

Department of **FAMILY & COMMUNITY**
 Health Disparities Substance Use Residency
 Mental Health & Wellness Training Women's Health primary care
 EDUCATION Prevention RESEARCH
FCM NEWSLETTER Chronic Disease
 2022 Q4 Antibiotic Stewardship **MEDICINE**

Celebration, camaraderie, and change defined our department's moments in the 2021-2022 fourth quarter. We closed out the academic year with the graduation of our PGY-3 Family Medicine residents. Our residents witnessed healthcare change during their training due to the pandemic, preparing them for the next challenges in their careers.

Residents, fellows, faculty, and staff contributed to over two dozen presentations throughout the quarter. There were several opportunities where our department's research was presented to other healthcare professionals. Overall, the collaborations demonstrated strong team efforts and Baylor College of Medicine's core values.

Major developments in faculty and staff also took place during the quarter. Please join me in congratulating **Larissa Grigoryan, M.D., Ph.D., MPH, MSc** and **Rashmi Rode, M.D., FAAFP** for their promotions to associate professors (tenure-track). I am delighted that they continue to advance within our department. Additionally, we welcomed **Linda Tran Dinh** as the new administrator. Furthermore, we supported the bittersweet departures of **Gabriella Mireles, MBA**, **Maribel Mosqueda, MPA/HCA**, and **Joan Newell**. Read more about each individual inside the newsletter.

Lastly, we are observing the 25th anniversary of the Department of Family and Community Medicine in 2022. Two events shaped the department that we know today. Learn more on our history from **William Huang, M.D.** on page four of the newsletter.

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



Houston Aware

Mónica M. Alzate, Ph.D., LCSW
Assistant Professor

Houston Aware is a three-year grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to increase mental health awareness in the Greater Houston area. Sandra Gonzalez, Ph.D., LCSW is the principal investigator and project director, Ashley Siverand, MBA is the program manager, and I am the co-investigator and director of training.

During the second year (May 1, 2021 to April 30, 2022), we conducted a total of 12 training sessions, with 705 total participants trained. All of the training sessions were conducted virtually through Zoom.

We continued training on the topics developed during the first year of the grant:

1. Common mental health concerns among children, teens, and adults
2. Adverse Childhood Experiences (ACEs)

We added the following topics in the second year:

3. Natural disasters and mental health
4. Self-care: Myths and best practices

These trainings included community members, health professionals, educators, and emergency personnel.

We also offered training sessions to specific groups, such as: Pearland Police Department, University of Houston Community Health Honors Program students, Baylor College of Medicine medical students, Baylor College of Medicine employees through Doc Talk (open to staff, faculty, trainees, post-docs, and fellows), and a Nursing Research Group from the Veterans Hospital.

Beginning with the third year on May 1, 2022, and celebrating May as Mental Health Awareness Month, I led several mindfulness sessions during three weeks that gathered a total of 50 attendees from the Family and Community Medicine administration staff and clinic medical assistants. Lastly, we conducted two more training sessions on the topic of domestic violence divided into two parts as of the end of June.

We have new and exciting opportunities to continue to train our community, including health fairs and schools.

If you would like to have one-hour training sessions on mental health awareness within your clinic or know of an organization/group interested, please email Ashley.Siverand@bcm.edu. We will be happy to respond with the list of topics and descriptions, and find a mutually convenient time to offer the training sessions.



After a mindfulness session, Adriana Rangel, MPH, RRT (left), Mónica M. Alzate, Ph.D., LCSW (center), and Laura Lind (right) sit under the Mindfulness Tree.



Staff Spotlight

Linda Tran Dinh
Administrator

Linda Tran Dinh, administrator, has been working in Family and Community Medicine since April, and she fits right in with us. She embodied her new role from day one with the department. Linda energizes the room and we are lucky to have her.

Linda's career with Baylor College of Medicine began in February 2010, when she started as a section administrator for Gastroenterology in the Department of Medicine. In May 2014, she was promoted and transferred to the Section of Hematology and Oncology. She knows the ins and outs of the College, sharing with our department her wealth of knowledge.

Linda's enthusiasm for her profession is admirable. A personable leader, she loves collaborating and building long-standing relationships with colleagues and faculty. She actively listens to faculty talk about their daily adventures as clinicians, educators, and researchers. Through their stories, she is able to witness their passion and see why they chose a career in medicine, which is truly inspirational to her. Additionally, she enjoys working on initiatives and projects to improve business operations and administration. Linda has been able to grow and expand her leadership background in clinical, education, and research missions throughout the past 12 years working for the College, which has enabled her to become resourceful to faculty and staff.

As much as Linda is dedicated to her job, family and self-care come first. She loves spending quality time with family. Linda married her high school sweetheart in December 2006 and they have two beautiful children. This upcoming academic year, their son will be a 14-year-old freshman in high school and their daughter is seven years old entering second grade. Together they go on vacations to Walt Disney World and Disneyland, or on a Disney cruise. In addition to traveling, Linda engages in exercise and baking. During the pandemic, she picked up trying new cooking recipes as a hobby. After a long day at work, Linda looks forward to coming home to have dinner with her husband and children. During a typical family dinner without electronic devices present, they take turns sharing their day. These moments help Linda de-stress and stay connected with her family.



es present, they take turns sharing their day. These moments help Linda de-stress and stay connected with her family.

Linda also spends time with her big, extended family. Her mother is the eldest of 11 children and Linda is the fourth child among eight siblings. Her weekends are filled with game nights, birthdays, engagements, graduations, and other events. In Linda's world, there is never a dull moment!

Family Medicine Education

This is a timely opportunity to look back at the history of our department. Two important events in the department occurred 25 years ago. What were they?

1. The merger of two departments into the Department of Family and Community Medicine:

In 1997, the Departments of Family Medicine and Community Medicine (separate departments at the time) merged into our current Department of Family and Community Medicine. During that time, the faculty of the Department of Family Medicine saw patients in a private office across the street from Rice University and they were also heavily involved in the medical student as well as residency education and research. On the other hand, the Department of Community Medicine faculty were scattered in Community Health Centers around the city and they precepted medical students at their site, but otherwise had little involvement in other academic or research opportunities. The merger between the two departments enabled the strengths of both departments to be combined and bring a stronger presence in providing primary care to our community.

