Family and Community Medicine had a strong start to FY2024 with notable achievements. First to mention, several well-deserving faculty members were promoted to various ranks. Additionally, we welcomed many new employees into the department.

In terms of external activities, our faculty, fellows, and residents have maintained our presence on a nationwide scale through their ongoing contributions to publications and presentations. At the local level, much appreciation is given to those in the department who participated in health fairs and outreach events serving the Greater Houston area. To further expand our initiatives in the community, we received substantial funding from the Substance Abuse and Mental Health Services Administration that enhances our partnership with Santa Maria Hostel.

Let us take a moment to honor Simon Whitney, M.D., J.D., associate professor emeritus, who passed away in November 2023. Dr. Whitney was with Baylor College of Medicine for over two decades until his retirement in 2022. He has left a lasting impact on the department with his history of exceptional patient care, involvement in faculty development, and studies on Institutional Review Boards.

Lastly, I want to recognize the clinical and administrative teams that coordinate seamlessly to provide ongoing healthcare services and medical education. Every person fulfills a vital role in the department’s work, as we make significant strides in primary care and public health. I thank everyone for their diligence and dedication. We will continue with this momentum during the remaining months of FY2024.
In July 2023, Baylor College of Medicine started a new curriculum for its medical students and also opened a regional campus in Temple, Texas. Since then, the partnerships with our colleagues at Temple have been growing. Faculty members with Family and Community Medicine are spearheading efforts to integrate the department’s courses, clerkship, and other initiatives into the curriculum available to the Temple student population.

Developments on our departmental activities for the Temple campus:

- Roger Zoorob, M.D. MPH, FAAFP and I visited the new campus in October 2023, where we met with Jason Ramm, M.D. and Sharon Reece, M.D., chair and vice chair of education for the Department of Family Medicine at Baylor Scott & White Health – Temple.

- Anjali Aggarwal, M.D., FAAFP, the department’s lead electives officer, consulted with Dr. Reece to create a plan for further academic collaborations. Presently, several of our first-year electives are available to Houston and Temple medical students.

- Shruti Varadarajan, M.D., FAAFP and other FCM faculty are working with Ana Crew, D.O., MPH and a team of Temple faculty to offer Baylor’s current Practice of Medicine (POM) course to first-year medical students at the Houston and Temple locations.

- Arindam Sarkar, M.D. and our FCM Clerkship leadership team are working with Dr. Crew to offer the clerkship to students on both campuses in October 2024.

- Malvika Juneja, M.D., FAAFP met with Dr. Reece to make arrangements for the inclusion of Temple faculty in our faculty development endeavors, such as Grand Rounds and CME opportunities.

I would like to express a sincere thank you to all the dedicated faculty at the Houston and Temple campuses, for your focused and tireless efforts in providing quality education to our medical students. I am looking forward to more academic collaborations in 2024!
EDUCATION

NEW FCM ELECTIVE AVAILABLE
Houston and Temple

Family and Community Medicine launched MEFAM 604: Longitudinal Care Community Practices and Services for first-year medical students at the Houston and Temple campuses. With Dr. Juneja as course director and supporting faculty: Dr. Quadri, Dr. Rode, and Dr. Aggarwal, the 36-week elective is aimed at building interest in primary care and community medicine. The elective has been widely popular, creating new partnerships with area organizations in providing service opportunities for students.

PROcedures AND ObSTETRICS SKILLS WorkSHOPS
Offered to BCM Medical Students

Family and Community Medicine faculty and residents taught two clinical skills workshops in fall 2023, collaborating with Baylor’s Family Medicine Interest Group and Gynecology and Obstetrics Interest Group. More than 70 students attended the training opportunities to learn procedural skills. Students rated the offerings as “high yield” and “well organized.” The workshops will likely be repeated in 2024 due to demand.

Workshop I – Skin Laceration Repair, Joint Injections, and Intrauterine Device (IUD) Placement

- **FCM Facilitators:** Eric Lee, M.D., FAAFP, Rashmi Rode, M.D., FAAFP, Chelsea Mendonca, M.D., Tara Everett, M.D., and Brendon Martin, M.D.

Workshop II – Point of Care Ultrasound, Postpartum Hemorrhage, Non-Stress Test (NST) Tracing, Cervical Dilation with Artificial Rupture of Membranes (AROM), Fetal Scalp Electrode (FSE), and Second Degree Laceration Repair

- **FCM Facilitators:** Samuel Randall, M.D., Christina Babu, M.D., Lisa Danek, M.D., MBA, FAAFP, Anjali Aggarwal, M.D., FAAFP, Nidhi Mehrotra, MBBS, and Rashmi Rode, M.D., FAAFP.
**FCM CLERKSHIP UPDATES**

*Faculty Leadership and Student Feedback*

Under the management of Dr. Sarkar, with Dr. Barning, Dr. Ren, and Dr. Atkinson in leadership roles, the Family and Community Medicine Clerkship has received positive evaluations from participating medical students. The "quality of educational experiences," "opportunity to be meaningfully involved in care," and "learning environment" were reportedly scored by students as above Baylor College of Medicine and national averages.

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**PRECEPTOR PARTNERS**

*Fostering Collaboration*

Several volunteer faculty in the community graciously take the time to precept medical students in the FCM Clerkship program. To show the department’s full appreciation and support in maintaining our faculty relationships, Dr. Barning traveled to four sites from October to December 2023. During his visits, he provided annual educational refresher training.

