

NEWSLETTER

January - March 2021

NOTE FROM THE CHAIR

On top of the pandemic, Houstonians survived record cold temperatures, snow, and ice during this quarter. Many suffered from power outages and boil water notices. If you would like to assist employees devastated by the winter storm, please consider making a gift to the [Employee Emergency Relief Fund](#) to support their recovery.



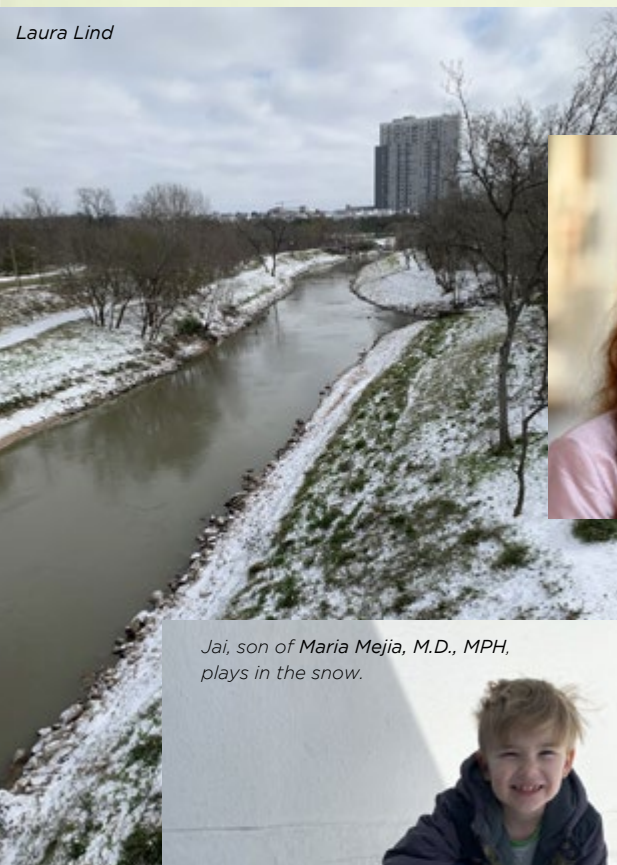
The winter storm and its aftereffects did not deter the department's First Annual Research Day on February 27 (though it was postponed a week because of the storm). Our thanks to **Malvika Juneja, M.D.**, **Gabriella Mireles, MBA**, and the faculty for their outstanding efforts in organizing this event. See page 10 for a recap.

I am happy to announce that **Fabrizia Faustinella, M.D., Ph.D., FACP**, has been promoted to Professor. We are pleased that the Board of Trustees recognizes her value to BCM and the department.

As we all know, on March 11, 2020, the World Health Organization declared the coronavirus outbreak a pandemic. As we acknowledge where we have been and where we are today, I would once again recognize our faculty, staff, residents, and fellows for their tremendous response during a trying time. Each of you contributes to the department's success, and I am very grateful for your ongoing efforts.

Roger Zoorob, M.D., MPH, FFAFP
Richard M. Kleberg, Sr. Professor & Chair

Laura Lind



Jai, son of Maria Mejia, M.D., MPH,
plays in the snow.

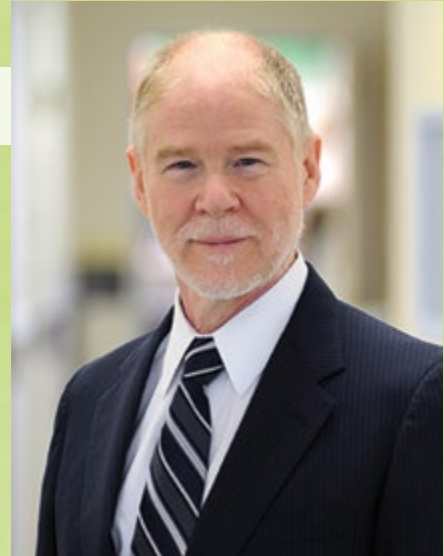


Daniela Moreno



Rethinking the IRB

~ Simon Whitney, M.D., JD
William W. O'Donnell, M.D. & Regina
O'Donnell Chair in Family Medicine



Even if you've never done research, you may have heard about the Institutional Review Board. The IRB has absolute authority to approve, reject, modify, or delay—indefinitely—any research that involves human subjects. All research universities, including all of the country's medical schools, have IRBs. When our people conduct research at either Baylor or other affiliated entities, IRB approval is required.

