

NEWSLETTER OF THE FAMILY MEDICINE TRAINING PROGRAM 家庭科在职培训项目期刊

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Welcome 2014 Family Medicine Fellows!



*Top from Left: Dr. Derick Lau, Hao Lu, Lili Wang(2014 Fellow Dr.), Bella Dai(2014 Fellow Dr.), Sara Yin(2014 Fellow Dr.), Isha Wu(2014 Fellow Dr.), Galen Gao(2014 Fellow Dr.), Jessie Meng(2014 Fellow Dr.), Vicky Wei(2014 Fellow Dr.)
Bottom from Left: Yolanda Qiu(2014 Fellow Dr.), Angela Xiong, Dr. Omaren Hakim, Malik Hakim, Dr. Setsuko Hosoda, Dr. Evelyn Fang and Jessica Guo(2013 Fellow Dr.)*

Learning and sharing benevolence and skill: my first six months in BJU by Dr. Cissy Li

Louis Pasteur, French microbiologist, once wrote “Chance favors only the prepared mind.” 10 years ago, rumors were circulating about “an extraordinarily expensive hospital for foreigners in Shanghai.” At that time, I became curious about Shanghai United Family Hospital (SHU). It was only when I met a foreign patient during my internship that I knew the truth: SHU earns its great reputation for providing western style healthcare with high levels of patient satisfaction. I then visited the official United Family website, and found that all the physicians there have a background in western medical training. That’s the way I have long wished to practice, like physicians in the TV drama “Gray’s Anatomy”: working both independently and cooperatively.

So I didn’t hesitate to apply for a United Family Hospitals (UFH) Fellowship Program. As soon as I saw the recruitment advertisement, I clicked the link immediately.

I’m lucky! At last I had an opportunity to work at the hospital I have dreamed of since I was in medical school eight years ago.

In December 2013, I began my rotation schedule with four weeks in each different department. I started in the Emergency Department. I was so excited to observe alongside the doctor on duty on my first day of work. Several days later, I was allowed to start seeing patients myself, as I had practiced in the orientation workshop two weeks previously – being professional, patient, respectful, empathetic, etc. When I presented my first case history to my preceptor, it became clear that I had missed a few details although I

仁心仁术 – 习得与众享 我在北京和睦家的最初 6 个月 李珊珊

法国微生物学家 Louis Pasteur 曾写道：“机遇总是垂暮有准备的人。”

约在 10 年前沪上就流传着关于上海和睦家针对外籍患者的高昂诊疗消费。也正是那时，我对上海和睦家产生了好奇。直到实习期间遇见一位外籍患者，他的叙述让我了解到和睦家享有盛誉来自于它的西方医疗模式和病人满意度。之后我访问了 SHU 的官方网站，发现所有的医师都经历过海外医学培养的磨练。那正是我所向往的，像热播剧“实习医生格蕾”的医师那样 – 各有所长，协作互补。

所以当我看到 UFH FM Fellowship 招募信息时，便毫不犹豫地点击了链接，提交了申请。

我是幸运的。最终得到了在医学院中就一直心仪神往的医院学习工作的机会。

2013 年的 12 月，我开始了每 4 周 1 个科室的轮转。急诊科是我的第一站，第一天兴奋地跟着当班医师在一旁看他接诊、处理患者。几天后我便开始了自己接诊的历程，就像 2 周前练习的那样——表现出专业素养：耐心、尊重和同理心等等。当我将第一个接手的病例像带教陈述后，带教提问，我发现尽管之前问诊考虑周全但还是遗漏了几个重要问题。带教接着问我下一步的诊疗方案，愣了一下，回答不上每一项检查项目的必要性，之前公立医院大量检查的思路瞬间被瓦解了。除了日常轮转，每周一、周五下午的全科独立门诊让我得以积累更多的临床经验，有时周六一天的门诊收获颇丰。就这样在病例汇报和带教提点的模式下一天天地成长着。

Apart from the regular rotations, I have accumulated more experience from seeing patients in satellite family medicine clinics every Monday and Friday afternoons, as well as some Saturday clinics. By presenting to my preceptors and listening to their feedback, I have been learning and made progress with each passing day.

During lunch times, dinner times and our Thursday afternoon didactic teaching sessions, I meet with the other fellows and we usually talk about interesting cases: their symptoms, signs, diagnostic tests and treatments. Besides this, we also talk with one another about which preceptors in each department we have most enjoyed working with. Each day after work we research and read to find answers to particular questions, and we share the answers among the group by giving short presentations. Thanks to practicing giving such presentations many times, I have gained the confidence to give presentations in Morning Rounds and at lunchtime CME meetings over the past six months.

