

# Department of FAMILY & COMMUNITY MEDICINE

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

## FCM NEWSLETTER

2022 Q1

The Delta variant of COVID-19 continues to wreak havoc in Texas as the numbers show Houston hitting a plateau of cases and hospitalizations. Hospitals and clinics still feel the strain. Delta spreads much easier than the Alpha variant, and patients present with more severe disease. Due to a severe nursing shortage, Harris Health has again taken steps by closing Vallbona Health Center to allow personnel to be temporarily reassigned where the need is greater.

Again, I want to thank everyone for their resilience throughout the COVID-19 crisis. I am proud to work with you.



*Drs. Phuc Duc Nguyen (UT Houston), Rashmi Rode (BCM), Vijay Mallela (UT Houston), Crystal Nwagwu (BCM), Eric Warwick (BCM), Anjali Aggarwal (BCM), Lisa Danek (BCM), Patricia Gutierrez (Round Rock), Anuash Pillai (HCA Houston West).*

Congratulations to **Anjali Aggarwal, M.D.**, and the Advanced Life Support in Obstetrics (ALSO®) team (left) upon the department's inaugural ALSO Instructor Course. This course teaches current ALSO providers the skills and knowledge needed to facilitate lectures and workstations at ALSO Provider Courses.

The research team brought home several new grants this quarter:

- Renewal of the T32 Primary Care Research Fellowship with a project total of \$1,921,275.
- CPRIT's Expansion of the Lung Cancer Screening and Tobacco Control Network to Rural and Medically Underserved Populations. The total direct cost of this grant is \$1,899,682.
- SAMSHA BEARS: Buprenorphine Education Among Residents and Medical Students (PI: Alicia Kowalchuk, D.O.) with \$412,840 of total costs.

Read more about the grants in Dr. Gonzalez's Research column on page 7.

I send my heartfelt condolences to the family, friends, and colleagues of two Family Medicine emeriti professors. **Joseph M. Merrill, M.D.**, passed away in June and **Delbert "Dennis" Myers, M.D.**, died in September.

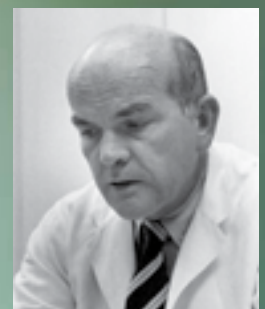
During his tenure at Baylor College of Medicine, Dr. Merrill, a family physician, served as the Dean of Scientific Affairs and Executive Vice President. In 2015, he wrote, *"As It Was ... But Not Now: A Memoir"* (2015), which offers a look at the life of a doctor and the ebb and flow of the practice of medicine.

Dr. Myers' caring and kindly manner were surpassed only by his devotion to his patients, Baylor, and our department. He will be missed by all blessed enough to have crossed paths with him.

**Baylor**  
College of  
Medicine



Dr. Myers



Dr. Merrill

*Roger Zoorob*

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

# Take a Deep Breath and Relax

Does your smartwatch remind you to breathe? You are not alone. These prompts make me keenly aware of just how shallow my breaths usually are and my need to focus on deep breathing. Breathing is the most critical yet passive functional process we can possess great control over.

Focused breathing is a controlled breathing pattern that has been shown to improve our mental and physical states. The terms synonymously used to describe this breathing pattern are belly, abdominal, or diaphragm breathing. Through better oxygen exchange, chemical reactions in the cells produce energy that keeps the body functioning at the highest efficiency. According to the literature, the benefits of deep breathing include psychological and physiological improvement in bodily functions, increased heart rate variability, muscle relaxation, and improved quality of life, especially in people with chronic obstructive pulmonary disease (COPD). Another important role of deep breathing is to help people in addiction recovery. The relaxation in recovery is achieved through reduced muscle tension due to improved oxygen delivery to the muscles.

The psychological benefits, on the other hand, are attributed to the levels of noradrenaline in the brain. The parasympathetic nervous system is activated by the deep breathing pattern, leading to decreased stress by inhibiting the sympathetic nervous system. Controlled breathing has been shown beneficial for patients experiencing anxiety, depression, or post-traumatic stress disorder symptoms. Patterned breathing can also help one be more challenged, focused, and emotionally stimulated.

To practice deep breathing, sit or lie down comfortably. Close your eyes, and place one hand on the chest and the other on your stomach. Breathe in slowly and deeply through your nose while counting to five. Feel the movements of your stomach against your hand. Breathe out slowly through your mouth. Repeat the process up to five times as you get used to the slow and controlled breathing process. Square breathing, alternate nose breathing, and yogic breathing (three-part yogic breathing) are commonly practiced breathing patterns.

A conscious attempt to change our breathing pattern, or focus on breathing, can improve our physical and mental health. Take a deep breath and relax!

~ Namrata Walia, M.D.  
Postdoctoral Fellow



If you are interested in writing an essay for this column, please submit your thoughts to [Dr. Zoorob](#). He is interested in sharing what's on your mind.



## Staff Spotlight

Paula Rosales  
Spec, Scheduling II

Paula Rosales is a “DREAMer.” When she was five years old, her parents brought Paula to the United States from San Salvador, El Salvador. After completing school, Paula married at 16, had a daughter at 17, and a son at 19. While going through a divorce and hard times, Paula decided to go back to school. She chose a vocational college and received a medical assistant certification two years later. All this while working and managing life with two kids! Paula reports that it was a hectic time!