IRBs were created to protect research subjects. The Tuskegee syphilis study showed their necessity, and science still has its hazards, which is why scientists need, and benefit from, appropriate oversight. However, IRBs today control a far broader range of activities than was intended originally, and they do so in an obsessive way that is sometimes detached from reality. As a result, the noble purpose of protecting subjects is now almost lost in a blizzard of bureaucratic barriers to even the safest research. Sometimes the IRB makes demands that are difficult to meet or that cost money, but more often, it simply wastes investigator time.

Ridiculous oversight is not the fault of any individual IRB, for the problem lies further up the chain of command. Federal officials, relying on a law passed by Congress in 1974, lean hard on IRBs to be aggressive and can punish them if they fall short. As a result, IRBs bend over backward. Research of every kind is unnecessarily damaged and delayed, and scientists are discouraged from doing valuable work.

I am a family doctor, but I am also an ethicist, and I have been studying the IRB problem since 2007. In other areas, regulatory systems that work poorly can be exposed—and reformed—through academic investigation. I've attempted to show the IRB system's failure through articles in journals like *Research Ethics*, but the people in charge feel no obligation to change.

I believe that the only way to bring about reform is to appeal to the public. It is the public, after all, that pays the price of excessive IRB oversight, a price paid not only in dollars but in lives that are not saved because research is damaged, delayed, or forgone.

I believe the best way to make the problem generally known, and with luck to catch the attention of the lawmakers in Washington, is through a widely-publicized book. Self-publishing is now easy, but only commercial publishers can provide the media support that gives a book a chance to reach the public's attention. I have a nearly-completed manuscript and am working with an editor to find an agent to find a publisher. Nothing is certain, but if the book finds a broad audience, it may help build momentum to overturn that 1974 law. That would take, literally, an act of Congress, which is surely not too much to ask to reform a system that obstructs the ability of scientists nationwide to save more lives.



If you are interested in writing an essay for this column, please submit your thoughts to [Dr. Zoorob](#). He is interested in sharing what's on your mind.



I was born and raised in New Orleans, Louisiana, the second of five children. I was the favorite. As a child and teenager, my father didn't allow me to have a job. He said my education was my job. When the time came to decide on a career choice, I had no idea what I wanted to do. I did know, however, that I didn't want to be a nurse, a teacher, a doctor, or an attorney. I felt that there were already too many in these professions. I remember that one day my father asked me what I wanted to be in life. My jokingly response was, "A rich man's wife."

My career as a Registered Nurse began in 2002 after graduating from the Charity School of Nursing. Remember, I didn't choose nursing; I believe nursing chose me.

For many years, I served in the inpatient setting in either a Charge RN or Supervisor role. However, in 2015, looking for new opportunities, my family and I relocated to Houston, where I continued inpatient nursing as a Charge RN at Memorial Hermann. In 2017, I decided to switch to outpatient services. Thus a new phase of my career began at Baylor College of Medicine's Department of Family and Community Medicine as a Clinical RN II, and now as a Clinical RN III.

What I enjoy the most about my nursing career and current position is the opportunity to teach and educate. Not just teaching patients about their health conditions and treatment plans, but also educating the staff on proactive critical thinking skills to problem-solve before a situation occurs. My motto/advice to staff members is "One step ahead of the patients and two steps ahead of the doctors at ALL times." I also enjoy working alongside the physicians and other healthcare providers. Working as a team to create new plans and protocols enhances the patients' care and promotes quality work by the staff and faculty.

In my spare time, I maintain a small business where I teach skincare and color cosmetics classes as an Independent Beauty Consultant with Mary Kay Cosmetics. I enjoy frequently traveling with my family, dancing, and singing karaoke with friends. I also help with the family business, ISTAR PRODUCTIONS, an interactive company providing event rental of photo mirrors for private and public events.

STAFF spotlight

Denise Williams, RN-CVRN

Left, top to bottom:
Denise celebrates her birthday with BFM staff and faculty.

