NOTE FROM THE CHAIR

COVID-19 has been on the world stage for nine months and remains front-and-center in our minds. Though our recent crisis has eased up for the most part, we remain vigilant to do our part to prevent heightened numbers. Remember to get your required flu shots, which are now available.

I thank Leonard Kincaid, LCDC, LPC, MBA, for his essay about the department’s involvement with the Houston Recovery Center. He, along with Maj. Mike Lee, founded the Center, and he remains its executive director. Mr. Kincaid has over 30 years of experience in the field of addiction and mental health.

September was Women in Medicine Month. The women in our department not only see patients, but they also teach, conduct research, and assist those who do. Thank you for your hard work and devotion. The department could not thrive as it has without your continued effort.

National Postdoctoral Appreciation Week was celebrated September 21-25. Our primary care postdocs lead the way in primary care research. Thank you to our current cohort, Namrata Walia, M.D., MHA, and Marissa Valentine-King, Ph.D., and our faculty graduates of the program, Larissa Grigoryan, M.D., PhD, MSc, and Kiara Spooner, DrPH. Thanks also goes to our fellowship leadership, Sandra Gonzalez, Ph.D., LCSW (Associate Director, Fellowship Operations), and Dr. Grigoryan (Assistant Director, Fellowship Curriculum), and our mentors. Keep up your groundbreaking work.

Register now for the department’s annual Primary Care Update, a one-day virtual conference providing evidence-based advice in a non-commercial setting. PCU will be held via Zoom from 8:00 AM to 5:00 PM on October 17. If you have any questions, please contact Gabriela Mireles.

Though I’ve said it so many times before, my gratitude cannot be overstated. Thank you. You have been an admirable group to work with over the past several years and during these challenging times, I have been privileged to witness how your efforts transform lives.

Roger Zoorob, M.D., MPH
Richard M. Kleberg, Sr. Professor & Chair
From the beginning, the Baylor College of Medicine Department of Family and Community Medicine (FCM) has been an important partner of Houston Recovery Center, with Dr. Alicia Kowalchuk, FCM associate professor, serving as Houston Recovery Center’s medical director. Since 2013, the nonprofit has run the City’s only sobering center, a jail diversion program for publicly intoxicated individuals in Greater Houston. We provide a short-term stay for clients to safely sober and offer connections to services including our 18-month recovery program. This program pairs clients with a recovery team that helps them navigate treatment and social services and provides peer support, assisting them in stabilizing and preparing for long-term recovery.

FCM invited Houston Recovery Center to serve as the lead agency of Project REACH, funded by a Substance Abuse and Mental Health Services (SAMHSA) grant. Individuals living with substance use disorders are at a higher risk for contracting serious health conditions. Project REACH enables Houston Recovery Center clients to be screened and treated for Hepatitis C and HIV at no cost and connects ready clients to recovery support. Baylor College of Medicine provides project management oversight and program evaluation for Project REACH.

Additionally, a new opioid intervention program in Houston (FRONTLINES) partners FCM, Houston Recovery Center, and the Houston Health Department to save lives. This $2 million SAMHSA grant teaches first responders how to recognize opioid overdoses and use naloxone, which reverses an opioid overdose quickly. It also has Houston Recovery Center’s peer recovery support specialists meet with overdose patients who have been transported by EMS to the emergency department. They offer these patients overdose prevention training and recovery support options.

Since its inception, Houston Recovery Center has impacted more than 30,000 lives in the Greater Houston area and helped reduce Houston jail admissions for public intoxication by 96%. Other proactive interventions include street outreach and work in the criminal justice system. Family and Community Medicine has been a vital partner in Houston Recovery Center’s efforts to curb harmful and hazardous substance use in the community.

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.
Hammad Mahmood, M.D., received the coveted Harris Health Crystal Award for achieving the highest patient satisfaction rate (99th percentile!) across HHS services. Dr. Esmaeil Porsa, President and CEO of HHS, highlighted his achievement at the board meeting on August 31.

