During the FY2022–2023 fall and winter seasons, Family and Community Medicine faculty, staff, residents, and fellows, as well as medical students, participated in many noteworthy activities in line with our department’s goals. In January, FCM faculty and I attended the 2023 Society of Teachers of Family Medicine (STFM) Conference on Medical Student Education held in New Orleans. I am pleased to have experienced our collective commitment to teaching while encouraging each other as educators.

In February, we invited the Baylor College of Medicine community to an open house at our new Baylor Family Medicine clinic location in the Fannin Tower at the Texas Medical Center. In attendance were about 60 guests enjoying an evening of networking and getting acquainted with the clinical team. My gratitude goes to the FCM staff who organized the event.

Several faculty members achieved career milestones, with Winifred Hamilton, Ph.D., M.S., M.A., S.M. appointed as associate professor emeritus by the College. In addition, Jonnae Atkinson, M.D., M.S., FAAFP, Sandra J. Gonzalez, MSSW, Ph.D., and Shruti Varadarajan, M.D., FAAFP received promotions to associate professors. We also welcomed new hires to our department’s research team, Baylor Family Medicine – Kirby, and Healthcare for the Homeless – Houston.

We are still mourning the loss of Mini Mary Vettical, M.D., whose passing rocked the department. Dr. Vettical was a compassionate physician, treating underserved patients at Harris County health centers in Houston’s diverse communities. She shined in all aspects of her life as an excellent mother, friend, volunteer, dancer, and artist. Dr. Vettical’s influence continues to live on through her colleagues.

Finally, I want to thank our faculty, trainees, and staff for their continuous hard work. The department would not achieve excellence without everyone.

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

FCM RESEARCH DAY
FEB. 25, 2023

Educational Research

Rode R, Pham K, Orr J, Danek L. Reformating procedure competency assessment tool to provide structured and effective feedback to individual learners.


May M, Mercado A, Quadri Y, Juneja M. Today’s perceptions are tomorrow’s reality: Community service opportunities in medical school.


Completed Research

Gutierrez J, Hirth J, Zoorob R. Association of high sensitivity C-reactive protein levels with electronic cigarette use compared to traditional cigarette, dual users and non-smokers among US adults from 2016 to 2018.


Completed QI

Hansen M, Bindner S, Al-Mutairi A, Feldman M, Sidani M. Clinical feedback to primary care providers about blood pressure control in hypertensive patients.


Lee E, Ataei H, Pirzada N, Juneja M. Provider feedback from 2021 clinic closure workflow adaptations.


Case Studies

Fausteniella F, Frigini LA. 62-year-old woman with a one-month history of back pain, fever, and a large mass on physical exam.

QI Work in Progress

Alzate M, Blumenreich J, Bos M, Varadarajan S, Juneja M. Screen as if her life depends on it, because it does!


Veloz J, Chao M, Negash R, Barning K. A study to assess prevalence of food insecurity and knowledge of available food resources.


Over 40 attendees engaged in a departmental virtual session showcasing various presentations. Faculty, residents, and medical students networked and shared project ideas. Faculty received 7.0 CME credits for their participation.
It has been an honor to serve as director of the Family and Community Medicine clerkship for many years. Thank you to all who precepted FCM clerkship students at your clinical site and enabled them to learn under your guidance.

In January, Arindam Sarkar, M.D. started as the new director of the FCM clerkship. Please continue to support him and the clerkship by precepting our medical students. In July, there will be two noteworthy events: Baylor College of Medicine will introduce a new curriculum for its medical students, and the College will open a regional campus in Temple, Texas. More information on these items will be shared in the months ahead.

I would like to recognize the senior coordinators for our medical student courses and electives: Elvira Ruiz and Bridget Angel, M.A. Elvira and Bridget have been with our department for years and provide outstanding support to our faculty who direct our courses and electives.

Additionally, please join me in acknowledging our faculty overseeing the department’s courses and electives for medical students. Their names are listed in the column on the right.

