

# Department of **FAMILY & COMMUNITY MEDICINE**

Health Disparities Substance Use Residency Women's Health primary care Training Prevention RESEARCH Chronic Disease Antibiotic Stewardship

## FCM NEWSLETTER

2021 Q2

The calendar year 2021 was almost a remake of 2020. Yet, despite the ongoing COVID-19 protocols and the Omicron variant, the Department of Family and Community Medicine (FCM) continued its outstanding production of grants, publications, and presentations at virtual national conferences. Here are a few numbers:

FCM researchers remained busy developing manuscripts and grant proposals and implementing projects throughout the Greater Houston area. FCM produced 68 publications in peer-reviewed journals and presented at 34 virtual conferences. FCM currently has 31 active grant projects, totaling \$5.3 million in direct costs and \$754K in indirect costs to support the research mission. FCM presently has 31 active grant projects, totaling \$5.3 million in direct costs and \$754K in indirect costs to support the research mission.

Others recognized the department's fine work as our faculty secured 51 major awards. Among those honored this year, William Huang, M.D., Rashmi Rode, M.D.; Brian Wisnoski, M.D.; and Jennifer Okoh, M.D., were selected for the BCM Norton Rose Fulbright Faculty Excellence Awards. Carmella Caldwell, M.D., and Hammad Mahmood, MBBS, secured the Harris Health System's (HHS) Crystal Award, given to the provider achieving the highest patient satisfaction rate. Also this year, Shruti Varadarajan, M.D., and Jonnae Atkinson, M.D., earned the prized Woman of Excellence Award. Peter Jian, M.D., FAAFP, received the Early Career Faculty Award, while the STAR Faculty Award for Excellence in Patient Care was bestowed upon Jonnae Atkinson, M.D.; Kenneth Barning, MBChB; Hammad Mahmood, MBBS; and Thomas Porter, M.D. Fareed Khan, MBBS, was selected for the prestigious Master Clinician Award. Congratulations!

The department hired 11 faculty to our rolls in 2021. These additions bring our total to 291 FCM employees: 162 faculty, 102 staff, 23 residents, and four fellows. I am humbled to lead such diverse and devoted personnel. Thank you for choosing BCM FCM to advance your careers.

Finally, please join me in saluting Fareed Khan, MBBS, on his promotion to full Professor in October. Dr. Khan is a beloved of faculty, staff, residents, and students alike, and no one is more deserving of this honor. His multi-level service and peerless efforts sustain those privileged to work with him. Congratulations!

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



# We're not OK, but we know you are

The day just felt weird.

I had this feeling of impending doom over me that morning as I sat in bed studying, waiting to get dressed for afternoon clinic. Once I got there, I was cramping, and I knew things were not OK.

It was so intense throughout that afternoon that I would bend over while seeing patients or collapse into a chair out of necessity.

I went to the bathroom between patients to check for blood — there was none.

I looked to heaven and begged God for a healthy baby; don't ever think prayers go unheard.

On the drive home, I writhed in pain, convincing myself that the cramping was normal and that it was just pregnancy pains.

When I got out of the car, I felt a gush, and I knew you were not OK.

I walked through the front door, not knowing what to say to your dad as he smiled at me, excited about something or another.

Daddy was hopeful, but I'd seen this enough to know that your time with us was ending.

There was blood — so much blood.

And there were tears.

We went to the hospital to confirm what I had already known.

Though the times required that I go in alone, the providers I encountered were kind and gentle.

I sat on the hospital bed alone: exposed, blood soaking the pad, feeling as empty as the sac on the ultrasound screen.

You were six weeks and six days — I saw your little heart flicker not even a full week ago — but you were gone.

I never got to see your little bean shape or watch my belly grow, and that selfishly made things a little easier.

I still haven't been able to talk to God like I used to.

But I hope the little prayers I say for you don't go unheard.

I'll never know why you were given to me just to be taken back.

Was my body not hospitable?

Would you need special care that we would be unable to provide?

Was the timing wrong?

Did God have special plans for you in heaven?

I don't know.

And I'm sorry we never got to know you and that we couldn't be the parents you needed on this earth.

But I love you.

I'll never forget you.

I pray your beautiful soul is playing in heaven with the other little angels.

We're not OK, but we know you are.

~ Yasmin Chin Uzamere, M.D.

Chief Resident, Family Medicine Residency Program





## Staff Spotlight

Sara B. Rahman  
Department Administrator

Sara Rahman's face and work are recognizable in FCM and beyond. But, how much do we really know about her beyond her work at FCM? Read on to get to know Sara better.

Sara joined the department in June 2010 as the Operations Administrator. In February 2013, she was named Interim Administrator and became the permanent Administrator after Dr. Zoorob's arrival in June 2014. Sara's favorite part of her job is knowing she has helped our faculty and staff serve our mission areas. She is very proud of our department and that we serve almost half a million patients a year, undertake millions of dollars of research, and educate future healthcare providers and researchers. Sara reports that the worst part of her job is when she has to prioritize resources and recommend that the department eliminate, reduce, or does not invest in something that she knows is important to someone.

Sara's favorite pastime is fiber arts. She prefers needlepoint, knitting, and crocheting, which keep her sane after a long day at the office. She is currently working on three nutcrackers for holiday decorations (*see bottom, right*). She loves traveling, skiing, and biking. Sara also enjoys spending quality time with her family, especially at family game night, and caring for their two small guinea pigs, Bear (wearing the hat) and Moose (*right*).

