Note from the Chair

As we begin another fiscal year, I would like to highlight a few of our events and faculty who make this an outstanding department. Sixty participants from six regional residency programs and twelve instructors arrived at our Upper Kirby location to participate in the department’s annual Advanced Life Support in Obstetrics (ALSO) Course, held on August 15 and 16 (right). Each year Anjali Aggarwal, MD, Course Director, gains the attention of more and more providers, which allows us to showcase our department’s many strengths. I want to personally congratulate Dr. Aggarwal and the department faculty who made the event such a success. Check out page 6 for more on this event.

The department recently hosted a Tobacco Cessation and Lung Cancer Screening Training on Saturday, Sept. 14, 2019. The training topics include Pharmacotherapy, Motivational Interviewing, and Lung Cancer Screening Shared Decision Making. Maher Karam, MD from MDACC, joined faculty trainers Maria Mejia de Grubb, MD, MPH, and Sandra Gonzalez, PhD, LCSW for the half-day event.

Our congratulations to Ahsan Raza, MBBS, MSc, PhD, who recently completed our 3-year T-32 Primary Care Research Fellowship. See For the Record on page 15 for his thoughts as he moves to the BCM Medicine-Section of Epidemiology and Population Sciences.

Because of Ahsan’s completion of the program, we are recruiting our next fellow. If you know anyone who might be interested, please ask them to check out our T-32 website for more information.

Residents gather for the ALSO Provider Course in August.

Thanks to our faculty, staff, residents, fellows, and volunteers for all you do to impact the lives of people in Houston and beyond. Because of your commitment to your patients and your determination to relieve suffering wherever you find it, our department stands at the forefront of primary care in the nation.

Roger Zoorob, MD, MPH, FAAFP
Richard M. Keberg, Sr. Professor and Chair
Stephanie Goldbaum, MD, assistant professor, received her medical degree from the University of Ottawa (2000) and completed the residency program at McGill University in Montreal, Quebec, Canada (2002). Most recently, she was an assistant professor at the University of Texas. Dr. Goldbaum is a floater for the community health centers.

Hesham Mohamed, MD, assistant professor, received his medical degree from Ain Shams University in Cairo, Egypt, and completed his residency training at the Wichita Falls Family Practice Center (2016-2018) and the Baylor College of Medicine Family Medicine Residency (2018-2019). Dr. Mohamed is a floater for the community health centers.

Alyssa Sleight, PA-C, instructor, received her medical certification with a Master’s degree in Physician Assistant Studies from Baylor College of Medicine. Ms. Sleight sees patients at the Monroe Same Day Clinic.

Allison Dupre-Burley, MSN, RN, FNP-C, instructor, received her medical degree from Chamberlain University in Illinois (2018). Most recently, she practiced at Sirte Med Primary Care in Houston. Ms. Dupre-Burley sees patients at the Strawberry Health Center.

Laurie Anderson, MD, assistant professor, received her medical degree from Ross University School of Medicine in Portsmouth, Dominica (2014), and completed residency training at the University of Louisville in Kentucky (2017). Dr. Anderson sees patients at our TMC location.

Nse-Obung Inyang, FNP, instructor, received her medical degree from Texas Women’s University (2016). Most recently, she saw patients at Houston Methodist Hospital. Ms. Inyang sees patients at the MLK Health Center.

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Ashley Siverand, MBA, is a Grants and Contract Specialist. She received her graduate degree from Lamar University in Beaumont. Most recently, she was a Research Data Coordinator at MD Anderson.

Brittany Okpagu, MD, assistant professor, received her medical degree from the American University of Antigua College of Medicine (2013). She completed family medicine residency training at the Henry Ford Hospital in Detroit, Michigan (2016). Dr. Okpagu is a floater for the community health centers.

Sanda Khin, MBBS, assistant professor, received her medical degree from University Institute of Medicine 1 in Yangon, Myanmar. Dr. Khin sees patients at the Northwest Health Center.

Elise Sadoun, MD, clinical instructor, received her medical degree from The Ohio State University (2007) and completed residency training at the Grant Medical Center and Nationwide Children’s Hospital in Columbus, Ohio (2011). Dr. Sadoun sees patients at the Vallbona Health Center.

Randy Swilley is a Medical Assistant II at the River Oaks Clinic.

Jamie Thompson is a Medical Assistant II at the River Oaks Clinic. After obtaining her bachelor’s degree, she received her certification from the Professional Careers Institute.

Melanie Gallardo is a Radiological Technologist with the Faculty Group Practice. Melanie’s primary work location is at the River Oaks Clinic.

Osvaldo Alquicira is a Research Coordinator II and reports to Dr. Grigoryan.

Nicole Gonzales is a Health Educator with our research section. She received her bachelor’s degree from the University of Houston in 2016 and, most recently, has served as a Case Management Data Specialist in the Harris Health System.