Thank you to all my colleagues who participate in educating our BCM medical students.
FACULTY PERFORMANCE
AWARDS AND RECOGNITION

FY2022–2023 Faculty Feedback Awards
Chosen by Family and Community Medicine's Undergraduate Medical Education Committee for giving the best feedback to FCM clerkship students:
Fareed Mahmood Khan, M.D., DTMH, FAAFP
Kenneth Barning, MBChB
Nneka Okafor, M.D., MPH
Yana Finkelshtein, M.D.
Alex Su, M.D. (Volunteer Faculty)

Spring 2022 Positive Examples of Professionalism
Named by students in the Baylor College of Medicine Learning Environment and Mistreatment Student Survey:
Anjali Aggarwal, M.D., FAAFP
Dana Clark, M.D.
Eva Ayala-Hadzisabic, D.O.
Indumathi Kuncharapu, M.D.
Calvin Tran, M.D. (Volunteer Faculty)
Elizabeth Slauter, M.D. (Volunteer Faculty)

FY2022–2023 BCM Early Career Award for Excellence in Patient Care
Arindam Sarkar, M.D.

FY2022 BCM Patient Experience All Star
Elizabeth Uyen Tran, M.D.

2023 Wall of Wellness Featured Faculty, Harris Health System – Northwest Health Center
Arindam Sarkar, M.D.
Eric Warwick, M.D.

Q4 2022 Harris Health Hero Award: Champion of the Quarter, Harris Health System – Strawberry Health Center
Thomas Porter, M.D.

BCM CAREER ADVANCEMENT SERIES
DEVELOPMENT OPPORTUNITY

FY2022–2023 Selected Participating Faculty
Nichole Rosette, DNP

FACULTY APPOINTMENTS
HONORARY TITLE AND ADDITIONAL ROLE

Fellow Status
Received from the American Academy of Hospice and Palliative Medicine (FAAHPM):
Jessica Garcia, D.O., FAAFP, FAAHPM

Invited Chair
Requested participation for new American Academy of Family Physicians Continuing Medical Education (AAFP CME) content on hospital medicine:
Victoria McCurry, M.D., FHM, FAAFP

CLINICAL PERFORMANCE
AWARDS AND RECOGNITION

Target: BP Silver Achievement Award from the American Heart Association
Baylor Family Medicine Private Practice Clinics

Check. Change. Control. Cholesterol and Target: Type 2 Diabetes Certificates of Recognition from the American Heart Association
Baylor Family Medicine - River Oaks

Ending November 2022 Scorecard:
Baylor Medicine Internal Quality Metrics
Achieved the benchmark for 8 out of 8 quality measures:
Baylor Family Medicine Private Practice Clinics
FACULTY PROMOTIONS
ASSOCIATE PROFESSORS
(NON-TENURED)

Congratulations to the FCM faculty members who are growing their careers with Baylor College of Medicine. We are honored to support their professional journeys.

JONNAE ATKINSON, M.D., M.S., FAAFP
SANDRA J. GONZALEZ, MSSW, PH.D.
SHRUTI VARADARAJAN, M.D., FAAFP

FACULTY GRADUATION
DOCTOR OF NURSING PRACTICE (DNP)

In December 2022, Jenny Khan, MSN, FNP-C, DNP celebrated completing The University of Texas at Arlington’s accelerated program to earn a doctoral degree in clinical nursing. She has been with Family and Community Medicine for eight years and sees patients at Harris Health System’s Monroe Same-Day Clinic.

RESEARCH POSTDOCTORAL FELLOW
SCHOLARSHIP AWARD

Dr. Ostovar-Kermani was a recipient of a scholarship to participate in the 2022 Society of Family Planning Annual Meeting in Baltimore that connected physicians, researchers, and collaborators interested in family planning advancements.

TIFFANY OSTOVAR-KERMANI, M.D., MPH

BCM MEDICAL STUDENT
SCHOLARSHIP AWARD

Rebecca received a 2023 STFM Foundation Student Scholarship from the Society of Teachers of Family Medicine (STFM), to attend the 2023 STFM Conference on Medical Student Education with FCM faculty and present a poster.