New in the medical field, Paula now declares that she had no clue what she was doing. Her career began in a pediatrics office, then at a foot surgeon and podiatrist office for three years. Upon moving to Bellaire in 2006, she worked at a vascular surgeon’s office for two years. It was there that Paula met a young lady who had recently found a position at Baylor Family Medicine and reported that the department was hiring. Paula remembers receiving the offer letter from Baylor College of Medicine because she saw this opportunity as a light at the end of her tunnel. That was 13 years ago. Paula remembers her first day like it was yesterday.

Paula is appreciative that she has been able to grow in her position. She started as a Medical Assistant Level One-Scheduling Specialist in the telecommunications (comm) center at Kirby. During this time, Paula gave birth to her second daughter. After a few years, she was transitioned to the Patient Resource Center for 2-3 years, during which time she had her second son. Paula was transitioned back to Kirby, again working in the comm center. Because she is always ready for a challenge, Paula was the natural choice to cross-train on the floor, triage patients, and perform other MA duties. After some time, she was asked if she could cross-train for the front desk. Paula is always prepared to help out wherever help is needed.

Assisting patients is Paula’s favorite thing about her job. She answers every call that comes through the office, intending to resolve every issue before the call ends. Though her position is hectic, Paula tries to stay calm and relaxed and not take what the patients say or do personally. She tries to put herself in the caller’s shoes.

Though her hobbies have been limited due to COVID-19, Paula likes walking in the park with her kids, dogs, and hubby or fishing at the beach. She looks forward to going out to dinner, dancing, and other recreational things once the virus has been brought under control.



When asked to share one thing she wished to share with her coworkers, Paula responded:

“I can honestly say I do not praise our group as often as I should, to give them a pat on the back. All of us work together to make Family and Community Medicine a strong department. Everyone works so hard to get things done. I am proud to be a part of our great team.”



# Family Medicine Residency

Variants, mutants, multiverses... As interwebs and airwaves announce them, our desire for distraction welcomes them. Still, silver screen warriors cannot hold a candle to our pandemic protectors. It is a marvel what our health care heroes accomplish on any given day, now in year two. First responders, nurses, faculty physicians... all champions in their own right. All acknowledged in insta-tic-tok-tweets, soundbites, and articles. And what about your friendly neighborhood resident? You know... That Peter Parker person—part learner, part acrobat; all heart.



While their true identities often go unknown, I am proud to report that our team of twenty-three contains the best residents on this side of the universe. And I am happy to play a part in their adulation.

Led by our Chiefs—Lily Luc and Yasmin Uzamere—our phase one team consists of a fantastic five of Peter Baek, Sarah Coverdale, Chinwe Nwokocha, Lisa Thoyakulathu, and Michelle Wheeler. These PGY3 superheroes remember a residency before snap shutdowns and surges. Never did they stay in shadows or feign from the fight. Our phase two team (PGY2's) of Tanvir Ahmed, Christina Babu, Chinwe Ezenna, Chelsea Mendonca, Nadir Mulla, Tam Nguyen, Chad Scott, and Youxin Xiong are now veterans and venerable. They have risen to new heights, compassionately caring for their community each step of the way. Adaptive, agile, and all-around bad-a\*\*es, these residents are the glue that holds our residency realm together through all its entanglements.

This quarter we welcomed our phase 3 interns: Ramon Diez-Barroso, Rami Ghyanyem, Kaitlyn Jacobs, Brianna Jarrett, Jamina Jose, Gabe Odunmola, Summer Paul, and Mishal Uddin. Our residency is honored that they selected our site for their superhero training. On-boarding under normal times is challenging enough. Often akin to drinking water from a fire hose. Add a few surges, stir in a plethora of pandemic protocols, and that drink quickly becomes much more spirited. Though still wet behind the ears, I am happy to report that our newest members are all well on their way to leveling up.



Eric Warwick, M.D.  
Residency Director

This fall, the residency enters another virtual pandemic application process searching for superheroes for phase four, with continued guidance from our original core faculty—Rashmi Rode, Crystal Nwagwu, Fareed Khan, and Mohamed Sidani. And, coordinated by the keeper of our sacred schedule, Ms. Sharon Mitchell. The residency is poised to discover the next class of the gifted and talented. If you know of someone with potential, please send them our way.

To our graduates and extended family—superheroes one and all—thank you for everything you do every day. Together, back-to-back-to-back-to-back, we all got our community covered.

Eric Warwick (a.k.a. Thor)

# Family Medicine Education

There are a number of opportunities for our faculty to be involved in the education of students and residents. In this column, I want to highlight the opportunity to precept medical students at your clinical site. While other educational opportunities allow you to talk about what we do, precepting in the clinical setting allows us to show learners what we do. Students can actually see the important role of family physicians and primary care physicians in the healthcare system and learn as they participate in clinical care.

According to one recent study, preceptors report many benefits of precepting students in their offices, including the opportunity to give back to the medical profession, demonstrate their practice, be a role model, keep their knowledge current, and experience the joy of teaching learners. However, challenges remain, including the effect on patient flow and the time it takes to teach (when you have many patients to see).<sup>1</sup> Despite the challenges, many of our employed and volunteer faculty continue to precept students. For this reason, we express our deep appreciation to those who continue to precept students despite the challenges.