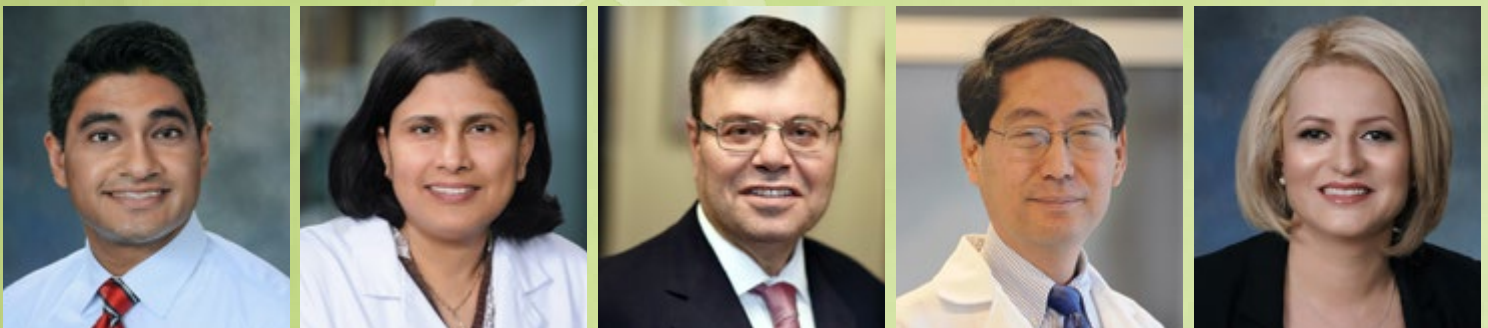
With Dr. Klotman in 2020 to commemorate Nurses' Week.

Denise and her son on a trip to New Orleans.

With her husband on a trip to Miami.

Right:
Preparing to teach a skincare class.





The Society of Teachers of Family Medicine (STFM) Medical Student Education Committee recognized Arindam Sarkar, M.D., Anjali Aggarwal, M.D., Susan Nash, Ph.D. (*not pictured*), Roger Zoorob, M.D., MPH; William Huang, M.D., and Larissa Grigoryan, M.D., PhD, as recipients of the 2021 STFM Conference on Medical Student Education Blue Ribbon Award for Outstanding Poster, "Improving Student Confidence through Electronic Health Record Order Entry."

Clark Faculty Service Award



Yasmeen Quadri, MBBS, a 2021 Clark Faculty Service Award recipient, was recognized for her significant service to Baylor College of Medicine.

Family Medicine Clerkship Feedback & Teaching Awards

The School of Medicine recently recognized faculty and residents with the Clerkship Feedback and Teaching Award for their outstanding abilities in medical education. Each recipient provided valuable feedback and teaching to medical students.

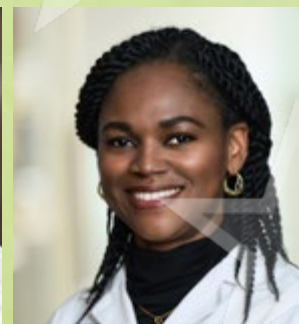
Not pictured: James Bernick, M.D., and Farid Bakht, M.D.



Laura Nietfeld, M.D.



Knic Rabara, D.O.



Jennifer Okoh, MBBS, MPH



Yana Finkelshteyn, M.D., celebrated her award with Mohamad Sidani, M.D., MS., BFM Medical Director.



Michelle Vasquez, CMA, was congratulated by Eber Lopez, BFM Sr. Practice Manager at Upper Kirby and TMC.

“That’s the Way”

This BCM program recognizes two employees per month for their exemplary service. Patient comments and kudos cards determine recognition. Recently, Yana Finkelshteyn, M.D., and Michelle Vasquez, CMA, were surprised with certificates, \$100 supplemental pay, and a “Leading the way” pin.

Sample comment for Dr. Finkelshteyn:

“This was my first time meeting Dr. Finkelshteyn, MD, since my PCP Dr. Leugers left BCM. Dr. Finkelshteyn had an excellent bedside manner where I could dialogue with her regarding my health, challenges, etc.

She didn’t mind sharing her experience with her weight management that made it so relatable to me that I am motivated to be more diligent about my weight management.

I am very happy to have her as my PCP.”

Sample comment for Ms. Vasquez:

“I was seeing a doctor at the Kirby location and Michelle Vasquez, MA roomed me. Whenever I am seen as a patient, I never share my profession or role, because I just want people to take care of me like a regular patient. Michelle introduced herself, she performed hand hygiene in front of me, she followed the BP recheck protocol, she explained to me to relax and she will return. Upon her return, she performed hand hygiene again. I was so impressed that I had to reveal my role (after she was done). I gave her kudos right there!

Everything in the rooming process and patient care was followed to the “T” and I believe she should be recognized for doing great work. On top of that, she was professional and very pleasant.

If there is anything more I need to do for this employee recognition to occur please let me know, and I will be happy to do it.”