After working in Family Medicine for more than 11 years, Sara has a deep respect for family medicine physicians. "Family medicine work is one of the most intellectually stimulating careers in medicine. It is not easy to treat the breadth and depth of issues patients bring to the physicians to solve in 20 minutes. The faculty's dedication truly inspires me."



Joining Sara is Mario, her husband, Valentina, their daughter, her parents, Martha and Badia, her brother, Sami, and his wife, Laura, and their two children, Noah and Maya. Sara is super-proud of her brother, a fearless advocate for people with disabilities. Sami's company, [Reckless Wheelchairs](#), is located near Northwest Health Center. Check it out!





# Family Medicine Residency

Over its forty-nine years, Baylor College of Medicine's Department for Family Medicine Residency Program has existed in many iterations. From being based in the department's physician clinic to affiliations with a local managed practice group to its current iteration within Harris Health System's Northwest Clinic, the residency program has always been at the forefront of residency education innovation and impacting communities. Over the past years, the Northwest program has grown from a program size of twelve total residents. The 2022 Match will connect the residency program with eight interns to round out an expansion to a total of twenty-four residents. With another year receiving over 1,200 applicants for these eight positions, the residency program remains a prime destination for Family Physicians of the future.

The new year will mark yet another milestone in the making. On November 11, 2021, the Family Medicine Department received word that the Review Committee for Family Medicine, functioning in accordance with the policies and procedures of the Accreditation Council for Graduate Medical Education (ACGME), granted "Initial Accreditation" for a new Family Medicine residency program. Named the Baylor College of Medicine (St. Luke's Health-East Texas) Program [1204800003], this Rural Residency Track will train a total of nine (9) residents--three per postgraduate year.

Baylor College of Medicine (BCM), the sponsoring institution, is "a health sciences university that creates knowledge and applies science and discoveries to further education, healthcare and community service locally and globally." In alignment with the sponsoring institution's mission, the Baylor College of Medicine (St. Luke's Health-East Texas) Family Medicine Program will train skilled physicians to serve as leaders and innovators in the care of the underserved and vulnerable population of Lufkin, Texas (rural) – as well as the diverse population of Houston, Texas (urban). With the goal of educating the next generation of primary care physicians to provide comprehensive, quality, and compassionate health care to those lacking access to primary care services, both the sponsoring institution and the program aim to address the growing primary care physician shortage and aging physician population – primarily within the rural market.



Eric Warwick, M.D.  
Residency Director

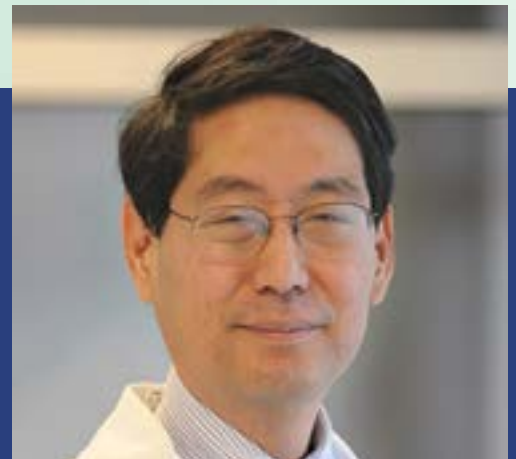
We will live out our mission by structuring the program so that the rural training track program residents spend their first year of training serving the needs of the urban population in Houston and the remaining two years at their rural training site in Lufkin. At the rural training site, residents will undergo rigorous training to thrive as primary care providers in rural communities. This tailored family medicine rural training track program allows residents to recognize the unique challenges faced when caring for patients within the rural market, as opposed to those seen in the urban setting during their first year of training. Residents will undergo an enriching academic and clinical learning experience, facilitated and supervised by dedicated faculty with extensive knowledge and experience caring for patients in the rural setting. Residents will gain first-hand experience working in a team-based environment to provide patient-centered care in inpatient and outpatient settings. By the end of their training, residents will achieve mastery in caring for the underserved and under-resourced communities and develop innovative strategies to overcome barriers and challenges unique to caring for the rural population.

# Family Medicine Education

Thank you to all for your contributions  
to the Medical Student Education program in 2021!

We are committed to helping each of you grow as a teacher and educator. We will be offering a virtual workshop on “Giving Effective Feedback to your Learners” in January 2022. Family physicians may use this workshop as the first step in completing a Performance Improvement activity for the American Board of Family Medicine’s Continuous Family Medicine Certification process. However, we welcome all faculty to attend. Further details about the workshop will be sent soon.

Our Medical Student Education coordinators, Elvira Ruiz and Bridget Angel, join me in wishing you and your family a joyous, peaceful holiday season.”