Eber Lopez has taken over the Senior Practice Manager duties at the Family Medicine Clinics at Upper Kirby and TMC. He received a Masters in Business Administration from the University of Houston-Clear Lake in 2008. Most recently, Eber was a program director and project manager at Memorial Hermann Sugar Land/Southeast.

Alexzandria Jones recently joined the team at Healthcare for the Homeless - Houston.
The department bid a fond farewell to Peggy Harrison, who retired in May. We do miss her good work and quick smile.

We hope Peggy enjoys her well-deserved retirement for many years to come.
Activities

The Department of Family and Community Medicine offered a free Opioid Use Disorder Training from 8 a.m. to noon September 7. The training, intended for physicians who are interested in obtaining a waiver to prescribe buprenorphine for opioid use disorder. The in-person training, in combination with a four-hour online session, qualifies participants to apply for the Drug Enforcement Agency waiver, while providing up to four hours of CME credit.

Alicia Kowalchuk, DO, (right) leads a discussion.

Opioid Use Disorder Training

TAFP Family Medicine Leadership Experience

Bharat Joshi, MD, FAAFP; Sanjana Bhattarai, MD, FAAFP; Jonnae Atkinson, MD; and Arindam Sarkar, MD participated in the Texas Academy of Family Physician’s Family Medicine Leadership Experience. The program provides expert training in strategic planning, persuasive communication, negotiation and conflict resolution, public speaking, and winning media engagements.
Advanced Life Support in Obstetrics (ALSO®) is an evidence-based, interprofessional, and multidisciplinary training program that equips the entire maternity care team with skills to effectively manage obstetric emergencies. This comprehensive course encourages a standardized team-based approach amongst physicians, residents, nurse midwives, registered nurses, and other members of the maternity care team to improve patient safety and positively impact maternal outcomes.

The course presentation has evolved since our beginnings in 2015. The department’s inaugural event hosted four residency programs, while the 2019 gathering, held in August, welcomed six residency programs: Baylor College of Medicine, Methodist, UTMB-Galveston, UT McGovern Medical School, DeTar, and HCA Houston Healthcare. What began as a two-day workshop for Advanced Life Support in Obstetrics Provider Course, subsequently changed to Advanced Life Support in Obstetrics Provider Course Blended Classroom Format in 2018. The new format incorporates a one-day online portion of the course and the second-day hands-on workshop.

During previous evaluations of our Advanced Life Support in Obstetrics (ALSO) provider course, attendees expressed a high level of interest in improving their knowledge and skills in obstetrical ultrasound examination. In response, we developed an Optional Ultrasound Module - Sonosims with easy-to-use, portable ultrasound simulators and offered it the day following our blended learning ALSO course. Methods: Trainees (n=42) completed three online ultrasound modules before the hands-on workshop, comprised of five obstetrical case simulations. Three portable ultrasound simulators permitted two students to have 90-minute hands-on sessions to complete course activities.

Congratulations to course director, Anjali Aggarwal, MD and to departmental faculty who participated in the event: Rebecca Berens, MD; Lisa Danek, MD, MBA; Hamisu Salihu, MD, PhD; Eric Warwick, MD; Alisha Kidane, MD; Anayatzy Franco, MD; Mohamad Sidani, MD, MS; Suvarna Mahadasyam, MD; and Rashmi Rode, MD. Other instructors came from Baylor Scott & White, Houston Methodist Hospital, UTHealth-McGovern, UTMB Galveston, and Kaiser Foundation in Brentwood, California.
Irvin Sulapas, MD, explains *how to keep kids cool while heading back to school* in a recent post from the BCM Sports Department. “It is important to take precautions when it comes to hot weather because kids get dehydrated faster than adults, and it can be problematic if they aren’t well hydrated or cooled off,” Sulapas said. “If a kid is overheated or dehydrated, they can feel more tired, and it can increase the risk of cramping and may increase the risk of heat exhaustion.”

Joy Blumenreich, MD, FAAFP, recently became a Fellow and Life Member of the American Association of Family Physicians. Established in 1971, the honorary Degree of Fellow recognizes members who have distinguished themselves by their service to family medicine, the advancement of healthcare to the American people, and professional development through medical education.

Larissa Grigoryan, MD, PhD, MSc, is a Co-Principal Investigator of a new grant from the Agency for Healthcare Research and Quality (AHRQ) entitled “Reducing use of antibiotics without a prescription among outpatients in a safety net healthcare system. Total direct cost is $2,500,000.

