague, Vanessa Lauzon, once said, "I'm always wearing both hats."
Was there something you learned about yourself during residency? If so, can you share?

Residency confirmed that I am persistent, persevering, enjoy challenges, hard working, and that I am a good listener. It also made me realize how important my family and friends are. I realized that my family was important and that I loved them - but being in a new city, far from them, I realized I had to find a new family. I could not do it alone. My family was SVDP staff and my co-residents. If I thrived it was because I had people to listen to me, make me laugh, remind me to have fun, and give me lots of hugs.

What about your combined residency training at UC San Diego are you most grateful for?

See above. Everyday I sit at my new desk and I look at the picture frame I got when I graduated with all the signatures of SVDP staff and my co-residents. (Its hanging on the wall.) And I am so grateful that they were all part of my education to be a good physician, friend, and co-worker. I also am reminded of my many SVDP patients who are survivors, with rich histories filled with success as well as struggle, and I am thankful that I got to be part of their lives and their journey. All of my hard work as a UCSD resident puts a lot of the work I do now in perspective.

You now work at Kaiser. Can you tell us what led you to work there? What has your experience working there been like?

I always thought I would be working for another FQHC - and so working at Kaiser was a surprising choice me as well. Ultimately I chose Kaiser Gilroy because the community I saw at the clinic. Its a small clinic in a urban/rural area. Its full scope Family practice. The docs and staff are close knit. This site is an innovator for their region - they are always implementing new projects to give better patient care. They were receptive and excited about me being a combined and were open to the challenge of my training and for future endeavors of integration of care.

And I also realized that my community and this world I wanted to serve - they're everywhere. My patients here have similar struggles as my SVDP patients - and I realized we cannot compare suffering. The diversity of patients at my clinic site is almost more diverse than SVDP - due to socioeconomic backgrounds and variety of jobs people have. So far I have really thrived here. I spend more time on patient care vs trying to fight with insurers to give my patients what they need. I love my new colleagues. And I am learning a lot. Plus I get to practice both psych and family med. I am hopeful that we can find more ways for combo to work in this setting.

Is there any advice you would give our UC San Diego Combined Family Medicine & Psychiatry residents? Anything you wish you knew during residency?

Try to enjoy it - its a process, but life after will be different. You don't know everything, you're never going to know everything, you're going to be just fine. I promise. Start looking for work early, like end of 4th year, its takes longer to hire a combo because a job has to be created for you.
Resident Spotlight with Ellie Yanchar!

**Hometown:** Kent Ohio

**Medical School:** A.T. Still University School of Osteopathic Medicine in Arizona.

**Significant Other:** Brett (who is currently living in Maine—that’s where this picture of me is from!)

**Pets:** My dog Otis

**Roomate:** Kanwar and I moved into a great new space, we are looking for one more awesome roommate to complete our home.

**Medical interests:** I’m very interested in integrative medicine, specifically mind-body medicine, and manual medicine.

**Favorites...**

- **Quotes:** “Pause. Then do the right thing” -unknown
- **Food:** The whole food group of vegetables, but If I had to choose one it’d be broccoli, steamed or roasted with garlic.
- **Music:** Grunge from the 90’s, Pearl Jam comes to mind.

**I can’t live without my:** Sleep, I like 8 hours and

**When I’m not at work, I am:** At yoga, in the garden, playing with my dog Otis.

**What’s the Best Purchase You’ve Made for Under $100?:** My Manduka yoga mat. I’ve had it for 7 years and it has no signs of wear and tear. I’ve had a lot of mental and physical work done on that mat.

**If you could teach any 9th grade class, what would you teach?** Probably language arts. I had so many impressive english and language arts that left a big impression on me. There is a lot of impact you can make on young adults with literature. I think She’s come undone is one

**What’s an ideal day at work for you?:** I love my Friday’s at work, doing family medicine in the morning, sometimes procedures, and in the afternoon doing psychiatry, sometimes psychotherapy, and sometimes an osteopathic manipulation therapy visit.

**When you think of successful, who comes to mind?** My mom. She’s been married to my dad for 40+ years, raised 3 kids who are doing well, has a career she loves, she tried to retire, but went right back to it after a year.
Thank you combos for being so fully you, you are each incredible and we are so lucky to get to work with you as our colleagues and friends. This year, for the Association of Medicine and Psychiatry Meeting, we get to come together in Chicago as a greater family to remember what makes being combined so important, beyond the extra degrees, beyond the commitment to serve, beyond the extra years and time (blood, sweat and tears). We are a family within ourselves and part of a greater family of combo’s worldwide. We are connected.

With Combo Love, Dave & Rachel