Women of Excellence

The Women of Excellence Awards was established in 2018 to celebrate individuals who exemplify Baylor Values and demonstrate exceptional dedication to issues that affect women at Baylor College of Medicine or in the larger community. This prestigious award recognizes service to the College through demonstrated leadership in addressing diversity, equity and inclusion through documented contributions and accomplishments.

Kudos to Dr. Atkinson and Dr. Varadarajan!



Jonnae Atkinson, M.D., MS Shruti Varadarajan, M.D.



Anjali Aggarwal, M.D., and Kenneth Barning, M.D., were selected to judge educational research posters for the Henry J.N. Taub & James K. Alexander Medical Student Research Symposium in March 2021.



Priya Davar, M.D., was honored to be selected for the Assistant Professor Women Faculty Group 2020-2021 cohort for the Baylor College of Medicine Career Advancement Series. The series provides training and guidance to faculty about succeeding in a career in academic medicine, focusing on mentorship and professional development skills for female faculty. Dr. Davar says that this has been a wonderful opportunity and has helped her make professional connections with the College's female faculty.

Our women residents celebrate international women's day on February 3.

(Front row)

- Lily Luc, M.D.
- Chinwe Ezenna, M.D.
- Cathy Xie, M.D.

(Back row)

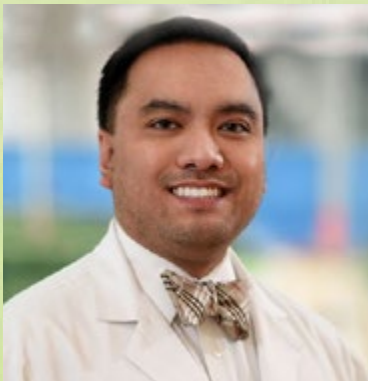
- Christina Babu, M.D.
- Divya Subramanian, M.D.
- Elizabeth Thoyakulathu, M.D.
- Youxin Xiong, M.D.





Curious about the [Therapeutic Lifestyle Changes](#) diet? Luis Rustveld, Ph.D., RD, LD, shares what you need to know about this NIH-designed diet. #BCMDebatingDiets

Obesity is one criterion considered for early vaccination against COVID-19. Arindam Sarkar, M.D., was recently interviewed about [Body Mass Index \(BMI\)](#) by KHOU-11, the CBS affiliate in Houston. Dr. Sarkar admits that while the BMI is flawed because it does not take other criteria into account, it is a good way to determine eligibility for COVID-19 vaccination.



Water supply has been a major concern as much of Texas experienced a lack of water and boil-water mandates. Irvin Sulapas, M.D., says, "[Don't forget to hydrate during cold temps.](#)"

Dr. Sulapas was interviewed for the Verywell News for "[When can I go back to the gym after being fully vaccinated?](#)" He suggests cutting yourself some slack if you're transitioning back to the gym. "For some people, if you don't go to the gym for a while, it makes it harder to get that willpower," Sulapas says. "Base the intensity of the exercise on the initial easy workout, and you ramp up as tolerated."



Dr. Sulapas (center) at Aveva Stadium as the Houston Sabercats took on NOLA Gold on Saturday, March 6. New Orleans won this preseason game, 24 to 14.

WELCOME

Residency Class of 2024



Ramon Diez-Barroso, M.D.
Baylor College of Medicine



Rami Ghanayem, M.D.
Baylor College of Medicine



Kaitlyn Jacobs, D.O.
Rowan University School
of Osteopathic Medicine



Brianna Jarrett, M.D.
Morehouse School of Medicine



Janina Jose, D.O.
Edward Via College of
Osteopathic Medicine-Auburn



Ayodele Ogunmola, M.D.
University of Pittsburg
School of Medicine



Summer Hart Paul, D.O.
Kansas City University of
Medicine and Biosciences College
of Osteopathic Medicine



Mishal Uddin, D.O.
Chicago College
of Osteopathic Medicine
of Midwestern University

WELCOME

to Family and Community Medicine



Shyam Goverdhana, M.D., earned his medical degree from St. George's University School of Medicine in St. George's, Grenada (2009) and completed Family Medicine Residency Training at the University of Toledo/St. Luke's Hospital in Ohio (2014). Before coming to Baylor, he saw patients at the Moore County Hospital District in Dumas, Texas, and at Kaiser Permanente Santa Rosa Medical Center in Santa Rosa, California. Dr. Goverdhana sees patients at the Baylor Family Medicine Clinic on Main.