- Atul Sachdev, M.D. (top left)
- Chuong Nguyen, M.D. and Stephen Thomas, M.D. (bottom left)
- Sujatha Anand, M.D. (top right)
- James Bernick, M.D. (bottom right)
2023 ALSO® PROVIDER COURSE
Yearly Program

Anjali Aggarwal, M.D., FAAFP, with her fantastic team of FCM faculty and staff plus guest instructors, facilitated another successful two-day training of the American Academy of Family Physicians (AAFP) sponsored Advanced Life Support in Obstetrics (ALSO®) program on Aug. 10–11, 2023.

The course is designed to educate current and future providers on maternal, labor, and delivery emergencies. Eric Warwick, M.D., director of the BCM Family Medicine Residency Program, expressed in his introduction that attendees were learning the skills to "one day, save two lives."

Participants included healthcare practitioners and residents with Baylor College of Medicine, Baylor Scott & White Health, HCA Healthcare, Memorial Hermann, Houston Methodist, The University of Texas Medical Branch, and other medical institutions.

FELLOWSHIP GRADUATION
Marissa Valentine-King, Ph.D., MPH, BSN

In August 2023, Dr. Valentine-King completed three years in the department’s Primary Care Research Postdoctoral Fellowship. In the program, she participated in several presentations focused on antibiotic stewardship and urinary tract infections. Also, she has first authorship on publications, such as:

- Predicting antibiotic susceptibility among patients with recurrent urinary tract infection using a prior culture, *The Journal of Urology*.
Family and Community Medicine formed the Education Endowment Committee in the fall of 2023, which convenes on a monthly basis or as needs arise. The endowment committee aims to develop and oversee various philanthropic and fundraising initiatives, including enhancing support for trainees, encouraging faculty engagement with departmental endeavors, and maintaining relationships with donors. Currently, there are 10 inaugural members and FCM faculty interested in joining the endowment committee are welcome to contact Dr. Sarkar, committee chair. To make a contribution today, visit our donations web page.
DEVELOPMENT

FCM FACULTY DEVELOPMENT OPPORTUNITY
New Learning Community

The Family and Community Medicine Faculty Development Learning Community began in January 2023 and has grown significantly in the last six months. The learning community has been built on a formalized relationship framework for mentors and mentees, aiming toward their career and professional growth. The collaboration has two distinct components: The first is a one-on-one mentorship conducted in asynchronous meetings and the second is synchronously held monthly educational opportunities, skills-building sessions, and presentations. The second component has been in high demand, attracting the attention of several FCM faculty beyond the learning community group, and has been made available to all interested. Attendance of these open learning sessions has continued to increase as faculty members share experiences and build coherence of institutional requirements.

Dr. Juneja, curricular lead and committee chair, oversees the activities of the FCM Faculty Development Learning Community and receives support from the following participating faculty mentors and administrative staff:

- Kenneth Barning, M.D.
- Elizabeth Bosquez, M.D.
- Hammad Mahmood, M.D.
- Rashmi Rode, M.D., FAAFP
- Shruti Varadarajan, M.D., FAAFP
- Aleshia Dumas-Burkhalter
- Shaira Mae Ulangca, MHA/MBA

MALVIKA JUNEJA, M.D., FAAFP
Committee Chair

STFM DELIVERED WORKSHOP
Faculty Development Event

In November 2023, the department hosted a virtual workshop offered by the Society of Teachers of Family Medicine, with nationally acclaimed speakers, Krishna Desai, M.D. and Nathan Culmer, Ph.D., as the presenters. Dr. Juneja, FCM director of faculty development and CME initiatives, facilitated the workshop. The interactive event provided comprehensive training focused on medical education and scholarship.

Session topics included:
- "Learner (Resident and Student) Feedback and Assessment"
- "Working with Learners (Residents and Students) in Difficulty"
- "Scholarly Activity: What It is and How to Do It"

Among the 38 faculty members who attended were educational leaders, FCM Clerkship and Practice of Medicine community preceptors, and facilitators of various School of Medicine courses.
2023 PRIMARY CARE UPDATE
Annual Conference

Family and Community Medicine held its annual Primary Care Update virtually on Oct. 14, 2023, with optional in-person sessions provided in the afternoon. The conference agenda in the morning was packed with contemporary topics, including: “Keynote – Breaking Down Barriers in Obesity Care: Navigating Weight Bias through Clinician Insights and Patient Journeys,” “Disaster Medicine and Preparedness,” “Coaching vs. Mentoring and Tips for Work Life Balance,” and “Diagnostic Radiological Approach for Neurological and GI Presentations.”

After lunch, attendees were offered either virtual option one on, “Clinical Efficiency: Balancing Complex Patient Needs and Expectations” and “Developing QI and Submitting an Abstract from Start to Finish,” or option two on, “When the Stakes are High: ABC of Non-invasive Cardiac Testing” and “Learning Updates in Diabetes Management through Case Discussions.” Additionally, attendees were given a hands-on option for, “Point of Care Ultrasound: Specifics and Physics” and “Point of Care Ultrasound: Learning an Emerging Ambulatory Care Tool.” Nearly 100 participants were faculty members and we appreciate everyone’s commitment to continuing education.