William Huang, M.D.  
Vice Chair, Education

# Research

During quarter two of the academic year 2022, the Department's diverse research portfolio saw continued growth in external funding. I would like to highlight two newly funded grants by Dr. Luis Rustveld and Dr. Larissa Grigoryan. Dr. Rustveld and colleagues received an R01 from the National Institutes of Health for their project titled "Elevated homocysteine in African American Prostate Cancer: Association with Diet and Dietary practices, evaluating its biomarker potential, and characterizing its tumor promoting function." The project will investigate how altered metabolism in African-American Prostate Cancers promotes tumor progression and how the knowledge can be used in the future to develop diet-based interventions and early detection markers for African American men. Dr. Rustveld and his team will begin the project in April 2022. Dr. Larissa Grigoryan is co-investigator on a study on "Supporting Telehealth for Rural Disabled Veterans: Creating an Implementation Toolkit" funded by the VHA Office of Rural Health with Dr. Felicia Skelton as the Principal Investigator. Please join me in congratulating Dr. Rustveld and Dr. Grigoryan and wishing them continued success with their projects. FCM currently has 32 active grant projects, totaling \$5.3 million in direct costs and \$832,000 in indirect costs to support the research mission.

I am also pleased to announce a new departmental initiative to develop more research on Diversity, Equity, and Inclusion (DE&I). Led by Dr. Jacqueline Hirth and with support from the DE&I committee, we will be offering a workshop open to all interested in learning more about conducting research and ways to integrate DE&I into their research projects. Our first presentation focused on abstract writing occurred on December 8 as a collaboration between the BCM FCM Faculty Development, Quality, Research, and DE&I. This session was well attended, with 23 participants and speakers. The next DE&I workshop will be held in February and focus on developing research methods. This workshop will consist of a short talk, a general discussion, and an open platform for questions.



Sandra Gonzalez, Ph.D., LCSW  
Director of Research

As a reminder, the second annual Research Day will be held on February 22, 2022. We encourage faculty, fellows, residents, and students to attend and consider presenting their research and quality improvement projects (completed or works-in-progress). If you are interested in sharing information about your research in a future edition of the newsletter, please contact me at [Sandra.Gonzalez@bcm.edu](mailto:Sandra.Gonzalez@bcm.edu).

# HHS Same Day Clinics



Kenneth Barning, MBBS  
Medical Director, Same Day Clinics

I am excited to share the Baylor Harris Health Same Day Clinic updates. As we continue to expand the accessibility and quality of our care, we remain committed to our mission of serving the health needs of our community by providing timely, convenient, compassionate, and exceptional medical care at multiple sites within Houston.

**The Same Day Clinics enhanced support for continuity clinics.** We continue to welcome patients who need acute management of their chronic diseases while waiting to be seen by their primary care providers. This service continues to be very valuable within our safety net system, where there remain opportunities to bridge the PCP access gap.

**Our success with maintaining “Face to Face” patient care through the covid pandemic.** Same Day Clinics inserted a Secondary Screening of walk-in patients by clinicians to help identify patients presenting as walk-in patients with CDC-defined covid related symptom(s). The clinician provides a quick overview and updates the team with the best and safest modality of care for each patient that fell into such category. Most defined low-risk patients continue to be seen in person safely through this enhanced workflow within our Same Day platform, thus providing them with alternatives to our overburdened Emergency Rooms.

Same Day Clinic Telemedicine service - COVID/Persons Under Investigation (PUI) Pool. Working with our COVID-19 navigation partners within Harris Health, Same Day Clinic providers continue to provide quality and timely outpatient virtual care to patients with

confirmed covid infections and those exposed individuals within the community (Persons Under Investigation- PUI). Through our enhanced telemedicine service, Same Day clinic services stand as one of the core outpatient provider services for our covid infected or exposed patients within our organization.

“Ask my nurse” direct telemedicine/virtual appointment scheduling. We partner with Harris Health patient access leaders to develop a workflow that allows patients direct access to scheduling a same day virtual visit with a single phone call to our Harris Health “Ask My Nurse” program. This program has helped bring same day virtual services to our patients needing virtual care while enhancing their ease and convenience.

Disaster Management Role. Beyond the routine care we provide, the Same Day Clinic team has emerged as the core clinical provider group within Harris Health to provide acute health care services to the Harris County population during emergencies and natural disasters. Most recently, during Hurricane Harvey and the Galena Park industrial chemical fires, the team worked through temporary health care units to address acute illnesses among the affected population.

We also continue to partner with our local Emergency Centers in our shared efforts to triage patients more effectively to the appropriate levels of care to positively impact our overburdened Emergency Centers. In partnership with Ben Taub Orthopedics, two initiatives have begun in the same day acute management of minor orthopedic presentations and our fully operational same day outpatient minor procedures clinics. This effort provides patients timely and quality access to needed care while bypassing our overburdened EC system. Same Day providers welcomed the opportunity and the in-person workshops led by Dr. Dawson, chief of orthopedics, BTGH.

With our current dedicated team of providers comprising of eight MDs, seven FNPs, and four PAs, our success with continuing to fill all open provider positions has been attributed to the great work-life integration and the vibrant team dynamic which has been cited by most providers as an important part of their choice to work at the Same Day Clinics.

In the past two years, Same Day has welcomed two adorable babies, one in 2020 and another in 2021, which is an indication our Same Day family is on the trajectory of expansion. An important mission for our practice remains education, both in our commitment to educating Baylor College of Medicine residents and medical students. We also offer enhanced opportunities for professional development among our providers and staff. I am very proud of the individual academic achievements that continue to portray the determination and motivation of our advanced level providers. Dr. Rediate Negash (FNP) completed her doctorate in nursing this year. Our department leadership supports all our team members actively pursuing this academic challenge. The best of luck for successful completion as the department is actively working on a pathway to advancement for all advance level providers.

