Note from the Chair

As we celebrate the new year, this issue of the newsletter highlights several items of note that occurred during the last three months of 2019.

In October, the department put on its 2019 Primary Care Update. Over 100 health care professionals attended the one-day event. I wish to thank those who made the event successful, including Jason Salemi, Ph.D., MPH, Director of the Office of Faculty Development (OFD), Malvika Juneja, M.D., Assistant Director and the department’s CME director (top right), Gabriella Mireles, and Riddhi Bhatt, who supported the effort.

Applications are open for the T-32 Primary Care Research Fellowship. The fellowship is open to M.D.s, Ph.D.s, and other doctoral degree holders. The program implements a multifaceted training program that comprehensively prepares healthcare professionals for a career in primary care research. If you know of someone who might be interested, please pass along this information to the prospective fellow. For more information, please email me.

Roger Zoorob, MD, MPH, FAAFP
Richard M. Keberg, Sr. Professor and Chair

Attending PCU are Jo Anna R. Fields-Gilmore, MD, MPH, MS, Abimbola Telufusi, MP, Nse-Obung Inyang, FNP, and Ming Chao, ANP-C.
Welcome

Ryan Paul Urbi, M.D., received his medical degree from the University of the East Ramon Magsaysay Memorial Medical Center College of Medicine, Philippines, and completed residency training at the University of Texas Health San Antonio (2019). Dr. Urbi sees patients at the Monroe Same Day Clinic.

Annette Li, M.D., received her medical degree from UT Southwestern Medical School (2014), and completed residency training at UTHSC-Houston in 2016. She sees patients at the Baylor Family Medicine (BFM)-River Oaks.

Sumana Basu, M.D., joins the Baylor Family Medicine team at Upper Kirby. Dr. Basu received his medical degree from BCM, and completed residency at Memorial in Sugar Land (2018), followed by a Primary Care Sports Medicine Fellowship (2019).

Bligha Noor, MSN, earned her BSN from the University of Houston-Victoria in 2016, received her MSN from UH (2016), and completed post-master’s work in Adult/Gerontology Primary Care Nurse Practitioner at UTH Health Cizik School of Nursing (2018). Ms. Noor sees patients in the HHS Same-day Clinics.

Alexis Barbut, M.D., received her medical degree from St. George’s University in Grenada, West Indies (2016), and completed her residency at NYU Langone Brooklyn, New York. She sees patients at the Casa de Amigos Health Center.

Juanita Salinas, M.A., is a Research Coordinator III, under the direction of Larissa Grigoryan, M.D., PhD.

Kimberly Hinh, M.S., is a Research Coordinator II, under the direction of Maribel Mosqueda.

Sarah Bindner, M.S., PA-C, received her B.S. from Olivet Nazarene University in Bourbonnaise, Illinois (2015), and earned her M.S. at BCM’s Physician Assistant Program (2017). She sees patients at BFM at Upper Kirby.

Najda Mujtaba, M.D., received her medical degree from Dow Medical College in Karachi, Pakistan (2008) and completed residency training at Sacred Heart Hospital in Allentown, Pennsylvania (2008). She sees patients at Gulfgate Health Center.

Carol Manning, DNP, MSN, APRN, FNP-BC, instructor, received her undergraduate degree from Houston Baptist University and her MSN from the UT Medical Branch in Galveston. She continued her education at Texas Woman’s University, receiving the doctorate of nursing practice. Dr. Manning sees patients at the MLK Health Center.

Karla Lopez is a Medical Assistant and sonographer at Healthcare for the Homeless-Houston.

Hina Qureshi, Medical Assistant II, works at BFM-Main.

Xochimilca Ramos, Medical Assistant II, works at BFM-River Oaks.
We also welcome Community Health Workers, Dionne Lindsey and Nakia Sims.
Once again, the department had a good turnout as the annual CME event, Primary Care Update, assumed its new autumn date. One hundred thirty participants from the Greater Houston Area came together to learn about clinical updates and chronic disease management.