SPECIAL THANK YOU
Primary Care Update Volunteers

Guest Speakers:
- Nina Crowley, Ph.D., RDN, L.D., National Expert
- Rajeev Fernando, M.D., Associate Professor in Infectious Diseases and Fellow, Harvard Medical School
- Laura Licato, Ph.D., PCC, ITCA, NBC-HWC, Nationally Renowned Executive Leadership Coach and Development Consultant
- Juan Ibarra Rovira, M.D., Assistant Professor of Radiology, The University of Texas MD Anderson Cancer Center

Faculty Facilitators:
- Diana Atwal, M.D., M.A.
- Kamna Bansal, M.D.
- Charles M. Bulathsinghala, M.D.
- Ruchi Gaba, M.D., FACE, FEAA
- Malvika Juneja, M.D., FAAFP
- Hammad Mahmood, M.D.
- Samuel Randall, M.D.
- Mike Ren, M.D.
- Alan Riley, M.D.
- Rashmi Rode, M.D., FAAFP
- Arindam Sarkar, M.D.
- Shruti Varadarajan, M.D., FAAFP

For a complete list of Primary Care Update presentations involving FCM faculty, view page 29.
FACULTY PROMOTIONS
August – December 2023

Congratulations to the Family and Community Medicine faculty members promoted in FY2024:

ANJALI AGGARWAL, M.D., FAAFP
Professor

JACQUELINE HIRTH, PH.D., MPH
Associate Professor

KAMNA BANSAL, M.D.
Associate Professor

NOREEN PIRZADA, M.D.
Associate Professor

HAMMAD MAHMOOD, M.D.
Associate Professor

NIHITA SHAH, M.D., MPH
Associate Professor

PHYSICIAN OF THE YEAR
Selected by the HCAFP

The Harris County Academy of Family Physicians (HCAFP) named Alicia Kowalchuk, D.O., FASAM as the Physician of the Year for 2023. Rashmi Rode, M.D., FAAFP, HCAFP president, presented the award to Dr. Kowalchuk at the chapter meeting held in November 2023.

Dr. Kowalchuk was recognized with this prestigious honor for leading by example as a dedicated provider and educator. Her work in Harris County extends care to an underserved population of patients with substance use disorders. She is also passionate about sharing her skills with learners to better serve the community.
OUTSTANDING TEACHER AWARD
Anjali Aggarwal, M.D., FAAFP

Dr. Aggarwal was named a recipient of the 2023 John P. McGovern Outstanding Teacher Award from Baylor College of Medicine.

PEAR AWARD
FCM Faculty Recipients

FCM faculty mentors nominated for Baylor’s Professional Educator Appreciation and Recognition Award in August through October 2023:
- Jonnae Atkinson, M.D., M.S., FAAFP
- Kenneth Barning, M.D.
- Afroze Ali, MBBS
- Mike Ren, M.D.

POP AWARD
Robyn Lacy, MPAS, PA-C

Ms. Lacy was recognized with the Power of Professionalism Award by the College in fall 2023.

PROGRAM GRADUATE
Rashmi Rode, M.D., FAAFP

Dr. Rode graduated from Baylor’s Master Teacher Fellowship Program in August 2023.

FEEDBACK CHAMPION AWARDS
FCM Clerkship Faculty Recipients

October – December 2023:
- Najda Mujtaba, M.D.
- Eric Warwick, M.D.
- Joe Anzaldúa, M.D., PA, FAAFP (volunteer)

July – September 2023:
- Diana Atwal, M.D., M.A.
- Jay Orr, D.O.
- Roslyn Aduhene-Opoku, M.D.

TRAVEL MONITOR AWARD
Judith Gutierrez, M.D.

Dr. Gutierrez was given a travel monitor award at the 70th Annual Meeting of the American Academy of Child and Adolescent Psychiatry.

SECOND PLACE POSTER
Lindsey Laytner, Ph.D., MPH, CPT

Dr. Laytner ranked second at the Ninth Annual MEDVAMC Research Poster Session with her presentation, “Perspectives on non-prescription antibiotic use among Hispanic patients in the Houston metroplex: A qualitative study.”

TAFP RESIDENT SCHOLARSHIP
Chelsea Mendonca, M.D.

Dr. Mendonca received the Cassie Murphy-Cullen, Ph.D. Scholarship of $800 from the Texas Academy of Family Physicians (TAFP) during her final year in the family medicine residency.

TAFP PROGRAM GRADUATE
Mike Ren, M.D.

Dr. Ren graduated from the TAFP Family Medicine Leadership Experience, a development program.

FAAFP RECIPIENTS
Lisa Danek, M.D., MBA and Eric Lee, M.D.

Dr. Danek and Dr. Lee were honored as “champions in family medicine” with the American Academy of Family Physicians Degree of Fellow.

HEALTH ADVOCACY FELLOWSHIP
Fabrizia Faustinella, M.D., Ph.D., FACP

Dr. Faustinella was chosen to be a part of the Gene A. Copello Health Advocacy Fellowship, a program with Doctors for America.
**FCM CHAMPION OF CEHE**
Adriana Rangel, MPH, RRT, CTTS

Ms. Rangel was awarded as the Fall 2023 Champion of Community Engagement and Health Equity (CEHE) by the department’s CEHE Committee. She consistently demonstrates her dedication to advocating for healthy equity in the Baylor College of Medicine and Houston communities.

