Welcoming 2018, the department reflects on a quarter filled with renovation, renewal, and reverly. While Harvey recedes into our memories, the BCM Family Medicine clinic continues recovery and renovation efforts. A return to normalcy will be welcomed by the patients, providers and staff alike.

On November 1, many family medicine residency alumni reunited at Churracho’s River Oaks for an evening of sharing, caring, and renewing friendships. With glasses raised, department leaders thanked alumni for making BCM their choice for residency, and gave praise for the years of service our graduates have given their communities. As the Astros’ World Series game broadcast in the background, alumni reminisced on their own past in-patient teams, reminded each other what their rounds were “really” like, and swapped stories of how those experiences shaped their practice today. Photos of graduates, family, and friends were often seen being swiped across smartphone screens. Selfies were taken, and smiles were in abundance. The evening was a hit. The event a home run. Leaving everyone wanting to make another run at it, next year. Go Team!
Congratulations to Jonnae Atkinson, MD, who has been appointed medical director of Baylor’s Physician Assistant Program in the School of Allied Health Sciences. She and the Program Director, Carl Fasser, PA, will ensure that both didactic instruction and supervised clinical practice experiences meet the current practice standards as they relate to the PA role in providing patient care.

Shruti Varadarajan, MD, was selected to take part in the AAMC Certificate in Teaching Quality Improvement and Patient Safety Workshop in November. This faculty development program is designed to train clinical faculty on how to effectively teach quality improvement and patient safety concepts. This certificate faculty development program is offered by the AAMC and designed to assist academic medical centers in building strategies, infrastructure, and faculty prepared in leading quality improvement and patient safety projects with learners across the continuum.

Astros-mania did not bypass our department! Pictured are (left to right) Noreen Pirzada, MD, Gracie Sandoval, Shade Abiodum and Roseane Brase of Vallbona Health Center.
Larissa Grigoryan, MD, PhD, was interviewed by the TMC News about eating cranberries to prevent urinary tract infections.

Luis O. Rustveld, PhD, RD, LD, was interviewed by FOX 26 about eating well over the holidays.

Syed Ahsan Raza MBBS, PhDc, MSc, Postdoctoral Fellow in Primary Care Research (top right) attended an intensive two-week short course on Infectious Disease Modelling at London School of Hygiene and Tropical Medicine, United Kingdom. The course introduced professionals from both developed and developing countries to a conceptual understanding of the basic methods and the practical application of infectious disease modelling. Travel support was provided by the HRSA T32 Postdoctoral Fellowship in Primary Care Research.
Jo Anna R. Fields-Gilmore, MD was selected to be a Junior Faculty Center of Excellence Scholar for the Baylor College of Medicine Center of Excellence for Equity, Research and Training Scholarship for 2017-2018. The program begins on January 1, 2018.

Irvin Sulapas, MD, was inducted as Treasurer for the Harris County Association of Family Physicians (December 2017)

Dr. Sulapas was interviewed by FOX 26 about alternatives to surgery for de Quervain’s Tenosynovitis (or texting thumb) a repetitive stress injury, often associated with texting or gaming. KPRC 2 interviewed Dr. Sulapas about staying healthy during the World Series. Dr. Sulapas responded to questions from Baylor College of Medicine’s Momentum Blog about staying hydrated while exercising. Dr. Sulapas participated in the Houston Turkey Trot on Thanksgiving Day.

Syed Ahsan Raza MBBS, PhDc, MSc (center), a primary care research fellow, is congratulated by the incoming President Pauline Mendola, PhD, MS, FACE (left) and outgoing President Harrold Feldman MD, MS, FACE (right) of the American College of Epidemiology for his award winning study entitled “Worldwide Sex Ratio variations in Cancer Incidence.”