The sessions, led by seven expert speakers, received glowing reviews, and the breakout sessions led by Dr. Otite-Onigu and Arunima Misra were also a big hit.

Foot & Ankle Disorders
Bryan Lee, DPM
Erectile Dysfunction: Primary Care Perspectives
Mohit Khera, M.D, MBA, MPH
HIV and Women's Health
Judy Levison, M.D., MPH
Headache: Updates in Diagnosis & Management
Corey Goldsmith, M.D.

Evaluation & Management of Resistant Hypertension
David Hyman, M.D., MPH & Sankar Navaneethan, MD, MS, MPH
Medical Errors: Prevention & Apology
Savitri Fedson, M.D.
Motivational Interviewing Workshop
Edore Otite-Onigu, M.D.
EKG Interpretation & Cardiac Testing Workshop
Arunima Misra, M.D.

Above: Phong Luu, M.D.; Joy Blumenreich, M.D.; Malvika Juneja, M.D.

Left: International Mini-Fellowship attendees from China with Haijun Wang, Ph.D., MPH.
Texas High Impact Project (HIP)

Activities

Through funding from the Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians (AAFP) launched an Office Champions Quality Improvement Model for alcohol misuse. This particular Office Champions Model provides support to family physician practices to implement, monitor, and sustain Alcohol Screening and Brief Intervention (SBI). Alcohol SBI is an evidence-based prevention service endorsed by the U.S. Preventive Services Task Force (USPSTF). It is effective in reducing the incidence of alcohol exposed pregnancy and fetal alcohol spectrum disorders (FASDs).

For over 15 years, Roger Zoorob, M.D., MPH, FAAFP, was Principal Investigator of the CDC-funded Southeastern FASD Regional Training Center and later, the FASD Practice and Implementation Center. Dr. Zoorob and his team have a long-standing relationship with the AAFP and were approached to share their experience and expertise in alcohol SBI by providing in-person training and technical assistance to several practices from across the country. Dr. Zoorob, along with Alicia Kowalchuk, D.O., Sandra Gonzalez, Ph.D., LCSW, and Jason Salemi, Ph.D., MPH, traveled to Kansas City from Nov. 1-3, 2019, to participate in the program’s Kick-off meeting. They delivered a full day of training and were available for a second day to assist the practices with any questions they may have about the adoption of alcohol SBI in their settings. The team has also remained in contact with many participants, providing ongoing support and additional resources to promote their implementation efforts.
The FCM Office of Faculty Development (OFD) makes strides towards an accessible platform of support and skill-building. A workshop was held on Saturday, September 21, setting the wheels in motion for periodic web-meetings and workshops.

The FCM-OFD kicked off their efforts with an STFM Delivered Faculty Development customized to our faculty. Acclaimed speakers, Allison Dobbie, M.D., and Jim Tysinger, Ph.D., addressed the audience, comprised about 30 early and mid-career faculty members, residents, fellows, and medical students. Over lunch, Simon Whitney, M.D., JD led an informal chat on writing and its merits, and Malvika Juneja, M.D. promoted the use of the website CRRIA (Central Repository of Research and Improvement Activities). The collaboration and synergy created in the workshop set the stage for future activities.

The second major open event was during the Primary Care Update Conference, at which an informal lunch Q&A was facilitated by Jason Salemi, Ph.D., MPH, and Dr. Juneja to answer advancement and awards questions, and to urge attendees to establish individual development as a goal.

In January, Dr. Jason Salemi will be returning to his alma mater, the University of South Florida. If any faculty have been working with him in his position as the department’s Director of Faculty Development, please see Dr. Juneja.