Comments from patients include:

- “Well, I think Dr. Hammad Mahmood is really in tune with my diagnosis. He’s very friendly, very respectful and he listens to what I have to say. He answers all of my questions so I’m very satisfied with my health provider. Thank you.”
- “I am very much or extremely very much satisfied with Dr. Mahmood and his staff. I love Casa de Amigos. I mean, it’s a very good Clinic. I would recommend it to family and friends anytime.”
- “Dr. Mahmood is very professional and has always been very professional with me. I am very pleased to have him as my doctor and his nursing staff were very good and professional. Thank you.”
- “I was very satisfied with the service from the time I got there until time they finished. Very satisfied. I would recommend my doctor and the clinic to family friends and anyone who is looking. Thank you.”

Certificates were awarded to other department physicians as well. Receiving top scores in patient satisfaction ratings were Thomas Masciangelo, M.D. (99th percentile), Elizabeth Bosquez, M.D. (96th), and family medicine resident Cathy Xie, M.D. (96th).

Congratulations!
Congratulations to **Brian Wisnoski, M.D.**, who was selected a Norton Rose Fulbright award recipient in the Teaching and Evaluation category for the Summer 2020 award cycle.

This award is given to individuals with a record of quality, quantity, and breadth of teaching and evaluation of learners, matching or exceeding the evidence in the standard-setting example. This coveted award was announced in September.

**Jonnae Atkinson, M.D.**, has been selected a Center of Excellence in Health Equity, Training and Research (COE) Junior Faculty Scholar for the 2020-2021 cohort.

Each scholar will be provided training, assistance, and mentorship through the support of COE. To meet HRSA grant requirements, each scholar is expected to complete their research projects, including presenting an abstract at the annual summer research summit and submitting a completed scholarly product to a peer-reviewed journal by June 2021.

Kudos to Baylor Family Medicine providers, **Mohamad Sidani, M.D., MS**; **Irvin Sulapas, M.D.**; **Matthew Horsfield, M.D.**; and **Knic Rabara, D.O.**, who were recently selected to the Top Docs listing of *Houstonia Magazine*. 
CPRIT recently awarded Luis Rustveld, Ph.D., LD, $1.9 million for “Expanding Colorectal Cancer Prevention and Education Through Community-Based Outreach and Information Technology.” This project will establish a Rural and Urban Network for Cancer Prevention through Outreach and Education (RUN-CPOE), which will engage urban and rural communities around colorectal cancer prevention and screening guidelines to improve access to CRC screening services. The project will build a comprehensive patient navigator-led colorectal cancer program sensitive to medically underserved rural and urban populations’ needs.

Texas Academy of Family Physicians (TAFP) Section on Resident Physicians held virtual elections recently. Three of our PGY3 residents were chosen for the residency council, which meets twice a year and acts as a liaison between residents and the TAFP’s resident section and TAFP Board of Trustees. They also participate in the election of TAFP officers and delegates to the AAFP. Congratulations to Cathy Xie, M.D., Ngozi Okorafor, M.D., and Yasmin Uzamere, M.D.

Dr. Xie was also selected to recount her experience to over 120 virtual attendees at Off Script: Stories from the Heart of Medicine. Representatives of Baylor College of Medicine, BCM Narrative Medicine, and UTHealth’s McGovern Center for Humanities and Ethics selected essays that those in the medical field and community share regarding their health and medicine experiences. The selected storytellers spend about two months editing and rehearsing their stories before the performance. Dr. Xie’s essay describes a patient encounter she had during her intern year, initially in the inpatient setting, and then in the outpatient setting after the patient was discharged.

Dr. Larissa Grigoryan, M.D., PhD, MSc, was awarded two grants last quarter: Prevalence and Predictors of Using Antibiotics without a Prescription in Pediatric Populations (AHRQ) and Protecting Veterans from Harms of Inappropriate Self-Treatment for COVID-19 (MEDVAMC Bridge and Seed Award).
A native Houstonian, Anna Perales has worked at Baylor since 1999 when purchase and facilities work order forms had to be typed out using carbon paper! When a friend who worked at Baylor called and said, “Hey, there is a job position at Baylor that I think you would be perfect for” and she soon began work as the front desk receptionist in the Department of Family Medicine-Research Division. The rest, as they say, is history.

Before coming to Baylor, Anna worked for 13 years at the Harris County Dental Center. She reports having wonderful bosses from whom she learned so much. One of her directors, Dr. Moritz Craven, gave her advice that she’s never forgotten: “Anna, you’re the first person that guests and patients will make contact with, so you will set the tone of what they will think of us as an organization. It’s up to you to give them a good first impression.”