# Congratulations & Kudos



Janie Anders, PA-C, Assistant Professor, was named the 2021 recipient of the Carl E. Vasser Visionary Leadership Award. Named for the long-time director of the Physician Assistant Program at Baylor, the award recognizes excellence by a physician assistant in education, research, clinical practice, and service. Janie provides care at HHS's Casa de Amigos Health Center.

Janie is a 1985 graduate of the BCM Physician Assistant Program and has been a PA in the Department of Family and Community Medicine since that time. She has contributed significantly to the institution's education mission, serving as a long-standing preceptor for our program since 1986 in family medicine. She works at Casa de Amigos, serving the underserved population in Houston. Her supervisor calls her a "natural leader" and a "problem solver," also saying that Janie has demonstrated her dedication and compassion for her patients in an exceptional way, particularly during the trying times of the pandemic. In addition to her service to her patients, Janie is a long-time supporter and volunteer for the Houston Rodeo, now serving as captain for the Health Committee. This is a significant time commitment outside of her patient care and demonstrates her continued commitment to community service and an organization that supports the education of Texas students.



# Congratulations & Kudos

A donation from a grateful donor, who had an exceptional patient experience at a Baylor College of Medicine medical practice, launched the “That’s the Way” program. Each month, these donated funds are used to recognize two employees per month for their exemplary service. Patient comments and kudo cards determine recognition. The patient experience committee surprises winners in their work environment with:

Certificate \$100 supplemental pay “Leading the way” pin Balloons Employee Recognitions

See how these Baylor College of Medicine employees were recognized for going above and beyond to deliver exceptional patient experiences.



*Mohamad Sidani, M.D., Knic Rabara, D.O., Sara Rahman, M.S.*



Diana Blicharski, M.D., and Fareed Khan, MBBS, were selected Harris Health Champions for HHS’s second quarter.

Both have a longstanding commitment to Baylor College of Medicine. Dr. Blicharski has been here for 33 years, and Dr. Khan joined the department in 1998.

Honorees stand as the face of ServiceFIRST by their commitment to exceeding customer expectations and setting high service standards that result in a service culture of excellence at Harris Health System. The award ceremony was held on Friday, November 11, 2021.

# Congratulations & Kudos



Drs. Luu and Juneja with Mr. Melvin Prado, Operations Manager, and Dr. Pirzada, Medical Director. Dr. Pirzada (*far right*) organized the first HHS Championship Awards for the local health center.

## Congratulations to the Champion Award winners at Vallbona Health Center:

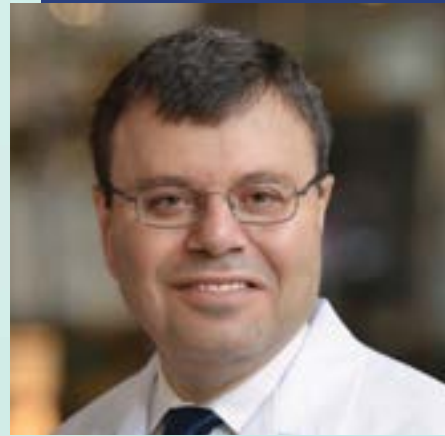
Malvika Juneja, M.D.	Championship Award for Alignment with BCM Academic Mission
Phong Luu, M.D.	Championship Award for Quality and Patient Safety
Preethi Nambi, M.D.	Championship Award for Education
Kamna Bansal, M.D.	Championship Award for Physician Advocacy
Eric Lee, M.D.	Championship Award for Citizenship
Anjali Aggarwal, M.D.	Championship Award for Education
Saira Khan, M.D.	Championship Award for Patient Centered Service



# Congratulations & Kudos



Larissa Grigoryan, M.D., PhD



Roger Zoorob, M.D., MPH

Congratulations to Drs. Grigoryan, Zoorob, Kowalchuk, and Salihu who were named “World Experts” based on Expertscape’s PubMed-based [algorithms](#). Dr. Grigoryan is listed in the top 0.1% and Dr. Zoorob in the top 5.8% of scholars writing about Urinary Tract Infections over the past ten years. Dr. Kowalchuk ranks in the top 4.1% of published authors worldwide on Substance-Related Disorders, while Dr. Salihu is listed in the top 1.3% of authors on Women’s Health and Pregnancy.



Alicia Kowalchuk, D.O.



Hamisu Salihu, M.D., PhD

# Congratulations & Kudos



Namrata Walia, M.D.

Dr. Walia and colleagues Varsha Podduturi and Daryl Shorter received the top poster award for “Methamphetamine and Other Associated Drugs as Cause of Accidental Overdose Deaths in Harris County, Texas from 2016-2020” at the 31st AAAP Annual Meeting and Scientific Symposium. The awards ceremony was held virtually on December 9.



Maria Mejia, M.D., MPH

Dr. Mejia, Associate Professor and a member of the Cancer Prevention and Population Sciences program, was inducted as a co-chair of the [Priority Area Workgroups \(PAW\) of the Cancer Alliance of Texas \(CAT\)](#). She was featured on the front page of the November 5 issue of the Duncan Cancer Center [Newsletter](#). She will serve for the 2022-2023 term.

CAT is the state cancer coalition charged with enacting and promoting the [Texas Cancer Plan](#).



Fabrizia Faustinella, M.D., Ph.D.

Dr. Faustinella has been notified that she will be featured as a Top Internist representing Houston in the 2022 Top Doctor list, published by *Houstonia Magazine*. Selection is determined by the Top Doctor research team, which is specifically geared to aggregate information about the physician's background, affiliations, education, experience, peer reviews, and patient evaluations from the best sources available.