Fast forward to 2022 and our Department of Family and Community Medicine is now 25 years old. Faculty continue to provide primary care at private practice sites and Community Health Center sites, with the number of patients seen increasing each year. We all use an electronic medical record system in caring for our patients, and assessments of quality measures and patient satisfaction help us plan improvements in our care. A distinct change from 1997 is that faculty at all sites now have the opportunity to precept medical students and participate in academic endeavors, such as serving as small group leaders or learning community advisors for the medical students.

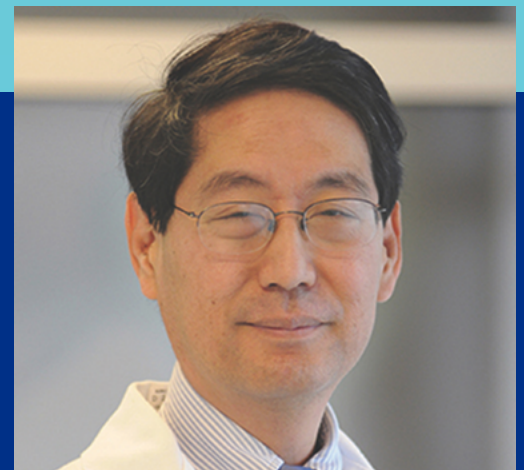
2. Family Medicine residents start at Northwest Health Center for their residency continuity clinics:

Along with the merger of the two departments, our Family Medicine residency started to use Northwest Health Center as a site for the residents' continuity clinics in 1997. Other sites were also used, but Northwest Health Center emerged over the years as the primary site for Family Medicine residents to provide continuity

of care for their patients. Congratulations to the leadership of the department and residency program, staff, and residents who have built the program at Northwest Health Center into a program of excellence.

I am grateful for the positive influence that both events had on my career. Our department has experienced much growth over the past 25 years due to strong leadership and the many contributions from you, our faculty, in clinical care, teaching, education, and research. Thank you for your support!

Due to your contributions, our department will continue to grow in the future. For any of you wishing to learn about opportunities in teaching or education, please contact me via WilliamH@bcm.edu. I am happy to meet with you and discuss further.



William Huang, M.D.
Vice Chair, Education

Courses

DETERMINANTS, DISPARITIES, AND SOCIAL HEALTH OF POPULATIONS-DDASH

(Left to right) Parul Pillai (Harris County Public Health), Malvika Juneja M.D., FAAFP (Course Director, DDASH), Esther Liew (Partnerships Manager, Houston Food Bank), and Tiffany Thomas (Council Member and Chair, Harris County Housing and Community Affairs) pictured after a session on Community Resources for Underserved Populations.



Each year, Malvika Juneja M.D., FAAFP brings community leaders to Baylor College of Medicine to teach the entire MS3 class about Determinants, Disparities, and Social Health of Populations-DDASH. The medical school foundational course, DDASH, runs each year from March to June, allowing students to build awareness, attitude, and advocacy on a wide range of public health topics. The course was launched in 2018 by Dr. Juneja and has grown significantly, despite adopting a hybrid curriculum during the pandemic. This year, Victoria McCurry, M.D., FHM, FAAFP, medical director of Healthcare for the Homeless - Houston, joined DDASH as associate course director.

Medical students have enjoyed topics from guest speakers such as Care of Incarcerated Patients, Border Health, and Built Environments. Family and Community Medicine faculty also teach sessions: Winifred Hamilton, Ph.D., M.S., M.A., S.M. - Environmental Health, Fareed Mahmood Khan, M.D., DTMH, FAAFP - Safety net Populations, Yasmeen Quadri, M.D. - Care of the Homeless, and Alicia Kowalchuk, D.O., FASAM - Substance Use Disorders. Additionally, our faculty serve as facilitators in small group workshops within DDASH. Kiara Spooner, DrPH, MPH, CHES, Mónica M. Alzate, Ph.D., LCSW, Sanjana Bhattarai, M.D., FAAFP, Elizabeth Bosquez, M.D., Kamna Bansal, M.D., Preethi Nambi, MBBS, M.D., Rashmi Rode, M.D., FAAFP, Kenneth Barning, MBChB, Annette Li, M.D., Jacqueline Hirth, Ph.D., MPH, Diana Atwal, M.D., M.A., B Joy Blumenreich, M.D., Indumathi Kuncharapu, M.D., and Noreen Pirzada, M.D. have all led small group discussions on Implicit Bias and Health Disparities.

BRINGING ALCOHOL AND OTHER DRUG RESEARCH TO PRIMARY CARE

Family and Community Medicine encourages healthcare professionals to take the online training program, Bringing Alcohol and Other Drug Research to Primary Care. The CME/CEU-approved course focuses on sharing research regarding substance abuse prevention and treatment in primary care. Visit bcm-fcm.org to learn more about the free and interactive course.

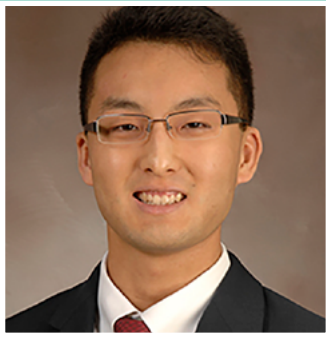


Shruti Varadarajan, M.D., FAAFP (right, showing documents) pictured in the Poverty Simulation Workshop.

This year, the course hosted its first-ever Poverty Simulation Workshop. “The simulation allowed students to experience the reality of families living with economic instability and explain their health behaviors and everyday choices,” Dr. Juneja said. The workshop took place in the Rayzor Lounge at the College. Students role-played as families living with scant resources, while Shruti Varadarajan, M.D., FAAFP, Bharat Joshi, M.D., Knic Rabara, D.O., Kiara Spooner, DrPH, MPH, CHES, and Elizabeth Bosquez, M.D. role-played as community agents. Other volunteers from the College, University of Houston, and Texas Southern University participated as well.