Samuel Willis, MD, was interviewed by W&J Magazine, published by the Office of Communications at Washington & Jefferson College, his alma mater. *Will to Succeed* tells the story of Dr. Willis’s transition from high school and college football to MD to medical director at MLK Health Center.
Newsmakers

The publication of *Use of antibiotics without a prescription in the U.S. population: A scoping review* in the Annals of Internal Medicine garnered much attention from news outlets. **George Germanos, MD, Larissa Grigoryan, MD, PhD, MSc**, and Barbara W. Trautner, MD, PhD, were interviewed about their study.

- Center for Infectious Disease Research and Policy: [Review: US nonprescription antibiotic use may be widespread](#)
- CNN: [People in the United States are misusing antibiotics, study says](#)
- Consumer Reports: [People are misusing antibiotics, new study reveals](#)
- Washington Post: [Too many people use antibiotics improperly, which can pose risks](#)
- HealthDay: [Many Americans take antibiotics without a prescription](#)
- Channel 2: [High dose of prescription drugs driving consumers to flea markets for medicine](#)
- BCM: [The dangers of nonprescription antibiotic use](#)
- Medical Daily: [There is a growing antibiotic misuse in U.S. and public health problems may occur](#)
- Reuters: [Antibiotic use without prescription common in U.S.](#)
- UPI: [Many take antibiotics without prescription, endangering efficacy](#)
- The Connect News: [Consuming antibiotics without having them prescribed is an emerging issue](#)
- ZME Science: [Use of antibiotics without a prescription is an understudied but serious issue in the U.S.](#)
- Biopharmapress: [Use of antibiotics without prescription is increasingly common in the United States](#)
- Times of News: [Many Americans take antibiotics without a prescription](#)
- Parentology: [Parenting in the digital age for antibiotic use in children](#)
- Pharma Times: [Multiple antibiotic courses linked to pediatric treatment failure](#)

The newest class of the Master Teacher Fellowship Program held its graduation ceremony on September 6. The 20-year-old program’s primary aim is to enhance the educational mission of the College by developing the knowledge, skills, and interests of individual faculty members. The two-year fellowship is designed to increase fellows’ knowledge of key educational principles and theories; skills in lecturing, facilitating, designing and evaluating; interest in serving as an educational leader; and self-reflection and readiness to benefit from constructive feedback from learners and peers.

Congratulations to this year’s graduate, **Laura Nietfeld, MD**.
Ruby Farias, who works at the family medicine clinic on Upper Kirby, received the AIDET award on September 17 while floating at the Main location. AIDET assesses the composite of five behaviors (Acknowledge, Introduce, Duration, Explanation, and Thank) for use in every patient/staff interaction to anticipate, meet, and exceed expectations of patients, coworkers, and visitors. AIDET is used to decrease the anxiety of patients and their families and to improve patient satisfaction.

Congratulations, Ruby!

San Jose clinic had received an award for participating in Target: BP™ on September 24. Target: BP™ is a national initiative formed by the American Heart Association (AHA) and the American Medical Association (AMA) in response to the rising incidence of uncontrolled blood pressure (BP). Target: BP helps health care organizations, at no cost, improve BP control rates through an evidence-based quality improvement program and recognizes organizations committed to improving BP control.

(Left to right) Yadira Barjas, a medical assistant at San Jose, Diana Grair, MD, medical director, and Dr. Eduardo Sánchez, Chief Medical Officer for the American Heart Association.

Misba Lateef, MD, was selected Champion of the Quarter by the Selection Committee at Harris Health. Dr. Misba and her supervisor, Kenya Steele, MD, attended a luncheon to honor recipients on May 17 at the Buffalo Soldiers Museum. Dr. Misba sees patients at Casa de Amigos Health Center.
Maria Mejia de Grubb, MD. MPH, FACPM, Associate Professor, was selected to receive an award through the Loan Repayment Program (LRP) of the National Institute on Drug Abuse, part of the National Institutes of Health. The program is designed to support early career investigators by repaying a portion of their student loans in return for a commitment to conduct research relevant to the NIH mission. Mejia de Grubb’s work is in the area of medication-assisted therapy among women with opioid use disorder. The title of her application essay was “Perceptions, choices, and outcomes of medication assisted therapy among women with opioid use disorders.” The LRP award is for two-years.

Fabrizia Faustinella, MD, PhD, received more kudos for her documentary, *The Dark Side of the Moon*. Read recent comments from the BCM Family and TMC News.

Dr. Faustinella also wrote an article for PolicyWise, a Baylor College of Medicine blog that spans the spectrum of health and science policy, from public health to emerging biotechnologies. Her piece, entitled *The hardship of being homeless: Why help is needed*, was published in August.