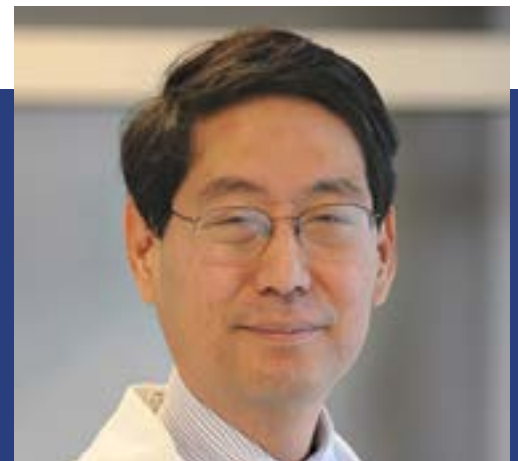
May I suggest that all of us read a recent editorial<sup>2</sup> by Dr. Michael Burke. Dr. Burke writes about the benefits of precepting students as well as the important need to do so. In reading this editorial, I hope that active preceptors will be encouraged to see that your efforts make a difference. Those not currently precepting will be curious to learn more about it.

For those not precepting students at your clinical site, we are happy to discuss further with you. Please feel free to email me at [williamh@bcm.edu](mailto:williamh@bcm.edu) to discuss the opportunities and explore how you can become involved.

For active preceptors of students for the Patient, Physician and Society course, the Family and Community Medicine Clerkship, and our electives, we again express our sincere thanks. Please let us know how we can assist you in this important role.

<sup>1</sup>Latessa R, Keen S, Byerley J, Foley KA, Payne LE, Conner KT, Tarantino H, Peyser B, Steiner BD. The North Carolina Community Preceptor Experience: Third Study of Trends Over 12 Years. Acad Med. 2019 May;94(5):715-722. Available at: [https://journals.lww.com/academicmedicine/Fulltext/2019/05000/The\\_North\\_Carolina\\_Community\\_Preceptor\\_Experience\\_.44.aspx](https://journals.lww.com/academicmedicine/Fulltext/2019/05000/The_North_Carolina_Community_Preceptor_Experience_.44.aspx).

<sup>2</sup>Burke MS. Benefits of Teaching Medical Students: Perspectives from a Community Physician Preceptor. Am Fam Physician. 2020 Aug 1;102(3):140-141. Available at: <https://www.aafp.org/afp/2020/0801/p140.html>.



William Huang, M.D.  
Vice Chair, Education

# Community Health Program

## What I have learned and am learning from the pandemic:

### ***The world is a small place.***

The virus was in a far-off place, Wuhan, China, affecting people with different customs and those that frequented a “wet market.” Everyone, even those who had been predicting that we were ripe for a pandemic, was caught by surprise by the speed of the spread. I learned that what affects one affects all.

### ***Some of us are paying attention.***

China very quickly and early on released the gene sequence for the virus. Some paid no heed but others, thankfully, began working on a vaccine based on that and other information. I learned that we need to trust. Not blind trust but trust in institutions and science.

### ***We all are willing to learn and adapt.***

We embraced new norms: mask-wearing, social distancing, and we gave up hugs. We telecommuted. We reached out and touched our patients. We accepted new vaccines and developed a science around screening. We promoted communication to discuss new developments. We listened to each other. We adapted our practices. We were quickly able to show success. I confirmed that grave dangers are not mine alone to deal with, and we as a community will always care for each other.

### ***Our world is fragile.***

A small virus with no functioning parts can bring us to our knees. I learned the dangers of inequality, lack of education, and lack of trust around us. Those were the cracks that showed up in this pandemic, and they continue to drag us down. I learned I must do more for causes I believe in. I learned it is not enough merely to pay lip service.



Fareed Khan, MBBS  
Vice Chair, CHP

### ***There is a dawn.***

A new day does not appear suddenly and quickly. The sun's rays break through slowly and carefully, and it takes a while for us to be bathed in new light and warmth. This crisis is slowly but surely going to end, but clouds may still grey the sky. I learned that nature is wise and perfect, a force to understand and respect. I learned I need patience and to accept what I cannot change.

### ***There is a new day.***

We will have new ways of living and working. We will have new vaccines and new treatments against a myriad of diseases. I learned that change is happening and that change is always welcome.

## **I have learned this:**

***I love life. I love you. I love everything all around.***

# Research

In FY 2021, the Department's many research projects had to adapt quickly to the changing landscape resulting from the far-reaching impact of COVID-19. Training and service grants were required to quickly transition from in-person delivery to the use of audio-visual platforms. Considerations were made regarding ways to ethically consent study participants, ensure confidentiality, and collect data in the safest and most responsible manner. Teams were required to develop creative ways to engage and recruit participants and respond to the heightened anxiety and feelings of uncertainty that have surrounded us for the past 18 months. In response, FCM research faculty and staff rose to the occasion, working diligently to minimize any potential disruptions and achieve the goals and objectives of their respective projects.

As quarter one of the new academic year comes to a close, I would like to highlight some of our current successes and upcoming events. Despite the ongoing challenges associated with the pandemic and the emergence of the COVID-19 delta variant in our community, FCM researchers remained busy developing manuscripts and grant proposals and implementing projects throughout the Greater Houston area. During the first quarter of FY22, the department received notice of grant funding for several projects, including:

- Expansion of the Lung Cancer Screening and Tobacco Control (LCTC) Network to Rural and Medically Underserved Populations
- Baylor College of Medicine Buprenorphine Education Among Residents and (medical) Students (BCM BEARS)
- Community Access and Resources Education (CARE), a subaward with Behavioral Health Solutions
- National Research Service Award in Primary Care Medicine (T32)

FCM currently has 31 active grant projects, totaling \$5.3 million in direct costs and \$754K in indirect costs to support the research mission.