FCM Graduates

Congratulations to our Family Medicine Residency Class of 2022! Our residents experienced a unique learning environment, having entered the program before the pandemic and leaving with advanced knowledge to navigate healthcare's new landscape. We have enjoyed being part of their career journeys.



Peter Baek, M.D.



Sara Coverdale, M.D.



Lily Luc, M.D.



Chinwe Nwokocho, M.D.



Elizabeth Thoyakulathu, M.D.



Yasmin Chin Uzamere, M.D.



Michelle Wheeler, M.D.



Namrata Walia, M.D., MHA, MPH (*right of Roger Zoorob, M.D., MPH, FAAFP*) graduated from the T-32 Primary Care Research Postdoctoral Fellowship in June. Dr. Walia joined the department as a fellow in February 2020. According to her LinkedIn profile, she focused her fellowship training on advanced research methods and statistical data analysis with Dr. Zoorob as her mentor. She explored topics such as addiction, mental health, and health disparities. Dr. Walia's contributions to various publications and presentations during the program reflect her research interests. We look forward to learning about her future work as an alum.

FCM Graduates Residency Graduation

The Family Medicine Residency Class of 2022 celebrated their graduation at the Houston Aquarium Nautilus Ballroom. The dinner honored our well-deserved residents, as we showed our appreciation of their dedication to education. We witnessed their growth during the residency program and we see bright futures ahead!



Graduates with faculty and residency alumni.



Residency graduates (*Dr. Thoyakulathu not pictured*).



Graduates with current and incoming residents.



New PGY-1 residents.

Congratulations & Kudos



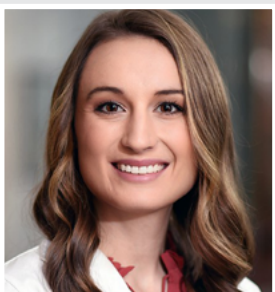
Larissa Grigoryan, M.D., Ph.D., MPH, MSc has been promoted to associate professor (tenure-track). Dr. Grigoryan continues to make a significant impact on our research mission areas, with a focus on antibiotic stewardship and infectious diseases. As a team scientist, she has proven her skills in attaining project funding, collaborating with investigators, and contributing to scientific publications. She shares her knowledge by mentoring post-doctoral fellows and creating research opportunities for them.

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Rashmi Rode, M.D., FAAFP has also received a promotion to associate professor (tenure track). Dr. Rode is a remarkable educator and provider, regularly acknowledged for her teachings and patient care. She has received top recognition, such as the Baylor College of Medicine's Women of Excellence Award, Norton Rose Fulbright Faculty Excellence Award, Star Faculty Award for Excellence in Patient Care, and Professional Educator Appreciation and Recognition (PEAR) Award. She is highly dedicated to our department trainees.

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Sarah Ann Bindner, M.S., PA-C earned the "That's the Way" Player of the Month certificate for February, plus \$100 supplemental pay for her exceptional service to patients at Baylor Family Medicine - Kirby. To commemorate the moment, a patient's sincere comment about Sarah's care during their visit is on the certificate.



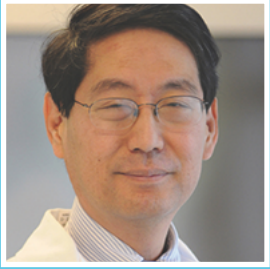
At the faculty Grand Rounds in April, Yasmeen Quadri, M.D. was awarded the first department Diversity, Equity, and Inclusion (DEI) Champion Award. The award was established to recognize faculty and staff who have made significant contributions to the advancement of inclusivity in the workplace and/or service to marginalized communities. Dr. Quadri was recognized for her outstanding work with the homeless population. Under her leadership, the Harris Health System Healthcare for the Homeless Program significantly expanded services for the homeless population in Harris County. Additionally, she has received regional and national recognition for her achievements. She is respected among her peers for her advocacy, collaborative spirit, and excellent clinical skills. However, it is her compassion for her patients and others that makes her so deserving of this award.

Dr. Quadri was recognized for her outstanding work with the homeless population. Under her leadership, the Harris Health System Healthcare for the Homeless Program significantly expanded services for the homeless population in Harris County. Additionally, she has received regional and national recognition for her achievements. She is respected among her peers for her advocacy, collaborative spirit, and excellent clinical skills. However, it is her compassion for her patients and others that makes her so deserving of this award.

For more information about the Family and Community Medicine (FCM) Department DEI Champion Award, please contact the FCM DEI Committee at JoAtkins@bcm.edu.



Congratulations & Kudos



THE BARBARA AND CORBIN J. ROBERTSON, JR. PRESIDENTIAL AWARD FOR EXCELLENCE IN EDUCATION
William Huang, M.D.

Baylor College of Medicine held Faculty Awards Day in May, the first in-person ceremony since 2019. Eight of Family and Community Medicine's faculty members were recognized for their excellence in education, teaching and evaluation, and patient care. We celebrate our team and their contributions!

NORTON ROSE FULBRIGHT FACULTY EXCELLENCE AWARD FOR TEACHING AND EVALUATION



Anjali Aggarwal, M.D., FFAFP Jonnae Atkinson, M.D., M.S.



STAR AWARD FOR EXCELLENCE IN PATIENT CARE



Kamna Bansal, M.D. Elizabeth Bosquez, M.D. Maria Mejia, M.D., MPH Jennifer Okoh, MBBS, MPH, FFAFP Nihita Shah, M.D.



Congratulations & Kudos



Luis Rustveld, Ph.D., R.D., L.D. is the co-principal investigator for the R01 grant, 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, sponsored by the National Institutes of Health (NIH), started in April 2022 and runs through March 2027. The department has been awarded with \$962,820.



In May, faculty voted and re-elected **Malvika Juneja, M.D., FAAFP** for a second term as the Family and Community Medicine Department Faculty Senator through 2025. Additionally, Baylor College of Medicine's Faculty Senate voted to appoint Dr. Juneja as the secretary and she will serve in the leadership position for two years. With her passion for advocacy, Dr. Juneja continues to work for faculty interests.