Thank you to Dr. Salemi for all your hard work. Thanks, too, to Dr. Juneja, who will be taking on that role in February. We know OFD will be in good hands!
Activities

We were so excited when the Astros won the National League Championship that we felt we were right there on the field celebrating alongside them!
The Family Medicine residency program held its annual retreat in October in Hermann Park and surrounding museums. Following a team-building scavenger hunt, residents cooled off in the confines of the Museum of Natural Science, before heading off to lunch. With the medical center and its institutions in the background, a wonderful time was held by all as each reflected on their residency journey, friendships made, and the future that lies ahead.
Shruti Varadarajan, M.D., was recently notified that she has been awarded the Early Career Faculty Award for Excellence in Patient Care. She will be recognized for her accomplishment during Baylor’s Awards Day celebration on May 20, 2020.

Arindam Sarkar, M.D., was recently selected to receive the highly competitive 2020 Faculty for Tomorrow Resident Scholarship from the Society of Teachers of Family Medicine. This award provides support to attend the Faculty for Tomorrow workshop, which focuses on career planning, leadership, teaching, and academic skills. This workshop will be held on May 2, prior to the STFM Annual Spring Conference in Salt Lake City.

Congratulations, Dr. Sarkar! We are also very proud that you have chosen to join our department after completion of your residency program.

Jennifer Matas, MPH, was honored to receive the 2019 National Hispanic Health Foundation (NHHF) Hispanic Health Professional Student Scholarship. NHHF provided travel and lodging for her and a guest to attend the gala reception honoring this year’s recipients.

Our department’s chair, Roger Zoorob, M.D., MPH, FAAFP, was elected to a two-year term as president of the Board of Directors of the Annals of Family Medicine at its recent meeting at the American Academy of Family Physician in Kansas City. Dr. Zoorob served as Treasurer for the past two years. Annals, the most prestigious research journal for the specialty, is a collaborative effort and funded by seven family medicine organizations with no commercial support.
Fabrizia Faustinella, M.D., PhD, was recently notified that she has been awarded a Norton Rose Fulbright Faculty Excellence Award for Development of Enduring Educational Materials. Her portfolio included the educational film documentary, *The Dark Side of the Moon*, which is currently under review by PBS-Independent Lens for possible distribution. She will be recognized for her accomplishment during Baylor’s Awards Day celebration in May.

*The Dark Side of the Moon* was recently an official selection for both the International Christian Film Festival in Orlando and the Mediterranean Film Festival Cannes in Cannes, France. The film was a semi-finalist at the International Film and Video Festival Catharsis, in Moscow, Russia.

Dr. Faustinella was a reviewer of the *Annals of Internal Medicine* in 2019, and she was interviewed for the BCM Healthy Habits blog. Check out her ways to relieve stress [here](#).

Alicia Kowalchuk, D.O., was recently invited to be on the editorial board of Family Practice Management, the Academy of Family Physician’s peer-reviewed journal.

Join us in congratulating Nageeb Abdalla, M.D., Misba Lateef, M.D., and Noreen Pirzada, M.D., who were selected Harris Health Champions of the quarter. They were honored at a ceremony on November 8.
Newsmakers

Baylor Family Medicine Service Awards were recently distributed. Honored were Rocio Hernandez (5 years), Paula Rosales (11 years), and Srivani Kambala (6 years).

Keep up the excellent work!

William Huang, M.D., Vice Chair of Education and Clerkship Director, announced new quarterly Faculty Feedback Awards, chosen by the FCM Clerkship Grades Committee. Criteria for these awards include specificity of comments to our clerkship students, and addressing the students’ professionalism, areas of improvement, and areas of strength.

The award winners for the first two quarters of 2019-2020 are Jonnae Atkinson, M.D., and Rashmi Rode, M.D. (below)

Baylor Family Medicine Service Awards were recently distributed. Honored were Rocio Hernandez (5 years), Paula Rosales (11 years), and Srivani Kambala (6 years).

Keep up the excellent work!

