On March 24, 2018, the Department of Family and Community Medicine sponsored its yearly Primary Care Update, a one-day non-commercial conference providing evidence-based information to inform practice. The speakers were on top of their game, with topics including dementia, polypharmacy and elder patients, concussions, anorectal disease, rheumatology, and falls in older adults. As the crowd trickled in, sleepy-eyed and hungry, they gratefully grabbed a hot coffee, fruit, yogurt and a warm croissant. Yum.

An early highlight of the event was Mary Brandt, MD, FACS, who opened with a talk, The Ethics of Self-Care, during which she helped the attendees identify their physical, emotional, and spiritual stressors and discussed tools for responding to those stressors. This presentation was truly apropos after desperately scrambling to locate nearby parking for this event!

(Continued on page 4) Bridget Angel, Hilary Walker, Elvira Ruiz, and Sara B. Rahman at PCU
Jessica Carmeci is a Community Health Worker for Healthcare for the Homeless - Houston. She received her Bachelor of Science in Psychology/Criminal Justice from San Houston State University and is certified in Professional Crisis Management Procedures.

Kate Mallula is a Project Manager working with the Patient Care Intervention Center (PCIC). She received her Bachelor of Arts from the University of Kansas, and her MPH and MSW from the University of California, Berkeley.

Denise Williams is a Registered Nurse for the Faculty Group Practice. She earned her Associate’s Degree in Science for Nursing from Charity/Delgado School of Nursing in New Orleans, and is a certified Cardio-Vascular Nurse Specialist. Her primary work location is Kirby.

Jasmin Romo, a Medical Assistant with the Faculty Group Practice, obtained her Medical Assistant Certificate from the College of Healthcare Professions in 2014. Jasmin’s primary work location is Kirby.

Ruby Farias, a Medical Assistant with the Faculty Group Practice, obtained her Medical Assistant Certificate in 2011. She is bilingual (Spanish), and her primary work location is at Kirby.

Tiffany Dixon is a Medical Assistant with the Healthcare for Homeless – Houston. She obtained her medical assistant certification from the Texas School of Business and comes to us with over 14 years of relevant experience.

Sanjukta Modak, a Senior Biostatistician, earned her Bachelor in Statistics from the Lady Shri Ram College in New Delhi, India in 2000, and completed her MS in Statistics at the University of Delhi in 2002. She received an additional MS-Biostatistics from the University of Iowa in 2005. She has proficient programming skills in SAS to provide technical guidance and resolve program problems and research questions.

Kim Taylor is a Registered Nurse with the Healthcare for the Homeless – Houston. She comes to us with over 20 years of nursing experience. Most recently, Kim was employed with the City of Houston where she was the Nurse-Family Partnership Interim Supervisor.

Dahdrian Duncan is a Behavioral Health Specialist with the Healthcare for the Homeless – Houston. Dahdrian received her Bachelors of Science in Psychology in 2010, a Masters of Science in Counseling & Human Systems, and a Specialist in Education in May 2012 from Florida State University in Tallahassee. Dahdrian is a state Licensed Professional Counselor and National Certified Counselor.

Crystal Perez is a Medical Assistant with the Healthcare for the Homeless – Houston. She received her Medical Assistant Certification in 2016 from Sanford Brown College in Houston.

Rachel Chapa is a Senior Medical Social Worker with SAMHSA-funded Women’s Access Project for Houston (WAPH) and Faculty Group Practice. She received a Master of Social Work degree from the University of Texas and is a Licensed Chemical Dependency Counselor (LCDC) and Licensed Master Social Worker (LMSW).
With a long history of medical volunteer work, **Patrick McColloster, MD** provides medical care at a home sponsored by the Missionaries of Charity, a Catholic religious order based in Kolkata, founded by St. (Mother) Teresa. The home provides a place for permanently disabled immigrants who have neither family nor government support. Patients are referred to the home at 9 Sidney Street in Houston from Ben Taub or LBJ Hospital social workers. While some patients improve to the point of being reunited with family abroad, most are lovingly nursed in a continuum from hospice care to burial.

Dr. McColloster, assisted by his son, Luke, a first-year medical student at UTMB, sees patients with a variety of maladies including metastatic cancer, end-stage CHF and CKD, paraplegics, dementia, and TBIs. Some have been victims of abuse and neglect. With love and prayer, the sisters see beyond the disease to the individuals and help them recover their full humanity. The work is intrinsically rewarding and the sisters keep everyone in the Spirit.

Along with seeing patients at the home, Dr. McColloster has also done pro-bono expert witness testimony in political asylum and child abuse cases for over 30 years. His formal training was through the FP residency at UTMB and Physician for Human Rights, and he was mentored by Joe Vail, Dean of Immigration Law at the University of Houston before his untimely passing.