The National Hispanic Medical Association (NHMA) chose **Maria Mejia, M.D., MPH** as a 2022 NHMA Leadership Fellow. NHMA recognized Dr. Mejia's accomplishments and work with the Hispanic community, which align with their program mission.



Fabrizia Faustinella, M.D., Ph.D. obtained new titles during this quarter: Top Reviewer recognition from the Annals of Internal Medicine and a Co-Chair position of the American College of Physicians

(ACP) Health and Public Policy Committee – Texas Chapter.



Baylor College of Medicine's Menninger Department of Psychiatry and Behavioral Sciences selected **B Joy Blumenreich, M.D.** as a recipient of the 2021-2022 Outstanding Educator Award. The psychiatry and behavioral sciences department values Dr. Blumenreich's contributions to their educational programs, including her mentorship of their interns.



Harris Health System recognized **Bharat Joshi, M.D.** as "Champion of the Quarter" for the first quarter in 2022 at Vallbona Health Center. The title acknowledges Dr. Joshi's exemplary service in patient care.



The Association of Family Medicine Residency Directors granted **Elizabeth Thoyakulathu, M.D.** a scholarship to attend the 2022 Family Medicine Advocacy Summit held in May in Washington, D.C. The conference allowed family physicians to voice primary care issues to members of Congress and their staff, as mentioned on the American Academy of Family Physicians (AAFP) website.

Newsmakers



Fareed Khan, M.D., DTMH, FAAFP and Hammad Mahmood, M.D. participated in the project kick-off event for Casa de Amigos Health Center's \$16 million renovation and expansion in Houston's Northside community. They were joined by leaders and staff from Harris Health System. The improved building will include more exam rooms plus new lab, pharmacy, optometry, and ultrasound areas. Additional services such as pediatrics, obstetrics, gynecology, and midwifery will also become available. The project's expected completion is by April 2024.

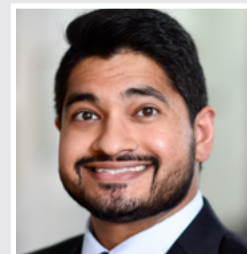


Luis Rustveld, Ph.D., R.D., L.D. shared his knowledge on the connections between healthy skin and supplements, food, and water in Baylor College of Medicine's blog, Momentum. Read Dr. Rustveld's take on beauty and diet in, "[Skincare 103: Supplements and your skin.](#)"

Valentine-King MA, et al. "Prior cultures predict subsequent susceptibility in patients with recurrent urinary tract infections," presented at the SHEA Spring 2022 Conference in April, received media coverage on [Healio.com](#). Under Infectious Disease News, the presentation is available for health professionals to view.



AAFP News' Family Doc Focus featured Rashmi Rode, M.D., FAAFP in, "[Difficult Transition Led IMG to Leadership Roles.](#)" The article follows Dr. Rode's path in family medicine and her move from India to Houston. The similarities she found between patients in both populations further influenced the course of her career. Additionally, she detailed the struggles that come with the transition on the international front.



Arindam Sarkar, M.D. provided a personal account of a day in clinic for AAFP's American Family Physician (AFP) Journal. In "[Diary of a Family Physician,](#)" Dr. Sarkar described patient encounters that illustrate varying health conditions and interactions.

Happenings

MAY MENTAL HEALTH AWARENESS MONTH ACTIVITIES



The Mental Health Awareness team, spearheaded by Sandra J. Gonzalez, Ph.D., LCSW, encouraged faculty and staff in the Kirby office to engage in weekly mindfulness activities throughout May. The Mindfulness Tree writing prompts allowed individuals to reflect on topics such as gratitude, stress relief, joyous pastimes, acts of kindness, and peer-to-peer appreciation. Mónica M. Alzate, Ph.D., LCSW led in-person and virtual mindfulness exercises, including intentional breathing, relaxation, meditation, and eating techniques for self-care. Participants were entered into a raffle each week to win small mental health-related prizes.

EMPOWERING WOMEN - LIFE DURING COVID



Malvika Juneja, M.D., FAAFP lent her expertise to a free interactive workshop hosted by Sewa International and Arya Samaj Greater Houston, held in April. During the large community event, she discussed

women empowerment along with two other Baylor College of Medicine faculty members. Participants were encouraged to ask questions anonymously, which further created a safe place to talk about women's health.

LESSONS FROM A DECADE LIVING WITH SERIOUS ILLNESS



Our department paid tribute to Brian Wisnoski, M.D., who passed away one year ago. In June, Grand Rounds attendees watched a recording of a session for which he was the guest speaker. Dr. Wisnoski detailed his

medical ordeal and explained his perspective as a patient. He shared contrasting experiences with different physicians and nurses, with tips on how to improve patient care. We are forever grateful for his long-lasting lessons.

Happenings

BIKE MS: TEXAS MS 150 EVENT



(Left to right) Michelle Chang, Kate Pagel, Irvin Sulapas, M.D., FAAFP, Samira Bush, and Rachel Jacob promoting Baylor Family Medicine.

Members from Baylor Family Medicine and Baylor College of Medicine's Ambulatory Operations attended the Bike MS: Texas MS 150 opening ceremonies in April at Rice University's Waltrip Indoor Training Center. They went the extra mile to show support to riders as they departed on a journey to Kyle Field in College Station, Texas. Resources for Baylor Family Medicine's services were made available for participants.

2022 ANNUAL REGIONAL FAMILY MEDICINE RESIDENCY RESEARCH SYMPOSIUM

Baylor College of Medicine hosted this year's symposium in May, including six regional residency programs that participated virtually with over 30 presentations. Roger Zoorob, M.D., MPH, FAAFP gave the Chairman's address at the beginning of the symposium, with opening remarks from Eric Warwick, M.D. Our residents and faculty showed five presentations throughout the meeting. Sessions were moderated by Shruti Varadarajan, M.D., FAAFP, Hammad Mahmood, M.D., Crystal Nwagwu, M.D., and Rashmi Rode, M.D., FAAFP. The keynote speaker, Roberto Cardarelli, D.O., MHA, MPH, FAAFP, shared his expertise in research midway through the meeting. The symposium successfully concluded with Dr. Warwick's closing remarks. Through this symposium, we hope to have inspired more research collaborations in the residency programs.