William Huang, M.D., Vice Chair of Education and Clerkship Director, announced new quarterly Faculty Feedback Awards, chosen by the FCM Clerkship Grades Committee. Criteria for these awards include specificity of comments to our clerkship students, and addressing the students’ professionalism, areas of improvement, and areas of strength.

The award winners for the first two quarters of 2019-2020 are Jonnae Atkinson, M.D., and Rashmi Rode, M.D. (below)

Check out the TAFP Members of the Month, our own Bharat Joshi, M.D., and Sanjana Bhattarai, M.D., who give insight on what it is like to work alongside a spouse within the HHS Vallbona Health Center.

Michael Hansen, M.D., MPH, MA, recently received two master’s degrees. He received that Masters of Public Health from the UTHealth School of Public Health with the thesis: MDplus: Additional graduate degrees and their association with promotion among primary care clinical faculty.” He also received an M.A. from the UTHealth School fo Biomedical Informatics. His practicum is titled: Utilization of open source software for clinical dashboard development. Dr. Hansen’s advisors were Ross Shegog, Ph.D. and Deevakar Rogith, MBBS, PhD, respectively.
Irvin Sulapas, M.D., was busy on the interview circuit as he gave our Houston community three tips to work off holiday eating in a recent issue of the Chronicle. The article was also picked up by the Livingston County News (New York). He alerted us that small steps can lead to a big leap in health this new year, and described what causes a hangover (KHOU-11).

In October, Dr. Sulapas shared his health tips for the playoff season. His video about the vampire cough from 2016 was reposted here.

Maria Mejia de Grubb, M.D., MPH, was quoted by Prevention on ginger’s ability to relieve the stomach cramps, bloating, nausea, and vomiting associated with stomach flu.

Priya Davar, M.D., was interviewed for Healthy Habits for the BCM Momentum Blog. Check out her go-to healthy breakfast and motivation while working out here.

Congratulations to Elise Sadoun, M.D., who earned fellowship in the American Academy of Family Physicians.

Jeffrey Steinbauer, M.D., informs viewers how to prevent the spread of germs during this flu season in this video for the BCM Momentum blog.
Publications


Faustinella F. A drop in the ocean. *The Penman Review.* 2019 Sep


Faustinella F. Freedom, Cortada. The Avalon Literary Review. 2019 Fall:32-33


ARTICLES IN PRESS


2019 North American Primary Care Research Group (NAPCRG) Annual Meeting
November 2019


Hansen M, Agana DF, Zoorob R, Liaw W, Salemi JL. Additional graduate degrees are associated with promotion amongst academic family medicine faculty.


Texas Academy of Family Physicians (TAFP) Annual Session and Primary Care Summit
November 2019


Combined BCM Narrative Medicine Program and the McGovern Center for Humanities and Ethics
November 2019

Faustinella F. The life of others.
Society of Teachers of Family Medicine (STFM) 2019 Conference on Practice & Quality Improvement  
December 2019


MD Anderson Annual Postdoctoral Science Symposium  
October 2019


American Public Health Association (APHA) Annual Meeting & Expo  
November 2019


Striley CW, Lloyd S, Pieters R, Agana DF. Reducing unnecessary ED visits: Adults with chronic illness acknowledge existing social support but desire additional support opportunities.
Irfan Lalani, M.D., PA
Dizziness
February 11, 2020

Asim Shah, M.D.
Updates in Bipolar Disorder Management
March 3, 2020

Tyson Pillow, M.D., MEd
What is in an ER Referral?
May 12, 2020

Hammad Mahmood, MBBS
Annual Physical Exams: Adults/Geriatrics
June 9, 2020
From September through November, Knic Rabara, D.O., was deployed in Jordan with the 1-102nd CAV from the New Jersey National Guard. He served as the Squadron Surgeon, helping care for our soldiers, all US service members, and coalition forces. He also taught combat medics and medical personnel osteopathic manipulation therapy and dry needling techniques so they could better care for our service men and women.

Welcome back, Dr. Rabara. It is good to have you home safe and sound!
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.