Set the tone. Anna has kept that advice in mind in her time in our department. Always at the ready to assist, when asked a question that is not within her wealth of knowledge of the department and the workings of Baylor College of Medicine, Anna takes the time to find the answers. Promptly. And always with a smile.

Anna has had several job titles at Baylor. Besides a receptionist, she has been an Administrative Coordinator 3 and is now a Coordinator, Business Operations. She left the department briefly to work with Dr. Jibaja-Weiss in the Dan L. Duncan Cancer Center and spent time in the Department of OB-GYN. After leaving the college for about a year, she was blessed to return to FCM to assist Dr. Zoorob, Dr. Sidani, and Sara Rahman.

Anna’s favorite aspect of her job are her co-workers. “The FCM staff are all rock stars! We respect, support, and care for each other. Plus, our faculty not only care for their patients, but they care for their staff as well. I work with a lot of great people here in Family Medicine, and I care for them in my heart.”

Anna and her husband, Pedro, have been married for over 30 years and have two children, Alyssa and Aaron, and one granddaughter, Olivia Lee (left), named after Anna’s father. Anna reports that it’s so much fun being a grandma!

Anna’s grandfather often said, “if you can be anything in life, be a decent human being.” Be kind, be loving, be respectful, be true to yourself and others. Important words to live by.
Peter Jian, M.D., is the founder of Baylor Medicine - Family Medicine’s Medical Weight Management group. He and associate Yana Finkelshteyn, M.D., offer individualized and structured clinical visits that include personalized eating plans, weight loss medications, physical activity counseling, and behavioral therapy.

With a formally developed program structure, eligibility criteria, scheduling algorithms for PRC, intake questionnaires, clinic workflow for MAs, referral orders in EPIC, etc., the weight loss team provides tailored physical activity plans for each patient. The department’s dietitian and social workers are available to assist as needed.

Dr. Jian represents the department at Baylor’s bariatric surgery center and provides clinical consultations for patients trying to decide between surgery, endoscopic treatment, and non-surgical options.

Since its inception in October 2017, the team has had over 1500 total patient encounters (1365 office visits, 101 telemedicine, and 30 clinical support visits).

Dr. Jian was recently interviewed by BCM on how to fight the Quarantine-15. From gyms closing to ordering more takeout, COVID-19 has disrupted many people’s health and fitness routines. “COVID-19 changed how we eat, what we eat, and how we spend our day. Unfortunately, for some of us that meant less healthy choices.” If you have gained excess weight or feel out of shape due to quarantine and stay-at-home orders, Jian offers tips on successfully working it off and returning to a healthy lifestyle.
Irvin Sulapas, M.D., not only sees patients and teaches residents and students, but he is also a go-to guy for interviews about sports medicine. Read below:

Dr. Sulapas was recently awarded the PEAR Award by BCM students. A nomination letter states that he “was a great preceptor during my family medicine clerkship. He showed me the bread and butter of family medicine as well as interesting MSK knowledge. Dr. Sulapas went out of his way to teach me physical exam maneuvers not taught during PPS, how to use the ultrasound for MSK, how to read x-rays, and more. Thank you Dr. Sulapas!”

As people return to the gym and their regular fitness routines after months in quarantine, the last thing anyone wants is an injury caused by their workout. Dr. Sulapas has suggestions in this BCM Momentum Blog post.

Self Magazine interviewed Dr. Sulapas concerning wearing a mask when you exercise. He offers suggestions in this September article.

As the fall semester takes off with schools doing their best to limit the spread of COVID-19, Dr. Sulapas offers the safest ways to play sports is to practice social distancing and proper hygiene whenever possible. He was interviewed by HealthDay, BCM’s Kaylee Dusang, and Houston Family Magazine.

On August 19, Priya Davar, M.D., and Matthew Horsfield, M.D., of Baylor Family Medicine participated in the LGBT Physician Panel session for the Baylor College of Medicine LGBT Health class (MEPSY-552), an elective for second year medical students. About 20 students attended the evening Zoom class hosted by Dr. Michael Kauth in the Department of Psychiatry.

The panel consisted of both BCM faculty and community physicians from a range of specialties, including family medicine to oncology and surgery. The panelists described their own life experiences in navigating pre-med school life, coming out as LGBT, as well as residency and career choices. They shared how their unique experiences affected their approach to medicine and patient care. Panelists actively engaged with students and offered advice for thinking about their careers as LGBT physicians or allies.
Read the essay by Arindam Sarkar, M.D., recently published by MedPage Today’s KevinMD.com, Don’t be afraid to say ‘Black’ when asking about someone’s culture.