Rashmi Rode, M.D., FAAFP engaged in various events this quarter, including virtual symposiums held in May. Dr. Rode was a poster judge for the annual Texas Educator's Academies Collaborative for Health Professions - Southeast (TEACH-S) Educational Symposium. Also, she was the organizing secretary for the annual Regional Family Medicine Residency Research Symposium hosted by the College. Dr. Rode's participation demonstrated her commitment to trainee education.



Mónica M. Alzate, Ph.D., LCSW contributed as one of 13 forensic psychological evaluators to the study published in April entitled, ["Part of my heart was torn away": What the U.S. Government Owes the Tortured Survivors of Family Separation](#), by Physicians for Human Rights (PHR). She is a PHR volunteer through the Baylor Asylum Clinic. In addition, Dr. Alzate recently became certified as an EMDR therapist. EMDR is Eye Movement Desensitization and Reprocessing, for the treatment of trauma.

Happenings

Faculty & Staff Appreciation

This quarter, Family and Community Medicine faculty and staff were able to meet outside of work to enjoy each other's company. These moments have been long-awaited due to the pandemic and busy schedules. With health and safety in mind first, we are reminded that seeing each other in person makes a difference in morale.

MEDICAL DIRECTORS APPRECIATION DINNER



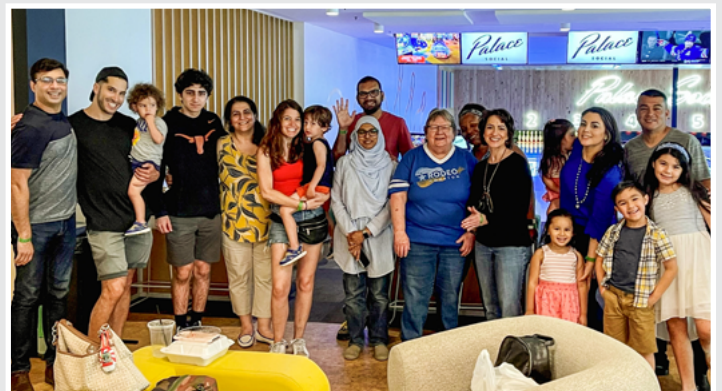
HARRIS HEALTH FACULTY APPRECIATION DINNER



LEADERSHIP DINNER



CASA DE AMIGOS FACULTY RETREAT



Happenings

2022 STFM Annual Spring Conference

May 1-4, 2022

In May, several Family and Community Medicine faculty members and residents traveled to Indianapolis, Indiana for the 2022 Society of Teachers of Family Medicine (STFM) Annual Spring Conference. Our department's attendees participated in over a dozen presentations. Presentation topics included: diabetes, medical student training, women's health, primary care guidelines, substance use disorder care, and more. Check out the comprehensive list of presentations on page 24.



Welcome to FCM



Rachel Chan is a dentist with Healthcare for the Homeless – Houston. Previously, Rachel worked for Texas Health and Human Services. In her new role, she hopes to promote oral health and support access to dental care for those affected by homelessness in Houston.



Tamesha Daniels is an NRCMA at Baylor Family Medicine – River Oaks. Before joining us, Tamesha worked for Internal Medicine Town & Country. With Baylor College of Medicine, she hopes to become an Epic Systems subject matter expert and advance in her career with the College.



Daniela Zamora is a health educator with Family and Community Medicine’s research team at the Kirby office. Daniela worked for Harris Health System for nearly seven years before joining us. In her new position, she hopes to assist as many patients as possible in her current project since she is very passionate about public health and equity.



Jessica Barclay
Melissa Perez
Brittani Sanchez



Tiffany Ostovar-Kermani M.D., MPH is a T-32 postdoctoral research fellow in the Family and Community Medicine – Research Programs at the Kirby office. Prior to joining our department, Dr. Ostovar-Kermani worked for Baylor College of Medicine’s Department of Obstetrics and Gynecology as a senior manager of research administration. While at the College, she hopes to acquire the skills to become a heralded independent investigator through mentorship and write eloquently about primary care topics.



Claire Warner, PA-C, M.S. is a physician assistant with Community Health Programs at Sunset Heights Same Day Clinic. Last December, Claire graduated from the Baylor College of Medicine PA Program. In her new role, Claire hopes to bring compassionate, individualized care to each patient and build a solid foundation with knowledge and skills for her career as a physician assistant.