**TOP DOCTOR AWARD**
Fabrizia Faustinella, M.D., Ph.D., FACP

Dr. Faustinella was selected as a recipient of the Top Doctor Award 2023 from Find a Top Doc.

**HEALIO HONOREE**
Arindam Sarkar, M.D.

Dr. Sarkar was recognized by Mike Ren, M.D. on Healio’s website as an inspirational healthcare professional.

**AMERICAN HEART ASSOCIATION AWARDS**
Baylor Medicine Family Medicine Clinics

The three private clinic locations, Upper Kirby, River Oaks, and Fannin Tower (Texas Medical Center), were recognized by the American Heart Association for fulfilling the organization’s health programs:

- Target: BP™ Silver Achievement Award
- Check. Change. Control. Cholesterol™ Gold Achievement Award
- Target: Type 2 Diabetes℠ Gold Recognition

**AMERICAN HEART ASSOCIATION TARGET: BP™ AWARD**
HHS Vallbona Health Center

Harris Health System’s Vallbona Health Center was commended for the clinical team’s commitment to the American Heart Association’s hypertension initiative.

**IMMUNIZATION CHAMPION AWARDS**
HHS Casa de Amigos Health Center

Harris Health System’s Casa de Amigos Health Center was presented with the most accolades among the vaccine sites under the Houston Health Department at the 2023 Texas Vaccines for Children/Adult SafetyNet (TVFC/ASN) Provider Summit.
FACULTY AND RESIDENT APPOINTMENTS

Additional Roles

Jonnae Atkinson, M.D., M.S., FAAFP
- Commissioner, Accreditation Review Commission for the Physician Assistant

Fabrizia Faustinella, M.D., Ph.D., FACP
- Co-Chair of the Health and Public Policy Committee, 2023 Texas ACP Annual Meeting – Texas Chapter of the American College of Physicians

Jessica Garcia, D.O., FAAFP, FAAHPM
- Minority Co-Convener Leader – 2024 National Conference of Constituency Leaders, American Academy of Family Physicians
- Minority Delegate – 2023 National Conference of Constituency Leaders, American Academy of Family Physicians
- 2023 HCMS Northwest Branch Vice President; January 2023 to December 2024 Alternate Delegate, Harris County Medical Society
- January to December 2023 HCMS Council of Young Physicians Chair, Harris County Medical Society Young Physicians Organization
- Member, Texas Medical Association House of Delegates

Maria Mejia, M.D., MPH, FACPM, FASAM
- Site Medical Director of Addiction Medicine Services, El Centro de Corazón

Adam Mendonca, M.D.
- Elected Resident Advisor, Texas Academy of Family Physicians Foundation Board

Mike Ren, M.D.
- Appointed Member of TAFP’s Council on Medical Practice, Texas Academy of Family Physicians

Rashmi Rode, M.D., FAAFP
- January to December 2023 HCAFP President, Harris County Academy of Family Physicians
- At-Large Member on TAFP’s Board of Directors (two-year term); Mentor for the Resident Leadership Experience; Board Liaison for the Medical Student and Resident Leaders Committee, Texas Academy of Family Physicians

Arindam Sarkar, M.D.
- Appointed Member of STFM’s Steering Committee for the Medical Student Education Collaborative, Society of Teachers of Family Medicine
STUDY FEATURES

Faculty Mention, Mortality Research
- Hennekens CH. - [U.S. Drug overdose deaths more than quadrupled from 1999 to 2020](FAU; News Medical, EurekAlert!, DoveMed, New York Post. 2023 Sep 12)
- Hennekens CH. - [Geographic ‘hot spots’ for cigarette, firearm deaths in the U.S.](FAU; News Medical, EurekAlert! 2023 Aug 29)

Fellow Mention, Antibiotic Research
- Laytner L. - [Antibiotics ‘like gold’ for some, driving inappropriate use](Medscape. 2023 Oct 16)
- Laytner L. - ['Like gold': Patients cite reasons for nonprescription antibiotic use](CIDRAP. 2023 Oct 12)

VIDEO FEATURES

Lindsey Laytner, Ph.D., MPH
- [IDWeek TV Episode 2: Use of antibiotics without a prescription](YouTube – WebsEdgeMedicine. 2023 Oct 13)

Maria Mejia, M.D., MPH, FACP, FASAM
- [Feria de Salud](Facebook – National Hispanic Medical Association; Univision: Edicion Digital Houston. 2023 Dec 7)
- [Feeling hot, hot, hot? Dr. Maria Mejia breaks down warning signs of heat illness, #heat #heatillness](YouTube – BCMweb. 2023 Aug 1)

Mike Ren, M.D.
- [On the 12th day of “Healthmas,” our experts shared with us: the importance of getting your annual physical exam, #holidays](Instagram – BCMHouston. 2023 Dec 22)
- [The 12 Days of Health Tips from Baylor College of Medicine](YouTube – BCMweb. 2023 Dec 21)
- [On the eighth day of “Healthmas,” our experts shared with us: why to use portion control. #holidays](YouTube – BCMweb. 2023 Dec 18)
- [On the fourth day of “Healthmas” our experts shared with us: the importance of hydration. #holidays](YouTube – BCMweb. 2023 Dec 12)
- [How much water do you need to stay hydrated? Dr. Mike Ren breaks it all down! #hydration #hydrate](YouTube – BCMweb. 2023 Jul 6)

