Eighty participants enjoyed great speakers at the second annual Primary Care Update. The day began with Mary Brandt, who helped us think through the challenges of professional life and ways to meet those challenges. One step is to recognize that we can’t work at

(Continued on page 5)
Alicia Kowalchuk, D.O. was awarded the 2016 Torchbearer Award by the Houston Chapter of the Texas Association of Addiction Professionals at the Spectrum 2016 43rd Annual Conference on Addiction Studies, The ABC’s of Addiction: Building Blocks to Recovery. This citation, given annually to the individual the chapter deems to have made the most significant, forward-thinking impact in the field this year, was awarded to Dr. Kowalchuk for signing the standing order for naloxone statewide at Walgreens.

This new dispensing authority under SB 1462 allows authorized medical personnel to prescribe the opioid antagonist Naloxone either directly to a third-party patient (not necessarily the end-user) or through a standing order and pharmacists to dispense to a third-party. It comes at a time when not only Texas, but the entire country is witnessing a tremendous surge in tragic deaths due to opioid overdoses.

Dr. Kowalchuk’s actions have been featured by the Houston Chronicle; the Austin Sentinel; KUT.ORG; The Texas Standard; Texas Tribune; and Dallas Observer; among others.

For the past eight years, Dr. Kowalchuk has served as medical director of InSight, the SBIRT program for the Harris Health System, which is the county-funded health care system for the greater Houston area’s over one million uninsured residents. As part of this program, she provides addiction medicine services in an outpatient, hospital-based clinic with integrated (same visit) behavioral health services provided by masters-level counselors. Other clinical work includes providing medical withdrawal management and primary care services as medical director of Santa Maria Hostel (SMH), a state-funded residential drug treatment center for women and their children in the greater Houston community.

Dr. Kowalchuk is also part of two SAMHSA funded initiatives, which expand and integrate on-site behavioral health services and medication assisted treatment at Santa Maria Hostel. As core faculty of the CDC funded Southern States Fetal Alcohol Spectrum Disorder Practice and Implementation Center (FASD PIC), her focus is on SBIRT curricular development. She is also a site principle investigator for the NIAA funded CHOICES4Health randomized controlled trial of a two session counseling intervention to reduce alcohol, tobacco and cannabis exposed pregnancies in primary care settings within Harris Health.
Dr. Reed’s Farewell

Dr. Brian Reed, (far left with Dr. Zoorob) resigned from the department after nine years of outstanding service. During his time he served as clinician, medical director, interim chair and vice chair. Many colleagues joined us as we wished him the best in his new endeavor as the Director of Disease Control and Clinical Prevention at the Harris County Public Health.

(Continued from page 1)

our jobs 24/7 and expect to have what other people call a life, or even health. Listening to her, I wondered—here we are sitting in a lecture hall on a beautiful day—does that mean we are too committed to our patients, and are neglecting our personal needs?

As I listened to the other speakers, I relaxed. Each was an expert in his or her field; each presented information that we will be able to use in our practices day in, day out. We all have to attend to our CME; when it is high quality, the time spent in the lecture hall is worthwhile.

We learned about occupational medicine, hypertension, hepatitis, bipolar disorder, and chronic pelvic pain. George Taffet wrapped up the conference with remarkable insights into the ways the aging process degrades our ability to withstand stress, and the ways the emergency department superbly fails to meet the needs of aging patients. Lots to think about.

Simon Whitney, M.D., JD
Director, Continuing Medical Education

(Left to right)
Addison Taylor, M.D., PhD “Resistant Hypertension: How can you be sure?”
Laurie Swaim, M.D. “Chronic pelvic pain in primary care”
Asim Shah, M.D. “I have mood swings! Am I bipolar?”
W. Brett Perkison, M.D., MPH “Occupational Medicine insights on ability to work”
Sahil Mittal, M.D., MS “Current concepts in hepatitis”
George Taffet, M.D. “No country for old people (The Emergency Department)”

(Below)
Mary Brandt, M.D. “Compassion and the self” (Ethics credit)
DEPARTMENT UPDATES

Happy Hour

The department’s clinics celebrate the holiday season at each location. Those who work on the sixth floor at Kirby enjoyed a year-end celebration and happy hour at Arnaldo Richards’ Picos Restaurant.