Jacqueline Hirth, Ph.D., MPH, Assistant Professor, received her public health degree from Indiana University in Indianapolis and her doctorate from the University of Texas Medical Branch in Galveston in 2010. She comes to Baylor from the University of Texas Medical Branch, where she worked in the Center for Interdisciplinary Research in Women's Health (Obstetrics and Gynecology).

Kehinde Oresusi, PharmD, received her pharmacy degree from the University of Houston College of Pharmacy (cum laude) in 2019. She is working at Healthcare for the Homeless - Houston.

Nicole Gonzalez received a bachelor's degree in Health Communication in 2016. She has served in many capacities with Harris County Public Health, BCM, and Harris Health System. Ms. Gonzalez is a Community Health Worker with Dr. Rustveld.

Ashonta Riddley joins the department as a Medical Assistant at BFM-Upper Kirby. She received training at Kaplan College in San Antonio (2010) and phlebotomy training at Access Clinical Laboratory in 2013. Before coming to Baylor, Ms. Riddley worked at Kelsey-Seibold Clinic.

Enrique Arreola, a Medical Assistant II, earned certification after completing the program at Northwest Education Center. Before joining the department, Enrique was a Medical Assistant with Rorick Health and Wellness and Nova Medical Centers. Mr. Arreola works at the Kirby and TMC clinics.

Lourdes Pélaez is a Research Coordinator II on Dr. Rustveld's research team. Lourdes has much experience at BCM. She held the same position in the Dan L. Duncan Institute for Clinical and Translational Research, was a Project Manager and Spanish translator (Pediatrics), and a Research Coordinator II (Medicine).

Audrey Lopez is a patient support associate at HHH. Before joining Baylor, she worked as a Resolution Specialist in the Family Advocacy Department at Texas Children's Hospital. Prior to that, as a Practice Manager for Texas Children's Pediatrics. She brings over 13 years of patient support and customer service experience.

Taneisha Jefferson is a Registered Nurse II with Baylor Medicine Group Practice. Before joining Baylor, Tanisha was a Family Practice Nurse at the Swedish American Hospital in Rockford, Illinois. Tanisha completed her RN certification in 2018 after completing her Associate's degree from Rasmussen College in Rockford.



Family & Community Medicine First Annual Research Day

Saturday, February 27, 2021
8:00 AM - 3:00 PM

The Department of Family and Community Medicine held its first Annual Research Day on February 27, 2021. The day witnessed presentations from the invited Medical Students, Residents, Fellows, and Faculty of both the Community Health Program of Harris Health and the Baylor Medicine private group presenting their research and quality improvement projects. The event was hosted by Dr. Malvika Juneja, Director of Faculty Development, and amalgamated several missions of the department. The American Academy of Family Physicians accredited the event with 7.0 CME credits.

Drs. Sandra Gonzalez, Shruti Varadarajan, and Arindam Sarkar facilitated special sections, and Dr. Rashmi Rode moderated the Q&A Atrium throughout the day so that the participants could have dedicated time with the presenters. The highlight of the day was an open agenda seminar 'I am interested in research! Where do I go from here?' Questions of the participants were posed to the panel of Drs. Larissa Grigoryan, Kiara Spooner, Sandra Gonzalez, and Michael Hanson for research perspectives and Dr. Varadarajan for the QI perspective. Participant evaluations suggest that this was a valuable and invigorating event that seeded interest and provided tools for furthering scholarly activities.

Educational Research

Okorafor N. Assessing and improving residents' confidence in research critique through implementing a revised journal club.

Khan R, Aggarwal A. Supplementing the Advanced Life Support in Obstetrics (ALSO) Provider Course with an Ob/Gyn ultrasound workshop.

Nietfeld L. Immigrant Medicine: Evaluation of a pre-clinical medical student elective.

Faustinnella F. Correlation between empathy and knowledge: How an educational film-documentary on homelessness positively impacts learner perceptions.

Completed Research

Walia N. Yoga for substance use: A qualitative review.

Bansal K, Nambi P. Time taken to review primary care guidelines and recommendations.

Research - Work-in-Progress

Viswanathan D. "Could she get pregnant?": Implementing educational didactics and smart phrase to help family medicine resident physicians provide pre-conception counseling.

Okoh J. Is it worth it? Vitamin D supplementation.

Bhattarai S. Clinical outcomes of COVID 19 patient in community clinic.

Barbut A. Hearing loss as initial presentation of Granulomatosis with Polyangiitis: Clinical vignette and review of the literature.