Luis Rustveld, Ph.D., R.D., L.D.
- [What exactly are superfoods? Dr. Luis Rustveld breaks it all down, #superfoods](Facebook – Baylor College of Medicine. 2023 Nov 25)
- [Need ways to health-ify your pumpkin spice latte? Dr. Luis Rustveld shares some tips, #nutrition](YouTube – BCMweb. 2023 Nov 15)

Veenadhari Wang, M.D.
- Interview on common illnesses during winter. Telemundo. 2023 Dec
Baylor College of Medicine News

- Baylor Medicine Family Medicine Clinics - BCM receives multiple recognitions from the American Heart Association, 2023 Oct 23
- Jackson S. - Work off Thanksgiving calories with fun family activities, 2023 Nov 20
- Ren M. - Don't be a fool about stool, 2023 Dec 5
- Ren M. - Getting adequate vitamin D in the fall and winter, 2023 Nov 9
- Ren M. - How to get vitamin D without spending too much time in the sun, 2023 Jul 20
- Rustveld L. - “Dieting” for the holidays, 2023 Nov 15

Baylor College of Medicine’s Momentum Blog

- Nwokocha C. - Here's your back-to-school vaccination schedule, 2023 Aug 7
- Ren M. - Use childhood games to inspire your adult workouts, 2023 Nov 9
- Rustveld L. - Gobble up your Thanksgiving turkey with these healthy cooking tips, 2023 Nov 16
- Rustveld L. - Building a soup-er meal, 2023 Nov 7
- Rustveld L. - Three levels of your pumpkin spice latte, 2023 Oct 23
- Rustveld L. - What is a superfood? 2023 Sep 28

Various Websites and Media Outlets

- Jackson S. - Family fun can burn off those extra Thanksgiving calories, HealthDay; U.S. News & World Report. 2023 Nov 23
- Laytner L. - Leftover antibiotics ‘major barrier to antimicrobial stewardship’, Healio. 2023 Nov 8
- Laytner L. - Antibiotics “like gold” for some patients: Personal beliefs and health care barriers drive inappropriate antibiotic use. IDSA. 2023 Oct 11
- Mejia M. - Recognizing heat illness, The Heron: Another Seabreeze Publication. 2023 Sep;21(9)
- Ren M. - Should you work out when you’re sick? AARP. 2023 Dec 4
- Ren M. - Is drinking too much water dangerous? The surprising dangers of drinking too much water. AARP. 2023 Nov 3
- Ren M. - Think it's hotter than it's ever been? You're right, ABC4 Utah. 2023 Jul 28
- Ren M. - Some facts and myths on the heat as Houston braves the summer, KTRK ABC 13 Houston. 2023 Jul 24
- Ren M. - Should you wait 30 minutes to swim after eating? Some heat-related myths you shouldn’t believe, KTRK ABC 13 Houston. 2023 Jul 21
- Ren M. - Need Vitamin D, but need to watch the sun? Here’s how you do it, HealthDay; U.S. News & World Report. 2023 Jul 21
- Rustveld L. - Give thanks for healthy diet changes during the holidays, HealthDay; U.S. News & World Report, Newsmax. 2023 Nov 23
- Rustveld L. - Many sports supplements have no trace of their key ingredients, Science News. 2023 Jul 26
5K WALK/RUN
With BCM Team: Tumernators

Family and Community Medicine participants joined Maria Mejia, M.D., MPH, FACPM, FASAM, event chair and team captain, and Joanna Rodriguez, co-captain, at the GO2 for Lung Cancer Foundation’s 10th Annual 5K Walk/Run in September 2023 at The Water Works at Buffalo Bayou. Together, they proudly represented Baylor College of Medicine as the team: Tumernators. In addition to taking part in the event, the team’s fundraising campaign earned second place.

GO2 for Lung Cancer focuses on the needs of individuals at risk for and coping with lung cancer, including screening and treatment. Furthermore, the foundation is committed to advocating for survivorship. Donations raised provide essential support for critical awareness and research.

HEALTH AND WELLNESS FAIR
Sponsored by FCM CEHE

Family and Community Medicine’s Community Engagement and Health Equity Committee held a health and wellness fair at the Brand Lane Islamic Center in September 2023. Amna Waqar, M.D., event chair, was the lead organizer for the outreach opportunity. The event was well-attended by department faculty, volunteers, community members, and leaders.

FCM providers offered preventive services, such as screening for blood pressure, blood glucose, and mental health. Health education was also provided for diabetes, colon cancer screening, lung cancer screening, smoking cessation, and women’s health. Other supported services available to attendees addressed dental hygiene, child advocacy, and health and human services.
HEALTH AND SERVICE EVENTS

Great American Smokeout and Breathe with Pride


2023 Empower Senior Citizens Resource Fair

Ms. Rangel and Ms. Rodriguez provided information on lung cancer screening and prevention to various attendees at the KC Event Center and Food Park in Conroe, Texas, in November 2023.

Health Fair & Thanksgiving for Refugees


Bayou City Blessings in a Backpack

Abimbola Telufusi, MPAS-C and B Joy Blumenreich, M.D. volunteered with a team from Baylor College of Medicine to fill backpacks with food for school-aged children at the Holy Spirit Episcopal Church in November 2023.