Welcome to FCM

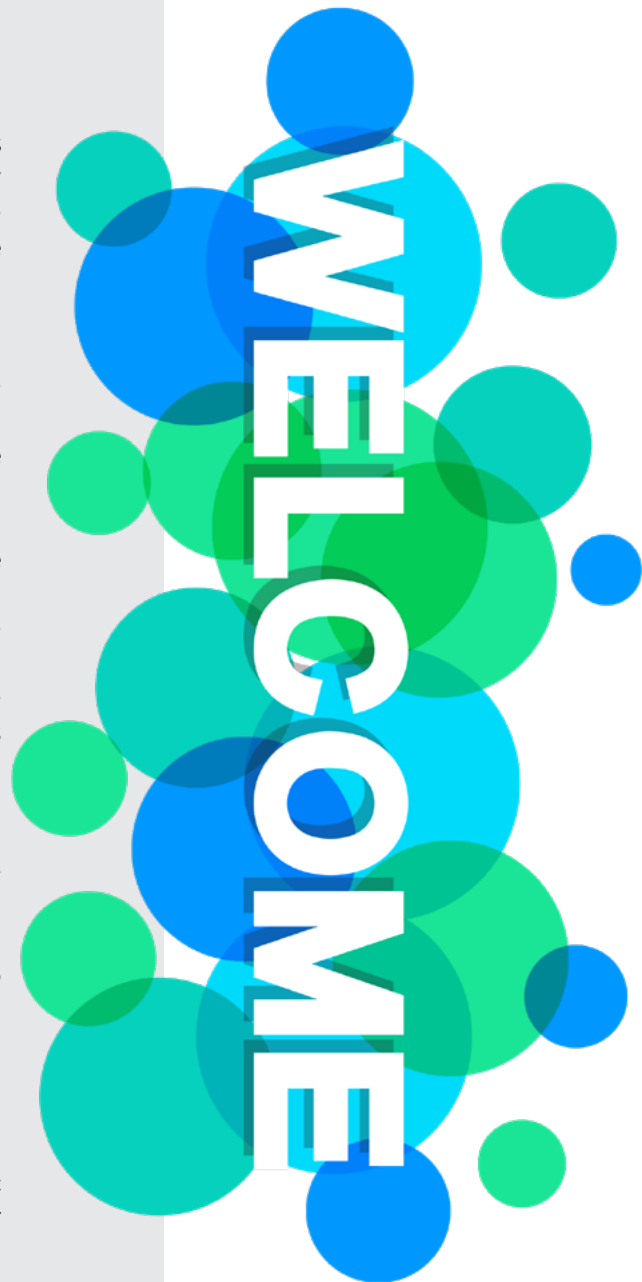
Tinashe Bukhwele, BSN, R.N. is the director of clinical operations for Healthcare for the Homeless – Houston. Tinashe recently relocated from Indiana, where she worked at Eskenazi Hospital as a program nurse care manager. In her new position, she hopes to be a transformational leader who is willing to listen and learn while working to achieve departmental and team goals.

Cheryl Chevalier is a front desk specialist at Baylor Family Medicine – Kirby. Cheryl worked for Texas Children’s Hospital for 21 years before joining us. In her new role, she hopes to provide commitment with a positive attitude.

Linda Colbert is a behavioral health specialist with Healthcare for the Homeless – Houston. Prior to joining us, Linda worked as a licensed professional counselor for a private practice, a behavioral health counselor for a community health organization, and an assistant director of counseling for Texas A&M University at Galveston. With Baylor College of Medicine, she hopes to become an excellent employee and valuable asset, working alongside her colleagues while helping Houston’s homeless.

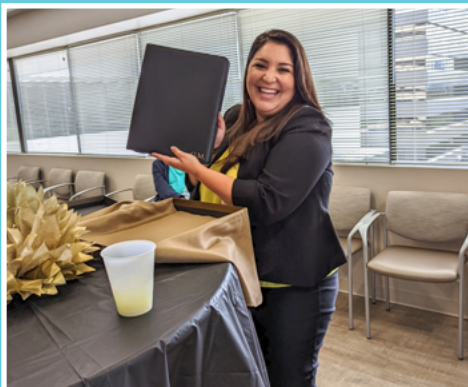
Fabian Hector is a research coordinator with Family and Community Medicine’s research team at the Kirby office. Before working with our department, Fabian was with Memorial Hermann in community health. At Baylor College of Medicine, he hopes to continue to grow his skill set, network among the community, and contribute to the success of his team.

Norma Tejada Foster, MSN, M.S. is a psychiatric mental health nurse practitioner at Healthcare for the Homeless – Houston. Norma worked for UT Physicians Jensen’s Multispecialty Clinic prior to joining Family and Community Medicine. While in her new position, she hopes to accomplish the goal established with the SOARS grant and improve the lives of the vulnerable homeless population.



Fond Farewells

Gabriella Mireles, MBA, senior business operations manager, accepted a promotion with Baylor College of Medicine's Office of the Senior Dean. After seven years as a valued member of the department's administration, we gave Gabby a proper sendoff where faculty and leadership delivered heartfelt speeches. In June, she took on the new role of lead for financial operations and project management.



Fond Farewells



In April, we bade farewell to Maribel Mosqueda, MPA/HCA (*center*), research operations manager. According to Maribel's LinkedIn profile, she began her career in Family and Community Medicine as a project manager for the research group. Throughout her five years in research, she oversaw multiple grants. We are grateful for her time with the department.



Joan Newell, lead coordinator and driving force behind Family and Community Medicine's quarterly newsletter (*right*), officially retired at the end of June. Her creativity gave life to department announcements and set the tone of professionalism. At the newsletter's inception, Joan shared her expertise with other Baylor College of Medicine colleagues as the department was one of few to offer this tool for information. During Joan's eight years in her position, her role evolved and opened opportunities to form better relationships between faculty, staff, residents, fellows, and students. She had a hand in nearly all communications-related projects, from updating the department's information on the BCM.edu website to editing curriculum vitae for faculty.

After her years of dedication and hard work, we wish Joan a relaxing retirement. Even beyond the workplace, her friendship and mentorship with co-workers continue. We are excited for Joan's next chapter in life!

Publications

Levine RS, Mejia MC, Gonzalez SJ, Walia N, Zoorob RJ, Hennekens CH. Increasing firearm fatality among Texas school-age children (5-18 years) - 1999-2020. *Texas J Pub Health*. In press

O'Bryant SC, Dongarwar D, Salihu HM, Gillespie S. [Racial and ethnic differences of influenza-associated pediatric hospitalizations and deaths, 2008-2017](#). *Pediatr Allergy Immunol Pulmonol*. 2022 Jun 16;35(2):102-108. Epub 2022 Apr 29

Greely JT, Dongarwar D, Crear L, Adeyeye M, Reyna-Carrillo A, Salihu HM. [Violence against pregnant women and adverse maternal/fetal outcomes in the United States: Racial/ethnic disparities](#). *Women & Health*. 2022 Jun 14:1-9. Epub ahead of print

Prasad S, Katta MR, Abhishek S, Sridhar R, Valisekka SS, Hameed M, Kaur J, Walia N. [Recent advances in Lewy body dementia: A comprehensive review](#). *Dis Mon*. 2022 Jun 9:101441. Epub ahead of print