As a new fellow, the nurses who have worked for years became my teachers as well. They explained to me when I was confused about the vaccine schedule; they reminded me to call back patients regarding their lab results; they double-checked my orders for mistakes; they reassured patients who had been waiting for a long time on my behalf. We work as an efficient team, physicians and nurses. I wouldn't be as good a family doctor without the support of the nurses.

Words can hardly express my gratitude to all the physicians and nurses for their teaching. As my favorite novelist Virginia Woolf wrote in "The Common Reader", "For pleasure has no relish unless we share it."

午餐、晚餐或是每周四下午的半日学习是我与其他 fellow 相聚的时光，我们时常会聊起轮转中遇见的罕见案例，从症状、体征、诊断试验到治疗方案。此外我们还会给彼此建议各科的优秀带教。日复一日，我们带着疑问下班后搜索并阅读相关资料，并在小团队中通过演讲一起分享。多亏多次小演讲的磨练，我在过去 6 个月中晨会和午会中的演讲表现得日益自信。

作为一名刚入职的 fellow，工作多年的护士也是我成长过程中不可或缺的老师。当我因为复杂的疫苗表疑惑时她们耐心为我解答；当化验结果出来时她们好心提醒我第一时间通知患者；当我的遗嘱存在不妥时她们细心地询问再次核对；当我的病人长时等待候诊时她们替我安慰患者。医生和护士团队协作，事半功倍。没有护士的鼎力相助，一己之力难成大器。

言词难以表达我对所有教授我的医师和护士的感激之情。正如我最喜爱的小说家 Virginia Woolf 曾在书中写道的那样。“分享才有快乐。”

Plantar fasciitis and Achilles tendinopathy

by Dr. Jessica Guo

While I was in SHU shadowing Dr. Deshmukh and learning about orthopedics, I saw several cases of plantar fasciitis and Achilles tendinopathy and became interested in these conditions. I was then honored to deliver this presentation at BJU CME.

Plantar fasciitis is very common and accounts for 80% of cases of heel pain, while Achilles tendinopathy is less common and most often occurs in runners.

Plantar fasciitis

Generally the onset of pain is gradual, located at the origin of the plantar aponeurosis located close to where the fascia attaches to the calcaneus.



Symptoms and Signs

- Severe pain worse in the morning or after rest ---- improves after moving around till the end of the day after a prolonged tra 诊断 in
- Tenderness w/ dorsiflexion of toes ,worse tenderness on palpation of the fascial band



足底筋膜炎和足跟腱病

郭敏杰

当我在上海和睦家医院跟随 Deshmukh 医生学习骨科的时候，我在那里看到了一些足底筋膜炎和足跟腱病的病例，并由此得到了这个话题，并很荣幸地在北京和睦家医院的继续教育课程上与大家分享。

实际上，足底筋膜炎十分常见，占 80% 的足跟疼痛的病例。足跟腱病相对少见些，通常在跑步运动员们中发病。

足底筋膜炎

一般是缓慢出现的疼痛，部位是在足底腱膜起始处，是足底筋膜连接足跟结节处。

Risk factors for Plantar fasciitis

有很多相关的危险因素可导致此

- Overload of physical activity
- Older age
- Overweight
- Pregnancy
- High heeled shoe, boots, or other shoes that do not provide proper support
- High arches or flat feet (controversial)
- Tightness of the calf muscle or Achilles tendon⁸

Differential diagnosis: rupture of the plantar fascia, Calcaneal stress fracture, Achilles tendonopathy etc.

鉴别诊断：包括足底筋膜断裂，足跟骨疲劳性骨折，足跟腱病等。

Treatment / 治疗

- Conservative therapy
 - Foot rest
 - To reduce pain and swelling: Ice and NSAID
 - Casting
 - Night splints
 - Foot orthotics
 - Heel cord and plantar fascia stretching
 - Steroid injection (rare)
- Surgical treatment (extremely rare)

Stretching exercise



The stretching



Calf stretching



Towel stretching

Achilles tendinopathy and tear

- Tendinopathy results from incorrect training techniques in adults in their 30s and 40s. It most commonly affects runners.
- Achilles rupture occurs when a sudden shear stress is applied to an already weakened or degenerated tendon.
- These risk factors and the pattern of symptoms are similar in plantar fasciitis, but the pain and tenderness are localized behind the heel, two to six cm proximal to the insertion of the tendon.
- The presence of crepitus with motion suggests tendinopathy.