Smith Clinic Health Fair


Día de la Mujer Health Fair

Ms. Rodriguez accompanied David Lundy-Weiss, M.D., MPH, M.A. as he precepted Baylor medical students and provided preventive services at the Southwest Multi-Service Center in September 2023.
HAPPENINGS

TEXAS FAMILY MEDICINE
Chairs Meeting

GRAND RE-OPENING
HHS Sareen Clinic Team

DIWALI CELEBRATION
HHS Vallbona Health Center Team

AWARDS CEREMONY
HHS Vallbona Health Center Team
HAPPENINGS

HOLIDAY LUNCH
FCM Kirby Office

ASTROS SPIRIT DAY
Baylor Family Medicine – Fannin Tower

TEAM RETREAT
FCM Administrative Staff

MEDICAL ASSISTANTS WEEK
Baylor Family Medicine – Kirby

THANKSGIVING LUNCH
Baylor Family Medicine – Kirby

BCM WELL-BEING COMMUNITY
5K and Kids 1K
FACULTY ACTIVITIES

Various Works

Mónica Alzate, Ph.D., LCSW, M.A.
Dr. Alzate, along with Baylor College of Medicine psychiatry students and faculty, participated in the health and wellness fair hosted by Family and Community Medicine’s Community Engagement and Health Equity Committee at the Brand Lane Islamic Center in September 2023.

Fabrizia Faustinella, M.D., Ph.D., FACP
Dr. Faustinella attended the Texas Chapter of the American College of Physicians (TX-ACP) Annual Scientific Meeting in South Padre Island, Texas in October 2023 and presented the recent work and achievements of the Health and Public Policy Committee for which she is a co-chair.

Alicia Kowalchuk, D.O., FASAM

Maria Mejia, M.D., MPH, FACPM, FASAM
Dr. Mejia was involved in several events, including serving as the chair of a community health fair hosted by the National Hispanic Medical Association at St. Paul’s Episcopal Church in December 2023. Additionally, Dr. Mejia was a guest speaker for Texas Southern University’s Community Engagement Core Health Education Webinar and presented, “Understanding Respiratory Disease: Asthma, COPD, and Lung Cancer,” with over 100 attendees in July 2023. Also in July, she gave the presentation, “Brain Attack: Demystifying Anxiety Disorders,” to more than 200 employees for JP Morgan Chase Accessibility Houston.

Jennifer Okoh, MBBS, MPH, FAAFP, Eric Lee, M.D., FAAFP, Mike Ren, M.D.
Dr. Okoh, Dr. Lee, and Dr. Ren participated in the Peer Resource Network (PRN) Orientation Retreat for first-year medical students, which took place at the Piney Woods of East Texas and The Retreat at Artesian Lakes in Cleveland, Texas in July 2023. In addition, Dr. Okoh and Dr. Lee assisted with organizing the 20TH Annual Learning Communities Institute meeting hosted by Baylor in October 2023. The meeting provided networking and learning opportunities for attendees.

Nihita Shah, M.D., MPH
Dr. Shah completed and received Epic certifications for the Physician Builder and Notecraft for Physician Builder in September 2023.

ALZHEIMER’S ASSOCIATION FUNDRAISER

Baylor FCM Team Donation

Family and Community Medicine contributed to the Alzheimer’s Association Walk to End Alzheimer’s® by raising $1,045 to support the organization’s cause of enhancing patient care and advancing research.
Amy Isidahomen, research coordinator, is an integral part of Family and Community Medicine’s InSight SBIRT Enhancement project. Under the leadership of Alicia Kowalchuk, D.O., FASAM, InSight medical director, the program offers Harris Health System patients, seen at Ben Taub Hospital, substance use and alcohol screening, brief intervention, and referral to treatment. Ms. Isidahomen is tasked with presenting project metrics and connecting collaborators from The University of Texas at Austin with other facilities fulfilling SBIRT services.

Additionally, she is involved with the BCM BEARS program, which offers training for buprenorphine education to residents and medical students with Baylor College of Medicine. Ms. Isidahomen provides support for Dr. Kowalchuk, as well as Maria Mejia, M.D., MPH, FACPM, FASAM, Sandra J. Gonzalez, MSSW, Ph.D., and other Baylor faculty. Her responsibilities include creating half-day schedules for psychiatry residents and coordinating intersessions for medical students.

Ms. Isidahomen began focusing on research in healthcare with an internship in cancer prevention at The University of Texas MD Anderson Cancer Center in 2018. After graduating college, she took on a position employed through Baylor as a research assistant/coordinator in the Department of Neonatology at the Texas Children’s Hospital Pavilion for Women. Her career continued to take shape when she became a research coordinator at the UTHealth Houston McGovern Medical School in the Department of Surgery, Division of Urology, where she gained an appreciation for interacting directly with patients. To expand her horizons, Ms. Isidahomen accepted the opportunity to join the department in 2022.

She is grateful for the progression of her professional development, as she went through a time of uncertainty when she received a bachelor’s degree in kinesiology, minor in nutritional sciences, from the University of Houston in 2020 during the COVID-19 pandemic. Her graduation ceremony was scaled down and held in the summer of 2021, with social distancing in place. Ms. Isidahomen’s current role in Family and Community Medicine has further inspired her to pursue education in the medical field.