REBECCA CHEN
The Harris Health System Vallbona Health Center was in the spotlight in January, celebrating the center’s exemplary performance. Under the leadership of Noreen Pirzada, M.D., medical director, the physicians and nursing staff received the highest Healthcare Effectiveness Data and Information Set (HEDIS) scores among all of the health centers in Harris County. Esmaeil Porsa, M.D., MBA, MPH, CCHP, president and CEO of the Harris Health System, visited the center and congratulated the Vallbona team.

During the monthly meeting in December 2022, four faculty members with Family and Community Medicine were each awarded a certificate of achievement for demonstrating exceptional dedication to their work throughout the year. Dr. Pirzada also thanked everyone for going above and beyond for the center’s patients.

2022 VALLBONA ANNUAL AWARDS
FCM FACULTY ACHIEVEMENTS

Champion for Citizenship
Homayoun Ataei, M.D.

Champion for Patient-Centered Care
Diana Atwal, M.D., M.A.

Champion for Alignment with BCM Values
Sanjana Bhattarai, M.D., FAAFP

Champion in Education Award
Malvika Juneja, M.D., FAAFP
The recipient of the Fall Staff Family and Community Medicine Diversity, Equity and Inclusion Champion Award is Lourdes Pélaez, research coordinator. Lourdes was nominated by her peers because of her commitment to community engagement as a Baylor College of Medicine employee over the past 10 years. Advocate, community champion, and liaison are three key terms that were used to describe her unique ability to facilitate communication and partnerships between stakeholders from various backgrounds, particularly in the Hispanic community. She inspires others with her cultural humility and promotion of DEI in her everyday activities. It is with great pleasure that the FCM DEI Committee recognizes Lourdes with this award.

The department’s DEI Committee received several strong nominations for the Fall Staff FCM DEI Champion Award, making the selection of only one recipient a challenge. One nominee that deserves an honorable mention is Bridget Angel, M.A., senior academic coordinator and FCM DEI Committee Member. Bridget was nominated for her outstanding ability to create an inclusive work environment. She is known to go the extra mile to accommodate the needs of others when planning various activities in our department and across the College. Faculty and peers recognize her excellent ability to mentor and train new staff. She works well with people from all backgrounds and understands how to make people feel comfortable. Bridget is truly an asset to the department and the FCM DEI Committee.

Shaira Mae Ulangca, MHA/MBA, business operations senior associate, was nominated to receive the Power of Professionalism (POP) Award from Baylor College of Medicine in February.

Baylor Family Medicine – Kirby celebrated National Phlebotomists Recognition Week in February, showing appreciation to Mary Young, phlebotomist with Clinical Pathology Laboratories and an integral part of the Kirby Team.
Dr. Whitney, associate professor emeritus, has written a book titled, “From Oversight to Overkill: Inside the Broken System That Blocks Medical Breakthroughs—And How We Can Fix It.” His publication is a culmination of years in the making and he is ready to let the general public in on the real effects Institutional Review Boards have on medical research, which trickle down to the treatment of patients. Dr. Whitney not only sheds light on the problems behind closed doors, but he also proposes solutions to improve the current issues. “From Oversight to Overkill” can be preordered from major retailers such as Amazon and Barnes & Noble. The official release is on April 4, 2023.

Family and Community Medicine faculty regularly contribute to various media outlets. The winter season brought about colds, travel, holiday eating/drinking, and resolutions. Our FCM providers shared their medical expertise and advice for healthy living.