Dr. Tomas G. Lumicao, Jr. retired from his medical practice at the end of December. Colleagues joined him to celebrate his 24 years of dedication to his patients and commitment to the department.

We will certainly miss his ready smile.

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Above left to right: Elvira Ruiz, Carolyn Olson; Joan Newell; Dr. Maria Mejia de Grubb; Sandra Gonzalez; (behind Maria and Sandra are Dr. Susan Nash and Dr. Kiara Spooner); Dr. Larissa Grigoryan; Katherine Thomas; Anna Perales; Mae Redha; Brooke Gillespie; Gabriella Trevino; Laura Lind; Dr. Jason Salemi; Dr. Zoorob; John Grubb; Dr. James Bray; Dr. Mónica Alzate; Garry Smith

Jaden Harris, Sandra Gonzalez and Mae Redha

John Grubb (with Marina Blum’s hand)

Above: Dr. Zoorob presents an award to Dr. Lumicao honoring his service.

Far left: Isabella Valdez shares her experience of working with Dr. Lumicao.

Left: Dr. Lumicao and Vida Kahrizi

Below left: Dr. Sidani often heard Dr. Lumicao singing while in clinic. Click on the movie to hear the duo sing one of Dr. Sidani’s favorites.

Below: Ms. Carla Renee Thigpen tells a story about working with Dr. Lumicao.


Mkanta WN, Katta M, Basireddy K, English G, Mejia de Grubb MC. Theoretical and methodological issues in research related to value-based approaches to health service. *J Healthc Manag.* 2016;61(6)


Kertesz S, Baggett T, O’Connell J, Buck DS, Kushel M. Permanent supportive housing for homeless people: Reframing the debate. *NEJM.* 2016 December


Drum DD, Brownson C, Hess EA, Denmark AB, Talley AE. College students’ sense of coherence and connectedness as predictors of suicidal thoughts and behaviors. *Arch Suicide Res.* 2016


Carroll K, Reed B, Zare M. Improving patient satisfaction scores by providing more information about delays in outpatient clinic. STFM Conference on Practice Improvement. Newport Beach, California. Dec 2016


Lee E. Incorporating important topics into small group sessions with medical student advisees. TAFP Family Medicine Leadership Experience. Dallas, Texas. Nov 2016


A Aggarwal. “Team work in Patient Safety” presented at AAMC Program Teaching for Quality (TE4Q) Faculty Development Program Boot Camp. Dec 2016


For 17 years, students from Baylor College of Medicine, The University of Texas Health Science Center – Houston and the University of Houston College of Pharmacy have been serving Houston’s homeless community through the Houston Outreach Medicine, Education and Social Services (HOMES) clinic.

Dr. David Buck was interviewed about HOMES by Baylor’s Momentum Blog. October 2016


Bray JH. “Expert offers tips on coping with divorce during the holidays.” December 2016

Patrick McColloster, M.D. (left) volunteers at The Missionaries of Charity house for disabled undocumented immigrants. Located at 9 Sidney Street, the “Guest House” currently provides complete care to undocumented immigrants who are seriously ill and have no family members to support them. The guest house took in its first patients October 29.

William Y. Huang, M.D. Joy Blumenreich, M.D. Jason Buchanan, M.D.

Dr. Carmen Robinson, M.D. (left) sees her patient, Nick, to go over his yearly physical results. Is it just us, or does Nick remind you of someone? Watch their conversation here.

Dr. Irvin Sulapas and DrAcula demonstrate “The Vampire Cough” on BCM’s Flu Central website.

Matt Horsfield, M.D. (left) was named the top physician performer with Press Ganey overall mean score two standard deviations above BCM Faculty Group Practice mean. October 2016

Patrick McColloster, M.D. (left)

Dr. Irvin Sulapas and DrAcula demonstrate “The Vampire Cough” on BCM’s Flu Central website.

Baylor’s RITE Role Model Leadership Award program identifies current faculty and staff whose sustained high performance and exceptional contributions to BCM directly or indirectly advance the college’s mission and values.