Quality Improvement - Completed

Rustveld L. The impact of an electronic health record based patient navigation and outreach program on colorectal cancer completion.

Rode R, Shah N. E-PIC project: Promoting intradepartmental communication utilizing Epic tools.

Jian P. Integrated team-based care for obesity treatment in the primary care setting.

Barning K. Sustaining face to face patient visits amidst a pandemic lockdown.

Quality Improvement Work-in-Progress

Nwokocha C. Take control: Home blood pressure monitoring and virtual care.

Coverdale S. Standardizing the medication reconciliation process: Moving from med wreck to med rec.

Shah N, Rode R, Porter T. "I prefer to watch than to read!" Engaging diabetic patients via educational videos to improve health outcomes.

Atkinson J. Barriers to implementation of telemedicine video visits at a county community health center.

Waqar A. Implementation of hypertension education classes to improve blood pressure control at a community health center.

Hoang L. Improving HPV vaccination rates at a community health center.

Mahmood H. Improving medication prescribing for uncontrolled diabetic patients: Utilizing latest guidelines and protocols for oral glycemic control agents.



Publications

Zoorob R, Levine RS, Hennekens C. [Smoking Cessation in Hospitalized Patients: An opportunity to avoid premature deaths.](#) *Ochsner J.* 2021 Mar;21(1):10-13

Mogos M, Piano MR, Salemi JL, Zoorob R, Modak S. [Hospital- and patient-level characteristics associated with unplanned readmissions and in-patient mortality in men and women with alcoholic cardiomyopathy.](#) *J Studies Alcohol Drugs.* 2021 Mar;82(2):257-268

Zoorob RJ, Mejia MC, Matas JL, Levine RS, Salemi JL. [Different Trends in US Tobacco Use: Inpatient Databases and Population-Based Surveys.](#) *J Registry Manag.* 2020 Winter;47(4)

Salinas-AA, King LM, Salihu HM, Wilson RE, Nash S, Collins SL, Berry E, Austin D, Scarborough K, Bet E, Cox L, King G, Hepburn C, Burpee C, Briscoe R, Baldwin J. [Protective Factors Using the Life Course Perspective in Maternal and Child Health: A Community-Based Participatory Research Approach.](#) *Engage.* 2021;1(3):69-86

Quadri Y. [Social Determinants of Health \(SDOH\).](#) DDASH presentation to medical students. Mar 2021.

Sarkar A, Aggarwal A, Nash S, Zoorob R, Huang W, Grigoryan L. Improving Student Confidence through Electronic Health Record Order Entry. Society of Teachers of Family Medicine (STFM) Conference on Medical Student Education. Feb 2021.

*Blue Ribbon Award for Outstanding Poster

Huang W, Michelfelder A, Power D, Heidelbaugh J. Dr. Faculty Mistreated Me! Medical Student Mistreatment and the Role of the Family Medicine Clerkship Director. STFM Conference on Medical Student Education. Feb 2021.

Andry N, Rodriguez M, Huang W. Strategies to Meet LCME Requirements for Directly Observing Students in Clinical Settings and Performing Formative Feedback. STFM Conference on Medical Student Education. Feb 2021.

Carretero M, Bhatena S, Floyd A, Aggarwal A. Assessing BCM Provider Knowledge on Public Benefits for U.S. Citizen Children in Immigrant Families. Henry J.N. Taub & James K. Alexander Medical Student Research Symposium. Baylor College of Medicine. Mar 2021. All students contributed equally. Faculty Mentor: **Anjali Aggarwal, MD**

Brooks C, Daskowski A. Infant Nutrition in Medical Education: Addressing Gaps in Pediatric Nutrition Knowledge among BCM Medical Students. Henry J.N. Taub & James K. Alexander Medical Student Research Symposium. Baylor College of Medicine. Mar 2021. All students contributed equally. Faculty Mentor: **Anjali Aggarwal, M.D.**

McColloster P. Managing a Cholera Epidemic. Intensive Course in Tropical and Travel Medicine. UTMB. Feb 2021.

McColloster P. How to establish Outpatient Clinics for Immigrants Managed by Immigrants. Intensive Course in Tropical and Travel Medicine. UTMB. Feb 2021.

Rustveld L. Diet and Diabetes. BCM 15th Annual Diabetes Symposium: Diabetes Update 2020. Dec 2020.

Barning K. Use of Electronic Portal for Health Care Access, Patients Barriers, Perspectives and Preferences. STFM Conference on Quality and Practice Improvement. Sep 2020.



Presentations



Thank you!

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](#).