Dr. Mejia, associate professor and physician:
- Young children get 6 to 8 viruses a year. Here’s what parents need to know. KPRC. 2022 Dec 19
- Masks recommended for vulnerable patients as three viruses hit Houston. KPRC. 2022 Dec 14
- Understanding your child’s runny nose that just won’t go away. Baylor College of Medicine News. 2022 Dec 12

Dr. Ren, assistant professor and physician:
- Heart break doesn’t feel good in a place like this. Baylor College of Medicine’s Momentum Blog. 2023 Feb 13
- Healthy habits for traveling. Baylor College of Medicine News. 2023 Jan 5
- 5 things to do when you have a cold. AARP. 2022 Dec 21

Dr. Rustveld, assistant professor and registered dietitian:
- Don’t put Dry January in the rearview mirror. Baylor College of Medicine News & Culver City Observer. 2023 Feb 15
- Alkaline diet plan review. Forbes. 2023 Feb 7
- Savor brunch nutritiously. Baylor College of Medicine’s Momentum Blog. 2023 Jan 26
- US News diet rankings show gains for TLC. Baking Business. 2023 Jan 3
- Enjoy holiday treats without getting stuffed. Univision. 2022 Dec 15
- Halloween candy. News Radio 1200 WOAI. 2022 Nov 1

MARIA MEJIA, M.D., MPH, FACPM
MIKE REN, M.D.
LUIS RUSTVELD, PH.D., R.D., L.D.
Dr. Nwagwu, physician at the Harris Health System’s Northwest Health Center and preceptor to our family medicine residents, was the featured Texas Academy of Family Physicians (TAFP) November 2022 Member of the Month.

Claire, physician assistant at the Harris Health System’s Same-Day Clinics, was named in, “Celebrating Veterans Day 2022 at Baylor College of Medicine,” on BCM Family. She was a staff sergeant with the U.S. National Guard for six years.

At the beginning of rodeo season in Houston, Dr. Nwokocha and Dr. Uzamere, physicians at Baylor Family Medicine – TMC, listed their recommendations for having fun while protecting our health. They offered great guidance in the Baylor College of Medicine News article, “It’s not our first rodeo! How to stay healthy this rodeo season.” Their tips were also reported in, “From boot blisters to allergies, here’s how to avoid ailments during Houston Rodeo season,” on the Houston Chronicle website.

Wendy Hammerman, RN, MSCS, nurse supervisor at Baylor Family Medicine – TMC, was mentioned in the BCM Family post: “Baylor runners share training journey before Houston Marathon.” As an avid runner, she participated in the 2023 Chevron Houston Marathon in January alongside her friend pushing a child with sickle cell anemia whose feet were amputated.

Family and Community Medicine staff and faculty have joined others in the Baylor College of Medicine community to participate in volunteer opportunities. Adriana Rangel, health educator, was photographed at the BARC Animal Shelter and Adoptions, which was shared in BCM Faculty Commons. Diana Blicharski, M.D., physician at the Harris Health System’s Cypress Health Center, was also pictured at the animal shelter in BCM Family. Furthermore, Bridget Angel, M.A., senior academic coordinator, was shown lending her time at the Hermann Park Conservancy in BCM Family.
2023 STFM CONFERENCE ON MEDICAL STUDENT EDUCATION
JAN. 26–29, 2023

Family and Community Medicine faculty members made a trip to New Orleans for the 2023 Society of Teachers of Family Medicine (STFM) Conference on Medical Student Education. Rebecca Chen, Baylor College of Medicine medical student, was also in attendance. Presentations from the department exhibited at the conference are listed on page 19.
Dozens of guests gathered at Baylor Family Medicine - TMC’s open house in February. The event celebrated the clinic’s move to Fannin Tower in October 2022. Speeches were given by Roger Zoorob, M.D., MPH, FAAFP, chair of Family and Community Medicine, James McDeavitt, M.D., executive vice president and dean of clinical affairs at Baylor College of Medicine, and Ursula Taubi, M.D., lead physician of the clinic. A ribbon cutting followed, including Eber Lopez, MBA, director of clinical operations, and Wendy Hammerman, RN, MSCS, nurse supervisor. Furthermore, attendees toured the facility with the clinical team.
Bringing Alcohol and Other Drug Research to Primary Care is a collaborative project between Behavioral Health Solutions of South Texas (BHSST) and Baylor College of Medicine. This program promotes current evidence-based recommendations on preventing and treating alcohol, nicotine, and opioid use disorders in primary care settings. In February, BHSST hosted symposiums in McAllen and Corpus Christi, Texas. Family and Community Medicine faculty and staff presented educational content to local providers, including behaviorists and family medicine physicians. CME and CEU credits were offered to participants.
Luis Rustveld, Ph.D., R.D., L.D., assistant professor and registered dietitian, participated in educating diverse audiences throughout Houston. In November 2022, he was involved with a health fair held at the University of Houston-Downtown. The following month, he gave a presentation on cancer prevention and healthy eating at the Trini Mendenhall Community Center in the Spring Branch neighborhood. Then at the beginning of the year, Dr. Rustveld presented on colorectal cancer outreach and prevention as well as healthy lifestyle and prevention of chronic disease at the El Salvador Consulate. Furthermore, he spoke at a community outreach event at Baker-Ripley Neighborhood Center on making healthier choices and preventing chronic disease.