Ms. Isidahomen maintains balance between work and her personal life by engaging in hobbies, such as reading, cooking, and traveling. In 2023, she visited Aruba, Washington D.C., New York, North Carolina, and throughout Texas, cherishing the company of friends and family. For introspective reflection on her past, present, and future, Ms. Isidahomen takes walks in Memorial Park and Hermann Park.

I enjoy the culture at FCM, my coworkers, and the various research studies I work on.
To view available positions in Family and Community Medicine, visit our job openings web page.
The Substance Abuse and Mental Health Services Administration awarded the department with a multimillion-dollar grant for the EmpowHER project. From September 2023 to 2028, a dedicated team is collaborating with Santa Maria Hostel to provide treatment for substance use disorders to underserved patients at risk for or living with HIV.

**MORE FUNDING IN 2023**

**FCM Faculty as Key Personnel**

**MIRRORS+ (Maternal Initiative for Reflective Recovery-Oriented Residential Services Plus):**
SAMHS – SMH | $172,634
Sept. 30, 2023 – Sept. 29, 2028
Kowalchuk, Subaward PI (Bell, PI)

**Access to Care: SAMHS – BHSST | $157,972**
Sept. 30, 2023 – Sept. 29, 2028
Gonzalez, Subaward PD (Martinez, PD)

**Nueva Start: SAMHS – BHSST | $157,972**
Sept. 30, 2023 – Sept. 29, 2028
Gonzalez, Subaward PD (Martinez, PD)

**THECB Family Medicine Residency Program (2023 Renewal):**
Texas Higher Education Coordinating Board | $195,100
Sept. 1, 2023 – Aug. 31, 2024
Warwick, PD

**A Randomized Controlled Trial of a Diagnostic Stewardship Intervention to Reduce Inappropriate Antibiotic Use for Urinary Tract Infections in Primary Care:**
AHRQ | $2,322,759
Aug. 1, 2023 – May 31, 2028
Grigoryan, Contact PI; Faustinella, Co-I
(Trautner, MPI; Chen, Co-I)

**Prostate Cancer Project: The V Foundation for Cancer Research | $16,588**
Aug. 1, 2023 – July 31, 2024
Rustveld, Collaborator (Sreekumar, PI)

**Implementation of a Hypertension Education Class at a Community-Based Clinic in an Underserved Urban Area:**
TAFP | $3,750
May 4, 2023 – April 30, 2024
Atkinson, PI; Waqar, Co-I

**Reducing Use of Antibiotics without a Prescription: Testing of a Stakeholder-Driven, Patient Education Intervention in Primary Care:**
TAFP | $10,000
May 1, 2023 – April 30, 2024
Grigoryan, PI; Zoorob, Co-I (Trautner, Co-I)

**Familias Contra Diabetes: Group Visits to Teach Self-Management Strategies to Diabetic Patients and their Families:**
TAFP | $5,540
May 1, 2023 – April 30, 2024
Nguyen, PI

**A Multi-level Approach to Assess the Role of Environmental and Social Factors on the Health of the Black Maternal-Fetal Dyad during Pregnancy – A Pilot:**
NIH/NIMHD | $50,000
April 1, 2023 – March 31, 2024
Spooner, PI (Symanski, PI)

**Patient-Provider Communication: Examining the Influence of Black Patients’ Weight Status and Race:**
NIH/NHLBI | $12,669
Jan. 1, 2023 – Dec. 31, 2023
Spooner, Subaward PI (Bruce, PI)

Refer to the glossary on page 30 for acronym definitions. To view a complete list of active projects, visit our dedicated grant funding web page.


BLOG ARTICLES

Kowalchuk A. Lifesaving medicine hits retail shelves THIS MONTH. Should you stock up? Baylor College of Medicine's PolicyWise Blog. 2023 Sep 12


Ren M. What to consider when ranking pediatric residency programs. Blueprint Med School Blog. 2023 Dec 5


Ren M. What to consider when ranking family medicine residency programs. Blueprint Med School Blog. 2023 Nov 14


Ren M. Med School Burnout: Know the signs, causes, & how to manage it. Blueprint Med School Blog. 2023 Sep 26


Ren M. How to explain educational gaps on your residency application. Blueprint Med School Blog. 2023 Aug 15


Ren M. What to know about the new 2024 MyERAS application. Blueprint Med School Blog. 2023 Jul 18

Ren M. How to handle difficult medical board exam questions that you’re unsure about. Blueprint Med School Blog. 2023 Jul 6

Ren M. 10 tips for effectively using flashcards in medical board exam preparation. Rosh Review Blog. 2023 Jul 17
2023 STFM CONFERENCE ON PRACTICE AND QUALITY IMPROVEMENT
Sept. 11–13, 2023

Varadarajan S, Juneja M. Does QI work weigh in as much as a publication? The ABC of making QI count.

Bhattarai S, Bansal K, Juneja M. Integrating CME within the clinical practice in a community clinic.


Joshi B, Bhattarai S, Juneja M. Improving pneumococcal vaccine in diabetics in community clinic.


Joshi B, Bhattarai S, Aggarwal A. Optimizing screening for osteoporosis in elderly female populations in a community clinic.