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

During quarter one, the research team welcomed new staff, and we anticipate gathering, whether in-person or virtually, for a research retreat in the coming months. We are also excited about our ongoing collaboration with the FCM Office of Faculty Development and our quality improvement faculty. This partnership has resulted in joint training events on topics requested by faculty and has created pathways for increased collaboration between clinical and research faculty.

Our inaugural Research Day held earlier this year was very well received, and the decision has been made to make it a staple in the department. We encourage faculty, fellows, residents, and students to participate in our second annual Research Day on February 22, 2022. Consider presenting your research and quality improvement projects (completed or works-in-progress). The deadline for submission of abstracts is December 1, 2021.

If you are interested in sharing information about your research in a future edition of the newsletter, please contact me at [Sandra.Gonzalez@bcm.edu](mailto:Sandra.Gonzalez@bcm.edu).



# Congratulations & Kudos



Janet Luke



Gabriella Mireles

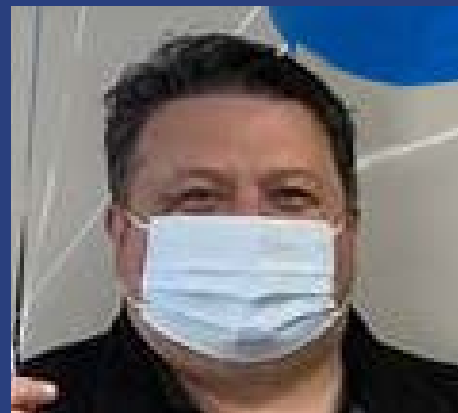


Lisa Lopez

Sara Rahman, Department Administrator, recently announced the promotion of four deserving staff.

- **Janet Luke** to Coordinator-Business Operations
- **Gabriella Mireles** to Senior Business Operations Manager
- **Lisa Lopez** to Senior Coordinator-Business Operations
- **Eber Lopez** to Director of Clinical Operations. He assumed responsibility for all three Baylor Medicine (BMed) locations.

Congratulations on your well-warranted promotions!



Eber Lopez



# Congratulations & Kudos

Harris Health's celebrated its 2021 second quarter top providers in the Patient Satisfaction Performance (Crystal Award) ceremonies. Each of these providers received an over 95% approval rating from their patients.



Rashmi Rode, M.D.



Thomas Masciangelo, M.D.



Saira Khan, D.O.



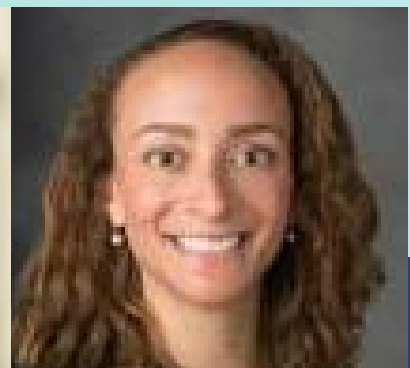
Preethi Nambi, M.D.



Susette Arrazolo, FNP



Misba Lateef, M.D.



Tamara Callis, M.D.

# Congratulations & Kudos

Congratulations to Dr. Fatima, who has been accepted into the Fall class of the Integrative Medicine Fellowship at the University of Arizona Andrew Weil Center for Integrative Medicine. She was awarded a \$7,500 scholarship.

The Integrative Medicine fellowship is a 1,000 hour, two-year distance learning program with a 3-week, hands-on training session in Tucson. It provides a structured and highly interactive educational experience in prevention-focused, proactive, patient-centered care. Dr. Fatima will gain the knowledge and skills she needs to practice integrative medicine effectively.



Anees Fatima, M.D.



Hamad Mahmood, M.D.

Dr. Mahmood was recently selected for the inaugural Harris Health and UT Dallas Executive MBA program cohort. The Naveen Jindal School of Management at UT Dallas program is ranked number two in Texas and number 29 worldwide.

According to the program's website, Dr. Mahmood's first semester's learning will be Financial Accounting, Organizational Behavior, Statistics and Probability, and Business Economics.

Congratulations to Dr. Walia was selected to serve as a Trainee member of Baylor College of Medicine's Inclusion and Excellence Council for the 2021-2022 term. She represents the voice of all BCM employees and shares her passion and expertise to support diversity, inclusion and equity efforts across the College. As a voting member, Dr. Walia's duties will include providing content expertise in diversity and inclusion domains/topics and acting as a champion for diversity and inclusion across the College.

Dr. Walia was also chosen to Chair the BCM Postdoc Association (PDA) Communications Committee.



Namrata Walia, M.D.



Janet Le, M.D.

Dr. Le was selected to participate in the Assistant Professor Women Faculty 2021-2022 cohort for the BCM Career Advancement Series. Each cohort will participate in five virtual sessions, networking opportunities, and other activities focusing on these areas:

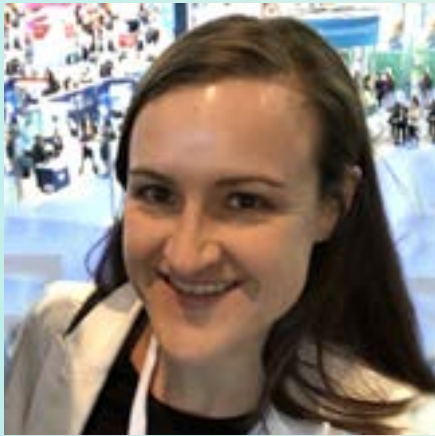
- Pathways to Promotion
- Building Your Network and Collaborations
- Mentorship and Sponsorship
- Conflict Resolution
- Thriving in a Health Sciences Institution

Congratulations, Dr. Le!