Dr. Sarkar, who has studied and trained, and now works at BCM, was interviewed by Momentum Blog for Growing Up Baylor. He also wrote a post for the Policywise Blog, You Can’t Mask Empathy, about the resilience of a Bengali woman in labor during the COVID crisis.

Diana Grair, M.D., medical director of San José Clinic in Midtown, was featured in an article for the Houston Chronicle, ‘A mess for years to come’: Texas again leads the US in uninsured rates, published on September 17. Houston Public Media interviewed Dr. Grair for COVID-19 kills Latinos at disproportionate Rates - and the numbers in Texas are growing.

Rashmi Rode, M.D., was selected to participate in the Fall 2020 QI Jump Start course offered by the BCM Institute for Continuing Professional Development in Quality Improvement and Patient Safety (IQIPS). This course includes a series of interactive workshop sessions through which learners will work on their choosing’s real QI projects. Throughout the course, learners will continue developing and moving their projects closer to implementation. Each session is designed to build upon the content, activities, and assignments from its previous sessions.
Participant level has reached capacity, and virtual interviews began October 1 for spots in the first year FM residency program. We wish our residency faculty and staff the very best in their recruitment efforts.

Check out the new videos on the residency website. Residents recorded highlights of the program for those looking to find the perfect place for the next step in their journeys. Watch to see how we welcome potential residents to the program, plus videos introducing potential residents to Northwest Health Center and answer the questions Why Houston? and Why Baylor? A Khan-versation.

Family Medicine Residency is now on Instagram! Follow us as we navigate our way through residency!

72 views - Liked by irvinmd and divsub131
bcm_familymedicine Welcome to the official IG page for Baylor Family and Community Medicine Follow us as we navigate our way through...
the_dr_zu_show Well hello Baylor Family! irvinmd Looking good!
irvinmd Looking good!
Are you thinking about starting a new diet? Yana Finkelshteyn, M.D., has suggestions. She assures us that while the amount of information available can be overwhelming, it’s possible to find a diet that is safe, suitable, and effective for your lifestyle.

Peter Jian, M.D., and Irvin Sulapas, M.D., joined Dr. Julie Holder-Haynes and Emily Monfiletto for a Wellness Webinar in July. The panel discussion discussed long-term habits for staying healthy at home, and offered advice on how to keep up your wellness journey while spending more time at home.

Donate to the Family and Community Medicine Educational Endowment, a permanent source of funding for the ongoing work of our trainees. Your donation strengthens the department’s educational resources, provides more varied electives for students and residents, and strengthens our residency program by funding unfunded rotations.

Your donations are tax-deductible and provide an essential support for our trainees to have exceptional and career-defining experiences. To make a secure online donation, please go to the Giving to Baylor page and set your designation to “other,” and in the space provided enter “Family and Community Medicine Educational Endowment.”
Jeffrey Steinbauer, M.D., retired on September 1 after 21 years of service at Baylor College of Medicine. He served as CMO and Medical Director for Network Quality of the Baylor-St. Luke Network since 2016. His work at the Baylor Family Medicine (TMC location) included time as Medical Director; Medical Director, Corporate Care; and Medical Director Quality Reporting.

We wish Dr. Steinbauer a happy and healthy retirement.

Elaine Wendt, M.D., has assumed the role of interim Medical Director of the HHS School-based Clinics. She worked closely with Richard Lyn-Cook, M.D., MPH, during the transition process.

We thank Dr. Richard Lyn-Cook for his 11 years of service and leadership, particularly on Streamlining Pediatric THsteps EMR work. We wish him all the best.

Jennifer Okoh, MBBS, MPH, has become the new Medical Director of the MLK Health Center.

We thank Samuel Willis, M.D., for his six years of service as MLK Co- and Medical Director. We are grateful that he continues to see patients at MLK.

Please join us in welcoming the following staff:

Shannon Moore is the new Senior Research Administration Associate, and her new role is to handle the post award financial and operational activities in our research mission. She has 12 years of health care experience with six years in cancer research administration. She is a second year graduate student with a concentration in Public Health Practice.