The abstract of the study was published in Annals of Epidemiology. Dr. Raza is on the Communications Committee of the American College of Epidemiology with a mandate until 2020. He will also liaise with Research and Education Foundation of the College.
Frene’ LaCour-Chestnut, MD was selected for the Assistant Professors Women category of the BCM Career Advancement Series. Each cohort will participate in four in-person networking opportunities and other activities that will focus on these areas: Pathways to promotion; Building your network and collaborations (e.g., Team Science) and Mentorship; Wellness; and Conflict resolution.

Dr. LaCour-Chestnut was interviewed for Harris Health’s blog post: “More vitamins are not necessarily better.” She presented the HHS Ambulatory Care Services Grand Rounds “Immunization update for the primary care physician.” Dr. LaCour-Chestnut was an educational panel member of The Women’s Fund 7th Annual Rockin’ Resiliency Luncheon and Educational Session held on October 22. Her topic was “Stress and its effect on girls and young women.”

In November, Dr. LaCour-Chestnut acted as screening coordinator in conjunction with The Links, Inc. (Missouri City Chapter) which provided blood pressure, diabetes, and obesity health screenings and information for 150 attendees at Texas Southern University. In December she again volunteered at the Girl + 1 Workshop, a half-day workshop for health screenings and interactive presentations. Breakfast, goodie bags, and door prizes were provided to ensure that everyone who participates walks away feeling empowered to take charge of their health and well-being. Her topic was “The ABC’s for a healthy you.”

Fabrizia Faustinella, MD, PhD, FACP, has been elected a Fellow of the American Academy of Physicians in recognition of her personal integrity, superior competence in internal medicine, professional accomplishment and demonstrated scholarship. She was recommended for the invited fellowship by Dr. George Crawford, Governor of ACP Texas Southern Chapter.

Dr. Faustinella will be invited to march at the Convocation, an annual ceremony whereby the College recognizes and applauds its new Fellows and award winners. The meeting will take place in New Orleans in April 2018.

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Congratulations!
The department bade a fond farewell to Mae Redha after a three year tenure. Mae joined us in October 2014 after she moved from Nashville to be the department’s HR Liaison.

Before saying adieu, Mae trained Hilary Walker, who has taken on Mae’s role as HR Liaison as well as providing clerical assistance to Sara Rahman. Hilary joins us from Medicine’s Cardiology Group.

Welcome, Hilary!

BCM Human Resources Department joined FCM faculty and staff to say goodbye.

With Mae, left to right: Iman Morris, HR–Records, Team Lead; Wendy Stewart, HR–Regulatory, Team Lead; Natalie Hannah, HR–Regulatory, HR Specialist
The faculty of BCM Family Medicine completed a patient satisfaction training in December 2017 to practice communication skills and learn how to get the most out of each patient encounter.

Staff of BCM Family Medicine completed a similar training a few months ago.

Highlights of the day-long training included:

- Understanding behavior
- Learn how and when to adapt behavior
- Improve communication
- Promote appreciation of differences
- Enhance individual and team performance
- Reduce conflict

BCM has partnered with Press Ganey Associates, Inc. to assess patient satisfaction. While BCM Family Medicine physicians have always ranked individually in the top 90% of Press Ganey surveys, we are still working to improve every aspect of our relationship with patients. If you receive a survey after your next visit to BCM Family Medicine, please fill it out. We always appreciate your letting us know how we’re doing.
In collaboration with Drs. Nick Maguire and Stephanie Barker from the University of Southampton, United Kingdom, the Baylor College of Medicine Patient Care Intervention Center (PCIC) sponsored “Values-Based Care Planning,” a two-day workshop, held in October. Along with the visitors from England, David Buck, MD, MPH and Mark Sperber, MA, LPC-S, LMFT, LCDC led the training. Invited participants were provided methods and strategies for using cognitive-behavioral and complex trauma frameworks to gain a greater understanding of why complex patients behave in ways that seem self-destructive.