# Congratulations & Kudos

Congratulations to Dr. Valentine-King, who was chosen for the IDWeek Trainee Award this year.

Trainee Awards are intended to provide support for fellows-in-training to attend IDWeek. Each society participating in IDWeek chooses one outstanding abstract from a member trainee in their specialty. These abstracts are recognized as the top submissions from trainees on the IDWeek website.



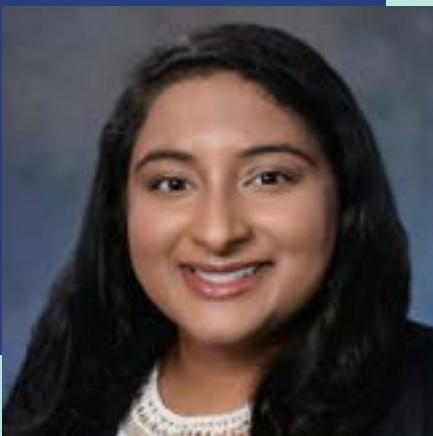
Marissa Valentine-King, Ph.D.



Rashmi Rode, M.D.

Dr. Rode was elected to serve as Co-Convenor for the National Conference of Constituency Leaders (NCCL) 2022 AAFP Leadership Conference.

NCCL is a vehicle for member constituencies, recognized as women, minorities, new physicians, international medical graduates, and LGBT physicians, to exchange information, share experiences, and develop basic leadership skills.



Liz Thoyakulathu, M.D.



Michelle Wheeler, M.D.

Drs. Thoyakulathu and Wheeler, family medicine residents, have recently been honored as Harris Health Heroes!



# Newsmakers



FCM was well-represented during the white coat ceremony in August. Learning Community Advisors include Drs. Eric Lee and Irvin Sulapas (second row), Minal Patel (at the very back), and Jennifer Okoh (throwing the peace sign).



Irvin Sulapas, M.D.

To build the ninth-annual Top Doctor list, Houstonia contacted over 15,000 physicians in the greater Houston area to nominate two doctors across dozens of specialties to whom they would entrust to care for themselves or their families. Congratulations to Dr. Sulapas for being selected for the Sports Medicine 2021 list.

Food intake can also be counted as hydration,” Sulapas says when interviewed for the [Momentum Blog](#). “it includes carbohydrates and sodium that you need to maintain hydration. The rule of thumb is, if you’re thirsty, you’re already dehydrated. So keep well hydrated by drinking plenty of water, even before you begin your outdoor activity.”

An avid volunteer, Dr. Sulapas served as Venue Medical Doctor (VMD) for the Gold Cup matches Qatar vs. Panama and Honduras vs. Grenada soccer games and the CONCACAF Leagues Cup Semifinals game León vs. Pulas UNAM.





# Newsmakers



Larissa Grigoryan, M.D., PhD

*Reader's Digest* interviewed Dr. Grigoryan for the article, [Myths and truths about urinary tract infections](#), published in its August 2021 issue. Together with Barbara Trautner, M.D., PhD, Dr. Grigoryan discusses the misconceptions about urinary tract infections and possible antibiotic resistance to drugs prescribed for the infection.



JoAnna Fields-Gilmore, M.D., MPH, MA

During an interview for the Resonance Podcast, a student-led production, Dr. Fields-Gilmore advises medical students to make time to nurture themselves. "It is important; it is paramount; you have got to take care of yourself because if you don't give yourself compassion, you cannot give compassion to your patients. Go take a walk, I tell them. Go call the grandma if grandma is still alive. Walk the dog. Those kinds of things. Do that self-care because then you can be in the present and be in tune with the patients with what they need. So we must take care of ourselves!"



Mónica Alzate, Ph.D., LCSW, MA

Insisting on the same freedoms that her male classmates had, Dr. Alzate rebelled against the expectations of the Church and her mother. Her angst about inequalities led to her earning a Master's degree in Women's Studies (later called Sexuality and Gender Studies). Dr. Alzate came to realize that there is no freedom without one's capacity to control our bodies.

Read more about her journey and how control and gender beliefs

play a large part in teenage pregnancy. "How Does Gender Impact Teen Pregnancy?" was published by the [blog](#) of the Texas Campaign to Prevent Teen Pregnancy, a statewide nonpartisan organization that aims to reduce teen pregnancy through research, advocacy, collaboration, and training.



Michelle Wheeler M.D., & Irvin Sulapas, M.D., cover the Village School vs. St. John XXIII.

# ALSO Provider Course

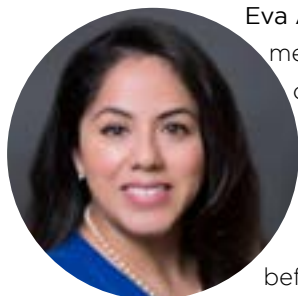


In August, Family and Community Medicine hosted the American Academy of Family Physicians (AAFP) Advanced Life Support in Obstetrics (ALSO®) Provider Course with Sonosim. The course is an evidence-based, interprofessional, and multidisciplinary training program that equips the entire maternity care team with skills to manage obstetric emergencies effectively.