Inclusion in the Top Doctor list is a recognition given to physicians who have upheld the highest standards in patient care and best fulfill the very personal needs of each patient. The Top Doctor award highlights the outstanding accomplishments and significant achievements of individual Internists while recognizing the positive difference they have made in the lives of their patients, colleagues, and the community they serve.



# Happenings



In November, Valbona Health Center faculty hosted a Diwali luncheon celebrating Dr. Fareed Khan's promotion to Full Professor.

*Front row:* Lisa Lopez; Shaira Ulgangca, MHA/MBA; Afroze Ali, M.D.; Sanjani Bhattarai, M.D.; Kathy Hwu, M.D.; Kamna Bansal, M.D.; Noreen Pirzada, M.D. *Back row:* Homayoun Ataei, M.D.; Bharat Joshi, M.D.; Melvin Prado; Eric Lee, M.D.; Asim Shah, M.D.; Fareed Khan, MBBS; Rekha Afzapurkar, M.D.; Malvika Juneja, M.D.; Preethi Nambi, M.D.; Nidhi Mehrotra, MBBS; Ambreen Mujahid, M.D.

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**WHEN**  
OCTOBER 25, 2021

**TIME**  
12:00 PM - 1:00 PM

CLICK HERE TO REGISTER  
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SIVERAND@BCM.EDU

Each month, FCM researchers host free virtual Mental Health Awareness Trainings on various topics, funded by the AWARE-Houston grant project. Sandra Gonzalez, Ph.D., LCSW, is the Project Director, with Mónica Alzate, Ph.D., LCSW, MA, serving as Director of Training. Supporting the team are Maribel Mosqueda and Ashley Siverand. The one-hour trainings consist of either live, virtual, or pre-recorded webinars followed by a live Q&A.

Interested in MHAT's future trainings? Would you like trainings for your Department or organization? Contact [Ashley.Siverand@bcm.edu](mailto:Ashley.Siverand@bcm.edu) for more information. All are free and open to the public in the Greater Houston Area.

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# Happenings



## Breast Cancer Awareness Month



“RISE: Rally In Supporting, Serving and Screening Everyone” is the National Breast Cancer Foundation’s theme for 2021.

River Oaks Clinic showed its pink color to raise awareness that one in eight women will develop invasive breast cancer over the course of her lifetime.



Lisa Webb, LCDC, is a recent National Resource Center for Academic Detailing (NaRCAD) trainee and health educator in the FCM Research Program. She was interviewed for [NaRCAD's "The Details Blog"](#) to discuss her experiences



preparing to conduct 1:1 visits with clinicians to support the treatment of substance use disorders. The NaRCAD e-newsletter published her interview this fall.



On December 14, Baylor Medicine - Family Medicine held a Happy Hour at an outdoor patio at Pico's Restaurant. It is so nice to bring the crew together!



# Happenings



On November 7, students gathered for the annual meal at the home of Anjali Aggarwal, M.D.



While the Astros couldn't pull off a world championship this October, Lisa Lopez, Laura Lind, Nicole Gonzalez, and Kylie Schaper showed their team spirit cheering them on.



## Growing Up Baylor

Xinqi Mike Ren, M.D., assistant professor, did not always want to study medicine, beginning his undergraduate studies at SMU in finance. [Click to read](#) more about his experiences as a medical student, resident, and faculty at Baylor College of Medicine.



# Happenings



On the morning of October 15, the Admin Team volunteered at the Houston Food Bank for their quarterly retreat. They spent the afternoon working on team goals and discussing ways to improve FCM's business processes.

Members of the FCM Admin Team are:

Sara B. Rahman   Garry Smith   Lisa Lopez  
Melissa McCauley   Jamie Boles   Disha Rana  
Gabriella Mireles   Chiayuan Lin   Shaira Ulangca





# Happenings



Rediate Negash, MSN; Rashmi Rode, M.D.; Ryan Urbi, M.D.; Kenneth Barning, MBBS; Cassandra Shipman-Wadley, MSN; Jenny Khan, MSN; Ricardo Valle, MS; Abimbola Telufusi, MPAS-C; Jonnae Atkinson, M.D.

## Procedures Workshop

Our Same Day Clinic expanded the scope of practice to include Minor Laceration Repairs and Management of Abscesses, including those needing urgent incision and drainage. Our team of providers attended a surgical skills workshop approved and sponsored by FCM. This training provided team members with the basic skills needed to provide our patients with these services within our clinics, thus providing timely, quality care and saving our patients from a long wait in our overburdened emergency rooms.



Bligha Noor, MSN, Rediate Negash, MSN; Kenneth Barning, MBBS, Jack Dawson, M.D.; Ryan Urbi, M.D.; Ming Chao, APN-C; Ricardo Valle, MS.

## Orthopedic Workshop

Same Day Clinic providers pose for a photo after the first group of providers completed their collaborative workshop on managing minor outpatient Orthopedic presentations. The Same Day Platform aligns its scope of practice to support the decompression of our overburdened emergency rooms. The workshop was organized and led by Dr. Barning, Same Day Clinics Medical Director, and Dr. Jack Dawson, Chief of Orthopedic Surgery-BTH.