As an expert witness, Dr. McColloster documents physical evidence of abuse in relation to asylee narrative declarations in formal affidavits. He responds to referrals from the YMCA, Kids in Need of Defense (KIND), Casa Juan Diego and Physicians for Human Rights. Click on the logos for more information.

His recent cases have been MS 13 gang victims and sexually abused women. In the past year, his clients have come from El Salvador, Eritrea and Nigeria. Dr. McColloster affirms that some of the highest quality, bravest people he has met are asylees from these countries. He is proud to assist them and looks forward to continuing the effort.
Melissa Yu, MD, enlightened the audience on how to differentiate between Alzheimer’s and non-Alzheimer’s dementia. She provided data on how to determine appropriate workup and treatment for patients with non-Alzheimer’s dementia as well as recognize medically indicated complications.

The now-fully-awake audience received a lecture by George Taffet, MD, on polypharmacy as it relates to geriatric care for primary care providers and some of the particular factors that affect older people’s adjustments to life. Needless to say, we ALL benefitted from his talk.

Right before lunch, Irvin Sulapas, MD “tackled the topic of concussions” by providing throwing us some solid information on evidence-based guidelines on diagnosis, management and emerging therapies for concussion.

After lunch, for further attendee edification, Dr. Waqar Qureshi, MD, FACP, FACG, FRCP, delivered an absorbing anorectal disease presentation, Jean Tayar, MD, gave the audience a riveting rheumatology review, and Mohamad Sidani, MD, MS, FAAFP, gave a moving lecture on falls in older adults.

The question periods were lively, and the attendees received applicable pearls for their practices.

Thanks to Robin Jacobs, PhD, MSW, MS, MPH who oversees the event. Thanks, too, to our staff who gave up their Saturday and made sure the coffee pots and snacks did not run out. I’d like to thank the attendees, who numbered over 100, who were treated to enlightening presentations. See you again next year!
The department is delighted to welcome the Graduating Class of 2021.

Welcome to our Baylor Family.

Linh Hoang, DO
Texas College of Osteopathic Medicine

Jeffrey Karnes, MD
Baylor College of Medicine

Rida Khan, MD
Baylor College of Medicine

Ngozi Okorafor, MD
UT Health Science Center at Houston

Xinqi “Mike” Ren, MD
Baylor College of Medicine

Cathy Xie, DO
Texas College of Osteopathic Medicine

MATCH DAY
MARCH 16, 2018
Roger Zoorob, MD, MPH, FAAFP (left), and Maria Mejia de Grubb, MD, MPH, FACPM, were awarded a $1,472,918 Tobacco Control and Lung Cancer Screening grant from the Cancer Prevention and Research Institute of Texas. The overall aim of this project is to develop and implement a comprehensive primary care and community health program for efficient and equitable delivery of lung cancer screening and smoking cessation treatment for high-risk, underserved residents of Harris County. The multi-level strategy will be implemented in the community health centers at Harris Health System.

BAYLOR COLLEGE OF MEDICINE WOMEN OF EXCELLENCE

The Department of Family and Community Medicine have three honorees who were named Baylor College of Medicine Women of Excellence. Nominated by their peers, (left to right) Malvika Juneja, MD, Fabrizia Faustinella, MD, PhD, and Frene’ LaCour-Chestnut, MD were highlighted in the College’s internal communications and social media, and at the Women’s History Month lecture on March 30.
The Children's Health Insurance Program has now been funded for six more years. But local clinics still face hurdles to help those who fall through the cracks of America's health care system. Diana Grair, MD (above), Medical Director of San Jose Clinic spoke with Houston Public Media about the clinic and CHIP. Listen to her comments.
On March 14 Luis Rustveld, PhD, RD, LD, was a guest of host Isiah Carey on Fox 26 The Isiah Factor Uncensored on the topic, Road to Recovery. Dr. Rustveld also spoke about dangerous eating which may be tied to ethnicity.

Harris Health System (HHS) held its Innovation Summit on March 20, 2018, at the Bayou Event Center. The event of around 400 people was by invitation only as innovative teams and nominees were recognized by HHS leadership and honorary guests from around the Medical Center presenting their top tier programs and teams.

Malvika Juneja, MD was presented the prestigious “Think Innovation Transformation Award” at the event. The coveted award is given to select role models who embody the culture of innovation, and work collaboratively to achieve best in class performance within Harris Health System. “From all ambulatory Harris Health clinics, a system-wide search lead to the selection of Dr. Malvika Juneja for her tireless efforts in the arena of diabetes. Dr. Juneja has been instrumental in setting standards for best practices across the system and is recognized for improved health outcomes with reduction in emergency room visits and hospital re-admissions through robust multi-disciplinary models and other integrations that she continues to champion in Harris Health. She is regarded as a strong patient advocate, a role model, and a passionate clinician.”
Quyen Tran, MD and Isabel Valdez, PA-C completed the 10K Rodeo Run, part of the Houston Livestock Show and Rodeo. The run took place on February 24 with over 3,000 participants. Congratulations!