Nwagwu C, Rode R, Jarrett B. Improving postpartum no-show rates in a family medicine community clinic.
PRESENTATIONS

NATIONAL POSTERS AND PRESENTATIONS

51ST NAPCRG Annual Meeting | Oct. 30 – Nov. 3, 2023

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


IDWeek 2023 | Oct. 11–14, 2023


Shah JR, Trautner BW, Olmeda K, Salinas J, Laytner L, Faustiella F, Raphael JR, Paasche-Orlow MK, Grigoryan L. Leftover antibiotics are a major barrier to antibiotic stewardship: Results from a survey in over 500 patients in ambulatory care settings.


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

Faustinella F. A non-GI cause of abdominal pain, nausea, and vomiting: The power of observation in clinical medicine.

18TH Annual LMSA National Conference | Sept. 14–17, 2023

REGIONAL POSTERS AND PRESENTATIONS

Texas Division Physician Enterprise CME Event | Oct. 21, 2023

Zoorob R. Tobacco use, cessation, and peri-operative risks.

CPRIT’s Innovations in Cancer Prevention and Research Conference VI | Oct. 2–3, 2023

Mejia MC, Zoorob R, Matas J, Levine RS. Shared decision-making and decisional conflict in a lung cancer screening program for underserved populations.

Rustveld L, Sunny A, Nash S, Salemi J, Horsfield M. Effectiveness of an EHR-based patient navigation program in reducing lag time to colorectal cancer screening completion.


Bringing Alcohol and Other Drug Research to Primary Care Symposium | Sept. 8, 2023

Gonzalez S. Screening and Brief Intervention & Trauma and Stigma.

Zoorob R. Medications for NUD.

Kowalchuk A. Medications for AUD & Medications for OUD.
LOCAL PRESENTATIONS – BAYLOR COLLEGE OF MEDICINE

Family and Community Medicine Grand Rounds | Dec. 12, 2023
Ataei H. Prostate Disorders.

Family and Community Medicine Grand Rounds | Nov. 14, 2023
McCurry V. Overview of global health topics and applied ethical considerations.

Family and Community Medicine Grand Rounds | Sept. 12, 2023
Nwagwu C. Overview of Ovarian Cysts: The role of primary care physicians.

Family and Community Medicine Grand Rounds | Aug. 8, 2023
Danek L. Preconception of Care.

Ambulatory Care Services Grand Rounds | Aug. 29, 2023

Psychiatry Grand Rounds | Dec. 6, 2023
Alzate MM, Boyd W, Banu S. The role of mental health professionals in the asylum process.

2023 ANNUAL PRIMARY CARE UPDATE CONFERENCE
Oct. 14, 2023

Varadarajan S, Juneja M. Developing QI and submitting an abstract from start to finish.

Gaba R, Mahmood H. Learning updates in diabetes management through case discussions.

Riley A, Rode R. Point of Care Ultrasound: Specifics and physics.

Rode R. Point of Care Ultrasound: Learning an emerging ambulatory care tool.
| A | **AACAP** – American Academy of Child and Adolescent Psychiatry |
| AHA – American Heart Association |
| AHRQ – Agency for Healthcare Research and Quality |
| AAFP – American Academy of Family Physicians |
| AARP – American Association of Retired Persons |
| ARC-PA – Accreditation Review Commission for the Physician Assistant |
| B | BCM – Baylor College of Medicine |
| BHSST – Behavioral Health Solutions of South Texas |
| C | CEHE – Community Engagement and Health Equity |
| CHP – Community Health Programs |
| CME – Continuing Medical Education |
| CPRIT – Cancer Prevention and Research Institute of Texas |
| Co-I – Co-Investigator |
| F | FCM – Family and Community Medicine |
| H | HCAFP – Harris County Academy of Family Physicians |
| HHS – Harris Health System |
| I | IDSA – Infectious Diseases Society of America |
| IDWeek – Meeting with Infectious Diseases Society of America (IDSA), Society for Healthcare Epidemiology of America (SHEA), HIV Medicine Association (HIVMA), Pediatric Infectious Diseases Society (PIDS), and Society of Infectious Diseases Pharmacists (SIDP) |
| L | LMSA – Latino Medical Student Association |
| M | MEDVAMC – Michael E. DeBakey Veterans Affairs Medical Center |
| N | NAPCRG – North American Primary Care Research Group |
| NIH/NHLBI – National Institutes of Health/National Heart, Lung, and Blood Institute |
| NIH/NIMHD – National Institutes of Health/National Institute on Minority Health and Health Disparities |
| P | PD – Program Director or Project Director |
| PEAR – Professional Educator Appreciation and Recognition awarded by Baylor |
| PI – Principal Investigator |
| POM – Practice of Medicine |
| PRN – Peer Resource Network |
| S | SAMHSA – Substance Abuse and Mental Health Services Administration |
| SBIRT – Screening, Brief Intervention, and Referral to Treatment |
| SIDM – Society to Improve Diagnosis in Medicine |
| SOM – School of Medicine |
| SMH – Santa Maria Hostel, the largest substance use disorder treatment center for women in Texas |
| STFM – Society of Teachers of Family Medicine |
| T | TAFP – Texas Academy of Family Physicians |
| THECB – Texas Higher Education Coordinating Board |
| TVFC/ASN – Texas Vaccines for Children/Adult SafetyNet |
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.