## Kirby 6th Floor celebrates the holidays!

The department enjoyed each others' company at the first gathering the 6th floor employees have had in a few years. An Ugly Sweater contest and Name That Tune highlighted the event. We didn't know that those who sang had such nice voices!







Primary Care Update brought an opportunity for medical providers, residents, and medical students to discuss clinical updates and evidence-based primary care best practices. 7.0 CME credits (including 1.0 Ethics credit) were available to participants. Held in October, the 2021 conference gathered 124 participants virtually. **Dr. Zoorob** welcomed participants to the virtual one-day event.

The keynote address, "Stroke and the Role that Gender Plays," was given by Dr. Louise McCullough, the Professor and Chair of the Department of Neurology at UT McGovern.

Other presentations included:

- "Practice Update: Paradigm Shift in Management of Diabetes" by Dr. Nalini Ram, Professor of Endocrinology, Department of Medicine at BCM.
- "Ethics: Care of the Incarcerated: Equity Considerations" by Dr. Marc Robinson, Assistant Professor, Department of General Medicine at BCM
- "Specialty Update: Heart Failure Management" by Dr. Poorna Nalabothu, Director, Heart Failure Unit, St. Mark's Hospital & The Heart Center at St. Mark's. Draper, Utah
- "Mental Health: Suicide Prevention - A Growing Responsibility" by Dr. Laura Marsh, Professor of Psychiatry, Veterans Affairs
- "Epidemiology: The Unfolding of COVID-19: Variants & More" by Dr. Laila Colburn, Associate Professor, Department of Infectious Diseases at Emory University
- "Women's Health: The Menopausal Syndrome" by Dr. Nina Ali, Assistant Professor, Texas Children's Pavilion for Women

After all the presentations, **Dr. Fareed Khan** gave the closing remarks.

Asked what did they liked most about this conference, some attendees responded:

"The information was very pertinent to my every day outpatient practice. These are the sort of talks we need as community primary care providers.

"Some good practical info on complex changing topic that we can implement today

"Relevant topics & very knowledgeable presentors

"The content was fascinating and delivered in such a concise and easy manner to understand and follow.

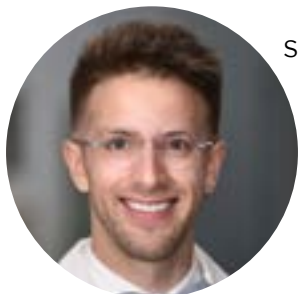
"ALL of it; conference will enhance my practice

"The selection of topics were very relevant to my patient population

"Please continue with the PCU. The series is excellent

"Very informative and highly appreciate you all getting together to forge ahead with the program for improvement

# Welcome to FCM



**Samuel Randall, M.D.**, received his medical degree from Wayne State University School of Medicine (2018). He completed his residency at Northwestern University in Chicago with a certification in Global Health. Dr. Randall has been active in local Audubon societies, working with public education and the local conservation of natural spaces. His primary work location is Northwest Clinic.

**Amber Fatima, PA-C**, graduated from the Duke University Physician Assistant Program and, upon moving to Texas, worked for a rural outpatient internal medicine clinic in Alvin. She sees patients at MLK Health Center.



**Judith Gutierrez, M.D.**, joins the Primary Care Research Fellowship from the PPCR Program at Harvard University. She hopes to contribute to developing ideas for disease prevention and primary care improvement in underserved communities.

**Sue Amornsenarak** is a Dental Assistant with Healthcare for Homeless-Houston. Prior to joining us, she studied Biomedical Sciences at Texas A&M University, volunteered at Brazos Valley COVID Vaccination HUB, and shadowed local dentists in College station/Houston areas.



**Samira Bush** is a Senior Practice Manager with Baylor Medicine. Before joining us, Samira worked for Memorial Hermann Healthcare System for the past ten years. Samira's primary location is River Oaks Clinic.



# Welcome to FCM

**Meagen Scott** is a Case Worker with Healthcare for the Homeless Clinic, Houston. Prior to joining us, Meagen worked in social services while obtaining her MSSW. Meagen anticipates working towards her LCSW.

**Naraina Hunt, RN**, is a Registered Nurse I with Healthcare for the Homeless Clinic, Houston. Before joining the department, Naraina worked at CHI St. Luke's, Sugarland, in the Emergency Department. Naraina hopes to empower her patients with excellent care reinforced by patient education.

**Jessica Calderon Cortinas** is a Licensed Vocational Nurse II who joins the department from Memorial Hermann Community Benefits. Compassion, empathy, and care are hallmarks of her work at Healthcare for the Homeless-Houston.

**Adrinne Sanseverino** is the Front Desk Specialist I at the Healthcare for Homeless Houston. Adrinne and her family have just relocated to Houston from Little Rock. Before joining Baylor, Adrinne worked for Arkansas Children's Hospital as an Admissions Counselor and worked in Bed Control. Adrinne's primary work location is Healthcare for the Homeless-Houston.

**Alexandra Hernandez** is an MA II with Baylor Medicine-Kirby. Prior to joining us, Alexandra worked for Stellar Women's Care. When not at Baylor, Alexandra spends time with her five year old son, Adrian.

**Charnel Anderson** is an RN II with River Oaks Private Clinic. Before joining the department, Charnel worked for Alvin Independent School District. At Baylor College of Medicine, Charnel hopes to share what she has learned and learn a lot more all through serving others well. Away from work, Charnel spends time with her husband and three children watching football, Hallmark Channel, and HGTV.