Cheyenne McCravey joins us from New Mexico as a Research Operations Associate. Her primary role is working on the department’s sponsored programs, including the four-year NIH funded research education program, Bringing Alcohol and Other Drug Research to Primary Care. Ms. McCravey previously worked for the New Mexico Department of Health as the Overdose Information Dissemination Coordinator for the Prescription Opioid Overdose Prevention Program and as the Older Adult Falls Prevention Program Coordinator, overseeing primary and secondary prevention.
Homayoun Ataei, M.D., received his medical degree from the Azad University - Tabriz Branch, Iran. He completed residency training at St. James School of Medicine, Netherlands Antilles (2005) and Louisana State University (2008). Before joining the department, Dr. Ataei was the medical director of Westchase Clinical Associates in Houston (2013 - 2020).

Dr. Ataei sees patients at Gulfgate Health Center.

Vanessa Gallien, M.D., earned her medical degree from the Indiana University School of Medicine in May 2017, and completed family medicine residency training at Advocate Illinois Masonic Medical Center, completing three tracks: Integrative medicine, women’s medicine, and adolescent medicine.

Dr. Gallien sees patients at the Upper Kirby location.

Stephanie Nguyen, D.O., is a recent graduate of our family medicine residency (2020) and served as co-chief resident. She received her medical degree from the University of North Texas Health Science Center in Fort Worth (2017).

Dr. Nguyen sees patients at Northwest Health Center.

Another recent graduate of our family medicine residency (2020), Arindam Sarkar, M.D., was co-chief resident during his last year of residency. He received many accolades during his residency years, including the Alpha Omega Alpha Honor Society, the Gold Humanism Honor Society, and the Association of Rice Alumni’s Distinguished Alumni, along with many scholarships.

Dr. Sarkar sees patients at Northwest Health Center.

A third family medicine trainee, Aimal Khoaja, M.D., recently joined our department. Dr. Khoaja earned his medical degree from the Texas A&M University College of Medicine (2017). At the recent graduation, he received the STFM Resident Teaching Award.

Dr. Khoaja sees patients at the Gulfgate Health Center.
PUBLICATIONS


Faustinella F. The Life of Others. *Stainslaus State Lit Art J.*


PRESENTATIONS

Texas Pediatric Society Conference
August 2020

STFM Conference on Practice and Quality Improvement
September 2020
Zare M, Kowalchuk A, Khan F, Rode R, Juneja M, Zoorob R. Small manageable steps to cross an unimaginable distance: A safety net system’s strides to join the fight against opioid use.

Resilience: 23rd International AIDS 2020 Conference
July 2020
Santa Maria D, Nyamathi A, Lightfoot M, Paul M, Quadri Y, Padhye N. Development of come as you are (CAYA): A nurse case management (NCM) HIV orevention intervention for youth experiencing homelessness (YEH).
Society of Teachers of Family Medicine Annual Conference  
August 2020  
Zare M, Zoorob R, Juneja M, Kowalchuk A, Shah A, Moreno C, Giordano T. A safety net system’s challenges and efforts to move the needle on opioid use in patients.

Mejia MC, Mosqueda M, Gonzalez S, Zoorob R. Harnessing the synergy of improvement and implementation sciences to adopt lung cancer screening practices in primary care.


Gonzalez SJ, Zoorob R. A multidisciplinary approach to expanding substance use disorder treatment in an underserved majority Latinx community.

Hansen M, Zoorob R, Gonzalez S. Peer recovery support for minorities with substance use disorders.


Zare M, Juneja M, Zoorob R, Porter T. Food pharmacy: An innovative program to improve health and manage food insecurity through Food Rx.

Nietfeld L. Immigrant Medicine: Evaluation of a Preclinical Medical Student Elective.

Shah N, Rode R, Porter T. “I prefer to watch than to read!” Engaging diabetic patients via educational videos to improve health outcomes.


General Practice Research on Infections Network  
September 2020  

The Academy of Distinguished Educators Virtual Annual Showcase of Educational Scholarship  
September 2020  
Faustinella F. Correlation between empathy and knowledge: How an educational film-documentary on homelessness positively impacts learners’ perceptions. *First place in the category of Learner Outcomes.

Luc L, Coverdale S, Warwick E, Rode R. Standardizing the medication reconciliation process: Moving from med wreck to med rec.


Thank You!