Dr. Zoorob was nominated by several department faculty and staff, and selected by the You FIRST Team in HR. Below is an excerpt from Anna Perales’s nomination:

“I believe one of Dr. Zoorob’s most important qualities is his compassion for his employees. I have a mother who is very ill right now and Dr. Zoorob and Sara Rahman have allowed my schedule to be flexible so that I can be with my mother during her treatments. This means the world to me! Not all bosses would do this for their employees but mine does and I am truly grateful for this and will always be grateful to him for giving me the opportunity to be with my mother during this time in her life. I’m not sure if this is a qualification of being a leader, but I think so. I think a person who has compassion for others is a true testament of what a leader should be.”

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Newsmakers

Angie Sung, M.D., was featured in the Office of Administration of the School of Medicine Newsletter (Issue 24). She is a member of the Admissions Interviewing Subcommittee. October 2016

“Physician, husband address water scarcity in Kenya,” Dr. Sherri Onyiego and her husband, Leonid, are working to alleviate the water crisis in Kenya through their nonprofit MAJI 4 Life. Dr. Onyiego was interviewed for BCM Momentum Blog. October 2016

Gregory Simonsen, Ph.D., President of the Texas Psychological Association (far left) presents James H. Bray, Ph.D. the 2016 Robert McPherson, Ph.D Legislative Action Award, given to the member who demonstrates commitment to the advancement of the profession of Psychology at the local, state and national levels. The honor was presented at the TPA Annual Convention Awards Luncheon on November 11.

Larissa Grigoryan, M.D., PhD, MPH, MSc and her research team received the VA Health Services Research and Development’s 2016 Best Research Paper of the Year Award for their JAMA Internal Medicine paper, “Effectiveness of an Antimicrobial Stewardship Approach for Urinary Catheter-Associated Asymptomatic Bacteriuria.”

Kenya Steele, M.D. (right) was selected for the Baylor College of Medicine 2017 Faculty Senate Leadership Course. The course was provided by the UHealth School of Public Health.

Larissa Grigoryan, M.D., PhD, MPH, MSc; and George Germanos, M.D., and the candidates who showed a high level of interest in the fellowship and were the best fit with research interests in the department. Joining third-year fellow Kiara K. Spooner, DrPH, MPH are (top to bottom) Charles C. Chima, MBBS, DrPH, MSc; Syed Ahsan Raza, MBBS, PhD, MSc; and George Germanos, M.D.

Over the coming years, the Department of Family and Community Medicine looks forward to working with a diverse group of fellows that will be trained to be future leaders in primary care research and advocates for health equality.

For the record

DEPARTMENT UPDATES

T32 Grant Fellowships

Faculty in the Department of Family and Community Medicine under Program Director, Roger Zoorob, M.D., MPH, FAAPP, restructured and secured funding for our T32 Primary Care Research Fellowship Grant awarded by the Health Resources and Services Administration (HRSA). The training grant is a 5-year award of $1.6 million.

The fellowship, open to MDs, PhDs, and other doctoral degree holders, aims to implement a multifaceted training program that comprehensively prepares health care professionals for a career in primary care research. This fellowship features core curriculum based on faculty development modules, emphasizes multidisciplinary team-based mentoring, and offers a diverse spectrum of primary care research opportunities from an existing interinstitutional collaborative housed within the medical center. Additionally, all fellows will have the opportunity to establish their own tailored, interprofessional mentoring team and an individualized plan of measurable objectives. Each mentoring team will be constructed to function as a “mentoring mosaic” and will consist of at least a peer mentor, a career mentor, and the mentoring chair.

Shortly after the grant was awarded, the Department of Family and Community Medicine began recruiting to fill the fellowship positions. Although the department received applications from many highly qualified individuals, the Fellowship Steering Committee (composed of Drs. Roger Zoorob, David Hyman, Jason Salemi, Susan Nash, Lyle Cooper and Larissa Grigoryan) selected the candidates who showed a high level of interest in the fellowship and were the best fit with research interests in the department. Joining third-year fellow Kiara K. Spooner, DrPH, MPH are (top to bottom) Charles C. Chima, MBBS, DrPH, MSc; Syed Ahsan Raza, MBBS, PhD, MSc; and George Germanos, M.D.

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Family and Community Medicine Quarterly Report is a publication of the Department of Family and Community Medicine at Baylor College of Medicine.

To be added to the Report email listserve, please email Joan Newell
joan.newell@bcm.edu