# Publications

Wagenlehner F, Nicolle L, Bartoletti R, Gales AC, Grigoryan L, Huang H, Hooton T, Lopardo G, Naber K, Poojary A, Stapleton A, Talan DA, Saucedo JT, Wilcox MH, Yamamoto S, Yang SS, Lee SJ. [A global perspective on improving patient care in uncomplicated urinary tract infection: Expert consensus and practical guidance](#). *J Global Antimicrob Resist*. 2021 Dec 8;S2213-7165(21)00259-9

Hampton K, Raker E, Habbach H, Deda LC, Heisler M, Mishori R. [The psychological effects of forced family separation on asylum-seeking children and parents at the US-Mexico border: A qualitative analysis of medico-legal documents](#). *Plos One*. 2021 Nov 24;16(11):e0259576. doi: 10.1371/journal.pone.0259576.

\*Article based on a political asylum case conducted by Patrick McCollister, M.D., for Physicians for Human Rights.

Mansyur CL, Rustveld LO, Nash SG, Jibaja-Weiss ML. [Psychosocial contributors to depressive symptoms in Hispanic patients with Type 2 Diabetes](#). *Sci Diabetes Self-Manag Care*. 2021 Dec;47(6):415-424. doi: 10.1177/26350106211054420.

Iliyasu Z, Garba MR, Gajida AU, Amole TG, Umar AA, Abdullahi HM, Kwaku AA, Salihu HM, Aliyu MH. [‘Why Should I Take the COVID-19 Vaccine after Recovering from the Disease?’ A Mixed-methods Study of Correlates of COVID-19 Vaccine Acceptability among Health Workers in Northern Nigeria](#). *Pathog Glob Health*. 2021 Dec 22:1-9. doi: 10.1080/20477724.2021.2011674. Online ahead of print. PMID: 34937530

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Dongarwar D, Harris TB, Salihu HM. [Fourth Annual Summer Research Summit on Health Equity Organized by the Center of Excellence in Health Equity, Training and Research, Baylor College of Medicine, Houston, Texas 77030, USA on May 20, 2021](#). *Int J MCH AIDS*. 2021;10(Suppl 3):S1-S54. doi: 10.21106/ijma.532. Epub 2021 Oct 20. PMID: 34914814

Yu L, Salihu HM, Dongarwar D, Chen L, Jiang X. [Deep graph convolutional network for US birth data harmonization](#). *J Biomed Inform*. 2021 Dec 10;125:103974. doi: 10.1016/j.jbi.2021.103974. PMID: 34902551

Iliyasu Z, Kwaku AA, Umar AA, Tsiga-Ahmed F, Nass NS, Abdullahi HM, Amole TG, Salihu HM, Aliyu MH. [Predictors of COVID-19 vaccine acceptability among patients living with HIV in northern Nigeria: A mixed methods study](#). *Curr HIV Res*. 2021 Dec 16. doi: 10.2174/1570162X19666211217093223. PMID: 34923948

Nemeh C, Dongarwar D, Oguduwa E, Salihu HM, Barrantes Perez J. [Clinical Outcomes of Noninvasive Ventilation in Asthma, Bronchiectasis, and Other COPD](#). *South Med J*. 2021 Dec;114(12):766-771. doi: 10.14423/SMJ.0000000000001329. PMID: 34853852

Walia N, Lat JO, Tariq R, Tyagi S, Qazi M, Salari SW, Jafar A, Kousar T, Bieniek S. [Post-acute sequelae of COVID-19 and the mental health implications](#). *Discoveries J*. 2021 Oct-Dec;9(4):e140 doi: 10.15190/d.2021.19

# Publications

Chacon, N, **Walia, N**, Allen, A, Sciancalepore JT, Quick R, Mada S, Diaz MA, Rodriguez I. [Substance Use during the COVID-19 pandemic and its effects on the underserved communities](#). *Discoveries J*. 2021 Oct-Dec;9(4):e141. doi: 10.15190/d.2021.20

Iliyasu Z, Umar AA, Abdullahi HM, Kwaku AA, Amole TG, Tsiga-Ahmed FI, Garba RM, **Salihu HM**, Aliyu MH. [“They have produced a vaccine, but we doubt if COVID-19 exists”: correlates of COVID-19 vaccine acceptability among adults in Kano, Nigeria](#). *Hum Vaccin Immunother*. 2021 Oct 6:1-8. doi: 10.1080/21645515.2021.1974796. PMID: 34613864

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Fasipe T, Dongarwar D, Lopez E, Brown R, Abadom M, Mahoney DH, **Salihu HM**. [Hospital Use and Mortality in Transition-Aged Patients With Sickle Cell Disease](#). *Hosp Pediatr*. 2021 Dec 1:hpeds. 2021-005806. doi: 10.1542/hpeds.2021-005806. PMID: 34808666

Santa Maria D, Lightfoot M, Nyamathi A, Businelle M, Paul M, **Quadri Y**, Padhye N, Jones J, Armijo MC. [A nurse case management HIV prevention intervention \(Come As You Are\) for youth experiencing homelessness: Protocol for a randomized waitlist controlled trial](#). *JMIR Res Protocol*. 2021;10(5):e26716) doi: 10.2196/26716

Miranda J, Dongarwar D, **Salihu HM**, Montero-Baker M, Gilani R, Pallister ZS, Mills JL, Chung. J. [Gender, Racial and Ethnic Disparities in Iatrogenic Vascular Injuries among the Ten Most Frequent Surgical Procedures in the United States](#). *Ann Vasc Surg*. 2021 Nov 12:S0890-5096(21)00823-2. doi: 10.1016/j.avsg.2021.09.044. Online ahead of print.PMID: 34780954

**Salihu HM**, Garcia BY, Dongarwar D, Maiyegun SO, Yusuf KK, Agili DEA. [Maternal pre-pregnancy underweight and the risk of small-for-gestational-age in Asian-American ethnic groups](#). *Obstet Gynecol Sci*. 2021 Nov;64(6):496-505. doi: 10.5468/ogs.21243. PMID: 34666428. Free article.