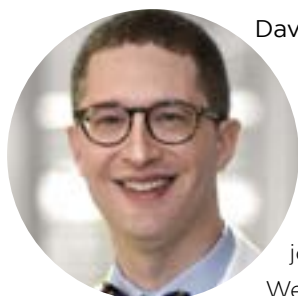
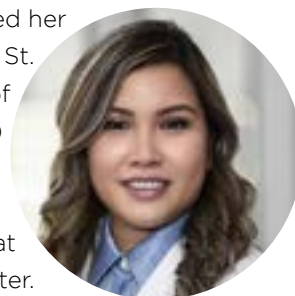
The second provider course sponsored by the department this year, the August cohort consisted of residents from Baylor College of Medicine, Houston Methodist, UTMB Galveston, UT McGovern Medical School, and HCA Houston Healthcare West, plus others who provide obstetric care.

# Welcome to FCM



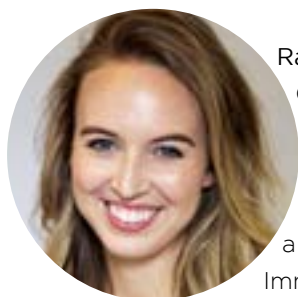
**Eva Ayala Hadzisabic, D.O.**, received her medical degree from the University of North Texas Health Science Center (2008) and completed the Corpus Christi Family Practice Residency Program in 2011. She saw patients at Gulfgate Health Center before working at Memorial Hermann Medical Group. She recently returned to the department, serving at Strawberry Health Center.

**Janet Le, M.D.**, received her medical degree from St. George's University School of Medicine in Granada (2017) and completed the DeTar Family Medicine Residency in 2021. Dr. Le sees patients at Strawberry Health Center.



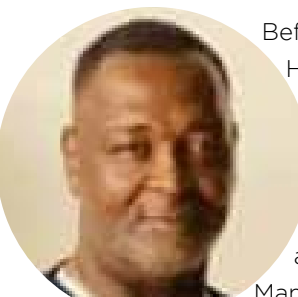
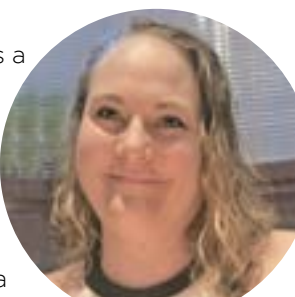
**David Lundy-Weiss, M.D., MPH, MA**, received his medical degrees from Tufts University School of Medicine in 2012 and completed Family Medicine Residency at New York-Presbyterian/Columbia. Before joining the department, Dr. Lundy-Weiss was Assistant Professor at Icahn School of Medicine at Mount Sinai. He sees patients at Baylor Family Medicine-Kirby.

**Xinqui "Mike" Ren, M.D.**, is a recent graduate of the department's Family Medicine Residency program. He sees patients at Baylor Family Medicine-Kirby.



**Rachel Walker** is a Research Operations Associate - Public Health Associate with our research team at Kirby. Before joining us, Rachel was a Program Coordinator with The Immunization Partnership.

**Melissa McCauley** is a Research Administrative Associate with our research team. Prior to coming to FCM, Melissa was an Environmental Health Specialist and a Microbiologist I with the Illinois Department of Public Health.



Before joining Healthcare for the Homeless-Houston (HHH) as a Patient Affairs Specialist, **Donald Jones** was a Flagging Manager with Professional Traffic Control. From 2018-2019, Donald worked as a Case Manager/Leasing Manager for A Caring Safe Place/ Lydia's Place in Houston.

**Liz Kalterman** is a Medical Assistant at BFM-River Oaks. Prior to joining the department, Liz was a Lead Registered Medical Assistant at Oncology Consultants.

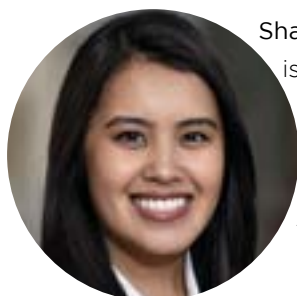




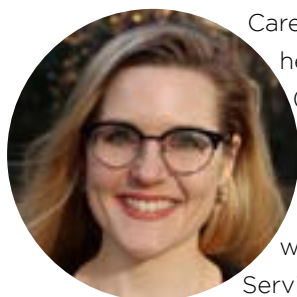
# Welcome to FCM



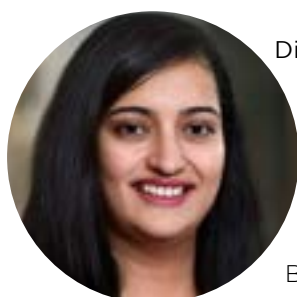
In 2016, LaTonya Alexander, MA, earned her master's in Education from Texas Southern with a major concentration in Counseling and Community Agency Counseling. Hired in August, LaTonya is a Behavioral Health Consultant with HHH.



Shaira Mae Ulangca, BSH, MHA/MBA, is a Senior Business Operations Associate with the FCM Admin team. Before joining FCM, she was a Senior Coordinator with BCM Anesthesiology.



Lindsey Laytner, Ph.D., MPH, our newest Primary Care Research Postdoctoral Fellow, earned her doctorate (2018) and master's (2014) from the University of Florida (Gainesville). Before joining the department, Dr. Laytner was a Senior Epidemiology Lead Project Manager with the Texas Department of Health Services (DSHS). Her publications primarily deal with aspects of health in lower-income countries.