Under the Cancer Prevention and Research Institute of Texas (CPRIT) Lung Cancer Screening and Tobacco Cessation grant, Maria Mejia, M.D., MPH, FACPM, associate professor and physician, Adriana Rangel, and Daniela Zamora, both health educators, took part in local outreach. In November 2022, they exhibited materials on quitting smoking, e-cigarettes, and vaping at the Great American Smokeout Health Fair, hosted by the American Cancer Society at the Montrose Center. They also participated in a holiday food drive at St. Paul’s Episcopal Church in December 2022, where informational flyers were distributed with 250 bags of food given to families. Lastly, Dr. Mejia attended the Health Fiesta held by Harris County Public Health and Dia de La Mujer Latina at the Southwest Multi-Service Center in January, with 500 people in attendance.

Individuals donated $2,510 to Family and Community Medicine’s campaign for the Alzheimer’s Association Walk to End Alzheimer’s® fundraiser in November 2022.
EVENTS AND GATHERINGS
SPECIAL OCCASIONS AND COMMUNITY OUTREACH

RETIREMENT DINNER FOR WINIFRED HAMILTON, PH.D., M.S., M.A., S.M., AFTER 49 YEARS AT BAYLOR COLLEGE OF MEDICINE

GO TEXAN DAY
FELLOWSHIP LUNCH
FCM DEI WELCOME EVENT
RODEO RUN
HHS AWARDS CEREMONY
HOLIDAY SOCIAL
For many of us in Family and Community Medicine, Disha Rana, MBA, senior human resources operations associate, is our first co-worker who welcomes us into the department. From her introductory email to an in-person orientation, Disha gives guidance to faculty and staff navigating through new beginnings. For a year and a half, she has been our department’s connection with Baylor College of Medicine’s Human Resources Department as a liaison and resource to nearly 300 employees spread out across the greater Houston area and Harris County communities. Her desire to help others, respect for FCM leadership, and appreciation of her colleagues motivate Disha to perform her duties daily with a positive attitude.

Disha’s career with the College began in February 2019, when she worked for the School of Medicine’s Curriculum Office. She then joined the FCM administration team in September 2021. She has been pleased with her transfer since the very start, quickly adapting to the ways of our department.

Much like her position in the department, Disha’s skills and experience in human resources keep her household operational and in order. As a wife and mother of two, she coordinates projects, encourages compromise, and maintains everyone’s engagement in group activities. Disha embraces her children’s differing personalities and allows them to grow independently, while offering her full support. She leads by example, making her an excellent role model for her eight-year-old and five-year-old.

Disha is most happy when she and her loved ones are together. Every occasion with her patient husband and energetic daughters is memorable. She enjoys their family adventures, whether they are taking day trips around Houston or traveling outside of Texas.
JOANNA RODRIGUEZ is a health educator with the FCM research team at the Kirby office. Joanna worked for Memorial Hermann and H-E-B Pharmacy before joining us. While in her current position, she hopes to make a positive impact on the department. Aside from work, Joanna makes time to participate in 5K and 10K runs, travel, and try new Houston restaurants.