Wu V, Goto K, Carek S, Petrizzi M, Deck JW, Sulapas I, DeStefano S, DeCastro AO, Rooks BJ, Mainous AG 3rd, Kulshreshtha A. [Family medicine musculoskeletal medicine education: A CERA study](#). *Fam Med*. 2022 May;54(5):369-375

Termeie O, Fiedler L, Martinez L, Foster J, Perumareddi P, Levine RS, Hennekens CH. [Alarming Trends: Mortality from alcoholic cirrhosis in the United States](#). *Am J Med*. 2022 May 27:S0002-9343(22)00400-4. Epub ahead of print

Grigoryan L, Mulgirigama A, Powell M, Schmiemann G. [The emotional impact of urinary tract infections in women: A qualitative analysis](#). *BMC Women's Health*. 2022 May 18;22(1):182

Dongarwar D, Mercado-Evans V, Adu-Gyamfi S, Laracuenta ML, Salihu HM. [Racial/ethnic disparities in infertility treatment utilization in the US, 2011-2019](#). *Syst Biol Reprod Med*. 2022 May 4;68(3):180-189. Epub 2022 Mar 28

Javed S, Usmani S, Sarfraz Z, Sarfraz A, Hanif A, Firoz A, Baig R, Sharath M, Walia N, Chérrez-Ojeda I, Ahmed S. [A scoping review of vaping, e-cigarettes and mental health impact: Depression and suicidality](#). *J Community Hosp Intern Med Perspect*. 2022 May 2;12(3):33-39

Hennekens CH, Drowos J, Levine RS, Maki DG. [The crucial and urgent role of family physicians in increasing COVID-19 vaccinations](#). *South Med J*. 2022 Apr;115(4):280-281

Publications

Patel R, Polage CR, Dien Bard J, May L, Lee FM, Fabre V, Hayden MK, Doernberg SDB, Haake DA, Trautner BW, [Grigoryan L](#), Tsalik EL, Hanson KE. [Envisioning future urinary tract infection diagnostics](#). *Clin Infect Dis*. 2022 Apr 1;74(7):1284-1292

Hansen MA, Hasbun R. [US hospitalizations and 60-day readmission rates associated with herpes simplex virus encephalitis: Analysis of all cause readmissions and encephalopathy associated readmissions](#). *Clin Infect Dis*. 2022 Apr 1;74(7):1174-1182

Bass M, Sarkar A. [Diary of a family physician](#). *Am Fam Physician*. 2022 Apr 1;105(4):422

Iliyasu Z, Perkins JM, Tsiga-Ahmed FI, Galadanci HS, Jibo AM, Amole TG, Umar AA, Abdullahi HM, Kwaku AA, [Salihu HM](#), Aliyu MH. [COVID-19 vaccine acceptability among pregnant women in northern Nigeria](#). *J Obstet Gynaecol Can*. 2022 Apr 1;44(4):349-350.E1. Epub 2022 Mar 16

Mejia MC, Zoorob R, Levine RS, Huang X, Hennekens CH. [Cross-sectional survey of smoking patterns during the COVID-19 pandemic in a tobacco cessation and lung cancer screening program](#). *Ochsner J*. 2022 Mar;22(1):48-60



Presentations

AMERICAN COLLEGE OF PREVENTIVE MEDICINE ANNUAL MEETING

June 15-18, 2022

Hirth J, Gonzalez S, Kowalchuk A, Valadez C, Zoorob R. Racial/ethnic variations in alcohol and cigarette use by pregnancy status among 20-44 year-old women, NHANES 2001-2018.

2022 ACADEMYHEALTH ANNUAL RESEARCH MEETING

June 4-7, 2022

Laytner LA, Trautner B, Zoorob R, Chen P, Alquicira O, Salinas J, Lopez-Alonso M, Raphael J, Street R, Khan F, Paasche-Orlow MK, Grigoryan L. Perspectives of a community advisory board on non-prescription antibiotic use by patients served by public primary care clinics. *Nominated for Best Poster in Patient-Centered Research.

Valentine-King M, Van J, Hines-Munson C, Dillon L, Graber CJ, Patel PK, Drekonja D, Lichtenberger P, Shukla B, Kramer J, Ramsey D, Trautner BW, Grigoryan L. Identification of novel factors associated with inappropriate treatment of asymptomatic bacteriuria in acute and long-term care.

Valentine-King MA, Trautner BW, Zoorob RJ, Germanos G, Hansen M, Salemi JL, Gupta K, Grigoryan L. Analysis of recurrent urinary tract infection management in outpatient settings reveals opportunities for antibiotic stewardship interventions.

NORTH AMERICAN PRIMARY CARE RESEARCH GROUP (NAPCRG)

2022 PRACTICE-BASED RESEARCH NETWORK (PBRN) CONFERENCE

June 2-3, 2022

Nash S, Zaring-Hinkle B, Bray J. Telehealth in residential substance use treatment protocols for pregnant and parenting women during COVID-19.

2022 NATIONAL STUDENT RESEARCH FORUM

May 31, 2022

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

2022 ANNUAL REGIONAL FAMILY MEDICINE RESIDENCY RESEARCH SYMPOSIUM

May 21, 2022

Diez-Barroso R, Longtain RB, Reddy KM, Ban KE. A peculiar presentation of COVID-19 in a pediatric patient with sickle cell and alpha trait.

Mendonca C, Ezenna C, Paul S, Rode R. Standardizing care of women in reproductive age.

Presentations

2022 ANNUAL REGIONAL FAMILY MEDICINE RESIDENCY RESEARCH SYMPOSIUM (CONTINUED)

May 21, 2022

Thoyakulathu E, Uzamere Y, Babu C, Jose J, Franco A, Nguyen S. Familias Contra Diabetes: Videoconferencing group visits to teach self-management strategies to diabetic patients.

Wheeler M, Mulla N, Uddin M, Rode R. InBasket Management.

Xiong Y, Scott C, Nguyen T, Yang D, Sulapas I, Rode R. Point-of-care ultrasonography at the Baylor College of Medicine Family Medicine Residency Program.