Disha Rana, MA, is a Senior Coordinator, Business Operations, and acts as the department's Human Resources liaison. Before joining FCM, Disha was a Program Management Coordinator with the BCM HR Office.



Victoria McCurry, M.D., FHM, FAAFP, is an Assistant Professor at HHH. She received her medical degree from the University of Arizona College of Medicine (Phoenix) in 2012 and completed Family Medicine Residency at the UA South Campus (Tuscon) in 2015.

Prior to joining the department, Dr. McCurry was a Clinical Assistant Professor at the University of Pittsburgh School of Medicine.

**Amanda Ruiz** is a Medical Assistant II at BFM-Kirby. She received her Medical Assistant Certificate from Astrodome Career Center (2019) and came to the department from Clinical del Sol Family practice.

**Francine Bass** is a Medical Assistant I at BFM-Kirby. Prior to joining the department, she worked at Texas ENT Specialists.

**Vanessa Lopez**, a bi-lingual Registered Medical Assistant II, previously worked as an RMA at Spring Branch Community Health Center in Katy, Texas. Her new work location is at BFM-River Oaks.

**Flor Serna Lopez** is a Medical Assistant I at BFM-Kirby.

**Laura Perez** is a Medical Assistant at BFM-Kirby.

**Deanna Valentine-Stewart** is a Community Health Worker at HHH.

**Roxanne Diaz** is a Medical Assistant II at BFM-Kirby.

**Valeria Bermudez** is an LVNII at HHH.

**Arturo Rodriguez** is a Medical Assistant II at HHH.



# Dr. Abdalla Retirement

To honor Nageeb Abdalla, M.D., upon his retirement on August 31, Dr. Zoorob and several faculty who have worked with Dr. Abdalla gathered to celebrate his accomplishments at a luncheon at Perry's Steakhouse & Grille.



Joined by his wife, Rose, Dr. Abdalla and his colleagues reminisced about his 27 years in the department.

Enjoy your retirement, Dr. Abdalla!



# Farewell, Riddhi!

Riddhi Bhatt accepted a position as a Director in Dean Christner's office and began her new duties on August 2. She now serves as the administrative leader for the School of Medicine. Together with the School of Medicine Dean, she will be responsible for managing the finance and operations for the school as



well as the cross-functional team members from each of the SOM programs and divisions to ensure current and long-term goals of the College are met.

Riddhi came to FCM in 2012 as a Project Manager and was soon promoted: Senior Project Manager, Business Manager, Senior Associate Business Operations and Senior Manager Business Operations. Quick to respond to any request, she will be sorely missed. The department wishes Riddhi well as she takes on her new challenges.





# Publications

Faustinella F. [Crime Scenes](#). *Atherton Review: Academy Press*. 2021 Jun.

Goebel M, Trautner B, Grigoryan L. [The five Ds of outpatient antibiotic stewardship for urinary tract infections](#). *Clinical Microbiology Reviews*. 2021 Aug 25;e0000320.

Grigoryan L, Zoorob R, Germanos G, Sidani M, Horsfield M, Khan F, Zare M, Goebel M, Atmar R, Trautner B. [Case-based audit and feedback around a decision aid improved antibiotic choice and duration for uncomplicated cystitis in primary care clinics](#). *Family Medicine and Community Health*. 2021;9(3):e000834

Faustinella F, Frigini AL. [Weight Loss, Abdominal Pain and Distension in a 74 Years-old Woman](#). *Journal of Urgent Care Medicine*. 2021 Aug.

Patel R, Polage CR, Bard JD, May L, Lee FM, Fabre V, Hayden MK, Doernberg SDB, Haake DA, Trautner BW, Grigoryan L, Tsalik EL, Hanson KE. [Envisioning future UTI diagnostics](#). *Clinical Infectious Diseases*. 2021 Aug 31;ciab749 DOI: 10.1093/cid/ciab749

Faustinella F. Synaptic Interferences. [Academy of the Heart and Mind](#). 2021 Jul. [Green Hill Literary lantern \(GHLL\)](#) July 2021

Agonafer E, Altenberg B, Andress L, Bushelle-Edghill J, De la Torre D, Ekezue BF, Guillot-Wright S, Damon P, Lee M, Massick S, Walia N, Ward M. [AAMC Principles of Trustworthiness](#). 2021 May 20.

Valentine-King M, Trautner B, Zoorob R, Germanos G, Salemi J, Gupta K, Grigoryan L. [Analysis of recurrent urinary tract infection management in outpatient settings reveals opportunities for antibiotic stewards](#). *Antimicrobial Stewardship & Healthcare Epidemiology*. 2021 Jul 29;1(S1)

Sarkar A, Aggarwal A, Grigoryan L, Nash SG, Mehrotra N, Zoorob R, Huang WY. [Improving student confidence with Electronic Health Record order entry](#). *PRIMER*. 2021 Jul 2;5:23. PMID: 34286226.

Hussain A, Deshotels M, Nambi P, Bansal K, Jneid H, Nambi V. [Troponin and B-type natriuretic peptides biomarkers in the management of hypertension](#). *Hypertension Journal*. 2021 Jan-Mar;7(1)

Walia N, Matas J, Turner A, Gonzalez S, Zoorob R. [Yoga for substance use: A systematic review](#). *Journal of the American Board of Family Medicine*. 2021 Sep;34(5):964-973.

Walia N, Bhetuwal R, Acosta L, Muddasani S, Kamwal C, Mishra VD, Leszkowita D. [Employment status and its association with psychological distress and alcohol consumption](#). *Cureus*. 2021 Jun;13(6):e16054.