Ms. Valdez wasn’t finished running. At 7:00 AM on March 3, she tackled the Houston Methodist The Woodlands Half Marathon (photo below).

In January, Isabel was also active running from one interview to the next, explaining how to tell if your runny or stuffy nose is a symptom of the flu, a cold or allergies. So how do you know what’s really going on with your nose?

Ms. Valdez was invited to the Noticiero Telemundo studios. “¿Simple Resfriado o Gripe?”

A radio interview with KTRH Houston News Radio. Listen to her comments on “Flu, Cold or Allergies?” Ms. Valdez spoke with KRIV Fox 26 Houston News and with KPRC Channel 2 Media TV on similar topics.

Also in January, Isabel spoke with BCM’s Julia Bernstein for “How to know if nose woes are flu, cold or allergies?”

In March, as the weather began to warm, Ms. Valdez was invited back to the Noticiero Telemundo studios to discuss ways to stay healthy during your vacations “¿Cómo Mantenerse Sano Durante Las Vacaciones?”
In January Fabrizia Faustinella, MD, PhD, was elected a member of the Texas Chapter of the American College of Physicians (TXACP) Services-Health and Public Policy Committee.

Medscape, a leading medical website, has interviewed Dr. Faustinella for its Critical Issues in Primary Care series on the decline of clinical skills and history taking.

Health Education for Young Adults: A Community Outreach Program, written by Dr. Faustinella and Raye Hurwitz, MD, MPH, will be showcased by the Los Angeles Times Festival of Books (LATFOB) in April.

After participating in the ABB 5K on Saturday, January 13, Irvin Sulapas, MD completed the Aramco Houston Half Marathon on the 14th, receiving three medals for his endurance. He volunteered at the medical tent right after completing the race. Notice the stethoscope!

Between the two races on Saturday evening, he volunteered as team physician for the new professional rugby team in Houston, the Sabercats. Unfortunately, the Cats lost to the Vancouver Ravens 23-26.

When not racing around Houston, Dr. Sulapas had time to be interviewed by KHOU “How to flu-proof your home.”

In February Dr. Sulapas offered simple tips to help you enjoy your vacation. His comments can be found on the BCM Ear Nose and Throat News “Stay healthy while traveling.”


King DK, Gonzalez SJ, Hartje JA, Hanson BL, Edney C, Snell H, Zoorob RJ, Roget NA. Examining the sustainability potential of a multisite pilot to integrate alcohol screening and brief intervention within three primary care systems. Transl Behav Med. 2018 Jan 23 [Epub ahead of print]


Kane MN, Jacobs RJ. Perceptions about fleeing religious persecution and entrance to the United States. *Mental Health Relig Cult.* 2018 Jan 15 [Epub ahead of print]


Caballero J, Ownby RL, Jacobs RJ, Pandya N, Ricabel L. Predicting medication adherence in older Hispanic patients with type 2 diabetes. *Am J Health Syst Pharm.* In press

Kane MN, Jacobs RJ, Green D. Forgiveness and gender between friends and coworkers. *J Spiritual Ment Health.* 2018 Feb 20 [Epub ahead of print]

Faustinella F. The ranting of Mr. Schafer: Finding meaning in life. 2018 Mar 12 [Epub ahead of print]

STFM Conference on Medical Student Education

February 2018

**Aggarwal A, Patterson A, Nash SG, Huang W, Zoorob R.** SCHOLARLY TOPIC ROUNDTABLE DISCUSSION: Promoting electives to increase student interest and engagement in family and community medicine.


**Varghese B, Huang W, Nash S, Mehrotra N, Aggarwal A.** A preceptor site initiative to teach family medicine clerkship students to enter orders in the EHR.

*Left to right: Alicia Kowalchuk, DO; Angie Sung, MD; Garrett Sohn (MS2); Malvika Juneja, MD; Kelsey Stewart (MS3) after presenting "Medical student attitudes toward research: An opportunity for family medicine recruitment."*

Varadarajan S. Impact of internalized homonegativity among midlife and older MSM: Implications for harm reduction approaches.

Juneja M, Zare S. Klawans MR, Juneja S, Zare M, Gardner M, Jacobs RJ, Zoorob R. A safety-net system’s strategic strides to develop solutions for provider wellbeing.

Babb F, Sulapas I. Incorporating ultrasound education into the family medicine clerkship.