2022 TEXAS EDUCATOR'S ACADEMIES COLLABORATIVE FOR HEALTH PROFESSIONS - SOUTHEAST (TEACH-S) EDUCATIONAL SYMPOSIUM

May 12, 2022

Rode R, Aggarwal A, Danek L, Shah N. Procedures in primary care elective: An innovative way to engage and train medical students.

URINARY TRACT INFECTION GLOBAL ALLIANCE: UTI HOUR-INTERNATIONAL WEBINAR

April 22, 2022

Valentine-King MA, Trautner BW, Zoorob RJ, Germanos G, Salemi JL, Gupta K, Grigoryan L. Prior cultures predict subsequent susceptibility in patients with recurrent urinary tract infections. *Dr. Grigoryan hosted.

SOCIETY FOR HEALTHCARE EPIDEMIOLOGY OF AMERICA (SHEA) SPRING 2022 CONFERENCE

April 12-14, 2022

Laytner L, Grigoryan L, Trautner BW, Alquicira O, Salinas J, Hansen MA, Zoorob R, Khan FM. Identifying symptoms/illnesses and situations that predispose outpatients to use antibiotics in two healthcare systems.

Valentine-King MA, Trautner BW, Zoorob RJ, Germanos G, Salemi JL, Gupta K, Grigoryan L. Prior cultures predict subsequent susceptibility in patients with recurrent urinary tract infections.

BUREAU OF HEALTH WORKFORCE VIRTUAL ALL GRANTEE AND STAKEHOLDER MEETING

April 5-6, 2022

Valentine-King MA, Trautner BW, Zoorob RJ, Germanos G, Hansen M, Salemi JL, Gupta K, Grigoryan L. Analysis of recurrent urinary tract infection management in outpatient settings reveals opportunities for antibiotic stewardship interventions.

Walia N, Grigoryan L, Kowalchuk A, Zoorob R. Identifying provider barriers to implementing screening, brief intervention, and referral to treatment for substance use in primary care.

Presentations

2022 STFM Annual Spring Conference

May 1-4, 2022

Thoyakulathu E, Uzamere Y, Babu C, Jose J, Franco A, Nguyen S. Familias Contra Diabetes: Videoconferencing group visits to teach self-management strategies to diabetic patients.

Pirzada N, Juneja M, Khan F, Zoorob R, Varadarajan S. Changing the service profile of primary care providers in response to emergent clinic closures.

Xiong Y, Scott C, Nguyen T, Yang D, Sulapas I, Rode R. Point-of-care ultrasonography at the Baylor College of Medicine Family Medicine Residency Program.

Rode R, Aggarwal A, Shah N, Zoorob R, Danek L. Procedures in primary care elective: An innovative way to engage and train medical students.

Aggarwal A, Dongarwar D, Rode R, Sidani M, Danek L, Warwick E, Nwagwu C, Zoorob R. Teaching ultrasound skills to FM faculty, residents, and medical students with simulations in managing obstetric emergencies.

Mendonca C, Ezenna C, Paul S, Rode R. Standardizing care of women in reproductive age.

Aggarwal A, Dongarwar D, Rode R, Sidani M, Danek L, Warwick E, Nwagwu C, Zoorob R. Simulation-based clinical learning skills: Utilization of ultrasound for elucidation of obstetric case scenarios.

Khan H, Rode R, Wang Q, Pradhan S, Aggarwal A. Applications of educational interventions on visually impaired populations.

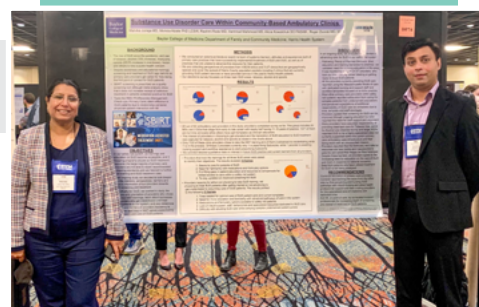
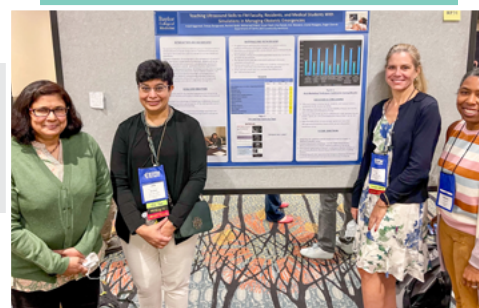
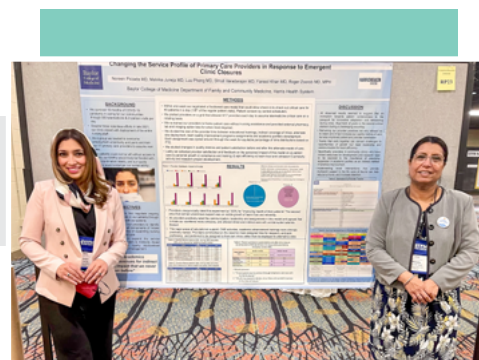
Shah N, Porter T, Kuncharapu I, Spooner K, Barning K, Rode R. Understanding of flood safety awareness while driving among Harris County residents.

Zoorob R, Vakulabharanam V, Nambi P, Nambi V. Time to review primary care guidelines and recommendations.

Juneja M, Alzate M, Mahmood H, Kowalchuk A, Rode R, Zoorob R. Substance use disorder care within community-based ambulatory clinics.

Juneja M, Russell M, Goldstein J, Khan F, Zare M, Mahmood H. Utilizing newer evidence-based guidelines can improve health outcomes for patients with uncontrolled diabetes mellitus.

Juneja M, Porter T, Zoorob R, Zare M. The Twofer Approach: A highly utilized Food Pharmacy within a medical clinic addresses food insecurity and diabetes.



**“One child, one teacher,
one book, and one pen
can change the world.”**

~ Malala Yousafzai

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 listserv, please email [Fara Julienne Abordaje](mailto:Fara.Julienne.Abordaje@bcm.edu).