Recent studies of intervention have shown that “authentic healing relationships” between the care team and patient are essential for a successful intervention. To that end, the team developed a Values-Based Care Planning Tool (VBCPT) that assesses information gathered during an intervention to deduce the patient’s overall health goals and the many barriers that stand in the way of achieving those goals. This prototype is advantageous for the development of a high-need, high-cost (HNHC) patient-centered care plan. Once the information is secured, the care manager and patient become aware of patient goals and specific barriers that may be faced.
This tool is particularly useful with complex HNHC patients, because identifying systemic and personal barriers to goal achievement is essential for the coordination of effective patient care. Using values-based therapy models, such as Acceptance and Commitment Therapy, the tool allows care managers to build more genuine relationships with patients.

VBCPT is a small component of a larger plan to intervene and improve the care coordination process for HNHC patients. The resulting community and end-user accepted tool will improve the care planning process, and thus, improve pathways of care delivery (i.e., reducing systems barriers) for complex, HNHC patients.
One big happy family of Family Medicine!

This year the residents bonded during the annual Family Medicine residency retreat at the Houston Zoo. The residents grouped into teams to work together to solve a scavenger hunt. Then it was time for fun and games at Hermann Park!

Maybe our residents should be known as a “herd” of family medicine!
Enjoying a picnic at the Houston Zoo are (left to right): Jordan Owens, MD; Chavakula Veenadhari, MD; Stephanie Nguyen, MD; Anireddy Nidhisha, MD; Anayatzy Franco, MD; Stephanie Vachirasudlekha, MD, MSW, MPH; Alexander Herrera, MD; Priyanka Chakrabarti, MD; Sheldon Gaines, MD; Mohammad Khoaja, MD; Elizabeth Calloway Yanoff, MD; Casey Tran, MD; Shaker Hamadiya, MD; Sakar Arindam, MD

Each year, the residents’ retreat allows the residents some time away from training to focus on comradery and friendship. It especially important to get to meet the new intern class and learn more about each other.

Or perhaps as a “shrewdness” of family medicine!

The retreat gives both the residents and faculty an opportunity to build strong connections and strengthen friendships.
The department’s Fetal Alcohol Spectrum Disorders Practice and Implementation Center held a Champion’s Training at the San Luis Resort and Convention Center in Galveston in October. Presenters included Dr. Zoorob, Alicia Kowalchuk, DO; Sandra Gonzalez, MSSW, LCSW; Joyce Hartje, PhD; Luis Rustveld, PhD; and Jason Salemi, PhD, MPH; and assisted by Katherine Thomas.
Alumni Event

Top row, left to right
Adan R. Atriham, MD; Melissa Inez-Moore, MD; Eddy Yang, DDS, MD; William Huang, MD
Jennifer Okoh, MBBS, MPH; William Brett Perkison, MD; Aymer Al-Mutairi, MD; Lisa Danek, MD, MBA; Kenneth Barning, MBChB; Sartaj Chatha, MD; Bonnie Colville, MD

Middle row
Sartaj Chatha, MD; Sharon Mitchell, MS; Karen Mitchell (Sharon’s sister)
Prathibha Thomas, MD; Chandni Choudhary, MD; Eric Warwick, MD; Amanda Warwick (Dr. Warwick’s wife)

Bottom row
Ronnie Moore (Dr. Grair’s husband); Diana Grair, MD; Dr. Grace Zoorob (Dr. Zoorob’s wife); Roger Zoorob, MD, MPH
Kenneth Barning, MBChB; Nahita Shah, MD; Elizabeth Tran, MD; Rashmi Rode, MD; Sanjeev Rode (Dr. Rode’s husband)
Thirty mentees of **Anjali Aggarwal, MD** bring a friend or spouse and gather twice yearly at her home. Dr. Aggarwal mentors MS1 MS2 and MS3, so this get-together allows these students the opportunity to network, collaborate, and discuss any issues that may have arisen.

(*Above*) Koby Kaplan, Alexander Commaday, and Josh Eldridge (AKA, **Sights N Verses**) are MS3 and use their talents to play for the sick veterans at the VA hospital.

