

TRANSITION MEDICINE
2020 ANNUAL REPORT

SECTION OF TRANSITION MEDICINE



SECTION CHIEF

Cynthia Peacock, M.D.

2020 was not a typical year for the Section of Transition Medicine, marked with the unprecedented COVID-19 pandemic. Despite the continued pandemic, one thing has proven true with our team: our continued focus on providing the best in patient care for those who our clinic serves. During those first weeks where the pandemic began to greatly effect patient care, our physicians and staff worked tirelessly to stand up resources to help our patients and families. Both telephone and video visits became rapidly available, while we worked behind the scenes to ensure a smooth and seamless transition to this new virtual patient care landscape. Other ancillary services, such as social work, quickly pivoted to find a way to connect with patients remotely. When patients did need to seek in-person care, we ensured they remained as safe as possible during their entire visit to Baylor College of Medicine.

While the upcoming months remain largely uncertain, our team continues to be sharply focused on providing safe, effective, and patient-centered care for those who we serve.

Despite the COVID-19 pandemic, our team accomplished a great deal. We continued large research projects outlined in the funding section of this report. We established a formal shared savings partnership with United Healthcare, where we will receive a set dollar amount for achieving agreed upon metrics, such as preventing avoidable hospital remissions. Our lead nurse, Stoney Snider, received two esteemed nursing awards for her dedication to our patients and families. This annual report outlines the achievements and recognition received during Baylor College of Medicine's 2020 Fiscal Year.

Sincerely,

A handwritten signature in black ink that reads "Cynthia Peacock M.D.".

Cynthia Peacock, M.D.
Section Chief

HIGHLIGHTS

- Established a shared savings partnership with United Healthcare
- Stoney Snider received two nursing awards
- More than 20 presentations
- Inaugural round of Transition to Adult Care Mentorship

FACULTY

- Cynthia Peacock, M.D., FACP, FAAP – Medical Director and Transition Medicine Section Chief
- Elisha Acosta, M.D.
- John Berens, M.D.
- Ellen Fremion, M.D., FAAP, FACP
- Judy Kim, M.D.
- Jordan Kemere, M.D.

AWARDS AND HONORS

Elisha Acosta, M.D.

- Ambulatory Outstanding Faculty Teacher chosen by Clinical Core Clerkship, Baylor College of Medicine, June 2020
- Early Career Faculty Award for Excellence in Patient Care, Baylor College of Medicine, June 2020

Ellen Fremion, M.D.

- Norton Rose Fulbright Faculty Excellence Award for Teaching and Evaluation, Baylor College of Medicine, June 2020
- “Top Doctor” listing in the Houstonia Magazine, August 2019

Judy Kim, M.D.

- Early Career Faculty Award for Excellence in Patient Care, Baylor College of Medicine, June 2020

Cynthia Peacock, M.D.

- 2020 Women of Excellence Award Recipient, Baylor College of Medicine, April 2020

Stoney Snider, BSN, RN

- Good Samaritan Foundation’s 2020 Excellence in Nursing Award Winner, July 2020
- Houston Chronicle’s Salute to Nurses, Top 15 Nurse in the Houston Area, May 2020

Transition Medicine Team

- “That’s the Way” Baylor Clinic Team Award in recognition for leading the way in quality, patient safety, and patient experience. 1st, 2nd, and 4th quarters 2017-2018, 1st, 2nd, 3rd, 4th quarters 2018-2019

PROFESSIONAL ORGANIZATIONS AND ASSOCIATION OFFICES

Elisha Acosta, M.D.

- American Academy of Pediatrics
- American College of Physicians

- American Academy of Developmental Medicine and Dentistry

John Berens, M.D.

- American Academy of Pediatrics
- American College of Physicians
- American Academy of Developmental Medicine and Dentistry, Faculty Lead for Baylor College of Medicine Medical Students
- Special Olympics Texas, Clinical Director
- Society of General Internal Medicine

Ellen Fremion, M.D.

- American Academy of Pediatrics Fellow
- American College of Physicians Fellow
- Spina Bifida Association, Provider Advisory Council
- American Academy of Developmental Medicine and Dentistry
- American Academy of Pediatrics Spina Bifida Transition to Adult Care Quality Improvement Expert Advisory Committee
- American Academy of Pediatrics Executive Committee Member of the Council for Children with Disabilities

Jordan Kemere, M.D.

- American College of Physicians
- American Academy of Developmental Medicine and Dentistry
- Special Olympics Texas, Clinical Director, Reopening Mitigation Committee Member

Judy Kim, M.D.

- American Academy of Family Physicians
- Texas Academy of Family Physicians
- Harris County Academy of Family Physicians
- Down Syndrome Medical Interest Group Member, Annual Symposium Planning Committee Member
- American Academy of Developmental Medicine and Dentistry

Cynthia Peacock, M.D.