Zoorob RJ, Mejia MC, Matas J, Wang H, Salemi JL, Levine R. [Smoking history and adherence to cancer-related recommendations in a primary care setting](#). *Transl Behav Med*. 2021 Dec 16;ibab156. doi: 10.1093/tbm/ibab156

**Walia N**, Gonzalez S, Zoorob R. [A systematic review of the use of St. John's Wort for smoking cessation in adults](#). *Cureus*. 2021 Oct;13(10):e18769. doi:10.7759/cureus.18769

Mejia AAS, Cambronero N, Dongarwar D, **Salihu HM**, Vigil-Mallette MA, Garcia BY, Morris SA. [Hospital outcomes among infants with interrupted aortic arch with simple and complex associated heart defects](#). *Am J Cardiol*. 2021 Dec 29 [Epub ahead of print]

# Presentations

## 2021 WPA WORLD CONGRESS OF PSYCHIATRY

Oct 2021

**Walia N**, Lat JO, Tariq R, Tyagi S, Qazi A, Salari SW, Jafar A, Kousar T, Leszkowitz D, Abreu R, Rodriguez I. Trends in Mortality Due to Stimulants Use in Adolescents and Young Adults.

**Walia N**. Prevalence of Psychological distress and its association with the overall health during the COVID-19 pandemic in the United States

## AMERICAN MEDICAL ASSOCIATION RESEARCH SYMPOSIUM 2021

Oct 2021

**Walia N**, Levine RS. Low mortality from malignant neoplasm of the trachea, bronchus and lung in the United States-Mexico border area.

## 2021 NORTH AMERICAN PRIMARY CARE RESEARCH GROUP

Nov 2021

**Walia N**, Levine R, Zoorob R. A Cross Sectional Survey of Infant mortality among the Black population in the United States.

## 31<sup>ST</sup> AAAP ANNUAL MEETING AND SCIENTIFIC SYMPOSIUM

Dec 2021

**Walia N**, Podduturi V, Shorter DI. Methamphetamine and Other Associated Drugs as Cause of Accidental Overdose Deaths in Harris County, Texas from 2016-2020. \*Poster Award

## 2021 QUARTERLY NRSA WEBINAR

Oct 2021

**Walia N**. Bringing Alcohol and Other Drug Research to Primary Care

## 34TH INTERNATIONAL PAPILLOMAVIRUS CONFERENCE - IPVC 2021

Nov 2021

Eboreime K, **Hirth JM**, Cofie LE, Rupp RE, Berenson AB. Human papillomavirus dose reminder preferences among parents from a diverse clinical sample: A qualitative study.

## 2021 NAPCRG ANNUAL MEETING

Nov 2021

**Hirth JM**, Ecker A, Berenson AB, Zoorob R, Gonzalez S. Understanding mental health among US medical students during the COVID-19 pandemic: Role of primary care providers.



# Hold the Date!

## Second Annual FCM Research Day

February 19, 2022

8:00 AM - 4:00 PM

7.0 CME Credits

The conference will be held virtually and is free for all Baylor College of Medicine Faculty, Fellows, Residents & Students.

The non-commercial setting will include presentations on research and quality improvement projects.



BY REQUEST  
THIS TRAINING IS A PRE-RECORDED WEBINAR NOT  
LIVE Q&A

**VIRTUAL MENTAL  
HEALTH AWARENESS  
TRAINING SERIES**

**ADVERSE  
Childhood  
EXPERIENCES**

PRESENTED BY BAYLOR COLLEGE OF  
MEDICINE FACULTY



**JANUARY 24, 2022  
12PM - 1PM**

**JOIN US  
EVERYONE WELCOMED**

CLICK HERE TO REGISTER OR CONTACT ASHLEY SIVERAND  
SIVERAND@BCM.EDU

**Participants will learn how certain experiences during childhood can change our brains, affect our physical/mental health, and impact our behaviors/outcomes throughout our lifespan and will identify factors that create resilience.**

**Baylor College of Medicine** **FAMILY & COMMUNITY MEDICINE**



Sandra Gonzalez, Ph.D., LCSW, (PI), and Mónica Alzate, Ph.D., LCSW, MA, will host MHAT's next one-hour, Pre-Recorded Training on Adverse Childhood Experiences with a live Q&A on January 24 at noon.

Here's the link to [register](#).

Future topics in the MHAT series will include two complementary, one hour trainings on Domestic Violence (in English) and, for the first time, we will present Common Mental Health Concerns in Spanish.

**“As you grow older, you  
will discover that you  
have two hands, one  
for helping yourself, the  
other for helping others.”**

~ Maya Angelou

*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](#).