Faustinella F. An uncommon presentation of ovarian torsion. *JUCM*. In press-May 2018


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


Raza SA. Theory of scientific investigation by Hempel and a case of Semmelweis. *J Fam Med Prim Care*. 2017;6(2):198-200

Gonzalez SJ. Identifying and supporting students affected by prenatal alcohol exposure. *NASW Section Connections*. Fall/Winter 2017


Jacobs RJ, Sklar EM, Kane MN. HIV risk perception and sexual behaviors in a sample of lesbians and bisexual women across the United States: directions for future research and innovative education ef-


Kane MN, Jacobs RJ. Catholic priests’ beliefs of the use of power by their bishop. *J Spirituality Mental Health.* 2017;9(4);268-86


Master Teacher Fellowship Program Retreat
October 2017

Jacobs RJ. How to transform your teaching into scholarship.

Harris Health Quality Week
October 2017

Rogers K, Gonzalez N, Quadri Y. Improving colorectal cancer screening in the homeless population.

American College of Epidemiology Annual Meeting
Raza SA. Worldwide sex ratio variations in cancer incidence. Voted Best Poster

13th Annual International Street Medicine Symposium
October 2017

Buck DS, Perri PJ. Treating physical health issues on the street.

Buck DS, Maguire N, Torres-Sanchez A. Workshop: Value based care: Planning for rough sleepers.

Family Medicine Global Health Workshop
October 2017


Collaborative Family Healthcare Association Conference
October 2017

Hess E, McCants N, Sperber M. Integrating care for a homeless population: Moving toward team-based care and risk management within PCBH integration.

38th Annual Scientific Meeting of the American Urogynecologic Society (AUGS)
October 2017

11th International Symposium on Geospatial Health
November 2017

American Heart Association (AHA) Resuscitation Science Symposium
Nov 2017

Innovations in Cancer Prevention and Research Conference
November 2017


ICERI 2017
November 2017

Jacobs RJ, Sklar EM, Kane MN. HIV risk perception and sexual behaviors in a sample of lesbians and bisexual women across the United States: Directions for future research and innovative education efforts.

The National Center for Complex Health and Social Needs Annual Conference
November 2017
Li Gai K, Gerschefske K, Mahata D, Buck DS. High need high cost patients overcoming barriers through a value-based, patient-centered care model. Putting care at the center.
**APHA 2017 Annual Meeting & Exposition**

November 2017


**Jacobs RJ**, Rana A, Salemi JL, Rana Z, Iqbal H. Does gender matter in career choice and intent to work with immigrant and underserved communities among students in medicine and public health?

**Jacobs RJ**, Sklar E. Impact of social context: Internalized homonegativity in midlife and older MSM.

**Jacobs RJ**. Sklar E. Predictors of internalized homonegativity in older gay men: Implications for mental health.


**Jacobs RJ**, Sklar E. Impact of internalized homonegativity among midlife and older MSM: Implications for harm reduction approaches.

Chesnokova A, Walton M, Diamond PM, Hickey S, **Buck D**. Super-users of healthcare: Innovation needed.

**International Clearinghouse for Birth Defects Surveillance and Research**

November 2017


**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. Associations between exposure to ambient benzene and PM2.5 during pregnancy and the risk of musculoskeletal birth defects in offspring.

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.
STFM Conference on Practice Improvement
November-December 2017


Nietfeld L, Steele K. Facilitating patient pharmacy adherence in patients with limited health literacy.


Sponsored by the Department of Family and Community Medicine, Primary Care Update has been reviewed and is acceptable for up to 7.00 Prescribed credit(s) by the American Academy of Family Physicians.
Seven Hours of CME (one hour of ethics included)
Date: Saturday, March 24, 2018
Time: 8:00 a.m. - 4:30 p.m.
Registration is now open. Click here for more information.