足跟腱病与跟腱断裂

- 足跟腱病多发生在 30 岁, 40 岁左右的年纪的成人, 多由于体育训练失误所造成, 多累及跑步运动员;
- 足跟腱断裂多发生在已经薄弱或有退行性病变的跟腱突然遭遇剪切力的时候。
- 此病有一些与足底筋膜炎类似的危险因素和症状, 但是其疼痛部位是在足跟腱嵌入足底处近端向上 2 到 6 厘米处。
- 查体时伴随足部活动能听到捻发音提示存在足跟腱病。



There is a test which has relatively high specificity and sensitivity for the diagnosis of Achilles tendon complete tear – the Thompson test. Complete tear of the Achilles tendon requires surgical consultation.

有一个查体对于检出足跟腱完全性断裂有较高的特异性和敏感性, 即汤普森试验。完全性跟腱断裂, 是需要外科会诊的。对于此病与足跟滑囊炎和起止点病相鉴别, 我们可以从疼痛的部位加以区分。

The differential diagnosis includes calcaneal bursitis and enthesopathy, which we can distinguish based upon the exact location of tenderness.

Treatment

1. Eccentric heel drop description

- Stand with the heel of the affected foot beyond the edge of the step or platform with the foot plantar flexed. Slowly lower the heel, bringing the foot into dorsiflexion.
- Perform the exercise both with the knee straight (gastrocnemius) and with the knee bent 45 degrees (soleus).
- Avoid concentric exercise by raising the foot back to the plantar flexed starting position using the unaffected foot, and hands if a railing is available.



← calcaneal bursitis

← enthesopathy

Different regions of the Achilles tendon are palpated to help identify different pathology. In the photograph above, the superiorposed rectangle is the location of Achilles tendinopathy, the arrows indicate the site of subtendinous (or retrocalcaneal) bursitis, and the area of the oval indicates the site of enthesopathy or subtendinous bursitis. Courtesy of Peter Farn, MD and EA

Treatment

- Rest
- Painkillers
- Night splint
- Achilles tendon exercises
- Ultrasound treatment(ESWT)
- Achilles Tendon Debridement

Regarding exercise, evidence shows that eccentric strengthening of the calf muscle can help patients with Achilles tendinopathy. This kind of exercise is shown above.

治疗

- 休息
- 止痛药物
- 夜间固定夹
- 跟腱锻炼
- 超声波治疗
- 跟腱清创手术

对于跟腱锻炼，有研究证实离心性加强腓肠肌的运动对足跟腱病患者有益，这种运动如下所示：

Qing Hai Charity Medical Aid

by Dr. Vicky Wei

This was the third time that UFH has participated in providing charitable medical aid with the Han Hong Love Charity Foundation. This is an excellent opportunity for us to help people in remote areas and to gain invaluable experience.

Nine UFH doctors from Beijing, Shanghai and Guangzhou joined this trip. The mission took place between Aug. 8th and Aug. 23rd. For two weeks, we fellows mainly worked with Dr. Krippner and Dr. Deconinck. Along with Dr. Zhao Yawei, Dr. Wang Jun, Dr. Bai Shuling, and Dr. Edward Li, we had to see approximately 120 - 280 patients per day.

What struck us was the high prevalence of diabetes, hypertension and hypercholesteremia, whereas we expected to see echinococcosis and tuberculosis. With growing understanding of the local people as the days passed, we appreciated the relationship between their health and their lifestyle and religious beliefs. Since many residents are poor and undereducated, most of them are lacking in awareness of their own health conditions. Particularly in Ma Duo county (altitude 4251m), it is extremely inconvenient for people to seek medical care due to the high altitude and remoteness. For the same reasons, we were the very first medical aid team to visit there. I felt so sad and I tried to offer them as much health education as I possibly could. Fortunately there are fewer patients in this area so I had more time with each patient. It pricked my conscience that the practical help we could offer them at this time was so limited, when most of them need long-term follow up.

Due to good organization by Annie He (who prepared lots of medication, sun block and personal protective equipment for us), high altitude illness was not a big issue for our UFH team. A few of us just had mild symptoms, which were quickly relieved after taking methazolamide.