KATHIA MORALES is a medical assistant at Baylor Family Medicine – Kirby. Previously, Kathia worked for Amazon Warehouse. In her new role, she hopes to establish her presence as a medical assistant and someone you know you can count on for anything. When Kathia is not working in the clinic, she likes to paint, especially landscapes, and run in the park.

AMY ISIDAHOMEN is a research coordinator with the FCM research team at the Kirby office. Prior to joining us, Amy worked for the McGovern Medical School at UTHealth Houston. While at the College, she hopes to further her research experience. Outside of work, Amy spends time reading, cooking, and exploring Houston.

KATHIA MORALES is a medical assistant at Baylor Family Medicine – Kirby. Previously, Kathia worked for Amazon Warehouse. In her new role, she hopes to establish her presence as a medical assistant and someone you know you can count on for anything. When Kathia is not working in the clinic, she likes to paint, especially landscapes, and run in the park.

JOANNA RODRIGUEZ is a health educator with the FCM research team at the Kirby office. Joanna worked for Memorial Hermann and H-E-B Pharmacy before joining us. While in her current position, she hopes to make a positive impact on the department. Aside from work, Joanna makes time to participate in 5K and 10K runs, travel, and try new Houston restaurants.


Faustinella F, Frigini LA. A common complaint, an unlikely diagnosis: Psoas abscess in the urgent care center. *J Urgent Care Med.* 2023 Jan;17(4):17-21


Faustinella F. *What is the essence of our humanity?* Baylor College of Medicine’s PolicyWise Blog, 2022 Dec 23


Acosta EM, Dongarwar D, Everett T, Salihu HM. Understanding characteristics and predictors of admission from the emergency department for patients with intellectual disability. Intellect Dev Disabil. 2022 Dec 1;60(6):465-476


Joshi B, Bhattarai S, Aggarwal A. Telemedicine, an emerging teaching method for medical students.

Sarkar A, Nguyen S, Aggarwal A. Incorporating climate change and environmental determinants of health into curriculum.

Keeney E, Ram B, Ho-Shing B, Rode R, Aggarwal A. The rising need for pain and palliative care education in medical student curricula.

Varadarajan S, Bansal K. Engaging community clinicians to precept MS1 students in their already-booked (often double-booked!) schedules.


Juneja M, Mahmood H, Zoorob R. Faculty development and advancement for community-based clinicians.


FAMILY AND COMMUNITY MEDICINE (FCM)
GRAND ROUNDS
Feb. 15, 2023

Randall S. CDC One Health Topics in Family Medicine: Integrating animal, environmental, and human health.

6TH ANNUAL TEXAS MEDICAL CENTER ANTIMICROBIAL RESISTANCE AND STEWARDSHIP CONFERENCE
Jan. 18–20, 2023


FAMILY AND COMMUNITY MEDICINE (FCM)
GRAND ROUNDS
Dec. 13, 2022

Bhattarai S. Common dermatologic conditions seen in primary care.

50TH NORTH AMERICAN PRIMARY CARE RESEARCH GROUP (NAPCRG) ANNUAL MEETING
Nov. 18–22, 2022


AMERICAN PUBLIC HEALTH ASSOCIATION (APHA)
2022 ANNUAL MEETING AND EXPO
Nov. 6–9, 2022

Levine R, Gittner LA, Mejia MC, Zoorob RJ, Patterson D. Deaths from causes amenable and not amenable to health care: Natural experiments in local politics.

Levine R, Gittner LA, Mejia MC, Zoorob RJ, Patterson D. Firearm and non-firearm fatality: Natural experiments in local politics.

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

Rustveld L, Arun AK, Sunny A. Excess fluoride exposure in drinking water is associated with low birth weight in Mexican American women: Data from the National Health and Nutrition Examination Survey (NHANES, 2013–2016).
The Family and Community Medicine Newsletter is a publication of the Department of Family and Community Medicine at Baylor College of Medicine.

To be added to the newsletter listserv, please email Fara Julienne Abordaje.