Clinical Research Methods Course

This two-day intensive course is aimed at training busy healthcare professionals, researchers, and students on knowledge and skills necessary to understand important concepts in health research, and be able to conduct simple analysis independently using basic software.

The course will consist of four modules that will provide a comprehensive overview of Research Methods. On the first day, we will review and thoroughly discuss study designs, qualitative and quantitative research and data collection and management methods. On the second day, students will be given step-by-step instructions on how to use SAS software to conduct basic analyses.

Dates: Jan. 13-14, 2018. Click here for more information on future courses.
The Centers for Disease Control and Prevention (CDC) has a long history of funding risky drinking and fetal alcohol spectrum disorder (FASD) prevention efforts. The Department of Family and Community Medicine at Baylor College of Medicine was funded by the CDC to develop a FASD Practice and Implementation Center (PIC) and to work specifically with family medicine providers and social workers to implement FASD prevention and alcohol screening and brief intervention (aSBI) techniques in clinics and practices. The goal is to prevent alcohol-exposed pregnancy, reduce risky drinking and incidence of FASDs by sharing information and helping providers implement evidence-based prevention practices.

Over 1,000 social work professionals gathered at the 41st Annual National Association of Social Workers (NASW)/Texas Conference, the largest social work conference in the Southwest, on Oct 5-7, 2017 in Galveston, Texas. Mónica Alzate, PhD, LCSW, MA and Sandra Gonzalez, MSSW, LCSW (above) provide information highlighting the FASD High Impact Projects.

The American Academy of Family Physicians published *Addressing Alcohol Use Practice Manual: An Alcohol Screening and Brief Intervention Program* written by the BCM FASD-PIC team:

Sandra Gonzalez, MSSW, LCSW  
John Grubb, MBA, JD  
Alicia Kowalchuk, DO  
Mohamad Sidani, MD, MS, FAAFP  
Kiara Spooner, DrPH, MPH  
Roger Zoorob, MD, MPH, FAAFP
The BCM PIC is part of a larger CDC Collaborative for alcohol-free pregnancy. This allows BCM to collaborate with the National Association of Social Workers, American Academy of Family Physicians, and the University of Texas at Austin to offer training/technical assistance on prevention practices in primary and specialty practices.

In the most recent round of funding, CDC has focused on “High Impact Projects” that encourage collaborative efforts among healthcare professionals at all levels of a healthcare system to effect lasting practice and system-wide changes to reduce risky drinking and prevent FASD. Recently, Matt Wright, Vice President and Chief Operating Officer of St. Luke’s Medical Group, and Dr. Zoorob have forged a partnership to promote the High Impact Project within the St. Luke’s Medical Group primary care clinic system.

The BCM FASD PIC team and partners continually offers trainings at clinics, family medicine residency programs, and community organizations. The team presents on the topic at national conferences, including the International Network on Brief Interventions for Alcohol and Other Drugs (INEBRIA), STFM, and Texas NASW Conference, where this work is showcased through presentations, posters, and booths. Article and manuals disseminated through AAFP and NASW networks are also a prominent way that the FASD PIC is able to distribute their work on FASD prevention and aSBI.

The BCM FASD PIC team includes Roger Zoorob, MD, MPH; Alicia Kowalchuk, DO; Sandra Gonzalez, MSSW, LCSW; Mohamad Sidani, MD, MS; Maria Mejia de Grubb, MD, MPH; Jason Salemi, PhD, MPH; Luis Rustveld, PhD, RD, LD; Kiara Spooner, DrPH, MPH; Mónica Alzate, PhD, LCSW, MA; Sue Nash, PhD, MA; and Katherine Thomas.

Sandra Gonzalez, MSSW, LCSW recently wrote two articles related to FASD prevention and identification. School Social Work (SSW) Section Connection “Identifying and Supporting students affected by prenatal alcohol exposure” (left) and NASW News “Experts: No amount of alcohol safe during pregnancy.”
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

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