Onyiego S, D’Souza J. Patient education needs and use of tablet-based application for interdisciplinary patient education in safety net clinic.
Salemi JL. INVITED PRESENTATION: Exploring commonly-used methodologies for assessment of trends in the birth defects literature.

Salemi JL. INVITED PRESENTATION: Working towards the development of a data quality (DQ) toolbox for birth defects surveillance.

Salemi JL. INVITED PRESENTATION: Exploring classification of birth defects severity in national hospital discharge databases compared to an active surveillance program.


Salemi JL, Tanner JP, Rutkowski RE, Matas JL, Kirby RS. Evaluating the impact of expanding the number of diagnosis codes reported in inpatient discharge databases on frequencies and rates of birth defects.

Tanner JP, Salemi JL, Stuart AL, O’Rourke K, Kirby RS. Ambient benzene and PM2.5 exposure during pregnancy: Examining the impact of exposure assessment decisions on associations between birth defects and air pollution.

Tanner JP, Salemi JL, Stuart AL, O’Rourke K, Kirby RS. Associations between exposure to ambient benzene and PM2.5 during pregnancy and the risk of musculoskeletal birth defects in offspring.

Houston Global Collaborative
March 2018

Shenoi N, Kowalchuk A. Opioid, other drug use disorders and 30-day inpatient-readmission in the U.S., 2010-2014. THIRD PLACE WINNER

12th annual International Technology, Education and Development (Valencia, Spain)
March 2018

Jacobs RJ, Kane MN. The role of gender in career choice and intent to work with immigrant and underserved communities: implications for evidence-based medical school curriculum enhancement.

BCM Environmental Health Service Presentation
February 8, 2018

Jacobs RJ. Introduction to research data management using REDCap.

Larkin University Presentation
January 2018

Jacobs RJ. Understanding and strengthening pharmacy practice research methods.
FY2019 Grand Rounds

Management of the itchy patient (Theodore Rosen, MD)
A fresh look at asthma: From phenotypes to novel targets of therapy (Nicola Hanania, MD, MS)
Challenges in hypertension control (David Hyman, MD, MPH)
Unique case presentation (William Huang, MD)
Substance abuse (Alicia Kowalchuk, DO)
Obstetrics & Gynecology (Laurie Swaim, MD)
Chronic kidney disease (Sankar Navaneethan, MBBS, MPH, MS)
Ethics (Ricardo Nuila, MD)
Lung cancer screening & prevention (Roger Zoorob, MD, MPH, FAAFP & Maria Mejia de Grubb, MD, MPH, FACPM)
Back in 2005 when I joined the birth defects family, or soon thereafter when I attended my first annual meeting of the National Birth Defects Prevention Network (NBDPN), I could have never anticipated that I would one day be standing before such amazing, passionate people as their organization’s President. In fact, the first President I met in person was Phil Cross from New York in 2007, and boy was I intimidated. The progression to promote your passion, in my case families affected by birth defects and developmental disabilities, is kinda funny that way. I started out sitting in the audience, listening to these amazing people, intimidated by their presence, their expertise, and just in awe of everything around me. I joined a few committees, struggled to find ways to contribute meaningfully, and then over the next few years, submitted a bunch of our research as posters, and even won a prize or two. That evolved into being invited to give talks at our concurrent breakout sessions, serving as Chair of the National Data Committee and then the Surveillance Guidelines and Standards Committee. Then in March, I’m signing letters to Congress on behalf of the organization and giving the welcome to nearly 250 attendees, 54% of whom were attending our meeting for the first time due to the Zika response.

I’m introducing the Director of the CDC’s National Center on Birth Defects and Developmental Disabilities, the March of Dimes Senior Vice President for Science and Strategy, and some of the world’s foremost experts on opioid-exposed infants. I’m having breakfast with the Father of Folic Acid, Godfrey Oakley, for whom we have our most prestigious award named. It happens in a blur.

I am humbled by how many amazing individuals at local, state, and national levels who help our organization, an entirely volunteer organization I might add, achieve our lofty goals. We also have the most AMAZING partner organizations, from our Associate Members – the CDC and March of Dimes – to the International Clearinghouse for Birth Defects Surveillance and Research, the Teratology Society, the Congenital Heart Public Health Consortium, MotherToBaby, Mended Little Hearts, EUROCAT, and so so many more. When our nation can appear so divided, I get infinitely recharged by these annual meetings, where we exude a sense of coming together for a common calling. Our meetings always feature a family perspective and this year’s speaker, Donnie Winokur, tied an emotion-filled bow on the underlying theme of why we do what we do – why the effort is so worth it. I am impressed by all of the talented people I met at the meeting, indebted to those who have guided me through the years, and am honored to serve as President of the NBDPN during its 20-year anniversary.
The 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

© 2018 Baylor College of Medicine