- American College of Physicians Southern Texas Governor 2019-2023
- American Academy of Developmental Medicine and Dentistry, Board Member 2018-2021
- American Academy of Pediatrics
- American College of Physicians

EDITORIAL BOARD MEMBERSHIPS/EDITORIAL POSITIONS

John Berens, M.D.

- Reviewer, *Journal of Pediatric Nursing*, 2019-present

- Reviewer, *Health Care Transition Research Consortium*, 2019-present

Ellen Fremion, M.D.

- *Journal of Pediatric Physical and Rehabilitation Medicine*, 2017-present

Judy Kim, M.D.

- Reviewer, *American Family Physician*, 2020-present

RESEARCH ACTIVITIES

Grants

Elisha Acosta, M.D. (PI)

- SOI/AADMD National Curriculum in Developmental Medicine. 2018-2021

John Berens, M.D. (PI)

- Interdisciplinary Dental Care Delivery for Adults with Intellectual/Developmental Disabilities, Working for Inclusive and Transformative Healthcare. March 2019-March 2021

Ellen Fremion, M.D. (PI), Jordan Kemere, M.D. (Co-PI)

- Transition to Adult Care Mentorship Program for Individuals with Developmental Disabilities, Texas Council for Developmental Disabilities. May 2019-May 2023

Ellen Fremion, M.D. (PI), John Berens, M.D. (Co-PI), Jordan Kemere, M.D. (Co-PI)

- Baylor Transition Medicine Clinic Quality Improvement Initiative to Decrease ACSC Acute Care Utilization via Value-Based Payment and Complex Care Management Strategies, Department of Internal Medicine Quality Improvement Grant, Baylor College of Medicine Internal Medicine. April 2019-April 2020

Jordan Kemere, M.D. (co-PI)

- Using a Positive Adult Development Program to Reduce Anxiety, Stress, and Depression in Caregivers of Transition Aged Youth with IDD, Ligums Family Transition Medicine Grant, Texas Children’s Hospital. October 2019 – September 2020

Cynthia Peacock, M.D. (PI)

- “Transition Healthcare for Children and Youth with Special Care Needs.” Healthy Tomorrows Partnership for Children Program from maternal and Child Health Bureau at HRSA. March 2016-2021
- Texas Council of Developmental Disabilities “Advancing Behavioral Health Integration within a NCAQ recognized Patient-Centered Medical Home for People with IDD” Texas Council of Developmental Disabilities. April 2019-2024

Publications

- Physical Medicine and Rehabilitation Clinics of North America (IF **1.692**): 1
- Pediatrics (IF **5.417**): 1

- Journal of Pediatric Rehabilitative Medicine (IF **0.96**): 1
- EP Magazine (IF **5.231**): 1

Books and Book Chapters

- ‘Transitioning to Adult Care,’ in Dhar SU, Nagamani SCS, Eble TN (eds.) *Handbook of Clinical Adult Genetics and Genomics, A Practice-Based Approach*. S.I.: Elsevier Academic Press, pp. 59-69.

PRESS

Ellen Fremion, M.D.

- “Texas Children’s and Baylor Physicians at the forefront of nationwide research initiatives for spina bifida,” Texas Children’s Hospital, September 3 2019, <https://www.texaschildrens.org/texas-children%E2%80%99s-and-baylor-physicians-forefront-nationwide-research-initiatives-spina-bifida>

Fremion, Kemere

- “Patients with developmental disabilities learn life skills through mentorship program” Baylor College of Medicine, November 1 2019, <https://blogs.bcm.edu/2019/11/01/patients-with-developmental-disabilities-learn-life-skills-through-mentorship-program/>

Stoney Snider, BSN, RN

- “Thank you to our nurse heroes – now and always!” Baylor College of Medicine, May 4 2020, <https://bcmfamily.bcm.edu/2020/05/04/thank-you-to-our-nurse-heroes-now-and-always/>
- “Salute to Nurses: The Houston Chronicle honors 2020’s top nurse leaders” Houston Chronicle, May 4 2020, <https://www.chron.com/jobs/salute-to-nurses/article/Salute-to-Nurses-The-Houston-Chronicle-honors-15245052.php>

TEACHING ACTIVITIES

Lectures and Presentations

Elisha Acosta, M.D.

- Baylor College of Medicine Internal Medicine-Pediatrics Interest Group, “What is Health Care Transition and Why is it Important?” Houston, TX, October 2019
- Pediatric Complex Care Association conference, presenter at breakout session, “Family-Centered Transition Planning for Youth with Complex Medical Conditions,” Orlando, FL, November 2019
- Post-transfer Transition Outcomes at the Texas Children’s Complex Care Clinic. Poster presented at the Healthcare Transition Research Consortium annual meeting. Houston, TX, October 2019
- Understanding Rate and Characteristics of Admission from the ER for Patients with Intellectual Disability. Poster presented at the 3rd Annual Summer Research Summit of the Baylor College

of Medicine Center of Excellence in Health Equity, Training and Research. Houston, TX, June 2020

John Berens, M.D.