青海义诊之行 危敏

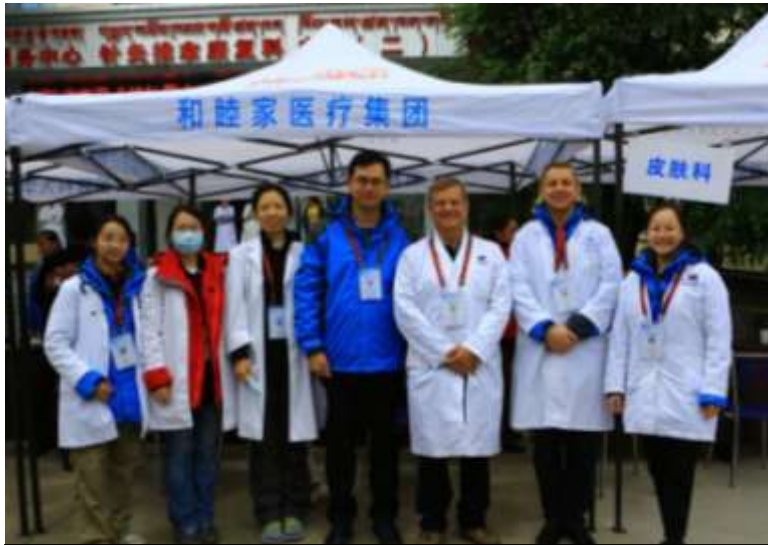
本次青海之行是和睦家集团第三次参与韩红爱心基金会“百人系列”送医送药活动,对我们来说这是个非常棒的帮助偏远地区人民和获得宝贵经历的机会。

我们共有来自北京、上海和广州的 9 位医生参与了这次行动。从 8 月 8 日至 8 月 23 日,历时 2 周,我和 Cissy 主要和 Dr. Krippner 和 Dr. Deconinck 一起工作。加上赵亚薇、王峻、白书玲和李鸿波几位医生,我们每日共需看约 120 至 280 位患者。

如果说当地肝包虫病及结核病的高发在我们的预期之中,那么高血压、糖尿病和高脂血症的高发病率却出乎我们意料。随着几天后对他们的了解逐渐增多,我们觉得这与他们的生活习惯及宗教信仰有关。而因为这里的居民普遍很贫困,未接受过良好教育,故大部分患者缺乏维护自我健康的意识。尤其在玛多县(海拔 4251 米),由于其高海拔和太过偏远,人们想寻求医疗救助极其困难,也因此我们是第一支抵达这里开展义诊的医疗队。我为他们感到难过,幸而由于这里病人数量较少,我可以有更多的时间看每个病人,并尽可能地对他们进行宣教。由于大部分患者需要的是长期随访的健康管理,我甚至因为此次所能给他们的极有限帮助而感到些许内疚。

多亏 Annie He 的周全缜密的组织(她为我们准备了充足的药物/防晒霜/口罩手套等个人防护用品),高原病并没有很大程度的伤害到我们。部分人有轻微的症状,大多也在口服醋甲唑胺后很快缓解。

不得不说,能作为本次强大的和睦家团队中的一员参与本次活动并与来自中国顶尖医院的众多专家一起工作是我莫大的荣幸。感谢和睦家集团,这两周的经历给我的人生上了精彩的一课,我将永远珍藏于心。



Our UFH Team with members from BJU, SHU and GZU.

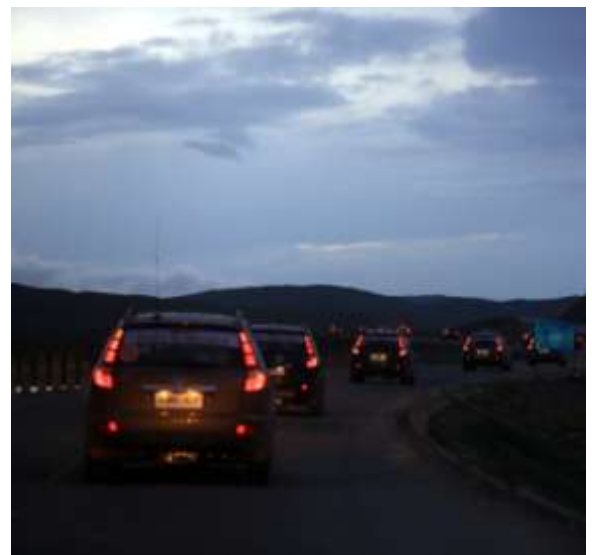
来自北京、上海和广州的和睦家团队



We saw up to 280 patients per day in this tent.



Patients waiting for us in the rain.



Our convoy traveling between two sites.



Among the team were two doctors from the UFH Family Medicine Fellowship program, Dr. Vicky Wei and Dr. Cissy Li.