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The BCM Momentum Blog interviewed two FGP - River Oaks physicians in July. **Peter Jian, MD** (right) discussed protein-rich breakfasts and his favorite exercises, while **Nneka Okafor, MD** (left) enjoys overnight oatmeal and meditation.
Publications


Skelton F, Salemi JL, Akpati L, Silva S, Dongarwar D, Trautner BW, Salihu HM. Genitourinary complications are a leading and expensive cause of emergency department and inpatient encounters for persons with spinal cord injury. *Arch Phys Med Rehabil.* 2019 Sep;100(9):1614-1621


**ARTICLES IN PRESS**

Faustinella F. Freedom, Cortada. *The Avalon Literary Review.* (To be published later this fall)


Faustinella F. A very persistent cold. *Ann Intern Med.* (To be published this winter)

Presentations

BCM Center of Excellence in Health Equity, Training and Research 2nd Annual Summer Research Summit
July 2019
Willis S. Using Z-Codes to address social determinants of health.

General Practice Research on Infections Network (GRIN 2019) in Leuven, Belgium
September 2019

BCM Annual Showcase of Educational Scholarship by the Academy of Distinguished Educators
September 2019

Herrera A, Okorafor N, Nguyen ST, Calloway-Yanoff E. Resident led clerkship shelf reviews and encouraging family medicine as a career.


Texas Academy of Physician Assistants (TAPA) Regional CME Conference
September 2019
Atkinson JO. Cultural competency in primary care: A closer look at the impact of communication on primary care.

MD Anderson Annual Postdoctoral Science Symposium
September 2019
Agana DF, Hansen MA, Zoorob RJ, Liaw W, Salemi JL. Salary differences between schools of medicine and schools of public health for non-clinical faculty.
Make plans to attend Primary Care Update, a one-day conference providing evidence-based advice in a non-commercial setting, will be held October 19 at the BCM Kleberg Auditorium at One Baylor Plaza. Click here for more information and to register for the event.

Topics and presenters include:

- Foot and Ankle Disorders
- Erectile Dysfunction: Primary Care Perspectives
- HIV and Women’s Health
- Headache: Updates in Diagnosis and Management
- Evaluation and Management of Resistant Hypertension
- Medical Errors: Prevention and Apology (Ethics)
- Motivational Interviewing (MI) Workshop
- EKG Interpretation and Cardiac Testing Workshop

Laurie Swaim, MD
Gynecology Updates for the PCP
November 12, 2019

Roger Zoorob, MD, MPH, FAAFP and
Maria Mejia de Grubb, MD, MPH, FACPM
Tobacco Cessation Workshop
December 10, 2019
TELL ME, AND I WILL FORGET.  
SHOW ME, AND I MAY REMEMBER.  
INVOLVE ME, AND I WILL UNDERSTAND.

**Etcetera**

This saying by Confucius best summarizes my time as a T-32 Postdoctoral Fellow in Primary Care Research. Indeed, many a time during my training, I forgot what I was advised; I remembered things because of hands-on opportunities; and I was led to understand what it means to be an independent researcher. Forgetting, remembering, and finally, understanding were the hallmarks of my experience in this fellowship training.

In my last days of PhD work in Epidemiology, I came across this position that I thought would be worthwhile since research in primary care can encompass so many broad topics. A man of broad topics that I think I am (pun intended), my first interview was with a professor who I am sure everyone can attest is a champion of everything analytical and one who can dissect any broad topic into a very specific idea. Dr. Jason Salemi’s multi-dimensional personality in my first interview was enough to convince me, and I committed to this fellowship. This commitment was solidified in my second interview with Dr. Roger Zoorob, who graciously accepted me in the program.

In retrospect, I am gratified that I completed this fellowship. How else could I have got the opportunity of brushing my skills through different courses and workshops that I attended? These included intensive infectious disease modelling course at the London School of Hygiene and Tropical Medicine, workshops on causal inferences at Harvard School of Public Health, and a graduate certification in geospatial health from the University of North Texas. Each of these courses utilized a different skillset through its analytical programs applicable to primary care research.

One of the key features of T-32 Fellowship has been the organization of “Core-curriculum” for the Fellows, a highly interactive session held every Wednesday in which the fellows bring in their research related issues/ideas/questions to be discussed. These two-hour sessions (and sometimes more) involved research faculty, which allowed fellows to gain expertise on some of the ingredients needed for executing a research study in primary care. The sessions afforded a chance to add depth to our learning as a channel for presenting at forums outside the department e.g., in national and international conferences.

As we transitioned from working in cubicles outside the faculty offices to having to our own spacious offices, I learned about the importance of active engagement with staff, faculty, and my co-fellows. I am now moving onto greener pastures in the section of Epidemiology and Population Sciences of the Department of Medicine at BCM. Greener pastures are supposed to mean a better situation than the one I am leaving; however, I use this idiom to describe moving on to an area of research where I can apply skills learned during this highly effective fellowship in primary care, and hence making my work GREENER!
The Family and Community Medicine Quarterly Newsletter is a publication of the Department of Family and Community Medicine at Baylor College of Medicine.

To be added to the Newsletter email listserve, please email Joan Newell.