# Presentations

## SAMHSA GRANT: MENTAL HEALTH AWARENESS

Jul 2021

**Alzate M, Gonzalez S.** Natural Disasters and Mental Health.

## SHEA IDWEEK 2021

Sep 2021

**Valentine-King M, Trautner B, Zoorob R, Germanos G, Salemi J, Gupta K, Grigoryan L.** Analysis of Recurrent Urinary Tract Infection Management in Outpatient Settings Reveals Opportunities for Antibiotic Stewards.

**Valentine-King M, Van J, Hines-Munson C, Dillon L, Graber C, Patel P, Drekonja D, Lichtenberger P, Shukls B, Kramber J, Ransey D, Trautner B, Grigoryan L.** Identification of Novel Factors Associated with Inappropriate Treatment of Asymptomatic Bacteriuria in Acute and Long-term Care.

**Rajan S, Grigoryan L, Van J, Lichtenberger P, Patel P, Shukla B, Calub F, Brown N, Hershey C, Drekonja D, Graber C, Trautner BW.** Local Implementation of an Antibiotic Stewardship Intervention for Asymptomatic Bacteriuria through Centralized Facilitation Required Minimal Cost and Effort.

## FCM GRAND ROUNDS

Sep 2021

**Faustinella F.** A Vision for an Inclusive U.S. Health Care System: Advocacy Work and the American College of Physicians.

## TEXAS CAMPAIGN TO PREVENT TEEN PREGNANCY 10TH ANNUAL SYMPOSIUM

Sep 2021

**Alzate M.** Gender Role Beliefs and Adolescent Pregnancy.

## STFM CONFERENCE ON PRACTICE & QUALITY IMPROVEMENT

Sep 2021

**Faustinella F.** Correlation Between Empathy and Knowledge: How an Educational Film-Documentary on Homelessness Positively Impacts Learners' Perceptions.

**Barning K, Khan F, Zoorob R.** Sustaining Face to Face Patient Visits Amidst a Pandemic Lockdown to Help Underserved Populations.

**Rode R, Mahmood H, Khan F.** Health Care Delivery during COVID-19: Transition to and within Telemedicine.

**Bhattarai S, Joshi B, Spooner K, Juneja M, Zoorob R.** Characteristics and Clinical Outcomes of COVID-19 in Patients of Community Clinic.

**Shah N, Rode R, Porter T, Cruz I.** "Burn the burnout!" Nurture the Camaraderie.

## GENERAL PRACTICE RESEARCH ON INFECTIONS NETWORK (GRIN) WEBINAR

Sep 2021

**Valentine-King M, Hansen MA, Zoorob R, Danek LCK, Willis SE, Atmar RL, Trautner BW, Grigoryan L.** Telehealth Decision-making for Influenza: What is the Impact of the Availability of a Rapid Home Test?

**Valentine-King M, Hansen MA, Zoorob R, Danek LCK, Willis SE, Atmar RL, Trautner BW, Grigoryan L.** Predictors of Antibiotic Resistance to Commonly Prescribed Agents for Urinary Tract Infection in an Outpatient Setting in the United States.

## FUELING HOPE: CONFERENCE OF THE BEHAVIORAL HEALTH SOLUTIONS OF SOUTH TEXAS

Sep 2021

**Alzate M.** Self-Care: Building Healthy Habits for Resilience Through Breathing and Mindfulness Techniques.



# Hold the Date!

## Virtual PRIMARY CARE UPDATE

Saturday, 10/23/2021  
8:00 AM - 5:00 PM

7.0 CME Credits  
(including 1.0  
Ethics credit)

Chair's Welcome

Roger Zoorob, M.D., MPH, FAAFP

Keynote: Stroke and the Role that Gender Plays

Louise D. McCullough, MD, PhD

Professor & Chair, Department of Neurology, UT McGovern. TMC

Practice Update: Paradigm Shift in Management of Diabetes

Nalini Ram, M.D.

Professor, Division of Endocrinology, Department of Medicine. BCM

Ethics: Care of the Incarcerated: Equity Considerations

Marc Robinson, M.D.

Assistant Professor, Department of General Medicine. BCM

Specialty Update: Heart Failure Management

Poorna Nalabothu, M.D.

Director, Heart Failure Unit, St. Mark's Hospital & The Heart Center  
at St. Mark's. Draper, Utah

Mental Health: Suicide Prevention - A Growing Responsibility

Laura Marsh, M.D.

Professor, Psychiatry, Veterans Affairs, TMC

Epidemiology: The Unfolding of COVID-19: Variants & More

Laila Colburn, M.D.

Associate Professor, Department of Infectious Diseases. Emory University

Women's Health: The Menopausal Syndrome

Nina Ali, M.D.

Assistant Professor, Texas Children's Pavilion for Women. TMC

Conference Closing

Fareed Khan, MBBS

## Second Annual FCM Research Day



Saturday, 02/19/2022  
8:00 AM - 4:00 PM

7.0 CME Credits

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

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

**CALL FOR ABSTRACTS:** DEADLINE DECEMBER 1, 2021

**More information will  
be announced soon!**

**“Wherever the art of  
Medicine is loved,  
there is also a love  
of Humanity. ”**

~ Hippocrates

*The Family and Community Medicine Quarterly Newsletter* is a publication of the Department of Family and Community Medicine at Baylor College of Medicine.

To be added to the *Newsletter* email listserve, please email [Joan Newell](#).