Greeting from UFH Family Medicine Fellowship Program Directors

和睦家医疗全科医学培训——项目主任欢迎致辞

It is hard to believe that nearly one year has passed since the inception of the Family Medicine Fellowship program and that we now have a new class of 7 fellows. After more than a month apart (I went home to the USA and the fellows were away in Qinghai) it was wonderful to return to Beijing and see marked progress in the confidence and clinical skills of our senior fellows. I felt like the aunt or the relative who goes away for a while and comes back to see that a child has grown and developed. Sometimes when we are up close, working with individuals in education or training, the progress is harder to see. All one has to do step back or spend some time away and the changes are clearly visible. With three fellows last year, we felt like a small family. In the course of the last year, we have recruited more teachers, and more fellows and our family has grown.

I am happy to welcome Dr. Sarai Nietvelt (Shanghai United) as our new assistant program director. Dr. David Park has kindly agreed to become the site director in Tianjin, and Dr. Andrew Perrett has agreed to oversee the didactics curriculum for our educational half day on Thursdays. Also a warm welcome to Bella, Lili, Sara, Isha, Jessie, Galen, and Yolanda – our new fellows. Our cousins (the 6 new Emergency Medicine Fellows) are also getting oriented by Dr. Shannon Moffett in Shanghai and three of them will be joining us in Beijing in October. Thank you to all the teachers and a special thank you to Angela Xiong our program manager for your continued hard work and support.

Setsuko Hosoda, MD, MPH

Program Director

很难相信，全科医学培训项目起步已近一年了，现在我们又迎来了一个拥有 7 名学员的新班级。暂别一个月后（我回了美国，培训生们则去了青海）。回到北京，看到我们的资深学员无论在自信还是临床技能上都有如此显著的进步，实在太美妙。我感觉自己就像你们的姑母或其他亲人，暂别重返后欣慰地发现孩子们羽翼已丰。而这种进步，在我们的朝夕相处间，在教学与训练时的单独交往中，有时是难以察觉的。人总需要后退几步或是离开一阵儿，才能更清晰地看到改变。过去一年和 3 名培训生的相处像一个小家庭般和睦。课程期间，我们也招募到了更多的导师和学生，这使我们的家庭更加壮大了。

我很高兴地欢迎 Dr. Sarai Nietvelt（上海和睦家医院）担任我们的新项目助理主任。Dr. David Park 亲切地同意担任天津区的主管，Dr. Andrew Perrett 也应允监督我们每周四的半日教学课程。同时要热烈欢迎 Bella, Lili, Sara, Isha, Jessie, Galen, 和 Yolanda，成为我们的新学员。我们的“表亲”（6 名新的急诊医学培训生）已经由上海的 Dr. Shannon Moffett 进行了适应培训，他们中的三人将在 10 月份加入我们北京和睦家。谢谢所有的导师们，尤其感谢我们的项目经理 Angela Xiong 始终如一的辛勤工作和支持。

Setsuko Hosoda,

医学博士，公共卫生学硕士

项目主任

Dear readers,

It's an honour to be writing my first words in this Newsletter! "Alia jacta est!" we say in Latin!

After years of serving United as one of their FM physicians in Shanghai and Wuxi, I am very excited to take on my new additional role: UFH FM fellowship assistant program director for Shanghai!

Being a FM physician is my passion and I've always loved teaching, so really excited about helping SHU in becoming a great training centre!

A 3 days trip to BJU gave me the opportunity to familiarize myself with all the policies, records, books etc...It allowed me to finally meet the wonderful ladies that have been working behind the screens, with admirable energy!

And most important: I got to meet the 7 new FM fellows during their orientation, driven to become the best primary care providers China has ever had!

Let's go for it!

Sarai Nietvelt

Assistant Program Director

亲爱的读者，

在我起笔这篇信件之际，感到万分荣幸。用我们的拉丁语来说就是“Alia jacta est!”（事情已经约定）。

多年来，我为上海和无锡的和睦家医院做家庭医生工作，对于我的新职位：和睦家家庭医学教学项目上海地区助理，表示非常期待。

我非常热衷于家庭医生这个工作，与此同时我也很喜爱教学。所以，我愿尽我绵薄之力将 SHU 发展成为一个伟大的教学中心。

参观 BJU 的 3 日行程给予我一个熟悉各种政策，档案以及书籍等等资料的机会，我也终于有了机会去结识在幕后辛勤工作的优秀的女士们。

更重要的是：我遇见了 7 位在实习阶段的新家庭医学学生，即将成为未来中国最有为的初级健康服务的提供者。

让我们携手共进吧！

Sarai Nietvelt 医生

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