- Healthcare Transition in Neurology. Pediatric Neurology Grand Rounds, Texas Children's Hospital, 2020 June 10.
- AADMD: Inclusion Week. AADMD Student Group, Baylor College of Medicine, March 2020
- Management of the adult with spina bifida. Medicine-Pediatrics Noon Conference, Penn Medicine, Philadelphia, 2019 September 26.
- Improving Healthcare for Individuals with Intellectual/Developmental Disabilities. AADMD Student Group, Baylor College of Medicine, 2019 Aug 28.
- Improving Access to Dental Care: a Multidisciplinary Approach. American Academy of Developmental Medicine and Dentistry (AADMD) National Conference, 2020 June 9.
- Long Term Care Planning for Family Caregivers of those with IDD. Chronic Illness and Disability Conference: Transition from Pediatric to Adult-based Care, Houston, TX, 2019 October 24.
- Interdisciplinary Dental Care Delivery for Adults with Intellectual and Developmental Disabilities. Poster session presented virtually at the annual national conference of the American Academy for Developmental Medicine and Dentistry, 2020 June 5. Poster won 3rd prize for best poster.
- Using focus groups of caregivers of individuals with IDD to identify targets for LTC planning interventions. This abstract was accepted to Pediatric Academic Societies annual conference that was scheduled for May 2020 but cancelled due to COVID-19.

John Berens, M.D., and Elisha Acosta, M.D.

- What is Healthcare Transition and Why is it Important? Med-Peds Interest Group, Baylor College of Medicine, 2019 October 1.

Cynthia Peacock, M.D., and John Berens, M.D.

- Reducing Health Disparity for People with Intellectual Disabilities. Healthier Texas Summit, 2019 October 17.
- An Interdisciplinary Approach to Improving Access to Dental Care for Adults with Intellectual/Developmental Disabilities. Due to COVID-19 related conference cancellation, this submitted (yet not-peer-reviewed) abstract was disseminated in April 2020 virtually

Ellen Fremion, M.D.

- Transition to Adult Healthcare Models, Spina Bifida Association, Chicago, IL, June 28, 2019
- "Transition to Adult Care," "Emotional Health," "Physical Activity and Healthy Eating," Spina Bifida Association Education Day, Houston, TX, August 3, 2019
- Recurrent Urinary Tract Infections in Congenital Neurogenic Bladder, Houston Methodist Hospital Urology and Neurogenic Bladder Research Group, Houston, TX, October 5, 2019
- Advocacy for Individual with Intellectual/Developmental Disabilities, Internal Medicine-Pediatric Grand Rounds, Baylor College of Medicine, Houston, TX, December 18, 2019

- Advocacy for Individual with Intellectual/Developmental Disabilities, Internal Medicine Wednesday School, Baylor College of Medicine, Houston, TX, June 10, 2020
- A Goal-Setting Intervention to Improve Bladder, Bowel, and Skin Care Self-Management in Adolescents and Young Adults with Spina Bifida. Poster presented at the Urology Conference for Nurses. October 1, 2019. Noordwijk, Netherlands.
- Improving Spina Bifida Self-Management via a Transition Clinic Goal-Setting Intervention. Presented at the 20th Annual Chronic Illness and Disability Conference: Transition from Pediatric to Adult-based Care. October 23, 2019

Jordan Kemere, M.D.

- “Transitioning Care: Q&A with Parents and Top Specialists from the Area.” Living Rare, Living Stronger NORD (National Organization for Rare Disease) Patient & Family Forum, Houston, TX, June 22, 2019

Judy Kim, M.D.

- Family Centered Transition Planning for Youth with Complex Medical Conditions, Pediatric Complex Care Association Annual Conference, Orlando, FL, November 6 2019
- Determinants, Disparities, and Social Health of Populations (DDASH) course faculty speaker, Baylor College of Medicine, March 26 2020

Judy Kim, M.D., and Cynthia Peacock, M.D.

- “Inclusion Revolution,” Compassion and the Art of Medicine, Baylor College of Medicine, November 15 2019

Cynthia Peacock, M.D.

- The Society for Pediatric Dermatology 44th Annual Meeting, Transition from Pediatric to Adult Health Care: Follow the Yellow Brick Road, Austin, Texas. July 13, 2019



The Transition Medicine Team poses in the waiting room of the clinic, located at the McNair Campus.



Amelia Flores, one of Transition Medicine's Medical Assistants, is featured on signage at Baylor College of Medicine's COVID-19 Testing Drive Thru Site. Many members of our team have volunteered their time towards BCM's testing and COVID-19 response.